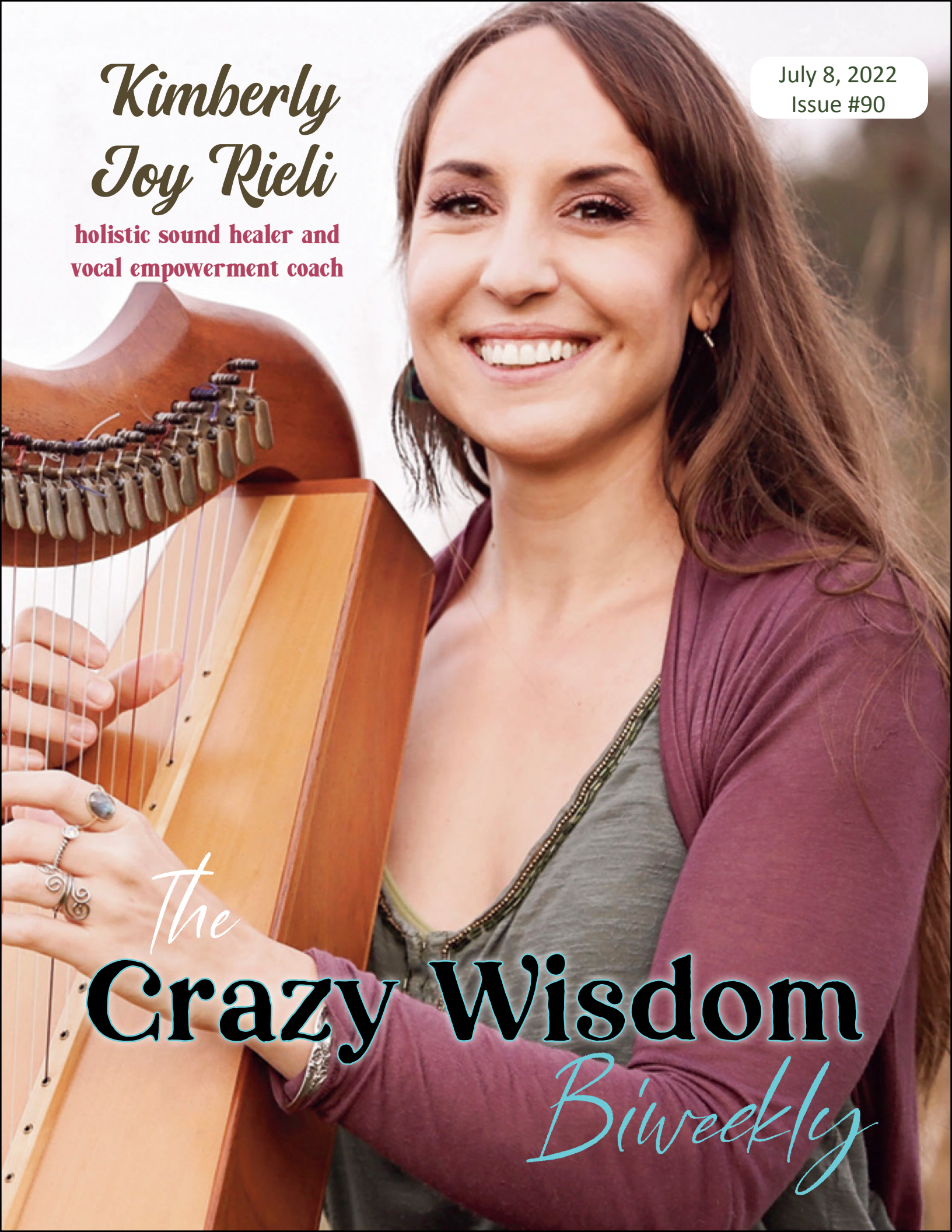


July 8, 2022
Issue #90

Kimberly Joy Rieli

**holistic sound healer and
vocal empowerment coach**

The **Crazy Wisdom** *Biweekly*

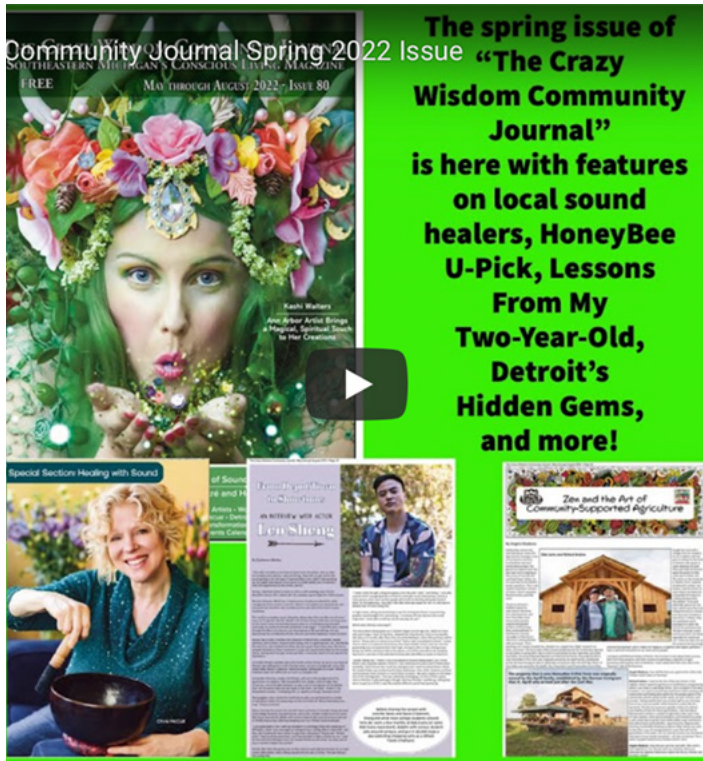


shining a light in the dark



The Crazy Wisdom Biweekly

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



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.

[Subscribe here.](#)

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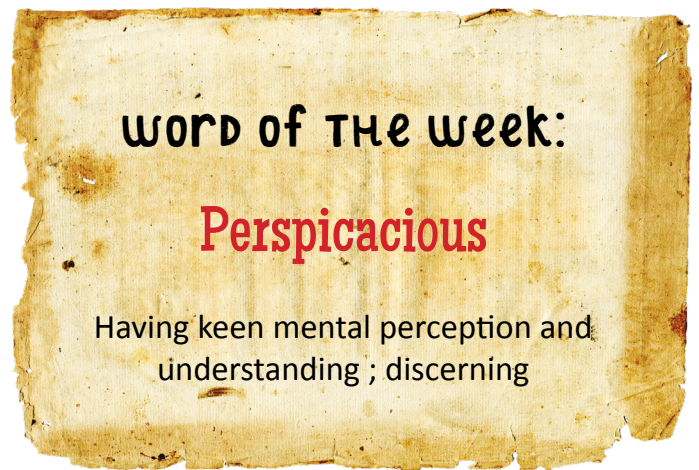
Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Our cover photo was taken by Jessica Smith

Thank you to our contributors for this issue:

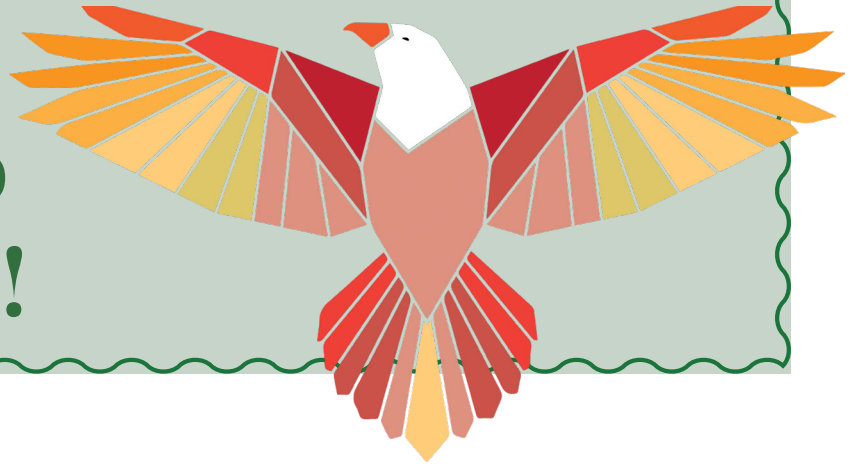
- Peggy River Singer
- Madeline Strong Diehl
- Michelle McLemore
- Jessica Smith
- Laurel Decker
- Crysta Coburn
- Jennifer Carson
- Carol Karr
- Bill Zirinsky



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

From Our Current Issue

Raptors to the Rescue!



By Madeline Strong Diehl

Like many people I know, if you told me in the summer of 2020 that the pandemic would probably drag on for two years or more, I would not have believed you. In fact, I would have thought you were a negative, defeatist person, and I would have avoided you like—well, the plague.

I remember how claustrophobic my husband and I already felt that summer—so much so that we went out and bought a used two-person kayak so we could at least explore the Huron River watershed and nearby Metro parks. We had often spotted blue herons during our regular walks around Argo Park, but our kayak enabled us to reach places where, within just a few miles of Ann Arbor and other, smaller towns, we were able to see raptors such as hawks, egrets, and even a bald eagle. This brought me hope that, despite all the bad news about climate change, wildlife organizations located in the region around Ann Arbor must be doing something right. It also brought me much-needed distraction as I vicariously watched these magnificent birds in flight.

Raptors are excellent hunters because of their speed and stealth, and these characteristics also make them difficult to spot in the wild. However, residents of southeastern Michigan have an unusual opportunity to see raptors up close and personal at Ann Arbor's Leslie Science and Nature Center (LSNC). The Center opened its doors to visitors in June of 1986, and it incorporated raptors into its educational programming in 2006.

For various reasons, these birds cannot survive in the wild. Most have suffered an injury, such as a collision with a car. Others were born in captivity and do not have the skills to fend for themselves. But at the LSNC, the raptors are given the chance to maintain lives that offer them the same kind of dignity and nobility that have caused humans to revere them and identify with them since time immemorial.

The LSNC houses and cares for eleven raptors, and when talking to visitors on-site or during off-site presentations at schools, offices, and elsewhere, the birds' caretakers, trainers, and handlers call them "wildlife educators" and "ambassadors" explains David Clipner, director of education and wildlife.

"We treat our raptors as staff, and it's critical that we give them respect because they are the educators, not us," said Clipner, 42, a man with a long reddish beard and moustache and intense, pale blue eyes. "We make clear to people that the only reason they are here is because we can't release them. If they could be

in the wild, that's where they should be. But since they can't, we give their lives as much purpose and meaning as we can. They can provide conservation education by representing their wild counterparts."

Each bird lives in its own enclosure and embarks on its own individual training program. Feeding time provides staff with one opportunity to train the birds and keep their brains stimulated. During my half-hour tour, I watched as a caretaker named Lisa went from enclosure to enclosure, issuing the verbal cues that each bird had to follow before it could receive its food.

The birds are not given names because the Center does not want visitors to think they are pets. Instead, they are referred to by their species. "Eagle" is by far the largest bird in residence, and it was also the most active on the day I visited, flying in great excitement from perch to perch as it watched Lisa approach with its dinner. Lisa instructed Eagle to "wait," but it took a few minutes for the bird to relax and respond to the verbal cue. Then Lisa praised Eagle and slid its food down a chute into the enclosure. I watched in fascination—and okay, with some kind of strange primal, visceral fear—as the eagle used its huge, scaly talons to hold down a dead rat while its razor-sharp beak expertly flayed, filleted, and disemboweled it in a matter of minutes.

Clipner said that watching Eagle is a highlight for many visitors because she is so large and fierce. I asked him if children are ever afraid when they watch Eagle and the other birds attack their food, and he replied that many people do harbor some fear. "And that fear means that people are emotionally engaging with the birds in a powerful way. That's an opening for us to educate and transform people's fear into respect."

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

The Sound of Healing with Kimberly Joy Rieli



From the Cover

By Michelle McLemore, Photos by Jessica Smith

When you first see Kimberly Joy Rieli, you may be smitten with her fairy queen appearance. The long flowing hair, her lithe frame, and doe-eyes only add to the emanating aura of kindness and peace. Yet to limit your understanding to just the visual sense would sorely miss the depth of her very real healing gifts.

As a singer, musician, vocal empowerment coach, and holistic sound healer, Rieli has helped clients in over 15 countries. She cultivates vocal, breathing, and mental techniques to discover and empower their authentic voice. Vocal clients range from those who use their voices professionally, like speakers, teachers, and salespeople, to those who are in the music industry, as well as for those who struggle with anxiety or confidence at a personal level. However, in regard to her sound healing, clients with physical, mental, and emotional dis-ease also find relief.

Rieli has been recognized five times as the Winner of Best Performance Arts Business and also earned Best Voice Lessons in Santa Monica, CA by an independent company. She was also featured in *Yoga Journal*.

Growing up in Wyoming, Rieli was surrounded by a musical family. She earned a BA in Music at the College of the Holy Cross in Massachusetts and went on to Lamont School of Music at the University of Denver where she earned a MA in Vocal Performance. Additional studies led her to work with singer and vocal technician Phyllis Curtin along with William Hanrahan, Per Bristow, and Melissa Cross. She gained experience at the Wesley Balk Opera/Music Theater Institute, Tanglewood music festival, and Spoleto, Italy Vocal Arts Symposium. She performed in orchestral ensembles and in title roles in various opera and musical theater productions. Her diverse music interests led her to even co-found a Renaissance ensemble performing Josquin music. Despite Rieli's vast musical experiences, she has faced ongoing anxiety since middle school. As she aged, the anxiety worsened and led to additional health problems and near crippling performance anxiety as a young adult. "The health problems

and past traumas were straining both my inner and outer voice, robbing me of joy," Rieli explained. "As a result, I was launched into an extended existential crisis."

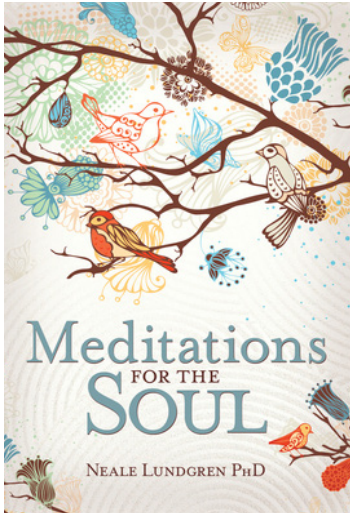
Rieli continued, "All of this led me on a mission to heal myself through the deep exploration of sound, holistic health, mindfulness, and spirituality. And as I healed, I was called to help others do the same. Because of my experiences, I also have a particular passion for helping women heal and reclaim their voices from trauma."

While in California seeking holistic ways to heal, she chanced upon an insightful teacher—"A Zen Buddhist voice teacher—at least that's how it felt. He wasn't Buddhist but his approach felt Buddhist in nature. It started me on the path of feeling into my body. I knew music was healing but had never been exposed to how healing it could be. So, I started that path."

As Rieli explored sound as a healing agent for herself, her findings rolled over into the vocal classes she began teaching around age 27. Workshops led to one-on-one clients. "People were drawn to me because I used a different, holistic approach to sound rather than simply the traditional scales, songs, and technical coaching I had learned through my collegiate training. Singing is much more than that and our voices are so much more!" Rieli's voice rang with passion. "It [traditional teaching methods] leaves out the soul and physiological part. Using only the formal teaching method often produces anxiety in new-to-music students. They feel they cannot live up to the classic expectation."

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

Crazy Wisdom Book Picks of the Week



Pathways and Practices to Strengthen Your Soul for the Journey Ahead

Everyone longs for a soulful purpose that sets the heart ablaze. This book guides you through accessible meditations designed to help you experience the deep joy and fulfillment that comes when we live in the immediate and irrefutable now.

Join teacher and former monk Neale Lundgren as he shares dozens of awakening exercises designed to help you activate your soul's senses, become more present to your inner and outer worlds, and learn to bring soulfulness to your relationships with others. This book is all about helping you reconnect to your soul and strengthen your personal sense of purpose in life. The practices within can be used by anyone regardless of your spiritual or religious background. With breathing exercises, visualizations, affirmations, and more, you will learn to incorporate ancient spiritual technologies even in the midst of your busy 21st century life.

[Purchase your copy of *Meditations for the Soul* at shopcrazywisdom.com.](http://shopcrazywisdom.com)



In this inspiring manifesto, an internationally renowned ecologist makes a clear case for why protecting nature is our best health insurance, and why it makes economic sense. Enric Sala wants to change the world--and in this compelling book, he shows us how. Once we appreciate how nature works, he asserts, we will understand why conservation is economically wise and essential to our survival. Here Sala, director of National Geographic's Pristine Seas project (which has succeeded in protecting more than 5 million sq km of ocean), tells the story of his scientific awakening and his transition from academia to activism--as he puts it, he was tired of writing the obituary of the ocean. His revelations are surprising, sometimes counterintuitive: More sharks signal a healthier ocean; crop diversity, not intensive monoculture farming, is the key to feeding the planet. Using fascinating examples from his expeditions and those of other scientists, Sala shows the economic wisdom of making room for nature, even as the population becomes more urbanized. In a sober epilogue, he shows how saving nature can save us all, by reversing conditions that led to the coronavirus pandemic and preventing other global catastrophes. With a foreword from Prince Charles and an introduction from E. O. Wilson, this powerful book will change the way you think about our world--and our future.

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

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From Our Archives

Conversations with Nature



By Laurel Decker

There is a reason we feel more peaceful when we spend time connecting with our pets or hiking in the forest. Nature is in perpetual energetic flow and does not manipulate energy the way people do. Humans continually try to divert, filter, suppress, create, and extinguish energy. Because of this, when we are immersed in the flow of nature, our body's energetic response is to line up with that frequency. We let go of a little of that human tendency to control energy. It's relaxing, and when we are relaxed, we are open to receive communication from our own intuition as well as Source (the name I will use in reference to God, Universe, Deity, Divinity).

We could all use some extra help to answer the questions that are dearest to us. Whether or not our questions are complex and life changing, Source is eager to guide us toward balance so we can move more confidently on our authentic and joyful path. I find that once I open the conversation, and invite Source to share messages with me, I feel an urge to get outside. Then I listen and pay attention to what is happening all around me from the ground to the sky and everywhere in between.

I began receiving messages from nature without knowing it was happening. For many years I took the same hiking routes hundreds of times without any notable nature signs. It was when I reached out specifically to ask for guidance that my outings took on a magical tone. Serendipitous discoveries became gifts with meanings that were directly given to my soul. Perhaps you can relate to some of my experiences.

At first, I came across feathers. I soon had a collection of assorted colors and sizes from many different species. And then it became common to stop in my tracks to find an animal pausing long enough for me to look into her eyes. Foxes, coyotes, wild turkeys, and deer seemed to be everywhere. With the frequency of these encounters, I became curious. I began searching online, and in books, to find out why this was happening, and I learned to apply symbolism and meaning to my wilderness encounters.

I learned that many spiritual traditions practice communicating with the supernatural through the natural. Some of them are

ancient, and over time these traditions have created their own symbolism and language associated with this practice. It fascinates me that many Native American traditions refer to working with nature as a way of healing through "medicine" that brings us into inner balance—in other words, into harmony with nature. For example, when one is visited by crows in life, in dreams, or in meditation, "crow medicine" is being applied. Cherokee tradition teaches that Crow medicine "gives us the ability to make decisions, open ourselves to change, and experience magic in the world around us." After learning this, I stopped viewing this common bird through its popular assignment as an ominous, dark pest. I now see a bright reminder that spiritual magic is everywhere.

There are hundreds of elements in nature that have symbolic healing power. In other words, a coyote is not simply a wild dog. It carries with it information—depending on where it is seen, whether it is calling out or silent, and whether it is playing, hiding, hunting, eating, or being watchful.

In the Navajo tradition, Coyote is a symbol of mischief and playfulness. Seeing one is usually a reminder to take life less seriously. I have taken this as the message I needed many times. However, there was a time I needed a different message. I was at an important crossroads in life when I needed to transition from homemaker for a family of six to a full-time career that would bring financial independence. Seeing a coyote crouched at the edge of my neighbor's field and focused on the flock of Canada geese in front of it, I was encouraged to trust Source that I would find what I needed. The message was that it was a time to be less carefree and to focus on survival. Even when I was discouraged by job application rejections, Source reassured me that I have useful skills. I just might have to be patient as I prepared for the right moment to pounce. Considering its importance for me personally, I then assigned the meaning that resonated most for me in that moment.

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

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This process improves your awareness and your ability to know and use your inner wisdom and emotional intelligence.

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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



5 questions for author Crysta Coburn



You've written a lot of stories that have steampunk elements. What is it about this genre that appeals to you and makes your imagination fly?

I've always been keenly interested in human history and our varied cultures. I think I inherited this from my parents. I have also always been enamored by fairy tales, folks tales, and myths, which I think go hand in hand with our history. Genres like steampunk are a marriage of these two. We can never 100% know what life in the past was like because we aren't of those times. We will always be looking back with our modern eyes, so there's always an element of fantasy. Why not take it that extra step to a history that could have been, but wasn't? What if Lovelace and Babbage's analytical engine had taken off, and humans had mechanical computers half a century earlier? What if steam had become the dominant source of power rather than electricity? The possibilities are endless.

In 2012 you decided to see if you could write a haiku a day. What was that like, and what did you learn about yourself during this project?

That was a true challenge. The real limitations in haiku are not in the syllables, but in conveying an experience in three short lines. Traditional haiku incorporate the season in which they were written or are talking about. There is quite a long list of keywords that do this, but it's different in English. For example, we don't typically go flower-watching (hanami) in the Western World, so that wouldn't be a good seasonal keyword for us. But tulips are a great spring keyword, particularly here in Michigan. I wasn't able to do this with every haiku, but I did try. My vocabulary greatly expanded as I searched for the correct words to fit the structure. I think because of this experience, I've gotten better at writing flash fiction (short stories under 1000 words). One of my stories, "Parched," published in the anthology *Migration* is only 300 words long.

When did you know that you wanted to be a writer?

I remember very distinctly being around five years old with my mother in the Waldenbooks store at the mall. I was looking up at the shelf of New York Times Best Sellers. I didn't have a concept

of what that meant yet, only that these were important people. And I wanted to be an important person like them one day. I told myself I would figure out how. Now I know there is a lot of nuance and politicking to becoming a NYT Best Seller, so that's no longer a personal goal...but it would be nice!

What is it about the short story form that draws you? Do you write novel-length stories, too?

At first, I wrote short stories for class, and I often told stories to my friends. In middle school telling stories turned into writing stories. Teachers thought I was being a good student taking notes, but really I was writing to my friends. We would pass these letters to each other in the hallway between classes, many of which were stories. Some were collaborative stories we would pass around and each person added a new part of the story. One friend and I ended up writing a fantasy novel together around 8th grade. We shared a notebook that we passed back and forth. I showed it to a teacher who was blown away and asked me to meet with him about how to become a published author. The novel never went anywhere, though I still think it's pretty good. My first short story was published when I was 16 after I won runner-up in a local youth fiction writing contest. Funnily enough, it was printed in the food section of the Kalamazoo Gazette, though it had nothing to do with food. (Foreshadowing?) I won the Undergraduate Fiction Award when I was enrolled at Western Michigan University just a few years later. I realized that getting short stories published was a lot easier than publishing a novel. So, while I have written a few novels (and I'm working on one now), I haven't tried to publish them yet.

What projects are you working on now?

I always have multiple projects going on at a time. There is a great group of mostly steampunk writers that I have hooked up with from around the globe. We've worked on four anthologies together so far, two that I co-edited (*Cogs, Crowns, and Carriages* and *Gears, Ghouls, and Gauges*) with Phoebe Darqueling and two that I've helped out on in different ways, mostly by proofing and doing a little editing in addition to having stories accepted (*Fairy Tales Punk'd* series). I am working on a geeky romance novel with another on the back burner. I am also on the writing committee for Neighborhood Theatre Group. While I was earning my creative writing degree at WMU, I never thought I would work in theatre, but here I am. Life is interesting that way.



Biweekly

The Crazy Wisdom Calendar



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 krngnrbg@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 krngnrbg@gmail.com; clair-ascension.com.

Book Discussion Groups

7 Notes Book Club with Rob Meyer-Kukan • First Thursdays • 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.

Breathwork

Transformational Breath® Workshops with Julie Wolcott and Marcia Bailey • July 30 • 11:00 a.m. or 7:00 p.m. • Come Breathe with us! Circular, connected breathing that is totally enlivening. We begin each workshop with a discussion of the benefits and basics of the Transformational Breath process, set intention, and then experience a full breath session and end with integration. The rewards are many – new awarenesses, physical and emotional healing, clarity and joy. For more information email jlwolcott@ymail.com or mbaileym@gmail.com or visit <http://breatheannarbor.com>.

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.

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

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.

Death and Dying

Death Cafe with Interfaith Center for Spiritual Growth & Rev Annie Kopko • First Tuesdays monthly: 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 Merilynne 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 ewev@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.

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

Mandalas & Meditation: Yoga & Art Workshop with Shawn Archer and Kate Roos • Saturday, July 9 • 1:30 p.m. An afternoon of art, yoga movement, and meditation. The art and yoga are both open to all levels of ability. All art materials are included. Please wear comfortable clothes, bring yoga mat and water. For more information email kate@kate-roos.com or Shawn at gentlespirit.sa@gmail.com or visit <https://www.kate-roos.com>.

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: 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: 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, July 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.

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

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

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



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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.

Newborn Care Class with Toni Auker • Saturday, July 30 • 10 :00 a.m. Many of us prepare for the birth, but it is just as important to prepare to bring home the baby. Whether you have a lot of experience caring for babies, or have never held one before, there is always more to learn. In this class we will give you the tools that you need to confidently bring home your little one. We will talk about soothing a crying baby, diapering, bathing, babywearing, car seats, sleep, and much more. While we will talk about feeding your little one, we do recommend that you also take our breastfeeding/chestfeeding class in addition to this class if you plan to nurse your little one. This class is also ideal for parents planning to bring home a little one through adoption or foster care. Our class is about giving your options, support, and hands on practice. We will talk about finding your own way, dealing with outdated or unwanted advice, and building your community. For more information email aukertoni@gmail.com or visit https://nestandnurture.org/?tribe_events=newborn-care-class-2.

Personal Growth

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 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 • July 18, August 15, Sept 19 • 7 - 8:30 p.m. • Learn how to manifest with the Moon’s energy thru the cycles,

The Crazy Wisdom Calendar

Biweekly



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 • 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@songofthemorning.org; songofthemorning.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.

ONLINE RETREAT: Mindfulness for Cultivation of Compassion and Wisdom with Nolitha Tsengiwe • July 28-29 • 4:00 p.m. • Online retreat Friday 4-6, Saturday 9-4:00. During this non-

residential online retreat, we will deepen our understanding of mindfulness, compassion and wisdom teachings of the Buddha to connect with our hearts. We live in times of great instability, loss, trauma, stress and a potential “mental health pandemic.” This is an opportunity to strengthen our capacity to calm the body, heart and mind to be responsive. The retreat session will include silent meditation, dharma talks, heart practices, and community discussions. Please register on the web site, <https://insightmeditationannarbor.org/2022/05/26/mindfulness-for-cultivation-of-compassion-and-wisdom-july-29-30-2022/>

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 with be shared mid-day. Register online. \$45 - \$100. Contact Office@TripleCraneRetreat.org; TripleCraneRetreat.org.

Shamanism

Journey Circle with Judy Liu Ramsey ON-LINE • First and Third Thursdays monthly: 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

Taking Back the Scriptures with Loren Griffin • Thursdays, July 14, 21 & 28 • 6:30-8:30 p.m. • Perhaps this conversation can be the beginning of a restoration for you. It is my hope that in this brief overview and talk, a conversation begins—that together we can restore hope and an openness to scripture and discover the wisdom and encouragement it was meant to give us. We might also dispel some of the teachings that have proven to be alienating. For more information email Mara Evenstar EvenstarInstitute@gmail.com or visit <https://evenstarschalice.com/courses>.

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.

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.

Get your event listed
in the Biweekly
calendar for free.

Send your listing in
two weeks in
advance!

[Submit your listing
here.](#)



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



Live
in the
sunshine,
swim in
the sea,
drink in
the wild
air.

—Ralph Waldo Emerson