

Sarah DesJardins,

*Owner of Souls at Play Center
for Creative Therapy*

July 30, 2021

Issue #63

A woman with blonde hair and a blue scarf is sitting at a table. In front of her are several items: a potted plant with purple flowers, a small white container, a basket of greenery, and a tray of muffins. The background shows wooden kitchen cabinets.

The
Crazy Wisdom
Weekly

shining a light in the dark



The Crazy Wisdom Weekly



*advocate
unify
strengthen*

Are you an artist or an art supporter?
The Chelsea Arts Initiative was developed to build more synergy and awareness of the artists and art organizations in the Chelsea area. Please complete this form to contribute to a digital “ART HUB” directory for and about the arts community. This form helps us know who you are and understand how you’d like to be included!

[Fill it out here!](#)

Table of Contents

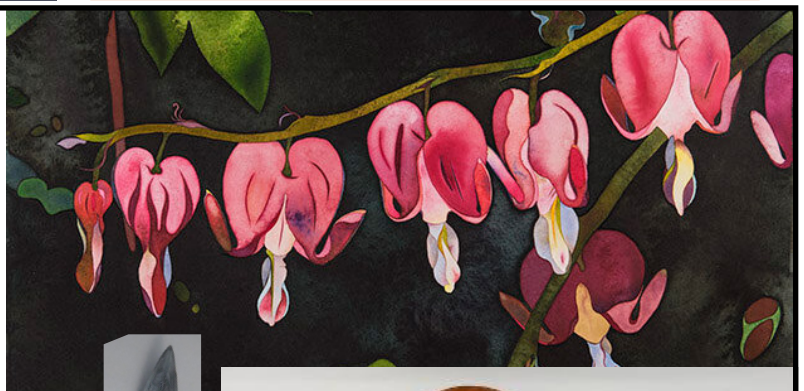
Word of the Week	page 4
International Day of Friendship By Julie Dion.....	page 5
Measuring the Physics of the Aurora Borealis.....	page 6
Divine Order—Not Disorder By Hannah Stephenson.....	page 8
Astrology: The Original Internet By Susan McMullen.....	page 10
The Crazy Wisdom Weekly Calendar.....	page 13
A Final Thought.....	page 16

Art Sale at The Valley

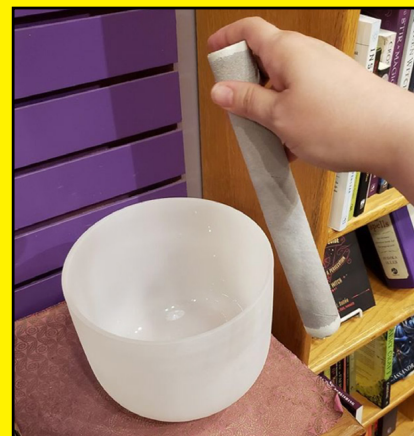
**Tuesday, August 3 through
Thursday, August 5, 2-8 pm**

Browse original fine art and objects, add beauty and interest to your home, find unique gifts and treat yourself to something wonderful you won't find anywhere else!

The Valley is located at
7650 Scio Church Rd.
Ann Arbor, MI 48103



Crazy Wisdom Bookstore Stop by and check out what's new!



**Summer Hours at Crazy Wisdom Bookstore
Monday-Thursday 11-7, Friday-Saturday 11-8, Sunday 12-5**

**114 South Main Street, Ann Arbor, MI
734.665.2757 - crazywisdom.net**

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.

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.

Copyright © Crazy Wisdom, Inc., July 20, 2021.
[Cover image by Jennifer Marquez.](#)

Thank you to our contributors for this issue:

Julie Dion
Hannah Stephenson
Mary Bortmas
Jennifer Carson
Carol Karr
Bill Zirinsky



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

INTERNATIONAL DAY OF FRIENDSHIP

ANN ARBOR TEEN FOSTERS FRIENDSHIPS AROUND THE GLOBE IN AN EFFORT TO CREATE REAL CHANGE



By Julie Dion

Friday, July 30th, celebrates the International Day of Friendship which was created with the idea that friendship between people, countries, and cultures can inspire peace efforts and build bridges between communities.

This observance encourages young people to act as leaders, get involved in activities that include different cultures, and promote respect for diversity.

Each year, Operation Smile hosts its International Student Leadership Conference (ISLC). This conference seeks to help students develop and strengthen their leadership skills and character, provides training on how to help those in developing countries, and exposes them to different cultures. This year, the conference was held virtually via Zoom from July 12 – 14.

Sydney Proudlock, a student at Pioneer High School, served as a team leader at this year’s conference. She is passionate about connecting with students from around the world, forming friendships, and working together to make a difference.

Sydney became involved with Operation Smile the summer before going into her sophomore year when a close friend of hers who was born with a cleft palate shared her story of recovery.

“She shared with me how she had received surgery as a baby which allowed her to have the healthy life she’s grateful to live today,” Sydney said. “She mentioned that organizations like Operation Smile provide these surgeries to children, and having a longstanding interest in science and medicine, I decided to become involved,”

Since then, Sydney established the Operation Smile club at her school which boasted over 60 members its first year. Sydney encouraged her peers and helped the club to fundraise and participate in service projects throughout her city. Most recently, Sydney served as a team leader during Operation Smile’s annual ISLC.

“One of my favorite components of the ISLC is the diversity of students, staff, and educators. Being a team leader of a student group meant that I was able to personally connect with each of my members. I met students that were time zones apart who spoke multiple languages thousands of miles away from me,” Sydney explained. “What I took away from this experience is that we as humans are not as different as we think sometimes. We can be united by a shared interest or passion even though we’re on opposite ends of the world.”

For Sydney, her time spent volunteering with Operation Smile and serving as a team leader during this year’s conference has helped her to realize the importance of building relationships with different people, countries, and cultures.

“Throughout my time with Operation Smile, I’ve realized that people, no matter how different they may seem, no matter where they come from or what they look like, can become united by a common goal,” Sydney said. “It’s so important to build relationships with people from different backgrounds because it fosters positivity and good in a world that’s going through difficult times and will continue to face obstacles. Having these good relationships allows more people to work together to carry out important missions: like providing life changing surgery to children around the globe.”



Operation Smile revolutionized cleft surgery globally in 1982. With nearly four decades of experience as one of the largest surgical volunteer-based nonprofits, Operation Smile staff, its private-public partnerships and thousands of volunteers have improved the health and dignity of patients with cleft conditions, helping them to better breathe, eat, speak and live lives of greater quality and confidence.

While one cleft surgery can bring immediate transformation to a child’s life in as little as 45 minutes, Operation Smile is committed to providing patients with health that lasts—being there to offer patients additional surgeries, dentistry, psychological services, speech therapy and other essential cleft treatments. You can learn more about its transformative and healing work by visiting operationsmile.org.

TOUCHSTONE



Come Home To Cohousing
jane@praxisproperties.org

560 Little Lake Drive, Ann Arbor, Michigan 48103

New Condos
3 Floorplans
\$334,000 - \$408,000

9' Ceilings, Maple Cabinets,
Granite Counters, Appliances,
Deck, Walkout Elevations

Call Now 734-323-0019

touchstonecohousing.org



Measuring The Physics of the Aurora Borealis

The shimmering displays of the aurora borealis have always fascinated humankind, first inspiring both awe and fear for their seemingly mysterious origin but more recently capturing the attention of scientists curious to explain what causes this natural phenomenon. Discrete auroral arcs, the most widely known type of aurora, appear as bright and undulating curtains of light. One of the proposed theories to explain the discrete auroral arcs suggests that powerful magnetic waves called Alfvén waves accelerate electrons traveling down along Earth's magnetic field, which then collide with oxygen and nitrogen molecules in the thin air of the upper atmosphere and cause the molecules to emit auroral light. However, a real-world demonstration of how auroral electrons are accelerated down towards the Earth has remained elusive until now.

In a recent article published in the journal [Nature Communications](#), a team of researchers from the University of Iowa, Wheaton College (IL), UCLA, and the Space Science Institute have demonstrated the acceleration of electrons by Alfvén waves under conditions corresponding to Earth's auroral magnetosphere using laboratory experiments on the Large Plasma Device (LAPD) at UCLA's Basic Plasma Science Facility. The electrons were shown to "surf" on the electric field of the Alfvén wave, a phenomenon known as Landau damping, in which the energy of the wave is transferred to the accelerated electrons, analogous to a surfer catching a wave and being continually accelerated as the surfer moves along with the wave. Numerical computer simulations and mathematical modeling showed clear agreement with the signature of electron acceleration measured in the laboratory, confirming the first direct experimental demonstration that Alfvén waves can produce accelerated electrons that cause the aurora.

Dr. Jim Schroeder of Wheaton College, first author of the work, said, "For a long time, the start of the auroral process with violent activity at the Sun and the end, with electrons crashing into the upper atmosphere to give off light, have been known. What has remained unknown are the steps in between. This finding supplies an important piece of the puzzle...."

Understanding the physics of nearEarth space is practical, too. Our society has become dependent on this region of space, heavily populated with satellites, for communication and navigation, and the dynamics of geomagnetic storms and the aurora can adversely impact those satellites."

"This work brings together the cutting-edge in both laboratory experiments and theoretical techniques," said SSI Research Scientist Dr. Seth Dorfman, a coauthor on the paper. "By mastering both the experiment and the theory, [first author] Jim [Schroeder] was able to clearly show that the signature from the lab observations corresponds to electron acceleration by Alfvén waves." Dr. Dorfman helped the team perform the LAPD experiments in his prior position as a postdoctoral fellow at UCLA.

The principal investigator of the primary National Science Foundation/Department of Energy project grant, Dr. Gregory Howes from University of Iowa, noted, "Showing how electrons surf on Alfvén waves above the aurora in the laboratory would not have been possible without bringing together the expertise of scientists that design and perform laboratory experiments, others that build instruments for spacecraft and measure the dynamics of the aurora in space, and still others that devise new theories on how to measure the acceleration of the electrons in space. In addition to resolving a long-standing scientific question about one of the causes of the aurora, the funding for this project has also supported the training of six young scientists who have all gone on to professional careers as faculty members and research scientists at universities and research institutes."



For more information on this project, [please visit the University of Iowa physics homepage.](#)



From Issue #77

How Sarah DesJardins' Personal Journey Informs Her Equine Therapy and Energy Healing Work

By Hannah Stephenson • Photography by Mary Bortmas

for Creative Therapy.

(Editor's Note: There are quite a number of equine therapists, and equine-facilitated learning stables, in southeastern Michigan. One of our writers, Hannah Stephenson, suggested profiling one of them—Sarah DesJardins, who is exceptional in that she is combining equine therapy and energy healing, and working with children, adults, and families. In addition to offering energy-based equestrian therapy, she is deeply committed to offering trauma recovery services. Healing from trauma is something DesJardins knows a good deal about. On her website, she notes that she is a survivor of incest, and suffered severe physical, sexual and emotional abuse as a child, and she has had a long journey of healing. One of her life challenges has been living and working with Dissociative Identity Disorder (DID) – how to understand it, how to construct a positive life with it, and how to help heal others. She is now doing ground-breaking work in this area, and readers can use the links we provide to hear her talk about it.

Now 57, she was raised in New York, spent her summers in northern Michigan, and spent a few years in schools in Vienna, Austria. For more than 30 years she has lived in the Ann Arbor area, and now resides in Manchester. She also has a son, who is 31.)

Down a country road and around a corner in lovely Manchester, hot tea and home-made chocolate-chip cookies (my favorite treats) awaited my arrival at Souls at Play Center for Creative Therapy. This was my third time seeing Sarah DesJardins. The first was at the [Spring 2015 Holistic/Psychic Fair of Ann Arbor](#), where as a guest speaker, she presented a powerful seminar—"Psychic Awareness: The Silver Lining of Trauma"—maxing the venue's capacity.

That experience prompted my arranging a field trip for a sample equine therapy session with my Onsted High School Psychology and Stress Management classes. While there, I watched an introverted young man (identified by the Special Education department as Emotionally Impaired) triumphantly manage a 1500 pound, 16 hands tall, magnificent Friesian horse under DesJardins' coaching. His smile lasted for weeks.

As Stephenson reports, DesJardins is highly attuned, and she brings to bear intuitive and psychic capacities in reading people, their energies, and their soul work. She has also spent many years as a gardener/landscaper, and she incorporates nature, cooking, laughter and love into her healing work as the owner of Souls at Play Center

This visit would be our first in-depth conversation about how DesJardins finds joy in “helping people connect with their soul and start expressing it.”

DesJardins earned her Bachelor of Science in Clinical Laboratory Science from the University of Kentucky. After the sudden death of her husband in her 30s, she left the field and drew from her long-term love of gardens to begin a landscaping business. DesJardins’ inspiration for each garden created was to “make people feel better and promote healing for those who had suffered trauma or loss.” In the creation for others’ healing, her own was nurtured.

It was also during this time that DesJardins’ latent abilities to read animal, as well as human, conscious and subconscious energy surfaced. It began the exploration to help herself and others “listen to the Self where the heart is.” She has since provided psychic and energy sessions for 14 years. Add this to her total 25 years of horse experience and her 10 years offering equine therapy with Friesians, and it is understandable that she was able to synthesize her skills into a ground-breaking format. Clients of DesJardins have ranged from individuals and couples to parents, families, foster children, horse owners, and corporate team builders. By helping clients to increase Self-awareness, they garner a multitude of gains: peace, increased self-esteem, improved relationships, self-empowerment, hope, and the opportunity to reconnect with the ability to play—which, DesJardins believes, most adults have lost. She has found “the most direct route to the soul is through the innocence and joy of play, hence, the name of the center.”

DesJardins wants “people to know the uniqueness they bring, and that the world is enriched by their presence.”

Helping people on their journey of healing from eating disorders, trauma, sexual abuse, and Dissociative Identity Disorder (DID), formerly known as Multiple Personality Disorder, is a special passion. By offering experiential-based creative therapies, DesJardins creates a safe, empowering environment to nourish self-discovery needed for healing.

Jennifer DeVivo, LMSW, ACSW Executive Director of Fostering Futures in Ann Arbor refers clients to DesJardins. “I am a clinical social worker who often comes across very tough cases of trauma. In the instances when I have very complicated trauma in a child or teen, and an open, willing parent who is also willing to do their own work with their child, I want them to go see Sarah. I know she will provide a clearer picture of the core issues that are standing between the family and emotional peace. I also know she will walk through the hard work of change with her clients.”

DeVivo continued, “I also love to recommend Sarah to adults who feel they aren’t sure what to do next in their lives, but truly want to grow. Sarah’s perspective and

information makes paths visible that were there all along but may have been hidden by our limiting beliefs about ourselves and life’s possibilities.”

Equine Assisted Learning

“Through her equine therapy, Sarah Desjardins quickly elucidated dynamics between my partner and me,” said Lorri Coburn, MSW, about a personal session with Sarah. “We were able to see and experience them first-hand, as the horse mirrored our issues. As a psychotherapist myself, it’s apparent the one session of Sarah’s equine therapy may be equal to several sessions of talk therapy.”

DesJardins explained that horses instinctually monitor their surroundings to stay safe and are thus experts at reading energy. Their behavior shows externally what you are feeling internally. Their reactions to a client’s instruction will reveal the client’s emotional, psychological, or sometimes even physical concerns. If a person gives up too easily, doubts their authority to direct others, or gives mixed signals—the horses respond accordingly.

During one session a 12-year-old boy was asked to back up a horse. The child verbalized the request, but internally doubted he could do it (he admitted during the debrief). The horse did not move. When told to repeat the command, the boy did verbalize again but with even less presence than before. Completely disinterested, the horse walked away. The child threw up his arms saying, “See I can’t do anything, let’s just go.” He too, began walking away.

The whole interaction demonstrated that the child had little faith in himself and as soon as uncomfortable feelings surfaced, instead of being persistent or asking for help, he abandoned the situation. Instead of moving through the feelings of not being acknowledged, nor heard, he quit to avoid facing failure. This is a sample of how Equine Therapy, or Equine Assisted Learning, can bring deep internal issues to light. Once identified, the internal beliefs can be addressed.

In this case, DesJardins reoriented the child to a place of self-empowerment. Together they discussed the feelings and the self-defeating thoughts he was telling himself. Given a way to revise his self-perspective to a positive self-image along with visualizing a successful completion of the task, the boy again attempted the activity. This time, the horse responded to his direction.

DesJardins combines her personal experience and horse training with the philosophies of holistic horsepersons such as Klaus Hempfling (a specialist in communication and human movement). Like Hempfling, DesJardins does not use any means of physical forcible control. Her voice, light touch, and energetic presence provides the guidance to the animals. She is also a member of the Professional Association of Therapeutic Horsemanship, which was established in 1969 as the North American Riding for the Handicapped Association, to foster equine therapy.

[Continue reading about Souls at Play at crazywisdomjournal.com.](http://crazywisdomjournal.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!

On shelves now
or

[Subscribe Here!](#)



Deep Spring Center
for Meditation and Spiritual Inquiry

New Expanded Fall Program!

The Eden Project, Classes, Retreats,
and Silent Meditation all via Zoom

Join us on our path to living a life of loving-kindness
with non-harm to all beings. Experience the wisdom
and compassion of Aaron, as channeled by our
founder and guiding teacher, Barbara Brodsky.



DeepSpring.org | info@deepspring.org | 734.477.5848

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



By Susan McMullen

We each have a cosmic blueprint downloaded in the moment of our first breath. Astrologers call this the natal or birth chart, and see this as a roadmap highlighting our pathway through life. Free will, past lives, and our environment temper how we use our birth chart in our years on earth. Astrology is a wonderful tool that gives us insider information to make sense of patterns, gifts, and tendencies that may otherwise seem mysterious.

An astrology chart divides a 360-degree circle into 12 houses that are arenas in which we play out different aspects of our lives. The placement of the planets in 12 zodiac signs and houses, and their relationship to each other, create energy patterns that influence us.

Have Jupiter in your first house? Weight may be a challenge, given Jupiter's gift of expanding everything it touches, and knowing that the first house represents the body. Erratic personal and professional relationships? Let's look at your 7th house for some insights.

Difficulty with one or both parents? Where are Saturn and the moon in your birth chart? What planets are in your 4th and 10th houses? Would you like to find your purpose in life? Your North Node is a treasure trove of information about your unique gifts.

It's exciting for me as an astrologer to see a light kindle in someone's eyes as they realize that their creative urges, the type of relationships they attract, or their intuitive gifts are all evident in their birth chart. I can validate that there is a way through repeated difficult patterns by drawing on strengths clearly spelled out in their chart.

I did an astrology reading with a client this morning. She is sensitive, loving, and compassionate. She is so very attuned to the needs of her family that she felt she has lost herself. Her North Node in Gemini (mental energy) in her 4th house of home and family is her way out. She can call on her strong left brain to make rational choices about what is reasonable support to extend to her family. Her Taurus sun (strong earth element and sense of self) and four planets in Aries (fire energy) can be her core of strength to stand up to long established patterns of fixing everything for everyone. When she left the reading today she

had a renewed sense of her own worth and a restocked toolkit to move forward in her life.

What would you like to do with your life? Do you have direction, a sense of purpose? Do you have a strong sense of your own value? When you hit a rough patch, do you know your internal strengths that can carry you through?

An intuitive, empathic astrologer can gently guide you to release self-limited thoughts. An astrologer can highlight your gifts and unique abilities, and help restore your sense of purpose.

We all have our place in the world. Each of us is a valued co-creator of our collective energy. Each time a soul steps forward to shine their light, we are all made richer.

How is astrology the original internet? Both astrology and the internet are worldwide networks of data. Astrology has been used to guide humankind's actions since we began gazing at the stars.

We figured out that events on earth are linked to recurring planetary movements, validating the effectiveness of astrology. Astrology is stepping into the forefront of personal and transpersonal growth. Like the internet, this ancient and current blend of art and science is available to everyone, now.

Susan McCullen can be reached via email at mccullensusan@hotmail.com. In addition to personal astrology readings, she leads an astrology meetup. Find out when at: <https://www.meetup.com/AstrologyExplorers/>.

[Read the original essay online!](#)

Belong! Explore! Become!

Find Your Way at The Institute!

Inspire a world of health! Your diploma in Massage Therapy, Natural Health, or Holistic Doula is here.

Call Now to Find Out More!



Naturopathy

(each year 600 hours)

- Natural Health Educator.....1st Year
- Natural Health Therapist.....2nd Year
- Natural Health Practitioner.....3rd Year
- Certified Naturopath.....4th Year

4th Year graduates are eligible for Doctor of Naturopathy National Test & Title

Massage Therapy

Therapeutic Bodywork Practitioner...1 Year

Holistic Doula Practitioner

Certificate Course.....3 Classes
Diploma Course.....7 Months

All Classes Meet on Weekends

Fri: 5-9pm and Sat & Sun: 9am-6pm
Naturopaths: 1 per month - Massage: 2 per month

Individual Classes:

*Herbology - Aromatherapy - Nutrition
Live Food Preparation - Light Healing Touch
Reflexology - Homeopathy & Much More*



(989) 773-1714 ~ Mount Pleasant, MI
contact@naturopathicinstitute.org
www.naturopathicinstitute.org

Over 25 Years of Experience ~ Licensed and Accredited

The Crazy Wisdom ^{weekly} Calendar



Bodywork and Body mind Therapies

Bowenwork4kids with Lisa M. Teets • 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: 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.

The Truth of Suffering (Applied Meditation Technology series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, August 7 • 9:00 a.m. • There are many obvious reasons for the various kinds of human misery, but underlying all of them are our own individual and collective actions, perceptions, and emotional reactions. Exploring these leads to a re-appraisal of our choices and a path to lasting happiness. \$25 Jewel Heart Members / \$30 Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website at jewelheart.org. Contact Jewel Heart at 734-994-3387 or email programs@jewelheart.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.

Festivals and Fairs

Detroit Conjure & Folk Magic Festival • Aug 14 • 10:00 a.m. • This festival brings people together to learn about various alternative spirituality, folk magical practices, folk traditions, and magic. We chose Proud Lake Recreation Area for its proximity to nature and peace. You can find out more about us at our Facebook Page known as Detroit Conjure LLC. It is a free event. Contact Kenya Coviak at detroitconjure@gmail.com; detroitconjurefestival.webs.com.

Nature & Nurture Farm Homegrown Harvest Festival • Aug 21 • 4 p.m. • Join Nature & Nurture Farm in community as we celebrate and give thanks for another bountiful growing season! There will be a tomato tasting, potluck, guided farm tours, live music, kids activities, a seed giveaway, silent auction, a bonfire, farm yoga, and more! Follow us on social media (FB/IG) and/or sign up for our monthly newsletter at the bottom of the home page of our website as more details become available. \$20-\$30 suggested donation, \$10 suggested donation for students, but nobody will be turned away for lack of funds. Event starts at 4pm and runs late into the night.

Please either come vaccinated or wear a mask. Advance permission needed for bringing dogs to the event. Please bring a lawn chair or blanket to sit on. People are welcome to camp on farm property Saturday evening (8/21) to Sunday morning (8/22). For more information email info@natureandnurtureseeds.com or visit natureandnurtureseeds.com.

Great Lakes Herb Faire with Tieraona Low Dog; other speakers include Jim McDonald, David Windston, Ellen Kamhi, Talal Al Hamad, Mimi Hernandez, Diana Quinn, Sajah Popham and Lottie Spady. • Sept. 10-12 • Annually, weekend after Labor Day • 4:30 p.m. • 7th annual Great Lakes Herb Faire! This year we will once again gather virtually in celebration of the sharing of herbal knowledge. Join us for a fantastic lineup of herbalists. \$100-\$150. Contact anna.motherbloom@gmail.com or info@greatlakesherbfaire.org; greatlakesherbfaire.org.

Meditation

Oasis of Sound: Sound Bath Meditation with Rob Meyer-Kukan • Saturday, August 14 • 7:00 p.m. • Join Sound Therapist, Rob Meyer-Kukan as he weaves together an oasis of sound with singing bowls, gongs, therapeutic harp and more. Allow the soothing tones of these instruments to transport you to a sacred space of calm and relaxation. Please bring a mat and any additional supports you would like for your comfort (blankets, pillows, bolster, eye pillow, etc.). Participants are required to wear a face-covering during this offering. \$25. Advanced registration required at forms.gle/72E7xdpr2mtcCdZc7. Space is limited to 8 participants. Please note that registration closes on August 13. Contact 7 Notes Natural Health at 248-962-5475 or rob@robmeyerkukan.com; robmeyerkukan.com.
Music, Sound, and Voice Singing for Comfort (via Zoom) with Interfaith Center for Spiritual Growth • Second Thursdays: July 8, August 12 • 7:00 p.m. • Music and song for comfort. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Mindfulness

Mornings of Mindfulness with Esther Kennedy, OP • 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 breakout 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.

Spiritual Development

Peace Generator (via Zoom) with Craig Harvey • Friday, 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, 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, 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 • 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/> at 734-668-7523 or eacmorso@sbcglobal.net; <https://cwcircle.poetry.blog/>.


Writers' Workshop: Summer Flourishings with Tarianne DeYonker, OP, MSW • Thursday, 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.

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.

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.



We might think we are
nurturing our garden,
but of course it's our
garden that is really
nurturing us.

-Jenny Uglow