



THE  
**CRAZY WISDOM**  
BIWEEKLY

#112

*Rudolph Steiner School  
Mosaics*

PAGE 08



**May 12**  
Last Quarter



# CRAZY WISDOM

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## Word of the week:

### Caim

Sanctuary: an invisible circle of protection, drawn around the body with the hand, to remind one of being safe and loved, even in the darkest times.

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Thank you to our contributors for this issue:

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Susan Ulrich  
Frank Vandervort  
Dion Pittman  
Bill Zirinsky  
Jennifer Carson

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

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## On the Cover

One of the student mosaics at Rudolph Steiner School

“I can remember always being taught the Martin Luther King theory—judge a man on his character, and not his color. This was embedded into to us at a very young age. This way of thinking really helped us navigate through our city. Literally growing up on campus, I witnessed students from all around the world rotate into my neighborhood/city every year. Every race, color, and creed. You name it, Ann Arbor was home for everybody.”

— Dion Pittman

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I grew up on a country road south of Jackson, Michigan. Sometimes, I'd hear owls calling to each other from the woodlot after I'd gone to bed. I'd go stand at my window in my pajamas, and breathe in the peaceful deepness of the night.

The dreams started when I was quite young. In the most powerful dream, child-me was once again standing at my bedroom window in the middle of the night.

But this time, there were no owls.

There were no sounds at all.

And this time, I watched flattened moon-bright disks, glowing from within, as they settled silently into the woodlot and the back pasture.

It has taken me a lifetime to string together hundreds of dreams and repressed memories, and develop an understanding of what happened and what was done to me and my family by Grays from Zeta Tauri. One night about ten years ago, I asked for a dream so that I could meet my bird children. The beings I was shown were the size and shape of a sparrow (without wings) who had the head of Dilbert's boss from the comic strips, and two little skinny bare arms. Their bodies had patches of dazzling bright colors.

A few days ago, I finally felt that it was time to connect with my children. Today, I'd like to share our first conversation.

**Ekuspeaks:** I am the first-born, as you would call it, of those offspring who came from your bodies. As the elder I speak for all seven of us, and all are attending to this conversation we are having.

Our physical appearance which you saw in your sleep-state represented the combination of our respective DNA signatures. Our actual forms are very different, and your brain would not be able to safely process that information.

The manner in which we—as undeveloped packets of potential—were placed into your bodies can best be described as a simple transfer of energetic substance. Of course, the practitioners adjusted your brain functions to block all conscious awareness of the entire experience.

It is challenging to describe the “birthing” process in such a way that you would understand it. There was no pain for you to experience. Indeed, you were asleep, breathing evenly, as we were extracted from your physical/emotional field.

At the time we had no understanding of the wrongness of using the body of another in this fashion, without the permission to do so.

We are now aware of the trauma this experience produced in the lives of those humans who were experimented on, and we understand and acknowledge the rage you felt for many years.

Let me reassure you of the correctness of your realization that your higher selves granted permission so that you could all have this experience in this lifetime.

**Peggy:** I understand that many other families living in the area were also experimented on. Did each of them choose this experience?

**Ekuspeaks:** Yes, without exception. Remember that even the most familiar, the most ordinary-seeming human has experienced thousands of lives and is much, much more than they might seem to be.

**Peggy:** Why were we chosen?

**Ekuspeaks:** The gray beings wished to find compatible DNA that would help them to restore their own declining reproduction. Some of them simply wanted to make experiments, to see what would happen. Your area was chosen for its relative isolation, with houses far apart. Your dogs and other animals could not warn you of our presence, because we froze them in a moment of time.

**Peggy:** Do you and our other bird children identify yourselves as gray beings?

**Ekuspeaks:** Not the same as them, you understand that there is an obvious connection but we are new life forms derived from other life forms. You wish to ask whether we chose this experience on any level, and the answer is no. We were simply brought into being. You also wonder whether we feel “guilty” about being part of the experimentations. No. We simply are.

**Peggy:** Were you on the black ship that visited me in response to my declaration of forgiveness?

**Ek:** No. The forgiveness you expressed so deeply and lovingly toward the gray beings was not meant for us.

**Peggy:** In what ways are you studied, as a new hybrid species?

**Ek:** We are [observed/monitored/supervised] at all times and occasionally questioned and tested in different ways. No coercion or discomfort is involved, since we were created for this purpose.

**Peggy:** You were created many years ago, in our years. (The 1940's to 1950's.) How have you spent your time?

**Ek:** The nature of time is very different for us. We do not experience it as something to be used or "filled" or planned out. It simply *is*.

**Peggy:** Do you individually have tasks, or studies, or interests?

**Ek:** We are interested in all things simultaneously. We do not pursue knowledge; knowledge is freely available, just as on your world, air is freely available. This is another aspect of "*is-ness*".

**Peggy:** Do you expect to have long lives?

**Ek:** Certainly, until we are no longer relevant. At that time we will simply cease to exist, just as we did not exist before we were brought into creation.

**Peggy:** Is there anything else you'd like to share today?

**Ek:** Life *is*. Love *is*. There are times when a great wrong echoes through the universe and demands reparations. Be assured that many of the gray practitioners have been attempting to understand the pain, suffering, and trauma that resulted from their actions. Further experimentings of this type will not be permitted. We are complete [done].

#### The Rest of the Story

In case you're wondering: No, I don't have any human children. I'm planning to start a blog to share my experiences and hopefully help others understand their own. And, I would like to connect with the Grays who were assigned to my family. I'd like to hear their point of view, in the interests of balance and fairness. All of us who were part of the experiments have a great deal of healing to do. I envision a time when each individual involved who achieves healing, will add to a ripple effect that will help others, of both species.

*Peggy River Singer is a Lightworker, all-beings communicator, faerie ally, Reiki practitioner, and lifelong writer who combines her gifts to help create harmonious relationships among all who share the Earth. Connect by email at newbluecanoe@aol.com. Previous columns are posted on angelsfairiesandlife.wordpress.com.*



*The Crazy Wisdom Community Journal*

# issue 83

## Features

Gateway Farm

Black Men Read

Ann Arbor Clothing Company, Joob Activewear

An Interview with Dr. Craig Stoller

Hilary Nichols chats with Maurice Archer and Anne Erlewine

Indigo Forest and chronic pain reduction ...and more!

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## Writers Wanted

*Fun ways to be visible and connected in the community.*

### Kids Columnist

We're looking for a new columnist for our ongoing CW Kids Column. Each issue, the columnist writes a feature article which includes 3 or 4 profiles of interest to parents and their kids. We focus on people, organizations, and businesses offering cool, fun, meaningful, and sometimes therapeutic activities, programs, events, and classes for kids. Great opportunity for a writer who is also a parent.

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We are always looking for good articles about the holistic scene... reportage, personal journaling and essays, profiles, interviews, journalistic explorations, and other feature writing.

Modest but respectable pay. If you might be interested, please write to [crazywisdomjournal@crazywisdom.net](mailto:crazywisdomjournal@crazywisdom.net).



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"I can say beyond a doubt that Susan has helped propel me in my soul's direction and vocation! She is incredibly accurate and left me feeling more inspired and excited than I could possibly express!" Hallie S., Salt Lake City, Utah

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# Crazy Wisdom is Seeking a Full-Time Manager for Events Space & Bookstore

Crazy Wisdom is offering an exciting one-of-a-kind opportunity for a full-time manager to spearhead the re-imagining of the brick-and-mortar Crazy Wisdom Bookstore, southeastern Michigan's leading body, mind, and spirit bookstore for almost 40 years. After being on sabbatical since early 2022, Crazy Wisdom Bookstore is ready to reemerge, under its same longtime ownership, in the fall of 2023. This incarnation will focus primarily on the second floor as an event and community building space, and will host a variety of events including but not limited to: meetings, workshops, poetry and storytelling nights, book discussion groups, author events, intuitive and psychic readings, seasonal rituals, witches' nights out, Salon nights, music nights, drum circles, meditation gatherings, and other types of events which it has fostered and hosted over its decades. There will also be a smaller and more focused bookshop located on a portion of the first floor. The re-imagined Crazy Wisdom will have significantly reduced hours of operation—still a destination for its regional customer base—but only open 30 hours a week, spread out over just four days each week.

**For more information about applying, minimum qualifications, duties and responsibilities, and salary and benefits, visit our website:**

[crazywisdomjournal.com/job-openings](https://crazywisdomjournal.com/job-openings)



# Student Mosaics at the Steiner School— *A Culmination of an Inspired Education*

By Sandor Slomovits

It is a custom at many high schools for each graduating class to give a gift to the school. Seniors typically raise money to buy a bench, a tree, or perhaps to create a scholarship fund. The class gift tradition at the Rudolf Steiner School of Ann Arbor High School is different—it is built right into the curriculum. Almost every year since the school graduated its first class in 2000, the seniors, under the direction of the school's art teachers, Elena Efimova, Riccardo Capraro, and Nataliya Pryzant, create a large mosaic that is then permanently mounted at the school's Pontiac Trail campus building. The resulting mosaics are remarkable in a number of ways and fulfill several functions. First, there's their size.

Last year's piece, for example, is eight feet by eight feet, which in square footage doesn't even qualify it into the top three of the fourteen mosaics that students have created over the years. The largest is twelve feet by thirty. But the mosaics are more notable for the quality of their craftsmanship, the wide variety of their subject matter, and for the broad range of artistic styles they employ: from representational art, such as very realistic portraits of Martin Luther King, Frida Kahlo, and Beethoven, to one inspired by an abstract Kandinsky painting; from a periodic table of elements, now hung in the chemistry lab, to panels designed around a Fibonacci spiral. Some, like the class of 2022's landscape nature scene, a path winding past water and woods to a sunlit valley, use primarily earth tones, others, like the Fibonacci, employ a limited palette, mostly blues and gold, while still others display a varied assortment of vivid hues.





The mosaic class gift tradition began in 2000 with RSSAA's first high school graduating class and was initiated by Efimova who has taught at the school since 1996. In her confident, direct, sure way of speaking, she conveys a great deal of enthusiasm when talking about these projects and her students' art. "By training I am an architect and I have a good feeling for a space. My passion is interior design. I have a feeling for how to beautify a space. The beauty of the students' work creates an absolutely different mood. People even move through the hallways differently. They constantly stay by the walls when they see that there's a new art project displayed. And we always display all the students' art." The five graduating seniors in that first year made individual mosaic panels that they eventually decided were too large to take home, so they gifted them to the school. Those now hang in the RSSAA's Lower School on Newport Road. In 2002, before the High School moved onto its own campus, classes were housed in the basement of the Genesis church/synagogue on Packard. Perhaps influenced by their location, the class of 2002 decided the theme of their mosaic would be the seven days of creation. That set the template for all the projects that have followed. Subsequent mosaics have continued to reflect the unique character and circumstances of each class, and its particular interests, while also incorporating elements from the entire Steiner curriculum. The students also often find creative ways of co-mingling elements of different cultures and traditions they have studied into the collages. For example, the class of 2022's pastoral scene has embedded in it a subtle yin yang symbol. Margot Amrine, the high school's Humanities teacher says, "What I love is how they reinterpret." In the seven days of

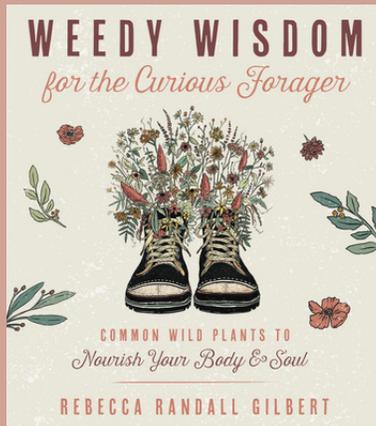
creation mosaic, "the fish is very much inspired by Inuit, Tlingit, Northwest art. The last panel, the day of rest, they decided to do a kind of Buddha with a sort of Hindu cat, and you also see the four elements. So, it's a very unique and different interpretation, but kind of out of their four years in the Genesis building. There's been some kind of story every year."

In 2016 the subject of the class mosaic was Van Gogh's *The Starry Night*. The sky and stars are faithfully, artistically reproduced but, unlike in the masterpiece, there is no enormous cypress tree dominating the foreground, and the sleepy little village in van Gogh's painting has been replaced by the skylines of Detroit, Florence, Italy (complete with its famous Giotto's Tower), and Ann Arbor—featuring the Bell Tower.

Since 2001 (with the exception of pandemic-disrupted 2020 and 2021) every RSSAA senior class has spent a week in Italy, visiting Venice, Florence, and Rome, witnessing first-hand the art, architecture, mathematics, physics, and

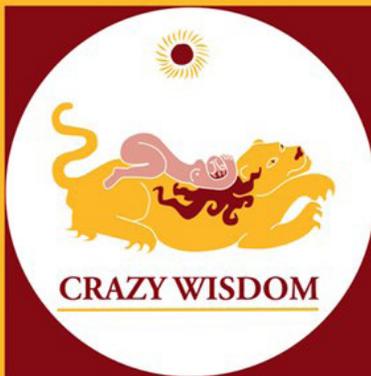
[Read the rest of the article  
about Steiner School Mosaics  
online!](#)

## Book of the Week: Find Delicious and Healthful Plants Hiding in Plain Sight.



With more than fifty recipes, hands-on activities, and thought-provoking social themes, Rebecca Randall Gilbert shows you exciting ways to incorporate common wild plants into your life. This beginner-friendly book provides eight essential foraging lessons based on classes Rebecca taught at Camp Jabberwocky (the oldest sleepaway camp in the US for people with disabilities). You'll learn how to gather edible flowers, work with invasive species, find flavor correspondences, process healing plants, and preserve your harvest with fermentation. From roots, seeds, and sprouts to mint, sassafras, and beyond, this practical guide deepens your understanding of plants and reveals important life lessons.

[Purchase your copy of \*Weedy Wisdom :Common Wild Plants to Nourish Your Body and Soul\* by Rebecca Randall Gilbert](#)



Born during the pandemic, *The Crazy Wisdom Biweekly* 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 walks, news of your pets, or musings on current events. Send your submission to [jennifer@crazywisdom.net](mailto:jennifer@crazywisdom.net).

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# Roadside Marsh

By Frank Vandervort



The westbound traffic on Interstate 94 is at a crawl this morning and I couldn't be happier. It's a Wednesday and brilliant sunshine glints in my rearview mirror.

About halfway between home and my office at the university, a small marsh lays up next to the highway partly shadowed by the Platt Road overpass. Tucked in behind a red brick apartment building along the edge of a residential neighborhood, the marsh covers an acre, maybe two. On the edge furthest from the highway, there is an area of open water. The basin containing the marsh is deep enough that this pool never dries up, though for much of the summer, when the hydrophytes are at their tallest, passersby on the expressway get only an occasional glimpse of the water. The interstate and the surface road flow day and night with traffic—cars, trucks, motorcycles, recreational vehicles of every description. However, the marsh's proximity to all that human activity does not prevent it from being an active bit of the natural world.

Science has caught up to what we humans know intuitively: exposure to nature, even a little, and even if under less-than-ideal circumstances, when we cannot immerse ourselves, has tangible benefits for our physical and emotional health. Exposure to the out-of-doors has been shown to reduce stress, speed recovery from illness and injury, and to reduce the symptoms of attention deficit hyperactivity disorder in children. Living in a suburban area, and working on an urban campus, my mind and body sometimes longs, even aches, for the chance to be immersed in nature.

I pass this little marsh two or three times a week, and sometimes five, so I have the chance to observe it as it changes gradually throughout the year. In late August, as the new school year approaches, the marsh grasses, the cattails, and the sedges are dense and green. When the breeze stirs them, they sway together like so many waltzing couples. In a few weeks, as the shortening days of late summer fold into the even shorter days of autumn, the color will gradually drain away. The grasses, cattails, and sedges will grow at first tawny, then brown, then a sickly, almost colorless, cream. Rather than dance in the gentle breeze, their dried stalks will

rattle and scrape in the sharper winds of winter. The view of the pool, which has been partially obscured for the past several months by the robust flora, will open again. Some mornings, small flocks of ducks, Canada geese, or a pair of swans float in the open water, using the small pool as a layover during migration. The water on which they bob ranges in color from light blue to near black as it reflects the changing conditions of the sky. This morning it is a light gray, the slanting morning sunlight having not yet reached the water's surface. The passing fowl are there for a day or two and then they are gone.

On chill autumn mornings fog (caused when the cool air passes over the warmer water) rises from the pond. Later in the fall, around Thanksgiving most years, ice develops on the pool. Recent winters have been so mild the water is often open into January. When the surface does freeze solid, snow blows in wispy, curling fingers across the ice, accumulating along its edges, where the foliage acts like a natural snow fence.

One thing that does not change is the half-dozen or so dead hardwoods scattered in the marsh and around its edge. One is large and has plainly stood in its place for decades. A maple, I think, its trunk straight and thick. The tree has been dead long enough that its smaller branches have fallen away, and its bark is sluffing off. The presence of these snags makes me wonder about the origin of the marsh. The basin must be of relatively recent vintage given that the area was at one time dry enough for these hardwoods to reach full maturity before drowning. Is the marsh the result of the unintended impoundment of water that resulted from the construction of the interstate and the surface street? Is it a glacial pothole that has gradually expanded to encroach on the adjacent hardwoods? Or is it simply a low spot in the ground that has, over the years, filled with rainwater and snowmelt?

*continue reading online...*

# The Crazy Wisdom Calendar

May through August 2023



## A COURSE IN MIRACLES

**Course in Miracles Study Group via Zoom with Interfaith Center for Spiritual Growth · May 1 through August 28 · Monday · 6:45 p.m. to 8:45 p.m.** · Course study group. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Course in Miracles Study Group via Zoom with Interfaith Center for Spiritual Growth · May 31 through August 28 · Thursday · Noon to 1:30 p.m.** · Course study group. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

## ANIMALS AND PETS

**Basic Telepathic Animal Communication with Judy Ramsey · Saturday and Sunday, May 27 & 28 · 9 a.m. to 5:00 p.m.** · Rediscover your natural telepathic communication skills with step-by-step instruction in a nurturing environment. Learn how to connect with animals the way they communicate with each other. It's a fun, creative, and fascinating window to the world around us! Join us for this amazing class to open your intuitive senses to your animal friends. \$150 per person/\$75 for repeat students. For more information email [info@JudyRamsey.net](mailto:info@JudyRamsey.net) or visit [JudyRamsey.net](http://JudyRamsey.net).

**Canine Massage with Irene's Myomassology Institute · Thursday, May 25 · 9 a.m. to 1:00 p.m.** · Whether your pet is suffering from arthritis, recovering from surgery, or experiencing anxiety, this class will teach you techniques to help quiet your pet's problems. A basic massage sequence will be taught with special emphasis on the hips. Students must bring a dog to class with them, plus a towel or mat to work on. \$88. For more information call (248) 350-1400 or email [contact@irenes.edu](mailto:contact@irenes.edu).

**Advanced Animal Communication with Judy Liu Ramsey · Friday, August 4 through Saturday, August 6 · 9 a.m. to 5:00 p.m.** · If you have practiced communication with animals after a basic course and want to deepen your experience and to remove blocks to receiving messages, learn to apply your telepathic skills to explore the practical essence of communication with domestic and wild animals, plants, minerals, the elements, and the Earth. Ancestral ways of honoring spirit in all life will be introduced, including learning basic shamanic journeying for connection, communication, and kinship with the whole web of life. \$440. For more information email [info@judynamsey.net](mailto:info@judynamsey.net) or visit [judynamsey.net](http://judynamsey.net).

## ART AND CRAFT

**Mother's Day Spirit Art Workshop with Kat Similo · Sunday, May 14 · Noon** · Come join us for a special Mother's Day workshop to explore your intuitive and psychic mediumship ability to create visionary spirit art using color pencil, pastel, and chalk. No art skills necessary, all materials provided. All skill levels are welcome. We will share a journey through guided meditation and have multiple opportunities to practice your spiritual visionary art. If your mother is on the Other Side, it's possible you may be able to bring in your departed loved one and what messages they might have for you. Cost: \$30 ~ Early discount \$20 by 5/13. For more information, to pay and register contact Kat at [kreativeintuitive@gmail.com](mailto:kreativeintuitive@gmail.com) or text: 734-808-1071.

**Natural Building & Sustainable Skills Program at Strawbale Studio · May 2 through May 29 or July 2 through July 28** · Live at Strawbale Studio and experience a variety of natural building skills through classes and hands-on training: foundation, round pole framing, thatched and living roof, strawbale walls, earth plaster and cob. Learn to fire up the Rocket Stove, Rumford Fireplace and Earth Oven (for pizza!). Enrichment: mushroom fruiting on inoculated logs, foraging, and more. \$1250 / \$950 if registered two weeks in advance. All classes, training, enrichment, plus room and board included. Some ½ pay work trade available. For more information visit [strawbalestudio.org](http://strawbalestudio.org).

**Learning Tour at Strawbale Studio with Deanne Bednar · Saturday, May 13, June 10, July 15, August 6 · 9:30 a.m. to Noon** · Tour the enchanting structures with thatched & living roofs, Earth Oven, Rocket Stove & Rumford Fireplace! See "Strawbale Studio", "Hobbit Sauna" & "Middle Earth." On lovely rural land one hour north of Detroit. Questions invited! Each tour has a workshop scheduled for the afternoon. \$20. For workshop schedule and more information visit [strawbalestudio.org](http://strawbalestudio.org).

**Earth Oven Workshop & Pizza Supper with Deanne Bednar · Saturday, May 13 · 1 to 7:00 p.m.** · Hands-on construction of a 1/2 scale earth oven! Learn the basics of designing an earth oven, sourcing, mixing & applying materials, building the confidence to make your own. Then enjoy individual pizzas you will create and bake in the Earth Oven! Held at Strawbale Studio with enchanting natural buildings, rocket stoves and more. Consider registering for the tour in the morning. \$70. For workshop schedule and more information visit [strawbalestudio.org](http://strawbalestudio.org).

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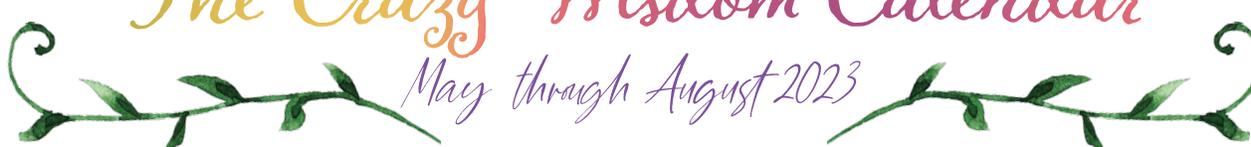
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# The Crazy Wisdom Calendar

May through August 2023



**INAI Exhibit - Seasons of Beauty with Kathleen Voss, OP, Janet Wright, OP, Mary Jean Dorsey, OP · Monday, May 26 through October 1 · Artists Reception is June 4.** Seasons of Beauty gives us a springtime look at the brilliant digital paintings of Kathleen Voss, OP, beautiful watercolor paintings of Janet Wright, OP and the extraordinary cut-out silhouettes of Mary Jean Dorsey, OP (1914 - 1988). Each artist shares her unique artwork, her unique way of seeing and creating. For more information call the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

**Art on the Grand · June 3 & 4 · Saturday 10 a.m. to 7:00 p.m., Sunday 11 a.m. to 5:00 p.m.** · Art on the Grand takes place along Grand River Avenue in historic downtown Farmington, between Farmington Road and Grove Street. The fair features FREE admission and an array of high-quality art in a variety of price ranges and disciplines including ceramics, jewelry, painting, photography, wood, wearable art, glass, leather, and sculpture. For more information visit [artonthegrand.com](http://artonthegrand.com).

**Artists from the Linkage Community, an Alliance of System-Impacted Artists · Open Monday through Friday · August 11 through September 1 · Opening Reception on Friday, August 11, from 6 to 9:00 p.m.** · In cooperation with the Flint ARTWALK. Film screening is on August 31 at 7:00 p.m. The exhibition is designed to connect viewer to artist through the wide gamut of their human experiences. We all have dreams, memories, goals, pasts. We all process emotions of anger, joy, grief, nostalgia. We have specially curated works that show a culmination of ways artists in prison have dealt with complex realities of being human. PCAP worked closely with artists who were formerly incarcerated to select works that would fit the theme of this exhibition and be of interest to the broader audience. FREE. Visitors will see works from familiar artists, including Andy Wynkoop, An Art-syGuy, RIK, Roger (FREE-Hand) Stephenson, and many others. For more information call Sarah Unrath at (734) 615-5643.

**Strawbale Studio Work Trade/Sustainable Skills Program with Deanne Bednar · Four Week Program · August 1 through August 28 · Strawbale Studio Work/Skill Program.** Enjoy this enriching experience of living on the land at Strawbale Studio! Help create and maintain Strawbale Studio buildings and grounds while learning many sustainable living skills along the way! two hands-on classes taught each week, such as spoon carving, lashing, foraging, and wood splitting. Includes Room, board, and sustainable skills in exchange for 25 hours infrastructure work trade, half of which will be natural building-related activities. Also participate in any classes held for the public. For more information visit [strawbalestudio.org](http://strawbalestudio.org).

## BOOK DISCUSSION GROUPS

**Jewel Heart Readers with Jewel Heart Instructors · Monday, June 12, July 10 · Online only · 7 to 8:30 p.m.** · Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. FREE / Donations welcome. For the book selection and participation information, visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Dine & Discuss Book Announcement, Dinner & Discussion with Matthew Desmond · August 7 · 5:30 to 7:30 p.m.** · This fall we will be reading, *Evicted: Poverty and Profit in the American City*, by Matthew Desmond. *Evicted: Poverty and Profit in the American City* is a 2016 non-fiction book set in the poorest areas of Milwaukee, Wisconsin. The book follows eight families struggling to pay rent to their landlords during the financial crisis of 2007–2008. Winner of the Pulitzer Prize and a New York Times Bestseller, this book not only opens our eyes to the plight of those struggling to keep a roof over their heads, but also offers some possible solutions to this crisis. \$15.00 Includes book & dinner. For more information call the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

## BUDDHISM

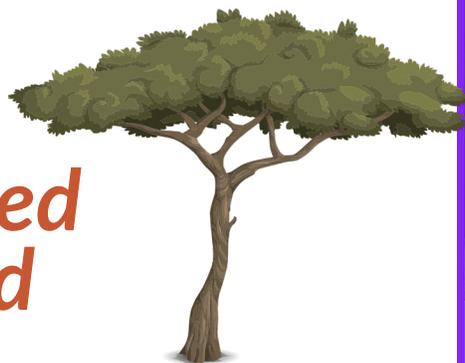
**Dharma Study and Practice Workshop with Lama Nancy Burks · May 27 · Noon · 12 to 1 p.m.** · Bring your questions about meditation practice, thoughts about your Dharma study, and responses to the teachings to a group discussion led by senior students. All of us go through doubts, confusion, and stuck places as we progress on our spiritual journeys, and sharing these experiences with others helps us create community as well as understanding. Held at Bethlehem United Church of Christ. [karunabuddhistcenter.org](http://karunabuddhistcenter.org). FREE. For more information contact Nancy at [lamanancy@karunabuddhistcenter.org](mailto:lamanancy@karunabuddhistcenter.org) or visit [karunabuddhistcenter.org](http://karunabuddhistcenter.org). For more information contact Nancy at [lamanancy@karunabuddhistcenter.org](mailto:lamanancy@karunabuddhistcenter.org) or visit [karunabuddhistcenter.org](http://karunabuddhistcenter.org).

**Practical Buddhism by Gelek Rinpoche · Tuesdays, May 9, 16, 23, 30, June 6, 13, 20, 27, July 11 and 18, August 1, 8, 15, 22, 29 · Online only · 7 to 8:30 p.m.** · “Practical Buddhism” offers video recordings of earlier teachings by Gelek Rinpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Discussions are not recorded. Each session reviews Gelek Rinpoche’s 2012

# BRIGHT EARTH CRYSTALS AND MINERALS

*Rock of the Month*

## Petrified Wood



By Susan Ulrich, owner and proprietor

Petrified Wood is a type of fossilized wood where the original organic material has been replaced by quartz, either chalcedony or, more commonly, agate. The Greek word 'petra' means 'stone' (although it is not stone but silicon dioxide). Its element is the Earth element and it addresses the root and third eye chakras. Because of its density, petrified wood is an excellent grounding stone and is helpful for both emotional stability and physical stability, specifically of the spine and skeletal structure. Due to its extreme age, it embodies the knowledge of the ancients. Petrified Wood can help with past-life recall, can be used to view the Akashic records, can heal genetic imbalances, and clear ancestral trauma and limiting emotional patterns. It is a wonderful stone to use in shamanic journeying to the lower world. I love the energy and look of these stones and have several pieces placed around my altar and in various nooks and crannies of my home.

The petrified wood specimen shown below on the left in full view and in close-up is a cabinet piece from the Holbrook area in Arizona (home of the Petrified Forest National Park). Its age is approximately 218-220 million years old. The red, orange, and green colors are due to iron content. The one on the right is a miniature from Madagascar and is approximately 220 million years old. These specimens and other petrified wood specimens are available in my inventory; contact me at [ulrichfineminerals@gmail.com](mailto:ulrichfineminerals@gmail.com) if interested.

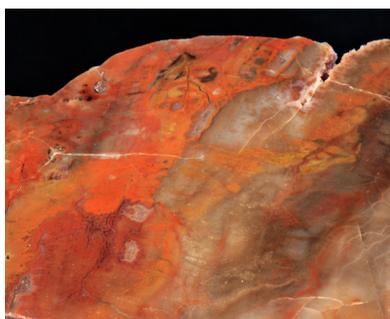
Sources: [mindat.org](http://mindat.org), "The Book of Stones" by R. Simmons and N. Ahsian, [rockseeker.com](http://rockseeker.com), [wordhippo.com](http://wordhippo.com).




Earth's brilliance...captured. Quartz, amethyst, fluorite, calcite, adamite, selenite, and many other crystals and specimens at a range of prices.

**Susan Ulrich,**  
owner and proprietor.

See me on Facebook  
[facebook.com/brightearthcrystals](https://facebook.com/brightearthcrystals)



# The Crazy Wisdom Calendar

May through August 2023



and early 2013 Sunday talks. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Nagarjuna's Precious Garland of Advice to a King with Demo Rinpoche · Thursday, May 11, 18 · 7 to 8:00 p.m.**  
In his Precious Garland, Nagarjuna offers sound advice on how to gain happiness in this life, individually, and as a society. He then expands the scope to include happiness in future lives and attaining enlightenment through practical ethics, great compassion, and the wisdom of emptiness. Note: This program is a continuation of Demo Rinpoche's earlier Nagarjuna's Precious Garland teachings. \$60 Jewel Heart members / \$75 Jewel Heart non-members. Pay what you can—No one turned away. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche · Sunday, May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20, 27 · No discussion on July 30 · Online and on-site · 11 a.m. to 1:15 p.m.** · Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**FREE Film & Discussion with Jewel Heart Instructors · Fridays, May 12, June 9, July 14, August 11 · 7:00 p.m.**  
· Bring your friends and enjoy a FREE film and discussion about the film. Concessions are also available. May 12—*Happy* (2011) *Happy* combines cutting-edge science from the new field of "positive psychology" with real-life stories of people from around the world whose lives exemplify these findings. June 9—*Queen of the Sun: What are the Bees Telling Us* (2011) Taking us on a journey through the catastrophic disappearance of the bees and the mysterious world of the beehive, this engaging and ultimately uplifting film weaves an unusual and dramatic story of the heartfelt struggles of beekeepers, scientists, and philosophers from around the world. July 14—*Blessings: The Tsoknyi Nangchen Nuns of Tibet* (2009) In Tibet, the word for woman translates as "lower rebirth." In a remote eastern region of

the country, the Tsoknyi Nangchen nuns defy this definition. Devoted to the ancient practices of Tibetan Buddhism—once primarily a male domain—over 3,000 nuns have attained elevated status. August 11—*Travelers and Magicians* (2005) A universal tale of a young man with big dreams and no real plans to achieve them, linking how we live our lives and how we imagine our lives should be. Filmed entirely in Bhutan, directed by Khyentse Norbu. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Spring Seminar—Daily Practice with the Three Jewels with Demo Rinpoche · Friday through Sunday, May 26, 8:30 a.m. to 6:30 p.m., May 27, 8:30 a.m. to 6:30 p.m., May 28, 8:30 a.m. to 5:00 p.m. · Online and on-site ·** Putting the Buddha's teachings into practice is the real dharma – the actual refuge from suffering. Demo Rinpoche will provide guidance and encouragement to sustain a daily, simple practice. He will also provide a framework to establish confidence in other meditative and spiritual practices that are useful in daily life. \$180 Jewel Heart members / \$225 Non-Members. Pay what you can—no one turned away. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Buddha's Birthday Celebration with Ann Arbor Zen Buddhist Temple · May 27 & 28 ·** Traditional Buddha's Birthday Service with Special Chanting, Bathing of the Baby Buddha, and Children's Celebratory Service. Contact temple for more information. FREE. For more information call Zen Buddhist Temple at (734) 761-6520 or email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**All is Empty with Guy Newland · Saturday, June 10 · 10 a.m. to 1:00 p.m.** · Professor Newland will provide an introduction and explanation of what "emptiness" does (and doesn't) mean in the Dalai Lama's system of Tibetan Buddhism. He will explore such questions as why does anything matter if it's all empty? How can empty things work? How can empty persons do anything and why should they? And how does an understanding of emptiness affect our way of life? \$75 Jewel Heart members / \$90 Non-members. Pay what you can—no one turned away. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Mindfulness & Self-Compassion with Anthony King · Wednesday, June 7, 14, 21 · 7 to 9:00 p.m. · Online only**

· In the context of the Buddhist spiritual path, meditation practice is ultimately for the purpose to bring the practitioner closer to spiritual enlightenment. On a practical, secular level, meditation can also have benefits. This three-week experiential class will explore the relationships between traditional Buddhist and “therapeutic” meditation programs (e.g., mindfulness and compassion) and provide an accurate and contemporary discussion of the psychology and neuroscience underlying these programs, based on rigorous scientific evidence. \$60 Jewel Heart members / \$80 Non-members. Pay what you can—no one turned away. For more information, visit the Jewel Heart website at jewelheart.org, call (734) 994-3387, or send an email message to programs@jewelheart.org.

**Liberation of Life Service at the Ann Arbor Zen Buddhist Temple · June 18 · 10:00 a.m.** · In keeping with the Buddhist Precept “Do not harm, but cherish all life”, the Liberation of Life Ceremony celebrates non-human species by releasing beings held in captivity and/or destined for slaughter. FREE. For more information call Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

**Ullambana Day Service with Ann Arbor Zen Buddhist Temple · Wednesday, August 30 · 11:30 a.m.** · Rites and service for the dead to wish them a rightful place among the living and release from suffering in their next rebirth. Prior consultation appointment necessary. FREE. For more information call Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

**Sunday Services at the Ann Arbor Zen Buddhist Temple · Ongoing · 10 to 11:30 a.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. For more information call Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

**Temple Stay/ Visitor’s Program and Residential Opportunities with Ann Arbor Zen Buddhist Temple · Ongoing** · The Visitor’s Program is for people who want to spend some time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedules permit. One can seriously pursue one’s spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. The program is usually available throughout the year. For more information call Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

## CEREMONIES, CELEBRATIONS, AND RITUALS

**Entering the Healing Ground: The Sacred Work of Grief with Kirsten Mowrey · Saturday, August 26 · 10 a.m. to 4:00 p.m.** · Grief finds its way into all our lives through losses great and small. Recent years have given us little time to mourn. Losses, both personal and planetary, batter us daily

until our hearts and souls become weary and overburdened. This day-long gathering invites us to share in a time of honoring the losses we hold in our hearts. We will come together and turn our attention to the grief we carry—for ourselves, the loss of those we love, the wider community and our struggling world. This gesture brings us into the circle of restoration and into the arms of our human and more-than-human community. Grieving together, we reconnect with the practices of our ancestors, building a temporary village that can hold our grief and loss in human communion. Sliding scale \$40-\$60. For more information contact Kirsten Mowrey at greatlakesrituals@gmail.com.

## CHANNELING

**Evenings with Aaron channeled by Barbara Brodsky · May 17 · 7 to 9:00 p.m.** · Evenings with Aaron meets once a month. All are welcome. Aaron will often address a present world issue and how we can best support the resolution of this issue from a place of loving awareness. He reminds us that whatever appears in our lives comes as a teacher. We are here to learn and practice dynamic compassion, that is, to actively live in the world while always connected to our spiritual centers. Suggested donation \$10-\$30. For more information email om@deepspring.org, call (734) 477-5848, or visit deepspring.org.

**Remembering Wholeness - Darshan with The Mother · May 14 · 2 to 5:00 p.m.** · A mother is one who gives birth to, supports, and cherishes, and then releases out into the universe, with love, always ready to hold and support. Zoom allows everyone to hear my words. I speak to individuals, often what I say is applicable to many in the group. 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. For more information email om@deepspring.org, call (734) 477-5848, or visit deepspring.org.

## CHILDBIRTH

**Doulas’ Night Out · Friday, May 26, June 23, July 28, and August 25 · 7 to 9:00 p.m.** · All Doula and Birthworkers are invited to join us for a fun night of connection, support, and fun. Speakers and activities will vary each month. We do ask that you RSVP by emailing Hello@NestandNurture.org. FREE-\$10. Presenters will be determined closer to the event, but in the past, they have included a chiropractor, pelvic floor therapist, and acupuncturist. For more information email Hello@nestandnurture.org or visit nestandnurture.org.

**One Day Prenatal Bodyfeeding Class with Erica McLeod · May 28, June 24 · 2 to 4:30 p.m.** · This 2.5-hour comprehensive class enables us to take time to answer all your feeding questions, and concerns. We will cover information beginning with the prenatal period to feeding in the early weeks. ASL and Queer affirming. This class will be taught at Nest & Nurture. Private classes are also available in person and virtually. \$100. For more information contact EricaMcLeod@gmail.com.

# The Crazy Wisdom Calendar

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**Newborn Care with Toni Auker · Saturday, June 17 · 10 a.m. to 1:00 p.m.** · In this class we will answer all of your questions about bringing home a newborn. We will talk about how to soothe a crying newborn, bathing, different diapering choices, babywearing, car seat safety, safe sleep, and much more. We will give you several different tools and techniques for each topic and discuss the wide range in normal when it comes to newborns. This class is ideal for expectant parents as well as adoptive and fostering parents. Private classes are also available. \$100. For more information email Hello@nestandnurture.org or visit nestandnurture.org.

## CHILDREN AND YOUNG ADULTS

**Happy Signing Time with Sonya Carter · May 24 · 10 to 11:00 a.m.** · Join us as Sonya teaches us to use our hands to sign with babies and toddlers. Whether you are fluent in sign language or curious to learn, this will be a fun bi-weekly class. \$15 drop-in or 6 classes for \$60. For more information email Hello@nestandnurture.org or visit nestandnurture.org.

**H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade & up) with Karen Greenberg · Sunday, May 21, June 25, July 23, August 20 & continues to meet monthly · 1 to 3:00 p.m.** · Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (not reinforce feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves' genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the "1000 Years of Peace" prophecy. \$50/session for 2-hour class. For more information contact Karen Greenberg (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

**Camp Jump-In 2023 Intensive Therapy Camp with Jacqueline Kilburn · July 17 through 28 · 9 a.m. to Noon** · Therapy camp benefits children with sensory processing difficulties, learning problems, apraxia, in-coordination, low muscle tone, auditory processing dysfunction, and other neurological delays or disorders. We use the "Frequency, Intensity, Duration Model" which has been proven highly effective at making large gains in a small amount of time. We require one parent or caregiver for each camper, because the camp becomes a parent training, networking, and support system. We can accommodate eight campers. All camp activities are held outdoors, weather permitting. Activities involve the use of suspended equipment, gross motor activities, fine motor

activities, social interaction, brain gym, language, body work, and pool time. Campers new to Jump-In need an evaluation prior to camp. Due to the intensity level, campers must be at least four years old. Program may be covered by health insurance. For more information call (810) 231-9042 or email Info@jumpinot.com.

**Summer Peace Camp with Ann Arbor Zen Buddhist Temple · Friday, July 28 through Friday, August 4** · Tent camping for families and children of all ages, by the lake and in the forest, close to Ann Arbor. Peace camp 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 animals and plants while seeking to balance structure and spontaneity. For more information call Zen Buddhist Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

**Parenting, Teaching, Coaching, and Working with Indigos with Karen Greenberg · Sunday, August 27 · 9 a.m. to Noon** · Your Indigo child is a genius! What worked with earlier generations, simply doesn't work and can even be counterproductive and self-defeating. Indigos, parents, teachers, coaches, employers, and employees: learn how to discover, understand, encourage, support, nurture this genius, novel patterns of bonding, how emotional needs differ from those born previously, mate agreements, social difficulties, organization, hyperactivity, and alternative strategies to drugs, how Indigos learn differently, and mirror unresolved family issues (private individual/family sessions available, too). \$77. For more information contact Karen Greenberg (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

## DEATH AND DYING

**Death Café via Zoom with Rev. Annie Kopko · First Tuesday of the month · 6:30 p.m. to 8:00 p.m.** · Open discussion of death and dying. FREE, but donations gratefully accepted. For more information visit interfaithspirit.org.

**Ann Arbor Death Cafe via Zoom with Rachel Briggs · May 20, June 17, July 15, August 19 · 10:30 a.m. - Noon** · Please join us in an open, respectful, confidential (virtual) space for an agenda free discussion on all things life and death. People of all ages, experiences and needs gather to talk about all aspects of death. Bring your heart and curiosity. Everyone is welcome. We meet via zoom the third Saturday of each month. Learn more about worldwide Death Cafes at deathcafe.com.

# GAIN FREEDOM FROM THE PAST WITH EMOTIONAL COMPLEX CLEARING GET THE RESULTS OF LONG-TERM THERAPY IN JUST A FEW HOURS

Join us to learn how to uncover and resolve your underlying issues.  
Learn to facilitate this powerful healing technique for others.

Tired of dealing with anxiety and/or depression or just stuck?

You've tried everything, but your emotional/mental issues prevent you from embracing life?

Ready to root out the causes of your challenges and clear them up?

**Free Introduction via Zoom**  
**May 24, 2023 at 7:30pm ET.**  
Watch replay at [ecctherapy.com](http://ecctherapy.com)

*"This is a powerful technique to explore the heart of human trauma."* Susan Downes, M.D.  
*"It was the best workshop I've ever taken."* Mary Framo, Ph.D., L.C.S.W.  
*"I was amazed by the healing I personally experienced with ECC."* Carole Inglis, M.F.T.

| Location            | Seminar  | Admission                                     |
|---------------------|--|---|
| Ann Arbor, Michigan | June 23, 2023<br>7-9:30pm<br>June 24 & 25<br>9:30am-5:30pm | \$345 if paid by May 25<br>\$375 after May 25 |

### IN THIS SEMINAR YOU WILL LEARN TO...

- Get accurate information from the subconscious.
- Assess chronic anxiety, depression, and other core issues and resolve them.
- Address concerns at the mental, emotional, and physical levels.
- Discover whether self-sabotage will undermine results, and overcome it.
- Determine whether a physical/mental issue has some emotional cause and resolve the issue at its source.
- Coordinate both hemispheres to achieve whole-brain learning.
- Ensure your results will last, thus enjoying enduring relief and release.
- Feel lighter, freer, and clearer.

Presenter: **Brad May, Ph.D.**  
A licensed therapist for four decades and author of  
**FEELING GOOD ABOUT FEELING BAD** and **MUSCLE TESTING MIRACLES**  
Professor coast to coast at 11 universities

For more information and to register: [ecctherapy.com](http://ecctherapy.com)

find us on **facebook** "Emotional Complex Clearing"

# The Crazy Wisdom Calendar

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**End-of-Life Doula Training with Patty Brennan · Saturday and Sunday, May 20 & 21 OR July 29 & 30 · 10 a.m. to 4:00 p.m.** · Online professional training with Patty Brennan to become a certified end-of-life doula (EOLD) through Lifespan Doulas. Hybrid program includes 50 hours of self-paced study plus a live, interactive workshop on Zoom. Course prepares you to support family and friends on their final journey, seek employment as an EOLD, enhance your support efforts as a hospice volunteer, or open an income-generating community-based doula practice. Explore creative ways to blend the doula model of care with your unique experience, gifts, and passion. \$697.00. For more information contact Patty Brennan at (734) 663 -1523, email [patty@lifespandoulas.com](mailto:patty@lifespandoulas.com), or visit [lifespandoulas.com/end-of-life-doula-training](http://lifespandoulas.com/end-of-life-doula-training).

## ENERGY AND HEALING

**Weekly Word for Healing & Ascension with Eve Wilson, UCM Master Healer · Friday** · What's new in personal and planetary healing and ascension, support for your journey including practical and spiritual tools, insights, visions, and finding hope, trust, and joy through the process. This international award-winning blog is cutting edge and timely. Eve Wilson is a leader in World Healing and Ascension. FREE. Visit [spiritualhealers.com](http://spiritualhealers.com) to sign up for weekly links.

**Healing Through the Akashic Records Practitioner Certification with Shellie Powers · JUNE: 3-4 & 10-11; OR JULY 29-30; OR AUGUST 12-13 OR 19-20 · \$500.** For more information call 734-926-8423, email [info@thepowersof.com](mailto:info@thepowersof.com), or visit [powers365.com/eventsor](http://powers365.com/eventsor).

## FESTIVALS AND FAIRS

**Community Chalice with Evenstar's Chalice · May 21, June 24, July 30, August 26 · Noon to 5:00 p.m.** · "Community Chalice" is a monthly gathering where we learn, play, do ceremony, and grow together in community! Each month will have a theme. May's theme is "Allied Pridel!", June's theme is "Keep it Light!", July's theme is "Plant Magic / Plant Medicine" and August's theme is "Tarot." For more information visit [EvenstarsChalice.com/Happenings](http://EvenstarsChalice.com/Happenings) or email Mara at [mara@evenstarschalice.com](mailto:mara@evenstarschalice.com).

**Enlightened Soul 2-Day Psychic Fair with Enlightened Soul Center & Shop · 1st & 3rd weekends: May 6-7, May 20-21, June 3-4, June 17-18, July 1-2, July 15-16, Aug. 5-6, Aug. 19-20 · Saturdays, 11 a.m. to 6 p.m. Sundays, Noon to 5 p.m.** · Join us for TWO DAYS of high vibrations at the Enlightened Soul Center & Shop at our twice-monthly ESC Psychic Fairs. WHAT A GREAT WAY TO EXPLORE A VARIETY of readings, energy healing, & metaphysical shopping at

one time, under one roof! Admission: \$5 Sat./\$3 Sun. = FREE gift, FREE snacks, FREE parking Readings & Energy Work: \$2/minute (minimums vary). For more information contact Amy Garber, 734-358-0218, email [amy@enlightenedsoulcenter.com](mailto:amy@enlightenedsoulcenter.com), or visit [enlightenedsoulcenter.com/enlightened-soul-psychic-fair](http://enlightenedsoulcenter.com/enlightened-soul-psychic-fair).

**Art on the Grand · June 3 & 4 · Saturday 10 a.m. to 7:00 p.m., Sunday 11 a.m. to 5:00 p.m.** · Art on the Grand takes place along Grand River Avenue in historic downtown Farmington, between Farmington Road and Grove Street. The fair features FREE admission and an array of high-quality art in a variety of price ranges and disciplines including ceramics, jewelry, painting, photography, wood, wearable art, glass, leather, and sculpture. For more information visit [artonthegrand.com](http://artonthegrand.com).

**21st Annual Michigan Lavender Festival · Friday through Sunday, June 23 through June 25** · It's the most fragrant and relaxing event of the season! The Lavender Festival will showcase Michigan's top lavender farms, growers, and producers along with more than 200 Artists and Makers. Our festival also features a food truck gathering with Metro-Detroit's best food trucks, and guests will be able to learn about the many benefits of lavender, including growing, harvesting, cooking, crafting, along with medicinal and aromatic uses for this beloved herb. A variety of lavender themed classes, artist workshops and demonstrations offer a hands-on learning experience. Learn more at [themichiganlavenderfestival.com](http://themichiganlavenderfestival.com).

**Saline Celtic Festival · Friday and Saturday, July 7 & 8** · Join us for our 26th festival! We've relocated to the Washtenaw Farm Council Grounds just north of Saline at 5055 Ann Arbor Saline Road. Celebrate your Celtic heritage with Highland dance competitions, Ancient Athletics competitions, merchants, workshops, and more! Magical fun for the whole family. For more information visit [salineceltic.org](http://salineceltic.org).

**Holistic, Metaphysical & Spiritual Fair with Unity of Bay City · Friday and Saturday, June 9 & 10** · Join Unity of Bay City for a weekend of holistic, metaphysical, and spiritual practitioners, readers, speakers, vendors, artists, and musicians as we come together to offer wellness services, products, performances, education, and experiences to the community so that you can learn how to care for yourself and your loved ones in alternative healing ways and have fun doing it! Presenters and speakers include healing touch, organic composting, assisted yoga, drumming circle, a children's area, and so much more! Entrance fee is \$5.00, \$2 for kids 12 and up, children 12 and under are FREE. For more information contact Tammy Monroe at (989) 686-0265, or email [unityhearhub@gmail.com](mailto:unityhearhub@gmail.com), or visit [shorturl.at/qMSU8](http://shorturl.at/qMSU8).

**Holler Fest with the King Family at Frog Holler Farm · Friday, August 25 through Sunday, August 27 · Begins Friday at 2:00 p.m. through 8:00 p.m. on Sunday · A family-friendly farm festival featuring over 60 top local music artists on four stages with guided nature walks, yoga and movement workshops, local food vendors, and kid's activities throughout the weekend. FREE camping. Check hollerfest.com for when tickets go on sale. For more information follow Holler Fest on Facebook and Instagram or email kings@hollerfest.com.**

## HOLISTIC HEALTH

**Intuitive Healing for Self-Care with Reverend Lori Irvin, RMT, OT · May 17 · 11:00 a.m. to 12:30 p.m. · Are YOU a HEALER? Do you just have a sense that you should pursue the healing arts or want to try learning about Self-Care Healing Energy? NOW is the Time! Explore, try, and learn about your healing gifts. Join this class and let's "CLAIR-IFY" your Intuitive Healing Journey!**

In these beginning classes, participants will begin to learn Self-Healing techniques to ground themselves; to connect, manage, and play with energy; to identify how, when, and where energy comes to you; what the energy may feel like; and when and how to utilize it.

Since we all have the capability to heal, Lori designed the series to connect with the healing abilities YOU already possess and added some tools and techniques to start your self-care healing journey. DAYTIME CLASSES: WEDNESDAYS ~ MAY 17, 24, 31 11:00 AM -12:30 PM

COST: Pre-pay by the day before: \$105  
OR Pay the first day of class: \$140  
For more information contact Lori at 810-820-0494 or Lori@ZSourceConnection.com or visit enlightenedoulcenter.com/intuitive-healing-for-self-care-classes

**PTSD in Modern Society with Conrad Joseph Welding Jr. · Wednesday, June 14, 21 · 6 to 8:00 p.m. · Explore the gap between the real-world presentation of anxiety disorders and post-traumatic stress disorder (PTSD). Explore research into this area, the options and hope to individuals suffering from posttraumatic symptoms and increased societal awareness. \$99 For more information visit wccnet.edu/noncredit or call (734) 677-5060.**

**Holistic Health Classes with Beth Barbeau at the Natural Health Expo—Part of the Lavender Festival · Friday, June 23 through Sunday, June 25 · 10 a.m. to 6:00 p.m. · Beth is teaching three FREE classes at the Natural Health Expo: Healthy Births-Healthy Lives, Why Birth Matters to All of Us Even When We Aren't Having Babies, Natural Pain Relief That Works and Family Herbology. See event websites for descriptions and schedule. Lavender Festival admission \$8, under 12 FREE. For more information visit wearebloomingwell.com or email Beth@IndigoForest.com.**

## INTUITIVE AND PSYCHIC DEVELOPMENT

**Focused Mind Meditation – Teleconference with John Friedlander · Sunday, June 4, July 2, August 6 · 9 a.m. to Noon · 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. See website for phone and payment information. \$15. For more information contact Violeta Viviano at (734) 476-1513 or visit [psychicpsychology.org](http://psychicpsychology.org).

**Psychic Psychology Women's Group - Teleconference with John Friedlander · Thursday and Friday, July 20 and 21 · 7 to 9:00 p.m. · Saturday and Sunday July 22 and 23 · 10 a.m. to Noon and 2 to 4:00 p.m. · New material introduced with continued development of advanced and core techniques seeking a natural sense of skills in practical everyday life. Prerequisite: Level 1 Psychic Development class, CD set, or permission of instructor. \$275. For more information contact Gilbert Choudury at [gchoud@yahoo.com](mailto:gchoud@yahoo.com) or visit [psychicpsychology.org](http://psychicpsychology.org).**

## LOVE AND RELATIONSHIPS

**Kabbalah for Couples with Karen Greenberg · Sunday, May 21, June 25, July 23, August 20 & continues to meet monthly · 3 to 5:00 p.m. · Has social distancing amplified distance between you and your partner? K4C is for good relationships that both parties are willing to work on to make their relationship even better, physically, emotionally, mentally, financially, spiritually, and energetically. This two-hour session**

Get your event listed in the CW Biweekly calendar for **FREE**.



Submit your listing two weeks in advance.

[Submit your listing here.](#)

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

## 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  
A Healing Feeling Wellness Center  
Living Grateful

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(not one hour), once a month, for about a year, is not couples therapy; it can help you get your relationship to the place that you always wanted it to be but did not know how. \$274 for 2-hour session. For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

## MASSAGE

**FREE Massage Class with Irene's Myomassology Institute · Saturday, June 9 · 7 to 9:00 p.m.** · You can relax and have some fun at Irene's FREE massage class! This is an excellent opportunity for those interested in massage as a hobby or an introduction to massage as a career possibility. If you've never given a massage before, this is a great chance to explore the benefits of healthy touch. For more information call (248) 350-1400 or visit [irenes.edu](http://irenes.edu).

**Infant Massage with Irene's Myomassology Institute · Saturday, August 26 · 9 a.m. to 1:00 p.m.** · Students are taught how infant massage can enhance development and well-being of babies. Techniques included are for infants up to one year old. Students are asked to have a friend or family member bring a baby to class. If a student wants to work with their own baby, another care-giver will need to bring the infant to class. You will also need a sheet, doll or stuffed animal large enough to practice techniques. \$88. For more information call (248) 350-1400 or visit [irenes.edu](http://irenes.edu).

## MEDITATION

**Healing and Compassion Meditations with Hartmut Sagolla · Mondays, May 1, 8, 15, 22, June 5, 12, 19, 26, July 10 and 17, August 7, 14, 21, 28 · Online only · Noon to 1:00 p.m.** · Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**FREE open meditation with Jewel Heart Instructors · Thursday, May 11, 18, June 1, 8, 15, 22, 29, July 6, 13, 20, August 3, 10, 17, 24, 31 · On-site only 6 to 6:45 p.m.** · Facilitators offer lightly guided concentration meditation sessions for all levels of experience. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**White Tara Guided Healing Meditation with Jewel Heart Instructors · Sunday, May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, August 6, 13, 20, 27 · No event on July 30 · Online and on-site · 9:30 to 10:35 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. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**A Day of Mindfulness Meditation with Esther Kennedy, OP · Saturday, May 13, June 10, July 15 · 10 am to 2:30 p.m.** · Meditation has a way of going to the heart of who you are, the choices you make, and the way you live. The heart of meditation is awareness of and staying with whatever rises. We just stay. We just breathe. As the mind begins to ease, a taste of compassion rises. \$35, lunch included. For more information call the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

**Sound and Art with Rob Meyer-Kukan · Saturday, May 13 · 7 to 8:30 p.m.** · Come and join Whitepine Studios and Ann Arbor's 7 Notes Natural Health, for our sixth collaboration as we listen to the melodic sounds of the singing bowls while painting a beautiful monarch butterfly using watercolors. Monarch butterflies are symbols of change, transformation, and hope. \$40. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Fundamentals of Insight Meditation with Insight Meditation Ann Arbor · Tuesday · May 16 through June 20 · 6:30 to 8:30 p.m.** · A six-week long class that will cover concentration meditation and insight meditation instructions, mindfulness, working with difficult emotions and mental processes, and how to establish and continue with an on-going practice. For those new to meditation or looking for a refresher on the fundamentals of insight practice; suitable for all levels of experience with meditation. \$125.00 For more information and to register visit [insightmeditationannarbor.org/meditation-classes](http://insightmeditationannarbor.org/meditation-classes).

**Peace Generator via Zoom with Interfaith Center for Spiritual Growth · Friday, May 19, June 16, July 21, August 18 · 7 to 9:00 p.m.** · Manifest peace for the planet. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Day of Meditation with Carol Blotter · Friday, June 9 · 9 a.m. to 4:00 p.m.** · Meditation practice of sitting and walking plus a short talk. Find peace and calm in the quiet wooded space of Michigan Friends Center in Chelsea

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Donation only, suggested is \$30-\$60. For more information email [manager@mfcenter.org](mailto:manager@mfcenter.org).

**Cacao + Sound with Rob Meyer-Kukan · Saturday, June 11 · 7 to 9:00 p.m.** · Join Rob Meyer-Kukan of 7 Notes Natural Health and Alicia Clark-Teper of Sacred Lotus Experience at 7 Notes Natural Health for a heart opening cacao ceremony supported by sacred sound. Using ceremonial grade cacao, pure intention, over 40 different instruments (singing bowls, gongs, therapeutic harp, shruti box, and more), Alicia and Rob will create an experience that will immerse you in peace and tranquility. \$50. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Solstice Celebration: Labyrinth Walk with Rob Meyer-Kukan · June 17 · 1:00 p.m.** · Join Veriditas Certified Labyrinth Facilitator, Rob Meyer-Kukan at Webster United Church of Christ in Dexter for a labyrinth walk to celebrate the Solstice. This event is offered as a donation-based event to support programs at the Labyrinth. Parking for this event can be found along Farrell Road or near to the barn. Once parked, follow the signs to the labyrinth. Pre-registration required. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Summer Solstice with Esther Kennedy, OP · Sunday, June 19 · 3:30 p.m. to 4:30 p.m.** · Ritual Celebration. FREE. For more information call the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

**Myriad of Meditations with Karen Greenberg · Sunday, July 9, 16, 23, 30, August 6, 13, 20 · 10 a.m. to 12:30 p.m.** · Seven classes in the series. Meditation is an essential component to spiritual evolution. Learn a myriad of meditation techniques, to discover which resonate for you (possibly dissolving years of resistance to meditation). Learn meditations with fire, water, air, earth, with the Four Worlds, with different breathing, with Holy Geometry, sacred letters, powerful Archetypes, Biblical figures, spiritual beings, higher self, qualities of G-D, with movement, music, toning, colors, scents, gemstones, and trees, including several guided meditations through the Tree of Life. \$25 per class. For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Meditation Getaway with Rob Meyer-Kukan · Saturday, August 19 · 9 a.m. to 5:00 p.m.** · You are invited to join Rob at 7 Notes Natural Health for a chance to get away and meditate. This day long retreat will be your oasis of peace and calm, a chance to connect to nature, to spirit, to your higher self. Walking/hiking meditation opens our day

at one of Ann Arbor's many local parks. We continue with various forms of meditation, yoga nidra, journal writing, breath work, sound, and aroma experience, and more. Ample time for sharing and reflection will be provided. Registration required. \$125. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Weekly Silent Meditation Practice with Celeste Zygmunt via Zoom · Sunday, 11 a.m. to Noon · Tuesday, 9 to 9:30 a.m.** · We will have a brief period of chanting, then mute ourselves, and begin silent vipassana meditation. After the hour is finished a bell will ring and meditators can go on with their day. There will be time to stay and chat or discuss questions if someone so chooses. Donation. For more information email [om@deepspring.org](mailto:om@deepspring.org).

**Sunday morning meditation with Insight Meditation Ann Arbor · Sunday · 10 to 11:15 a.m.** · Join us for a silent 45-minute meditation, followed by a talk or sharing. A chance to be in community and practice together. Donations appreciated. For more information visit [insightmeditationannarbor.org](http://insightmeditationannarbor.org).

**Still Mountain Buddhist Meditation Center Sunday Morning Sitting with Kenneth Morley · Sunday · 10 a.m. to 11:30 a.m.** · Our weekly meditation and sharing is open to the public. We will sit in silence for about 45 minutes, take a quick break, and then gather for sharing related to the Dharma. Zoom option is available. FREE. For more information contact Ken Morley at [kenwmorley@yahoo.com](mailto:kenwmorley@yahoo.com).

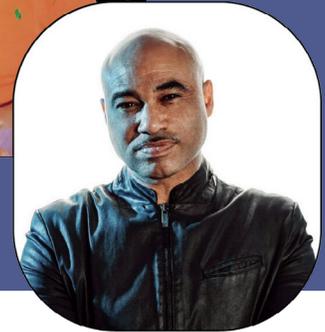
## MOVEMENT AND DANCE

**First Friday Dances of Universal Peace with Judith L. Trautman · Friday, June 2, July 7, and August 4 · 6:00 p.m.** · We meet on Zoom. By donation if in person—we are in transition. People on our list receive updates. To be on the list, or for more information email Judy Lee Trautman at [jltrautman@sbcglobal.net](mailto:jltrautman@sbcglobal.net).

## MUSIC, SOUND, AND VOICE

**Sound Bath Meditation with Rob Meyer-Kukan · Friday, July 14, August 4 · 7 to 8:30 p.m.** · Join Rob Meyer-Kukan for this sound bath meditation. In this time of sound bath, Rob will play singing bowls, gongs, and more with the intention of washing you with the sounds that bring calming vibrations to reduce stress and ease tension. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports you would like for your comfort. \$40. Registration required. For more information

# WHAT IS THE ANN ARBOR MENTALITY?



By Dion Pittman

I was born in Flint, Michigan in 1973. My grandfather's father and uncles worked for General Motors in Flint. Crime started to rise in the late '70s, so my mother opted for us to move to Ann Arbor.

In 1979 we relocated. Our first house was literally next to the "Big House," on the University of Michigan campus. I could open my front door and see the stadium from my porch. As a child, I would use the Big House as my playground. I can remember going into Yost Ice Arena and playing on the cement, which was normally ice for games. As children, we used to be able to walk right into the stadium and explore all the time. Whether running the football field or exploring underneath the bleachers, it was our clubhouse.

I attended Perry Nursery School, then Burns Park, and then Eberwhite Elementary School. I can remember always being taught the Martin Luther King theory—judge a man on his character, and not his color. This was embedded into to us at a very young age. This way of thinking really helped us navigate through our city. Literally growing up on campus, I witnessed students from all around the world rotate into my neighborhood/city every year. Every race, color, and creed. You name it, Ann Arbor was home for everybody. Every new school year we would watch new students come in. The revolving door of the student body was just a normal experience as an Ann Arbor youth.

In my youth, and into my teenage years, I was a big skateboarder. My teen years were spent at Community High School, still in the heart of the University of Michigan campus/downtown. I always met or experienced amazing people/conversations skateboarding through the Diag—the hub for residents and students. I can recall at times stopping by a tree in the Diag, where I would see a professor, some students, a homeless man or two, and an occasional hippie having debates on multiple topics. They would be intense at times, but always interesting. I loved how everyone respected the speaker and they would hold civil debates. This left such a strong impression on me. It showed me how to behave in

circumstances where people didn't agree. It was respect for ideas/ideals at its finest.

Read more about the Ann Arbor Mentality Podcast!

To this day, I carry out these mantras everywhere I go—we call it the Ann Arbor Mentality. To hold a conversation with anyone, and to keep it civil, without profanity, or personal attacks. I truly believe Ann Arbor has always been ahead of the game. Whether it was race relations, community activism, or just plain inclusion. As a black man/child I never felt out of place here. This city is truly special and has a lot to show the world. The energy of the residents and students is truly amazing. I wouldn't trade my time growing up in Ann Arbor for the world. Those were the times, and lessons, that molded me into who I am today.



The Ann Arbor Mentality Podcast is a project my partner Ed Williams and I took on to show the world how we were raised. Especially now that the world is getting more unbalanced. We see too much division and not enough unity. We are now in our second season, and the podcast has really shined a light on Ann Arbor and its special energy. Yes, Ann Arbor is special, and our guests only confirm that. We are on all major platforms, and we just started our YouTube channel. We are always looking for new guests—people who have spent time in Ann Arbor during their lives. We love Ann Arbor, and that will never change! Go Blue!

#AAMP Ann Arbor Mentality Podcast can be found on all major streaming platforms, including Apple Podcasts, Spotify, and Google Podcasts. Find them online at [facebook.com/Ann-Arbor-Mentality-Podcast-780521981999357](https://facebook.com/Ann-Arbor-Mentality-Podcast-780521981999357).

[Read more about the Ann Arbor Mentality Podcast online!](#)

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call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).  
**Singing for Comfort, In Person & Zoom Interfaith Center for Spiritual Growth** · Thursday, June 8, July 13, August 10 · 7 to 8:30 p.m. · Singing for comfort FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Cafe 704 via Zoom and In-person with Spirit Singing Band** · Saturday, May 13 · 7 to 9:00 p.m. · \$10/per person. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Client Appreciation Day with Rob Meyer-Kukan** · Saturday, May 20 · 1 to 4:00 p.m. · You are invited to a Spring Open House to celebrate you! Tour our offices and group event space (see the spaces you don't get to see at your regular appointments or events), meet our team, receive a 10% discount on essential oils purchased at the event, enjoy refreshments by local shops, and relax to live music and sound healing by Rob Meyer-Kukan. FREE gift bags to the first 25 participants. Ample FREE parking is available onsite. For more information contact Rob Meyer-Kukan at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Bowls + Harp: Sound Bath Meditation with Rob Meyer-Kukan and Celia van den Bogert** · Friday, June 2 · 7 to 8:30 p.m. · Join Rob Meyer-Kukan and Celia van den Bogert for this special event celebrating the sound of harp and bowls. Join us as we celebrate the creative possibilities of this bliss-filled pairing of instruments creating sacred sound that is like no other. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports you would like for your comfort. \$50. Registration required. For more information contact Rob Meyer-Kukan at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Folk Song Jam Along with Lori Fithian and Jean Chorazyczewski at Ann Arbor Library Branches** · Wednesday, June 6, July 5, August 1 · 6:00 p.m. · Folk Song Jam Along: Bring your voices and/or acoustic instruments for some all-ages community music-making, just for FUN! Beginners most welcome! Guitar, Ukulele, harmonica, kazoo... even tuba! You pick from 300+ songs, we put lyrics & chords up on a screen. When we say "Folk Songs" - we mean songs by folks! For more information contact Lori Fithian at (734) 426-7818 or email [lorifithian@mac.com](mailto:lorifithian@mac.com). Join us on Wednesday, May 3 and July 5—Malletts Creek Branch. Tuesday, June 6 and August 1—Westgate Branch.

**Cafe 704 via Zoom and In-person with David Mosher** · Saturday, June 10 · 7 to 9 :00 p.m. · \$10/per person. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Cafe 704 via Zoom and In-person with Path and Friends** · Saturday, July 8 · 7 to 9:00 p.m. · \$10/per person. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Sound & Vibrational Healing Certification with Bill Gisclair-Sullivan** · Saturday, July 15 through Tuesday, July 18 · Saturday, Sunday, and Monday, 10 a.m. to 6:00 p.m., Tuesday, 10 a.m. to 4:30 p.m. · This interactive training is centered around the teaching of Sound Healing & Vibrational Therapies. Our intention for this amazing interactive training is to not only share the theory, science, and practices of Sound Healing, but to give you "hands-on" experience. Level I and Level II are both available at this training. Level I - \$795, Level II - \$795, Levels I & II - \$1590. For more information contact Brian Gisclair-Sullivan at [meditateyou@gmail.com](mailto:meditateyou@gmail.com) or visit [meditateyou.me](http://meditateyou.me).

## PARENTING

**Infant/Pediatric CPR and First Aid with Lorenda Lewis** · May 28 · 10 a.m. to 1:00 p.m. · Nest & Nurture is excited to team up with Lorenda Lewis to offer this class, which includes Red Cross Certification for infant/pediatric CPR and First Aid. \$120. For more information email [hello@nestandnurture.org](mailto:hello@nestandnurture.org).

**Work & Play Hours at Nest & Nurture** · May 16, 23, 30, and June 6 · 10 a.m. to Noon OR 1 to 3:00 p.m. · It can be difficult to find a safe place to let our little ones play away from home. We started our play area so our own children could come to work with us. Thanks to some generous donations from community members and The Little Seedling, we now have a beautiful area that is perfect for toddlers and preschoolers. Our space has a variety of seating options, Wi-Fi, and coffee. We will be here working, and we would love to invite you to do the same. \$0-10. For more information visit [nestandnurture.org](http://nestandnurture.org).

## PERSONAL GROWTH

**Cohousing Tours with Cohousing Residents** · Sunday, May 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20, 27 · 2 to 4:00 p.m. · Explore Ann Arbor's intentional communities, Sunward, Great Oak, and Touchstone Cohousing. We are self-governing condo communities built around shared values of connecting, sustainability, and consideration for differences. We are a community of friends who work, share, learn, grow and play together. Our neighborhood is a comfortable space that supports both individual expression and shared experiences. Come find out what it's all about! For more information call (734) 274-9110, or email [Tours@Touchstonecohousing.org](mailto:Tours@Touchstonecohousing.org).

**Finding Your Ground: A Personal Growth Group for Women** with Jessica Ryder and Rachel Egberman ·

**Wednesday, July 12, 19, 26 · 6 to 8:00 p.m.** · Summer Series Nourishing the physical, emotional, and spiritual roots that allow us to blossom in human form. Join us for guided explorations and practices of deep listening – to ourselves and each other. Seeing beyond the fog of judgement we naturally align more fully with our true nature, finding greater ease of being and the ability to live in heart-centered belonging. \$150. Some scholarship support available. Limited to six participants. Open to adults who identify as women, independent of sex assigned at birth. Contact Jessica or Rachel to set up a FREE 20-minute consultation to find out if this is a good fit for you. For more information visit [jessicaryder.net](http://jessicaryder.net), email [jessica@jessicaryder.net](mailto:jessica@jessicaryder.net) or visit [celebratedheart.com](http://celebratedheart.com) or email [tellrachel123@gmail.com](mailto:tellrachel123@gmail.com).

## RETREATS

**Three-Day SW Lake Michigan Holistic Yoga and Meditation Retreat with Ema Stefanova E-RYT500, C-IAYT · Friday 5 p.m. through Sunday 11 a.m. · April 21-23, May 12-14, June 16-18, July 14-16 or 21-23, August 11-13 or 25-27** · Our small group retreats are held minutes away from sandy Lake Michigan beaches at the Vivekananda Retreat Center. Vegetarian meals, accommodations in double rooms with shared bathrooms in cottages, and daily group classes are included. Our retreats work well for solo travelers, women, and men. The Center sits on 110 acres of beautiful non-farming land with a meditation Shrine Trail on it, huge indoor spaces, and a private patio that provide plenty of space for practice, solitude, and safe distancing. Our retreats book fast, reserve your seat early. \$559/\$529 for early registration. For more information email [EmaStefanova@cs.com](mailto:EmaStefanova@cs.com).

**Living From our Unlimited Essence Through Meditation with Barbara Brodsky and John Orr · Saturday June 3 through June 10 · 10:00 a.m.** · Pure Awareness, and Lovingkindness retreat practice and instruction, on Zoom. The retreat will be held in silence; those joining will maintain that silence from their homes as best they can, around family, necessary work, and other matters. There will be clear instruction in sitting, standing, and walking meditation for beginners and experienced meditators, evening talks, optional discussion periods with the teachers and some chanting from various spiritual traditions. Suggested donation \$200 - \$800. For more information email [om@deepspring.org](mailto:om@deepspring.org), call (734) 477-5848, or visit [deepspring.org](http://deepspring.org).

**Private Directed Retreat with Janene Ternes of Prayer in Motion, LLC · Monday, July 10 through Friday, July 14 · 2:00 p.m.** · Experience the serenity and clarity that comes from listening to God's Spirit within you. This retreat will provide time and space for solitude, personal prayer, quiet reflection and daily spiritual direction. \$450.00 for five days, includes private room, meals & daily spiritual direction (\$260 Commuter). For more information visit [prayer-in-motion.com](http://prayer-in-motion.com) or email [PrayerInMotionLLC@gmail.com](mailto:PrayerInMotionLLC@gmail.com).

**A Retreat on the Mystics with Thomas Berry and Caryll Houselander · Sunday, July 23 through Wednesday, July 26 · 11 a.m.** · The lives and works of two contemporary mystics, Thomas Berry and Caryll Houselander, will be explored and discussed. Commuter \$180; Double Occupancy

\$280 each; Single Occupancy: \$380 (meals included). For more information call Weber Center at (517) 266-400 or visit [webercenter.org](http://webercenter.org).

**Mini Wellness Retreats at The Yoga Room with Christy DeBurton, RYT · Ongoing** · When you haven't got the time (or budget) for a full weekend retreat but just need a little 'me-time,' choose from a variety of 3-hour Mini Retreats at The Yoga Room to relax and renew. Watch for details for scheduled mini retreats in newsletter or grab up to three friends and schedule your own bespoke mini retreat! For more information email [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

## SHAMANISM

**Introduction to Journeying with Connie Lee Eiland · Sunday, June 4 · 10 a.m. to 4:30 p.m.** · Class includes power animal retrieval and journeys to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. Journeying is also a way to connect with your spiritual teachers and guides to aide you on your path. Establishing relationships with teachers and guides can help in everyday life. \$80 until two weeks before, \$90 after. For more information call Connie Lee Eiland at (248) 809-3230, email [clshebear7@gmail.com](mailto:clshebear7@gmail.com), or visit [shewolfshaman.com](http://shewolfshaman.com).

**Healing with Spiritual Light with Connie Lee Eiland · May 20 & 21 · Saturday 10 a.m. to 6:30 p.m. and Sunday 10 a.m. to 5 p.m.** · In Healing with Spiritual Light, we become the Light. We transfigure. This class brings in quantum physics as we work with the unlimited powers of the universe. Healing is through the Law of Resonance. This method doesn't see the client as ill. \$200 until May 6, then \$230. For more information call Connie Lee Eiland at (248) 809-3230, email [clshebear7@gmail.com](mailto:clshebear7@gmail.com), or visit [shewolfshaman.com](http://shewolfshaman.com).

**Extraction: Illness & Healing from a Shamanic Perspective with Judy Liu Ramsey · Saturday and Sunday, June 3 & 4 OR July 15 & 16 · 9 a.m. to 5:00 p.m.** · This is an advanced in-person class with a limit of 6 persons. Deepen your understanding of illness and how one's spirit can help the physical body thrive or not. Explore different ways to "diagnose" an illness as well as to address its healing. Working with partners, deepen your understanding of spiritual intrusions and learn ways to extract them. Prerequisites: Basic Journeying, Medicine For the Earth/ Healing With Spiritual Light. Suggested Reading: *Walking In Light* by Sandra Ingerman. \$195 per person/\$100 for repeating students. For more information email [info@judyramsey.net](mailto:info@judyramsey.net), or visit [judyramsey.net](http://judyramsey.net).

**Shamanism, Death & Dying with Connie Lee Eiland · June 24 & 25 · Saturday 10 a.m. to 6 p.m., Sunday 10 a.m. to 4:00 p.m.** · This workshop heightens our spiritual understanding of death and dying and teaches ways to assist others as they approach transition. The class also includes psychopomp, which is crossing lost souls over. Psychopomp is done individually and with the class. \$200 until June 10, \$230 after. For more information call Connie Lee Eiland at (248) 809-3230, email [clshebear7@gmail.com](mailto:clshebear7@gmail.com), or visit [shewolfshaman.com](http://shewolfshaman.com).

# The Crazy Wisdom Calendar

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**Cycles of Life with Connie Lee Eiland · July 15 & 16**  
· Saturday 10 a.m. to 6:30 p.m. and Sunday 10 a.m. to 4:00 p.m. · This class presents pathways to help with your own life explorations. We will work with the Medicine Wheel, the Spirit of the Moon and her cycles, our personal shield, our circle of ancestors. This class includes journeying, healing, divination, and ceremony. Introduction to Journeying is required. For more information call Connie Lee Eiland at (248) 809-3230, email [clshebear7@gmail.com](mailto:clshebear7@gmail.com), or visit [shewolfshaman.com](http://shewolfshaman.com).

**Ancestors & Descendants with Connie Lee Eiland · August 12 & 13** · Saturday 10 a.m. to 6 p.m., Sunday 10 a.m. to 4 p.m. · This class investigates our connections to the ancestors and descendants in ways that impact them and us. This class includes journeys, healing, sacred art--mask making and decorating a staff, and ceremony. Introduction to Journeying and Cycles of Life are prerequisites. \$200 until July 22, \$230 after. For more information call Connie Lee Eiland at (248) 809-3230, email [clshebear7@gmail.com](mailto:clshebear7@gmail.com), or visit [shewolfshaman.com](http://shewolfshaman.com).

**Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey** · August 26 & 27 · 9 a.m. to 3:00 p.m. · The shamanic journey is an easy and powerful tool we can use to access spiritual information. Learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. Meet a compassionate spirit or power animal who is coming forward to help you at this time in your life. This class is a prerequisite to ongoing and more advanced shamanic studies. The class will be taught online via ZOOM. \$150 per person/\$75 for repeat students. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit [JudyRamsey.net](http://JudyRamsey.net).

**Journeying Circle with Judy Liu Ramsey · First and Third Thursdays** · 7 to 8:30 p.m. · If you know how to do shamanic journeying, please join us to explore the gift and healing of different states of the human condition in a friendly, nurturing, and supportive environment. \$25- \$40. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit [JudyRamsey.net](http://JudyRamsey.net).

## SPIRITUAL DEVELOPMENT

**Sunday Services via Zoom with Interfaith Center for Spiritual Growth** · Sundays through August 27 · 10:45 a.m. to 12:15 p.m. · Sunday celebration. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Sufi Chanting Meditation and Discussion on Zoom with Interfaith Center for Spiritual Growth** · Tuesdays through August 29 · 7 to 8:00 p.m. · An exploration of Sufism. \$5-10 per class. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Heightening Your Vibration: Alchemy with Karen Greenberg** · Sunday, May 21 and 28 · 8:45 a.m. to 12:45 p.m. · Some people have become depressed with the Covid-19 isolation, variants, and aftermath. Learn a myriad of tools and techniques, to change your vibration from a lower to a higher vibration, and to sustain it—including, but not limited to, sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, prayers that you compose, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, toning Names of G-D, Archangels, Angels...\$200. For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Akashic Records Practitioner Certification with Shellie Powers** · MAY: 1-2-3 OR 6-7 OR 19-20; OR JUNE: 5-6-7 OR 16-17 OR 24-25; OR JULY: 8-9 OR 11-12-13; OR AUGUST 5-6 OR 14-15-16 · This class certifies you with Linda Howe's Center for Akashic Studies. \$360 For more information contact contact 734-926-8423, [info@thepowersof.com](mailto:info@thepowersof.com), or visit [powers365.com/events](http://powers365.com/events).

**Advanced Akashic Records Practitioner Certification with Shellie Powers** MAY: 22-23-24, OR JUNE: 26-27-28, OR JULY 14-15 OR 22-23, OR AUGUST 26-27 · \$430 · This advanced class certifies you with Linda Howe's Center for Akashic Studies. For more information contact 734-926-8423, [info@thepowersof.com](mailto:info@thepowersof.com), or visit [powers365.com/events](http://powers365.com/events).

**Cultivating a Personal Relationship with G-D with Karen Greenberg** · Sunday, May 28 and June 4 · 1 to 4:00 p.m. · Create a Sacred Space, compose/ask questions of your Higher Power, decipher if you are receiving "Yes," "No," or "Essay" answers from your spirit vs. thinking in your head vs. emoting or having sensations in your body. Ask G-D how you can serve (learn to trust/surrender to G-D); express gratitude, awe, and be comforted, healed, protected, guided by G-D. Compose prayers, feeling close to G-D, like G-D were a close friend: HE/SHE IS! \$90. For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg** · Sunday, June 4, 11, 18, 25 · 5 to 9:30 p.m. · Learn how to create a sacred, protected space to astral travel safely to spiritual dimensions, gates of heaven, planets associated with the Sephirot (Spheres) in the Tree of Life, and other celestial bodies and star systems.

*Hosted by Edward Morin, David Gibson, and Lissa Perrin*

# Crazy Wisdom Poetry Series



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



*Featured Reader:*

**April 26, 2023** – Dan Bellm (Berkeley, CA) has published five books of poems, including *Counting* (2023), *Deep Well* (2017), and *Practice* (2008). His recent translations include *Central American Book of the Dead*, by Balam Rodrigo (2023), *Speaking in Song*, by Pura López Colomé (2017), and *The Song of the Dead*, by Pierre Reverdy (2016).

*Until further notice, all sessions are virtual and accessible through Zoom.  
Email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com) for Zoom link.*

Second Wednesdays: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays: Featured Reader(s) for 50 minutes. Open Mic reading for one hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

Crazy Wisdom  
Poetry Circle  
[https://cwcircle.  
poetry.blog/](https://cwcircle.poetry.blog/)  
734.665.2757  
[crazywisdom.net](http://crazywisdom.net)



# The Crazy Wisdom Calendar

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Become more deeply acquainted with different aspects of G-D. Learn that which you don't normally learn when you're incarnate (some of which is accessible to you usually only after you leave your physical body and go to spiritual school). \$777 total (includes all 4 parts). For more information contact Karen Greenberg (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

**Art as Spiritual Practice: The Art of Shamanism with Rocky Rains** · August 5, 12, 19 · 1 to 4:00 p.m. · "The truest expression of any thought is the art which it inspires." In these workshops we shall be making a Shamans drum, rattle, and spirit bag, and learning the spiritual power behind them. \$350. For more information contact Rocky Shadowbear Rains at (734) 799-7502, or email rainsrocky4@gmail.com.

**Be Still and Know Silent Retreat with Swami Sankarananda** · August 18-25 · Beginning at 5:00 p.m. · Deepen and uplift your experience of Life through silence, meditation, chanting, yoga asana and introspection. The retreat is guided by Swami Sankarananda in accordance with the holistic Sivananda Yoga Vedanta tradition. The program is specifically developed to aid participants in their evolution from fear to fearlessness, from discord to Harmony, and from pieces to Peace. This retreat is both a weekend and a weeklong retreat. We've been offering the weekend Be Still and Know retreats for six years now, and the one consistent request was for the retreat to be longer, and so we extended it to one week for the first time two years ago. You can join this either for the weekend, and complete the retreat on Sunday afternoon, or continue for the full week. FREE plus lodging. For more information contact Song of the Morning Yoga Retreat at (989) 983-4107, email office@songofthemorning.org, or visit songofthemorning.org.

**Catholic Social Teaching: Continuity, Change, and Relevance with Barbara Wall, Ph.D** · Saturday, August 19 · 9:30 a.m. to 3:30 p.m. · An exploration of perduring themes in Catholic social teaching such as the sanctity of all creation, the common good, human rights, and the appropriate uses of power. \$45.00 Lunch included. For more information call Weber Center at (517) 266-4000 or visit webercenter.org.

## STORYTELLING

**"Do Something Beautiful for God!" A Reflection Day on Mother Theresa of Calcutta with Joy Barker, OSF/S** · June 14 · 9 a.m. to 3:00 p.m. · \$30, lunch included. For more information call Weber Center at (517) 266-4000 or visit webercenter.org.

## STRESS MANAGEMENT

**FREE Intro for Healthcare Professional – Basic Qigong for Self-Care with Master Wasantha Young** · Monday, May 15 · 7:15 to 8:15 p.m. · Learn basic Qigong energy work techniques for your self-care. Need some self-care tools to help manage your tensions? This FREE session are designed for your easy-to-do self-care. They will include meditation, self-acupressure, stretching, and centering movements. You must be a healthcare professional to attend these sessions. The class is down a flight of stairs and limited to 10 participants. Pre-registration is required. For more information or to register email info@peacefuldragonschool.com, call (734) 741-0695, or visit peacefuldragonschool.com/events.

**Stop Sabotaging Your Self-Care with Christy DeBurton, RYT** · Self-Paced · In this compact but powerful self-paced course you'll find effective tips and tools to honor your feelings, set boundaries, and thrive in the face of life's challenges. Get at the root causes of your self-sabotaging habits. Learn to set healthy boundaries--without the guilt. Banish burn-out, overwhelm and resentment. Get inspired to eat healthy, sleep well + live better in your body. \$79. For more information email info@christydeburton.com or visit christydeburton.com.

## TAI CHI, MARTIAL ARTS, AND SELF-DEFENSE

**Yang and Chen - Qigong and Tai Chi with Karla Groesbeck** · Ongoing · Classes available in Yang and Chen - Qigong and Tai Chi - Beginner - advanced. Solo, two-person, weapons. Outside, inside and zoom. Yang Long Form 108, Chen Laojia Yilu, Xinjia Yilu. Various qigong sets. Zhan Zhuang. Staff, Bang, Ruler, Push Hands/Tuishou. Low fee, FREE for seniors. For more information call (734) 276-3059, email info@taichilove.com, or visit TaiChiLove.com.

**Chen Tai Chi Chuan with Joe Walters** · Ongoing Monday, Thursday 5 to 6:00 p.m. · Saturday, 9:30 to 10:30 a.m. · Instruction in Chen Tai Chi Chuan, a unique art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. FREE. For more information contact Joe Walters, annarbortaiichi@gmail.com, annarbortaiichi.com

## THEATER

**Can I Help You, Too? with Neighborhood Theatre Group** · May 12 through May 21 · Do you want fries with that? If you've ever served or been served you'll have a laugh in this musical sketch comedy show sequel that begs the question,

"Can I help you, too?" \$12 online, \$15 at the door. For more information contact [info@ntgypsi.org](mailto:info@ntgypsi.org) or visit [ntgypsi.org](http://ntgypsi.org).

## WOMEN'S HEALTH

**Creating Your Perimenopause Plan with Christy DeBurton, RYT · Self-Paced** · Creating Your Perimenopause Plan combines science and personal experience, so you feel like you're going on a self-guided journey with a knowledgeable friend. In this e-Guide Christy shares everything she learned during her own perimenopause journey, and then helps you create a plan to support your body—pro-actively—through nutrition, supplements, exercise, stress relief and more. \$59. For more information email [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

## WRITING AND POETRY

**Crazy Wisdom Poetry Series Hosted by Edward Morin, David Jibson, and Lissa Perrin · Workshops on June 14, July 12, August 9 · Featured Readers on May 24, June 28, July 26 · 7 to 9:00 p.m.** · Second Wednesdays are Poetry Workshop days. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Fourth Wednesdays are for Featured Reader(s) for 50 minutes, then Open Mic reading for one hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. All sessions are virtual and accessible through Zoom. Email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com) for Zoom link. For more information contact Edward Morin at (734) 668-7523, email [eacmorin@sbcglobal.net](mailto:eacmorin@sbcglobal.net), or visit [cwcircle.poetry.blog](http://cwcircle.poetry.blog)

- June 28 – Terry Bohnhorst Blackhawk founded, and for 20 years directed, the InsideOut Literary Arts Project for Detroit students. Her poetry has won the John Ciardi Prize (for *Escape Artist*), the 2010 Pablo Neruda Prize, and a Kresge fellowship. Her fifth book, *One Less River*, was a Top 2019 Indie Poetry title. Her latest chapbook is *Maumee, Maumee*.
- June 28 – Derek Pollard is Editor of the Poets on Poetry Series at University of Michigan Press. A widely published poet, book critic, longtime educator, and workshop leader, he founded Constellar Creative, a creative agency that specializes in content marketing and copywriting. His most recent poetry collection is *On the Verge of Something Bright and Good*.
- July 26 – Jack Driscoll's *Twenty Stories: New and Selected*, won the 2022 Pushcart Editors Prize. His novels or story collections received the PEN/Nelson Algren Award, AWP Grace Paley Short Fiction Prize, Society of Midland Authors Award, and Michigan Notable Book Awards. He founded the creative writing department at Interlochen Center for the Arts.

**The Promise of Summer: A Writing Workshop with Tarianne DeYonker, OP with the Weber Center · Saturday, July 15 · 10 am to 4:00 p.m.** · When planting seeds in my garden my hope is palpable. As spring turns to summer, I need

patience and support to persist in watering, weeding, and aerating the soil to nurture what I have planted. The same is true for writing. What are some of those nurturing activities that keep us writing when the words just won't come, or time seems to drift away from us? You can give yourself the time to write with others during this workshop day. This workshop may be just the "fertilizer" your writing needs to thrive. Beginning and experienced writers are welcome in this workshop. \$60, lunch included. For more information call the Weber Center at (517)266-4000. Registration is required at [webercenter.org](http://webercenter.org).

## YOGA

**Yoga w/Reiki Lithotherapy for Insomnia/Restful Sleep with Andrea Astley of Crysterra Wellness · May 20 · 1:00 p.m.** · Experience the profoundly synergistic healing benefits of pairing Yoga w/Reiki Lithotherapy! Reiki Combined with the Power of Healing Crystals can result in an amazingly synergistic healing experience. Both are gentle, non-invasive modalities that are extremely effective, as they work within the subtle body to clear and balance all of the energy centers (chakras) and meridians. When applied together they complement each other, to enhance and amplify the healing possibilities. This informative, nourishing and relaxing workshop teaches 3 theme-appropriate crystals each meeting for meditation, self-integration, as well as an extended relaxation (savasana) where they are placed on and within in your energy field and a mini-reiki session at the end to get you completely and totally relaxed. Space is limited. Registration is required. For more information contact Andrea Astley (734)649-1849 [andrea@crysterrawellness.com](mailto:andrea@crysterrawellness.com) or visit [crysterrawellness.com/workshops-events](http://crysterrawellness.com/workshops-events).

**Open Level Yoga with Michele Bond · Ongoing through July · Sunday, 4 to 5:30 p.m. · Tuesday, 6 to 7:30 p.m. · Saturday, 10 to 11:30 a.m.** Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Learn to look for the good in yourself and others as you enjoy a dynamic practice. \$15 per class if registered for the semester. \$20 drop in with instructor's permission. For more information contact Michele Bond at (734) 358-8546, email [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit [yogahouseannarbor.com](http://yogahouseannarbor.com).

**Yoga Essentials with Michele Bond · Ongoing through July · Thursday 6 to 7:30 p.m.** · For those new to yoga, or new to this system. Learn Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, developing a yoga practice that is safe, joyful, therapeutic, and fun! \$15 per class if registered for the semester \$20 drop in with instructor's permission. For more information contact Michele Bond at (734) 358-8546, email [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit [yogahouseannarbor.com](http://yogahouseannarbor.com).

**Yoga for Athletes with Michele Bond · Ongoing through July · Wednesdays 6 to 7:30 p.m.** Athletes or anyone look-

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ing for a strong practice will enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun and energetic practice. Universal Alignment Principles help open the door to peak performance in sports and all areas of your life. \$15 per class if registered for the semester \$20 drop in with instructor's permission. For more information contact Michele Bond at (734) 358-8546, email [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit [yogahouseannarbor.com](http://yogahouseannarbor.com).

**Guided Personal Retreat with Song of the Morning Staff** · May 26 – June 2 OR June 30 – July 2 · The Song of the Morning Yoga Retreat community invites you to join us for an uplifting weekend experiencing spiritual refreshment and relaxation in a supportive peaceful atmosphere. Offered during select weekends in 2023, guided personal retreat offers a greater sense of community and support, so that you might get the most out of your retreat experience. During these special weekends you are invited to join our daily schedule of events which includes meditation, devotional practices, community meals, and more (see schedule below). At the beginning of the retreat, our community facilitators will be happy to welcome you, and offer simple guidance and answer questions in our sincere effort to help you get the most out of your retreat, and experience what our founder envisioned: "Spiritual refreshment and relaxation." \$108 plus lodging. For more information contact Song of the Morning Yoga Retreat at (989) 983-4107, email [office@songofthemorning.org](mailto:office@songofthemorning.org), or visit [songofthemorning.org](http://songofthemorning.org).

**Yoga for Core Integrity 'Live + Virtual' Course with Christy DeBurton, RYT** · May - June · Are you experiencing back pain? Poor balance? Bad posture? A strong core can help with all these things, not to mention help you feel stronger in all your daily activities. This 'Yoga for Core Integrity' 8-week Live+Virtual course will help you power up your yoga poses and your body by exploring all the muscles—abs, glutes, obliques and more—that make up a strong core. \$130-\$140. For more information contact Christy DeBurton by email at [info@christydeburton.com](mailto:info@christydeburton.com), or online at [christydeburton.com](http://christydeburton.com).

**Yoga + Sound with Rob Meyer Kukan** · Friday, June 23 · 6 to 7:30 p.m. · Join Sound Healer, Rob Meyer-Kukan and Yoga Instructor, Paul Barr for this seasonal series of Yoga + Sound at 7 Notes Natural Health. Paul will lead a mindful yoga practice that focuses on themes tied to each of the seasons. Rob will support with gentle sounds of singing bowls, gongs, and more. An extended time of savasana will allow you to deeply rest into the new season while being immersed in sacred sound. \$40. For more information contact Rob Meyer-Kukan

at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Yoga Chill Summer Course with Christy DeBurton, RYT** · July through August · Summer is a season full of activity, which means that we need a yoga practice that is a nice balance to this: slowing us down, cooling us off, giving us a chance to relax and just be. This soothing 8-week 'Yoga Chill' Live+Virtual course will help you feel more grounded and calm. \$130-\$140. For more information contact Christy DeBurton by email at [info@christydeburton.com](mailto:info@christydeburton.com), or online at [christydeburton.com](http://christydeburton.com).

**Sivananda Yoga with David Black at Ann Arbor Zen Buddhist Temple** · Ongoing · 6:30 to 8:00 p.m. · Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. Classes fill up quickly, so early registration is necessary. Cost is \$60 for all six sessions or \$12 per drop-in class. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Yoga for Resilience with Julie Woodward** · Tuesday · 9 to 10:30 a.m. · Join us for this weekly yoga posture, breath, and meditation practice designed to support you in cultivating greater resilience. Drawing on recent research about the brain, participants will experience powerful practices that enhance nervous system regulation, calm anxiety, or energize a low mood. Each class will feature embodied mindfulness practices for cultivating greater self-awareness, fostering stability of attention, tuning in to the felt sense of the body, and navigating inner experience with greater skill. Suitable for all levels, gentle movement may be modified to suit individual needs. \$20 per class, advance registration required. Email [jawh@comcast.net](mailto:jawh@comcast.net) with questions and to register or visit [juliewoodwardmsw.com](http://juliewoodwardmsw.com) for more information.

**Iyengar Yoga with David Rosenberg and Ann Arbor Community Rec & Ed** · Monday, 6:00 p.m., Thursday 7:00 p.m., Saturday 10:00 a.m. · Classes are 90 minutes. Experience invigorating yoga postures using the methods of BKS Iyengar to strengthen the body, create a feeling of well-being, reduce stress, and release tension through physical activity and meditation. The instructor emphasizes the use of props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. \$115 for nine-week session (Senior discounts available). Learn more at [aarecedonline.com](http://aarecedonline.com) or call (734) 994-2300.

**If we can discover the meaning in the trilling of a frog, perhaps we may understand why it is for us not merely noise but a song of poetry and emotion.**

*—Adrian Forsyth*

