

October 15, 2021
Issue #71

Reflexologist and
HearthMath™ Coach

Rachel Eggherman

The
Crazy Wisdom
Biweekly

shining a light in the dark



The Crazy Wisdom Weekly

Are you a local artist, musician, writer, or crafter?

The Crazy Wisdom Biweekly is looking to feature local artists, crafters, writers, and musician's in our Shop Local Holiday guide which will be published along with our Biweekly issues in November.

We are also offering special display ads in this issue for artists, crafters, writers, and musicians. These ads are a 1/4 page for a special price of \$50.00 for 2 issues or \$25 for one issue. Ads must be "camera-ready", 300 DPI at 3.6" wide by 5" high. The deadline for purchasing and submitting your art is November 6th. To pay for an ad visit crazywisdomjournal.com.

If you are interested in being featured, please send a letter of interest with your website information, contact information, a short description of your work, and a couple of photos that show your work to Jennifer at jennifer@crazywisdom.net. This is part of the editorial content of the e-zine, so not everyone will be featured. We will be looking for a good mix of products to feature. The deadline to submit your work for a feature is November 4th.



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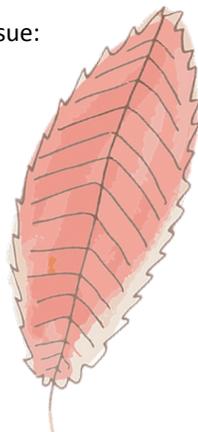
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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

- Lisa Barry
- Rev. David T. Bell
- Amira Tal-Henig
- Laura Cowan
- Jennifer Carson
- Carol Karr
- Bill Zirinsky



word of the week:

Exulansis

The tendency to give up trying to talk about an experience because others are unable to relate to it.

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.



On The Path To Peace

By Lisa Barry

Of all the things to look for, strive for, and want in life, I think inner peace is what I'm looking for most right now.

Sure, love, joy, laughter, and connection are so important to a well-lived life, but without the peace that lies within, it's difficult to enjoy and take in much else. So, I'm currently focused on inner peace and calm.

Where does inner peace come from? In these challenging times is it even attainable?

That's where the work comes in. Work on yourself, your perspective, and your ability to accept the present moment and the consequences of all the choices you've made in the past.

This is where the concept of equanimity and the practice of letting go can be so important. What are you holding on to all that negativity for in the first place? Stop beating yourself up! The past is long gone and there is no benefit in living in that space now. There is not much you can do to control the future, either. I mean you can plan, hope, and visualize, but don't hold onto outcomes or expectations.

Take a deep breath, look around you, and take in this moment. This very moment—new and full of potential. Have compassion for yourself, relax, and be. Be what? Be In this moment! Breathing and surrendering and connecting to the true joy and love that lies deep within yourself.

How to heal:

- Step 1. Love yourself.
- Step 2. Accept and be at peace with your life journey and choices.
- Step 3. Forgive yourself.
- Step 4. Relax and be in this moment.
- Step 5. Process your trauma.
- Step 6. Make sure you are breathing deeply as often as you can.
- Step 7. Look for laughter and light heartedness.
- Step 8. Get outside and take in nature.
- Step 9. Look for and acknowledge miracles.
- Step 10. Remember you are a miracle!

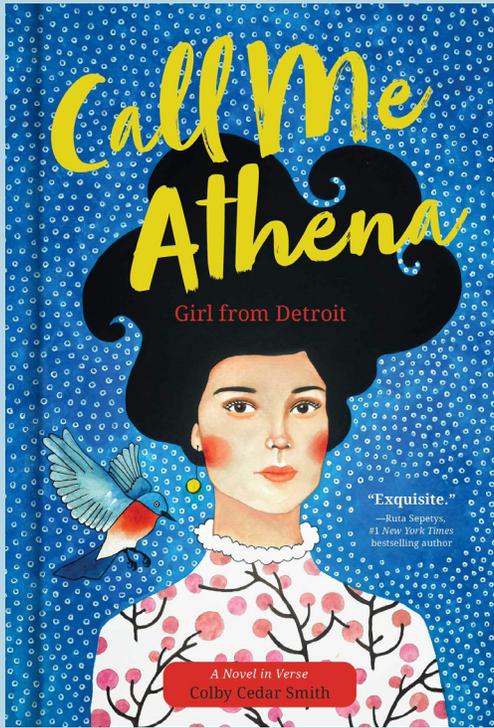
Once you learn to nurture yourself it becomes easier to find a place of peace to help you move through all life may throw at you. You can be on more solid, peaceful ground.

Become self-contained—you already know everything you want and need. I call myself "Lisa In A Can!" It's all inside me, and when I'm at peace I can connect with the parts that can help bring me to that peaceful place.

When it feels like everyone has let you down and nothing is going the way you would like it to be, go inside yourself. That is where you'll find the peace... the love and the joy you're searching for.

Ultimately, peace is an inside job. You won't need to look outside yourself for that sense of calm, strength, and security you long for. Only you, through self-awareness and self-love can bring you to that place of balance and calm... courage and fulfillment. Keep moving forward on the path to peace.

Crazy Wisdom Book Pick of the Week



Call Me Athena: Girl from Detroit is a beautifully written novel in verse loosely based on author Colby Cedar Smith’s paternal grandmother. The story follows Mary as the American-born daughter of Greek and French immigrants living in Detroit in the 1930s, creating a historically accurate portrayal of life as an immigrant during the Great Depression, hunger strikes, and violent riots.

Mary lives in a tiny apartment with her immigrant parents, her brothers, and her twin sister, and she questions why her parents ever came to America. She yearns for true love, to own her own business, and to be an independent, modern American woman—much to the chagrin of her parents, who want her to be a “good Greek girl.”

Mary’s story is peppered with flashbacks to her parents’ childhoods in Greece and northern France; their stories connect with Mary as they address issues of arranged marriage, learning about independence, and yearning to grow beyond one’s own culture. Though Call Me Athena is written from the perspective of three profoundly different narrators, it has a wide-reaching message: It takes courage to fight for tradition and heritage, as well as freedom, love, and equality.

[Get your copy of Call Me Athena at Crazy Wisdom Bookstore.](#)

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HeartMath™ with Rachel Eggherman

By Laura K. Cowan
Photographs by Fresh Coast Photography

With the past year or two of constant stress, many people are looking for a simple way to relax on an ongoing basis. This reminded me of a previous experience with HeartMath™, and so I connected with Rachel Eggherman of The Celebrated Heart, formerly of Head-To-Toe Therapies. In all my healing journey, I've never come across anything quite so simple and effective for calming and checking in with the heart space as HeartMath™. I wanted to learn more about the process and how you might evaluate if the self-care technique might be helpful to you.

"HeartMath™ is heart-focused breathing, or breathing through the heart space," Rachel Eggherman said of the gentle form of self-care that helps you check in with your body, your heart space, and feel supported. "This is something you can do yourself in the grocery store line. It's a way to quickly self-regulate."

Eggherman has been a reflexologist and HeartMath™ coach for a number of years, working out of her former clinic Head-To-Toe Therapies with business partner Judy Ramsey. After closing the clinic to focus on other work during the pandemic, Eggherman says she took some time off before doing more one-on-one HeartMath™ coaching and starting a group session on Zoom. She's passionate about not just physical healing but the emotional wellbeing of her clients, and it shows in the way she speaks gently and checks in with how her clients are doing.

According to Eggherman, HeartMath™ is not therapy or meditation, but "a blend of science and simplicity" for self-regulation and relaxation. It can also be combined with healing modalities such as reflexology to help people process emotions stored in the body as tension.

I sat down with Eggherman to talk about the benefits of this unique form of self-care, and how you might judge if it's something you want to try. I love HeartMath™ because it's something you can learn in just a few sessions and then carry forward in daily life. I've done several HeartMath™ sessions with Eggherman in the past at her clinic, and left feeling centered and peaceful. Processing issues that came up during the session was much easier to handle than it sometimes can be during the healing process.

Laura Cowan: Tell me about HeartMath™ and how it works.

Rachel Eggherman: The typical process for a one-on-one goes like this: First, I try to find out what your goal is. Where are you at right now? I work with people across the spectrum from those who have no self-care routine to advanced yogis, so I'm trying to find out where you need support, whether that's physical or emotional. For example, if you're struggling with an autoimmune disorder, we might want to start with the physical.

Then, we look at techniques to tap into your heart space. There is a foundation of breathing to let go of stress or the negative

effects of stress.

Finally, we have worksheets designed to help you recognize what depletes you and what renews you.



Laura Cowan: How long do people typically work with you?

Rachel Eggherman: I work with people for about four-six sessions, it's not a long-term relationship. [HeartMath™] is super simple and profound. Don't be fooled by how deceptively simple it is, though. I give you the tools to move forward, and I help you identify some sticking points.

Eggherman asked me to sit in on one of her virtual group sessions. Here is the way she ran us through an exercise she calls "the soft pause," which can help us support ourselves or others through a stressful experience:

People are reconnecting as the pandemic starts to calm, reaching out, seemingly out of nowhere. Everyone has a story that has been super challenging this past year. As we reconnect, we allow people to share their stories, and we can tap into our breathing as they speak so we're not absorbing all this grief and stress. We also consider how we're sharing our stories. Every time you share your story, depending on how you're sharing it, your body releases all that stress and cortisol again. Your body doesn't know the difference between this and the actual event reoccurring.... Be careful not to get too involved in telling your whole story over and over. We can be a source of listening and holding love for people, share heart-focused breathing, or a prayer with others who get amped up when sharing their story. The important thing is to offer it as an invitation, not push it on someone.

[Read the rest of the article from Issue #78 online.](#)



We'd like to introduce you to

The

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Made by local Ann Arbor, Michigan artist & designer, **Desiree Lina**

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You're in Good Hands—

At Healing Hands Physical Therapy



By Amira Tal-Henig

When I was in Physical Therapy school, I learned about the body in detail from head to toe. I learned about hips, knees, shoulders, and more, but I never heard anything about the pelvic floor.

After working as a physical therapist for 14 years, I was pregnant with my daughter. She was born in England, and following standard procedure there, a nurse came home to check on the new baby. Without much explanation, the doctor sent me to a Pelvic Floor Physical Therapist (PFPT).

I arrived at my first physical therapy (PT) appointment with my daughter alongside me, resting in her car seat. Within the first few moments of small talk, the physical therapist, Emma, asked me about my profession. After sharing with her that I, too, am a physical therapist, she assumed I was aware of and familiar with PFPT. That was not the case.

Emma worked with me to strengthen my pelvic floor muscles (PFM) and, after a while, she gave me a silver cone and instructed me to, “put it in.”

“You want me to put what??? Where?!?” I asked, bewildered by the notion that the work would now be internal. She looked at me in disbelief and said, “But you’re a physical therapist...”

With my trust in Emma, I did as she said, and we continued to work together to strengthen and heal my PFM. After I finished my PT with Emma, she and I became friends. I would ask her questions about PFPT and she was always kind and eager to share her knowledge with me. I was amazed by the results of my PT. Not only did my PFM heal and grow stronger, but the hip and lower back pain that I had been struggling with also improved dramatically.

I was overwhelmed with gratitude for Emma, and I was also so puzzled by the fact that my education didn’t include PFPT. When I saw how much it helped me, I grew curious and became eager to learn more about it.

After studying CranioSacral Therapy and trauma healing in England for over two years, I realized that I wanted to incorporate this kind of healing into my work in the US. Once back in Michigan, I decided to start my own business and build a clinic that provided quality care with a holistic approach. In December 2001, Healing Hands Physical Therapy was born.

Once I got into the pelvic floor “world” I discovered that it’s not only women who need help. Men can also suffer from pelvic pain, incontinence, and muscle weakness. I decided to take another class, this time about male pelvic health, at Washington University in St Louis—they have a great PT school.

When I arrived to the class, I was very impressed with the facility. I walked into a small amphitheater with a small stage. The teacher stood on the stage at the front, and along the walls hung six TV monitors broadcasting the teacher and her materials for everyone to see.

At the beginning of the class the teacher said she would need a volunteer. Suddenly, the room fell completely silent. I looked around and remembered all the many classes I’d taken where volunteers had been involved. Not understanding why this would be any different, I said to myself, “Come on Amira, you can do this.”

In previous classes I’d taken, volunteers would lie on their treatment table and other students would hover watching the treatment take place. Being surrounded by other healthcare professionals felt safe and protective. I had no reason not to volunteer, because surely this would be similar.

I was wrong and this *was* different. Taking a pause from the lecture, the teacher said, “I need my volunteer now.” Our eyes met, I rose and stood close to my treatment table. She made a gesture to come closer, and I started walking toward the stage like she asked, unsure of what was to come.

Once I got on the stage, I saw a treatment table and a screen behind which I was to undress and a sheet to cover myself. Finding my way on to the table, I asked myself again and again why I had felt the need to volunteer—why I was putting myself through this?

The teacher started to explain again about the pelvic floor and how to approach those muscles in a male. As she continued to teach, I kept my head down on the bed and listened intently. Fascinated by what she was teaching, I was carried away from my body and physical surroundings. Being a great teacher, she spoke as she demonstrated. After some time, I was so intrigued by what she was saying I couldn't help but lift my head. As my gaze lifted, I saw, to my surprise, my buttocks broadcasted upon the six TV monitors! I now understood why the room fell so quiet earlier.

The teacher finished her demonstration, and I was dismissed. Fully clothed, I walked back to my desk and was met by handshakes from the other PTs, thanking me for, "breaking the ice."

As much as it was hard to go through this experience at the time, I am grateful for it as it became one of my best stories. I share it with my patients and it's always helpful to facilitate some laughter, which again, helps to break the ice.

Today I am very proud to provide PFPT to the Ann Arbor community. At Healing Hands Physical Therapy we see patients that suffer from pelvic pain, incontinence, dyspareunia (pain with intercourse), vaginismus, and more.

I find this field of physical therapy very rewarding. It is so satisfying to help a couple that can't conceive due to PFM dysfunction, to reach their goal of becoming parents.

As much as I love working with women and men's health, Healing Hands Physical Therapy is so much more than that. We have therapists who specialize in orthopedic, musculoskeletal dysfunction, chronic pain, scoliosis and more. Each therapist that joins HHPT has the same core values: high quality, individualized, and consistent care. We work together to help patients find relief from pain, gain strength, and in turn, improve their overall well-being.

I am very proud of what Healing Hands Physical Therapy has become, and I'd like to invite you to see for yourself. If you're suffering from pain, limited mobility, or recovering from a surgery, we welcome you with open arms.

At Healing Hands Physical Therapy, you're in good hands.

Visit *Healing Hands Physical Therapy* online at physicaltherapyannarbor.com to learn more.

[Read more about Amira Tal-Henig and Healing Hands Physical Therapy in issue #78.](#)



IMAGINE...

Imagine a world free of pain.

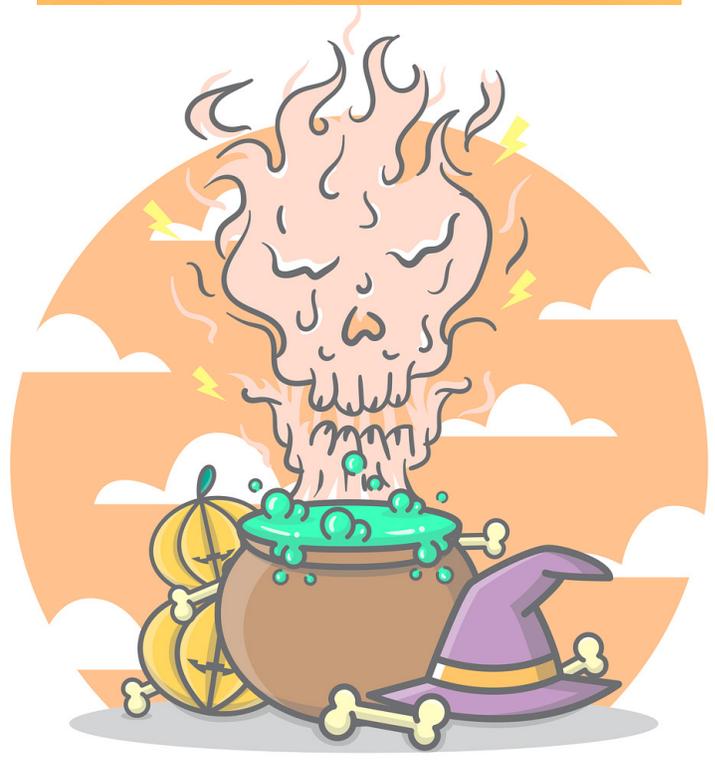
Imagine a world empty of suffering.

Imagine a world with happy, smiling faces.

Sri Chinmoy

Meditation Ann Arbor

Words of wisdom and bird drawings by Sri Chinmoy



From Our Blog

Forgiveness

FORGIVE THE
NEGATIVE
PEOPLE,
THEY
LEARNED
TO MANY
LIES.
-LiIB

By Rev. David T. Bell

Forgiveness is one of the most important tools in raising one's consciousness. It is a critical necessity in moving out of the past and dwelling in the present moment. Many live outside the present moment, either reliving past woundings, resentments and traumas, or fretting about future problems that have not yet arisen. In truth, there is only the eternal moment of now. If one is reliving the past or fretting about the future, then one cannot be in the present moment. Life literally passes by without notice.

In addition to taking one out of the moment, unforgiveness has the effect of reliving, often in painful detail, all of the previous wounds and losses. This actually creates a negative energy, which directly influences the body's immune system as well as the endocrine system. Harboring old grievances can actually make a body sick. Toxic energy and negative emotions are the direct cause of "dis-ease." That is, the sense of not being at ease, as well as the actual causal vector of disease. The best question to ask at this point is, "Why would you do that do yourself?" If one is skillful and interested in spiritual growth the answer is obvious. You wouldn't!

Many have not learned of the connection between resentment and disease. Many have been taught that there are "unforgivable sins." Such is not the case. In A Course in Miracles, the modern communication of spirituality and psychology, we are told "forgiveness is our only function." The Course also says that there is no sin. Hanging on to old wounds is practically the worst idea ever. It takes away your peace, and has the real possibility of causing disease. Forgiveness then, is something you do for yourself. It is never about the other. It is a tool to restore your peace, tranquility, and health.

Toxic energy and negative emotions are the direct cause of "dis-ease." That is, the sense of not being at ease, as well as the actual causal vector of disease.

One source of resistance to forgiveness is the notion that it sends a message that harm is okay. Forgiveness in no way condones what was done. It simply is an acknowledgment that the forgiver is ready to move beyond resentment and to understand that everyone is always doing the best that he or she can in any circumstance. Does this mean that you must like the person forgiven? Not at all. There is no requirement that you should take an abuser to lunch. In fact, it is perfectly reasonable to say "STOP IT." Allowing further harm to take place is not a loving thing to do. However, anger and resentment only harm the holder of those emotions. Some quotes from wise ones follow. Confucius had this to say: "To be wronged is nothing, unless you continue to remember it."

"Resentment is like drinking poison and then hoping it will kill your enemies."

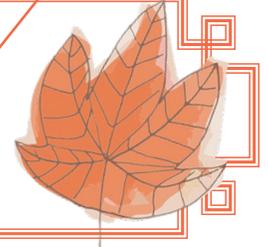
— Nelson Mandela

David Bell was formally an Interfaith Minister at The Interfaith Center for Spiritual Growth, which is located at 704 Airport Boulevard, Ann Arbor, Michigan, 48108. Sunday services are held from 10:45 a.m.-12:30 p.m. A full calendar of events and further information can be found at www.interfaithspirit.org.



The Crazy Wisdom Calendar

Weekly



Aromatherapy and Essential Oils

Creating A Personalized Bath Collection with Karen Greenberg

• **Sunday, November 7 • 2 p.m.** • Choose from a collection of essential oils to create your own personalized bath collection, to awaken, to believe in yourself, to help move you closer toward your life's purpose, for purity, for clarity, to envision, for inspiration, to surrender, for acceptance, for hope, for joy, for gratitude, for humility, for courage, for love, for clearing, for energy, for creativity, and for abundance. Special \$75 + \$50 Materials. Contact Karen Greenberg at 734-417-9511, krngnrbg@gmail.com, or visit clair-ascenson.com.

Art and Craft

Westside Art Hop! with Sophie Grillet and more • Saturday, October 16, 10 a.m. – 5 p.m.; Sunday, October 17, 12 – 5 p.m.

• Over 50 artists showing and selling their work around Ann Arbor's West side neighborhoods in studios, on porches, in garages, and childcare centers. Walkable area, free parking. Map will be available at WestsideArtHop.com. \$Free. Contact westsidearthop@gmail.com or westsidearthop.com.

Book Discussion Goups

Jewel Heart Readers with Jewel Heart Instructors • Monthly, Second Mondays: 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.

A Course in Miracles Study Group with Randall Counts and Delyth Balmer via ZOOM • Weekly Thursdays, beginning September 9 – December 30 • 12:00 – 1:30 p.m.

• Read and discuss A Course in Miracles via Zoom. \$Free, but donations gratefully accepted. Contact interfaithspirit.org.

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.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom Sunday 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, through 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.

Channeling

Evenings with Aaron with Aaron channeled by Barbara Brodsky • Tuesdays: 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.

Childbirth

Birth Doula Training with Patty Brennan • Saturdays & Sundays: December 4–5 • 9 a.m. – 4 p.m.

• Train online with Patty Brennan to become a birth doula and begin providing support to families in your community. Professional certification through Lifespan Doulas. Training includes a combination of self-paced study and life online workshop. \$697. Contact Patty Brennan at 734-663-1523 or patty@lifespandoulas.com; lifespandoulas.com/birth-doula-training.

Children and Young Adults

Youthful Spirits Class for Young People ONLINE with Heidi Kaminski • Weekly Sundays: through – 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.

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

Ann Arbor Death Café ONLINE with Merilynne Rush and Diana Cramer • Monthly, Third Saturdays: October 16, November 29, December 18 • 10:30 a.m. - 12 p.m. • At Death Cafe, we talk about and increase awareness of death to make the most of our finite lives. All adults are welcome. \$Free. To receive the link, please send us your email. Contact Merilynne Rush at 734-395-9660 or msh.rush@gmail.com; thedyingyear.org.

Home Funeral Online Training • Monday, October 18 • 12 p.m. • This self-paced online course fully prepares you to care for the body of your loved one at home after death, like many people used to do in the 'old days.' Learn all about regulations, legalities, working with a funeral director, creating a circle of support, and much more. Cost is \$595; scholarships and payment plans available. Merilynne has been teaching this training since 2010 and is a prominent leader in this field. For more information contact Merilynne Rush, thedyingyear@gmail.com or visitthedyingyear.org.

Advance Care Planning Facilitator Training • Thursday, October 21 • 10 a.m. • Become a Respecting Choices® ACP Facilitator and learn how to help others discuss their values and wishes so that they may complete their Advance Directive. This online workshop is from 1 -6:30 pm and 4-6 hours of preparation are required. Merilynne has been teaching this training since 2015 for nurses, doctors, social workers, lawyers, clergy, EOL doulas, case managers, administrators. The Respecting Choices® method is internationally known, evidence based, and has been developed over the last 25 years. Cost is \$250. For more information contact Merilynne Rush, thedyingyear@gmail.com or visitthedyingyear.org.

Death Cafe ONLINE with Annie Kopko and Susan Thompson • Monthly, first Tuesdays: November 2, December 7 • 6:30 – 8:30 p.m. • Discussion of Death and Dying. \$Free, but donations gratefully accepted. Contact Andrea at andrea.shaw@interfaithspirit.org; www.interfaithspirit.org.

End-of-Life Doula Training with Patty Brennan • Saturdays & Sundays October 23-24; November 20-21 • 9:30 a.m. – 3 p.m. • The 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.

End-of-Life Doula Training with Merilynne Rush ONLINE • Tuesdays, November 2, 9, 16, 23, 30 • 3 - 6:30 p.m. • Our six diverse teachers from varying backgrounds fully prepare you to offer your services to dying individuals and their families/caregivers. Cost is \$725; scholarships and payment plans are available. For more information contact Merilynne Rush, thedyingyear@gmail.com or visitthedyingyear.org.

Advance Care Planning Facilitator Training • Thursday, October 21 • 10 a.m. • Become a Respecting Choices® ACP Facilitator and learn how to help others discuss their values and wishes so that they may complete their Advance Directive. This online workshop is from 1 -6:30 pm and 4-6 hours of preparation are required. Merilynne has been teaching this training since 2015 for nurses, doctors, social workers, lawyers, clergy, EOL doulas, case managers, administrators. The Respecting Choices® method is internationally known, evidence based, and has been developed over the last 25 years. Cost is \$250. For more information contact Merilynne Rush, thedyingyear@gmail.com or visitthedyingyear.org.

Dreaming

Dreaming Your Own Oracle Deck: Personal Mythology with Dreaming Julie & Cassandra Matt Online Workshop • Saturday, October 23, 10 a.m. – 5 p.m. and Sunday, October 24, 10 a.m. – 3 p.m. • Everyone has symbolic dragons in their lives and personal situations that we need to draw on our inner power to find courage. From every day to life-long challenges, we have an entire cadre of guides and mentors within each of us. In this workshop, you will meet your own personal companions, explore the light and shadow side of each, bring them back to create individualized oracle cards. In addition, you'll tap into your creative writing powers to build a personal reference book to correlate with each card. By the end of the workshop, you'll have a one-of-a-kind, unique, deck of 24 powerful personal mythology oracle cards and reference book to use in accessing your own innate, intuitive guidance. \$120 prior to October 9; \$145 after. Contact Julie at info@dreamingjulie.com; dreamingjulie.com/workshops.html.

Festivals and Fairs

Film Watch Party: The American Rimpoche – A Tibetan Lama in the 21st Century with Nikki Appino • Tuesday, October 26 • 7 – 8:30 p.m. • This is a film featuring Gelek Rimpoche, a renowned Lama born in the legendary Shangri-la of old Tibet, who lived an extraordinary life spanning continents, customs, and cultures. Framed by archival photos of old Tibet taken by Rimpoche's father in the 1930s and 1940s, the film traverses

the link between one man's job as a modern spiritual teacher and the impact of Tibet's myths and practices on Americans seeking direction in an increasingly complex world. The film was produced by Nikki Appino, and the music was composed by Philip Glass, Chairman of the Jewel Heart Board. Nikki will host the live watch party. \$10 suggested registration fee. No one is turned away due to financial considerations. To register, visit jewelheart.org. For more information, call 734-994-3387 or email programs@jewelheart.org.

Health & Wellness

Yomassage • Sundays, 2 p.m.– 4:30 p.m. • Weekly Self Care Sundays! Indulge in a transformative experience that nourishes your mind, body, and soul. Each Yomassage session begins with a five minute breathing ritual, or a unique themed meditation that helps ground you in the present moment. You'll let your concerns float away as you're guided through a series of six restorative stretches while a Yomassage therapist provides therapeutic massage and guided meditation. Throughout the session, you'll allow your body to move into the deepest state of relaxation you have ever experienced and ignite the mind-body connection through therapeutic touch, restorative stretch, and mindfulness meditation. All Signature Yomassage sessions are led by our licensed massage therapist certified in Yomassage. Sessions available at 2pm and 4:30pm every Sunday. Register online at ashelmmassage.abmp.com.



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.



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INTERACTIVE PRESENTATIONS:

HEALTHY STRUCTURES - CHUCK BULTMAN, BARN HISTORIAN AND TERRY RICHARDS, INNOVATOR

SYNERGY OF FARMING AND LAND MANAGEMENT - DAN GANNON, FARMER AND BARRY LONIK, TREEMORE ECOLOGY AND LAND SERVICES

Sunday October
17th 2-5pm

Community Farm of Ann Arbor
1525 S.Fletcher Rd. Chelsea,MI

<https://communityfarmofaa.wordpress.com/barnroof/>

Life Force Intensive Retreat at Rudolf Steiner Health Center
 • 12 Days: Monday, October 25 – November 6 • Continuous
 • Holistic medical retreat designed for patients with chronic illnesses and cancer. Vegetarian organic and biodynamic diet, therapies, movement, and holistic treatment under experienced physicians. Step into a world of healing for two weeks and your health will thank you for it. \$\$Sliding scale fee structure

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.

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

dependent on shared or single Room. Contact Steiner Health 734-222-1491 or rshc@steinerhealth.org.

Intuitive and Psychic

Focused Mind Meditation – Teleconference with John Friedlander • Monthly, first Sundays: , 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.

Psychic Psychology Women’s Group – Teleconference with John Friedlander • Monthly, first Tuesdays: November 2, December 7 • 7 – 9 p.m. • For women only. Meditations will concentrate on women’s issues relative to biological energies as well as that of the aura. \$12.50. Contact Violeta Viviano at mvaviviano@gmail.com or 734-476-1513; psychicpsychology.org.

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,

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: October 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.

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

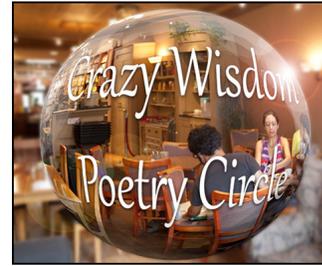
Maha-Mantra Kirtan Jam with Devin O'Rourke • Thursdays, September 16 – December 30 • 6 – 8 p.m. • An immersive kirtan experience with the Hare Krishna maha-mantra. Musicians are welcome to bring instruments to join in for this fluid program and all levels of experience with kirtan are invited to join. 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: 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.

Music, Sound, and Voice

Sound Bath ONLINE with Rob Meyer-Kukan • Monthly first Sundays: 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](https://www.youtube.com/robmeyerkukan). A link will be posted on my Facebook timeline when the video is live. \$FREE, but donations gratefully accepted



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

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.



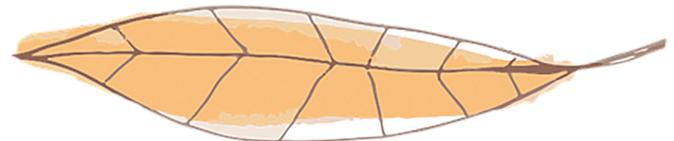
December 1 – Judith McCombs grew up nomadic in a geodetic surveyor's family. Her poems appear in *Poetry*, *Shenandoah*, *Nimrod*, and in five books including *The Habit of Fire: Poems Selected & New*. She has taught at Wayne State U. and in the Washington, D.C. area. She received awards from Michigan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



at paypal.me/robmek. Contact Rob Meyer-Kukan at 248-962-5475, rob@robmeyerkukan.com; fb.me/e/5hdyA8OnH.

Sacred Sound Journey with Victoria Schon • Mainly Saturdays: 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.

Singing for Comfort with various leaders ONLINE • Monthly, second Thursdays: November 11, December 9 • 7 – 8:30 p.m. • Take some time away from life's stresses with an evening of peaceful, comforting singing. Layla Ananda will teach and lead songs that are easy to learn and sing, including some from the Threshold Choir repertoire. No experience necessary. \$Free, but donations gratefully accepted. Visit events at interfaithspirit.org.

Autumn's Bounty: Sound Bath Meditation with Rob Meyer-Kukan • Saturday, October 23 • 7 – 8:20 p.m. • Allow the soothing tones of singing bowls, gongs, and more to transport you to a place of relaxation and calm as we celebrate the bounty of this season. \$25. Advanced registration and payment by October 22 are required to secure your space. Contact Rob Meyer-Kukan at 248-962-5475 or rob@robmeyerkukan.com; fb.me/e/Q37BfqrZ or robmeyerkukan.com.

Healthy Boundaries with Karen Greenberg • Sunday, October 31 • 10 a.m. – 2:30 p.m. • Learn how to define healthy boundaries for (and with) yourself, how to set and enforce them (without caving in), and how to respect others' boundaries, in all kinds of personal and professional relationships and situations. Role play is a chief learning tool in the work. \$55. Contact Karen Greenberg at 734-417-9511 or akrnrnbg@gmail.com; clair-ascension.com.

Heart Centered Community Connection with Rachel Egberman • Weekly Thursdays • 4:30 – 5:30 p.m. • Learn HeartMath and other Heart Centered practices for building resilience physically, mentally, emotionally and spiritually. Great for stress management. \$10 donation suggested, but not required. Contact Rachel Egberman at tellrachel123@gmail.com; celebratedheart.com.

Evolving Your Doula Business Workshop with Patty Brennan • Saturday, 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/>.

Parades

All Peoples' Planet Parade & Call to Action Sunday, October 17 • 2:30 p.m. • Parade in support of our Earth/ to demand single-use plastic bottles be banned. For more information contact Meghan Sims at meghansimms600@gmail.com.



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

Reiki

Holy Fire III Advanced Reiki III with Alicia Clark Teper • Saturday, October 16 – Sunday, October 17 • 10 a.m. – 6:30 p.m. • Advance your Reiki Practitioner skills with Holy Fire III ignition and attunement. Learn advanced Reiki techniques, Crystal Reiki, Chakra Clearing, pendulum work and new symbols. \$333. Contact Alicia Clark Teper at 734-945-5396 or SacredLotusExperience@yahoo.com; SacredLotusExperience.com.

Reiki I & II Training with Rob Meyer-Kukan • Saturday, October 16 – Friday, November 5 • 6 p.m. • Reiki is a Japanese spiritual practice that supports healing and personal development. Common health concerns relieved by Reiki treatment include digestion, insomnia, anxiety, pain, chronic stress, and discomfort. In this training, we will cover the concepts in both Reiki I and II trainings. Including all reiju/attunements. Upon completion, students will receive a certificate of completion suitable for personal and professional practice. For more information, class schedules, and requirements please visit <https://fb.me/e/11Vz1SNZf>.

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; sandya-sandrashears.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.

TOUCHSTONE



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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.

Chen Tai Chi Chuan with Joe Walters • Through 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.

Adult Martial Arts • Weekly Mondays and Wednesdays: through 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

Crazy Wisdom Featured Readers ONLINE with Laurence W. Thomas, Michael Zadoorian, and Judith McCombs • Monthly, fourth Wednesdays: October 27, December 1 • 7– 9 p.m. • Featured Reader(s) for 50 minutes. Open mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. Email cwpoetrycircle@gmail.com for Zoom link.

Spooky Writing Prompts for Halloween with Lexi Mohney • Tuesday, October 19 • 6 – 8 p.m. • Prepare those fireside scary stories with these writing prompts! This event is an in-person, outdoor meeting. \$5. Details at [meetup.com/Write-On-Ann-Arbor](https://www.meetup.com/Write-On-Ann-Arbor).

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.

Vinyasa Yoga at Free-To-Be Studio with Austeen Freeman • September – December Weekly: Mondays, 6 – 7 p.m. and

Thursdays, 6:30 – 7:30 pm. • A hatha style vinyasa flow-based class. This 60-minute class will encompass poses that will coax balance, strength, and flexibility in your practice. Prior yoga experience/knowledge is recommended for this class. 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.

Yin Yoga with Austeen Freeman • September – December, Weekly Mondays • 7:15 - 8:15 p.m. • The queen of yoga. Yin targets the joints flexibility in our bodies. We move through 4-7 different poses during a class period, holding each position for long amounts of time (3-7 minutes). If you have your own props like blankets, blocks or bolsters, please bring them. This class is perfect for all abilities. 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.

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.

Yoga Essentials with Michele Bond • September - December • Weekly Tuesdays, 6 – 7:30 p.m. • For those new to yoga, or new to this system. Learn Universal Principles of Alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, developing a yoga practice that is safe, joyful, therapeutic, and fun. \$15 if registered for the semester; \$20 drop in with instructor's permission. Contact Michele Bond at 734-358- 8546 or michele@yogahouseannarbor.com; yogahouseannarbor.com.

Yoga for Athletes with Michele Bond • September - December • Weekly Wednesdays, 6 – 7:30 p.m. • Our cutting-edge method will bring balanced muscular action, power, lightness and spring to your sports performance, as well as grace and ease to daily movement. Enhance core strength, decrease risk of injury, and learn to heal pre-existing injuries with indispensable tools for anyone who likes to play hard in their bodies. \$15 if registered for the semester; \$20 drop in with instructor's permission. Contact Michele Bond at 734-358- 8546 or michele@yogahouseannarbor.com; yogahouseannarbor.com.

Tender Yoga with Austeen Freeman • September – December, Weekly Wednesdays • 7:15 - 8:15 p.m. • An intentional yoga class dedicated to ease. Expect candlelight, restorative poses, and soothing positions for the body. A slower paced class. We will move through a grounded practice with just a few standing poses. If you have your own props like blankets, blocks or bolsters, please bring them. Great for all levels. 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.

It is a mistake to fancy that horror is
associated inextricably with darkness,
silence, and solitude.

—H.P. Lovecraft

