

*The*

# CRAZY WISDOM

#134

*Monthly*

Ellen Livingston,  
Director of Living  
Heart Health  
Ministry



*Shining a light in the dark.*





## Crazy Wisdom Bookstore is seeking an Events Host and Booking Person

Fun and interesting opportunity, just 10 (evening) hours per week, for a Host and Booking Person for Events on Crazy Wisdom's Second Floor. We've renovated our former Tea Room space, and will be hosting gatherings, author talks, performances, music, chants, Salons, poetry readings, and other events, plus we will also be booking meetings and classes in our Community Room, and exhibitions in our Art Gallery Space.


You would also help book and oversee tarot and intuitive readers who would be doing one-on-one readings on our second floor.

You would be working with our team to publicize these events; collect the fees, set up and break down the event; and be the responsible staff person and host on the second floor for 10 hours per week: 6:30-9:30 on Wednesday and Thursday nights, and 6:30-10:30 on Friday nights.

This is an exceptional opportunity for someone who has time/space in her/his life, and who'd relish being at the hub of a variety of community events — someone with an already-existing sense of the subcultures and communities which Crazy Wisdom serves and nurtures.

The right person for this job is: welcoming and outgoing—a good networker; detail-oriented about scheduling and collecting money; hands-on about event-preparation and hosting; and have some experience with publicity/marketing. This is a job for someone who has other solid sources of income, and is free to work three evenings per week on an ongoing basis. \$20 per hour, year-round position.



This job will start in April or May. If you're interested, please send a cover letter and resume to: Bill Zirinsky at [billz@crazywisdom.net](mailto:billz@crazywisdom.net).



# Herbal REMEDIES


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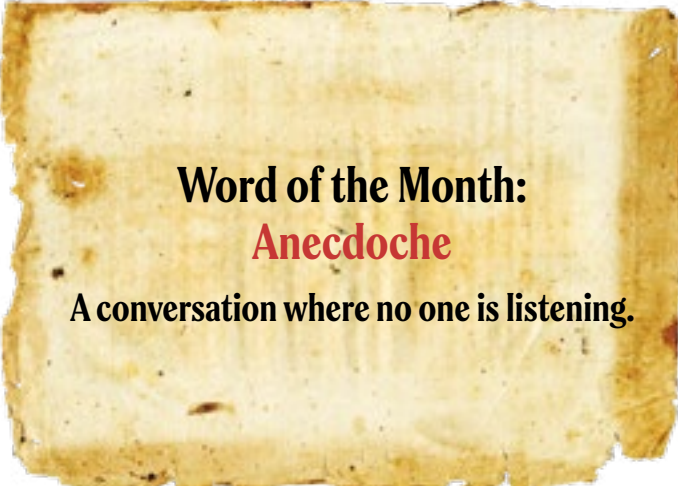
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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, [crazywisdomjournal.com](http://crazywisdomjournal.com). *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thanks to our contributors for this issue:

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Jennifer Carson  
Tana Dean  
Carol Karr  
Bill Zirinsky



## Word of the Month:

### **Anecdote**

**A conversation where no one is listening.**

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 dogs, or musings on current events. Send your submission to [Jennifer@crazywisdom.net](mailto:Jennifer@crazywisdom.net).

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Wisdom Community  
Journal* issue #85.



Dive  
into  
our  
latest  
issue!



*The Crazy Wisdom Community Journal*

# issue 85

## \*Features\*

- Jasmine Hampton, Olympic Hopeful and Local Boxing Champion
- An Interview with Anne Biris
- Prophecy, Legacy, Trees
- Hand Gestures in Spiritual Art
- Ashes in Art Glass ...and more!

Grab your copy before they are gone!  
New spring/summer issue out May 1st.

Click to Subscribe



## Sharing My Song

By Ellen Livingston

I've never enjoyed exposing myself to potential scrutiny and criticism. Staying quietly out of the limelight seemed like a good strategy for avoiding these unpleasanties. My friendly, people-loving nature, along with a deep desire for approval, caused me to prioritize putting others at ease, and to do what I could to keep everybody comfortable. I'd always believed that was the right thing to do...the nice thing to do. In many ways it felt good, yet a disastrous cost to me of all this people-pleasing was that I was chronically tense, and I was squelching my own true self-expression.

My body couldn't lie. Symptoms of dis-ease developed and persisted, and finally, becoming sick and tired of being sick and tired was the catalyst that squeezed me out of my comfort zone...it simply became too uncomfortable there. What ignited the transformative journey that unfolded next, was my discovery of a diet almost wholly of fresh ripe fruits and greens—nature's pure and gentle nourishment. My painful symptoms subsided, my energy rebounded in spades, and I felt the whole frequency of me shift into a higher gear. It was thrilling!

And I found myself out on a limb, heroically courageous and determined, healed and healing, and... alone. I was ready to shout about what I had found and tell everyone what it was doing for me. But very few had any real interest in such radical change, and my exuberance seemed to frighten people. Weirdly, in younger years I was told I was "too quiet," and now I was told I was saying "too much.: I had my deep knowing though, tucked safe in my heart, and nothing could deter me. I was onto something big and there was no going back to sleep.

I was daring to express my authentic journey, no matter what people would think of my unusual choices, and despite many people's attempts to pull me back into *their* comfort zone. It was edgy for me...also liberating and exhilarating. I found wonderful new comrades in my raw vegan lifestyle: I posted a flier at The People's Food Co-op advertising potlucks in my dining room, and I traveled to raw vegan events. And so began a most colorful and adventurous chapter in my journey. My ideas and visions flowed unobstructed now, and I felt a new freedom to experiment. It seemed that each adventure synchronistically led into another, as if I was nimbly hopping from lily pad to lily pad across the water.



Getting onstage was a leap. It happened organically, as I was asked to share in a public arena. I was eager, and so nervous that I brought copious notes to my first talk at Arbor Farms Market, and I must have overwhelmed my small audience with much too much information. I was invited to give talks and food demonstrations several times a month in various locations, including a regular spot at Crazy Wisdom Bookstore. I was requested every year for a decade as a main presenter at the biggest raw vegan festival in the country. With so much practice, I learned that a simple message was most effective, and that people loved my sincerity. I relaxed, put down my notes, opened up, and really enjoyed being myself onstage. I was inspiring other people to see outside of *their* comfort zones and dare to lead with their hearts. I owe a heartfelt thank you to The People's Food Co-op, Crazy Wisdom Bookstore, and Arbor Farms Market for giving my vulnerable new voice a friendly stage.

I was encouraged and I expanded more. I invented workshops, seminars, and then travel-retreats. I would start with the seed of an idea, plant it, and let it grow *with* me as I boldly blazed new trails, one inspired step at a time. I had no real guidance except the deep current of wisdom I felt tapped into, and I was amazed at how people trusted me. It was fun to live in this spontaneous kind of flow, designing as I went, and I experienced an intoxicating feeling of limitlessness.

Risk-taking became my new comfort zone, serving my insatiable desire to stretch my own boundaries and help others grow. I realized a big dream when I developed unique annual wellness retreat in Costa Rica. These retreats were a lot of work to organize but I was fueled by inspiration. And they were such fun in the moment. I would pinch myself as I played in spectacular jungle waterfalls with my clients, testing the reality that I had created this, and that it was supporting my children and me. I manifested some dreamy country property on the edge of Ann Arbor, and an amazing 30-foot Yurt which became a cherished community hub and the site of many wonderful, magical gatherings...

**[Read the rest of the story online.](#)**

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**COACHING – HEALING  
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**Crazy Wisdom Bookstore  
Spring Hours - Beginning April**

**Wednesday & Thursday 11 to 6,  
Friday & Saturday 11 to 7pm,  
New - Sunday Noon to 5,  
Monday & Tuesday-CLOSED**

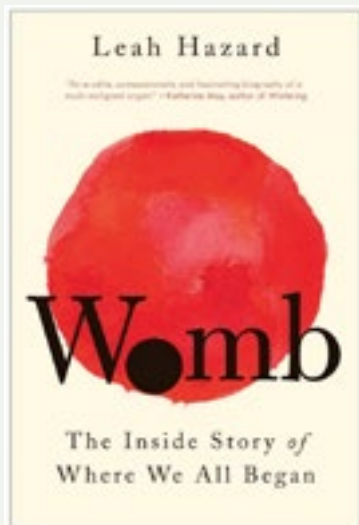
*Expanded hours coming in May. • 114 S. Main St., Ann Arbor • 734-665-2757 • crazywisdom.net*

# CW Book Picks *of the month*



Just like chemical additives in our food, synthetic ingredients in our hair and skin care can wreak havoc with our bodies. Luckily, there's no need to compromise luxurious, effective skin and hair care for safety. From a leader in the world of natural beauty, Wild Beauty is an inspiring and highly usable guide to harnessing the miraculous power of plants to make your own face oils, body balms, hairspray, bath salts, and more. Jana Blankenship, founder of the popular beauty company Captain Blankenship, believes that organic beauty products create a direct link with nature, and ingredients like cold pressed organic plant oils, flowers, seaweeds, sea salt, and organic essential oils not only conjure the natural world, but are highly beneficial for our skin, body, hair, and senses. Wild Beauty also shows you how to create powerful essential oil blends, the building blocks to effective skin and hair care, that can be used on their own to relieve headaches and tension, elevate mood, or be worn as natural perfumes. With gorgeous photographs and tips on creating a meaningful self-care regimen, this is the only book you need for true, holistic beauty.

[Purchase your copy of \*Wild Beauty\* at shopcrazywisdom.com](https://shopcrazywisdom.com)



The size of a clenched fist and the shape of a light bulb—with no less power and potential. Every person on Earth began inside a uterus, but how much do we really understand about the womb?

Bringing together medical history, scientific discoveries, and journalistic exploration, Leah Hazard embarks on a journey in search of answers about the body's most miraculous and contentious organ. We meet the people who have shaped our relationship with the uterus: doctors and doulas, yoni steamers and fibroid-tea hawkers, legislators who would regulate the organ's very existence, and boundary-breaking researchers on the frontiers of the field.

With a midwife's warmth and humor, Hazard tackles pressing questions: Is the womb connected to the brain? Can cervical crypts store sperm? Do hysterectomies affect sexual pleasure? How can smart tampons help health care? Why does endometriosis take so long to be diagnosed? Will external gestation be possible in our lifetime? How does gender-affirming hormone therapy affect the uterus? Why does medical racism impact reproductive healthcare?

A clear-eyed and inclusive examination of the cultural prejudices and assumptions that have made the uterus so poorly understood for centuries, Womb takes a fresh look at an organ that brings us pain and pleasure—a small part of our bodies that has a larger impact than we ever thought possible.

[Purchase your copy of \*Womb\* at shopcrazywisdom.com](https://shopcrazywisdom.com)





# A CONVERSATION WITH the Rats of New York

By Peggy River Singer

I asked to connect with someone who could speak for the rats of New York, since they've been getting a lot of attention in the news lately. Instead of my usual question-and-answer format for these interviews, I have invited Rat to speak freely.

**Peggy:** Whenever you are ready, my friend.

**Rat:** This is more suitable [than a formal interview], thank you. It is correct to acknowledge that we rats are a vitally important presence on this planet. I speak in terms of numbers as well as referring to the powers we possess and share with all who live here with us.

It is not a threat to refer to our powers. All living things have powers of their own, regardless of physical size. It is the powers of modeling good housekeeping, of setting an example, of drawing attention to our presence, to which I refer.

One can say that we rats were created for the task of calling humans to account for their own actions. We flourish in huge numbers when humans forget how to love and respect the earth, this living world that is our shared home.

It is wise to understand and acknowledge that each individual's habits affect everything around us. This can be seen in every form of life which is capable of making choices.

Instincts in humans can be dulled by many circumstances. Choices made under these circumstances are often flawed and contrary to the individual and greater good.

We rats are living reminders of the benefits of making good choices. OUR good choices include safe places to live with many sources of food for our beloved families. To our

knowledge very few humans are realizing this intentional aspect of our presence in great places [cities]. Instead of honoring us as teachers, we are blamed for spreading disease. That picture or story, as you may say, is one-sided and incomplete.

We are aware that many humans do acknowledge our ancient wisdom and capacities for healing the Earth and offering spiritual guidance to seekers. This gives us hope. It is good to look forward, ahead to a time when our peoples can live together in companionship and benefit from each other's presence in a balanced relationship. This is why people and rats have been brought together: to balance and support each other.

*Peggy River Singer is a Lightworker, all-beings communicator, faerie ally, Reiki practitioner, and lifelong writer who combines her gifts to help create harmonious relationships among all who share the Earth. Previous columns and articles about her experiences and insights are posted on [angelsfairiesandlife.wordpress.com](http://angelsfairiesandlife.wordpress.com). To request a reading, please call 734-548-0194.*



[READ MORE INTERESTING CONVERSATIONS  
WITH PEGGY RIVER SINGER ONLINE!](#)

# The Crazy Wisdom Calendar

April 2024



## Art and Craft

**Local Art Market: Clonlara School • Saturday, April 13**  
• 11:00 a.m. to 3:00 p.m. • Clonlara School is hosting a local art market featuring work by kids and adults! Come peruse a wide range of art from established and emerging artists. We'll have face painting, baked goods for sale, a make-and-take art project, and a food truck. This event is open to the public, and funds raised will benefit the arts at Clonlara. Clonlara School, 1289 Jewett in Ann Arbor. Free to attend. For more information visit [clonlara.org](http://clonlara.org) or email [info@clonlara.org](mailto:info@clonlara.org).

**Artworks by Carlos Tobar • Daily through April 21 • 9:00 a.m. to 5:00 p.m.** • Carlos Tobar has explored and experimented with a variety of painting styles and media including stone, mosaic using recycled porcelain, and most recently pen and ink. Using exaggeration, color, and emotion, the inspiration behind his work often comes from observation of daily life or from his reaction to current events, the simple, the ordinary, the endeavor to capture a unique moment in time. FREE. For more information contact the Weber Center at (517) 266-4000, email [webercenter@webercenter.org](mailto:webercenter@webercenter.org), or visit [webercenter.org](http://webercenter.org).

## Book Discussion Groups

**Jewel Heart Readers with Jewel Heart Instructors • Monday, April 8 • 7 to 8:30 p.m.** • Enjoy lively discussions on monthly Buddhist-related book selections with our community. All are welcome. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email [programs@jewelheart.org](mailto:programs@jewelheart.org) or visit [jewelheart.org](http://jewelheart.org).

## Buddhism

**9 Stages of Shamatha Meditation with Khenpo Tshering Chophe • Ongoing Saturdays • 10:30 to 11:30 a.m.** • You will be taught how to practice Shamatha (calm-abiding) meditation in the Mahayana Buddhist tradition on Saturday mornings. Lessons given with reference to the sutras and other texts and guided meditation sessions. Topics covered in earlier meetings Frequently reviewed. Newcomers welcome! FREE. For more information visit [karunabuddhistcenter.org](http://karunabuddhistcenter.org).

**Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Sundays through April • 11:00 a.m. to 1:15 p.m.** • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable



for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. Online and on-site. FREE, donations welcome. No discussion on March 3. For more information contact Jewel Heart at (734) 994-3387, email [programs@jewelheart.org](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://jewelheart.org).

**Practical Buddhism with Gelek Rinpoche • Tuesdays, Through April 30 • 7 to 8:30 p.m.** • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rinpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Discussions are not recorded. The sessions review Gelek Rinpoche's 2012 Sunday talks and into early 2013. No class February 27. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email [programs@jewelheart.org](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://jewelheart.org).

**New to Buddhism with Khenpo Tshering Chophe • Friday, April 13 • Noon to 1:00 p.m.** • A series of talks for those new to Buddhism. Topics include teachings common to all Buddhist paths, as well as beginner-level subjects found in Mahayana and Vajrayana Buddhism. Newcomers welcome! FREE. For more information visit [karunabuddhistcenter.org](http://karunabuddhistcenter.org).

## Ceremonies, Celebrations, and Rituals

**Cacao Journey with Alicia Clark-Teper • Friday, April 19 • 7 to 9:00 p.m.** • With each cup of cacao, we set an intention, join in a circle, connect with each other, learn about the power of cacao, receive a guided meditation and Reiki journey, and come back to a circle sharing of whatever may be opening up for you in that moment. Our sacred life journey can be more enjoyable and accelerated when surrounded by community. Cacao Journey is every third Friday. \$45. For more information contact Alicia at (734) 945-5396, email [clarkteper@yahoo.com](mailto:clarkteper@yahoo.com), or visit [SacredLotusExperience.com](http://SacredLotusExperience.com).

## Channeling

**Evenings with Aaron with Barbara Brodsky and Aaron • Wednesday, April 3, & May 1, 29 • 7 to 9:00 p.m.** • Evenings with Aaron meets once a month. All are welcome. Aaron has met with us regularly since 1989. In this gathering, Aaron often will address a present world issue and how we can best support the resolution of this issue from a place of loving awareness. Suggested donation: Individual: \$10-\$30; All sessions: \$60-\$180. For more information contact the Deep Spring Center at (734) 477-5848, email [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

**Explorations with Spirit with Barbara Brodsky, Colette Simone, and Spirit Friends • Saturday, May 11 • Tentatively 10:00 a.m. to 2:00 p.m. OR 11:00 a.m. to 3:00 p.m.** • This series is a continuation of the three workshops in Fall 2023. Topics will include: 1) Deepening awareness of one's fuller essence and living from that foundation of love and freedom. 2) Understanding karma. 3) Moving beyond perceived limitations. 4) Staying grounded in the midst of difficulty. Suggested donation: \$30-\$110. For more information contact the Deep Spring Center at (734) 477-5848, email [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

**Remembering Wholeness; Darshan with the Mother with Barbara Brodsky • Sunday, April 28 & June 2 • 2 to 5:00 p.m.** • A mother is one who gives birth to, supports, and cherishes, and then releases out into the universe, with love, always ready to hold and support. The Mother will offer personal and group messages that can most support program participants. People are able to hear what resonates for each one. Suggested donation: Individual - \$10 - \$30; All winter - \$50 - \$150. For more information contact the Deep Spring Center at (734) 477-5848, email [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

## Classes and workshops

**Tuesday Night Kirtan with Krishna • Tuesdays, 6:30 to 7:30 p.m.** • Join us for an exciting, blissful, meditative, and enlightening Kirtan Program, every Tuesday. Kirtan uses live music and chanting mantras using a call-and-response style with traditional instruments such as the harmonium (a cross between a keyboard and an accordion), veena or ektara (forms of string instruments), the tabla (one-sided drum), the mrdanga or pakhawaj (two-sided drum), flute and other woodwind instruments, and karatalas or talas (cymbals). Free, Donation graciously accepted at the door



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To register text "MANTRA" and your name to: (240) 474-3636. For more information contact Krishna at 240-474-3636 or email your questions to [krishnagpknt.jps@gmail.com](mailto:krishnagpknt.jps@gmail.com) or visit <https://fb.me/e/39OVXxR8v>

**Understanding the Esoteric Tarot: Tarot for Beginners • Beginners Drop-in Group • Fridays (ongoing) • 7:00–8:30 p.m.** • Have you wanted to begin your journey into understanding the symbolism behind the Tarot? Do you not know where to take your first step in looking at the cards? This class will feature the bare bones and basics of Tarot symbolism to get you reading the cards immediately. Every class will explore the basics of 4 cards per session, giving students an introduction to what the Tarot has to offer. \$15. Pay at the door (Cash, credit, electronic)

**Understanding the Esoteric Tarot: Advanced topics • Ongoing • 6:30 p.m.** • In the Advanced Tarot Study Group, we study the deepest aspects of the Tarot through the lenses of Numerology, Astrology, Hermetic Kabbalah, Etymology, and the Esoteric Symbolism within the cards. After exploring the mystical aspects of the Tarot, we use meditation to imprint the teachings into our minds. After the meditation session, we apply our skills with the means of divination, giving and trading readings with each other. For more information, visit: [enlightensoulcenter.com/advanced-tarot-study-group](http://enlightensoulcenter.com/advanced-tarot-study-group).

# The Crazy Wisdom Calendar

April 2024



## Death and Dying

**Ann Arbor Virtual Death Café with Merylynne Rush • Third Saturday of Every Month • 10:30 a.m. to Noon •** Join us for a conversation about all things related to death and dying. This is not a grief support group, but rather a “death-positive” event. Participants join in small and large group discussions with deep listening and sharing from the heart. No agenda, no presentation. For more info about the Death Cafe movement, visit [DeathCafe.com](http://DeathCafe.com). Open to all adults. To receive the link, please email [TheDyingYear@gmail.com](mailto:TheDyingYear@gmail.com) and specify Death Cafe. FREE. For more information email [thedyingyear@gmail.com](mailto:thedyingyear@gmail.com).

## Death and Dying continued...

**Advance Care Planning Facilitator Training with Merylynne Rush • Friday, April 19 • 8:45 a.m. to 5:00 p.m. •** Learn how to assist healthy adults in identifying a healthcare advocate, discuss their values and wishes with them, and complete an Advance Directive through the Respecting Choices model, an internationally recognized and evidence-based ACP program. For nurses, doctors, social workers, chaplains, administrators, end-of-life doulas, and all healthcare professionals across the continuum of care. Advance registration is required. \$265 includes online study modules. For more information contact Merylynne at (734) 395-9660 or email [thedyingyear@gmail.com](mailto:thedyingyear@gmail.com).

## Drumming

**Drumcommunity Jam with Lori Fithian • Saturday, April 20 • 7 to 9:00 p.m. •** Come join us for a family-friendly drum circle and improv jam. Bring your voices, instruments, drums, and other sounds, and together we'll create an evening of rhythmic fun for everyone! This is a ‘facilitated’ circle, where Lori leads drum circle games and musical improvisation activities with a focus on fun and building community. Drums provided, no experience necessary, all ages welcome. Come jam! FREE, donations to the center are welcome. For more information contact Lori at (734) 426-7818, email [lorifithian@mac.com](mailto:lorifithian@mac.com), or visit [drumcommunity.com](http://drumcommunity.com).

**2024 Drum and Dance Jam with Curtis Glatter • First Saturdays Beginning April 6 • 6 to 7:30 p.m. •** Local drummer Curtis Glatter will host the 13th season of the Drum and Dance Jam beginning April 2024 at the Interfaith Center of Spiritual Growth in Ann Arbor. No experience is necessary. You can bring your own drum or use a drum provided by the center. A sliding scale donation is \$5 is requested. Contact Curtis at (734) 972-6098, email

[cgindetmi@gmail.com](mailto:cgindetmi@gmail.com), or visit [facebook.com/glattercurtisav1972](https://www.facebook.com/glattercurtisav1972).

## Energy and Healing

**Weekly Word for Healing & Ascension with Eve Wilson, UCM Master Healer • Ongoing Fridays •** What's new in personal and planetary healing and ascension, support for your journey including practical and spiritual tools, insights, visions, and finding hope, trust, and joy through the process. This international award-winning blog is cutting edge and timely. Eve Wilson is a leader in World Healing and Ascension. FREE. Visit [spiritualhealers.com](http://spiritualhealers.com) to sign up for weekly links.

## Fairs and Festivals

**Enlightened Soul Center 2-Day Psychich Fair • Saturday, April 6 • Noon to 6:00 pm • Sunday, April 7 • Noon to 5:00 p.m. •** Join us for a fun-filled day at the Enlightened Soul Center! We have a variety of readers and healers for your enjoyment, along with visiting vendors for shopping! WHAT A GREAT WAY TO EXPLORE A VARIETY of readings and healings at one time, under one roof: intuitive tarot & intuitive oracle card readings, psychic readings, clairvoyant medium, & spirit art drawings. PLUS energy healers, shopping, FREE snacks & parking. Admission: \$5 Sat./\$3 Sun. FREE gift, FREE snacks, FREE parking. For more information contact Amy Garber at (734) 358-0218 or visit [enlightenedsoulcenter.com/enlightened-soul-psychic-fair](http://enlightenedsoulcenter.com/enlightened-soul-psychic-fair).

## Film

**Film and Discussion with Jewel Heart Instructors • Friday, April 12 • 7 to 9:15 p.m. •** FREE. Concessions available. For more information contact Jewel Heart at 734-994-3387, email [programs@jewelheart.org](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://jewelheart.org).

- April 12. Café (2016). Focused on the denizens of a coffee shop, the film asks tantalizing questions about and glimpses into the riddle of our very existence: who are we really as human, spiritual beings? What are we doing in this magical experience called life? Why are we here?

## Herbal Medicine

**Empowered Home Herbal Medicine Practices with Mary Light • Third Saturdays • 9:30 a.m. to 2:30 p.m. •** This is an apothecary/clinical-oriented certificate pathway, conducted by a medicinal clinical herbalist with 25 years of experience

as a teacher and practitioner. Intended to empower participants in the use and understanding of applied natural medicine and herbal medicine and techniques for personal or clinical use. Students will learn to create, make, store, apply, and use a variety of herbal medicines upon completion. Students will directly learn which body systems, physiology, and conditions the herbal formulations should be used for or applied to. \$1,500.00 or by advanced per diem. For more information contact the Naturopathic School of Ann Arbor at (734) 769-7794 or visit [naturopathicschoolofannarbor.net](http://naturopathicschoolofannarbor.net).

## Intuitive and Psychic Development

**Focused Mind Meditation – Teleconference with John Friedlander • Sunday, April 7 • 9:00 a.m. to Noon •** 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 of mental clarity and spiritual openness. See the website for phone and payment information. \$15. For more information contact Violeta at (734) 476-1513 or visit [psychicpsychology.org](http://psychicpsychology.org).

**Psychic Psychology Women’s Group – Teleconference with John Friedlander and Gloria Hemsler • Tuesday, April 2 • 7 to 8:00 p.m. •** For Women Only. Meditations concentrate on women’s issues relative to biological energies as well as that of the aura. See the website for the teleconference number and billing information. \$10. For more information contact Violeta at (734) 476-1513 or visit [psychicpsychology.org](http://psychicpsychology.org).

**Spring Intensive 2024 - Webinar/Teleconference with John Friedlander • April, See Website for Details •** New material will be introduced with the continued development of advanced core techniques seeking a natural sense of skills in practical everyday life. Prerequisite Level 1 Psychic Development class, CD set, or permission of instructor. \$275. For more information email Gilbert Choudury at [gchoud@yahoo.com](mailto:gchoud@yahoo.com) or visit [psychicpsychology.org](http://psychicpsychology.org).

## Love and Relationships

**Kabbalah for Couples with Karen Greenberg • Sunday, April 28 • 3 to 5 :00 p.m. •** Has social distancing amplified the distance between you and your partner? K4C is for good relationships that both parties are willing to work on to make their relationship even better, physically, emotionally, mentally, financially, spiritually, and energetically. This two-hour monthly session is not couples therapy; it can help you get your relationship to the place that you always wanted it to be but did not know how. Future course dates to be determined. \$274 per session. For more information contact Karen at (734) 417-9511, email, [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

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**Triple Crane Retreat Center** is committed to serving a wide, diverse, and supportive community of spiritual seekers and practitioners from our surrounding communities in Southeast Michigan. It is our goal to cultivate a tranquil environment for personal and group retreats, as well as a residential and local commuter classes and programs where spiritual seekers with a desire for authentic spiritual growth can relax, unwind and submerge themselves in spiritual practice.

**Work-Exchange and Volunteers Program**  
Triple Crane is growing it's work exchange program. We are looking for committed and talented individuals to help co-create a thriving practice community. Visit our work-exchange and volunteer programs website page.

**TripleCraneRetreat.org** | 7665 Werkner Road, Chelsea MI 48118  
[Office@TripleCraneRetreat.org](mailto:Office@TripleCraneRetreat.org) | 248.931.5914

## Massage

**Community Massage & Foot Reflexology with the Ann Arbor Massage School Staff • Ongoing Tuesdays Through April • 9:30 a.m. to 12:30 p.m. •** Open format community massage and foot reflexology. Fully clothed 20-minute sessions alongside staff with the goal of vitality and relaxation in our quiet, peaceful studio. \$25. For more information contact the massage school at (734) 769-7794 or visit [naturopathicschoolofannarbor.net](http://naturopathicschoolofannarbor.net).

## Meditation

**Still Mountain Buddhist Meditation Center Sunday Morning Sitting • Ongoing • 10 to 11:30 a.m. •** Our weekly meditation and sharing is open to the public. We will sit in silence for 45 minutes, take a quick break, and gather for sharing related to the Dharma. Zoom option is available. FREE. For more information contact Kenneth Morley at [Kenwmorley@yahoo.com](mailto:Kenwmorley@yahoo.com).

**Weekly Silent Meditation Practice via Zoom with Celeste Zygmont • Sunday 11:00 a.m. to Noon AND/OR Tuesday 9 to 9:30 a.m. •** We will have a brief period of chanting, then mute ourselves, and then begin silent vipassana meditation. After the hour is finished a bell will ring and meditators can go on with their day. There will be time to stay and chat or discuss questions if someone so chooses. Please note this is not a class or a guided meditation.

Suggested donation: \$5. For more information contact the Deep Spring Center at (734) 477-5848, email [om@deepspring.org](mailto:om@deepspring.org), or visit [deepspring.org](http://deepspring.org).

**White Tara Guided Healing Meditation with Jewel Heart Instructors • Weekly on Sundays through April 28 • 9:30 to 10:30 a.m.** • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. No meditation March 3. Online and on-site. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email [programs@jewelheart.org](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://jewelheart.org).

**Day of Mindfulness Meditation with Esther Kennedy • Saturday, April 6 • 10 a.m. to 2:30 p.m.** • Join our mindfulness community as we deepen our understanding of and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amplify our capacity to be loved within family, neighborhood, city, and world. \$35 with lunch included. For more information contact the Weber Center at (517)266-4000 or visit [webercenter.org](http://webercenter.org).

**Letting Go - Loving the Life You Have Right Now with Janene Terns • Saturday, April 6 • 9:30 a.m. to 3:00 p.m.** • We are told that God works all things for our good but that is often hard to see in the midst of our day. Join us to discover the spiritual, emotional, physical, and practical aspects of your life which God may be inviting you to surrender. Learn everyday practices to live in this challenging world while increasing your trust, peace, and joy so you can truly love the life you have today. \$60. For more information visit [prayer-in-motion.com](http://prayer-in-motion.com).

## Music, Sound, and Voice

**Music Improv Session with Jesse Morgan • Reoccurring First Tuesdays • 7:30 to 9:00 p.m.** • This session is a supportive, inclusive musical group improvisation. Skilled improvisers play alongside novices to make music in the moment, together. No musical experience necessary. All are welcome. We generally create three instrumental and one vocal improvisation. You may choose your degree of participation. FREE. For more information contact Jesse at (734) 355-1501, or email [jessemusictherapy@gmail.com](mailto:jessemusictherapy@gmail.com)

**Folk Song Jam Along with Lori Fithian and Jean Chorazyczewski • Friday, April 2 • 6 to 7:30 p.m.** • Come sing and play, just for fun! Bring your voice and/or strummy (Ukulele, Guitar, etc.) instruments to play and sing along - we've got a lot of songs to choose from - it's like group Karaoke with our own band! We project lyrics and chords on a screen, so all can sing and/or play along. Beginning players are most welcome! We meet alternating days and locations - the Malletts Creek and Westgate library branches. FREE. For more information contact Lori at (734) 426-7818 or email [lorifithian@mac.com](mailto:lorifithian@mac.com).

**Gift of Song with the Threshold Singers of Ann Arbor • Sunday, April 14 • 4:00 p.m.** • Experience the comfort of loving song wherever you are in life's journey. You are

invited to sit or recline, close your eyes and let our voices support you in meeting life's challenges. We welcome people of all ages who are comfortable listening quietly or joining us in quiet singing. For more information email [thresholdofaa@gmail.com](mailto:thresholdofaa@gmail.com) or call (734) 531-7960, or visit <http://thresholdofannarbor.org>.

**Yoga + Sound Sound Bath Meditation with Rob Meyer-Kukan • Friday, April 19 • 7 to 8:30 p.m.** • Relax, unwind, and allow yourself to calm the overworked, overstimulated nervous system, by allowing the healing frequencies of sound to flow through you. Hosted by Breathe Yoga, Sound Bath Meditation is an immersion in soothing sounds and vibrations that are relaxing and rejuvenating for your body, mind, and spirit. Often simply called a "Sound Bath", it is an experience that washes you with the sounds of intentionally chosen instruments that bring calming vibrations to reduce stress and tension. \$28. For more information contact Amy at (734) 883-7427, email [amy@breatheyogachelsea.com](mailto:amy@breatheyogachelsea.com), or visit [breatheyogachelsea.com](http://breatheyogachelsea.com).

**Chakra Sound Bath with Rob Meyer Kukan • Friday, April 5 • 7 to 8:30 p.m.** • In our understanding of them, we have seven main chakras but hundreds of minor chakras. In this time of sound bath meditation, we will seek to balance your energetic system with sounds from singing bowls, gongs, and more. \$40. For more information contact Rob at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Sound Meditation with Mike Tamburo • Friday and Saturday, April 12 & 13 • Friday 7 to 9:00 p.m. & Saturday 8 to 10:00 p.m.** • Enter a timeless space of listening as Crown of Eternity's Mike Tamburo orchestrates his way through 40+ overtone-rich instruments including Gongs, Bells, Sound Sculptures, Hammered Dulcimer, and tuned metal instruments. \$40 each night. For more information contact Anne Taylor at (517) 962-4725, email [anne@infintelightjackson.com](mailto:anne@infintelightjackson.com), or visit [infintelightjackson.com](http://infintelightjackson.com).

**Learn & Explore Gongs Workshop with Mike Tamburo • Saturday, April 13 • 10 a.m. to 7:00 p.m.** • Join Mike for a one-day in-person exploratory and experiential workshop that will deepen one's gong practice and bring the player to a new level both in playing and in understanding the potential of working with gong music. Open to all levels. \$175. Contact Anne at (517) 962-4725, email [anne@infintelightjackson.com](mailto:anne@infintelightjackson.com), or visit [infintelightjackson.com](http://infintelightjackson.com).

**Praise, Poetry, and Potpourri with John Macnoughton • Thursday, April 18 • 1:30 to 2:30 p.m.** • Enjoy prose, poetry, music, and song from a variety of presenters. Feel free to bring your own creations. FREE. For more information contact the Weber Center at (517)266-4000 or visit [webercenter.org](http://webercenter.org).

## Parenting

**Harnessing the Power of Talking Out Loud for Parents with Leeann Fu • Saturday, April 27 • 1:30 to 2:30 p.m. • Monday, April 29 • 6:45 to 7:45 pm** • It happens so often. Something you say causes a disconnection, and your

Meditation Classes and Practice | Retreats and Workshops  
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June 7–12, 2024

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Aaron, Yeshua and The Mother are channeled entities.  
They are channeled by Barbara Brodsky, founder and guiding teacher of Deep Spring Center*



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child checks out. What becomes possible if you offer to be a “teddy bear?” Teddy bears say very little. When a teddy bear talks, it’s because the talker has asked the teddy bear to do something small, like ask questions or reflect some things back. Explore the power of listening in this one-hour in-person workshop for parents. Bookable online times also available. FREE. For more information contact Leeann at (734) 237-7676, email teddybear@umich.edu, or visit teddybeartalksupport.com.

with listeners who only listen or ask open, honest questions, and make guesses about what seems important. Come explore! (Bookable online times also available.) FREE. For more information contact Leeann at (734) 237- 7676, email teddybear@umich.edu, or visit teddybeartalksupport.com.

### Personal Growth

**Stop Sabotaging Your Self-Care with Christy DeBurton • Self-Paced** • In this compact but powerful self-paced course, you’ll get at the root causes of your self-sabotaging habits. Learn effective tools to set healthy boundaries without the guilt. Banish burn-out, overwhelm, and resentment. Get inspired to eat healthy, sleep well, and live better in your body. For more information email Christy at info@christydeburton.com or visit yogaroomannarbor.com.

**Harnessing the Power of Talking Out Loud In-Person Co-working Session with Leeann Fu • Saturday, April 13, 10:15 a.m. to Noon • OR Tuesday, April 23, 10:15 a.m. to Noon** • Separate in-person co-working sessions where work is interspersed with Teddy Bear Talk Support (TBTS) sessions. Do you think better when thinking out loud? Do you want to make use of this power more often? TBTS provides a framework for participants to benefit from conversations

**ReVillaging for Modern Mothers with Miriam Dowd-Eller and Emily Adama • Sunday, April 28 • 9:30 a.m. to 5:30 p.m.** • Modern motherhood can leave women struggling with everything from social isolation, mood-disorders, and health challenges, to simply dealing with the near-constant ache for a more organic and effortless village for themselves and their families. Through movement, sharing circles, stillness, nature-connection, and song, these retreats will explore some of the qualities, mindsets, and tools you can use in your journey of “ReVillaging,” to find and build the support, community, friendships, and connections you dream of. Price ranges from \$70 to \$150. For more information visit EarthWellRetreat.com.

**Personal and Mini Wellness Retreats with The Yoga Room and Christy DeBurton • Ongoing** • When you haven’t got the time or budget for a full weekend retreat but just need a little ‘me-time,’ choose a Mini Retreat or a Personal Retreat to relax and renew. For more information email Christy at info@christydeburton.com or visit yogaroomannarbor.com.

**Community Renewal Day with Rob Meyer-Kukan and Bri Babiera • Sunday, April 21 • Noon to 5:00 p.m.** • 7 Notes Natural Health is committed to giving back to the community!

# The Crazy Wisdom Calendar

April 2024



In previous years we have offered events for healers, teachers, veterans, and more. Community Renewal Day is for anyone who works in the healthcare system and all who work in the healing arts. It is also for teachers, aides, paraprofessionals, school office staff, administration, custodial staff, bus drivers. The day will include Sound Therapy, Massage, and Reiki one one-on-one Sessions and new Renewal Activities including breathwork, intro to breathwork, mindfulness meditation, journal writing, crystal grid workshop, and our very popular yoga + sound. FREE. For more information contact Rob at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

## Reiki

**First Degree Usui System of Reiki Healing with Suzy Wienckowski • Saturday and Sunday, April 13 & 14 • Saturday 10:00 a.m. to 5:00 p.m., Sunday 10:00 a.m. to 1:00 p.m.** • Reiki is a gentle, hands-on healing practice that promotes balance and harmony on all levels: Body, Mind, and Spirit. Reiki is easily learned by all and after initiation by a Reiki Master, healing energy flows effortlessly through your hands. The First-Degree class includes the history of Reiki, hands-on treatment form for yourself and others, and four individual initiations. Certificate awarded. \$200. For more information contact Suzy at (734) 476-7958 or email [suzyreiki@aol.com](mailto:suzyreiki@aol.com).

## Retreats

**Personal and Mini Wellness Retreats with The Yoga Room and Christy DeBurton • Ongoing** • When you haven't got the time or budget for a full weekend retreat but just need a little 'me-time,' choose a Mini Retreat or a Personal Retreat to relax and renew. For more information email Christy at [info@christydeburton.com](mailto:info@christydeburton.com) or visit [yogaroomannarbor.com](http://yogaroomannarbor.com).

**ReVillaging for Modern Mothers with Miriam Dowd-Eller and Emily Adama • Sunday, April 28 • 9:30 a.m. to 5:30 p.m.** • Modern motherhood can leave women struggling with everything from social isolation, mood-disorders, and health challenges, to simply dealing with the near-constant ache for a more organic and effortless village for themselves and their families. Through movement, sharing circles, stillness, nature-connection, and song, these retreats will explore some of the qualities, mindsets, and tools you can use in your journey of "ReVillaging," to find and build the support, community, friendships, and connections you dream of. Price ranges from \$70 to \$150. For more information visit [EarthWellRetreat.com](http://EarthWellRetreat.com).

## Shamanism

**Journey Circle with Judy Liu Ramsey • Thursday, April 4, 18 • 7 to 8:30 p.m.** • For those who know how to do shamanic journeying, this Zoom group explores the tools and resources needed for life's transitions and cycles. Enrich your life by joining us in this open and welcoming community of practitioners. The circle is online via Zoom. \$25 per session or \$40 per month per household. For more information email Judy at [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit [judyr Ramsey.net](http://judyr Ramsey.net).

**Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey • Saturday, April 27, 28 • 9:00 a.m. to 3:00 p.m.** • The shamanic journey is an easy and powerful tool we can use to access spiritual information. In this class, you will meet and begin to develop a relationship with a compassionate spirit or power animal who is coming forward to help you at this time in your life. Learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, and intentionally through the world in a balanced way. This class is a prerequisite to ongoing and more advanced shamanic studies. Online class via Zoom. \$160 per person/ \$80 for repeating students. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit [judyr Ramsey.net](http://judyr Ramsey.net).

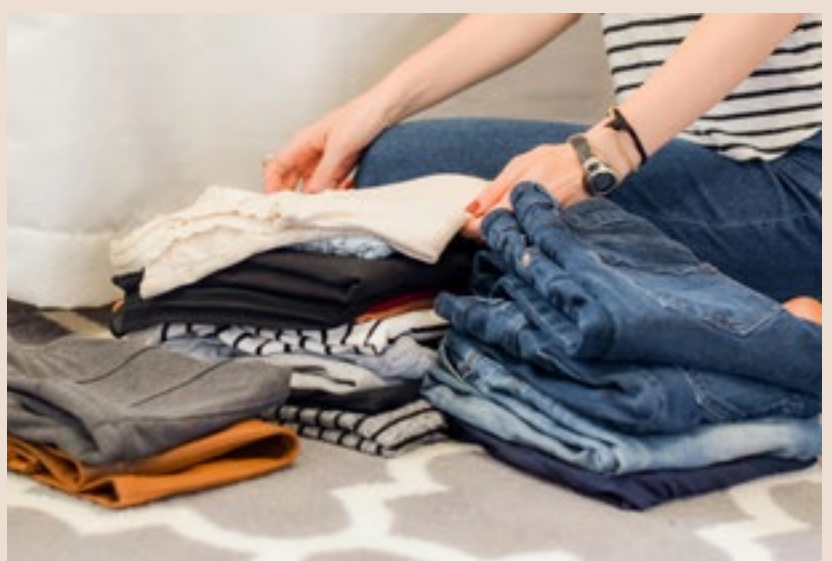
**Ancestors: The Power Within with Judy Liu Ramsey • April 6 & 7 • 9:00 a.m. to 4:00 p.m.** • Ancestors can be powerful allies in your practice, and healing our ancestral lines can help us heal ourselves and our families. Explore your heritage and deepen your connection with the grandmothers and grandfathers in ceremony, in initiation, and in the shamanic journey. Prerequisite: basic journeying skills. The class will be taught online via Zoom. \$160 per person/ \$80 for repeating students. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit [judyr Ramsey.net](http://judyr Ramsey.net).

**Shamanic Healing for Animals with Judy Liu Ramsey • Tuesdays from April 16 to June 11 • 7 to 9:00 p.m.** • Explore unique perspectives for animal healing that draw upon core shamanic practices. Students will develop a toolkit of techniques within a supportive, interactive, and experiential learning framework of instruction from a professional animal communicator who also practices shamanism. Prerequisite: journeying basics. Knowledge of animal communication is not necessary. The class is taught via Zoom. \$375 per person/ \$155 for repeat students. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit [judyr Ramsey.net](http://judyr Ramsey.net).



# How To Clean Out Your Closet:

## What To Ditch And What To Keep



By Andrea Zaghi

Minimalism has increasingly gained in popularity. When you choose minimalism, there is no space to contain disorder, especially in the closet. The modern-minimal-chic advocate curating every small detail of your life, down to the laundry drawer. Marie Kondo, author of *The Magical Art of Tidying Up*, promotes the idea that we should only hold on to things that "make us happy".

Cleaning out the wardrobe can undoubtedly seem an intimidating task. Definitely not high up on my list of fun things to do on a Sunday afternoon, but it certainly makes me feel better.

Cleansing is not glamorous. Whether you are cleansing your body, your bathroom, or your wardrobe, if done correctly and effectively, it is a dense, in-depth process and can feel very ugly. Purging the closet can trigger anxiety because it threatens the loss of the status. We get attached to things, even the things that we no longer love and wear.

I know what you might think: "This is another frivolous new millennial trend". It might be, but trust me on this: there's nothing like having a wardrobe that we truly love. When we have less, it is much easier to make choices and feel light. What do we do all this yoga for? To increase space inside us. Let's make more room on the outside too, in our closet, for example.

So, let's start this new decade with a purge!

And on that note, here are a few tips on how to make this process easy.

**Set and setting** - For a good, efficient purge, you need to be in the right mindset, and feel secure. Make sure you have enough time to complete the task. If you know you might struggle, invite your best minimalistic friend to be there for you. She or he will keep you on track. Make sure there is enough space to pile stuff and to move along easily.

**Empty the closet** – Pull everything out of the closet and dresser drawers, yes, even the no man's land in the back-make sure it's empty. Divide things into categories and makes piles.

**Game time:** One by one, ask yourself hard questions about each piece of clothing. Be true to yourself, think of this as a chance to make space.

1. Is this item in good form? If it's ripped, worn, or has a broken zipper \*(AND it is not worth fixing it), toss it aside.
2. Have I worn it in the past year? No? Please get rid of it.
3. Is this my style? Stop hanging onto items that don't reflect your style.
4. Do I feel comfortable with it? Only wear outfits that make you feel secure and confident. It makes a big difference.

### ~NEXT STEPS~

- **Clean** - Spruce up the empty spaces. And now you are left with a pile of clothes you don't want anymore. Please don't wait to get rid of them or you will feel the temptation to go through them once more. Organize the discarded things into three categories: toss, sell, or donate.
- **Toss** - Recycle anything you can. For example, old t-shirts can be used as kitchen towels or as rags.
- **Sell**- If you have pieces that you spent a lot on, put them aside to sell on eBay, Facebook market, or Nextdoor.
- **Donate**- Lastly, give your other garments a new lease on life by donating them at the Salvation Army. Before I left the Netherlands in 2016, during my leaving party I hung all the discarded clothes out in the garden for my guests to take. It was a lot of fun, and people were grateful for a new addition to their wardrobe.
- **Restructure** - It is time to put everything back in place. But that is a whole new story.

Purging is not fun, but necessary. Feel free to contact me if you need more tips and tricks or a minimalistic friend to help you clean out your closet!

[Read other great blogs on our website!](#)

# The Crazy Wisdom Calendar

April 2024



## Shamanism continued...

**Introduction to Shamanism with Connie Lee Eiland • Sunday, April 21 • 10:00 a.m. to 4:00 p.m.** • This class includes power animal retrieval and journeying to upper, lower, and middle worlds. Journeying is done utilizing drums and rattles. For more information contact Connie at (248) 809-3230 or email [clshebear@gmail.com](mailto:clshebear@gmail.com).

## Spiritual Development

**Thomas Aquinas and Teilhard de Chardin: Christian Humanism in an Age of Unbelief with Donald Goergen • Saturday, April 20 • 7 to 8:30 p.m.** • Thomas Aquinas, a medieval philosophical theologian, and Pierre Teilhard de Chardin, a modern priest-scientist, may seem like quite a contrast. What does each have to offer our understanding of God, ourselves, and the world today? Are there fundamental views and visions compatible? What can we learn from each? \$45 Livestreamed only. Registration required. For more information contact the Weber Center at (517) 266-4000, email [webercenter@webercenter.org](mailto:webercenter@webercenter.org), or visit [webercenter.org](http://webercenter.org).

## Sustainable Living Skills

**Fire! Rocket Stove & Earth Oven Workshop with Deanne Bednar • Saturday and Sunday, April 13 & 14 • 9:30 a.m. to 5:00 p.m.** • Create useful heat efficiently from local materials! Tour buildings and Fire Devices on site, (Rocket Stove, Earth Oven, Rumford Fireplace.) Hands-on: brick mockup of Rocket Stove combustion unit, model of an Earth Oven and mix cob and finish plaster. Make a pizza in the Earth oven! Info on principles, and design. Online handouts. Rocket Stove and Earth Oven books for sale. Limit of 12 students. Some overnight accommodations are available. \$110 paid two weeks in advance or \$125 thereafter. For more information contact Deanne at (248) 496-4088, email [ecoartdb@gmail.com](mailto:ecoartdb@gmail.com), or visit [strawbalestudio.org](http://strawbalestudio.org).

**April Worktrade Program at Strawbale Studio with Deanne Bednar • April 1 through 28** • Come participate in this unique learning environment! Come join the crew and live on-site as you learn skills and help out. This work trade opportunity provides basic food and lodging in exchange for 25 hours of help per week on the grounds, buildings, and infrastructure. Assist with and participate in classes and activities held during the month; foraging and some crafts. 25 hours of worktrade per week. For more information contact Deanne at (248) 496-4088, email [ecoartdb@gmail.com](mailto:ecoartdb@gmail.com), or visit [strawbalestudio.org](http://strawbalestudio.org).

## Simple Spoon Carving Workshop with

**Deanne Bednar • Wednesday, April 17 • 9:30 to 5:00 p.m.**

• Learn whittling techniques to make a wooden spreader knife and a simple spoon during this mid-week class. We will be using wood harvested from the land, and several types of knife tools plus a draw shave and shaving horse. A traditional skill to last a lifetime. Bring a lunch. Enjoy being in the enchanting thatched Strawbale Studio in the woods. Limit of eight students. \$65 paid one month in advance or \$80 thereafter. For more information contact Deanne at (248) 496-4088, email [ecoartdb@gmail.com](mailto:ecoartdb@gmail.com), or visit [strawbalestudio.org](http://strawbalestudio.org).

## Tai Chi, Martial Arts, and Self-Defense

**Wu Style Tai Chi Chuan with Disciples and Advanced Students of Sifu Genie • Ongoing • Monday 1 to 2:00 p.m. or 7 to 8:00 p.m., Tuesday 6:30 to 8:00 p.m., Wednesday 5:30 to 7:00 p.m. or 6:30 to 8:00 p.m., Thursdays 11:00 a.m. to 12:30 p.m. or 6:30 to 8:00 p.m., Saturday 9 to 10:30 a.m., 10 to 11:30 a.m. or 2:30 to 3:30 p.m., and Sunday 4:00 a.m. to 12:30 p.m.** • Wu Style tai chi chuan is a soft style martial art emphasizing balance and relaxation. Everyone welcomed to learn this ancient art of meditation in motion. \$45/month for 1 class per week; \$70 for 2 classes per week. Student/senior rates available. For more information email [info@wustyle-annarbor.com](mailto:info@wustyle-annarbor.com), or visit [wustyle-annarbor.com](http://wustyle-annarbor.com). For more information, visit the Jewel Heart website at [jewelheart.org](http://jewelheart.org), call Jewel Heart at (734) 994-3387, or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Wu Style Tai Chi Chaun with Marylin Feingold • Weekly on Sundays from January 7 to April 28 • 4 to 5:00 p.m.** • Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. Drop-in, \$5 per session collected at the door. No class on March 3. For more information contact Jewel Heart at (734) 994-3387, email [programs@jewelheart.org](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://jewelheart.org).

**Yang & Chen - Qigong & Tai Chi - Beginner – Advanced with Karla Groesbeck • Ongoing Tuesdays, Wednesdays & Thursdays • See Website for Times • Solo, two-person, weapons. Outside, inside & zoom. Yang Long Form 108, Chen Laojia Yilu. Various qigong sets & Zhan Zhuang. Sword, Staff, Bang, Ruler, Tuishou, and Push Hands. Free for folks 65+. Contact us for under 65. For more information contact Karla at, (734)276-3059, email [info@taichilove.com](mailto:info@taichilove.com), or visit [taichilove.com](http://taichilove.com).**

**Chen Tai Chi Chuan with Joe Walters • Every Tuesday, Thursday & Saturday • 4 to 5:00 p.m.** • Instruction in Chen Tai Chi Chuan, a unique art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. FREE. For more information contact Joe at [annarbortaiichi@gmail.com](mailto:annarbortaiichi@gmail.com) or visit [annarbortaiichi.com](http://annarbortaiichi.com).

## Work and Right Livelihood

**Advance Care Planning Facilitator Training with Merylynne Rush • Friday, April 19 • 8:45 a.m. to 5:00 p.m.**

Learn how to assist healthy adults in identifying a healthcare advocate, discuss their values and wishes with them, and complete an Advance Directive through the Respecting Choices model, an internationally recognized and evidence-based ACP program. For nurses, doctors, social workers, chaplains, administrators, end-of-life doulas, and all healthcare professionals across the continuum of care. Advance registration is required. \$265 includes online study modules. For more information contact Merylynne at (734) 395-9660 or email [thedyingyear@gmail.com](mailto:thedyingyear@gmail.com).



## Writing and Poetry

**Write for Life with Mary Ledvina** • Do you want to begin, stick with, and complete a creative project? Learn the tools that Julia Cameron used to write more than 40 books with her new book: *Write for Life: Creative Tools for Every Writer* (A 6-Week Artist's Way Program). Develop a writing practice and fill your well with inspiration. See website for class dates. \$180. For more information contact Mary Ledvina at (734) 646-9161, email [maryledvina@gmail.com](mailto:maryledvina@gmail.com), or visit [maryledvina.com](http://maryledvina.com).

**Crazy Wisdom Poetry Series with Edward Morin, David Jibson, and Lissa Perrin • Wednesday, April 10, 24 • 7 p.m. to 9:00 p.m.** • Crazy Wisdom Poetry Series hosted by Edward Morin, David Jibson, and Lissa Perrin Second and Fourth Wednesday of each month. Second Wednesdays, 7-9:00 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, 7-9:00 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. All sessions are virtual and accessible through Zoom. Email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com) for Zoom link. FREE. For more information contact Edward at (734) 668-7523, email [eaecmorso@sbcglobal.net](mailto:eaecmorso@sbcglobal.net) or visit <https://cwcircle.poetry.blog>.

## Featured Readers:

**April 24** - Zack Rogow is author, editor, or translator of twenty books or plays. His memoir, *Hugging My Father's Ghost*, will be published in April 2024. His dad was also a writer, and in the memoir, Rogow attempts to solve the mystery of the father he never knew. Zack's ninth poetry collection is *Irreverent Litanies*.

## Yoga

**Yoga Your Way with Christy DeBurton, RYT • Ongoing** • Holistic private yoga sessions, hybrid Live and Virtual Yoga Wellness Courses, 15-minute Yoga for Busy People videos, and yoga audio sessions. Hatha, Vinyasa and Yin yoga. See website for details. For more information, contact Christy at [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

**Open Level Yoga with Michele Bond • Sunday, 4 to 5:30 p.m. • Tuesday, 6 to 7:30 p.m. • Saturday, 10 to 11:30 a.m.** • Each student is encouraged to honor their own unique abilities and limitations in this mixed-level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Myofascial release is a recent—and welcome—addition to all classes. Learn to look for the good in yourself and others as you enjoy a dynamic practice. \$15 per class if registered for the semester, \$20 drop in with instructor's permission. For more information contact Michele at (734) 358.8546, email [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit [yogahouseannarbor.com](http://yogahouseannarbor.com).

**Yoga Essentials with Michele Bond • Ongoing Tuesdays • 6 to 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, and developing a yoga practice that is safe, joyful, therapeutic, and fun! Myofascial release techniques help ease our way into the poses. \$15 per class if registered for the semester, \$20 drop in with instructor's permission. For more information contact Michele at (734) 358.8546, email [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit [yogahouseannarbor.com](http://yogahouseannarbor.com).

**The Practice with Michele Bond • Ongoing Wednesdays • 6 to 7:30 p.m.** • Great for athletes or anyone looking for a strong practice. Enjoy increasing core strength, and enhancing flexibility, agility, balance, and mental focus with this fun and energetic practice. Students return year after year to enjoy the benefits of this life-enhancing practice. \$15 per class if registered for the semester, \$20 drop in with instructor's permission. For more information. contact Michele at (734) 358.8546, email [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit [yogahouseannarbor.com](http://yogahouseannarbor.com).

**Hatha Yoga with Samantha Lieberman • Weekly on Thursdays • Through April 25 • 9:15 to 10:15 a.m.** • Sam loves the process of creating and offering safe yet challenging yoga sequencing. She enjoys sharing her love of yoga with all levels of students and is deeply honored to pass the gift of yoga to others. Drop-in \$15 per session

– First visit is free! Cash or Venmo at door. Seniors receive 10% discount. Discounted packages available. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email [programs@jewelheart.org](mailto:programs@jewelheart.org), or visit [jewelheart.org](http://jewelheart.org).

**Yoga with Jillian Diwan • Ongoing Saturdays beginning February 10 • 10 to 11:00 a.m.** • This is a beginner ashtanga yoga class, offered with lots of modifications to make it accessible to everyone. Donations are welcome. Held at the First Congregational Church of Ann Arbor. For more information email Jillian at [jill@jamhandsbodywork.com](mailto:jill@jamhandsbodywork.com).

**Yoga at the Depot Town Freight House with Sarah Kreiner • May 18 • 10 to 11:00 a.m.** • Free Yoga at the Farmers Market / Freight House facilitated by The Mix Fitness Studios. FREE. Donations accepted to go toward the Rutherford Pool in Ypsilanti. For more information visit [the-mix-studios.com](http://the-mix-studios.com).



**Want to get the word out about your classes, workshop, and events? Submit your calendar listings by April 22nd for the May issue of The Crazy Wisdom Monthly.**



# What's New in the Community



## SPOTLIGHT!

**Yoga instructor Marlene McGrath is the new owner of Yoga Focus Collective, formerly Yoga Focus, as of April 2023.**

She bought the yoga studio and business from Karen Ufer who owned and operated it for 30 years from 1993 through 2023. McGrath had been an instructor there since 2001. Two new instructors, Pam Lindberg and Marly Spieser-Schneider have joined McGrath and longtime instructor Alicia Rowe on the teaching staff. Karen Ufer and her husband David Ufer remain on the teaching roster as well.

McGrath said that the renaming of the studio was a decision made together with Ufer when the studio changed hands. It honors the legacy while acknowledging the present and future in a slightly more uncertain time when everything has been changed by the pandemic and other factors. Lindberg and Spieser-Schneider joined the studio after the places they had been teaching at closed (as did many studios throughout the country and world). Many of their students came with them and are happy to have found a new “yoga home” when many studios have simply disappeared, she said.

All of the instructors at Yoga Focus Collective are trained in Iyengar yoga. They have had the longest standing Prenatal and Postnatal Yoga program in town, and possibly in the state of Michigan, having been offered consistently since 2001. They offer Supported Yoga, which is designed to be accessible to students of any age, stage of life, or level of skill or flexibility. They offer beginner level Basic Yoga, and Open Level Yoga which are mixed level classes, at a variety of times throughout the week to accommodate students' schedules. Special topic workshops like Yoga for Bone Health, Yoga for Gardeners, Yoga and Your Pelvic Floor, Yoga for Digestive Health, and many others are offered on a regular basis. Students socialize as part of their yoga community, gathering for lunch after



classes at nearby York, and participating in outings to Washtenaw Dairy, Blank Slate, and the Dexter Cider Mill.

Before becoming a yoga instructor, McGrath was a psychiatric social worker at the University of Michigan Hospital. She began training in yoga to deal with stress and continued it when she became pregnant, and afterward. She said that she felt that yoga was “a wonderful companion for reflection, self-learning, self-knowledge, and keeping mind and body healthy” during different stages of life. She enjoys working with people of all ages and believes it to be “a wonderful practice throughout the life cycle.”

*Yoga Focus Collective is located at 1527 Eastover Place, Suite 5, Ann Arbor, MI 48104. More information is online at [yogafocuscollective.com](http://yogafocuscollective.com) and any questions can be directed through their web contact form.*

# Now Hiring: Ad Sales Associate

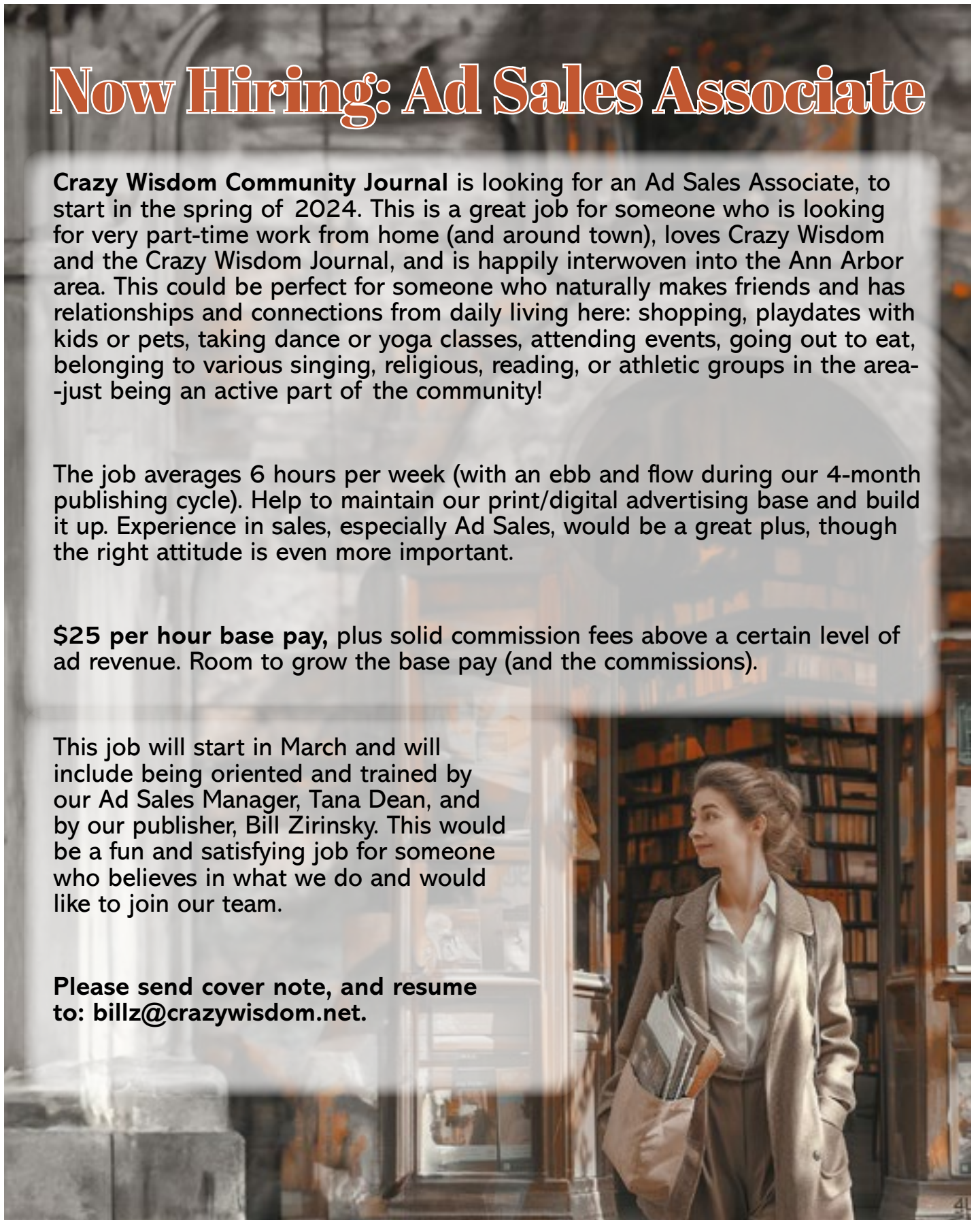
**Crazy Wisdom Community Journal** is looking for an Ad Sales Associate, to start in the spring of 2024. This is a great job for someone who is looking for very part-time work from home (and around town), loves Crazy Wisdom and the Crazy Wisdom Journal, and is happily interwoven into the Ann Arbor area. This could be perfect for someone who naturally makes friends and has relationships and connections from daily living here: shopping, playdates with kids or pets, taking dance or yoga classes, attending events, going out to eat, belonging to various singing, religious, reading, or athletic groups in the area-just being an active part of the community!

The job averages 6 hours per week (with an ebb and flow during our 4-month publishing cycle). Help to maintain our print/digital advertising base and build it up. Experience in sales, especially Ad Sales, would be a great plus, though the right attitude is even more important.

**\$25 per hour base pay**, plus solid commission fees above a certain level of ad revenue. Room to grow the base pay (and the commissions).

This job will start in March and will include being oriented and trained by our Ad Sales Manager, Tana Dean, and by our publisher, Bill Zirinsky. This would be a fun and satisfying job for someone who believes in what we do and would like to join our team.

Please send cover note, and resume to: [billz@crazywisdom.net](mailto:billz@crazywisdom.net).



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

You can find *The Crazy Wisdom Community Journal* in many places around Ann Arbor and in surrounding areas.  
Here's a sample of places around town where you can pick up a copy of the current issue:

## Ann Arbor:

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

## Ypsilanti:

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

## Plymouth, Livonia & Canton

Earth Lore  
Yoga Practice Center  
Zerbos

## Saline:

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

## Chelsea and Dexter:

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

## Jackson & Lenawee County:

Essential Energies  
Divine Sanctuary  
Pegasus Spa and Leisure  
Sacred Touch  
Living Grateful

Now delivering to spots in Brighton,  
South Lyon, and Royal Oak, too!

*The flowers of late winter and early  
spring occupy places in our hearts  
well out of proportion to their size.*

—Gertrude S. Wister

