

THE CRAZY WISDOM BIWEEKLY

#105



February 03

Waxing Gibbous

**Breathwork
Facilitator
Jackie Miller**

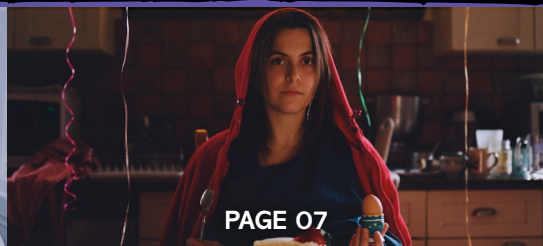


CRAZY WISDOM

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Thank you to our contributors for this issue:

- Petula Brown
- Bonnie Verwiys
- Demo Rinpoche
- Lily Talmers
- Lissa Perrin
- Susan Ulrich
- Cashmere Morley
- Bill Zirinsky
- Jennifer Carson

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

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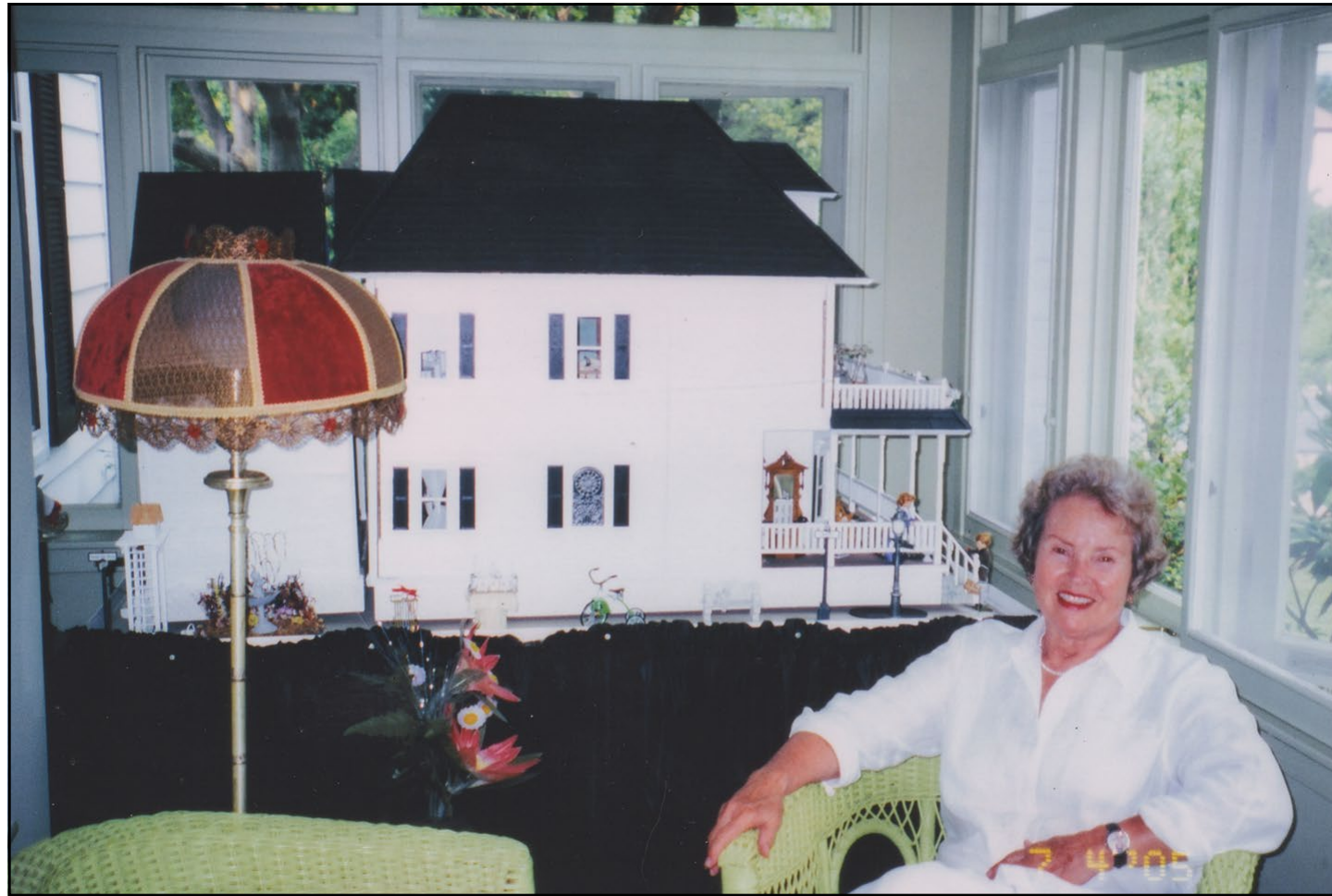
On the Cover

On the cover is breathwork facilitator Jackie Miller, the featured story beginning on page 10 of this issue.

"The Parsonage's tranquil garden nicely compliments the historical settings of the accommodations, transporting guests to a different era."

– Petula Brown

04



Weekend Getaways: Holland Highlights

By Petula Brown
Photos by Bonnie Verwijs

The vibrant red and warm golden foliage of autumn heading west on I-96 was a calming backdrop for a three-hour drive to Holland. Known for its annual tulip festival, the city provides visitors a chance to experience a slower pace year-round. While the greater Holland area offers a variety of activities, central Holland has its share of historical, recreational, and cosmopolitan offerings. Within walking distance of these experiences is Bonnie's Parsonage 1908 Bed and Breakfast, an accommodation alternative with ties to the area's Dutch heritage.

Nestled in a residential neighborhood, the Parsonage is immediately recognizable by its white arch in the courtyard entrance and lush gardens. Both are an early indication of the attention to detail that exemplifies the property. Interior features such as dark oak woodwork and leaded glass windows are credited to the Prospect Park Christian Reform Church. With roots in the Dutch Reformed Church of the Netherlands, the Prospect Park Church built the home in 1908 to provide a residence for its minister and the site served in that capacity for several decades.

Purchased by Bonnie Verwijs in 1974, she spent ten years preparing the property for its opening as a bed and breakfast. Given its history, the Parsonage's early 20th century tone has a sophisticated flair. Verwijs' fondness for antiques (many acquired from Western Michigan shops) evident throughout the home. Guests can expect every room to have distinctive touches. In a sitting room adjacent to the formal dining room (where guests are welcomed to enjoy Verwijs' signature-baked pancakes for breakfast), prominently displayed photos and artwork serve as a homage to Verwijs' family. A crafty storyteller, Verwijs' willingness to share her experiences and family history is a key element that distinguishes the Parsonage from more standard accommodations. The B&B's stylistic yet homey vibe has been recognized nationally by Fodor's and Midwest Living, while its gardens have received awards from local organizations.

The Parsonage's tranquil garden nicely compliments the historical settings of the accommodations, transporting guests to a different era. During warmer seasons, guests can relax in an outdoor garden patio. A large foyer provides covered seating and a distinctive conversation piece—a dollhouse-sized version of the B&B. Two indoor sitting rooms provide a cozy space to watch television, enjoy music or have quiet time before retiring to upstairs bedrooms. The elegant character of the Parson's Room is defined by a dark walnut bed frame with a textured headboard that nearly touches the ceiling. Kimberly's Room has flora

accents and patterned wallpaper that radiates a whimsical spirit. Brian's Room, formerly a study that shares a bath with Kimberly's Room, has been dubbed the "Patriotic Room" with Americana-themed decor. Every room has unique and delicate features that would appeal to guests with an interest in history as a backdrop to their visit.

While the Holland area boasts several nature trails and beach areas, nearby green spaces provide walkable outdoor excursions from the Parsonage. Two blocks east of the B&B is Prospect Park. The nearly eight-acre plot was purchased by Holland citizens in 1901 to save native forest and sold to the City of Holland in 1907 for \$1. Now mature trees dot a landscape that includes walking paths and picnic tables. A five-block walk northeast of the B&B leads to Rosa Parks Green. Home to a baseball field in the 1940s, the ADA accessible park now provides basketball courts, soccer fields, walking spaces, as well as picnic amenities. Walking through residential neighborhoods, visitors can feel a sense of connection with present-day Holland that contrasts with the historical focus of the B&B.

For guests interested in more cosmopolitan settings, a casual 30-minute walk north of the property ends in the heart of downtown Holland. Downtown Holland is ground zero for the annual tulip festival, but a range of dining and retail selections on 8th Street are available throughout the year. Can't decide where to eat? Food lovers can sample a variety of culinary choices during walking excursions hosted by Holland Tasting Tours (hollandtastingtours.com). 8th Street is also home to the farmers market (check out their winter hours at hollandfarmersmarket.com), a favorite place to discover local vendors and performers while supporting local businesses.

Visitors to Holland may see shades of Ann Arbor. Both communities are home to academic institutions, have vibrant downtowns, host well known annual events, and offer green spaces for recreational activities. But Holland's Dutch heritage provides a distinctive cultural experience unique to Western Michigan that's close enough to Ann Arbor to provide an accessible weekend escape.

Bonnie's Parsonage 1908 Bed & Breakfast is located at 6 East 24th Street, Holland, Michigan 49423. The Innkeeper can be contacted at (616) 396-1316 or learn more about the Parsonage Bed and Breakfast [here](#).

FOR MORE WEEKEND GETAWAYS, VISIT ONLINE AT CRAZY WISDOM JOURNAL

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Sound Bites

with Lily Talmers

By Cashmere Morley

Lily Talmers is a Michigan-born, Brooklyn-based artist and band leader of a new age of Americana. Her lyricism draws from heady 60's folk revivalists as Leonard Cohen and Judee Sill, coating Midwestern-accented melodies with intimacy and refined wit. These melodies provide a unique journey into Lily's strange intervallic insides, informing themselves by Greek, Lusophone, and classical music, in addition to the Americana cannons. Her latest record, "Hope is The Whore I Go To" was captured live, full band, and features stylistic nods that unbind genre. Its twin record, "My Mortal Wound," features a live, largely solo version of Lily's sound.

- 1. How did you get into music?**
I think the simplest way to articulate it is that songwriting slowly began to just dominate over anything else I wanted to do with my time. I spent many years in denial of how serious it felt for me, and eventually it just kind of became inescapable. I have stuck with it because I love writing, and because it's an amazing gift to hold peoples' attention and emotion in the way that songs can—I love experimenting in the space of a performance, and all the mysticism of it.
- 2. Describe your new albums in one word.**
Raw.
- 3. How would you classify your music?**
The other day I jokingly called it "Americana +". Maybe songs rooted in and expanding from the American folk tradition?
- 4. What are some other artists or bands who have influenced you for this record?**
I think with writing, Leonard Cohen is someone who's always on my shoulder guiding me poetically, and melodically, sometimes! But in an overall musical way, Blake Mills and Silvia Perez Cruz were the two artists that sort of dominated my mind and influenced me to feel pretty limitless in going about things.
- 5. What's the last song you've listened to that moved you?**
The song "Lightless Thunder," by Hemma—this is the artist name of Hannah Hebl, who's a Minneapolis-based artist I just met on tour in the midwest. It is amazing—I wept!
- 6. What's your preferred music streaming platform?**
I use Tidal, mostly because I hate seeing all the numbers associated with Spotify. They pay artists *slightly* better, and their audio quality is top notch.



Talmers released a double LP.

Top: "Hope is The Whore I Go To"
Bottom: Its twin record, "My Mortal Wound".



- 7. If you were stranded on a deserted island and could only take one record, which would you take and why?**
This question is cruel! Probably Chico Buarque's record "Chico Buarque de Hollanda Vol. 3." or Paul Simon's "Still Crazy After All These Years."
- 8. What's something about this record that someone may not know?**
Mmmm I think I'd like to impress that there are a lot of lyrical threads throughout both records that are worth catching! For example, the song "My Friend, My Killer," alludes directly to a line in the song "Hope, You Whore."
- 9. Where are you performing next?**
I'll be doing a show in Brooklyn, NY at a venue called *The Owl*. It's the best venue! I am stoked.
- 10. Is there anyone who helped on this record that you want to give a shoutout to?**
So many people! My sound engineer Geoff Brown was around for every second of its recording, and Ben Green had an enthusiasm about the music itself and input about arrangement that were profound gifts. I have deep musical admiration for each person who played on the record profound way—David Ward, Ian Eylanbekov, and Aidan Cafferty were also so important.

Now playing "My Mortal Wound" by Lily Talmers.

A Lesson From an Unfortunate Groundhog

By Demo Rinpoche

Whenever I see one of my friends, he always mentions Michigan's roads. His impression of Michigan is that it is a land of bad roads with many dead animals on the side. I also had a bad first impression of Michigan roads. The sight of dead animals on the roadside was very pitiful after I started to drive not long ago. Surely, Michigan drivers are not meaner than others but avoiding those poor confused animals in the middle of busy roads and highways is almost impossible.

At the end of July this year, I was driving on Golfside Road, which crosses many main roads such as Washtenaw and Ellsworth near where I live. One of my friends was following me with his own car. It was very nice weather and I could clearly see many cars in front of me. Suddenly, a black moving object ran across road and the car in front of me hit it. The car drove on like nothing happened. No brake light. No slowing down. That black object was nothing other than a poor groundhog. I know how hard it is to avoid animals in the middle of the road in general, and especially on a freeway, but somehow I was expecting that car should have avoided the groundhog. Upset at that car for hitting the groundhog, I was moved to pull my car onto the shoulder of the road even though there was not sufficient space.

When I pulled my car over, my friend also pulled his car over. I don't think he had any idea what I was doing. I assumed the groundhog was not dead, so I was willing to drag him off the road in order to avoid being hit a second time. I was hoping the ground hog could walk again. But neither me nor my friend was brave enough to walk into the middle of the road to grab the groundhog. My friend was concerned about diseases that a groundhog might carry. And I am scared of many animals in general. So, we tried to find a stick or something to drag the groundhog from the middle of the road. Unfortunately, at that moment the traffic light released a stream of cars, and our hope became in vain.



Cars were coming like a herd of wildebeests and the groundhog was laying on a yellow line in the middle of the road. The groundhog could be hit by cars in both lanes of traffic in a few seconds. But it did not happen like that. Many cars drove over the line to avoid running over the groundhog until one car had no choice but to run over it.

I should have been upset about that last car because it ruined my hope, but I was not. Instead, I was very surprised and rejoiced for those people who tried not to run over an injured or a dead animal. I don't know if those people were devoted to religion or spirituality, and I assumed not all those people were Buddhists who have a traditional view that all living beings are capable of reaching enlightenment, but they must have genuine compassion as well as common sense that respects the value of life. That day's incident gave me a clue about the kindness of people who were sitting behind the steering wheel.

When I was first told about the dead animals of Michigan's roadsides—and seeing many dead animals myself, such as deer, raccoons, squirrels, opossums, and so forth—I had feelings about the careless or unkindness for animals of Michiganders. This incident proved that I was wrong. Many drivers don't want to run over animals, but a situation can make it unavoidable. Being upset about the car that hit the groundhog is not that meaningful, and I think the driver might not have been aware of what happened there.

Demo Rinpoche is a Tibetan Buddhist monk and incarnate lama, who has spent most of his life studying in monasteries in India with thousands of other monks, and under the Dalai Lama's direct supervision. He now lives on his own in a simple apartment in Ypsilanti, Michigan. He is the nephew of the late Gelek Rimpoche, founder of Jewel Heart Tibetan Buddhist Learning Center. Since 2018, he has served as Jewel Heart's Resident Spiritual Director. He is available to teach anyone who would like to learn about the Tibetan Buddhist path.

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The Crazy Wisdom Community Journal

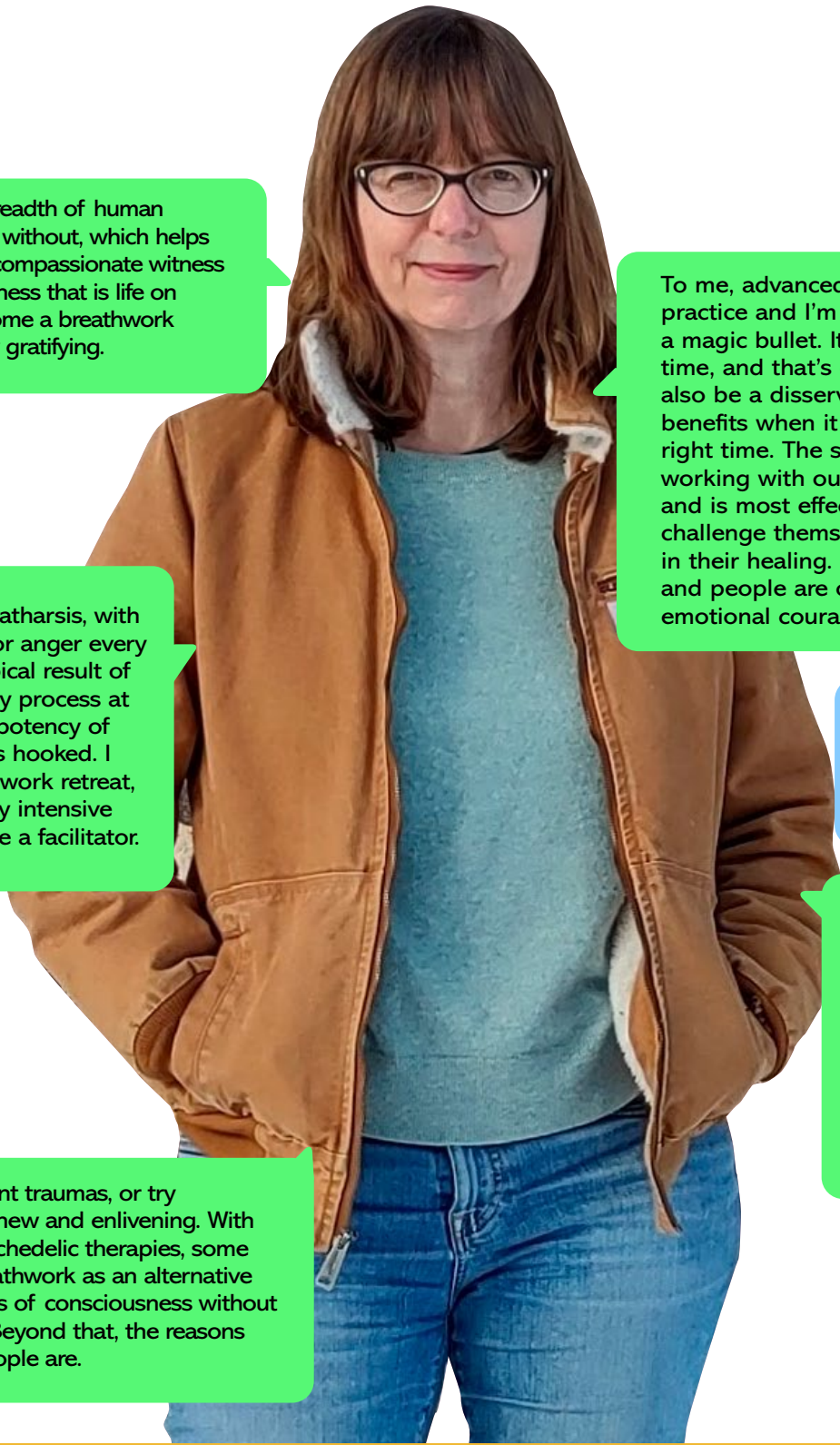
issue 82

Features

- Argus Farm Stop Staff
- Unschooling
- Rage Rooms

Interviews

- Dr. Amy Saunders
- Marie Duquette at the Neurofitness Center
- Social Worker Will Sherry
- ...and more!



1

How has breathwork changed your own life?

Breathwork helped me access, release, and integrate huge reservoirs of undigested grief, fear, anger, and pain. When I no longer needed to avoid or suppress all that, I was able to enter my body and the world in a deeper, more grounded way, and that shift has reverberated through every part of my life. Breathwork

also opens me to a wider breadth of human experience, both within and without, which helps me be a more present and compassionate witness to the whole glorious messiness that is life on Earth. And it led me to become a breathwork facilitator, which is incredibly gratifying.

2

How did you fall into this line of work?

Fourteen years ago, when I was living in Buddhist monasteries, I heard about rebirthing breathwork from the monastics. I recognized I had issues related to birth trauma, so I thought I'd try rebirthing without any clue what it was really about. First, I tried breathwork on my own, and only succeeded in making myself very dizzy and numb. Finally, I had my first session with a facilitator in Sydney, after traveling by car, train, subway, boat, bus, and foot to get there! The session unlocked a

two-week-long emotional catharsis, with eruptions of intense grief or anger every few hours. That is not a typical result of a first session, but it was my process at the time and points to the potency of breathwork. After that I was hooked. I went to a seven-day breathwork retreat, and soon after began a very intensive one-year training to become a facilitator.

3

What are common goals people seek in coming to you for breathwork?

I think of people's motivations broadly as struggling with stuckness, with crisis, or with longing for deeper understanding and fulfillment. Especially emerging from the pandemic lockdown, many people are ready to break through old emotional patterns and mental habits, shift relational dynamics,

address past or recent traumas, or try something radically new and enlivening. With rising interest in psychedelic therapies, some people come to breathwork as an alternative way to explore states of consciousness without use of substances. Beyond that, the reasons are as diverse as people are.

4

What would you say to someone who is hesitant to try breathwork?

To me, advanced breathwork is a sacred practice and I'm cautious not to claim it's a magic bullet. It's not for everyone all the time, and that's okay. That said, it would also be a disservice to understate its benefits when it can be such a gift at the right time. The style I use emphasizes working with our most difficult emotions, and is most effective for those willing to challenge themselves and take ownership in their healing. It takes a certain courage, and people are often surprised by the emotional courage they discover through

breathwork. Sometimes the timing is better for milder forms of breathwork I facilitate and teach that bring gentle cleansing and a slower-paced healing process. Before scheduling a first session, we talk over what breathwork entails, what the breather's goals are, answer any questions, and consider whether there are any physical or psychological contraindications. Then it's up to the breather to decide their path forward.

5

What is a simple breathing exercise someone can perform in their own daily lives to begin the process of breathwork in their everyday life?

At least initially, there's really nothing you can safely do at home that comes close to the experience of a full, facilitated breathwork session. I can't tell you how many times I've heard a breather come out of their first session and say, "I didn't know what to expect, but I never expected that!" But there is a simple daily exercise from the rebirthing breathwork style called "20

connected breaths." There are many short tutorials on YouTube. You can get lightheaded, so sit or lie down, and don't do this while driving! It's pleasantly invigorating and helps a breather become familiar with some of the breath techniques we use in advanced breathwork sessions.

Jackie Miller of This Breath Advanced Breathwork is a certified breathwork facilitator, a teacher of Buddhism, and a community organizer. She can be reached through thisbreath.com.

5 Questions for Breath Facilitator Jackie Miller

By Cashmere Morley

The Reading Series of The Crazy Wisdom Poetry Circle



February 22, 2023

Featured Readers:

February 22 – Linda K. Sienkiewicz is the author of an award-winning novel, *In the Context of Love*, a children's picture book, and five poetry chapbooks—the latest being *Sleepwalker*. Her poems have appeared in *Prairie Schooner*, *Rattle*, and *The McGuffin*. She holds an MFA from The University of Southern Maine. LindaKSienkiewicz.com.



February 22 – Hiram Larew is an accomplished food scientist whose poems find in twigs, leaves, seeds, and the night sky surprising wisdom and cause for gratitude. His poems have appeared in *Rhino*, *Ars Poetica*, *Innisfree*, and six collections including the forthcoming *Patchy Way* from CyberWit Press. HiramLarewPoetry.com and PoetryXHunger.com.



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

Featured reader is followed by Open Mic reading. FREE. All writers are welcome. Read your own or other favorite poetry. Sign up begins 6:45 p.m. Poetry Series readings are every fourth Wednesday, hosted by Edward Morin, David Jibson and Lissa Perrin. See our blog [here](#) and the Crazy Wisdom website [here](#).

Crazy Wisdom Poetry Series

hosted by Edward Morin, David Jibson, and Lissa Perrin

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

Second Wednesdays, 7-9 p.m.

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

Fourth Wednesdays, 7-9 p.m.

Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

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

Crazy Wisdom Poetry Series Featured Readers



March 22 – Linda Nemec Foster is author of twelve poetry collections including *The Blue Divide* and *The Lake Michigan Mermaid* (a Michigan Notable Book). *Bone Country* is her forthcoming collection of prose poems and flash fiction. Linda was the first Poet Laureate of Grand Rapids and founder of the Contemporary Writers Series at Aquinas College.



April 26 – 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).

Crazy Wisdom Poetry Circle
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CONSCIOUSLY EMBRACING ELDERHOOD

Now forming— a one day workshop for men 65 and over. This could be a precursor to an on-going monthly group.

LEADERS: Michael Andes, 80, MSW and Jim Wilton, 84, MSW.

DATE: Saturday, Feb 25, in Ann Arbor, 10 a.m. to 6 p.m.

COST: \$95.

PURPOSE: For men dealing with issues around aging, we will co-create a safe experience of support for one another, connecting with one another, and learning from one another.

PROCESS: The session will include personal sharing, interpersonal exchange, brief guided meditation, and presentation of cognitive tools from different sources, such as Native American Medicine Wheel teachings, Humanistic Psychology, and "spiritual" traditions. This is not to be a 'therapy' group, though helpful and healing experiences may occur.

SOME ISSUES and IDEAS FOR EXPLORATION:


- o Identifying different purposes—immediate, underlying, and ultimate.
- o Plans, visions, and possibilities for the later stage of life.
- o Attitudes and expectations re: decline, disability, and mortality.
- o Commonly held images and limiting beliefs around 'old age'.
- o Acknowledging our successes and disappointments— "prouds and sorries".
- o "Warriors' Task Assignments"—commitment to taking challenging steps.

An on-going group, if one emerges from this event, will focus on deepening and expanding our self-awareness and enjoyment of our continuing lives. Such a group may also include a weekend retreat for further intensifying our understandings and growth.

ABOUT THE LEADERS: Michael and Jim are retired clinical social workers who have been friends since 1970. For over 35 years they participated in a men's group for gay and straight men. They have co-led weekend residential retreats for men of varying ages.

FOR MORE INFORMATION AND/OR TO REGISTER:
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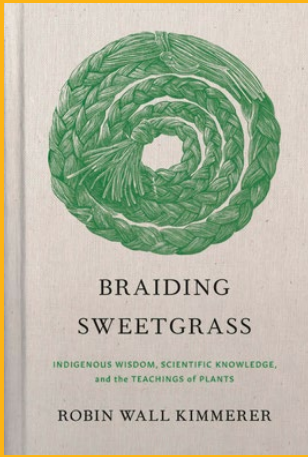
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Book of the Week:



Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants
Robin Wall Kimmerer

Updated with a new introduction from Robin Wall Kimmerer, the special edition of *Braiding Sweetgrass*, reissued in honor of the fortieth anniversary of Milkweed Editions, celebrates the book as an object of meaning that will last the ages. Beautifully bound with a new cover featuring an engraving by Tony Drehfal, this edition includes a bookmark ribbon and five brilliantly colored illustrations by artist Nate Christopherson. In increasingly dark times, we honor the experience that more than 350,000 readers in North America have cherished about the book--gentle, simple, tactile, beautiful, even sacred--and offer an edition that will inspire readers to gift it again and again, spreading the word about scientific knowledge, indigenous wisdom, and the teachings of plants. You can purchase *Braiding Sweetgrass* at shopcrazywisdom.com

Crystal OF THE WEEK

Courtesy of Susan Ulrich, owner and proprietor of
Bright Earth Minerals and Crystals

Celestine



Celestine is a strontium sulfate mineral in the baryte group. Its element is wind; the chakras it address are the third eye, crown and etheric chakras. The stone can provide an uplifting energy and as it stimulates the upper chakras, it can aid in expanding one's awareness into the higher realms. It is an angel stone and can facilitate communication with angelic support and guides. It is a wonderful stone for gently cleansing and purifying one's environment or auric field. It can bring serenity and calm to the emotional body while stimulating healing in the physical body.

The beautiful blue crystal geode, below, is from Madagascar and the color is typical of celestines from that locality. They are often either blue or white or grey but can come in other colors such as golden yellow, green or reddish. Many gorgeous celestines are produced in Michigan at the world-famous Maybee Quarry in Monroe County. [Specimens are available from my Facebook store, Bright Earth Crystals and Minerals.](#)

(Text references: mindat.org and *The Book of Stones* by R. Simmons and N. Ahsian.)

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
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- Leslie Science and Nature Center
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- 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:

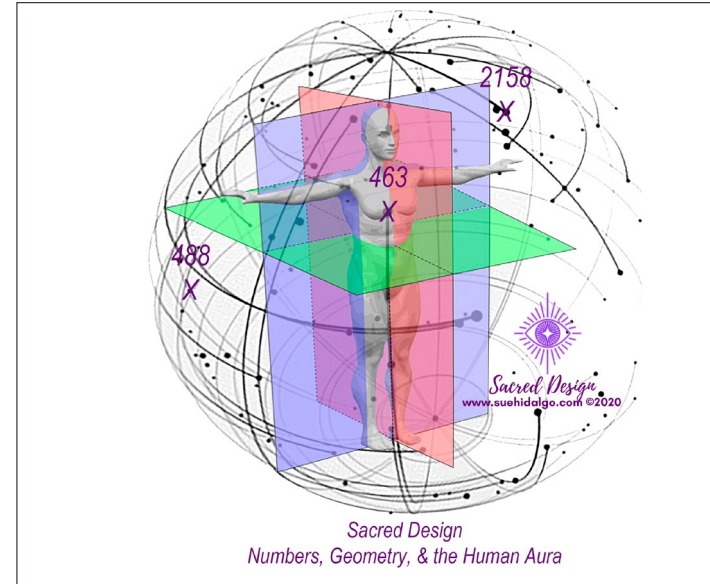
- Agricole
- Breathe Yoga
- Community Farm of Ann Arbor
- Corner Cup Cafe
- White Lotus Farm & Tsogyelgar
- Triple Crane Monastery

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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* a process that is so effective it seems magical

www.suehidalgo.com

Sue Burton Hidalgo is a natural psychic, healer, coach, and offers courses, one-on-one coaching, healing, and readings to those who seek guidance. Contact Sue Hidalgo sue@suehidalgo.com or visit suehidalgo.com for more information

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LEAN INTO YOUR LIFE: LIFE COACHING

MOST OF US HAVE A VISION FOR OUR LIVES. MANY OF US ARE CHALLENGED TO MAKE THAT VISION A REALITY.

Gary's approach to Life Coaching utilizes various coaching modalities. He will help you to ignite your innate wisdom enabling you to see a clear path for your life. Where appropriate the use of psychedelic medicine could be incorporated in the process of exploring your life's options.

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For more information, please visit leanintoyourlife.net

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.

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.

Word of the week:

Tchotchke

[/CHäCHkee/]
noun

1. a small object that is decorative rather than strictly functional; a trinket. "a pig mug and a dozen or so other porcine tchotchkes adorn his office"
2. a pretty girl or woman. "just look at my little tchotchke growing up"

THE BIWEEKLY COMMUNITY CALENDAR

A COURSE IN MIRACLES

A Course in Miracles Study Group on Zoom with Rev. David Bell • Mondays, January 2 through April 24 • 6:45 p.m. - 9:30 p.m. • Exploration of A Course in Miracles. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

A Course in Miracles Study Group on Zoom with Randall Counts • January 5 through April 27 • 12 - 1:30 p.m. • Exploration of A Course in Miracles. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

27th Annual Exhibition of Artists in Michigan Prisons with The Prison Creative Arts Project (PCAP) • Tuesday, March 21 through Tuesday, April 4 • Gallery and sales open on March 21 at 5:00 p.m., Celebration Program from 6:30 to 7:30 p.m. Free and open to the public. For more information call (734) 647-6771, email pcapinfo@umich.edu, or visit prisonarts.org.

ADDICTION AND RECOVERY

Recovery Dharma with various leaders • Sundays • 12 - 1:30 p.m. • Recovery Dharma welcomes all who are on the path to recovery from addiction of any type. By Donation. Zen Buddhist Temple is located at 1214 Packard Street. Call 734-761-6520 or email annarborzentemple@gmail.com.

12 Step Self-Help Group: Growing Through Life's Changes and Challenges with Facilitator Larry Gazda • Tuesdays, 7:30 to 8:30 p.m. • A weekly spiritual help and support group at the Lighthouse Center based on the traditional 12 Step Programs applied to spiritual growth and expansion of consciousness. For more information call (734) 808-1335 or email, lhci.financials@gmail.com.

ANIMALS AND PETS

Canine Massage with Irene's Myomassology Institute • January 8 and March 12 • 9 a.m. to 1 p.m. • Bring a friendly dog and blanket or mat. 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. You will thoroughly learn dog anatomy and how it relates and differs from the human body. A basic complete massage sequence will be taught with special emphasis on the hips. Behavioral control, acupressure points, and common trigger points will also be covered. \$88. For more information call (248) 350-1400, email contact@irenes.edu, or visit irenes.edu.

AROMATHERAPY AND ESSENTIAL OILS

Aromatherapy with Irene's Myomassology Institute • April 1 and 2 • 9:30 a.m. to 5:30 p.m. • This class will explore the different aromas and therapeutic properties of essential oils. We will additionally discuss how oils are processed and how to ensure the oil quality. You will learn a variety of methods to use essential oils in your practice including mixing essential oils with massage lubricant, diffusers, steam showers, bath salts, and space clearing. Students will create an aromatherapy blend to use in class and take home. Bring

a notebook, washcloth, and hand towel for class. \$352 (\$22 per hour). For more information call (248) 350-1400, email contact@irenes.edu, or visit irenes.edu.

ART AND CRAFT

Textile Artist Carole Harris at the INAI Gallery • February 1 to May 21 • 9 a.m. to 6:00 p.m. • Enjoy textile artworks by artist Carole Harris, a Detroit based artist, who draws inspiration for her work from walls and aging structures that remind us of the impermanence and the beauty of that which has lived for a long time. FREE. For more information contact the Weber Center at (517) 266-4000.

Lunch and Learn with Janet Wright, OP, Nancyann Turner, OP, Kathleen Voss, OP and Barb Cervenka, OP • April 11 • 12:15 to 1:00 p.m. • Four of our artists, each working in a different medium, share what's at the heart of creating art. Where do ideas come from? What are the challenges? What are their favorite creations? And other questions we may have. Event is free (lunch is available for \$5.00). For more information contact the Weber Center at (517) 266-4000.

Sunday Spoon Carving with Deanne Bednar • February 26 • 10 a.m. to 5:00 p.m. • Enjoy a day of hands-on learning at Strawbale Studio, on beautiful, wooded land. We will be using several tools (Sloyd and hook knives, hatchet, shaving horse, and draw shave) and safe techniques to make a wooden spreader knife or chopsticks, and a spoon to take home. For beginners and intermediate learners. A skill for a lifetime! \$50 if paid one month in advance or \$60 thereafter. For more information contact Deanne Bednar (248) 496-4088 email ecoartdb@gmail.com or visit strawbalestudio.org.

Wreath-Making and The Craft of Cording with Deanne Bednar • Saturday, February 18 • 1 to 5:00 p.m. • Enjoy a hands-on day in the Strawbale Studio by the woodstove, creating wreaths from foraged vines, seed pods, and such! Also learn the skill of cording ... making a twine also from locally foraged plants! We will forage outside for things to add. Take your creations home to enjoy. Ah, connection to nature and relaxing renewal-time. \$25 if paid one month in advance, \$35 thereafter. For more information contact Deanne Bednar (248) 496-4088 email ecoartdb@gmail.com or visit strawbalestudio.org.

BODYWORK AND BODYMIND THERAPIES

D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Practitioner Training with Karen Greenberg • Fridays, February 3, 10, 24 OR March 3, 10, 17 OR April 14, 21, 28 • 10:30 a.m. to 2:30 p.m. • After studying D.O.V.E. System manual, learning to identify and re-pattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, and instituting new behaviors. Through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. \$777 (for any group of

three dates listed) + materials fee. For more information call Karen Greenberg at (734) 417-9511, email krngmbg@gmail.com or visit clair-ascension.com.

ReBoot Yourself with Master Wasantha Young • Thursdays, February 2 through February 16 • 11:30 a.m. to 12:30 p.m. • Feeling like you could use some self-care? Learn energy cleansing, basic stretches, relaxing mindful meditation and self-acupressure techniques that will revitalize and improve your sense of well-being. \$60 class fee. For more information contact Peaceful Dragon School at info@peacefuldragonschool.com, call (734) 741-0695 or visit peacefuldragonschool.com.

BOOK DISCUSSION GROUPS

7 Notes Book Club with Rob Meyer-Kukan • First Thursday of the month • 7 - 8:30 p.m. • The purpose of the 7 Notes Book Club is to meet together with other like-minded people to read books about holistic practices, health, meditation, and spirituality. Books to be read are: September - The Miracle of Mindfulness by Thich Nhat, October - Anatomy of the Spirit: The Seven Stages of Power and Healing by Caroline Myss, November - Clarity and Connection by Yung Pueblo, December- The Complete Game of Life and How To Play It by Florence Scovel Shinn. Open to anyone who likes to read and discuss the books they read. Donations. Contact 248-962-5475, rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Jewel Heart Readers with various Jewel Heart Instructors • Mondays, February 13, March 13, April 10 • 7 to 8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. FREE but donations welcome. For the month's book selection and participation information, send an email message to programs@jewelheart.org or call Jewel Heart at (734) 994-3387. For more information, visit the Jewel Heart website at jewelheart.org.

BUDDHISM

Sunday Meditation and Sharing with Still Mountain teachers • Every Sunday • 10 - 11:30 a.m. • Still Mountain is made of individuals and families from Ann Arbor and the surrounding areas. We strive to be inclusive, open to people of all ages, backgrounds, and experience. Our teachers are trained in Insight Meditation and come from multiple spiritual paths. We will sit in silence for about 45 minutes, take a quick break, and then gather for sharing/teaching related to the Dharma. Free. Visit stillmountainmeditation.org/ for more information.

Jewel Heart Virtual Sunday Talks: Ancient Wisdom, Modern Times with Demo Rinpoche • Sundays, January 1 to April 30 with no discussion on February 26 • 11:00 a.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. Talk from 11 a.m. to 12 p.m. Moderated discussion of the presenter's talk: starting at 12:15 p.m. FREE but donations welcome. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

Practical Buddhism by Gelek Rinpoche • Tuesdays, January 10 to April 25 • 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. FREE but donations welcome. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

Living Enlightenment: Guidelines from Five of the Greatest Dalai Lamas with Glenn Mullin • Wednesdays, January 11 to February 8 • 7 to 8:30 p.m. • In this series of talks, Glenn Mullin will offer important highlights from the lives and teachings of five of the greatest of the early Dalai Lamas, drawing from the life stories and mystical songs and poems of the 1st, 2nd, 3rd, 5th and 7th Dalai Lamas. \$100 Jewel Heart Members/\$125 Non-Members. Pay What You Can - No one is turned away. To register, go to the Jewel Heart website at jewelheart.org. For more information, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

The Bodhisattva's Way of Life with Demo Rinpoche • Thursdays, January 19 to April 13 • 7 to 8:00 p.m. • Shantideva's Bodhisattva's Way of Life is among the most beloved and inspiring works in the Mahayana Buddhist tradition. In it, Shantideva gives detailed instructions on the benefits and methods of living in accordance with the bodhisattva ideals of unselfishly helping others. Members \$95 / \$120 Non-Members. Pay what you can - no one is turned away. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

Four Noble Truths with Joe Palms and Figen Lacin • Mondays, February 6, 13, 27, March 6, 13, 20 • 7 to 8:30 p.m. • This course introduces Buddha's revolutionary message that suffering can come to an end through one's own efforts. Following Gelek Rinpoche's transcript Four Noble Truths, participants rely on readings, discussion and meditation. \$60 Jewel Heart non-members / Free for Jewel Heart members. Pay what you can - no one is turned away. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

Ryaku Fusatsu-Full Moon Ceremony with Rev. Marta Dabis • Sundays, February 5, March 5, and April 2 • 11 a.m. to 12:30 p.m. • Traditional Japanese Soto Zen Full Moon Ceremonies in the tradition of the San Francisco Zen Center, in English. The program starts with 40 minutes of silent meditation and concludes with informal conversation. FREE, but donations are appreciated. Everyone is welcome. You can come for any portion of the program. For more information contact Marta at (248) 202-3102, email jissojizen@gmail.com, visit jissojizen.org, or find us on MeetUp!

THE BIWEEKLY COMMUNITY CALENDAR

CONTINUED FROM PAGE 21

The Buddhist Scientific Centrist View: According to Nagarjuna's, Buddhapalita, and Je Tsongkhapa with Robert A. F. Thurman • *Saturday, March 11 • 10 a.m. to 1:00 p.m.* • The Buddhist Inner Science Centrist View of Nagarjuna, as interpreted by Buddhapalita and further clarified by Je Tsongkhapa, states that the ultimate truth, emptiness, is totally compatible with conventional reality: nothing exists intrinsically from its own side, yet is in perfect harmony with the conventional truth, that everything is dependently originated. This undermines the root of all suffering, the fundamental ignorance that grasps at an intrinsically existing self, while at the same time allowing for the infallible unfolding of cause and effect. Meditation on this Middle Way—between nihilism and eternalism—overcomes all forms of ego-grasping and opens the door to liberation and enlightenment. Members \$75 / \$90 Non-Members. Pay what you can - no is one turned away. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

Foundation of All Perfections: Guru Devotion (Applied Meditation Technology Series) • *Saturday, April 1 • 9 a.m. to 12:00 p.m.* • The Foundation of All Perfections introduces the stages of the spiritual path, from the role of the guru to a practical introduction to Vajrayana, offering an introduction to Tibetan Buddhist principles and practices through instruction, guided meditation, and discussion. \$30 Jewel Heart member / \$45 Non-member. Pay what you can - no is one turned away. To register, visit jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

Searching for Self with Venerable Thubten Chodron • *Wednesdays, April 5, 12, 19, and 26 • 7 to 8:30 p.m.* • In this series of talks, Venerable Chodron will explore emptiness, one of the most central teachings in Buddhism, drawing from the seventh and newest volume of her Library of Wisdom and Compassion series with the Dalai Lama. "Searching for the Self" leads us to delve deeply into the topic of the ultimate nature of reality, presenting it from a variety of approaches while focusing on identifying our erroneous views and directing us to the actual mode of existence of all persons and phenomena. Engaging in this investigation will challenge our deepest-held beliefs and uproot false ways of viewing ourselves and the world that are so habitual we don't even notice them. Members \$65 / \$80 Non-Members. Pay what you can - no is one turned away. To register, visit jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

Meditation and Discussion with Lama Nancy Burks • *Wednesdays • 7 to 8 p.m.* • The meeting includes group practice and discussion meaningful to students at every level. The content of each meeting will be informed by the interests of the participants, and may include a Dharma talk, meditation, Q and A, and/or book discussion. Participants are encouraged to share their questions, reactions, and experiences with the group. Join in person or on zoom. Enter through back door, 614 Miner Street, annarborktc.org. FREE. For more information contact Pat at (734) 678-7549, email aaktc@yahoo.com or visit annarborktc.org.

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Sitting Meditation Lama Nancy Burks • *Saturdays • 10:30 to 11:20 a.m.* • Every Saturday morning, please join us for silent sitting meditation. We start with a few brief instructions, then do two 20-minute sessions of sitting with 10 minutes of walking meditation in between. Sit on a cushion or in a chair and stay awhile afterward for informal discussion if you wish. Held at Bethlehem United Church of Christ. karunabuddhistcenter.org. FREE. For more information contact Caitlyn at (708) 307-5169, email Cdbuchanan325@gmail.com or visit <https://karunabuddhistcenter.org>.

CEREMONIES, CELEBRATIONS, AND RITUALS

New Moon Gathering with Yoga Nidra and Sacred Sound • *February 20, and April 20 • 7 to 8:30 p.m.* • Join Victoria and Courtney for a unique offering to celebrate and gather under the New Moon. Courtney will offer her original Yoga Nidra meditation while Victoria offers waves of sacred sound and silence. \$40. For more information visit victoriaschon.com.

Vernal Equinox Celebration with Victoria Schon • *Tuesday, March 21 • 6:30 to 8:30 p.m.* • Join in for the celebration of the Vernal Equinox and welcome Spring! Courtney and Victoria will be offering a celebration to honor the re-awakening of our hemisphere as many generations before us, recognizing the orderly intelligence of nature. We'll focus on rebirth after the dark winter, new beginnings, fertility, green, growth and light using the natural world as our guide and honing into the astute observation skills of our ancestors. Our celebration will include a Vernal Equinox Ceremony, a warming spring tea, gentle movement, and Sacred Sound. \$59. For more information visit victoriaschon.com.

CHANNELING

Remembering Wholeness—Darshan with The Mother Channeled by Barbara Brodsky • *February 5, March 5, April 2, May 14 • 2 to 4:00 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. For more information email om@deepspring.org, call (724) 477-5848, or visit deepspring.org.

Evenings with Aaron Channeled by Barbara Brodsky • *February 8, March 8, April 19 • 7 to 9 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. For more information email om@deepspring.org, call (724) 477-5848, or visit deepspring.org.

CHILDBIRTH

One-Day Intensive Childbirth Preparation Class with Toni Auker and Cynthia Gabriel • *Saturdays, February 25, April 1 • 9 a.m. to 5:00 p.m.* • This class aims to prepare you for your best birth. We will cover topics including stages of labor, positive team-building communication with providers, informed decision making, coping techniques, and postpartum. \$250. For more information email hello@nestandnurture.org or visit nestandnurture.org.

Prenatal Chestfeeding/Breastfeeding Class with Erica Macleod, IBCLC • *Saturday, February 18, Sunday, March 19 • 2 to 4:00 p.m.* • This 2-hour comprehensive class enables us to take time to answer all of your feeding questions, and concerns. We will cover information beginning with the prenatal period to feeding in the early weeks. ASL and Queer affirming. \$100 per family. For more information email EricaMacleod@gmail.com or visit nestandnurture.org.

Postpartum Wellness with Mary Clipner of Copper Bear Shire • *Sunday, February 5 • 1 to 2:30 p.m.* • Whether you're expecting your first child or your fifth, are carrying multiples, or are pregnant after experiencing a loss, the postpartum time is a moment to pause. Learn to honor the cycle and transition of your body during this time of growth. In this online class, you will learn strategies to help you feel nourished, supported and ready for your new adventure. \$25. Visit washtenaw.augusoft.net and search "Postpartum" to register. For more information contact Mary at info@copperbearshire.com.

Newborn Care Class with Toni Auker • *Saturday, February 18 • 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. \$100. For more information email hello@nestandnurture.org or visit nestandnurture.org.

Birth Options Discovery Night with Cynthia Gabriel and Toni Auker • *February 21 • 5:30 to 7:30 p.m.* • Come have some veggies and dip while discovering what your birth options are in Washtenaw County and beyond. There's no one "right way" to give birth! Understanding what your options are helps you make the choices that are right for you. What's the difference between a hospital midwife and an obstetrician? How do I know if my birth preferences line up with my provider? Can I have a water birth at our local hospital? Do doulas take over the role of partners? And SOOO much more! \$25 per family. For more information email hello@nestandnurture.org or visit nestandnurture.org.

Ask-A-Doula Drop-In with Erica Businski, Toni Auker, and Cynthia Gabriel • *Wednesdays • 1 to 2:30 p.m.* • Stop by on Wednesdays from 1-2:30 to chat with a local doula. They are happy to answer questions about what a doula does, help you explore your local resources, assist you with baby carriers, and more. There is no need to register for this, but you are welcome to contact us through the website with questions about it. It is always possible that Ask a Doula will have to be cancelled due to our doulas being at a birth. We will do our best to update on our Facebook page if we are going to cancel. FREE. For more information email hello@nestandnurture.org or visit nestandnurture.org.

CHILDREN AND YOUNG ADULTS

H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade and up) • *Sundays, February 26, March 19, April 23 • 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, meets one time/month for about a year. For more information contact Karen Greenberg at (734) 417-9511, email krmgrnbg@gmail.com, or visit clair-ascension.com.

Bingo Night and Soup Potluck at the Rudolf Steiner School of Ann Arbor • *Tuesday, February 7 • 5:30 to 7:30 p.m.* • Join us for a fun, family-friendly evening of bingo and share some warm soup and warmhearted community! Soup not required to join. FREE. For more information email kbrown@steinerschool.org.

DEATH AND DYING

Death Cafe on Zoom with Rev Annie Kopko • *Tuesdays, January 3, February 7, March 7, April 4 • 6:30 to 8:00 p.m.* • Join us for a discussion of Death and Dying. FREE, but donations gratefully accepted. For more information visit interfaithspirit.org.

Ann Arbor Death Café via Zoom with Rachel Briggs • *Saturdays, February 18, March 18, and April 15 • 10:30 a.m. to Noon* • Please join us for a frank discussion on all things life and death. We meet via zoom the third Saturday of each month. Everyone is welcome. Learn more about worldwide Death Cafes at deathcafe.com. FREE. For more information email rachelabriggs@gmail.com

End-of-Life Doula Training Course with The Dying Year • *Fridays, January 27 to February 24 • 12 to 3:30 p.m.* • Our online zoom training is dynamic, personal, deeply moving, and comprehensive, and meets the National End-of-life Doula Alliance (NEDA) Core Competencies. Through class time and the prep work, you will be prepared to earn your Proficiency Badge through NEDA. A 90-page Study Guide accompanies the class. \$725. For more information email thedyingyear@gmail.com.



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THE BIWEEKLY COMMUNITY CALENDAR

ENERGY AND HEALING

Sound Bath Meditation with Rob Meyer-Kukan • *Friday, February 3 • 7 to 8:30 p.m.* • A winter sound bath meditation. 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. We also have 7 zero gravity chairs available to the first 7 participants who request them at the event. Register by completing this form - <https://forms.gle/th36TBAAtFhDiUve27>. \$40. For more information call (248) 962-5475 or visit facebook.com/events/657562139277601.

Cacao and Sound with Rob Meyer-Kukan and Alicia Clark-Teper • *Tuesday, February 14 • 7 to 9:00 p.m.* • Join Rob Meyer-Kukan of 7 Notes Natural Health and Alicia Clark-Teper of Sacred Lotus Experience for a special Valentine's Day themed, 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. Please bring a mat and any additional supports you would like for your comfort. A limited supply of yoga blankets will be provided. Current public health safety protocols will be observed. Please use the practice of personal accountability, as far as health goes prior to the event. Visit <https://forms.gle/28A7CjajFTT97ryk6> to register. \$50. Rob Meyer-Kukan, (248) 962-5475, or visit facebook.com/events/1098077247400429.

Heightening Your Vibration: Alchemy (2-day class) with Karen Greenberg • *Sundays, March 12 and March 19 • 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, and Angels. \$200 total for both days. For more information contact Karen Greenberg at (734) 417-9511, email kmgmbg@gmail.com, or visit clair-ascension.com.

Sound Bath and Gallery Reading with Rob Meyer-Kukan and Rev. Dr. Ryan Mehmandoost-Gauthier • *Friday, April 7 • 7 to 8:30 p.m.* • Join Sound Therapist, Rob Meyer-Kukan and Psychic/Medium, Rev. Dr. Ryan Mehmandoost-Gauthier for this time of sound bath meditation including a gallery reading. In addition to the soothing sounds of singing bowls, gongs and more, played by Rob, Ryan will share messages from loved ones, Higher Selves, Spirit Guides, Master Teachers, Angels, and more. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports you would like for your comfort. We also have 7 zero gravity chairs available to the first 7 participants who request them at the event. Register by completing this form - <https://forms.gle/UbBX6hBtf15Piivr9>.

<https://forms.gle/UbBX6hBtf15Piivr9>. \$50. For more information call (248) 962-5475 or visit facebook.com/events/935501740744849.

Teacher Appreciation Day with Rob Meyer-Kukan and Alicia Clark-Teper • *Sunday, April 30 • 9 a.m. to 4:00 p.m.* • In celebration of Teacher Appreciation Week and National Teacher Day, we invite you to join us for a day to rejuvenate, relax, and restore. Open to all Teachers and others working in education, this offering is brought to you FREE of charge to give back to the community. Please complete the form found here - <https://forms.gle/XXYcTN4ah6edZrpy5>. FREE. For more information call (248) 962-5475 or visit facebook.com/events/1330459981058821.

The Powers Of... Unified with The Field with Shellie Powers • *First Thursday of the month • 8 to 10 p.m. • Third Tuesdays • 9 to 11 a.m.* • 'Unified with The Field' explores various ways to connect to the field. For more details visit <http://powers365.com/events>. \$99.00/session. For more information email info@thepowersof.com.

Universal Sphere (R) Practitioner Certification with Shellie Powers • *February 25 and 26 OR March 28 and 29* • Gain immediate access to the unified field and increase your frequency/vibration so to attract higher vibrational solutions into your reality. See website for more details powers365.com/events. \$397.00. For more information email info@thepowersof.com.

EXERCISE AND FITNESS

GYROKINESIS® Method (Online) with Angela Hawkins • *Mondays, January 9 through March 27, No class January 16 • 4 to 5 p.m.* • The GYROKINESIS® Method focuses on increasing range of motion and strength in a fluid, circular way. Our bodies are not linear and should move in all of the ways they can to maintain mobility. This method was inspired by whole body, efficient and graceful movements like yoga, dance, swimming and tai chi. Gyrokinesis® exercise is done using a stool or a chair and a mat for floor work. It is adaptable for all skill and comfort levels and includes rhythmic, flowing movement sequences. \$99 or FREE for ages 65+ with WCC Emeritus Scholarship. Visit wccnet.edu and search "Emeritus" to learn more. Visit washtenaw.augusoft.net and search "Gyrokinesis" to register. Contact reachrootmovement@gmail.com with questions.

GARDENING AND ECOSYSTEMS

Mushroom Growing Workshop with Deanne Bednar • *Saturday, April 8 • 1 to 5 p.m.* • Enjoy a fun(gi) day of hands-on learning at Strawbale Studio! We will tour the various mushroom gardens (shiitake, wine cap, lions mane and oyster) then harvest an oak tree and inoculate shiitake logs. Take home a 12" inoculated log at the end of the day to explore the fruiting process. Online handouts included. Growing our own food medicine! \$40 if paid one month in advance or \$50 thereafter. For more information contact Deanne Bednar (248) 496-4088 email ecoartdb@gmail.com or visit strawbalestudio.org.

HEALTH AND WELLNESS

Introduction to Journeying • *April 23 • 20 a.m.* • 6 hr. class includes power animal retrieval and journeys to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. For more information contact Connie Lee Eiland at clshebear7@gmail.com.

Drum and Dance Jam • *April 1 • 7:30 p.m.* • "Drum and Dance Jam at Interfaith Center for Spiritual Growth On The First Saturday Of Each Month from April 2023 to August 2023! *No experience necessary *Bring a drum of your own or use one provided at the center *\$5 sliding donation at the front door *\$6 feet between drummers and masks requested Address: Interfaith Center for Spiritual Growth at 704 Airport Blvd, Ann Arbor, MI 48108 Phone: (734) 327-0270. For more information contact Curtis Glatter at cgindetmi@gmail.com.

FLYING AVOCADO! Zoom Group Workshop • *March 1 • 7 p.m.* • "The FLYING AVOCADO! Zoom Group Workshops are a series of 4 weekly, virtual sessions starting on Wednesday, March 1st plus March 8, March 15, March 22) from 7-8:30pm with simple to understand, life changing, science based information about how to live a healthy lifestyle, and how to choose foods that support health instead of disease. Participants will also learn which ingredients in foods are dangerously toxic and have been linked to disease, disability and shortened lifespan. Many people aren't aware of the disease producing effects of the foods they enjoy daily and will be quite surprised. My FLYING AVOCADO! Workshops are based on the world renowned work of Dr. William Sears and his Prime Time Health program. I will be presenting a unique, engaging series of 4 Power Point presentations each week with group discussions I am a Certified Health Coach by the Dr. Sears Wellness Institute. There is much more information on my website, sweetalternatives.webs.com Please visit sweetalternatives.webs.com for more information, or email me at debmetler@gmail.com.

Chakras 1-2-3 for Writing Ease: 4th Irish Hills Writers' Retreat • *March 4 • 10 a.m.* • Chakras 1-2-3 for Writing Ease: Explore how the first three chakras may be impacting your personal creativity and accomplishments (or lack thereof). Psychology and Energy Healing writing options will guide exploration of potential compromising belief patterns in your life and help you gain insight for use with character development and understanding others. Come one or both days. Join peer writers for craft discussion, writing time, feedback, food/drink, and time for whatever your creative spirit needs to be inspired and supported while composing. Assistance available in poetry, memoirs, and other genres as desired. Instructor is a practicing energy therapist, Psychology and Writing teacher, and freelance writer. \$125 total includes 2 full day workshops, meals & snacks). Stay overnight Friday and/or Saturday night for an additional \$50 a night or hotels are available within a 15 minute drive. One workshop day only costs \$75 for activities and food. Retreat capped at 8 participants. Register by February 24, 2023 at the latest to secure your spot. For more information, contact Michelle McLemore, energy@michellemclmore.com, 517-270-0986 or visit www.michellemclmore.com.

HEALING

Navigating Loss with Grace with Barbara Hutton • *Sundays TBA* • Creative exploration and support to gracefully, consciously, and deeply navigate the experience of loss, in a sacred and

confidential space. By donation. For more information contact Barbara Hutton at 734-223-3485 or bdhutton@sbcglobal.net.

Creation Through Synchronicity Healing Workshop with Anthony Two Feathers • *February 16, March 2, 16, and 30 • 6 to 9 p.m.* • Workshop will include an explanation of chakras and the four "clairs," guided meditation, unlocking your "super powers" (spiritual gifts), tuning forks on heart, third eye and crown chakras Reiki to each person's crown chakra, extraction healing, introspective work through oracle card deck, Native American Flute Ceremony, heart, third-eye, and crown chakra sound bowls. For more information contact Angela Christensen at (419) 824-4079, or email angelasangels4@aol.com.

Healing Through the Akashic Records Practitioner Certification with Shellie Powers • *April 5, 12, 19, 26* • Transform your relationship with wounding life experiences to experience the perfection of your soul. Practitioner certification with Linda Howe's Center for Akashic Studies. 12-hour class, see website for various times offered. \$500. For more information email info@thepowersof.com or visit powers365.com/events.

INTUITIVE AND PSYCHIC DEVELOPMENT

Focused Mind Meditation with John Friedlander • *Sundays, February 12, March 5, April 2 • 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. \$15. For more information contact Violeta Viviano by email at mvaviviano@gmail.com, call (734) 476-1513, or visit psychicpsychology.com.

Psychic Psychology Women's Group with John Friedlander and Gloria Hemsher Choudury • *Tuesdays, February 7, March 7, April 4 • 7 to 8 p.m.* • For Women Only: Meditations concentrating on women's issues relative to biological energies as well as that of the aura. \$10. For more information contact Violeta Viviano by email at mvaviviano@gmail.com, call (734) 476-1513, or visit psychicpsychology.com.

Winter Intensive 2023 Webinar/Teleconference with John Friedlander • *Thursday, February 2 through Sunday, February 5 • Thursday and Friday 7 to 9 p.m. • Saturday and Sunday 10 a.m. to Noon and 2 to 4p.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 Violeta Viviano by email at mvaviviano@gmail.com, call (734) 476-1513, or visit psychicpsychology.com.

Spring Intensive 2023 Webinar/Teleconference • *April dates TBD* • New material introduced with continued development of advance and core techniques seeking a natural sense of skills in a practical everyday life. Prerequisite Level 1 Psychic Development class, CD set of permission or instructor. \$275. For more information contact Gilbert Choudury at gchoud@yahoo.com or visit psychicpsychology.org.

THE BIWEEKLY COMMUNITY CALENDAR

KABBALAH

Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg • February 15, March 22, April 19 • 9:15 to 11:15 a.m. OR 7 to 9:00 p.m. • This life-changing journey is an ordered, systematic approach to develop and balance all the important areas of life. Rather than utilizing so much energy RESISTING (exercise, meditation, sleep, eating and/or drinking healthily), we utilize that liberated energy for CREATING, which puts us on a similar vibration as our Creator. We become empowered to join with G-D and become co-creative, proactive manifesters of our dreams, desires, and goals, open to MIRACLES, and fulfilling our destinies. Monthly Course Rate - \$150/person; Monthly Semi-Private (2 people) Rate - \$180/person; Monthly Private (1 person) Rate - \$150/hour (based on time utilized) For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Kabbalah for Couples with Karen Greenberg • Sundays, February 26, March 19, April 23 • 3 to 5 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 (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 at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

MASSAGE

Free Massage Class with Irene's Myomassology Institute • Friday March 31 • 7 to 9 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. During this free two-hour class, you will have the opportunity to learn basic techniques while both giving and receiving massage. We invite you to bring a friend to exchange massage or come alone and we will pair you up with a friendly partner! FREE. For more information call (248) 350-1400, email contact@irenes.edu, or visit irenes.edu.

MEN'S HEALTH WORKSHOPS

A one-day workshop for men 65 and older. Led by Michael Andes, MSW, 80, and Jim Wilton, MSW, 84. • \$95. Could be a precursor to an on-going group. To register or for more information email mduncanandes@gmail.com.

MOVEMENT AND DANCE

Dances of Universal Peace on Zoom with Judy Lee Nur-un-nisa Trautman • Fridays, February 3, March 3, April 7 • 7 to 8:30 p.m. • Meditation and dance leadership for at

home dancing or meditation. Inspiration is from diverse faith traditions. FREE, donations accepted. For more information call Judy Lee Nur-un-nisa Trautman at (419) 283-5937, email jltrautman@sbcglobal.net, or visit <https://sites.google.com/view/a2-toledodup/home>.

Aristotle's Categories: Contraction and Expansion with Claudia Fontana • Wednesdays, January 25, and February 1 • 5:30 to 6:45 p.m. • In the realm of language Aristotle brought focus, structure, and logic into a sentence - a process of contraction which is an intellectual capacity. Let us explore a path out of intellectual confinement to an experience of expansion supported by the practice of Eurythmy. Eurythmy is an art of movement which brings life to the very sounds of language through gesture - also called visible speech. \$100 fee. For more information contact Claudia Fontana at fontaneum@gmail.com.

MUSIC, SOUND, AND VOICE

Singing for Comfort on Zoom with Interfaith Center for Spiritual Growth • Thursdays, February 9, March 9, and April 13 • 7 to 8:30 p.m. • Singing for comfort. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

Sacred Sound Journey with Victoria Schon • February 12 or 26, March 17 and 26, April 7 and 23 • 4 to 6:30 p.m. OR 6 to 7:30 p.m. • Victoria offers a deeply restorative Sacred Sound Journey of crystal singing bowls, Tibetan singing bowls, gongs, drumming and other sacred sound instruments as she begins with guided meditation and relaxation techniques to expand your ability to find equilibrium and harmony, thus opening a portal of creativity and connection during her sacred sound journey. \$40. For more information visit victoriaschon.com.

Sound Bath: Crystal Bowls Concert with John Steinbauer and Julia Taylor • February 17, March 17 • 7 to 8:30 p.m. • Crystal Bowls concert with music and Reiki Healing Energies \$20. For more info call (734) 808-1335 or email lhci.financials@gmail.com.

Singing From Your Soul • For information, go to <https://www.singingforyoursoul.com/singing-from-your-soul-course/> or email freeyourvoice@singingforyoursoul.com

Singing For Your Wild Soul sacred sisterhood of voice healing • For information, go to <https://mailchi.mp/singingforyoursoul.com/wildsoul> or email freeyourvoice@singingforyoursoul.com.

PARENTING

Parenting Arts Support Group with Cynthia Gabriel, Ph.D. and Toni Auker • Thursdays beginning January 12 • 1 to 2:30 p.m. • This is a group to nurture and support parents who are primary caregivers of infants during the early days! You are not alone! We hope to create community connections, explore the world of parenting philosophies (What is Attachment Parenting?

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What is Helicopter Parenting? What kind of parent am I?), talk about how life events intersect with caring for a small human, get support for infant feeding challenges, and so much more! We will have rotating topics each week with plenty of time for sharing and getting to know each other and our babes. Open to new parents with babies up to crawling age. \$15 week drop-in; \$90/8 weeks; \$120/12 weeks. For more information email EricaMcleod@gmail.com or visit nestandnurture.org.

Croning Ceremony with Cacao • February 5 • 4 p.m. • Under the light of the Full Moon, our Croning Ceremony witnesses, honors, and celebrates a woman as she steps into her own version of the Wise Woman archetype, tapping into the crone's attributes of clarity, compassion, healing, and transformation. As we gather in ceremony we will focus on this transition and most meaningful and surprising stage in our life. We will learn to recognize and honor our wisdom, embrace the balance of divine feminine and sensual energies, and cultivate a deep love that arrives through our life experience. As we celebrate with Ceremonial Cacao, we will create a heart opening that will teach us about nurturing self-love and unconditional love for others and access our deep wisdom in the service of others. For more information, visit victoriaschon.com/event-calendar or email Victoria Schon at vs.daisylake@gmail.com

Work and Play Space with Toni Auker, Erica Businki, Erica Macleod, and Cynthia Gabriel • Tuesdays • 1 to 3 p.m. and Fridays 10 to noon • It can be really difficult to find a safe place to let our little ones play away from home. We actually 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, WiFi, and coffee. We will be there working, and we would love to invite you to do the same. Sliding scale \$0-10. For more information email hello@nestandnurture.org or visit nestandnurture.org.

Infant/Pediatric CPR and First Aid with Lorenda Lewis • Sundays, January 22 or March 19 • 10 a.m. to 1 p.m. • Nest and Nurture is excited to team up with Lorenda Lewis to offer this class, which include Red Cross Certification for infant/pediatric CPR and First Aid. Erica is teaching a chestfeeding/breastfeeding class from 2-4 following these classes in 2023. We are offering a \$10 discount to anyone that registers for both classes. \$120. For more information email hello@nestandnurture.org or visit nestandnurture.org.

Coffee Hour for Prospective Parents with Kriste Brown • Tuesday, February 28 • 8:45 - 10:30 a.m. • Join us at the Rudolf Steiner Lower School (2775 Newport Rd) for warm drinks, sweet treats and good conversation. Meet some members of our community and get a peek inside the most beautiful school in Ann Arbor! For more information contact Kriste Brown at kbrown@steinerschool.org.

THE BIWEEKLY COMMUNITY CALENDAR

PERSONAL GROWTH

Lunch and Learn with Brad McCuller, Sheila Wathen, and Ashley Concord • *Tuesday, March 7 • 12:15 to 1:00 p.m.* • Wonder what cool things your phone can do? Interested in blogs and podcasts? Get lost in Social Media? Our ADS technology coworkers will share tips and answer questions in all these areas. You won't want to miss this Lunch and Learn! Event is free (lunch is available for \$5.00). For more information contact the Weber Center at (517) 266-4000.

PROSPERITY AND ABUNDANCE

Mamas Smart Money Group with Cynthia Gabriel • *Thursdays February 16, and March 23 • 6 to 7:30 p.m.* • A fun, supportive group of folks who identify as "mothers" who want to make financial goals and stick to them! This is a great place to think about 529 plans, starting a new budget, setting up retirement accounts, living on one salary, asking for a raise! Bring your own wine! Snacks provided. \$0-20 sliding scale donation. For more information email hello@nestandnurture.org or visit nestandnurture.org.

Abundance and Prosperity with Karen Greenberg • *Sundays, February 5 and February 12 • 1 to 4:00 p.m.* • Identify and work through limiting beliefs, lack mentality, scarcity fears, low-vibrational emotions of shame and guilt, feelings of unworthiness, self-sabotage, procrastination, and imbalances of giving/receiving that have contributed to your current state of affairs regarding cash flow, money management, and prosperity (your birthright). Define your dreams, set attainable goals, employ visualizations, affirmations, tithing, essential oils, the law of attraction, spiritual beings—30 steps—doing your best so G-D and the universe can do the rest! \$99 for both days. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

REIKI

First Degree Reiki Training with Suzy Wienckowski • *Saturday, April 22 • 10 a.m. to 5 p.m. and Sunday, April 23 • 10 a.m. to 1 p.m.* • Reiki is a gentle, hands-on healing practice that promotes balance and harmony on all levels: Body, Mind and Spirit. Reiki is easily learned by all and after initiation by a Reiki Master, healing energy flows effortlessly through your hands. The First Degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four individual initiations. Certificate awarded. \$150. For more information contact Suzy Wienckowski at (734) 476-7958 or email SuzyReiki@aol.com.

RETREATS

Customized Raw Vegan Detox Retreat in Florida with Ellen Livingston • *Various dates available January through June* • There are opportunities to attend occasional formally planned group retreat offerings, or to come at other flexible times on your own schedule, either for full retreat services or as an independent nightly guest at our in-home raw vegan retreat sanctuary. Yet another option, which we would like to highlight and encourage, is to recruit your own group of up to four people, decide the focus your group desires, and receive significant referral discounts! Starting at \$80/night. For more information contact Ellen Livingston at (734) 645-3217, email ellen@ellenlivingston.com, or visit EllenLivingston.com.

Insight Meditation Retreat for all levels with Carol Blotter • *March 3 through March 5 • 7:00 p.m.* • Meditation teaches us to see life as a constantly changing process. As we work with this practice, we begin to realize how our beliefs, opinions, points of view, and our paradigms impact every part of our lives. They color our reactions and cause stress and discomfort. Meditation shows us how to accept all aspects of life with less stress and increasing harmony. A balanced awareness grows, grounded in the present moment, leading to a calm stillness and a growing understanding of the nature of life. The simple and profound meditation techniques of insight, mindfulness, awareness and Loving-Kindness are presented in this retreat with teachings that are nonsectarian and draw on a wide variety of contemplative traditions. Single: \$225; Double: \$175 Commuter: \$100, includes meals and snacks. For more information contact the Weber Center at (517) 266-4000.

The Paschal Mystery of Christ: A Holy Week Retreat with Edward Ruane • *April 2 to 6 • 6:30 p.m.* • Centering on the events that compose the Paschal Mystery of Christ, this journey guides participants to enter more profoundly into the Sacred Triduum. Single: \$425 Double: \$325 Commuter: \$225, includes all meals and snacks. For more information contact the Weber Center at (517) 266-4000.

Mini Wellness Retreats at The Yoga Room with Christy DeBurton • *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 3 friends and schedule your own mini retreat! Note: proof of Covid vaccination and booster required. Contact for pricing. Christy, info@christydeburton.com, christydeburton.com.

MEDITATION

White Tara Guided Healing Meditation with various Jewel Heart Instructors • *Sundays, January 1 to April 30 with no event on February 26 • 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. For more information, and to register, visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

The Mindful Meditation Path to Live in Ease with Bilha Birman Rivlin and Ken Morley • *Wednesdays, February 1, 8 • 10 to 11:30 a.m.* • During our six-session of "Mindful Meditation Path to Live in Ease", we will explore what 'living in ease' truly means to us. We will search into the qualities in us that hold the power to move us toward living our life in ease. We will look at the intention and goal of our mindful practice, become aware of what we do, and how we act to fulfill our goals. \$65. For more information contact Bilha at ybrivlin@att.net or call (734) 330-9376. Visit <https://washtenaw.augusoft.net> and search "Mindful Meditation Path to Live in Ease."

Jissoji Zen Ann Arbor Meditation—Half-day Sitting with Rev. Marta Dabis • *Sundays, February 12, March 12, April 9 • 8:15 a.m. to 1 p.m.* • Join us for several periods of sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, starting from 8:20 a.m., followed by dharma talk at 11 a.m. Donations are appreciated. Everyone is welcome. Come for any portion of the program. Contact Marta at (248) 202-3102, email jissojizen@gmail.com, or visit jissojizen.org, and find us on MeetUp!

Healing and Compassion Meditations with Hartmut Sagolla • *Mondays, January 9 through April with no events on February 20, and 27 • Noon to 1 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. For more information, and to register, visit the Jewel Heart website at jewelheart.org, call Jewel Heart at (734) 994-3387, or send an email message to programs@jewelheart.org.

Open Meditation and Discussion of techniques and sharing experiences with Larry Gazda • *Wednesdays, February 8, March 8 • 7:30 to 8:30 p.m.* • An Open Meditation for beginners to advanced meditators. Following a group meditation, we are open to discussing techniques and sharing and/or helping with meditation experiences. By donation. For more information call (734) 808-1335.

Introductory Zen Meditation Course with Zen Buddhist Temple Ordained Dharma Teachers • *Thursdays February 16, and March 23 • 6:30 to 8:30 p.m.* • Five-week course. The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself and not as the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. Cost is \$160/\$120 unwaged. For more information contact the Zen Buddhist Temple, zenbuddhisttemple@gmail.com, or call (734) 761-6520.

Myriad of Meditations with Karen Greenberg • *Sundays, February 5, 12, 26, and March 5 • 10 a.m. to 12:30 p.m.* • This is a seven-class 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 mediation). Learn meditations with fire, water, air, earth, with the Four Worlds, with different breathing, with Holy Geometry, sacred letters, powerful Archetypes, spiritual beings, 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 at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Awakening and Living Awake—Grounding the Earth in Unconditional Love via Zoom with Barbara Brodsky, Aaron, and John Orr • *Tuesdays February 14 and 28, March 14 and 28, April 11 and 25 • 6 to 9 p.m.* • Waking up! We are all already awake, but most people have forgotten this truth. It was necessary that we arrive sleeping; now it is vital we awaken. We chase that elusive awakesness, forgetting who we are. We practice on both levels, the ultimate one (where everything is connected, awake and present), and the relative level where we move through awakening as a gradual process. Suggested donation. For more information call (734) 477-5848, email om@deepspring.org or visit deepspring.org.

Overnight Introductory Meditation Course with Ordained Dharma Teachers • *March 24 and 25 • 7 p.m. Friday through noon on Saturday* • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course, or who prefer the overnight retreat, are also welcome. Cost is \$160/\$120 students or unwaged and includes accommodation and a vegetarian breakfast. For more information contact the Zen Buddhist Temple, zenbuddhisttemple@gmail.com, or call (734) 761-6520.

Peace Generator on Zoom with Interfaith Center for Spiritual Growth • *Fridays, February 17, March 17, and April 21 • 7 to 9 p.m.* • Join the circle of silence of inner and outer harmony. Stay for a few minutes or for the entire time to create world peace. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

Virtual Mindfulness-Based Stress Reduction with Libby Robinson • *Saturdays, February 4, 11, 18, 25, March 4, 11, 18, 25, and April 1 • 2 to 4:30 p.m.* • MBSR is the mindfulness class developed by Jon Kabat-Zinn which has been extensively researched and found helpful in coping with stress, pain, depression, anxiety, and chronic unhappiness, starting the current wave of interest in mindfulness as a strategy for coping with a wide-range of human problems. The class focuses on practicing mindfulness (compassionate present moment awareness) in and between classes. Meeting weekly, participants learn through guided meditations, discussions, daily mindfulness practices, and a half-day retreat. \$300 (scholarships available); includes recordings of guided meditations, handouts, and the retreat. For more information email libbyrobinson7@gmail.com or visit libbyrobinsonmindfulness.com.

THE BIWEEKLY COMMUNITY CALENDAR

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Days of Mindfulness with Emily Adama for Mental Health Professionals and Clergy • *Saturday, February 4 • 10 a.m. to 4 p.m.* • Educators immersed in nature, we will spiral through guided walking meditation, seated meditation, body scanning, mindful movement and sensory meditation. This retreat is informed by the Mindfulness-Based Stress Reduction (MBSR) program and follows many of its practices and teachings. This is a secular practice open to all, appropriate for beginner and seasoned meditators alike. \$35 fee. For more information contact Emily Adama at hello@earthwellretreat.com, or call (989) 442-6779. To register visit earthwellretreat.com.

How to Do a Daily Practice: Seven Limbs (Applied Meditation Technology Series) with Jewel Heart Instructors • *Saturday, February 4 • 10 to 11:30 a.m.* • With so many meditation topics available, knowing how to begin a personal daily practice can be confusing. This is the second of three workshops offering clear guidance for a complete Tibetan Buddhist daily practice, combining prayer, visualization and mantras, as well as concentrated and analytical meditations. \$15 Jewel Heart member / \$20 Non-member. Pay what you can - no is one turned away. To register, visit jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

Path to the Awakened Heart: The Yoga Sutras of Patanjali with Robert Jacobs • *Thursdays, February 9 and 23, March 9 and 23, April 6 and 20 • 7 to 8:30 p.m.* • The Yoga Sutras of Patanjali is an ancient text that is a guidebook for walking the spiritual path. The course considers the Sutras from the point of view of Tantric Yoga, particularly the North Indian school of Kashmir Shaivism. Along with studying the text, we will practice tantric forms of meditation to help us understand the Sutras, focusing on mantra, the breath, visualizations, the opening of the central channel, and the chakras. Suggested donation. For more information call (734) 477-5848, email om@deepspring.org or visit deepspring.org.

Day of Mindfulness Meditation ~ Acting from Deep Knowing with Esther Kennedy, OP • *Saturday, February 11 • 10 a.m. to 2:30 p.m.* • Waking up now is as good a time as any. Teachers remind us, nothing happens next, This is It. John Kabat-Zinn comments that meditation may be the only intentional, systematic human activity, which at bottom is about not trying to improve yourself or get anywhere else, but simply to realize where you already are. Waking up...simply for the sake of waking up and letting go of trying! \$35 includes lunch. For more information contact the Weber Center at (517) 266-4000.

Meditation Getaway with Rob Meyer-Kukan • *Saturday, February 18 or April 15 • 9 a.m. to 5 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. \$125. For more information contact

Rob Meyer-Kukan at (248) 962-5475 or visit facebook.com/events/3462262873993362.

One-Day Zen Meditation Retreat with Ordained Dharma Teachers • *Saturday, February 25 OR Sunday, March 12 • 9 a.m. to 5 p.m.* • Sitting and walking meditation, simple manual work, vegetarian meals, and rest – an interval of deepening, of slowing down, silence, and mindfulness. \$60. For more information call Zen Buddhist Temple at (734) 761-6520, email annarborzentemple@gmail.com. Register at <https://forms.gle/EfprF84sEAK8LvNu9>.

ReFresh Your Mind and Body with Master Wasantha Young • *Thursdays, March 2 through March 16 • 11:30 to 12:30 p.m.* • Take a break and refresh your mind and body with basic stand, moving and sitting mindful meditation. (Hybrid class. In-person limit 10, Zoom unlimited). \$60. For more information or to register, contact Peaceful Dragon School at info@peacefuldragonschool.com, call (734) 741-0695, or visit peacefuldragonschool.com.

How to Do a Daily Practice: Mantras and Dedication (Applied Meditation Technology Series) with Jewel Heart Instructors • *Saturday, March 4 • 10 to 11:30 a.m.* • With so many meditation topics available, knowing how to begin a personal daily practice can be confusing. This is the second of three workshops offering clear guidance for a complete Tibetan Buddhist daily practice, combining prayer, visualization and mantras, as well as concentrated and analytical meditations. \$15 Jewel Heart member / \$20 Non-member. Pay what you can - no is one turned away. To register, visit jewelheart.org, call Jewel Heart at (734) 994-3387 or send an email message to programs@jewelheart.org.

A Day of Mindfulness Meditation ~ Relieving Suffering with Esther Kennedy, OP • *Saturday, March 11 • 10:30 a.m. to 2:30 p.m.* • It comes quite naturally to aspire to bring tenderness and care into situations of suffering. Yet, one might ask who are these 'others'? As you look around your world see if there is anyone you dislike, detest, anyone you fear or just plain resent. Notice any habitual response that rises when you see, hear, think of this person. With patience and tenderness examine your behavior and open to unfolding and transforming awareness. \$35.00 lunch included. For more information contact the Weber Center at (517) 266-4000.

Spring Equinox Ritual Celebration with Esther Kennedy, OP • *Sunday, March 19 • 3:30 to 4:40 p.m.* • At the edge of spring we gather to welcome new growth rising within the dark soil of Earth; and rising within your heart and soul. Bless us with a poem, a prayer, or a treat to share. FREE. For more information contact the Weber Center at (517) 266-4000.

Daylong Meditation Retreat with Carol Blotter • *Saturday, March 25 • 9 a.m. to 4 p.m.* • A quiet day in a wooded natural setting for sitting and walking meditation. Instruction available. A short talk given for contemplation. Donation only for Michigan Friends Center. For more information call (734) 475-0942 or email cb.meditate@gmail.com.

A Day of Mindfulness Meditation ~ Cultivating Mindfulness with Esther Kennedy, OP • *Saturday, April 15 • 10 a.m. to 2:30 p.m.* • Why do we practice? What value does meditation have? The effort to pursue meditation is a commitment not written in stone but perhaps found in the heart. There is an eagerness in many of us to become aware of what we sense is closed, fearful or shut down in us; what is out of balance manifested in our reactivity; and what is the deeper truth of our experience hidden within. We may simply desire to more fully realize who we are and to live in the growing freedom of that awareness. \$35 includes lunch. For more information contact the Weber Center at (517) 266-4000.

Weekly Silent Meditation via Zoom with Celeste Zygmunt • *Sundays and Tuesdays • Sundays • 11 a.m. to Noon • Tuesday 9 - 9:30 a.m.* • We will have a brief period of chanting, then mute ourselves, and begin silent vipassana meditation. After the time 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. Suggested donation. For more information call (734) 477-5848, email om@deepspring.org or visit deepspring.org.

SHAMANISM

Journeying Circle with Judy Liu Ramsey • *First and third Thursdays of each month • 7 - 8:30 p.m.* • The circle meets twice a month to explore issues, ideas and feelings deeply through shamanic journeying. Shamanism addresses the spiritual aspects of healing and gives us a very different perspective that often includes personal healing and empowerment. One person's journey is everyone's journey. Come join a supportive, nurturing group experience for your own empowerment. Prerequisite: shamanic journeying skills. Circle is on ZOOM. You must register prior to attending. \$25 per session or \$40 per month. For more information email info@judyr Ramsey.net or visit <https://JudyRamsey.net>.

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey via Zoom • *April 22 and 23 • 9 a.m. to 3 p.m.* • The shamanic journey is an easy and powerful tool we can use to access spiritual information. In this class you will begin to develop a relationship with a compassionate spirit or power animal who wants to help you at this time in your life. 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. This class is a prerequisite to ongoing and more advanced shamanic studies. \$160 per person/\$75 for repeat students. For more information email info@judyr Ramsey.net, or visit <https://JudyRamsey.net>.

Medicine For the Earth/Healing with Spiritual Light via Zoom with Judy Liu Ramsey • *March 11-12 and 25-26 • 9 a.m. to 4 p.m.* • Explore the depth of your own inner light and its connection with All That Is. Learn how to transform the energy behind toxic thoughts and achieve balance in yourself and harmony in your world. You will connect with nature, spirit allies, and the elements to learn how to transform and heal yourself, your community and your environment. Suggested reading: *Medicine for the Earth: How to Transform Personal and Environmental Toxins* by Sandra Ingerman. Journeying skills not necessary. All levels and traditions are welcome. \$375 per person/\$125 for repeating students. \$160 per person/\$75 for

repeat students. For more information email info@judyr Ramsey.net or visit <https://JudyRamsey.net>.

Zoom Shamanic Journeying Circle with Judy Liu Ramsey • *Thursdays, February 16, March 2 and 16, and April 6 and 20 • 7 to 8:30 p.m.* • Join us for shamanic journeying with a focus on healing yourself, your community and the world. Each session will have an intention to journey on, revealing your own inner wisdom combined with group sharing. Experience the incredible beauty and revelation of journeying within a group setting that supports your path. Knowledge of shamanic journeying required. Registration is required. \$25 per session or \$40 per month. For more information email info@judyr Ramsey.net or visit <https://JudyRamsey.net>.

Creating Sacred Protected Space: Shamanic Personal Safety Via Zoom • *Saturday, February 4 • 9 a.m. to 4 p.m.* • Learn techniques for energy hygiene when doing shamanic work and why it is so important to have protection energetically. Knowledge of shamanic journeying necessary. Registration required. \$80 per person/\$40 for repeating students. For more information email info@judyr Ramsey.net or visit <https://JudyRamsey.net>.

Shamanic Healing for Animals I via Zoom with Judy Liu Ramsey • *Wednesdays, February 8, 15, 22, March 1, 8, 15, 22, 29 and April 5 • 7 to 9 p.m.* • Working with animals of all species, explore unique perspectives for animal healing that draw upon core shamanic practices. Students will develop a toolkit of techniques within a supportive, interactive, and experiential learning framework of instruction from a professional animal communicator who also practices shamanism. Prerequisite: shamanic journeying. Knowledge of telepathic animal communication not necessary. \$360 per person/\$125 for repeating students. For more information email info@judyr Ramsey.net or visit <https://JudyRamsey.net>.

Shamanic Tools: Making Ceramic Rattles with Eli Zemper • *Saturday, February 25 • 1 to 4 p.m.* • A hands-on experience in making your own ceramic rattles from an expert clay artist, Eli Zemper from Curiouser Clay. Shamans' tools are respected as helping spirits. Create something special to use in your spiritual practice or for a gift. Participants will make 2 rattles with option to purchase additional materials. Tools made will be consecrated in ceremony before firing. \$70 per person. Additional rattles \$20 each. For more information email info@judyr Ramsey.net or visit <https://JudyRamsey.net>.

SPIRITUAL DEVELOPMENT

Interfaith Sunday Service on Zoom with Interfaith Center for Spiritual Growth • *January 1 through April 30 • 10:45 a.m. to 12:15 p.m.* • Join us as we explore our spiritual nature and how it connects to all aspects of our human lives. Free, but donations gratefully accepted. For more information visit interfaithspirit.org.

Sufi Chanting Meditation and Discussion on Zoom with Imam Kamau Ayubbi • *Tuesdays, January 3 through April 25 • 7 to 8:00 p.m.* • An exploration of Sufism. \$5-10 per class. For more information visit interfaithspirit.org.

MONTHLY Midrash Study with Karen Greenberg • *February 19, March 26, and April 9 • 9:30 a.m. to 12:30 p.m.* • The written version of the Old Testament (Torah) tells a story. What has been passed down orally for thousands of years is the backstory and various mystical, hidden meanings. It is rich, colorful, detailed, and compiles interesting

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data like who ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form. \$180 per month for the monthly study (one 3-hour session per month); \$180 per month for the bi-monthly study (two 1½-hour sessions per month); \$180 per month for the weekly study (approximately three 1-hour sessions per month). For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Level One Akashic Record Practitioner Certification with the Linda Howe Center for Akashic Studies and Shellie Powers • February 6 through 8 OR March 10 and 11 OR April 15, 22, 29 • Become a Certified Practitioner of the Akashic Records. See website for details powers365.com/events. \$360. For more information email info@thepowersof.com.

Zen Meditation, Noon service, and Lunch with Rev. Marta Dabis • Sundays, February 5, 19, 26, March 5, 19, 26, and April 2, 16, 23, 30 • Join us for a period of sitting meditation in the lineage of Shrunyu Suzuki of the San Francisco Zen Center, starting from 11:00a.m., followed by noon service and informal check-in. Donations are appreciated. Everyone is welcome. You may choose to come for any portion of the program. Contact Marta at (248) 202-3102, email jissojizen@gmail.com, or visit jissojizen.org, and find us on MeetUp!

Akashic Records Advanced Practitioner Certification with Shellie Powers • March 18 and 19 • Level Two: Become an Advanced Certified Practitioner with Linda Howe's Center for Akashic Studies. 9-hour class. Please see website for more details. \$430. For more information visit powers365.com/events, call (734) 926-5378, or email info@thepowersof.com.

Connecting with Archangels: Parts 1 through 4 with Karen Greenberg • Sundays February 5 and 12 • 5:30 to 9:30 p.m. • Become acquainted with the various Archangels represented in the Sephirot (Spheres) in the Tree of Life. Learn who the Archangels are, what they each do, how to create a sacred, protected space, on whom to call for particular assistance, and how to safely call upon them. Connect – Ask Questions – Often Receive Helpful Information and Guidance. \$777 for all four parts. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Coming Through: A Group Mediumship Event with Charise Jacobs and Kelly Santi • Tuesday, February 14 • 6 to 8 p.m. • Sometimes referred to as a seance, we prefer to think of the Coming Through events as an opportunity to get in touch your spirit guides, who are most often loved ones who have passed away. During this event, two of our very gifted and experienced Psychic Mediums, will spend time with each participant relaying any messages they may have for you from the other side. We have been hosting this event for nearly 20 years. \$75. For more information contact Madeleine Doucet, Event Coordinator, (248) 548-3830, bostontearomevents@gmail.com, or visit bostontearoom.com.

The Valued Self: An Overview with Bronwen 'Wildflower' Gates, Ph.D. • Saturday, February 18 • Valuing Self begins with self-acceptance and progresses through self-worth, self-esteem, self-love, self-confidence, self-respect, and reaches completion as self-realization. It is a progression that will repeat on short and long timelines. This interactive workshop offers a framework for this journey. \$99. For more information call (734) 330-8099, email bronwild@gmail.com, or visit BronwenGates.com.

The Evolution of Consciousness in God's Creation: A Virtual Event with Diarmuid O'Murchu • Saturday, February 18 • 9:30 a.m. – to 3:30 p.m. • This one-day event will highlight the changing nature of consciousness in our contemporary world, and its impact on faith and spirituality for the 21st century. \$45. For more information contact the Weber Center at (517) 266-4000.

Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg • Sundays, February 26, March 5, 12, and 19 • 5 to 9:30 p.m. • Learn how to create a sacred, protected space to astral travel safely to the planets associated with the Sephirot (Spheres) in the Tree of Life, to become more deeply acquainted with different aspects of G-D. Learn how to connect to the energy of different aspects of G-D, and the special qualities that they represent. You may receive invaluable messages and/or answers to compelling questions. \$777. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Rites of Passage: Hindu, Christian, Muslim, Native American with Susan VanBaalen • Thursdays, March 9, 16, and 23 • 1:30 to 3:30 p.m. • This program will introduce the similarities and differences of the rites of passage and spiritual journeys of Hindus, Christian, Muslims and Native Americans. The program will help participants recognize the universality of a life-long journey of searching for God-ness and goodness as it is expressed across time, geography and religious traditions. Participants will understand and appreciate the sacred rites of acceptance and growth in oneness with God that emerges from experiences of retreat from the world whether in the form of Hajj, Vision Quest, Holy Land Pilgrimage or Wandering Asceticism. We will explore rites related to initiation, penitence, mature acceptance of responsibility for self and the universe, grieving, suffering and death. \$45. For more information contact the Weber Center at (517) 266-4000.

ST101: Qigong Meditation Basics 1 Online with Steven Sy • Saturday to Sunday, March 25 and 26, and April 1 and 2 • 9:30 a.m. to 4:30 p.m. • Qigong Meditation Basics 1 is a set of meditations designed to release inner tension, increase self-acceptance, open the heart, detoxify negative emotions, balance one's inner energy, and rejuvenate the body. These meditations are combined with soft physical body movements (qigong) to promote health and well-being. No Prerequisites. \$195. For more information contact (517) 295-3477, steven@spiritualtao.com, or visit spiritualtaoworkshops.com.

Cultivating a Personal Relationship with G-D with Karen Greenberg • Sundays, April 23 and 30 • 6:30 to 9:30 p.m. • Create a Sacred Space in which to compose and ask questions of your Higher Power. Decipher if you are receiving "Yes," "No," or "Essay" answers in your head, body, or spirit. Ask G-D how you can serve (working through resistance to trusting and surrendering to G-D); express gratitude, awe, and allow yourself to be comforted and healed by G-D). Compose prayers, feeling close to G-D, as though G-D were a close friend: HE/SHE IS! \$90. For more information contact Karen Greenberg at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascension.com.

Claiming Your Indigenous Self: An Apprenticeship Program with Bronwen 'Wildflower' Gates, Ph.D. • Date and time by arrangement • In this program you are apprenticing with your indigenous self, that self that is at home in the universe. My role is to help you identify and use skillfully the power of your choice. There are many different points of entry into this program depending on what calls you and your chosen level of participation. For more information contact Bronwen Gates at (734) 330-8099, email bronwild@gmail.com, or visit BronwenGates.com.

SUSTAINABLE CONSTRUCTION

April Worktrade/Sustainable Skills Program with Deanne Bednar • April 1 through April 30 • 9 a.m. to 5 p.m. • Enjoy an enriching month of living on-site at Strawbale Studio on lovely wooded rural land with natural buildings while contributing to the grounds and program. Help 20 hours a week (garden, grounds, maintenance/repairs, office) in exchange for room, board, and sustainable skill-building classes: mushroom log inoculation, Rocket Stove cooker build, cording, lashing, spoon carving, tool sharpening, earth oven pizza, and foraging! Strawbalestudio.org for details. For more information contact Deanne Bednar (248) 496-4088 email ecoartdb@gmail.com or visit strawbalestudio.org.

Rocket Stove Outdoor Cooker with Deanne Bednar • Saturday, April 29 • 1 p.m. to 5 p.m. followed by supper • Enjoy a day on the land at Strawbale Studio! Tour the Rocket Mass Heater and Earth Oven on-site, then experience the hands-on building and lighting of a Rocket Stove outdoor cooker. This is a very useful, do-able project! Stay on for a vegetarian stew cooked on our "new stove"! \$40 one month in advance or \$50 thereafter. For more information contact Deanne Bednar (248) 496-4088 email ecoartdb@gmail.com or visit strawbalestudio.org.

Sculpting With Earth with Deanne Bednar • Saturday, March 11 • 1 p.m. to 5 p.m. • This hands-on workshop is perfect for artists, homeowners, or anyone who would like to learn the techniques of using local subsoil to sculpt. Learn how to identify, locally source, test, and mix subsoil that can be used to make artwork, practical projects, earth ovens, and more! Take home your projects and an understanding of this delightful local resource: Earth! \$35 one month in advance or \$45 thereafter.

Strawbale Studio Learning Tour • Saturdays, February 18, March 11, April 8 and 29 • 10 a.m. to 12p.m. • See the enchanting buildings with thatched and living roofs, earth oven, rocket stove, and rumford fireplace. Structures include the Strawbale Studio, Hobbit Sauna, and Middle Earth house. On lovely rural land just one hour North of Detroit. Questions invited. Each tour has a workshop scheduled for the afternoon that you might also want to register for and attend! \$20

STRESS MANAGEMENT

Stop Sabotaging Your Self-Care with Christy DeBurton, RYT • Ongoing and Self-Paced • In this compact but powerful self-paced course you will gain insight into yourself and see your way out of your self-sabotaging habits, learn tools to cultivate greater awareness of your self-care needs, and explore the healing qualities of nature, movement, nutrition, sleep, gratitude, self-compassion, and more. \$79. Contact Christy at info@christydeburton.com or visit christydeburton.com

"Preventing Burnout" Day of Renewal for Helping Professionals with Emily Adama and Ari Wakeman • February Date TBD • EarthWell Retreat Center presents a series of daylong retreats designed to nourish you who nourish us. Immersed in nature, you will move through two all-level yoga sessions, guided breath meditation, mindfulness and nature connection practices, receive a professional massage, and enjoy periods of personal and group reflection with others in your field, exploring techniques to prevent burn-out and improve self-care. Nourished Leaders Nourish the Village! \$245 per daylong retreat Includes programming, lunch, and a 30-minute professional massage. Overnight accommodations are available at an additional cost. Visit our BOOKINGS PAGE and use this 25% off coupon code to book the cabin of your choice: DAYOFRENEWAL23. For more information visit earthwellretreat.com.

Stop Sabotaging Your Self-Care with Cristy Deburton • Self-Paced • This compact but powerful self-paced course is the accountability partner you need to power through obstacles and overcome beliefs that hold you back from creating the life you want and deserve. It will help you gain insight into yourself and see your way out of your self-sabotaging habits; teach you tools to cultivate greater awareness of your self-care needs; and guide you in exploring the healing qualities of nature, movement, nutrition, sleep, gratitude, self-compassion and more. \$79 introductory pricing for a limited time. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

Meet the Mind-Body Connection (Webinar) with Robin Goldberg • Wednesday, March 29 • 6 to 8 p.m. • Discover how our thoughts, beliefs and emotions can affect our muscles, bones and organs. As you explore these inner lines of communication, you will also learn relaxation techniques that draw inspiration from healing modalities, like yoga and reflexology. These simple stress-relieving tools can enable you to reconnect with your inner sources of strength, joy and well-being. \$25 or FREE for ages 65+ with WCC Emeritus Scholarship - visit wccnet.edu and search "Emeritus" to learn more. Visit washtenaw.augusoft.net and search "40489" to register. Contact robinlily@outlook.com with questions.

TAI CHI, MARTIAL ARTS, AND SELF DEFENSE

Chen Tai Chi Chuan with Joe Walters • On-going Monday and Thursday • 5 – 6:15 p.m. • Saturday 9:30 - 10:45 a.m. • Instruction in Chen tai chi chuan, a unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. Free. For more information contact Joe Walters at annarbortaiichi@gmail.com or visit annarbortaiichi.com.

Yang and Chen - Qigong and Tai Chi with Karla Groesbeck • Monday through Friday, Various times • Qigong and Tai Chi - Beginner - advanced. Solo, two-person, weapons. Outside,

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inside and zoom. Yang Short and Long Forms, Chen Laojia Yilu. Various qigong sets and Zhan Zhuang. Free (Seniors); Low Fee. For more information contact Karla Groesbeck at 734-276-3059 or info@taichilove.com; or visit TaiChiLove.com.

Tai Chi for Beginners with Master Wasantha Young • Mondays, January 9 through April 13 • 10 to 11:15 a.m. or Thursdays 6 to 7:15 p.m. • T'ai Chi, often characterized as a moving meditation, is a series of postures linked together in a continuous, fluid manner. As a practice, it integrates the mind and body, promotes relaxation, as well increases balance. Register for one class and you can attend both sessions – whatever your schedule allows – at no extra cost! Hybrid class taught in-person (limit 10) and on Zoom (your choice). \$195.

ST101: Qigong Meditation Basics 1 Online with Steven Sy • Saturday to Sunday, March 25 and 26, and April 1 and 2 • 9:30 a.m. to 4:30 p.m. • Qigong Meditation Basics 1 is a set of meditations designed to release inner tension, increase self-acceptance, open the heart, detoxify negative emotions, balance one's inner energy, and rejuvenate the body. These meditations are combined with soft physical body movements (qigong) to promote health and well-being. No Prerequisites. \$195. For more information contact (517) 295-3477, steven@spiritualtao.com, or visit spiritualtaoworkshops.com.

Chen Tai Chi Chuan with Joe Walters • Every Monday, Thursday, and Saturday • Monday and Thursday 4 to 5 p.m., Saturday 3 to 4 p.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. annarbortaiichi@gmail.com, annarbortaiichi.com.

Yang and Chen - Qigong and Tai Chi Karla Groesbeck • Monday through Friday • 1-hour classes • Various times • 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 and Zhan Zhuang. Staff, Bang, Ruler, Tuishou, Push Hands. Low fee, free for seniors. For more information call (734) 276-3059, info@taichilove.com, or visit TaiChiLove.com

TAROT AND DIVINATION

Tarot I: Introductory Course with Charise Jacobs • Saturdays, February 4, 11 • 4 to 6:00 p.m. • Are you looking for a robust introductory class about Tarot? This is the class for you! Tarot I is an introductory-level Tarot course presented for those coming from either a left- or right-brain perspective. Join Charise as she shares her decades of reading experience. Learn the traditional meanings of each card as well as how to use this fascinating tool to tap into your own psychic gifts. Please note: This class will be hosted on the video platform, Zoom. \$150. For more information contact Madeleine Doucet, Event Coordinator at (248) 548-3830, email bostontearoomevents@gmail.com, or visit bostontearoom.com.

THEATER

Staged Reading of Lee's Grand Tiki with Neighborhood Theater Group • Friday, March 3 through Sunday, March 5 • 7:30 p.m. • Sunday at 2 p.m. • When Leo needs twenty grand to save the family business, he does the only thing he can, turn to his former criminal associate Eddie "The Fish" Cohen. But Eddie has his own plans for the Grand Tiki, and if Leo, his sister Pheenie, and bartender and aspiring luchador Manny "El Chupa-cobra" Santini can't get the money back, all while dodging Leo's PO, it's all going to go up in smoke. An original play written by Greg Pizzino and directed by Meg McNamee. FREE. For more information visit <https://ntgypsi.org>.

Lunch and Learn with Kellyjo Gilmore • Tuesday, February 7 • 12:15 to 1:00 p.m. • Tecumseh Center for the Arts Director Kelly Jo Gilmore will be presenting information on the theater's 42nd season including upcoming shows in February 2023-June 2023. In addition, she will be discussing the new Music Park that is being installed on theater property spring 2023. Event is free (lunch is available for \$5.00). For more information contact the Weber Center at (517) 266-4000.

Prose, Poetry, and Potpourri with John MacNaughton • Thursday, April 27 • 1:30 to 2:30 p.m. • John MacNaughton will headline the program with the story of his career as Creative Director of the Crosswell Opera House, actor, author, graphic artist and more. Enjoy prose, poetry, music and song presented by a variety of talented friends and neighbors. Feel free to bring your own creations. FREE. For more information contact the Weber Center at (517) 266-4000.

WOMEN'S HEALTH

Creating Your Perimenopause Plan with Christy DeBurton, RYT • Self-Paced • Perimenopause can start as early as your mid-30s, and lifestyle habits such as diet, exercise, stress, and sleep can play a huge factor in symptoms. In Creating Your Perimenopause Pla, you will learn about the stages of perimenopause, the most common symptoms, important hormones to know about, tips for a hormone-balancing diet, beneficial supplements and herbs, exercise, sleep, self-care advice, and more. Journal prompts with thoughtful questions help you create your own Perimenopause Plan. \$59. Contact Christy at info@christydeburton.com or visit christydeburton.com.

ReVillaging for Modern Mothers: a day-long retreat with Miriam Dowd-Eller and Emily Adama • Sunday, April 16 • 9:30 a.m. to 4:30 p.m. • This retreat is for mothers of all ages and stages looking to fill their cup with self-connection, community-building, and normalizing the challenges of motherhood. Through Yoga, Movement, Story, Stillness and Song, these day-long retreats in nature (with an optional overnight add-on) will explore different themes in this season retreat. \$45 For more information contact Miriam.EarthWell@gmail.com.

Creating Your Perimenopause Plan with Christy DeBurton • 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 introductory pricing for a limited time. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

WORK AND RIGHT LIVELIHOOD

Winternship at Strawbale Studio Deanne Bednar • January 5 through February 5 • 9 a.m. to 5 p.m. • Unique and comprehensive 1-month on-site program at Strawbale Studio on rural wooded land 1 hour north of Detroit. Experience the basics of thatching, reed collection, earth plastering and sculpting, round pole framing and rocket stove construction. Fireside lectures include site and house design, foundations, code information and more. Also learn sustainable skills such as fermenting and whittling! \$950/\$850* Intern or \$475/\$425* Intern/Work trade * one month in advance. For more information contact Deanne Bednar at (248) 496-4088, email ecoartdb@gmail.com, or visit strawbalestudio.org.

"Transition to a Job You Love" Master Class with Susan McGraw • Tuesdays, February 21 and 28 • 7 to 9 p.m. • In this 2-part virtual master class on Zoom, you will learn how to access divine inspiration to co-create your new future. By listening to the insights you gain, you will design a personal career profile, detailing the elements of your ideal environment, and develop a short and long-range transition plan. In partnership with Spirit, you will learn to follow the clues, watch for the miraculous synchronicities, and land a new opportunity that matches your desires. \$39. For more information contact Susan McGraw (734) 415-4006, email Susan@DivineInspirationAtWork.com, or visit DivineInspirationAtWork.com/classes.

"Become a Spiritual Entrepreneur" Master Class with Susan McGraw • Tuesday, March 21 and 28 • 7 to 9 p.m. • In this 2-part Master Class, you will identify the elements of "spiritual entrepreneurship" and explore ways to blend spiritual practices with traditional business approaches. You will learn techniques to call on Divine Inspiration to build and expand your business. By partnering with Spirit and taking "inspired action," you will experience a more fulfilling and rewarding business. \$39. For more information contact Susan McGraw (734) 415-4006, email Susan@DivineInspirationAtWork.com, or visit DivineInspirationAtWork.com/classes.

WRITING AND POETRY

Zoom writing workshop series with Tarianne DeYonker • Thursdays, February 9, 16 and 23 • 9:30 a.m. to 11:30 a.m. • Cozy Corners is a pick-me-up for this mid-winter time and the rituals around your creative writing. In this workshop series we can explore those corners of your creative imagination that have been waiting to be invited to the page! Why not come and write with us? This series is suitable for beginning and experienced writers. The workshop will be offered on Zoom only so writers will need a computer, camera, and a microphone to join. Cost: \$80. Registration is necessary through Weber Center. For more information contact the Weber Center at (517) 266-4000.

Hoping to Thaw: A hybrid writing workshop—in person or by Zoom with Tarianne DeYonker • Saturday, March 11 • 1 to 4:00 p.m. • Whether just beginning to write or starting to

write again after a length of time, it's important to exercise your creative "muscles" for writing. This afternoon will give writers a chance not only to write but to read their just-written work and receive feedback on its strengths. The workshop is appropriate for beginning and experienced writers. You may join in person at Weber Center or by zoom. A zoom link will be sent closer to the workshop date. Cost: \$35 Registration is necessary through Weber Center. For more information contact the Weber Center at (517) 266-4000.

Sit. Stop. Write. Zen and Poetry with Dmitry Berenson • Sundays, February 26, March 26, April 23 • 1:15 p.m. to 3 p.m. • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We'll do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Donations are appreciated. For more information email jissojizen@gmail.com, or call (248) 202-3102, or visit jissojizen.org.

Crazy Wisdom Poetry Series with Edward Morin, David Jibson, and Lissa Perrin • Wednesdays, February 8 and 22, March 8 and 22, April 12 and 26 • 7 to 9 p.m. • 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. All sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. For more information contact Edward Morin (734) 668-7523, email eacmorso@sbcglobal.net or visit <https://cwcircle.poetry.blog>.

• Featured Reader on February 22 – Linda K. Sienkiewicz is the author of an award-winning novel, In the Context of Love, a children's picture book, and five poetry chapbooks—the latest being Sleepwalker. Her poems have appeared in Prairie Schooner, Rattle, and The McGuffin. She holds an MFA from The University of Southern Maine. LindaKSienkiewicz.com.

• Featured Reader on February 22 – Hiram Larew is an accomplished food scientist whose poems find in twigs, leaves, seeds, and the night sky surprising wisdom and cause for gratitude. His poems have appeared in Rhino, Ars Poetica, Innisfree, and six collections including the forthcoming Patchy Way from CyberWit Press. HiramLarewPoetry.com and PoetryXHunger.com.

• Featured Reader on March 22 – Linda Neme Foster is author of twelve poetry collections including The Blue Divide and The Lake Michigan Mermaid (a Michigan Notable Book). Bone Country is her forthcoming collection of prose poems and flash fiction. Linda was the first Poet Laureate of Grand Rapids and founder of the Contemporary Writers Series at Aquinas College.

• Featured Reader on April 26 – 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).

THE BIWEEKLY COMMUNITY CALENDAR

YOGA

Yoga + Wellness Virtual and In-Person Classes with Christy DeBurton • *Ongoing* • In-person and virtual yoga and wellness courses: Hatha, Vinyasa, Yin, Yoga for HSPs, Aqua Yoga, Self-Care and more. For more information contact Christy at info@christydeburton.com or visit christydeburton.com.

Sivananda Yoga with David Black • *Beginning Tuesday, February 7 OR Beginning Tuesday, March 21* • Six-week courses for beginning and experienced students 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. \$60. For more information contact the Zen Buddhist Temple at (734) 761-6520, email annarborzenteple@gmail.com. Register at <https://forms.gle/EfprF84sEak8LvNu9>.

Yoga and Sound with Rob Meyer-Kukan and Paul Barr • **Sunday, March 19** • 6:00 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 call (248) 962-5475 or visit facebook.com/events/477866034321889/477866047655221.

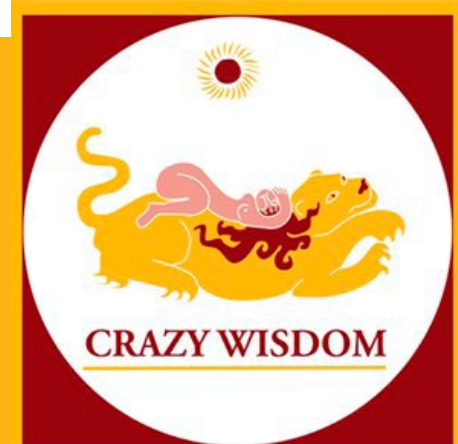
Gentle Online Yoga in the Iyengar Style with Elizabeth Brauer • *Fridays, January 13 through March 31* • No class February 24 or March 10 • 10 to 11:30 a.m. • This class is geared to anyone with decreased mobility, but participants at any level will benefit from joining. Iyengar style yoga uses equipment to help participants manage the poses safely and effectively. Together we will practice yoga poses and study our breath. For this class, you will need at a minimum a yoga mat, a 10-foot yoga strap, 2 yoga blocks, and 3 thick blankets. A small plastic stool, a few more blankets, a round bolster and a second yoga mat may also be useful. \$249 or FREE for ages 65+ with WCC Emeritus Scholarship - visit wccnet.edu and search "Emeritus" to learn more. Visit washtenaw.augusoft.net and search "gentle" to register. Contact ebrauer@wccnet.edu with questions.

Compassionate Yoga with Mary Seibert • *Wednesdays* • 4:15 to 5:30 p.m. • Kripalu yoga is great for beginners and seasoned students. Classes are gentle and slower paced. Emphasis is on mindfulness, breath, postures, strength and balance. Sliding scale fee. For more information call (734) 323-2520, email compassionateyoga@outlook.com, or visit compassionateyoga.info.

Iyengar Yoga with David Rosenberg • *Mondays, Thursdays, Saturdays* • January 9 through March 23 • Mondays 6 to 7:30 p.m. • Thursdays 7 to 8:30 p.m. • Saturdays 10 to 11:30 a.m. • 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. Ten classes for \$129. For more information contact David Rosenberg at (734) 646-4195 or visit aarecedonline.com.

Embody • *Wednesdays, 1/18/23-3/8/23* • 6-7:15 p.m. • An 8 week yoga, energy, and voice series at One Tribe Yoga in Brooklyn, MI. For more information visit <https://www.onetribebrooklyn.com/classes> or email freeyourvoice@singingforyoursoul.com.



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 socially distant walks, news of your pets, or musings on current events. Send your submission to cashmere@crazywisdom.net.



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Yoga Retreat

IN ISLA MUJERES MEXICO



TWO RETREATS BACK TO BACK WITH A SHORT TOUR IN BETWEEN

March 14-18 Isla Mujeres 5 days 4 nights
March 18-20 Tour to Chichen Itza and Tulum
March 21-25 Isla Mujeres 5 days 4 nights

Join us for a spiritual reset in the beautiful Isla Mujeres. Enjoy breathtaking beaches, authentic Mexican food, and daily yoga & meditation classes. spiritual workshops, yoga nidra, cacao ceremony, ecstatic dance and more!

FOR MORE INFORMATION AND TICKETS VISIT
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USE CODE SMYEB23



Biweekly Divination



IV. THE EMPEROR

*The Week of
February 07,*

The Emperor-IV

These next two weeks, the Emperor is encouraging you to own your power! Your life experiences have helped you gain valuable wisdom. How can you use this knowledge to help yourself in any situation that arises? How can you use this insight to help others around you? These next two weeks, you might be asked for guidance or advice from someone close to you—now is the time to share what you know. You have the kind of perspective that will help you navigate these scenarios with positive results.



If you are interested in reading for the biweekly divination, contact cashmere@crazywisdom.net