

June 24, 2022

Issue #89

Chris McCall

singer, songwriter, voice
coach, life coach, and
meditation counselor



The
Crazy Wisdom
Biweekly

shining a light in the dark



The Crazy Wisdom Weekly

Watch the trailer for
The Crazy Wisdom Community Journal,
Issue 80.



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The spring issue of *The Crazy Wisdom Community Journal* is here with features on local sound healers, HoneyBee U-Pick, Lessons From My Two-Year-Old, Detroit's Hidden Gems, and more! Look for it around town or have it mailed directly to you.

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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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Our cover photo was taken by Hilary Nichols.

Thank you to our contributors for this issue:

Megan Sims
Rob Meyer-Kukan
Shalina N. Rankin
Michelle Wilbert
Jennifer Carson
Carol Karr
Bill Zirinsky



word of the week:

Frondescence

The time at which each species of plants unfolds its leaves.

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.



By Megan Sims

My greatest gift is that I lead with the heart. Like a blooming yellow rose, I experience my life as a continuous, golden unfolding. Despite the daily stresses that human life brings, abundance, gratitude, and joy are my daily diet—synchronicity, intuition, and faith are my guiding lights.

How did I get here, to this place of joy and wholeness? Believe me, it wasn't always this way—there were many, *many* years of struggle and misery first.

This is a story of how I got my Self back, using my first language: dance.

My path to wholeness began, as is so often the case, with a breakdown. Everything in my life had to fall apart before I could come to recognize the dis-ease.

It was the 90s. I was in New York City aspiring to become a professional choreographer—at least that was the plan. By day I was a nanny on the Upper East Side, and in Soho. After hours was another story: I was a wild woman on the loose, wanting to experience everything *now*. I was looking to be discovered as the next best thing. I felt unstoppable! I barely needed sleep at night. My life was a perpetual adventure: dancing at clubs almost every night, meeting artists and rebels wherever I went, rocking such extreme style as if every day was Halloween, I felt so *alive*... and yet, I began to see a shadow side to the wild ride. Eventually I was diagnosed with bipolar disorder. My delusional mania had ripped through my life like a raging tornado; the wreckage it left behind—including lost jobs and ruined friendships—was immense.

I came home to heal. The mania flipped into a dreadful, dark depression, during which I recognized the “crazy” and the destruction of the mania. At this point I agreed to therapy and a medication (which I haven't needed now for twenty years). I am grateful to my parents for their crucial support. Sometimes when I see a homeless person with obvious signs of a mood or mental disorder I think, “that could have been me”—if my parents hadn't pushed me toward psychiatric help, and had the

Becoming Me, Again:

The Dance of Transformation

resources to cover it, what would have become of me? I am one of the lucky ones. From this humble place, I slowly and steadily built myself back up, one day at a time. The light in my life became teaching creative dance to kids through Ann Arbor Rec & Ed.

The next big leap toward wholeness was the birth of my son. When he was born, I knew it was go time. There was no way I was not going to be the absolute best mother possible to this beautiful, beloved boy. I was motivated to become my best “me.” I transitioned from working at Whole Foods Market to become a full-time dance teacher. My undergraduate studies of dance and creative writing had built a foundation of how to focus my passionate creativity into real works of art. To take my career to the next level, I now went to grad school to get a master's in counseling psychology. Feeling such therapeutic release and joy when I danced, I wanted to understand more about the inner workings of the human experience and of healing.

Then I discovered Nia, a holistic fitness practice that became the doorway to a world of personal healing that has made everything thereafter possible. It demonstrated how dance could be restorative: creating wholeness and connection rather than judgment and separation. The Nia Technique, created in the early 80s, teaches us to move from the inside out. It teaches us to be free to move “The Body's Way” while using technique to stay safe and grounded. It taught me (in contrast to the culture of professional dance that I experienced in college) that I didn't have to be anorexic, get my leg up over my head, or look perfect to be a “real dancer.” Nia taught me how to listen, and to feel joy in the listening to the music, to my body, to life. Teaching Nia was a sink-or-swim affair: I had been certified for two weeks when my classes began—initially at the YMCA and A2Yoga, then EMU and UM—and I have never looked back since. That was 17 years ago! Now I teach a variety of dance and movement classes to a wide variety of populations. No matter if I'm teaching highly athletic folks or those with Parkinson's disease, I use the principles of Nia in everything I share.

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



Getting the Most out of Your Self-Care Efforts



By Rob Meyer-Kukan

self-care /self ker/ *noun* - the practice of taking action to preserve or improve one's own health.

Since the beginning of the pandemic, self-care has been paramount. As we navigated the changing of safety protocols, health mandates, closures, changes, and we all learned to "pivot"... the preservation of one's self and what is needed to care for one's own health has quickly come front and center. As a bodyworker, offering massage and sound therapy, reiki, reflexology and more, I am deeply grateful for the opportunity to help others "hear, see, and feel true wellness" as our company tag line states.

With rising costs of living and financial concerns looming, getting the most out of our investment is a priority. This also applies to the investment we make in our self-care. In my work, I am lucky enough to see my clients for an hour or ninety minutes each week, mostly. But what about the other 167 (or 166.5) hours in a week? I offer the following tools to help deepen the experience of their session throughout the week.

Water

Depending on which anatomist you ask, the body is made up of 60 % to as much as 80% of water. Also, in general, we don't drink enough water and we are generally dehydrated. So, after a session it is important to continue to hydrate. I encourage you to drink filtered water with a pinch of natural salt in it (Himalayan, Sea Salt, or Redmond Real Salt, *not* iodized salt). This not only hydrates the body; but also helps to remineralize as well as to deliver electrolytes without added sugars or dyes.

NOTE - There is an ongoing debate if bodywork releases toxins into the body that need to be flushed out, or not. I prefer to focus on the importance of hydration for optimal function, rather than eliminating perceived toxins.

Epsom Salt Bath/Soak

Take a soak in an epsom salt bath. If baths aren't your thing or if you don't have access to a tub, soak your feet in a tub of water with epsom salts. Again, there are a lot of claims about what

happens in and with an epsom salt bath; but in my experience the heat from the water, combined with the calming effects of magnesium sulfate brings relaxation to tight muscles, stress relief, and reduces inflammation.

Arnica

Homeopaths use Arnica (*Arnica Montana*) for treatment of muscle pain, stiffness, swelling from injuries, and bruises. Arnica can be used by taking it internally (those little pellets you can buy in the blue tubes at health food stores), or used topically in an oil, cream, or salve. Arnica can be an excellent supportive tool as you seek to get the most out of your self-care.

Move

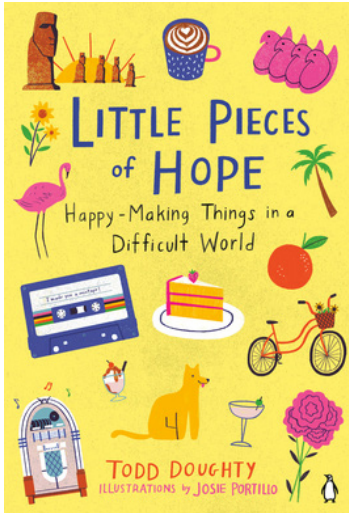
Last but not least, after your bodywork, energy work, or sound therapy session, get up and move! Gentle movement is encouraged to keep your muscles and tissues happy, relaxed, elongated, and free of tightness. This may take the form of gentle stretching, yoga, Tai Chi or Qigong. Intense exercise isn't recommended the day of your session; but can be resumed as you feel motivated in the days following your appointment.

Preserving and improving our own health is the goal with self-care. Whether you choose bodywork, massage, energy work, meditation, reflexology, or any of the other amazing self-care offerings available to us, these helpful tips can assist you in getting the most out of your self-care efforts between appointments or in the other 167 hours of the week.



Rob Meyer-Kukan is the owner of 7 Notes Natural Health in Ann Arbor, Michigan. Find him online at [7notesnaturalhealth.com](https://www.7notesnaturalhealth.com), contact him by email at contact@7notesnaturalhealth.com or by phone at 248-962-5475. 7 Notes Natural Health is located at 3830 Packard Street Suite 120 in Ann Arbor, MI.

Crazy Wisdom Book Picks of the Week



On March 11, 2020, the day the World Health Organization declared the coronavirus a global pandemic and all of our lives began to change in unprecedented ways, Todd Doughty knew he needed to do something to help him stay connected to the everyday joys of daily life. So he wrote down a list of things that make him happy: The musical intro to “All Things Considered.” Someone forgiving you. Someone believing in you. Your foot sticking out from under a blanket in order to find the cool spot. Freshly cut yellow tulips. A really good burger.

Many, many lists later, *Little Pieces of Hope* pulls together the best of Doughty’s lists along with never-before-seen entries, essays, musings, prompts, quotes, and playlists that offer solace, connection, and a daily touchstone of joy in a difficult world.

A beautiful keepsafe full of gorgeous illustrations, *Little Pieces of Hope* is brimming with the pleasures of life, inspiring readers to look for and celebrate the good things that surround us.

[Purchase your copy of *Little Pieces of Hope* at shopcrazywisdom.com.](https://shopcrazywisdom.com)



Transitioning to a zero-waste lifestyle means eliminating unnecessary clutter from your home and reducing your dependence on disposable goods, but it also comes with practical challenges that can seem daunting. In *Simply Sustainable*, perfection is not required. Whether you are looking for easy changes to get you started, or more advanced, high-impact tips for your low-waste home, these simple, effective steps will forever change your relationship to disposable plastic products.

Lily Cameron shows readers how to gradually transition away from plastic and curate a minimal, beautiful home in the process. Her approach teaches you how to “make plastic-free living work for you, savor your progress and celebrate that with each small change, you are making a positive impact on the environment, your health and your family’s well being.”

Simply Sustainable proves that zero-waste living can be easy and deeply satisfying, whether shopping at the farmers market, throwing a dinner party, or packing for a getaway weekend. With practical, manageable strategies organized by room, and inspiring photographs of plastic-free homes, you can begin your journey toward intentional, low-waste living.

[Purchase your copy of *Simply Sustainable* at shopcrazywisdom.com.](https://shopcrazywisdom.com)

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KELLIEMOX.COM
HEAL@KELLIEMOX.COM
734-476-0349



From Our Archives

Creating Tea Rituals to Nurture the Divine Feminine



By Shalina N. Rankin

Have you ever had a day where nothing was really going as planned? Or one you knew was going to be busy and full of stressors? We've probably all had a day where we felt ill, and energetically on empty with no desire to power through. Did you make yourself a nice cup of tea and instead of drinking it from a travel mug on the go, you sat and enjoyed your tea for a few moments? Did it make you feel better and more equipped to deal with the moment? My best guess is yes! If so, then you've experienced firsthand the ability a simple cup of tea has to transport, nourish, and fortify. You indulged in a simple time-tested act of healing and self-care. An activity that could easily be ritualized. Using tea to commune with the sacred has a long history starting in ancient China. It's the intention that makes it a ritual.

As a student of herbal remedies, I've had the pleasure of spending time learning the medicinal properties of various plants. When studying the medicinal properties of plants, you also learn the history of usage and folklore associated with herbs along with the metaphysical or magical properties that various cultures assigned to the plants. In many cases plants are associated with Deities as well. It is fascinating to explore these underutilized properties and connections.

Let's say you're working on being a more loving person to yourself and others, or perhaps you'd like to magnetize a romantic partner. If you're a fan of tea, wouldn't it be fun to learn all the various plants that are associated with or sacred to, Venus, the goddess of love and beauty? Imagine creating a blend of your favorite Venus herbs that you keep in a beautiful container, and you savor your special blend before an anticipated first date, or better yet, you drink it every morning to remind yourself to be open to love and serendipitous encounters.

That is just one of many ways you can use plant associations with a deity to set an intention and improve your life in some way. Love, of course, is a universal theme, we'd all like to have more love and be more loving. Qualities like love, grace, mercy, collaboration, nurturing, and receptivity are commonly thought of when referencing the divine feminine, but it is important to note that this is a very narrow definition. Power, destruction, rage, transformation, strength, justice, truth, wildness, and wisdom are prominent aspects of the divine feminine as well. When most of the world moved to a monotheistic belief system, we stopped sharing much of the cultural knowledge around

different ways of being feminine. It's time to recover the myths, legends, and stories of impactful Goddesses as part of our human heritage. I believe connecting intentionally with plants is a portal back to this 'lost' knowledge, and yet another way the divine feminine is bubbling up.

Visit Fierymaple.com to learn more.

Visit Fierymaple.com to learn more.

When I observe the world it's clear to me that many people are looking for alternative ways to live, work, play, learn, and heal. Old systems of doing and being just aren't working for many of us any longer.

In the United States we have created a hyper-masculine society. Our values of independence, freedom, and competitiveness are wonderful traits when they are balanced by interdependence and collaboration (qualities associated with the divine feminine), without such balance they have hardened into a hierarchical, overly patriarchal, aggressively independent-minded mentality of 'survival of the fittest.' An unbalanced society where values traditionally associated with the Divine Feminine are not honored and cultivated is a weakened society, and one where both women and men have difficulty connecting to and developing their Divine Feminine qualities. It harms both genders. Exploring qualities of various Deities and their cultures is a fun and engaging way to be a small part of the worldwide rise of the Divine Feminine. I'd posit it's a beneficial transformative experience wherever your faith lies.

Hot water, dried plant matter, a favorite teacup, steam, inhale, exhale. Simple. Inexpensive. Effective.

Shalina Nichol Rankin is an Herbalist and founder of Fiery Maple Wholistic Living, Inc. Rankin holds a B.A. from the University of Michigan, holds a certificate of completion in Herbal Studies from the Habitat Reskill Center of Ann Arbor, completed an Herbal Medicine Apprenticeship at the Scottish School of Herbal Medicine on the Isle of Arran, Scotland, and is currently studying to become a Naturopathic Doctor at The Naturopathic Institute of Therapies and Education. You can reach her at (734) 315-0105 or visit her online at fierymaple.com.



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Sunday-2:00pm

Tuesday-6:30pm

Thursday-5:30pm

Saturday-10:45am

For further class information:
www.soulfulmovement.com



Nia presents itself in me and through me in a unique way. I hear, see, sense and feel Nia in a way that nobody else does. So I have a unique way to present Nia. I know with every fiber of my being that there are people that need to know about Nia through me. —Teresa Myers



Crazy Wisdom Musician Spotlight with **ROCHELLE CLARK**



By Michelle Wilbert

How did you get into music?

I grew up singing in church as a little girl. The worship portion was always my favorite part of the service (and often the only part that I thoroughly paid attention to!). My family was also very musical and there was always singing and instruments involved in our family gatherings when I was young. I have fond memories of “barn jam sessions” at my grandparents house with my uncles. So, really, music has always been woven into the fabric of my life but it wasn’t something I put a lot of thought into pursuing on a more professional level until after college. I met my former duo partner, John, at an open mic and he really encouraged me to take my musical skills more seriously and that duo, The Potter’s Field, opened up an entirely different path than I had imagined for myself. I’m incredibly grateful it did!

What are your favorite aspects of live performance?

Interacting with the audience! The pandemic really reinforced to me how essential the relationship between performers and audience members is - it’s just not the same without that collaboration! I love the energy of a live room and the energy of the crowd absolutely influences the energy of the musicians (and vice versa). It’s this beautiful exchange of energy that you don’t get to experience in other facets of life. After the last two years of minimal opportunities to perform, I’ll never take that for granted!

What have you been doing during the pandemic? What are you focused on now?

I wish I could tell you that I was focused on songwriting or really taking my guitar skills to the next level ;) Honestly, the pandemic was hard on many levels - I simplified my life in a lot of ways and tried to focus on what was immediately in front of me. While I wasn’t performing or writing much during that time, it did allow me to reconnect with music as a listener. I rediscovered artists and songs that I hadn’t listened to in years and found that I had a deeper appreciation for what they had to say (John Prine in particular became a voice I revisited often during that period).

Right now I’m focusing on trying to see what I want out of the next part of my journey as a musician. I know that playing music feeds me on a deep level and, while I’m reevaluating how I want to move forward, I’m very excited to see what comes next. I have several songs percolating right now and I’m excited to feel inspired to write again!



What is your guiding philosophy of life and art (music)?

Maya Angelou said “The idea is to write it so that people hear it and it slides through the brain and goes straight to the heart.” That quote resonates with me as an artist - it’s a reminder to create from a place of honesty and to not shy away from the hard stuff. The art and music that I connect with most always comes from a place of vulnerability. I’m trying harder these days to use that as a guide for my relationships and interactions with people as well - just skip past the surface level and go straight to the heart.

You can learn more about Rochelle Clark and her music on her website at rochellepclark.com.



The Crazy Wisdom Calendar

Biweekly



A Course in Miracles

A Course in Miracles Study Group with Rev. David Bell • Mondays through August 29 • 6:45 - 9:30 p.m. • Exploration of A Course in Miracles. Free, but donations accepted. Contact 734-327-0270; Interfaithspirit.org.

A Course in Miracles Study Group with Randall Counts • Thursdays through August 25 • 12 - 1:30 p.m. • Exploration of A Course in Miracles. Free, but donations accepted. Contact 734-327-0270; Interfaithspirit.org.

Aromatherapy and Essential Oils

Creating a Personalized Bath Collection with Karen Greenberg • July 17 • 6-9 p.m. • Choose from a massive collection of essential oils to create your own personalized bath collection to help move you toward your life's purpose for joy, for gratitude, for humility, for courage, for love, for clearing, for energy, for creativity, and for abundance. Special \$75 + \$50 Materials (Normal Class Rate = \$125 + \$50 Materials Fee). Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Art and Craft

Art in the Time of Covid with Eight Artists • May 1 - August 28 • Daily 9 a.m. - 6 p.m. • During the early months of the Covid-19 pandemic, eight women gathered on Zoom monthly to share their creative work; they found meaning in what was going on and gave expression to those thoughts, feelings, and observations. Artworks include drawing, painting, quilting, journaling, graphic arts, collage, photography, and video production. Free. Contact webercenter.org.

FUN with University of Michigan Museum of Art • May 14th - September 4 • 11 a.m. • The exhibition will transform before your very eyes as it becomes what you—our community, our students, and our visitors—make of it. Piles of materials and supplies will form the backdrop of a collaborative, summer-long free artists' workshop. A place to create, experiment, glue, paint, and get messy. Free. Contact kbeaton@umich.edu or 734-764-7032.

Bodywork and Bodymind Therapies

D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Practitioner Training with Karen Greenberg • Fridays, July 8, 15, 22 or August 5, 12, 19 • 10:30 a.m. - 2:30 p.m. • Repattern client's limiting behaviors, assist client in expressing low-

vibrational emotions, institute new behaviors via Tree of Life. \$777 (pick any group of three dates above) + materials fee. Contact Karen at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Book Discussion Groups

7 Notes Book Club with Rob Meyer-Kukan • First Thursdays • July 7, August 4 • 7 - 8:30 p.m. • The purpose is to meet with like-minded people to read books about holistic practices, health, meditation, and spirituality. All participants will be given equal voice and have ample opportunity to contribute to the discussion. Register at forms.gle/GMPWUUFpHnqFW3R2A. Donations accepted. Contact Rob Meyer-Kukan at 248-962-5475, rob@robmeyerkukan.com; 7notesnaturalhealth.com.

Jewel Heart Readers with Jewel Heart Instructors • Monday, August 15 • 7 - 8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free; donations welcome. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs to register.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Weekly first Sundays • May 1 - August 28. • 11 a.m. to 1:15 p.m. • A variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. Free but donations welcome. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs to register.

Tong Len: Courageous Compassion (Applied Meditation Technology Series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, June 25 • 9 - 1 p.m. • Turning ego's addiction to self-gratification upside down, the practice of giving happiness to others and taking on their suffering transforms our very being. Learn methods to expand the spiritual vision and practices for enlightenment. Suggested \$25 members / \$30 Non-members. Pay what you can. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs to register.

The Transcendental Actions (Applied Meditation Technology Series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, July 9 • 9 am-1 pm • The venturing awakening mind pro-actively engages life through acts of generosity, ethics, patience, and enthusiasm. Expand the spiritual vision

and practices aimed at enlightenment. All workshops include instruction, guided meditation, individual meditation, and discussion. Suggested \$25 members/\$30 Non-members. Pay what you can. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs.

Sadhana Meditation Practice with Lama Nancy Burks via Zoom
• Every Sunday • 10:30 a.m. - 11:30 a.m. • Sadhana practice includes chanting and mantra recitation. Medicine Buddha sadhana on the first and third Sunday of the month; Chenrezik/Amitabha sadhana on the second and fourth Sunday. If there is a 5th Sunday, we do silent sitting meditation. Texts are provided and everyone is welcome. Free, but donations welcome. Contact Pat at 734-678-7549 or aaktc@yahoo.com; annarborktc.org.

Meditation and Discussion with Lama Nancy Burks • Every Wednesday • 7 – 8 p.m. • The purpose of the meditation is to provide group practice and discussion that will be meaningful to students at every level. The content of each meeting will be informed by the interests of the participants and will include meditation practice and traditional Buddhist teachings of the Karma Kagyu Lineage of Tibetan Buddhism. Free, but donations welcome. Contact Pat at 734-678-7549 or aaktc@yahoo.com; annarborktc.org.

Ceremonies, Celebrations, and Rituals

Triple Crane 10 Year Anniversary Celebration with Master Zhong Hai (winnie) • Saturday, July 2 • 10:30 a.m. – 9 p.m. • The day begins with a Blessing and Bell Ringing Ceremony and ends with a talk by Master Sea Cloud via Zoom from the Mother Temple in Taiwan. Enjoy a Traditional Chinese Lion Dance, drumming, Chinese Tea Ceremony, calligraphy, TCRC tours, Kirtan, and Chinese Buddhist chanting. Lunch and buffet dinner served. \$By donation to make reservation. Contact Office@TripleCraneRetreat; TripleCraneRetreat.org.

Full Moon Reiki Bonfire Ceremony with Alicia Clark-Teper & Jennifer Kirk • July 13, August 11, September 9 • Arrival 6:30 p.m., ceremony is 7 – 10 p.m. • Journey thru the Full Moon, astrological energy, gentle yin yoga, and a Reiki meditation followed by a bonfire, drumming and s'mores. \$33 each or 2/\$50 bring a friend. Contact Alicia Clark-Teper at 734-945-5396 or sacredlotusexperience@yahoo.com; sacredlotusexperience.com. 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.

Children and Young Adults

Youthful Spirits class with Interfaith Center for Spiritual Growth
• Sundays, May 1 - August 28 • 1 – 2 p.m. • Spiritual classes for young people. Free, but donations accepted. Contact 734-327-0270; Interfaithspirit.org.

Music & Motion KinderConcerts with The Ann Arbor Symphony
• June 24, 27 • 10 - 10:30 a.m. & 11 - 11:30 a.m. • Designed for up to six years old. Celebrate spring & enjoy the music. Families invited to keep a beat, play follow the leader, listen, dance with

flowers & scarves, waltz, dance together, listen to a story book, rock to a lullaby while sharing laughter, and hugs. Free. Contact Ann Arbor Symphony at 734.994.4801 or a2so.com for locations.

Death and Dying

Death Cafe with Interfaith Center for Spiritual Growth & Rev Annie Kopko • First Tuesdays monthly: July 5, August 2 • 6:30 p.m. – 8 p.m. • An exploration of death and dying. Free, but donations accepted. Contact 734-327-0270; Interfaithspirit.org.

Ann Arbor Death Cafe (Virtual) with Marilynne Ruish • Third Saturdays monthly: July 16, August 20 • 10:30 a.m. - 12 p.m. • All are welcome! Join us for a frank discussion on death, dying, and life. Free. Contact The DyingYear@gmail.com; DeathCafe.com.

Energy and Healing

Universal Sphere® Intro and Upcoming Classes with Shellie Powers (On-line optional) • Mondays, May 2 - August 29 • 10:30 a.m. - 11 a.m. • Learn about the Universal Sphere, a next-generation modality here to accelerate the connection with your "Highest Potential." The Universal Sphere can stand alone or compliment another modality. In-person and online. Free. Contact Shellie at info@thepowersof.com or 734-926-8423; thepowersof.com.

Qigong/Self-Care Energy Work Basics with Master Wasantha Young • Thursdays, May 5 - August 4 • 11:15 a.m. - 12:15 p.m.
 • The Qigong, self-care techniques you will learn in this class include energy cleanse, meditation, muscle relaxing acu-points, and cultivation of chi that will revitalize your sense of well-being. Best of all, you develop a toolbox of strategies for self-care! \$180. Contact 734-741-0695 or info@peacefuldragonschool.com; peacefuldragonschool.com.

Healing & Ascension Monthlies with Eve Wilson UCM Master Healer, World Ascension Worker • Thursdays, monthly: July 21, August 18, September 15 • 7:30-9:30 p.m. • Healing, ascension work, and spiritual support for life. Help our world to transform smoothly. Learn to live in unity with Higher Self in the new world experience. Recorded. \$50 per class, sliding scale possible. Enrolling until May 26. Contact Eve at eview@spiritualhealers.com or 734-780-7635; spiritualhealers.com.

Universal Sphere® Practitioner Certification Training with Shellie Powers • Saturday, July 30, 9 a.m. - 5:30 p.m. • Learn to work with multi-dimensional frequencies to enhance your human life. Easy to learn, quick to apply with powerful results, this is a next-generation modality to accelerate the connection with your "Highest Potential." Transcend 3D drama and challenges. Designed for energy practitioners ready to expand their practice. \$397. Contact Shellie Powers at 734-926-8423 or info@thepowersof.com; thepowersof.com.

Biweekly

The Crazy Wisdom Calendar



Exhibitions

FUN (working title) at the University of Michigan Museum of Art • Begins May 14 • 11 a.m. Unlike any art museum exhibition you've seen, "FUN (working title)" will transform before your very eyes as it becomes what you — our community, our students, and our visitors — make of it. Over the course of this exhibition, UMMA's glass-walled Stenn gallery will become a creation space. Piles of materials and supplies will form the backdrop of a collaborative, summer-long free artists' workshop. A place to create, experiment, glue, paint, and get messy.

You're invited to roll up your sleeves and have fun alongside local artist Mark Tucker and his U-M students to help create this colorful, kinetic, and altogether FUN art installation. Inspired by objects in UMMA's collection, you'll create giant movable and interactive sculptures that will take on a life of their own. For more information email umma-news@umich.edu or visit umma.umich.edu/exhibitions/2022/fun-working-title

Health and Wellness

10th Annual Drum and Dance Jam with Curtis G. • First Saturday monthly • 7:30 p.m. • 18 and over welcome. No experience necessary. Bring a drum of your own, or use one provided at the Interfaith Center for Spiritual Growth. \$5 Sliding donation at door. Contact interfaithspirit.org.

Intuitive and Psychic Development

Focused Mind Meditation with John Friedlander • First Sundays monthly: July 3, August 7 • 9 a.m. – 12 p.m. • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. \$15. Contact Violeta Viviano at 734-476-1513 or mvaviviano@gmail.com; psychicpsychology.org.

Psychic Psychology Women's Group with John Friedlander and Gloria Hemsher • First Tuesdays monthly: July 5, August 2 • 7-8 p.m. • For Women Only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. \$10. Contact Violeta Viviano at 734-476-1513 or mvaviviano@gmail.com; psychicpsychology.org.

Summer 2022 Intensive Webinar/Teleconference with John Friedlander • Thursday, July 21, 7-9 p.m., Friday, July 22, 7-9 p.m., Saturday, July 23, 10 a.m. – 12 p.m., 2-4 p.m., Sunday,

24, 10 a.m. – 12 p.m., 2-4pm • New material introduced with continued development of advanced material and core techniques seeking a natural sense of skills in a practical everyday life. Prerequisite Level 1 Psychic Development class, CD set or permission of instructor. \$275 (or see website). Contact Gilbert Choudury at gchoud@yahoo.com; psychicpsychology.org.

Meditation

White Tara Guided Healing Meditation with Jewel Heart Instructors • Weekly Sundays • May 1 - August 28. • 9:30 a.m. to 10:40 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. Free/Donations welcome. Contact Jewel Heart at 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs to register.

Day of Mindfulness—Healing into Wholeness with Esther Kennedy, OP • Saturday, July 9 • 10 a.m. - 2:30 p.m. • For Parker Palmer writer, teacher, and activist; wholeness does not mean perfection: it means embracing brokenness as an integral part of life. When awareness dawns, the journey to be freely yourself, sharing your ideas, gifts, and goodness begins. You sense a dawning wholeness and wellbeing that you and our world yearns for. \$25. Contact webercenter.org.

Candlelight Labyrinth Walk and Meditation with Ringstar Studio • Saturday, June 25 • 7 – 11 p.m. • Walking the labyrinth is a form of moving meditation. Our indoor labyrinth of more than two hundred candles offers a chance to pause and enjoy the glittering stillness within. Free. Contact Ringstar Studio at 734-335-1625 or mail@a2ringstar.com; a2ringstar.com.

Sunday Meditation Services with Haju Sunim • Sundays weekly. • 10 - 11:30 a.m. and 4 - 5:30 p.m. • Morning meditation service consists of two periods of meditation followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, and a short talk. By donation. Contact 734-761-6520 or annarborzentemple@gmail.com.

Zazen (meditation) with Huron Valley Aikikai • Tuesdays & Thursdays weekly • 7:30 - 8 a.m. • Masks required when non-vaccinated participants are present. Bring your own mask. Inquire for cost. Contact 734-761-6012; hv-aikido.com

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Movement and Dance

Ann Arbor - Toledo Dances of Universal Peace on Zoom with Judy Lee Nur-un-nisa Trautman, Drake Moses Meadow Drake
ON-LINE • First Fridays • May 6 – August 5 • 7 - 8:30 p.m.
 • Sacred dances to the mantras of the World Religions with simple folk movements. Get link or news of in person events from jltrautman@sbcglobal.net. Free on Zoom; \$5 donation if a space rental is needed. Contact Judy Trautman at jltrautman@sbcglobal.net or 419 475 6535; sites.google.com/view/a2-toledodup; facebook.com/dupannarbortoledo/.

Music, Sound, and Voice

Singing for Comfort with Interfaith Center for Spiritual Growth
• Second Thursdays • July 14, August 11. • 7 - 8:30 p.m. •
 Raising our voices in song for comfort and peace. Free, but donations accepted. Contact 734-327-0270; Interfaithspirit.org.

Sound Bath: crystal bowls concert with Lighthouse Center and John Steinbauer
• Third Fridays monthly • July 15, August 19 • 7 – 9 p.m. • Crystal bowls concert “Sound Bath.” \$20. Contact 734-808-1335; lighthousecenterinc.org.

Cafe 704 featuring David Mosher
• Saturday, July 9 • 7 – 9 p.m.
 • Concert at Interfaith Center for Spiritual Growth. \$10. Contact 734-327-0270; Interfaithspirit.org.

Parenting

Infant Sleep 101 with Jill Mailing • Tuesday, June 28 • 6:00 p.m.
 • If you’re expecting a little one, you’ve likely heard to expect some sleepless nights, but you may have a lot of unanswered questions about infant sleep that go beyond coping with sleep deprivation. How long does it take for a child to sleep through the night? What should I do if they’re still waking up frequently? Is cosleeping safe or dangerous? How can I cope with the sleep deprivation, and prioritize my own rest and well-being? This class will cover all that, and more: what to expect with your baby’s sleep, how infant sleep changes over the first year (hint: a lot!), guidelines for safe sleep, definitions of cosleeping, and when/how to do it safely, common myths around infant sleep strategies for getting enough rest as a caregiver to a brand new baby. This class will address these topics and many others that you may have about infant sleep! You will also have the opportunity to meet and connect with other families in the same stage of parenting. Pre-registration is required, and class cost is \$40 (sliding scale available). For more information visit nestandnurture.org or register at <https://mailchi.mp/d4b7c7475112/xqu9hcdedx>.

One Day Prenatal Chestfeeding/Breastfeeding Class • Sunday, July 24 • 3:00 p.m.
 • This 2-hour comprehensive class enables us to take time to answer all of your feeding questions, and concerns. We will cover information beginning with the prenatal period to feeding in the early weeks. Available sessions:

July 24, August 21, September 18. For more information visit https://nestandnurture.org/?tribe_events=one-day-prenatal-chestfeeding-breastfeeding-class-2 or email aukertoni@gmail.com. ASL and Queer affirming.

Personal Growth

Using Genetic Genealogy with Your Family History with Conrad Welsing • July 5, 12, and 19 • 6 – 8 p.m. • Explore the popular trend of DNA testing for individuals in an easy-to-understand casual presentation. You will explore the options and further work necessary to make your testing results even more worthwhile. Discussion and examples of current offerings are key components of this class. \$59. Contact Washtenaw Community College at 734-677-5060 or to register online: wccnet.edu/noncredit.

Cohousing Tours with Cohousing Tour Leaders • Sundays weekly • May 1-August 28 • 2- 4 p.m. • An informative tour of Ann Arbor's three cohousing communities by residents, located in Scio township. Cohousing is a community of friends who work, share, learn, grow, and play together. We are three communities created and sustained by our residents with the intention of sharing the joys and challenges of life. Free. Contact Tours@Touchstonecohousing.org or 734-274-9110.

Women's Circle with Facilitated by Lisa Lorius • First Mondays monthly, May 2 – August 8 • 6:30 - 8:30 p.m. • Women's support group: please see description on our calendar page lighthousecenterinc.org \$10 donation. Contact 734-808-1335; lighthousecenterinc.org.

Stress Reduction & Intuition Development with Monica Levin • Mondays weekly • 7 - 8:30 p.m. • Join us for spiritual workshops in Center Line, MI to gain clarity about your goals in life and reduce stress through a variety of techniques. \$20 per session. Contact Monica Levin at 248-656-2505; linktr.ee/monicalevin.

Prosperity and Abundance

Moon Phase Manifestation with Alicia Clark-Teper • Third Mondays monthly • May 16, June 20, July 18, August 15, Sept 19 • 7 - 8:30 p.m. • Learn how to manifest with the Moon's energy thru the cycles, phases, zodiac, corresponding Arch Angels, goddesses, essential oils, crystals, and more. Make moon water, crystal grids, and receive crystals. Each class will have different activities. \$165 all 5 classes or \$44 each class including crystals. Contact Alicia at 734-945-5396 or clarkteper@yahoo.com.

Retreats

Overnight Beginners Zen Retreat with Maum Gloria Cox • May July 22-23 • 7 p.m. Friday - noon Saturday • This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course, or who prefer the overnight retreat, are also welcome. \$160/\$120 students or unwaged, includes accommodation and a vegetarian breakfast. Contact 734-761-6520 or annarborzentemple@gmail.com.

Guided Personal Retreat with Song of the Morning Yoga Retreat Community • July 8-10, August 19-21 • Friday 4 p.m. - Sunday 2 p.m. • An uplifting weekend experiencing spiritual refreshment and relaxation in a supportive peaceful atmosphere. Join our daily schedule of events, including yoga, meditation, devotional practices, community meals, and more; opportunity to consult with an experienced meditator for guidance and answers. Free; lodging starting at \$50/night. Contact 989-983-4107 or office@songoftthemorning.org; songoftthemorning.org.

Summer Monastic Retreat with Haju Sunim • July 11 - August 8 • Learn the practical skills of waking up both for ourselves and others. Schedule includes early morning, noon, and evening meditation practice and liturgy, Buddhist study and daily dharma discussion, work with the hands, and community service. Students at all levels accepted. Simple accommodations and vegetarian meals provided. Cost is \$75/week or \$300/month. Scholarships available. Contact 734-761-6520 or annarborzentemple@gmail.com.

Summer Retreat - Wheel of Sharp Weapons: Striking the Enemy Within with Wisdom and Compassion with Demo Rinpoche • Daily, July 11 – 17 • 8:30 a.m. - 8 p.m. • Composed by Dharmarakshita, this ancient Indian Buddhist practice of Lojong or Mind Training includes powerful methods to cut through self-cherishing and self-grasping and thus remove the obstacles to attaining full enlightenment. \$475 members / \$550 Non-members. Pay what you can. Contact 734-994-3387 or programs@jewelheart.org; jewelheart.org/Free-weekly-virtual-programs to register.

Meditation Getaway: One Day Meditation Retreat with Rob Meyer-Kukan • Saturday, July 30 • 8 a.m. - 6:30 p.m. • This day long retreat at 7 Notes Natural Health is a chance to connect to nature, to spirit, to your higher self. Walking/hiking meditation opens our day. We continue with chanting, journaling, breath work, and more. Ample time for sharing and reflection will be provided. \$150. Registration required at forms.gle/EFWwnu94iqJcAFE8. Space is limited. Contact Rob at 248-962-5475, rob@robmeyerkukan.com; 7notesnaturalhealth.com.

The Experience of God in Everyday Life: A Day of Reflection with Patricia Cooney Hathaway • Saturday, July 30 • 9 a.m. - 4 p.m. • Morning Reflection: Seasons of Grace: the challenge of finding God. Afternoon Reflection: Portraits of Grace: in each season of our lives, the stories of women who model what holiness looks like through the prism of the beatitudes. \$25. Contact webercenter.org.

Summer Peace Camp with Peace Camp Coordinators • July 29 - August 3 or August 2 - 7 • Begins at noon • Tent camping for families and children near Ann Arbor. Programs focus on learning about peace and happiness from the Buddhist perspective of the interrelationship of all things. Activities emphasize fun, mindfulness, cooperation and appreciation for life while seeking to balance structure and spontaneity. Inquire for cost. Contact 734-761-6520 or annarborzentemple@gmail.com.

1 Day Meditation Retreat in Chinese with Master Zhong Hai (Winnie) w/ optional ON-LINE • First Sundays, monthly. • 10 a.m. – 6 p.m. • One day meditation retreat taught in Chinese, with an alternating schedule of Yoga or Traditional Chinese

Exercises (gong fa), walking, standing, and sitting meditation. A Traditional Chinese Tea Ceremony will be shared mid-day. Suggested Donation \$45 - \$100. Register on-line. Contact Office@TripleCraneRetreat.org; TripleCraneRetreat.org.

1 Day Meditation Retreats in English with Kamakshi Ma (Betty Eller) w/ ON-LINE option • Second, Fourth Sundays monthly. • 10 a.m. – 6 p.m. • This one-day meditation retreat, is taught in English, has an alternating schedule of Yoga or Traditional Chinese Exercises (gong fa), walking, standing and sitting meditation. A Traditional Chinese Tea Ceremony will be shared mid-day. Register online. \$45 - \$100. Contact Office@TripleCraneRetreat.org; TripleCraneRetreat.org.

Shamanism

5 Day Soul Retrieval Residential Training with Connie Lee Eiland • July 1-6 • Friday, 7 p.m. – Wednesday, noon • This class is for people who want to bring soul retrieval into their practices. Participants will be trained in diagnosis, soul retrieval, and intensive after-care. Strong journey skills are required. There is an application process. \$420 until June 15; \$475 after. Inquire about food and lodging. Money due May 7. Contact Connie at 248-809-3230 or clshebear7@gmail.com; shewolfshaman.com.

Journey Circle with Judy Liu Ramsey ON-LINE • First and Third Thursdays monthly: July 7 and 21, August 4 and 18 • 7 - 8:30 p.m. • A shamanic circle to explore the perspective of different human conditions, to heal those, and to retrieve practical knowledge for everyday life. Pre-requisite: know how to journey. \$25 per session/\$40 per month. Contact Judy at info@judyr Ramsey.net; JudyRamsey.net.

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Life with Judy Liu Ramsey ON-LINE • July 9 & 10 • 9 a.m. – 3 p.m. each day • The shamanic journey is an easy and powerful tool we can use to access spiritual information. Begin to develop a relationship with a compassionate spirit or power animal. Learn techniques to develop a self-directed practice of empowerment. \$150 per household. Pre-requisite for other courses. Contact info@judyr Ramsey.net; JudyRamsey.net.

Introduction to Journeying with Connie Lee Eiland • Sunday, July 17 • 10 a.m. - 5 p.m. • Six hr. class includes power animal retrieval and journeys to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. \$70 until 2 wks. before, \$80 after. Contact Connie Eiland at 248-809-3230 or clshebear7@gmail.com; shewolfshaman.com.

Spiritual Development

Interfaith Sunday Service • Sundays, May 1 - August 28 • 10:45 a.m. - 12:15 p.m. • Sunday celebration. Free, but donations accepted. Contact 734-327-0270; Interfaithspirit.org.

Akashic Records Practitioner Certification with Shellie Powers ON-LINE • Tuesday- Wednesday, July 12 and July 13 • Tuesday, 3 - 6 p.m.; Wednesday, 1 - 8 p.m. • Experience the Akashic Records through the Pathway Prayer Process© to access the heart of the Records. Learn about the method of access and develop skills for successful navigation of the Records for

yourself and others. Inquire for pre-requisites and certification requirements. \$360. Contact Shellie Powers at 734-926-8423 or info@thepowersof.com; thepowersof.com.

Akashic Records Advanced Practitioner Certification with Shellie Powers • Friday – Saturday, July 22 - July 23 • Friday, 6 - 9 p.m.; Saturday, 10 a.m. - 5 p.m. • Deepen your spiritual awareness by developing skills facilitating your transformation: Energy Healing, Ancestral Clearing, Past Lives. These are the Foundation protocols for mining the Records and enjoying the benefits of this work. Inquire for prerequisite. \$430. Contact Shellie at 734-926-8423 or info@thepowersof.com; thepowersof.com.

Midrash Study with Karen Greenberg • Mostly first Fridays: July 8, August 5 • 2:30 - 5:30 p.m. • The Old Testament (Torah) compiles interesting data like who ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. \$180. Contact Karen at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Connecting with Archangels - Parts 1-4 with Karen Greenberg • Sundays, July 24 - August 14 • 9 a.m. – 1 p.m. • Become acquainted with the various Archangels represented in the Sephirot (Spheres) in the Tree of Life. Learn who the Archangels are, what they do, how to create a sacred, protected space, whom to call, and how to safely call them. \$777 for all 4 parts. Contact Karen at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg • Sundays, July 24 - August 14 • 5 - 9:30 p.m. • Learn to create a sacred, protected space to astral travel safely to planets associated with the Sephirot (Spheres) in the Tree of Life, become more acquainted with aspects of G-D, connect to the energy aspects of G-D, and the special qualities they represent. \$777 for all four parts. Contact Karen at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Tai Chi, Martial Arts, & Self Defense

Beginner Tai Chi with Master Wasantha Young • May 2 - Aug 4 • Mondays, 10 - 11:15 a.m.; Thursdays, 6 - 7:15 p.m. • The T'ai Chi form, often characterized as a moving meditation, is a series of postures linked together in a continuous, fluid manner which integrates both physical and mental energy mechanics, promotes relaxation, a sense of prowess, and spatial awareness. Hybrid class, in-person, or on-line. \$195. Contact 734-741-0695 or info@peacefuldragonschool.com; peacefuldragonschool.com.

Wu Style Tai Chi Chuan with Sifu Genie Parker & certified teachers • Mondays and Thursdays • 10 a.m. • Wu Style tai chi chuan is a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. Additional times available. \$45/month for 1 class per week; \$70 for 2 classes per week. Student/senior rates available. Contact info@wustyle-annarbor.com or 734-249-9887.

Tai Chi, Martial Arts, & Self Defense

Yang & Chen - Qigong & Tai Chi with Karla Groesbeck • Monday through Friday • 1-hour classes - various times • Yang & Chen - Qigong & Tai Chi - Beginner - advanced. Solo, two-person, weapons. Outside, inside & zoom. Yang Long Form 108, Chen Laojia Yilu. Various qigong sets & Zhan Zhuang. Staff, Bang, Ruler, Tuishou, Push Hands. Free (Seniors); Low Fee. Contact Karla Groesbeck at 734-276-3059, info@taichilove.com; TaiChiLove.com.

Chen Tai Chi Chuan with Joe Walters • Mondays and Thursdays, 5 - 6 p.m.; Saturdays, 9:30-10:30 a.m. • Instruction in Chen tai chi chuan, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. Free. Contact annarbortaiichi@gmail.com; annarbortaiichi.com.

Okinawan Karate-Do with Asian Martial Arts Studio • Monday – Thursday • 10:30 a.m. • The core curriculum of the Karate-do program is based on two systems of traditional Okinawan Karate-do: Shorin-ryu Karate-do and Shudokan Karate-do. The Shudokan tradition incorporates several different systems including Goju-ryu, Tomari-te, and others. At advanced levels, students also train in Kobujutsu. Additional days and times available. \$40 for 2 introductory classes; \$90 per person, \$105 monthly. Contact 734.994.3620 or info@a2amas.com; a2amas.com/contact.php.

Okinawan Karate-Do with Asian Martial Arts Studio • Monday – Thursday • 10:30 a.m. • The core curriculum of the Karate-do program is based on two systems of traditional Okinawan Karate-do: Shorin-ryu Karate-do and Shudokan Karate-do. The Shudokan tradition incorporates several different systems including Goju-ryu, Tomari-te, and others. At advanced levels, students also train in Kobujutsu. Additional days and times available. \$40 for 2 introductory classes; \$90 per person, \$105 monthly. Contact 734.994.3620 or info@a2amas.com; a2amas.com/contact.php.

Kung Fu with Asian Martial Arts Studio • Tuesday & Wednesdays • 6:30 p.m. • The curriculum includes external martial arts, such as Hung Gar, Praying Mantis, Ying Chao, T'an T'ui, and Dragon. These emphasize power sources gained through physical development, hand-eye coordination, reaction time, agility, power, mechanical advantage, and balance. Additional dates and times are available. \$40 for 2 introductory classes; \$90 per person, \$105 monthly. Contact 734.994.3620 or info@a2amas.com; a2amas.com/contact.php.

CQC Self Defense with Close Quarters Combat Academy • Wednesdays • 7 p.m. • This class is designed to teach self-defense through a simple, straight forward approach. The class covers empty hands, weapons, throws/takedowns, chokes/locks, and grappling. First class Free. \$50 monthly. Contact 734-726-4417; cqcademy.com.

54 Form Tai Chi with Wu's Tai Chi Chuan Academy • Saturdays • 8:30 - 10 a.m. • 54 Form combines elements of the 108 round and 108 standard forms to help develop the circularity and looseness in more advanced training. Prerequisite: 108 Standard Form. \$45/month. Contact 734-249-9887; info@wustyle-annarbor.com.

12 Form Tai Chi with Wu's Tai Chi Chuan Academy • Mondays • 10-11 a.m. • 12 Form: The beginning form that introduces Wu Style and orients the new practitioner to basic principles and alignments while learning a short sequence that can be practiced on one's own. \$45/month

Theater

Annie Ypsi and the Case of the World's Bestest Big Wheel with Neighborhood Theatre Group • July 9 • 2pm and 4pm • The day of the Huron Valley Bicycle rally is upon us, and Annie and Max want to enter with their custom-built big wheel. But as the race nears, the big wheel has been sabotaged and Annie and Max are disqualified! Can Annie and Max solve the mystery of who sabotaged the bestest big wheel in the whole wide world!? Free outdoor event. Contact info@ntgypsi.org; ntgypsi.org.

Writing and Poetry

Book, Story, and Dissertation Long-Form Writing Bootcamp • July 18 & 19 • 9:00 a.m. - 4 p.m. • Are you writing something longer than two pages? A story? A novel? A dissertation? A grant proposal? Join us for a writing workshop and supportive community! We will have writing exercises, encouragement, peer and teacher feedback opportunities, structured time for getting writing DONE! and lots of healthy snacks for fuel! You will be amazed at what you can get done in just TWO dedicated writing days! If you sign up by June 30, you will also receive two follow-up coaching sessions to use in the two months after the workshop. \$260: Your Muse: Cynthia Gabriel, Ph.D. has degrees in anthropology and education and researches childbirth across the globe, but considers herself first and foremost a writer. She has nurtured many student writers as a high school and college teacher. Her own writing includes a dissertation, two published non-fiction books, and a gaggle of academic articles. In her free time, she tinkers with playwriting on themes related to motherhood and pregnancy. When she first started working on *Natural Hospital Birth: The Best of Both Worlds*, she benefited greatly from two weekend workshops and is finally ready to offer that back to the world! For more information visit: https://nestandnurture.org/?tribe_events=book-story-and-dissertation-long-form-writing-bootcamp or email aukertoni@gmail.com.

Yoga

The Science of Light with Valerie Weir • July 16 • 1 - 6 p.m. • Understand the ancient teachings of Physical and Noetic light. Topics include Kundalini, Mythology of Rahu and Ketu, The Luminaries, Dual and Non-Dual views, Sutras of Patanjali and metaphorical explanations by Lahiri Mahashaya. \$150. Contact nancy@karma-yoga.net; karma-yoga.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

**We must be free not because we claim
freedom, but because we practice it.”**

—William Faulkner

