

September 10, 2021

Issue #68

Dr. Diane Babalas
Chiropractor

The
Crazy Wisdom
Weekly

shining a light in the dark



The Crazy Wisdom Weekly

IMAGINE...

Imagine
a sky of blue.



Imagine
blue-gold birds
winging through
the sky.



Imagine
the dance
of twinkling stars.

Sri Chinmoy

[Meditation Ann Arbor](#)

Words of wisdom and bird drawings by Sri Chinmoy

Table of Contents

Word of the Week	page 4
The Witnessing of Miracles By Laura Kryzyzaniak.....	page 5
Ask for Help! By Diane Babalas, DC.....	page 6
Crazy Wisdom Book Pick of the Week.....	page 9
How to Smooth a Bumpy Back to School Experience By Catherine Fischer.....	page 10
The Crazy Wisdom Weekly Calendar.....	page 12
A Final Thought.....	page 19

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The Crazy Wisdom Community Journal

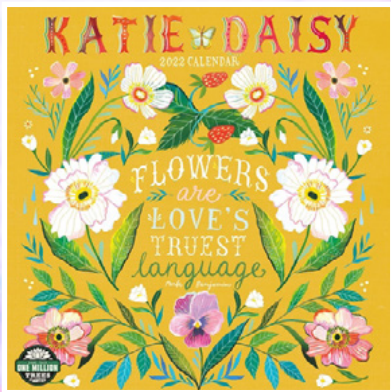
Look for articles on Jewel Heart's
Spiritual leader, Demo Rinpoche, Jewish Family
Services, psychedelic plant medicine,
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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

- Laura Krzyzaniak
- Diane Babalas, DC
- Catherine Fischer
- Jennifer Carson
- Carol Karr
- Bill Zirinsky



word of the week:

Faustian

Sacrificing spiritual values for power, knowledge, or material gain.

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 Witnessing of Miracles

By Laura Krzyzaniak

On July 24, 2021, 24 people headed to Kentucky Cornerstone Mission to do a week's worth of service in Beattyville, Kentucky. The team consisted of seven folks from Texas, 16 from Ohio, and one from Michigan—me. One week before our departure two of our four projects fell through. Our leaders, Eric and Lesa Bischoff were scrambling to find new projects. This is where we should have recognized there was going to be something special about our trip.

The Bischoff's contacted a friend, Martha Bishop, in Kentucky who started calling around to locate new projects for us. She soon contacted Pastor Jeff at Wide Creek Community Church. Incredibly, he broke down weeping because he said they had been desperately searching and praying for a contractor to come in and finish a Sunday school classroom they had added on to the building and there were other necessary repairs in the sanctuary as well. The project was big enough to keep a team of ten busy all week.

Bishop was also able to coordinate a team of three to minister to some of the homeless in the area. What great testimonies the ministry team received! They met so many who may be destitute by the world's standards, but oh, so rich spiritually.

Our third and fourth projects were at the same location, an old farmhouse in the mountains. The family we served has faced many obstacles and tragedies in recent years. Ms. Teri has had multiple strokes and a brain bleed, leaving her legally blind and unable to use her right arm. Her husband of 37 years, Tony, has to drive almost two hours to his job because there simply isn't work where they live. To make matters worse, their house is in severe disrepair. The bedroom floor was rotted through, and a large hole had given way quite some time ago.

We had a team of eleven at that location. The plan was for a team of three to repair the bedroom floor, a team of two to clean the inside of the house, and six working on painting the outside in hopes of sealing as many of the weathered spots

as possible—all of this in just four days. There were so many miracles taking place at this project!

We were able to scrape and paint the entire two-story exterior of the house. Our team not only replaced the floor joists, added new sub flooring, and new laminate flooring, but they were also able to fix both the front and back doors, put up a new porch ceiling, and rewire the porch light where Ms. Teri likes to sit—and they fixed the wheelchair ramp! The two working on cleaning the inside were also able to paint the bathroom and hallway.

Because the team working at the church finished a day early, their entire crew came to the farmhouse on our fourth and final day. They trimmed the trees, mowed the lawn, weeded the flowerbeds, got rid of some junk, and made it look like an "Extreme Home Makeover" project. It was an amazing transformation! However, the biggest transformation was in Ms. Teri. The woman who would hardly speak on the first day was sitting out under the tent with us at lunch time chatting it up by the fourth day. Such a joy to serve such a sweetheart. Early in the week Teri told me she could see things if they had white backgrounds, so I painted her a white sign that said, "Jesus loves you," in dark blue. When I presented it to her on our final day I asked if she could see it. She got the biggest smile and said, "Yes I can! Jesus loves me!"

You might think the miracles were done, but they were not. Because the projects that fell through would have cost much more than the repairs needed at the church project, we had just enough money left over to pay the remaining amount needed to finish building a retaining wall necessary to save the Kentucky Cornerstone Mission where we were staying. Due to extensive spring rains, the mountain the mission was built on has been washing away. Ms. Dora, who owns and runs the mission, has been working non-stop and praying diligently for the necessary funds to come in. Her favorite saying is, "If it's God's will, it will happen." What a joyful celebration when we were able to present her with the money needed to save her mission!

By Diane Babalas, DC

The weeks and months after my first child was born were some of the most difficult I have ever experienced. I was depleted from blood loss, and it felt like all the nutrients in my bones and muscles were being concentrated into the growing baby and breastmilk. For the first few days, my husband carried me down the stairs. He changed every diaper for the first month. However, the sleep deprivation, the intense emotional changes, and continual nutritional depletion converged to bring me to a point of stress in my system I was unprepared for and had little facility to manage. Adding to it, my beloved grandmother was very sick and dying. My parents and extended family lived in New England, and we didn't have as much support as we needed here in Ann Arbor. Needless to say, the strain played out in many ways in my closest relationships. I remember one day my husband lovingly suggesting I think about getting some help and I frantically yelled back, "I don't need any help!"

Why is it so hard to admit when we need help? Why is it even harder to ask for it? I learned from author and social work researcher, Brene Brown, that vulnerability is the thing we most want to see from others and the thing we least want to feel ourselves. Asking for help can bring up feelings of inadequacy, shame, or failure. As a chiropractor I have worked with many people over the years who have waited a very long time to ask for help with pain, physical disability, or an emotional burden. Without a doubt, it is easier to help someone resolve any situation as soon as they are aware of the problem, or imbalance, as opposed to months or years later. And yet, people have to be ready to receive help. Have you ever tried giving someone advice that they just weren't ready to hear?

Knowing when (and who) to ask for help and how to have compassion for ourselves are crucial steps to our growth, wholeness, and happiness. When I was getting ready to have our second child two and half years later, I hired a post-partum doula to help me in the weeks following our son's birth. I had learned from the past that I would need help with managing my own needs along with a toddler and newborn. I was so appreciative for the help our doula gave: cooking meals, doing laundry, letting me sleep or take a walk by myself. Gratefully, I had been able to learn what I would need and not judge myself negatively for needing it.

As humans, we seem to universally value independence and a sense of control. When circumstances get intense, we may encounter a kind of identity crisis when we finally face that

Ask for **HELP!**



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I remember one day my husband lovingly suggesting I think about getting some help and I frantically yelled back, "I don't need any help!"

we need help. Being a good problem solver and feeling competent are qualities I highly value. When the circumstances in my life made me feel incompetent, and I was faced with problems I couldn't see any solutions to, I felt stuck and in despair. What I've learned is it takes self-compassion but also grit and discipline to be able to get enough clarity to see the uncomfortable parts of one's self and then find a solution. When we can identify with more than just a small, constricted feeling we're having, we can see things in a more complete context. For example, the thought, "I'm totally exhausted, but I don't have time to rest"

can be seen next to the realization of how much time we spend worrying, replying to an email, or scrolling through social media. A deep breath and dose of self-compassion can illuminate the many pockets of time that could be used to feed your body's needs.

It's been said before, when we are in the vice grip of fearful and limited feelings, it helps to breathe. We need to have the discipline to come back to the breath, soften, and create a bit of space to widen our perspective. But, we need grit in this space, too, so we can see the uncomfortable parts of ourselves, show ourselves kindness and even humor, and act from this place. With meditation and other practices and a great partner, I'm still growing on my own and getting better at accepting the specific areas where I might need help and still feel grounded in a bigger sense of knowing who I am.

My day-to-day experiences as a chiropractor have revealed that people sometimes view symptoms in their bodies as failures.

I think it's powerful to remember for ourselves, and to teach our children, that getting support for our bodies and minds is a normal and healthy thing to do. Something does not have to be broken beyond repair and horribly painful in order to benefit from healing expertise, compassion, and wisdom. Knowing that it's normal to struggle with feeling vulnerable is in itself helpful. Counterintuitively, when we can own the knowledge that we need help, we can actually begin to feel more powerful and in control of the situation. Feeling heard and seen by another person is often potent medicine. In my chiropractic training, I was taught that the chiropractic adjustment is a two-way relationship. The person on the table is vulnerably bringing themselves. The doctor is receiving the person's story both through his or her words and in the language of the tissues, fibers, and tones of the body itself. The chiropractor's ability to deeply listen to the body and support it through touch allows the person on the table to access their own innate healing. I often say "thank you" during the adjustment process in my practice. This is because I know it is hard to lie there and be vulnerable, feel something uncomfortable, and still soften with it. I invite you right now to be vulnerable and soften inside. Thank you.

Diane Babalas, DC has been healing Ann Arborites since 2000. You can learn more about Diane Babalas on her website, Gatewaychiropracticbgi.com. Read the feature on Dr. Babalas in Issue #63 by visiting <https://bit.ly/3AdWJm3>. Her office is located at 210 Collingwood Road, Suite 100. Call (734) 239-6060 for an appointment.

The Crazy Wisdom Community Journal is looking for a few good writers! If you are interested in writing about either of the topics below, or have ideas for a feature article, please email our managing editor, Jennifer Carson, at jennifer@crazywisdomjournal.net.

In your email, please send a cover letter detailing your experience with the subject area, any previous publishing credits, and a few article ideas.



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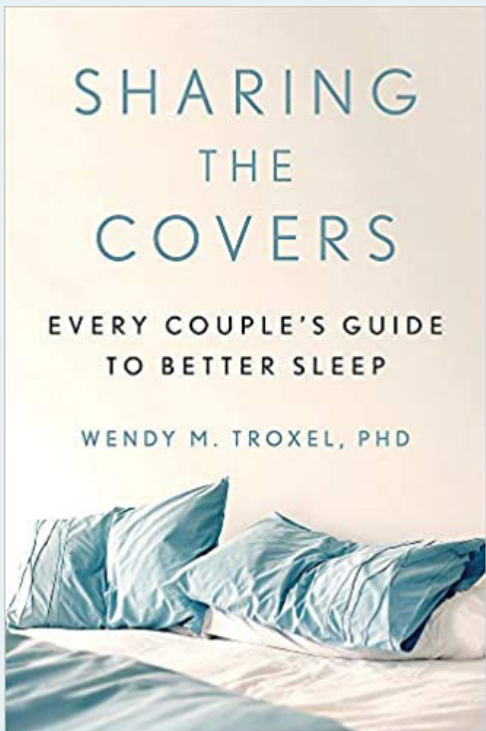


College Prep



RUDOLF STEINER SCHOOL
OF ANN ARBOR

Crazy Wisdom Book Pick of the Week



Help your relationships and your body with this definitive guide on sleep for couples—with proven strategies to improve both sleep and relationship health—by a clinical psychologist named as one of the top experts on the science of sleep.

Dr. Troxel says “Great sleep is the new great sex.” In *Sharing the Covers*, she shows couples how vital it is to “sleep like your relationship depends on it”—because in many cases, it does. With popular science and an in-depth understanding of a couple’s relationship to sleep and to each other on her side, Dr. Troxel leads couples through an entirely different kind of sleep book. She tells readers how to:

- Manage sleep cycles and sleep disorders
- Maintain a healthy sex life
- Decide on whether to ask for a “sleep divorce” and more

A good night’s sleep is critical to any relationship. Whether it’s stress, snoring, or insomnia that’s keeping you up, *Sharing the Covers* will help couples get back to sleep and get back to each other.

[Get your copy of *Sharing the Covers* at Crazy Wisdom Bookstore.](#)



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HOW TO SMOOTH OUT a BUMPY Back to School experience



By Catherine Fischer

Oh, boy, it's that time of year again. Many of us parents and guardians have been working through our checklists, buying new shoes for our kids (who've been barefoot or in sandals all summer), and picking out fall clothes for kids who've sprouted since June. We're smoothing the path as much as we're able, sometimes stopping by the school beforehand for trial runs, figuring out the bus schedule and aftercare, or maybe counting down the days until school starts again.

No matter what the lead-up to school looks like for us, we're all hoping for things to go well for our kids. But by now, some of us can already see that it's not going how we had hoped. Perhaps getting out the door in the morning is a struggle, or maybe our kids are coming home unhappy, angry, or withdrawn. Whatever is causing discord, when our children are struggling and things are out of balance, everyone in the family is affected.

If you're looking for ways to restore the harmony and happiness that seem to evaporate with the start of the school year, here are a few tips that can make a big difference for the whole family.

Focus on Connection

Children need a lot of connection. Human brains are wired to grow and learn in connection with other minds, and a sense of safety is necessary for learning to take place. However, even the most loving teachers cannot offer constant connection to the room full of children they are responsible for, and the expectations of school are more demanding on children now than ever before.

Keep in mind that children who have been in daycare for years will also have to adjust to the increased expectations for sitting in one place and listening quietly. There are also numerous academic expectations that have slowly crept into the earlier years of school, taking away much of the time children used to have for play. Even if a child likes school, he may come home with a bunch of feelings that have been stored up during the day.

Children often can't relax and enjoy their time with you and their siblings until they get some help reconnecting. So how do we address this basic, human need when we see our children are struggling?

Below are some ways you can help your child to reconnect with you.

Before school: Sometimes our hectic mornings can cause children to feel disconnected before they've even left the house. Try finding a way to slow things down for a few

minutes and spend some one-to-one time with a child before leaving the house; this seemingly small action can make a world of difference to the child, and may set the tone for his entire day.

At drop off: If your child's struggles begin when it's time to say goodbye, arriving a few minutes early to help them to settle into their classroom, and asking a teacher or caregiver to connect with your child before you leave, can help with the transition. Please don't leave without saying goodbye to your child! (More on this below.)

After school: Develop a connection ritual such as a high five, a warm hug, or a joke that gets everyone laughing. Try to hold off on your questions until after your child has had a chance to bask in your attention for a little while.

Expect Feelings

This is the piece of advice that might sound the most foreign. Rather than trying to set up a routine that always keeps the lid on our children's feelings, consider that the outpouring of emotion is part of what is needed to smooth the bumpy back-to-school feelings. Fears about separation, hurts from interactions with kids or teachers at school — even stored up feelings of boredom — will drive our children's behaviors off-track until they are released.

Once we've been able to successfully reconnect with our children — by sitting down to play Legos for five minutes before putting on shoes and leaving the house; by lovingly promising that we will be there at the end of day instead of leaving without saying goodbye; or by happily making eye contact and hugging them when they finish their school day before we start asking them questions such as, "What did you learn today?" — we are letting them know that we're here for them in language that their worried minds can understand.

When this happens, some of the feelings they've been trying to hold at bay might come pouring out. And when they do, we can offer them the following gift.

Make Time to Listen

Offering children our warm attention when they begin to cry or tantrum, rather than trying to get them to stop, offers them the opportunity to offload the upset that has stored up and regain their cooperative, confident nature. Time pressures can often make listening a challenge. If your child is having difficulty with getting out the door, or with drop off, try to leave some extra time for this part of the routine; it makes stopping to listen to feelings easier.

[Read the rest of Fischer's tips online!](#)

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The Crazy Wisdom Calendar

weekly



Book Discussion Groups

A Course in Miracles Study Group with David Bell • Weekly Mondays, September 13 – December 27 • 6:45 – 8:45 p.m. • Read and discuss A Course in Miracles. \$Free, but donations gratefully accepted. Contact interfaithspirit.org.

Bhagavad Gita Discussion Circle with Miranda and Kishor • Weekly Wednesdays, beginning September 15 – December 29 • 6:30 – 8 p.m. • Focusing on the timeless wisdom of the Bhagavad Gita, we read a group of texts together weekly and then Miranda and Kishor lead a participatory discussion where all attendees are welcome to share their insights as well as bring up questions for the group to consider. \$Free. Contact info@theharmonycollective.org or theharmonycollective.org.

Jewel Heart Readers with Jewel Heart Instructors • Monthly, Second Mondays: September 13, October 4, November 8, December 13 • 7 – 8:30 p.m. • Enjoy lively discussion on monthly Buddhist– related book selections with our community. All are welcome. \$Free. Donations are welcome. Contact for each month’s book selection and participation information. Email programs@jewelheart.org or call Jewel Heart at 734–994–3387. For more information, visit www.jewelheart.org.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom Meditation and Sharing with Still Mountain Buddhist Meditation Center • Weekly Sundays in September • 10 – 11:30 a.m. • Our Buddhist meditation and sharing session is open to the public. We sit in silent meditation for about 45 minutes and then allow open sharing, discussion, or teaching related to the Dharma. \$Free. Contact <https://stillmountainmeditation.org>.

Jewel Heart Sunday Talks: Ancient Wisdom: Modern Times with Demo Rinpoche or Gelek Rinpoche • Weekly Sundays, September 5 – December 26 • 11 a.m. • Enjoy one–hour Sunday morning talks with live presentations by Demo Rinpoche and video recordings by Gelek Rinpoche. Stay tuned for the moderated hour discussion after the talk. \$Free, but donations are welcome. Contact 734–994–3387 or email programs@jewelheart.org. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit jewelheart.org.

The Cause of Suffering (Applied Meditation Technology series) with Hartmut Sagolla and Supa (Greg) Corner • Saturday, September 11 • 9 a.m. – 1 p.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 reappraisal of our choices and a path to lasting happiness. (This workshop is one of several in the Applied Meditation Technology series that explores different approaches to gain deeper insight into our lives, aiming at gaining freedom from all suffering. All workshops include instruction, guided meditation, individual meditation, and discussion.) \$25 Jewel Heart Members / \$30 Non– Members. No one is turned away due to financial considerations. To register, visit jewelheart.org. For more information, call 734–994–3387 or e-mail programs@jewelheart.org.

Ceremonies, Celebrations, and Rituals

International Day of Peace Celebration • Saturday, September 18 Weekly • noon. • Verapose Yoga & Meditation House in Dexter announces the celebration of International Day of Peace and of the Peace Pole symbol. The public ceremony and celebration symbolize their commitment and contribution toward promoting more peace on earth. The public is invited to join in this dedication and celebration toward global peace.

The public is invited to join in the International Day of Peace Celebration on Saturday, September 18, 2021 from 12:00–4:00 PM at Verapose Yoga & Meditation House located at 3173 Baker Road in Dexter, Michigan. Refreshments, peace pole rededication, prizes and two FREE 30–minutes Sacred Sound Journeys with Victoria Schon will continue throughout the afternoon until 4PM. Visit <http://westsidearthop.com/> for more information.

September Full Moon Ceremony with Sacred Lotus Experience • Monday, September 20 • 6:30 – 10 p.m. • Reiki, Astrology Talk, Meditation, Bonfire, and S’mores. \$25. Contact Alicia Clark Teper at 734–945–5396 or sacredlotusexperience@yahoo.com; SacredLotusExperience.com.

Channeling

Evenings with Aaron with Aaron channeled by Barbara Brodsky • Tuesdays: October 19, November 16, December 14 (Christmas stories) • 7 – 9 p.m. • A weaving together of the components of The Eden Project (Mediumship, Eden Class, Dharma Path and Vipassana and Pure Awareness Meditation) with elements of practice or daily life. Suggested donation: \$10– \$35. Contact 734–477–5848; om@deepspring.org or deepspring.org.

Children and Young Adults

Youthful Spirits Class for Young People ONLINE with Heidi Kaminski • Weekly Sundays: September 12 – December 26 • 1 – 2 p.m. • Spiritual discovery for young people on Zoom. Details on web site. \$Free, but donations gratefully accepted. Contact interfaithspirit.org.

Cohousing

Cohousing Tours • Sundays • 2 p.m. • Every Sunday starting in September. Cohousing is a form of intentional community centered on the joy that comes from residents sharing their work, resources, and talents. The Ann Arbor area is unique in the US for having 3 cohousing communities. Come find out what it's all about. Meet at the Touchstone Common House, 560 Little Lake Dr., (734) 274-9110. Learn more at touchstonecohousing.org.

Dance and Movement

Belly Dance Fitness with Lora Forgiel and Cara Barket Yellott • September – December, Weekly • Sundays, 7 – 7:45 p.m.; Mondays, 8:15 – 9 p.m. • Come join us for 45 minutes of belly dance cardio. Learn how to belly dance and get your workout in for the day. Laugh, sweat, and dance. Connect with music and your body in a deeper way. No experience necessary. We are an Adrian sanctuary dedicated to empowerment. Join us for movement and health at Free to Be Yoga & Massage. \$First class on-site FREE. \$13 for drop-ins, \$108 for 10 class, or unlimited monthly membership for \$65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.

Glow Flow with Michelle McLemore • September – December, Weekly Wednesdays • 9 – 10 a.m. • Greet the morning with a 60-minute combination of slower flow yoga, Tai-Chi, pranayama, and basic dance from across cultures to open your energy anatomy and promote a positive mindset. Feel the magic of merging slow breath with intentional movements while toning and increasing flexibility. Low impact. No prior experience necessary. We are an Adrian sanctuary dedicated to empowerment. Join us for movement and health at Free to Be Yoga & Massage. \$First class on-site FREE. \$13 for drop-ins, \$108 for 10 class, or unlimited monthly membership for \$65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.

Mini-Band Class with Austeen Freeman • September – December, Weekly Thursdays • 5:45 – 6:15 p.m. • A 30-minute full body burn. Bring your own bands or use the studios as we target major muscles group in a HITT style workout. Great for any level, very low impact, and low resistance. Strengthens and tones the body. If you have your own resistance bands, please bring them. We are an Adrian sanctuary dedicated to empowerment. Join us for movement and health at Free to Be Yoga & Massage. \$First class on-site FREE. \$13 for drop-ins, \$108 for 10 class, or unlimited monthly membership for \$65. Please check website for current class options and pricing. Contact austeen.freetobe@gmail.com; freetobeyogamassage.com.

Death and Dying

End-of-Life Doula Training with Marilynne Rush ONLINE • Fridays, September 10, 17, 24, and October 1, 8 • 3 – 6:30 p.m. • The Dying Year EOL doula training meets five consecutive Fridays. Our six diverse teachers from varying backgrounds fully prepare you to offer your services to dying individuals and their families/caregivers. \$725; scholarships and payment plans are available. Contact Marilynne Rush at 734-395-9660 or thedyingyear@gmail.com; thedyingyear.org/end-of-life_doula_trainings.html.

End-of-Life Doula Training with Patty Brennan • Weekly Tuesdays, September 14, 21, 28 • 1 – 4:15 p.m. • Lifespan Doulas End-of-Life Doula Training covers how to provide non-medical comfort and support to the dying person and their family, in the final days, weeks and months of life. Professional training and certification online with Patty Brennan. \$697. Contact Patty Brennan at 734-663-1523 or patty@lifespandoulas.com; lifespandoulas.com/end-of-life-doula-training.

Ann Arbor Death Cafe • Saturday, September 18 • 10:30 a.m. • The Ann Arbor Death Cafe meets online every third Saturday of the month. 9/18, 10/16, 11/20, 12/18, from 10:30 – 12:00 pm. To receive the link, please send us your email. At Death Cafe, we talk about and increase awareness of death to make the most of our finite lives. All adults are welcome. For more information email Marilynne Rush, msh.rush@gmail.com or visit <https://www.thedyingyear.org/>.

Energy and Healing

Qigong with Master Wasantha Young • Weekly Thursdays, beginning September 16 for 10 weeks • 11:15 a.m. – 12:15 p.m. • Feeling like you could use some self-care techniques that will help to give you an energy cleanse and revitalize your sense of well-being? During these sessions you can learn basic qigong stretches, breathing, and visualization meditations, and self-acupressure (acu-points used in acupuncture) for just this purpose. \$150. Contact 734-741-0695 or Info@peacefuldragonschool.com; peacefuldragonschool.com.

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

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.

Ghidrah's Mystic She Ways Psychic Fair • Saturday, September 18 • 11 a.m. – 7 p.m. • Psychic readings, tuning fork healings, past life regression, tarot readings, crystal light bed, mini reiki, chair massage \$45 – \$70 per session. Contact Support@ghidrahs.com; mysticsheways.com.

Intuitive and Psychic Development

Focused Mind Meditation – Teleconference with John Friedlander • Monthly, first Sundays: October 3, November 7, December 5 • 9 a.m. – 12 p.m. • The development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability—as well as a whole new level or mental clarity and spiritual openness. \$15. Contact Violeta Viviano at mvaviviano@gmail.com or 734-476-1513; psychicpsychology.org.

The Heart of the Journey



It is my honor to combine over 20 years of teaching, energy therapies, and wellness coaching to help you feel better, more confident, and more capable of living a joyful journey.

Michelle McLemore, Healing Guide

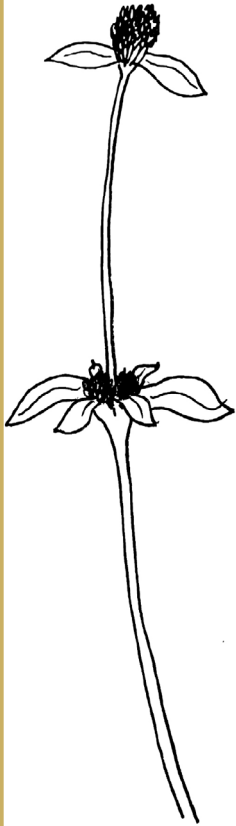
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Associate Editor needed at *The Crazy Wisdom Community Journal*. Work from your home. We are seeking an experienced and skilled editor to help work with our freelance writers. Knowledge about, and interest in, our subject matter would be a definite plus, but is not a prerequisite. This might average 10-20 hours per month, so it is a very part-time opportunity for the right person to slowly become a key staff person on a unique publication. One year minimum commitment. If you have a sample of an article or essay you've edited, please send a PDF along with your resume and cover note to Bill Zirinsky, Publisher and Jennifer Carson, Managing Editor at: crazywisdomjournal@crazywisdom.net.



COMMON GARDEN U-PICK FLOWER CSA



West Side Flower Farm to Host Community Writing Workshop

ANN ARBOR, MI (August 24, 2021) — Common Garden, an urban flower farm located on Mulholland Street in Ann Arbor, has invited local writer Jeanne Hodesh to lead a community writing workshop amidst its flower beds this fall. Hodesh is the first participant in the garden's ongoing artist residency program, which is funded by donations to the Common Garden Community Supported Agriculture program. The workshop, which is free and open to all, will be offered Sundays, September 5-October 10, from 10 AM to noon.

The workshop, titled "Sense/Change," will invite participants to employ their senses—sight, taste, touch, hearing, and smell—as they explore a series of writing prompts. They will also reflect on the theme of change, both as the garden transitions from summer into fall, and as the world at large continues to shift. Together, the group will write a collective timestamp of the garden and its community. No experience is required to join. Participants may attend any or all of the sessions. Writers are encouraged to bring a pen or pencil, and paper to write on. The workshop will culminate in a reading in the garden on Friday, October 15.

WHAT: Sense/Change Writing Workshop
WHEN: Sundays, September 5-October 10, 10 AM - 12 PM
WHERE: Common Garden, 302 Mulholland Street, Ann Arbor, MI

Common Garden 📍 302 Mulholland St, Ann Arbor 📧 commongarden@localpost.io

Healing and Compassion Meditations with Hartmut Sagolla • Weekly Mondays, through December 27, • 12 – 1 p.m. • 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, but donations are welcome. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit jewelheart.org, call 734-994-3387, or email programs@jewelheart.org.

Path to the Awakened Heart: The Yoga Sutras of Patanjali with Robert Jacobs • First and Third Thursdays: September 23, October 7, 21, November 4, 18, December 2 • 7 p.m. • This class will explore the Yoga Sutras of Patanjali. We will consider the Sutras from the point of view of Tantric Yoga, particularly the North Indian school of Kashmir Shaivism. This non-dual school emphasizes śakti, the divine energy of the Absolute that creates our universe and forms the basis of the streams of our Awareness. Along with studying the text, we will practice tantric forms of meditation to help us understand the sutras. Suggested donation: \$120– \$360. Contact 734-477-5848; om@deepspring.org or deepspring.org.

Myriad of Meditations (series) with Karen Greenberg •

Sundays, September 12, 19, 26; October 3, 10, 17, 24 • 10 a.m. – 12:30 p.m. • Meditation is an essential component to spiritual evolution. Learn a myriad of techniques to discover which resonate for you (possibly dissolving years of resistance to mediation). Learn meditations with fire, water, air, earth, with the Four Worlds, with different breathing, with Holy Geometry, sacred letters, powerful archetypes, spiritual beings, qualities of G– D, with movement, music, toning, colors, scents, gemstones, and trees, including several guided meditations through the Tree of Life. \$25 per class. Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Vipassana and Pure Awareness Meditation with John Orr • Wednesdays, September 15, 29, October 13, 27, November 10, 24, December 8 • 7 – 9 p.m. • Module 4 of The Eden Project. Deepening of Vipassana (Insight Meditation) and

Meditation

White Tara Guided Healing Meditation with Jewel Heart instructors • Weekly Sundays through December 26 • 9:30 – 10:40 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. Join us for a guided meditation using visualization techniques to overcome physical, mental, and emotional suffering. \$Free, but donations are welcome. To register, visit jewelheart.org/free-weekly-virtual-programs. For more information, visit jewelheart.org, call 734-994-3387, or email programs@jewelheart.org.

Pure Awareness. Designed for those who already have the basics and have the ability to be mindful in daily life situations. Developing and sustaining a daily formal meditation practice will be encouraged. Refer back to The Eden Project description (listed under Spiritual Development). Contact 734-477-5848; om@deepspring.org or deepspring.org.

Maha-Mantra Kirtan Jam with Devin O'Rourke • Thursdays, September 16 – December 30 • 6 – 8 p.m. • An immersive kirtan experience with the Hare Krishna maha-mantra. Musicians are welcome to bring instruments to join in for this fluid program and all levels of experience with kirtan are invited to join. Kirtan is meditation using mantras with musical accompaniment and provides an easy and pleasing atmosphere to focus the mind. \$Free. Contact info@theharmonycollective.org; theharmonycollective.org.

Mindfulness

Days of Mindfulness with Esther Kennedy • Monthly Saturdays: September 11, October 9, November 20, December 11 • 10 a.m. – 2:30 p.m. • Basic Connection, Looking Deeply, Wandering Mind, Wholeness, Happiness, Peace. Registration is required. \$35 (includes lunch). Contact Weber Center 517-266-4000; webercenter.org.

Embodied Resilience in Uncertain Times • Monday, September 13 • 7 p.m. • Free Introductory Webinar. Are you feeling stressed and uncertain as we continue to experience the current climate, public health, social and political crises? How do we find the strength and clarity to go forward in these challenging times? In this free webinar class, we will explore how yoga and mindfulness practice can help us cultivate the skills to stay centered during times of turmoil. Together with group coaching and guided discussion, this webinar offers an introduction to the up-coming 8-week workshop. Join us for this 90-minute class to connect in community and consider the possibility of how we might create a more just and sustainable future. For more information email Julie, jawh@comcast.net. or visit www.juliewoodwardmsw/workshop.

Music, Sound, and Voice

Sound Bath ONLINE with Rob Meyer– Kukan • Monthly first Sundays: October 3, November 7, December 5 • 7 – 7:15 p.m. • Come, settle into the safety and comfort of the combined sounds of singing bowls, gongs, chimes, and more as Sound Therapist, Rob Meyer–Kukan, weaves together a blanket of sound sure to comfort and relax the soul. Each month has a different theme: Sound Sanctuary, Mystery of Sound, and The Season of Hope. To watch/listen to this sound bath meditation, visit youtube.com/robmeyerkukan. A link will be posted on my Facebook timeline when the video is live. \$FREE, but donations gratefully accepted at paypal.me/robmk. Contact Rob Meyer–Kukan at 248-962-5475, rob@robmeyerkukan.com; fb.me/e/5hdyA8OnH.

Celebrate with Sound: Sound Bath Meditation with Rob Meyer–Kukan • Saturday, September 25 • 7 – 8:30 p.m. • Relax. Calm. Soothe. Renew... with the soothing sounds of singing bowls, gongs, and more. \$25. Advanced registration and payment by



Get your
calendar listings in by
Monday morning at
10 a.m. for the next
Crazy Wisdom
Weekly Issue!
Send your listing
in here.

September 24 are required to secure your space. Contact Rob Meyer–Kukan at 248-962-5475 or rob@robmeyerkukan.com; fb.me/e/Q37BfqrZ, robmeyerkukan.com.

Sacred Sound Journey with Victoria Schon • Mainly Saturdays: September 25, October 9, November 6, 27 • 6:30 – 7:45 p.m. • This is a non-invasive complementary healing modality that provides an environment of sound, tone and vibration to create harmony, order, and deep relaxation in which insights and a deep meditation state can be experienced. \$40. Contact victoria@veraposeyoga.com; veraposeyoga.com/events.

Professional Development

End-of-Life Doula Training with Marilynne Rush ONLINE • Fridays, September 10, 17, 24, and October 1, 8 • 3 - 6:30 p.m. • The Dying Year EOL doula training meets five consecutive Fridays. Our six diverse teachers from varying backgrounds fully prepare you to offer your services to dying individuals and their families/caregivers. \$725; scholarships and payment plans are available. Contact Marilynne Rush at 734-395-9660 or thedyingyear@gmail.com; thedyingyear.org/end-of-life_doula_trainings.html.

Evolving Your Doula Business Workshop with Patty Brennan • Saturdays, September 18, December 11 • 8:30 a.m. – 5 p.m. • Learn how to approach the business side of being a doula. How to get started, establish your value, grow your business, and more! \$247. Contact Patty Brennan at 734-663-1523 or patty@lifespandoulas.com; https://lifespandoulas.com/doula-business-workshop/.

Retreats

Can the Earth Heal? Insights from Teilhard de Chardin (Virtual presentation) with Ilia Delio • Saturday, September 18 • 9:30 a.m. – 3:30 p.m. • Global warming, racial conflict,

Mobility Maintenance, Yang & Chen Long & Short Forms. Free/Low Fee. Contact Karla Groesbeck at 734-325-4CHI or info@taichilove.com; taichilove.com.

Chen Tai Chi Chuan with Joe Walters • September 2 – December 30 • Monday & Thursday, 5 p.m., Saturday, 9:30 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. Visit annarbortaichi.com.

Beginner Tai Chi with Master Wasantha Young • September 13 – December 16 • Mondays, 10 – 11:15 a.m. Thursdays, 6 – 7:15 p.m. • \$195. You can attend one or both classes during the week. Contact Info@peacefuldragonschool.com or 734-734-7410 ext. 695; peacefuldragonschool.com,

Adult Martial Arts • Weekly Mondays and Wednesdays: September 13 – December 16 • 7:45 – 8:15 p.m. • The Chelsea ATAT Martial Arts curriculum provides a great way for adults to stay in shape. It won't become dull or routine because as soon as you get better and continue learning, there are always more challenges ahead to keep you inspired and coming back for more. Confirm days and times on website. \$100 per month. Contact 734-846-1914 or info@chelseaata.com; chelseaata.com/about-us/Chelsea.

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.

Write with your Shadow Self with Julie Mariouw • Thursdays, September 9 – October 28 • 6:30 – 9 p.m. • An 8-week online writing workshop in which we will work with dreams, access the unconscious, locate sensations in the body that correspond to the shadow, and write narratives using this material. \$250. Contact Julie Mariouw julie@wellspringwritingworkshops.com; wellspringwritingworkshops.com/events.

Critique-a-thon with Write On, Ann Arbor! • Tuesday, September 14 • 6 – 8 p.m. • Bring some printouts of a couple pages typed and get your critique on with the members of Write On, Ann Arbor! It is an outdoors in-person event. \$5. Details at meetup.com/Write-On-Ann-Arbor.

gender discrimination all mark the early decades of the 21st Century. The environmental crisis, in particular, poses a real danger to the future of planetary life. Despite the signals of systems' breakdowns, the western consumer lifestyle proceeds unabated. Our unhealthy patterns of liberal autonomy do not have a sufficient rationale for radical change because they are supported by old philosophical principles. Teilhard de Chardin reframed the human phenomenon within the process of evolution and offers new directives for interpersonal planetary life. Registration Required. \$45 (no discounts). Contact Weber Center 517- 266- 4000; webercenter.org.

The ABC's (and DEFG's) of Light Body Development ONLINE with Karita Zarley • Saturday, September 25, 8:30 a.m. – 1 p.m. and Sunday, September 26, 1 – 5:30 p.m. • Please join me for this Zoom mini-retreat for total beginners or those who want more foundational information about the Light Body. There will be a 1/2-hour break during each day's session for body care. Registration deadline September 18. \$110. Contact Karita Zarley at 734- 834- 1566.

Shamanism

Extraction: Illness and Healing from a Shamanic Perspective with Judy Liu Ramsey • Saturday, September 18 – Sunday, September 19 • 9 a.m. – 5 p.m. • From a shamanic perspective, there are three causes of illness: loss of power, loss of soul essence, and intrusions. Explore different ways to diagnose an illness as well as to spiritually address its healing. Working with partners, you will deepen your understanding of power restoration and learn ways to address and extract spiritual intrusions. This is an advanced in-person class with a limit of 6 persons. Prerequisites: Basic Journeying, Medicine for the Earth/Healing with Spiritual Light. Suggested Reading: *Walking In Light* by Sandra Ingerman. This class will repeat via ZOOM with a limit of 4, October 23– 24. \$180 if paid by September 10. \$220 if paid after September 10. Visit judyr Ramsey.net.

Spiritual Development

Light Worker Activation with SANDYA– Sandra Shears • Weekly Wednesdays: September 1 – December 29 • 7 p.m. • As a Light Worker or World Server you have incarnated at this time in order to facilitate the transition in the next Age. It is time to bring forth the gifts that will accelerate healing and activate spiritual purpose. \$100 per month prepaid – ongoing commitment required. Contact SANDYA– Sandra Shears at 734-340-2616 or sandya2033yahoo.com; sandyashears.com.

Metaphysics for All of Us with Mary Alice Truitt • Weekly Wednesdays: September 1 – December 29 • 9:15 – 10:45 a.m. • Explore metaphysics via Zoom. \$Free, but donations gratefully accepted. Visit interfaithspirit.org.

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

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.

RYT200, RYT300, and RYT500 Holistic Yoga and Meditation Teacher Training with Ema Stefanova • **Tuesday, September 7 – Sunday, December 19; Flex Start/Finish Dates** • Our intelligent programs are hands-on, user-friendly, and common sense. Our approach is student-centered and takes in account each trainee's talents, special interests, prior learning or lack thereof. Professional Teacher Training Certificate earned automatically qualifies to become registered at the RYT200, RYT500 or RYT300 level with the Yoga Alliance national registry. Our high quality programs are designed to: systematically deepen your understanding of all aspects of yoga, help develop skills for safely teaching, help integrate yoga and meditation in your professional career as a social worker, school teacher, massage therapist, healthcare professional or other. Our graduates teach worldwide. Contact EmaStefanova@cs.com; YogaAndMeditation.com.

The Yogic Path with Courtney L Fitzpatrick • **Fridays: September 10, October 1, 22, November 12, December 3, January 7 • 6 - 9 p.m.** • The Yogic Path Program is for students interested in diving into the study of Yoga, or the Science of Self-Realization, for personal growth. Each Friday evening session is a sacred time to gather for friendship, practice, discussion, learning and profound self-discovery. While this program is non-certifying, the curriculum and themes are based on our Yoga Alliance Teacher Training approved curriculum. The Yogic Path is concurrent to our RYT200 program weekend intensives; this intentionally flexible program allows students to pick and choose what interests them within the RYT200 curriculum, yet not have the rigor of the Yoga Alliance standards of completion. This program is for students ready to live a well-lived life, and to discover the essence of their own true nature. \$1600 early bird before Aug 15 (reg \$1700) which includes Unlimited Yoga Membership. Or, with no Membership \$1000 early bird by Aug 15 (reg \$1250). Contact courtney@veraposeyoga.com.

Psoas Release Workshop ONLINE with Sharon Hillenaar • **September 17 • 7 – 9 p.m.** • The psoas (pronounced with a silent p) is often called the muscle of the soul. Join us for a stress relieving practice which will focus on movement and poses that help to release the psoas muscle leaving you feeling calm, relaxed, and de-stressed. We will end the practice with a Psoas release technique called the Psoas Shake. Please make sure you have 2 yoga blocks (hard covered books are great too!), a bolster, or pillow and a blanket. \$30. Contact courtney@veraposeyoga.com; veraposeyoga.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



September 22 – Laurence W. Thomas, who has taught English on four continents, writes poetry covering the gamut from childhood games through love, mutability, and mortality. Founding editor of *Third Wednesday*, he has published many books. He'll read from his latest: *The Cottage, A Little of This, and Spindrift: New and Selected Poems*.



September 22 – Ed Werstein received the Lorine Niedercker Prize from the Council for Wisconsin Writers and is regional VP of the Wisconsin Fellowship of Poets. His poems have appeared in *Rosebud, Blue Collar Review, Stoneboat*, and several anthologies. His books of poetry include *A Tar Pit to Dye In* and *Communiqué: Poems From the Headlines*

October 27 – Michael Zadoorian has four published novels, *The Narcissism of Small Differences, Beautiful Music, The Leisure Seeker* and *Second Hand*, and a story collection, *The Lost Tiki Palaces of Detroit*. His fiction has appeared in *NAR, Literary Review, and Witness*. *The Leisure Seeker* was made into a film starring Helen Mirren and Donald Sutherland.



December 1 – Judith McCombs grew up nomadic in a geodetic surveyor's family. Her poems appear in *Poetry, Shenandoah, Nimrod*, and in five books including *The Habit of Fire: Poems Selected & New*. She has taught at Wayne State U. and in the Washington, D.C. area. She received awards from Michigan and Maryland State Arts Councils.



December 1 – Molly Spencer has recent poems published in *Blackbird, Los Angeles Review, and Prairie Schooner*. She is the author of the poetry collections *If the House*, winner of the Brittingham Prize, and *Hinge*, winner of the Crab Orchard Open Competition. She teaches writing at the University of Michigan.

Crazy Wisdom Poetry Circle

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

A close-up photograph of a lit matchstick. The matchstick is positioned vertically in the lower center of the frame. The tip of the matchstick is glowing with a bright blue flame, which transitions into a larger, more diffuse yellow and orange flame. The background is solid black, making the colors of the flame stand out sharply. The overall composition is simple and focused on the central element of the lit match.

The thing worse than rebellion is the thing
that causes rebellion.

—Frederick Douglass