

**Dance Instructor,
Shelia May**

July 16, 2021
Issue #61

The
Crazy Wisdom
Weekly



shining a light in the dark



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The Crazy Wisdom Weekly

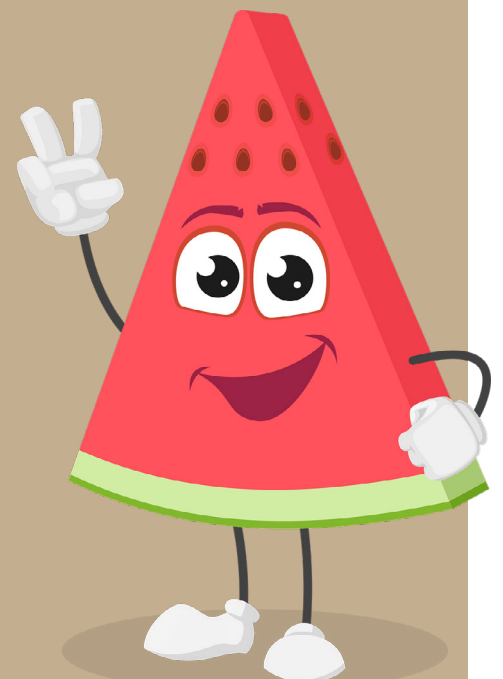


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The Crazy Wisdom Community Journal is looking for a few good writers!

We're specifically looking for writers about food, farms, and local food-related cultural topics. But we're also always looking for writers on other topics for our holistic and conscious living magazine. If you are interested, email a cover note to us, and a few article ideas, to jennifer@crazywisdom.net.



SUMMER LISTENING CHALLENGE

JULY 1 - AUGUST 31



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

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[Cover image by Jennifer Marquez.](#)

Thank you to our contributors for this issue:

- Ellen Rabinowitz
- Georgia Gintowt
- Edda Pacifico
- Sibel Ozer
- Jennifer Carson
- Carol Karr
- Bill Zirinsky



word of the week:

Grimalkin

An old female cat.

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

The Practice of the Presence of Love



By Sibel Ozer

I recently finished reading *The Practice of the Presence of God* by Brother Lawrence and have decided to add a new focus to my mindfulness practice for the next ten years. A focus on feeling into the Presence of God/Mystery/Love, and not just when I am meditating, but during as many moments of the day as I can remember, as BL recommends. I am planting the seed of this intention and do not expect any quick results. In fact, I'm giving myself ten years, and will check back and assess whether or not there has been a shift only after my hair turns completely white.

One of my latest paintings turned into a woman in meditation with a highlight on her chakra centers. I worked on it quite a bit, reaching a point where it felt finished, with the missing element of feeling love toward it. I typically know a painting is done when I have a visceral reaction, a knowing in my gut that it is complete, a feeling of lightness in my body, and often love in my heart. My thoughts were telling me it looked all right, pretty enough, that maybe I didn't need to love it, I could maybe paint to please someone I don't know rather than my own heart. I went to bed with a maybe, thinking it was best to sleep on it.

I woke up with an inner need to get back to the canvas and spent a few hours covering up most of the details and bringing forth a few parts in abstraction. I have been exploring abstraction lately, choosing the challenge of letting go of form not before, but after it arises. This coincides with a time when my body is changing forms yet again, this time due to menopause.



Feelings of indifference left my body as I continued working on the painting and before I knew it my heart was singing again. This time I knew for sure that she was complete. Her message came to me shortly after—never settle with anything less, seek always and only, love in everything that you do.

Once again something that started to be about art making began to extend beyond the limits of the canvas. There are so many areas of life that allow us to settle, if we choose not to go the extra mile to make sure we seek delight, or maybe something subtler, like a deep quiet contentment. I have been contemplating this concept ever since I came across a quote that recommends *we live life imperfectly, but with great delight*.

We could settle for good enough in our relationships, our jobs, in the spaces we turn into workplaces or home, and even with spiritual aspirations. Or we can choose to keep on moving toward delight, and I assure you this has nothing to do with money, seeking ideals, or perfection. We are all gifted with enough creativity that allows us to continue exploring alternatives to most situations. The enchantment of the heart comes with going for one's wishes/desires rather than acquiescing to an external right-or-wrong.

With regard to how we feel in a space, some fairy lights, a good deep cleaning, or an accent wall can make all the difference. With a painting, the distinction between okay and lovely can at times be just a few additional strokes. I just had a conversation with the owner of the hotel I'm currently vacationing at who was adoring my back tattoo. She confided that she secretly wanted one herself, but felt at 60 that she was too old! As you can imagine, I will take great delight in doing my best to inspire/talk her into getting one. I can already share that the mere contemplation of it as we started browsing pinterest examples added a twinkle to her eyes.

Frequently the most difficult challenge in staying true to seeking delight can be an emotional block. Rumi says "our task is not to seek for love, but merely to seek and find the barriers within ourselves that we have built against it." The most common obstacle is fear. Another one is feelings of lack of worth or deservedness. Of course, there can be as many challenges as there are people.

One of the reasons knowing ourselves is so crucial is so that we can identify our very personal barriers that tend to get in the way of experiencing delight. Care to join me in the practice of the presence of love?

Crazy Wisdom Book Pick of the Week



Old Ireland in Colour celebrates the rich history of Ireland and the Irish through the colour restoration of stunning images of all walks of Irish life, and the Irish abroad, throughout the nineteenth and twentieth centuries. From the chaos of the Civil War to the simple beauty of the islands, each image has been exquisitely transformed and every page is bursting with life.

Using a combination of cutting-edge artificial intelligence technology and his own historical research, John Breslin has meticulously coloured these pictures with breathtaking attention to detail and authenticity. With over 170 photographs from all four provinces, and accompanied by fascinating captions by historian Sarah-Anne Buckley, Old Ireland in Colour revitalises scenes we thought we knew, and brings our past back to life before our eyes.

[Purchase your copy of Old Ireland in Colour at
shopcrazywisdom.com.](http://shopcrazywisdom.com)



Get your hands on the spring issue of
*The Crazy Wisdom
Community Journal*
before it's gone!

Look for articles on the King Family of
Frog Holler Farm, Equine therapist
Sara DesJardins, Belly Dancing with
Sheila May, the Friends Lake
Cooperative Community, and more!

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What's Up in Our Community WITH ELLEN RABINOWITZ

Ellen Rabinowitz is a public sector and non profit leader. She has been a collaborative health and human services executive in Washtenaw County for several decades. She is the former Health Officer at Washtenaw County Health Department and the former Executive Director of the Washtenaw Health Plan. She currently consults on community based projects focused on achieving health equity and promoting community development and empowerment. She is an ex-pat New Yorker who has called Ann Arbor home for over 40 years. She lives in Burns Park with her husband, David DeVarti, and her dog Rio, and has two adult children.



Ellen, you were the Health Officer for the Washtenaw County Health Department from January 2014 to September 2019. You retired not too long ago. How long ago was that? Looking back, have you had any regrets that you weren't "part of the action" in the last 16 months? Did you miss being at the center of a once-in-a-lifetime county/state/national health crisis?

I retired from the Health Department in September 2019, a few months before the beginning of the pandemic. I have definitely felt a bit of "survivor's guilt" watching from the sidelines as the pandemic has played out. I've kept in close touch with former colleagues there, mostly providing lots of support for the great response work that they are doing.

I did get called back to work at the county early in the pandemic to help lead the county's response for the homeless. The Governor's "Stay at Home" orders were impossible to follow for people who don't have a home. I worked with county and Delonis Center staff to relocate homeless clients to hotel rooms, which was the safest alternative to a congregate shelter setting.

From your vantage point, how well do you think our county fared in the first nine months of the pandemic (the period before vaccinations began)? Where do you think the County Health Department's approach was effective? What could the county have done better?

I think the Health Department's approach has been very effective and very pro-active throughout the various

phases of the response. The breadth and scope of the health department's role in responding to the pandemic is quite broad, and I think they have done a tremendous job in addressing every aspect. The first local case was identified in early March 2020. The numbers of cases and severe illness increased rapidly. The Health Department activated its Emergency Response immediately. From the beginning, the Health Department informed and educated the public, and connected with partners in anticipation of the first cases.

Of course, there were many challenges. This response obviously required intensive staffing and resources. One thing the pandemic has highlighted here, and nationally, is how under-resourced public health is.

An early challenge was that testing was very limited for a long time. The Health Department directed its resources toward testing and investigation initially. They worked to facilitate testing with local partners and the state health department.

They contended with PPE (Personal Protective Equipment) shortages. For example, some long-term care settings were not equipped with PPE or adequate infection control plans initially. The Health Department stepped in to help address these issues.

They worked very quickly to expand their capacity to investigate and trace cases before state volunteer systems were available and continued to do that in-house through the spring surge.

Another role for the Health Department was to enforce state orders, and to issue local orders where there were gaps and needs. These local orders related to local restaurant capacity, and also gathering limits at the local universities.

Of particular note, the Health Department was one of the first to provide data by race and to acknowledge the role of existing and long-term inequities and the unequal, negative impact of Covid on communities of color and locally in the Ypsilanti area. Other data highlights include providing two-week snapshots, cases by census tracts and now, vaccine data by census tract.

Many people commented that the vaccination roll-out at the EMU Convocation Center was handled impeccably. Do you agree with that? And what else was done well that the public might not have been aware of?

I agree that the mass vaccination clinics at both the EMU Convocation Center and at Pierce Lake Elementary school in Chelsea were incredible! They were fast, efficient, centrally located, and could accommodate large numbers. The health department has a key role in pandemic planning and past experience (e.g. H1N1) helped with shaping the plans for these clinics.

I have been volunteering weekly at the clinics since January, and I have been so impressed with the way that they moved people through. And, of course, it was a treat to see and to help out my former co-workers! The health department has an ethic of continuous quality improvement. Each week I witnessed some new tweak to the clinic flow, all intended to make the client experience as seamless as possible. They are very client centered.

The mass clinics are really only a portion of the health department's vaccine strategies. In addition to the mass clinics, the health department has been bringing vaccines out into the community to reach folks who may have a hard time getting to the mass sites. They've got their Nurse on the Run program, where public health nurses are going into people's homes to administer vaccines. They have been hosting pop-up clinics all throughout the county. These pop-up clinics are collaborative, more accessible and can strategically target areas and populations most in need.

Key to their work has been the critical partnerships with health care and community partners. They have built on existing relationships as well as work during the response (testing, information sharing, etc.). They have done critical collaborative work with faith leaders in the Black/African American community and with Latinx partners and leaders.

And now, they've got a new asset—an RV mobile clinic (a long-time health department dream made possible now by

Covid relief funding). The RV is currently being used to provide vaccines. Moving forward, the RV will provide for service delivery across the county.

Now that the worst of the pandemic is over, and things are "going back to normal," what do you most look forward to doing?

We definitely still have a way to go to getting everyone vaccinated and ending the pandemic, but I'm very glad that we are beginning to emerge and that life is slowly getting back to normal.

I'm most looking forward to getting together with friends and family. Zoom celebrations and FaceTime chats have had their place, but I've missed seeing folks in person. Since being fully vaccinated, my husband and I have been getting together with friends and family. We even went to a movie at the Michigan Theater this past weekend. That felt great, and so normal!

Did you develop any new habits during quarantine that you've continued as the state opens back up?

I re-discovered my love of cooking during the pandemic. I didn't ever try making my own sourdough, but I made lots of other good food. My family committed to ordering take out meals once or twice a week during the pandemic, so that we could support our local favorite restaurants, but I was cooking a lot more at home, something I intend to continue.

What do you think is the biggest life lesson we've learned as a community in the last 16 months?

I think one of the hardest parts of the pandemic was the isolation from friends, family and community. This year has really demonstrated how our community is strongest when we show up for each other, by checking in with people, by sharing resources, and advocating for the community. Even as we return to normalcy, I hope that our community continues to thoughtfully care for all of its members.

Anything else you'd like to tell our readers?

Please get vaccinated if you haven't already!



The Transformative Power of Raqs Sharqi – Belly Dancing with Sheila May

From Issue #77

By Georgia Gintowt

Photography by Edda Pacifico

Raqs Sharqi, or in Westernized terms, “belly dance,” is a classical style of Egyptian dance utilizing complex movements of the torso, arms, and hips. It is widely known as a playful and sensual dance that celebrates the feminine form. Belly dance movements have been inspired by a long history of dances ranging from within Egypt to other cultures across Eurasia.

Records of the dance are scarce. However, it is clear that certain postures and movements from the current style of Egyptian Raqs Sharqi derive from the dances of traveling nomadic people that eventually landed in Egypt. These traveling people made their living dancing as entertainers, and in each place they settled they assimilated to the culture and adapted new dance techniques to add to their own.

Legends within the belly dance community allude to the dance’s originally being a birthing ritual. Many of the movements associated with belly dance, such as pelvic movements and abdominal undulations, are physically intuitive across cultures, due to their natural stimulation of the abdomen and uterus. Ancient cultures across the world used these movements in fertility rites, and thus was born the legend of belly dance’s originating as a birthing ritual. Yet, all genders and body types can reap the health benefits, which include core strengthening and toning of the arms and legs.

Ever since I was young, I have had a fascination with belly dancers. I lived in a small community in which a troupe of dancers would perform at local events. Every time I saw them perform I was captivated by their simultaneous sensuality and strength. On my own, I would look up videos of belly dancers and practice movements alone in my room. Something about the music, the costumes, and the energy of the movements attracted me.

When I moved to Ann Arbor I found out about Sheila May’s local belly dance classes and decided to make my dream of being a belly dancer come to fruition. I walked into the dance room to find women of all different ages and body types wearing hip scarves and laughing with each other, while Arabic music played in the background. We stood separately in our own spaces but danced as a group, each staring down our own reflection as we watched our bodies move to the music.

As I began my belly dance journey, I experienced for myself why those belly dancers always looked so strong. The dance not only physically changed my body, but it changed the way I felt about myself. Belly dancing was not just an enjoyable way to move, but also a path to becoming more in touch with myself. Each time I struggled to learn a movement, the reward of finally nailing it was a lasting achievement. Even when just walking around the grocery store, shifting my weight as I leaned in to look at a product, I could feel the effects of all the dancing



on my body. The abdomen- and hip-focused movements of the dance (the ones that cultures have used throughout centuries to aid in childbirth) made me appreciate the way I was built and the power in my movements. The physical strength, sense of achievement, and overall love for my body made me feel like the strongest version of myself, and I fell in love with belly dance even more.

Western society praises the use of our minds more than our bodies. With so much emphasis on using the internet, we are able to sit down at a desk for hours and use only our minds to complete tasks or learn new information. But, in doing this we lose touch with our physical body, which is what happened to me. Belly dance serves as an outlet for me to build a mind-body connection, in which my thoughts and feelings can physically manifest into fluid movements that represent myself.

Recently, I sat down with my dance teacher, Sheila May, to discuss her thoughts on why belly dance has the power to transform a person’s relationship with her body. May, who started dancing at age 20, believes that it’s never too late to start dancing. She says that belly dance is an avenue to accessing your natural bodily movements. “Belly dance, if you boil it down, just equates to moving your body in its natural form. The amazing thing is that I see a lot of people, especially as we’ve progressed through life, forget how to move our body parts in their natural

way. And so, there’s something about what we get told — ‘have good posture, sit up straight, don’t let your belly hang out.’ We learn to contract everything and not move and then we forget how to actually move. So for me, belly dance is a real awakening of the mechanics of your muscles, and your joints, and your skeletal structure, and being comfortable with breaking down the barriers that our culture tells us.”

Many traditional Western dances involve two partners moving across the floor in a controlled manner. May loves belly dance because you’re not dependent on anyone else; it’s all about moving within your own space. She strongly believes that everyone should try belly dance at least once, even if they never do it again. She said, “I think when people feel intimidated about taking a dance class or a belly dance class, it’s because we all have this vision in our head of what dance is. Dance is moving around a room, executing steps, traveling around the space. Belly dance is so contained to just your own body and your own space that it’s really different...”

When we discussed dance as a healing art form, something I’ve personally experienced, May stressed that dancing is a great way to learn to feel comfortable in your own skin while in the presence of others doing the same. She commented, “To be vulnerable while in a room with people of different sizes and different ages can be scary, but if you can let that happen, it’s such a huge relief. And to have it drilled into you that no matter what you do, it’s okay. You can be vulnerable. No one’s going to hurt you. Just be you.”

Awakening dormant movements through belly dance and learning to feel comfortable dancing next to others made me feel confident, accomplished, and comfortable in my own skin. The movements felt natural, yet were still challenging to reawaken. Anyone who belly dances (or dances at all) knows about the art form’s transformative quality. May believes that more people should experience the self love that comes from dance, and she stressed, “How you move your body is how you move your body. It might feel a little bit difficult at first because we haven’t accessed that movement in a really long time, but just believe and have faith and let it happen. I think that whether anybody belly dances ever again after my classes, if they walk away just feeling a little bit more comfortable in their own skin and confident with the movement that their body does — no matter what shape, no matter what age – then that’s a win.”

Due to pandemic restrictions, Sheila May holds livestreaming virtual belly dance classes via Zoom on Sunday, Tuesday, and Wednesday evenings. For more information about Sheila May and her classes, visit www.leilahdances.com.



Crazy Wisdom Poetry Series

hosted by
Edward Morin, David Jibson,
and Lissa Perrin

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

**Until further notice, all sessions
are virtual and accessible through Zoom.**

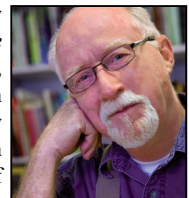
Email cwpoetrycircle@gmail.com for Zoom link

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 up to 1 hour. All writers welcome to share their own or other favorite poetry.

Featured readers

July 28 - William Trowbridge's eighth poetry book is *Oldguy: Superhero—The Complete Collection*, Red Hen Press, 2019. His ninth, *Call Me Fool*, is forthcoming from Red Hen in 2022. He is a poetry mentor in the University of Nebraska Omaha Low-residency MFA in Writing Program and was Poet Laureate of Missouri from 2012 to 2016.



Crazy Wisdom Poetry Circle

*The Poetry Series is open to all.
There is never a charge.*
<https://cwcircle.poetry.blog/>



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The Crazy Wisdom ^{weekly} Calendar



Bodywork and Body mind Therapies

Bowenwork4kids with Lisa M. Teets • Monthly, Third Sundays: July 18, and August 15 • 3:00 p.m. • Bowenworks4Kids is an opportunity for children to receive high quality soft tissue Bowenwork therapy. It can provide permanent healing and relief of pain from a multitude of acute and chronic conditions. The work frequently results in a deep sense of overall relaxation and facilitates the recharging and balancing of the body. Young people respond well to this work. First session free for kids under 17. Visit online at Bowenfix.com. Contact Lisamteets@gmail.com.

Book Discussion Groups

Jewel Heart Readers with Jewel Heart Instructors • Monday August 9 • 7-8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free, but donations welcome. Contact Jewel Heart at programs@jewelheart.org or 734-994-3387 for this month's book selection and participation information. Visit the Jewel Heart website at jewelheart.org.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom. Modern Times with Demo Rinpoche or Gelek Rinpoche • Weekly on Sundays through August 29 • 11:00 a.m. • We invite you to enjoy one-hour Sunday morning talks with live presentations by Demo Rinpoche and video recordings by Gelek Rinpoche. Stay tuned for the moderated discussion after the talk. Free, yet donations welcome. Contact Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org. To register, click on the link accompanying this program's listing at jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website at jewelheart.org.

Zen meditation and service; Informal conversations on the Dharma with Marta Dabis • First and Third Sundays: July 18, August 1, Aug 15 • 11:00 a.m. meditation; 11:40 a.m. service • Traditional Japanese Zen Buddhist meditation in the lineage of Shrunyu Suzuki, followed by Buddhist chanting in English and Japanese, and an informal conversation about Buddhism. Donations only. Contact Marta Dabis at 248-202-3102 or JissoJiZen@gmail.com; JissoJiZen.org.

Meditation and Discussion with Ann Arbor KTC • Wednesdays • 7 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. For more information contact Caitlyn at cdbuchanan325@gmail.com or visit them online at annarborktc.org.

Ceremonies, Celebrations, and Rituals

Ryaku Fusatsu - Full Moon - Vow Renewal - Ceremony with Marta Dabis • Fourth Sunday of each month through August 22 • 11:00 a.m. • After 40 minutes of Zen meditation, a traditional Japanese Full Moon (vow renewal) ceremony will be held in English. Donations only. Contact Marta Dabis at 248-202-3102 or email JissoJiZen@gmail.com; JissoJiZen.org.

Death and Dying

Death Cafe with Rev. Annie Kopko via Zoom • Monthly on First Tuesdays, through August 3 • 6:30 p.m. • Discussion of Death and Dying. Free, but donations appreciated. Contact the Interfaith Center for Spiritual Growth at 734-327-0270 or interfaithspirit.org.

Dreamwork

Dream Encounters (When it's not "just a dream.") with Michelle McLemore, CHTP, Rev. • Sunday, August 8 • 2 p.m. • Discuss spiritual and other encounters that can occur during sleep. Examine your dream "tells" that reveal you are not just dreaming. Techniques for staying within the encounter as well as to disengage and wake as needed will be offered. 1.5 hour with time for discussion. \$50. TBD if on-site or via video conferencing. Contact Michelle at 517-270-0986 or energy@michellemclemore.com; [facebook.com/MichelleMcLemoreHealingGuide](https://www.facebook.com/MichelleMcLemoreHealingGuide).

Exercise and Fitness

Exercise and Fitness Virtual TRX Suspension Class with Gwyn Jones • Through September • Wednesdays 8:15-8:45 a.m., Fridays 8:15-8:45 a.m. • TRX is suspension training workout that will give total-body health benefits for everyone. Gravity is your resistance here, so adjusting and modifying your moves gives you the advantage to choose the level of difficulty you want. Modifications are given for every move, so you always keep building workouts. TRX will challenge your strength, core,

and cardio individually or all at once. Students will need their own straps. \$10. Contact Gwyn by filling out an online form at gwynjonespilates.com.

Mindfulness

Mornings of Mindfulness with Esther Kennedy, OP • July 10, August 7 • 10:00 a.m. • We gather monthly as a Mindfulness Community to deepen our understanding and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amp up our capacity to be love within family, neighborhood, city, and world. \$15; \$40 for all three. Contact the Weber Center at 517-266-4000 or webercenter@adriandominicans.org.

Sufi Chanting, Movement, and Meditations with Imam Kamau Ayubbi • Every Tuesday through August • 6:30 p.m. • Sufi study and celebration via Zoom. Donations \$5-10 per class. Contact the Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Training for Teaching Youth Mindfulness (2-day workshop) with Rita Benn, Kristin Ervin, and Mary Spence • Tuesday & Wednesday, August 3 - 4 • 9:00 a.m. • Educators and mental health professionals will learn to translate their personal practice of mindfulness into the classroom and clinical setting. We will share ideas on how to address our collective trauma using the skills of mindfulness. We will focus specifically on adapting key mindfulness practices for emotion regulation and stress management. Participants will explore teaching these

practices in breakouts with their peers under the guidance of the instructors. Scripts and handouts will be provided. Participants will have opportunity to take time in restorative mindfulness practice in a retreat like, nature setting by the lake. CEU's and SCECH's provided. \$255 by July 15; \$295 after this date. Contact info@mc4me.org.

Retreats

Joyful Summer Retreat: Kingdom of the Mind—Mind and Mental Faculties with Demo Rinpoche • Friday, August 20 - Sunday, August 29, 8:30 a.m. • The mind is mirror-like, luminous, and rich with possibility. Yet, when obscured by negative thoughts and emotions, we experience life as confusing and harsh. Come explore the mind and its inner workings and gain understanding of how we can fulfill our greatest potential. \$475/Jewel Heart Members, \$550/Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website's retreat page at jewelheart.org/retreats. For more information, call Jewel Heart at 734-994-3387 or email to programs@jewelheart.org. jewelheart.org.

Shamanism

Medicine For the Earth/Healing With Spiritual Light • Saturday, July 17 • 9:00 a.m. • This class will run two consecutive weekends, July 17-18 and July 24-25, from 9am-4pm each day. 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 are not necessary. All levels and traditions are welcome. The class will be taught online via ZOOM. \$360, repeating students \$125. for more information or to register visit judynamsey.net.

Spiritual Development

Peace Generator (via Zoom) with Craig Harvey • Friday, July 16, August 20 • 7:00 p.m. • Meditate, pray, and set intentions for peace. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Stress Management

Stress Management Traumatic Incident Reduction Workshop with Marian Volkman • August 3 • 10:00 AM • 5 day online workshop 10-4 each day Practical Trauma and Stress Resolution. Move Beyond Symptom Management to Effective Trauma Recovery. Continuing Education credit available for Social Workers. Learn to use (TIR) Traumatic Incident Reduction, effective for reducing and eliminating after effects from: Stress, Difficult relationships, any upsetting, severe or shocking event War trauma, either received, caused or observed, trauma caused as well as received or observed, including domestic violence,

JUDY LIU RAMSEY CONSULTANT & PRACTITIONER



Heart To Heart

SHAMANIC HEALING
ANIMAL COMMUNICATION
CLASSES • CEREMONY
CONSULTATIONS

ramsey.judy003@yahoo.com
<https://JudyRamsey.net>

accidents and injuries, losses of all kinds, unwanted feelings or thoughts. \$695. Contact Marian Volkman at marian@tir.org or 734-662-6864; or visit appliedmetapsychology.org/professional-training/meet-the-trainers/marian-volkman/

Tai Chi, Martial Arts, and Self Defense

Yang & Chen Tai Chi: Beginning/Intermediate with Karla Groesbeck • On-going, Everyday • Visit website for course times • Multiple classes: Qigong & Easy Tai Chi, Tai Chi for Mobility Maintenance, Yang & Chen Long & Short Forms. Free/Low Fee. Contact Karla Groesbeck at 734-325-4CHI or info@taichilove.com; taichilove.com.

Classes with Asian Martial Arts Studio • Ongoing, In-Person classes. Visit website for dates/times • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Children's classes offered also. Contact Asian Martial Arts Studio at 734-994-3620 or info@a2a.m.as.com; or visit a2a.m.as.com.

Writing and Poetry

Sit. Stop. Write. Zen and Poetry workshop with Dmitry Berenson • Sunday, July 25, August 22 • 1:15 p.m. • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We will 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 only. Contact Marta Dabis at 248-202-3102 or JissojiZen@gmail.com; JissojiZen.org.

Crazy Wisdom Poetry Workshop (via Zoom) with Edward Morin, David Jibson, and Lissa Perrin • Monthly, Second Wednesdays: July 14, August 11 • 7-9 p.m. • Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Until further notice, all sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. Free. Contact Edward at 734-668-7523 or eacmorso@sbcglobal.net; <https://cwcircle.poetry.blog/>.

Crazy Wisdom Poetry Featured Readers (via Zoom) with Carolyn Wright, Kelly Fordon, and William Trowbridge • Wednesday, July 28 • 7-9 p.m. • Each night one featured reader will share for 50 minutes, followed by an 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. Wright will share in May, Fordon in June, and Trowbridge in July. Until further notice, all sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. Free. Contact Edward at 734-668-7523 or eacmorso@sbcglobal.net; <https://cwcircle.poetry.blog/>.

Writers' Workshop: Summer Flourishings with Tarianne DeYonker, OP, MSW • Thursdays, July 22, July 29, and August 5 • 6:00 p.m. • Come gather with other creative writers for time set aside to express what's been hidden inside but longs to enjoy the light of long summer days. Whether you write as spiritual

practice or to give creative expression to your ideas and feelings, consider joining a supportive group of writers and invest the time. Cost: \$80 full series. Registration Required. Contact the Weber Center at webercenter@adriandominicans.org or 517-266-4000.

How to Get Your Children's Book Illustrated and Published with Upasna Kakroo • Saturday, July 17 • 12:00 p.m. • Upasna Kakroo, illustrator and co-author of the children's book Lil' Danny Runs A Race, will share her journey of how to get from concept to finished product in the genre of Children's Literature. \$5. Contact Clementine at fitfundone@gmail.com.

Yoga

Virtual Yoga Classes with Imagine Fitness • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. \$21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Beginning/Supported Yoga (online) with Sue Salaniuk • May through August • 10:00 a.m. • Yoga for beginning students or those who wish a more supported approach. \$98/week or \$15/single class. Contact sue@yogaspacennarbor.com.

Experienced Intermediate Yoga (online) with Sue Salaniuk • May through August • 6:00 p.m. • For experienced students who are working on inversions or appropriate alternatives. \$98/7 weeks \$15/class. Contact sue@yogaspacennarbor.com.



Get your calendar listings in by
Monday morning at
10 A.M. for the next Crazy
Wisdom Weekly Issue!
[Send your listing in here.](#)

**Forget not that the earth
delights to feel your bare
feet and the winds long to
play with your hair.**

—Khalil Gibran

