

THE CRAZY WISDOM BIWEEKLY

#110

**Deanne Bednar,
Workshop Leader &
Coordinator of the
Strawbale Studio Natural
Building Program**

PAGE 12



April 14
Waning Crescent



“Surprisingly simple
corrections, done daily,
make a big difference
over time.”

10

Crazy Wisdom Seeking Full-Time Manager for Events Space and Bookstore

Crazy Wisdom is offering an exciting one-of-a-kind opportunity for a full-time manager to spearhead the re-opening of the brick-and-mortar Crazy Wisdom Bookstore, southeastern Michigan's leading body, mind, and spirit bookstore for almost 40 years. After being on sabbatical since early 2022, Crazy Wisdom Bookstore is ready to reemerge, under its same longtime ownership, in the fall of the 2023 or the first part of 2024.

This incarnation will focus primarily on the second floor as an event and community building space, and will host a variety of events including but not limited to: meetings, workshops, poetry and storytelling nights, book discussion groups, author events, intuitive and psychic readings, seasonal rituals, witches' nights out, Salon nights, music nights, drum circles, meditation gatherings, and other types of events which it has fostered and hosted over its decades.

There will also be a smaller and more focused bookshop located on a portion of the first floor. The re-imagined Crazy Wisdom will have significantly reduced hours of operation—still a destination for its regional customer base—but only open 30 hours a week, spread out over just four days each week.

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

crazywisdomjournal.com/job-openings





CRAZY WISDOM

COPYRIGHT © CRAZY WISDOM, INC., APRIL 14, 2023.

No part of this publication may be reproduced for any reason without the express written approval of the publisher. There is a token fee charged if you would like to use an article in this publication on your website. Please contact us first. Articles from back issues will be available on our website's archive.

Thank you to our contributors for this issue:

Michelle McLemore
Evan Haywood
Nishi Singhal
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.

Contents

Issue #110

07

Awareness: The Path to
Emotional Wellbeing for Kids
BY NISHI SINGHAL

08

Sound Bites with Evan Haywood
BY CASHMERE MORLEY

11

Book of the Week

12

Five Questions for Deanne Bednar
BY CASHMERE MORLEY

What's Happening Around Us

15


Crazy Wisdom Poetry Series

17

The Biweekly
Community Calendar
EVENTS HAPPENING
IN OUR AREA

On the Cover

Deanne Bednar of Strawbale Studio



“Music means so much to me!
It is a language, a way of life,
and a method of exploring
subconscious layers of reality
to express cultural knowledge
and reflect upon our personal
experiences.”

– Evan Haywood

06

Crazy Wisdom Biweekly Ezine – Creative Director Wanted (Editorial/Design/Social Media/Ad Sales)

A great opportunity to be a key player on the Crazy Wisdom publishing team.



We are looking for someone with a broad skill set to fill the role. If you are creative team player with interest and experience in writing, editing, INDD and PS, Word, social media, and sales/marketing, and know how to prioritize work, are detailed oriented, work well independently, have experience using social media, and are interested in conscious living subjects, art, and local happenings, you may be just who we are looking for! This job is 50-60% editorial + design, 20-35% social media, 15-25% sales/advertorials.

Tasks for this person would include:

- Compiling a 20+ page Biweekly Ezine (editorial and layout)
- Brainstorming article ideas & contacting writers
- Editing articles
- Inputting calendar listings to online calendar and into Ezine
- Creating page designs for the Biweekly
- Social Media postings, producing short videos/reels, and creating buzz
- Compiling and editing the Crazy Wisdom Journal's print calendar

You must have your own computer and access to high-speed internet. Job is on average 10 hours a week, with possible room to grow. Pay rate is \$20-\$24/hour depending on experience and skill set. If you are interested, please email a cover letter, resume, a sample or two of editorial layouts you have completed, and a writing sample to jennifer@crazywisdom.net.

The Crazy Wisdom Biweekly Ezine, founded during the pandemic, seeks to represent the voices in our community in a timely and entertaining way. It currently reaches 5,000 readers per issue.

Find issues of the CW Biweekly here: crazywisdomjournal.com/crazy-wisdom-biweekly.



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



Stay informed!

[Click to sign up for our newsletter](#)

Awareness: The Path to Emotional Wellbeing for Kids

By Nishi Singhal

Nishi Singhal is the director of the Lively Community Foundation, working to improve the mental and emotional well-being of communities. She enjoys writing the Heart & Mind books to spread the message of mindfulness to kids. She can be found at joyparade.co.



Awareness helps us understand and neutralize situations, allowing them to feel less personal. Unconscious patterns like bullying, judgment, and anger become conscious as our awareness grows. As the saying goes, “hurt people hurt people.” When awareness grows, and we become conscious of our emotions, we are more able to transcend behaviors that cause us (or others) to be hurt.

Another word for awareness is presence. Stormy clouds, aka “heavy emotions,” come and go, and becoming more aware or present will help the storms pass without allowing children to label themselves as the manifested emotion (e.g. “I am an angry person”).

As kids are learning how to function in this world, the best gift we can give them is the space to be, especially when they are feeling anger, grief, or rejection. When we can be completely present with them, it helps children see that there isn’t anything wrong with having an emotion. When we don’t react personally to their storm, they will learn that they can remain aware of the emotion on a feeling level. Asking them questions like, “Where is the feeling?” and “What does it feel like?” will help prevent the child’s mind to judge the emotion or turn into anxious thinking. It’s the emotion that feels scariest to the child and to us. Our awareness can help us see that there is nothing to be afraid of and nothing wrong with us for experiencing these feelings. The feelings are not ultimately us; they are clouds that are simply passing through.

As kids learn to be present with their stormy clouds, they are given the space to allow self-compassion to shine through. Realizing that they are okay during and after a major emotional storm.

The next time a stormy cloud shows up for your child, help them cultivate their awareness by following the steps below:

How to release a stormy cloud:

Close your eyes.

Breathe in and breathe out.

Bring your attention to your body.
Where is the stormy cloud? In your belly? Throat?
Head? Legs?

Place a pillow or stuffed animal on the spot where you feel the heavy cloud.

What does the stormy cloud feel like? Mad? Sad? Hurt?

Focus your awareness on the pillow or stuffed animal and keep breathing.

Keep going until the stormy cloud has floated away!

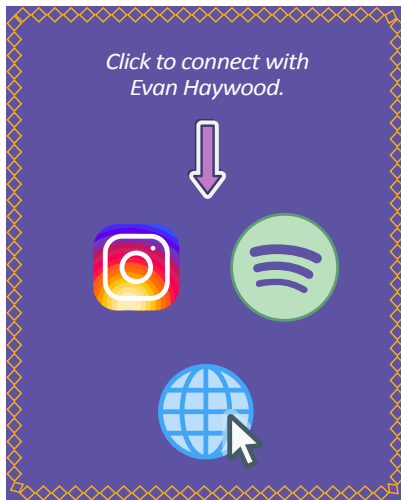
After the stormy cloud has passed:

What did the stormy cloud feel like?

What happened when it went away?

Do you think it might come back?

Draw a picture of the stormy cloud.



“I think my favorite part of being a musician is when my mind clicks into a space where I am no longer creating from a place of self-consciousness.”

Sound Bites

with Artist Evan Haywood

By Cashmere Morley

Evan Haywood is a musician and visual artist from Ann Arbor, Michigan. His first two albums as a singer/songwriter, Ramshackles and Perfumed Gardens, were released in 2016 and 2018, respectively. His third solo album, Elderberry Wine, was released on all digital streaming platforms on March 31. Evan is the founder of the independent record label Black Ram Sound and is involved in numerous collaborative projects. He runs a studio in Ann Arbor called the Black Ram Treehouse, where he records and produces music for himself and many other artists.

1. What does music mean to you?

Music means so much to me! It is a language, a way of life, and a method of exploring subconscious layers of reality to express cultural knowledge and reflect upon our personal experiences. Most of all, I feel that music is a dimension of communication where people from diverse backgrounds can come together and learn to better understand each other. Music transcends all barriers and allows us to speak from the heart.

2. How did you become an artist?

I've always been obsessed with music -- first I sang in the Boychoir of Ann Arbor and did some opera, then I was in a couple of punk bands in my early teens, before spending 15 years performing with the hip-hop collective Tree City.

I started writing songs on the guitar when I was about 14 -- and I've been at it for 20 years now! Working at Encore Records for over a decade was also a great education for me on the range and depth of music history. That experience turned me on to a lot of the records that have greatly inspired me as a songwriter.

3. What are some other artists or bands who have influenced your sound?

Os Mutantes, The Stooges, NaS, Madlib, Can, Lee “Scratch” Perry, Kevin Ayers, MF DOOM, Bob Dylan, Leonard Cohen, Amy Winehouse, J Dilla, Mobb Deep, Alice Coltrane, Caetano Veloso, Gal Costa, Kraftwerk, De La Soul, White Stripes, Kool Keith, Bobby Womack, Jim Ford, Kendrick Lamar, Funkadelic, The Misfits, Wu-Tang



Clan, Skip Spence, and Son House are a few influences that come to mind. I'm into storytellers who can weave rich details into their words and sounds. I want to be transported into another world when I listen to music.

4. What artist(s) do you have on repeat right now?
The Ramones!

5. What's the most rewarding part about being a musical artist?
I think my favorite part of being a musician is when my mind clicks into a space where I am no longer creating from a place of self-consciousness. I become an empty vessel for the universal consciousness, and the words and ideas begin flowing through me, rather than from me. This is a state of pure joy and bliss, especially when other musicians are involved in the conversation taking place. Sometimes, it feels so good that we all just start laughing! It is a beautiful experience to relinquish control, and it's from this place of emptiness that I have created most of my best works.

6. What is something about your music that someone may not know?
I don't think most people know that I play many of the instruments on my records. On the new one, Elderberry

Wine -- you can hear me on vocals, guitar, bass, drums, percussion, piano, and synth.

7. If you could take only three records to a deserted island, what would they be?
Congos -- Heart of the Congos
Sly and the Family Stone -- There's A Riot Goin' On
Pharoah Sanders -- Karma

8. Where are you performing next?
Right now, I'm focusing on releasing music I've already completed and building my label, Black Ram Sound. I've been on a hiatus from performing for a few years now, but I'll be back around when the time is right.

9. Where are some of your go-to places to catch a show around Ypsi/Ann Arbor that other people may not know about?
I really enjoy watching DJ's and producers spin at Lo-Fi in Ann Arbor, and Ziggy's in Ypsi is a great place to see all kinds of music. Blue LLama has a wonderful atmosphere to catch some live jazz, and the food is excellent. The Blind Pig will always hold a special place in my heart. My favorite venue in Ann Arbor used to be Arbor Vitae, but it was shut down a few years ago by a greedy real estate company. I'm really thankful for the spots that are still around, because I've seen so many venues come and go over the years.

Now playing "Elderberry Wine" by Evan Haywood.

BRIGHT EARTH CRYSTALS AND MINERALS



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

Susan Ulrich,
owner and proprietor.

See me on Facebook
facebook.com/brightearthcrystals



Divine Inspiration At Work with Susan McGraw

Let *Divine Inspiration* be the guide for the **Next Chapter** in your personal life, career, or business.

Transition to Work You Love Master Class

Live on Zoom

Feb. 21 & 28, 2023, 7:00 to 9:00pm EST, \$39

Tune into *Divine Inspiration* to guide you in making a smooth transition to a job or career that you love.

- Access *Divine Inspiration* to listen for insight and co-create your new future.
- Design a Personal Career Profile, detailing the elements of your ideal environment.
- Follow the clues from Spirit to take "inspired action" to land a new opportunity that matches your desires.

DivineInspirationAtWork.com/classes

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



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.

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 plant medicine could be incorporated in the process of exploring your life's options.

Call Gary at 734-249-9948 to schedule your **FREE 45-minute discovery call.**
For more information, please visit leanintoyourlife.net

Book of the Week:



*Llewellyn's Little Book of Moon
Spells (Llewellyn's Little Books #13)
(Hardcover)
By Melanie Marquis*

Discover more than sixty spells and an abundance of potions, powders, and lore from around the world. Llewellyn's Little Book of Moon Spells is a handy, on-the-go guide to everyday moon magick filled with spells and rituals for improving relationships, healing emotional wounds, removing obstacles, psychic protection, success, abundance, and much more. Whether you are a complete beginner or an experienced practitioner, the step-by-step instructions within these pages will help you attune to the tides of destiny and change troublesome situations into opportunities for positive transformation.

You can purchase *Moon Spells* at shopcrazywisdom.com

RUTH WILSON

Intuitive Coaching & Mentoring



Connect with your unique magic!

Create what you authentically want, with ease. Make decisions, heal problems with the help of my intuitive, and strategic skills.

As a reader and teacher of psychic reading, certified coach and MBA, I help you get clarity, see blind spots, take actions, to make change.



Schedule a [free chat with me](#) and I will help you shift the energy around your intentions to change your results.

ONLINE: WWW.RUTH-WILSON.COM

EMAIL: MAILRUTHWILSON@GMAIL.COM

JOIN MY FACEBOOK GROUP: FACEBOOK.COM/GROUP/MAGICINTUITION

Word of the week:

Ad hoc

/əd 'hɑ:k/
adverb

When necessary or needed.

5 Questions for Deanne Bednar

By Cashmere Morley

1. What are some of the challenges that come with lowering one's ecological footprint?

The Strawbale Studio is zoned "agricultural outbuilding" and is not used as a "dwelling". I try to lower my eco-footprint in other ways, in the current house I live in on the land, (the house is oriented toward the sun and has in-radiant heating. I also do experiments on the land; bio-char, wood to soil amendment, sheet mulching with cardboard, leaves and local horse manure, mushroom growing on inoculated logs and woodchips, compost furnace experiment... which worked part way... harvesting down trees and splitting for use in the wood stove, rocket stove and earth oven, saving eggshells for a future "lime plaster" experiment.

Lots of exploring of local materials to useful forms.... raw wool to felted material, fibers to cording, sticks to lashed projects and "wattle & duab", local wood for utensil and spoon carving, local soil to earth plasters and sculptures, drying and tincturing local plants, tapping the maple trees for syrup, and more.

2. What is one of the most personally rewarding outcomes you've experienced coordinating this program?

I love the interaction with others who are excited about these natural things! "Co-creation"! Also the creativity that comes out from our combined visions, and the experimenting an exploration possible with these natural materials.

3. What would you tell someone who may be hesitant to try your program?

Well for one thing, it's fun! You will connect with nature, unleash your creativity, and meet other folks in this safe, nurturing setting.

4. What are some ways people can start to lower their own ecological footprint in their own homes/lives?

I'm particularly interested in reducing waste, especially plastic, and value buying in bulk, and supporting effective recycling programs regionally.

"Circular Economy" is a concept for keeping technological materials in a closed-loop cycle of re-use. I am very

motivated to see how I can contribute to effective reduction in material use, and recycling that works. What places are doing this? How can I be a part of that? Where can I bring my containers and buy in bulk? I take bags to the grocery instead of getting new bags... there are many details I could share around this! Composting for instance, and more.

5. Tell me a little more about the outreach and volunteer programs you participate in.

At Strawbale Studio there are two types of month-long programs: the Woofing/Worktrade with a Sustainable Skills Program and an internship where folks pay to learn, hands-on about natural building and related skills. Folks receive room and board in both programs. Details are at strawbalestudio.org. There are also a variety of four hour to one week offerings in a variety of skills: strawbale construction, earth oven, wood carving, foraging, earth sculpting, mushroom inoculation and more. Several times a year I go offsite to do projects. Typically, a presentation/hands-on experience at Detroit Bioneers, The local Earth Day Festival, The Jewish Food Fest, The Great Lakes Herb Faire and the Great Lakes Foragers Gathers, to name a few. Occasionally, there are offsite projects such as an Earth Oven Build Workshop in Detroit in 2023, Natural Wall system at the Wellfield Botanical Gardens, Thatching at Kinstone, helping at a Strawbale installation in the Ann Arbor area, and others over the years.



Deanne Bednar entered the world of natural building by participating in a "Start-to-Finish" course with the Cob Cottage Company in 1996 after retiring from teaching art & sustainability at the middle school level. Returning to Michigan, Bednar became a collaborator in the Strawbale Studio Project.

She now educates (and learns) as much as she can about natural building and sustainable living through workshops, internships, presentations, exhibits and outreach. Bednar had the privilege of illustrating the Hand-Sculpted House Book, The Natural Plaster Book, and The Cobber's Companion, and being a start-to-finish collaborator on the Kensington Kids Cottage, located within the Kensington Metropark, at the Farm Center. Especially life-changing were Bednar's adventures during 1979 & 1980 when she recieved a Masters Degree in Social Ecology from Goddard College in Vermont.

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

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

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

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

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

Free Introduction via Zoom
May 24, 2023 at 7:30pm ET.
Watch replay at ecctherapy.com

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

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

IN THIS SEMINAR YOU WILL LEARN TO...

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

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

For more information and to register: ecctherapy.com

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

Hosted by Edward Morin, David Gibson, and Lissa Perrin

Crazy Wisdom Poetry Series



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



Featured Reader:

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

*Until further notice, all sessions are virtual and accessible through Zoom.
Email cwpoetrycircle@gmail.com for Zoom link.*

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

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

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



Meditation Classes and Practice | Retreats and Workshops Events with Spirit

Monthly

Weekly

Click on this ad to see the
Video Testimonial from
Isabelle Mook-Jodouin
Ottawa, Canada

Events with Spirit

Remembering Wholeness
Barbara Brodsky and Aaron

Evenings With Aaron
Barbara Brodsky and Aaron

Silent Meditation
Sunday and Tuesday

All events are held via Zoom.

Aaron, Yeshua and The Mother are channeled spirits.

They are channeled by Barbara Brodsky, founder and guiding teacher of Deep Spring Center



Deep Spring Center
for Meditation and Spiritual Inquiry

DeepSpring.org | info@deepspring.org | 734.477.5848

Deep Spring Center is a 501(c)(3) non-profit. See website for details.

If you want to grow healthy vegetables at home, but have hesitated because it seems too hard and time consuming, “Organic Gardening for Everyone” is your perfect hands-on guide — an “if I can do it, you can do it” case study that addresses your concerns and gets you started.



shopcrazywisdom.com

30% off

HOMEGROWN VEGETABLES MADE EASY

ORGANIC GARDENING FOR EVERYONE

NO EXPERIENCE REQUIRED!

CaliKim

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.

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.

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.

BODYWORK AND BODYMIND THERAPIES

D.O.V.E. DIVINE ORIGINAL VIBRATION EMBODIMENT System Practitioner Training with Karen Greenberg • Fridays, 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 repattern 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 krngrnbg@gmail.com or visit clair-ascension.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.

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.

Searching for Self with Venerable Thubten Chodron • Wednesdays, April 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

CONTINUED ON NEXT PAGE

THE BIWEEKLY COMMUNITY CALENDAR

the world that are so habitual we don't even notice them. Members \$65 / \$80 Non-Members. Pay what you can - no 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.

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
• 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.

CHANNELING

Remembering Wholeness—Darshan with The Mother Channeled by Barbara Brodsky •
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 •
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

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) •
Sunday, 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 krngnrbg@gmail.com, or visit clair-ascension.com.

DEATH AND DYING

Ann Arbor Death Café via Zoom with Rachel Briggs
• Saturday, 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

ENERGY AND HEALING

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.

THE BIWEEKLY COMMUNITY CALENDAR

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.

Health Yourself DIY-Wellness Fair • April 22 • 10 a.m. • How to live life to the fullest at every age and every stage of life is the message of the Health Yourself Wellness Fair. It is located at Even Hotel, 600 Briarwood Circle, Ann Arbor. The fair, which is free to the public, will feature a wide variety of providers who are eager to share a wealth of knowledge and insights about healthy alternatives to increase your "self-health" abilities. The event is sponsored by the DIY-Wellness Coalition whose members are dedicated to creating a healthy community that moves well, eats well, communicates and thinks well. "We are a group of dedicated providers who focus on natural health solutions," said Barbara Bowman, health fair coordinator and owner of Heartfelt Wisdom, a dream activation service provider. "We are committed to empowering families to get healthy and stay well." "This fair provides the perfect opportunity for everyone to learn more about natural health solutions that are designed not only to improve and sustain their wellbeing but also save them time and money. Everyone is invited to attend. For more information, contact Bowman at 734-478-4263. Also visit www.diy-wellness.info. Email may be sent to barbara@diy-wellness.info.

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.

Healing Through the Akashic Records Practitioner Certification with Shellie Powers • April 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.

HEALTH AND WELLNESS

2023 DRUM AND DANCE JAM-Drumming Circle • May 6 • 7:30 p.m. • *Bring a drum with you or use one provided by the Interfaith Center * No Experience Necessary *\$5 Donation Requested*This event is hosted by Curtis G. who has been drumming, recording and performing for over 30 years *Drumming is proven to be good for hand-eye coordination and cognition, stress relief, enhancing spiritual joy and improving musicality in all ages! For more information visit <http://interfaithspirit.org>. To reserve a chair you can call/text 734-972-6098.

2023 DRUM AND DANCE JAM-Drumming Circle • June 3, August 5 • 7:30 p.m. • *Bring a drum with you or use one provided by the Interfaith Center * No Experience Necessary *\$5 Donation Requested*This event is hosted by Curtis G. who has been drumming, recording and performing for over 30 years *Drumming is proven to be good for hand-eye coordination and cognition, stress relief, enhancing spiritual joy and improving musicality in all ages! For more information visit <http://interfaithspirit.org>. To reserve a chair you can call/text 734-972-6098.

INTUITIVE AND PSYCHIC DEVELOPMENT

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.

KABBALAH

Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg • 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 • Sunday, 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.

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.

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

Ann Arbor:

Ann Arbor Pharmacy
Ann Arbor Public Library
Ann Arbor Senior Center
Arbor Farms
Argus Farm Stop
Balance Point Fitness
Bio Energy Medical Center
Booksweet
Castle Remedies
Center for Sacred Living
Clark Professional Pharmacy
El Harissa Market Cafe
Enlightened Soul Center
First Bite
Fiery Maple Wholistic Healing
Healing Hands Physical Therapy
Integrative Healthcare Providers
Jewel Heart
Kerry Town Market
Kouyate Healing Arts
Leslie Science and Nature Center
Matthei Botanical Gardens
Michigan Theatre
Mighty Good Coffee
Move Mind-Body Fitness and Wellness Studio
Nicola's Books
Oz's Music
Peaceful Dragon School
Peachy Fitness
Pharmacy Solutions
Pointless Brewery and Theatre
Roos Roast Coffee
Sweetwater's Cafe
Therapeutic Riding, Inc.
Thrive Wellness Center
Washtenaw Community College Student Center
Washtenaw CC Health and Wellness Center
Wine Wood Organics

Ypsilanti:

Cross Street Coffee
Cultivate Coffee and Tap House
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibration Kombucha
Ypsilanti Food Co-op

Plymouth, Livonia & Canton

Earth Lore
Yoga Practice Center
Zerbos

Saline:

Andrea Kennedy Center for Innovation and Education
Earth Elements
Eleanor's Sweets and Sodas
Salt Springs Brewery
Stony Lake Brewing Company

Chelsea and Dexter:

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

Jackson & Lenawee County:

Essential Energies
Divine Sanctuary
Pegasus Spa and Leisure
Free to Be Yoga and Massage
DNA Sales 2100
Gidrah's Mind Body Spirit
A Healing Feeling Wellness Center
Living Grateful



THE BIWEEKLY COMMUNITY CALENDAR

MUSIC, SOUND, AND VOICE

Sacred Sound Journey with Victoria Schon • April 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.

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? 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.

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.

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.

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 • 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.

Healing and Compassion Meditations with Hartmut Sagolla • Mondays, January 9 through April • 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.

Awakening and Living Awake—Grounding the Earth in Unconditional Love via Zoom with Barbara Brodsky, Aaron, and John Orr • Tuesdays, April 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 awakensness, forgetting who we are. We practice on both levels, the ultimate one (where everything is connected, awake and present), and the relative level where

THE BIWEEKLY COMMUNITY CALENDAR

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.

Peace Generator on Zoom with Interfaith Center for Spiritual Growth • *Friday, 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.

Path to the Awakened Heart: The Yoga Sutras of Pantanjali with Robert Jacobs • *Thursdays, April 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.

Meditation Getaway with Rob Meyer-Kukan • *Saturday, 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.

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 Zygmont • **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>.

Zoom Shamanic Journeying Circle with Judy Liu Ramsey • *Thursdays, April 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>.

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.

Level One Akashic Record Practitioner Certification with the Linda Howe Center for Akashic Studies and Shellie Powers • *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, April 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!

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.

Strawbale Studio Learning Tour • *Saturdays, April 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

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.

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, 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.

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

THEATER

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 Croswell Opera House, actor, author, graphic artist and more. Enjoy prose, poetry, music and song presented by a variety of talented

THE BIWEEKLY COMMUNITY CALENDAR

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 Plan*, 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.

WRITING AND POETRY

Sit. Stop. Write. Zen and Poetry with Dmitry Berenson
• *Sunday, 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, April 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 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).

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.

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.

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



Submit your listing
two weeks in
advance.

[Submit your
listing here.](#)



**Love is like wildflowers;
it's often found in the most
unlikely places.**

—Ralph Waldo Emerson