

# THE CRAZY WISDOM BIWEEKLY

#111

*Patricia Yiu,*  
Intuitive Healer

PAGE XX



**April 28**  
Waxing Gibbous



# CRAZY WISDOM

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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.

Thank you to our contributors for this issue:

Michelle McLemore  
Julie Kouyate  
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Bill Zirinsky  
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**"When women break away from the day-to-day routine, they rediscover their own self-value and power. In an environment of beauty, peace, and serenity, their minds find release from old patterns and open to new concepts."**

– Julie Kouyate

## On the Cover

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Patricia Yiu is an intuitive healer, family constellations, and access bars facilitator, Akashic records reader, and the co-author of *Woman Rise*.

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# BRIGHT EARTH CRYSTALS AND MINERALS



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"I can say beyond a doubt that Susan has helped propel me in my soul's direction and vocation! She is incredibly accurate and left me feeling more inspired and excited than I could possibly express!" Hallie S., Salt Lake City, Utah

# Crazy Wisdom Biweekly Ezine – Creative Director Wanted (Editorial/Design/Social Media/Ad Sales)

A great opportunity to be a key player on the Crazy Wisdom publishing team.



We are looking for someone with a broad skill set to fill the role. If you are creative team player with interest and experience in writing, editing, INDD and PS, Word, social media, and sales/marketing, and know how to prioritize work, are detailed oriented, work well independently, have experience using social media, and are interested in conscious living subjects, art, and local happenings, you may be just who we are looking for! This job is 50-60% editorial + design, 20-35% social media, 15-25% sales/adventorials.

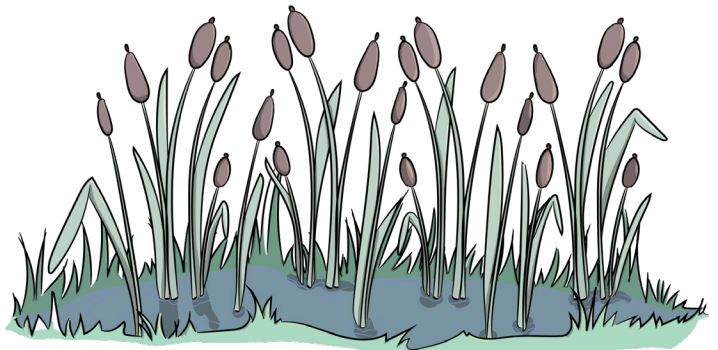
### Tasks for this person would include:

- Compiling a 20+ page Biweekly Ezine (editorial and layout)
- Brainstorming article ideas & contacting writers
- Editing articles
- Inputting calendar listings to online calendar and into Ezine
- Creating page designs for the Biweekly
- Social Media postings, producing short videos/reels, and creating buzz
- Compiling and editing the Crazy Wisdom Journal's print calendar

You must have your own computer and access to high-speed internet. Job is on average 10 hours a week, with possible room to grow. Pay rate is \$20-\$24/hour depending on experience and skill set. If you are interested, please email a cover letter, resume, a sample or two of editorial layouts you have completed, and a writing sample to [jennifer@crazywisdom.net](mailto:jennifer@crazywisdom.net).

The Crazy Wisdom Biweekly Ezine, founded during the pandemic, seeks to represent the voices in our community in a timely and entertaining way. It currently reaches 5,000 readers per issue.

Find issues of the CW Biweekly here: [crazywisdomjournal.com/crazy-wisdom-biweekly](https://crazywisdomjournal.com/crazy-wisdom-biweekly).



# Crazy Wisdom is Seeking a Full-Time Manager for Events Space & Bookstore

Crazy Wisdom is offering an exciting one-of-a-kind opportunity for a full-time manager to spearhead the re-imagining of the brick-and-mortar Crazy Wisdom Bookstore, southeastern Michigan's leading body, mind, and spirit bookstore for almost 40 years. After being on sabbatical since early 2022, Crazy Wisdom Bookstore is ready to reemerge, under its same longtime ownership, in the fall of 2023, or the first part of 2024. This incarnation will focus primarily on the second floor as an event and community building space, and will host a variety of events including but not limited to: meetings, workshops, poetry and storytelling nights, book discussion groups, author events, intuitive and psychic readings, seasonal rituals, witches' nights out, Salon nights, music nights, drum circles, meditation gatherings, and other types of events which it has fostered and hosted over its decades. There will also be a smaller and more focused bookshop located on a portion of the first floor. The re-imagined Crazy Wisdom will have significantly reduced hours of operation—still a destination for its regional customer base—but only open 30 hours a week, spread out over just four days each week.

**For more information about applying, minimum qualifications, duties and responsibilities, and salary and benefits, visit our website:**

[crazywisdomjournal.com/job-openings](https://crazywisdomjournal.com/job-openings)



# 5 questions for Julie Kouyate *about the Into the Heart Retreats*

**What's so important about breaking away from the normal day-to-day routine? How is it beneficial?**

When women break away from the day-to-day routine, they rediscover their own self-value and power. In an environment of beauty, peace, and serenity, their minds find release from old patterns and open to new concepts. We can't imprint something new into our reality if we are stuck in conditioning and habits that don't serve us without seeing and experiencing something new.

**What made you decide to collaborate with Dori Edwards and Asia Sikkila?**

Dori and Asia are not only my fellow retreat visionary's and leaders, they are also my best women in life. Together we do ceremony, dance, have river days, sing, sweat lodge, and pray. We are spirit kin, and we like to take what we "do" together and invite other women into that very nourishing experience.

**What do you each bring to the participants of your retreats?**

Into the Heart Retreats was born out of seeing a direct need for nurturing women and their spiritual process in a busy world. Dori's offering in these retreats encircle the art of creating sacred space, intention setting, co-creative meditation, inner vision-boarding, the self-care/business balance, core strength, West African dance, and living in the present moment with an attitude of gratitude. Dori believes that by investing in women we invest in our world, our communities, and our families. Through these retreats, Dori invites women to reclaim their sense of wonder and delight in their limitless potential.

Asia harnesses the power of her lineage of shaman's. She has strong medicine for tapping into the esoteric divine feminine and she embraces and encourages all women to do the same. She crafts a movement experience and sweat lodge experience that is directly opening up to a sort of channeling of what's needed in that moment with our participants.

I am the creator of the playshops and have many years of experience in embodiment healing practices. I've been running ceremonies of all kinds for much of my life. I bring guidance and leadership into the healing circle for women to truly embrace the divinity within them, and I help women to unleash a deeper expression of themselves that they have been holding inside like a secret treasure chest...into a spiritual expression of freedom.

**What do you see as the benefits of living a more spiritually inspired life?**

When there is a direct connection to the divine, we are graced with a sense of belonging, stand more firmly on solid ground in our current physical reality, and have access to a greater sense of wholeness. Woman are bombarded with too much of the hustle and grind message: the expectation is to raise a family and work. Without a spiritual connection we may fall into depression, fear, doubt, or worry. We believe a spiritual connection and daily practice of aligning with the divine helps us know we are not alone and by trusting more and letting go more, we will be blessed with everything we need.

**Tell us what a typical day at one of your retreats looks like?**

We have several workshops a day. Ceremony, dance wellness, yoga, free time to roam the land or lay in a hammock, fire constantly burning, drumming, singing, yoga, meditations, and many other types of spiritual and embodiment of the divine feminine experiences. We flow from one activity to another, eat nourishing living food, connect with other women, get inspired by our collective synergies, and mostly walk around with smiles.

Learn more and register for the May retreat at [kouyatehealingartsllc.com](http://kouyatehealingartsllc.com).



# We Owe it to Them

By Patricia Yiu

It's funny how it's so easy — especially for us women, to lose the most authentic, innate parts of ourselves in order to fit in and live up to the expectations of others.

As little girls, we feel free to say what we think and feel. We have no judgment upon ourselves, nor upon others. We know that we are perfect and, until a certain age, we carry purity and a close connection with spirit; deep down in our souls, even if we didn't know how to name it at the time.

As we grow up, we learn from school, parents, and caregivers that if we are “nice, well-behaved girls,” we receive praise, affection, and love. With this behavior, we feel valued, worthy, and respected. From a very early age, without realizing it, we start outsourcing our self-worth according to the expectations and perceptions that others have about us, according to their own biases of how a “good girl” should behave.

Little by little, we silence our voices and lose ourselves, becoming invisible every day, destroying the deepest desires of our souls and failing to listen to our hearts.

With that learned behavior, we compromise: saying “yes” when we really want to say “no,” leaving our identity aside to please our parents or partners, to avoid conflict, so that again, we can feel deserving of love and acceptance.

When we realize we have low self-esteem, we stop taking care of ourselves. We feel exhausted, we are overwhelmed and, we don't really know how to get out of that rut.

This cycle repeats itself, so we live, years on end, thinking this is the only way to be. After all, we look at our mothers and grandmothers and see more of the same: generations of women who had their voices silenced, their desires buried, their talents forgotten, for simply not knowing that they could be, and have, more.

We are really privileged, you and I, for having, nowadays, the ability to choose what we want to be and do with our lives. Have you thought about that?

I am immensely grateful to my great-grandmothers and grandparents who did not have the same privilege. Who didn't have the choice of getting married or not, having children or not, having a career or not. This choice had already been made for them: my maternal grandmother got married when she was 13. My paternal great-grandmother had 13 children.

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## THE SPIRITUAL ACCELERATOR JOURNAL

*THE ULTIMATE GUIDE TO  
ACCELERATE YOUR  
AWAKENING JOURNEY*



In honor of those generations of women who didn't have that choice, I believe that we have an immense responsibility to heal our traumas, blockages, limiting beliefs, and patterns in our DNA that prevent us today, in 2023, from becoming the woman we were really born to be.

When we break these patterns of silence, repression, and dreams kept in the drawer, we are not only healing ourselves. We are honoring the women who came before us, and leaving a living example for generations of women we will never meet.

With 15 years immersed in personal and spiritual evolution, I'm a spiritual guide, speaker, published





author, master of the confidence, abundance, and purpose activations.

I've been living in Ann Arbor with my husband, three boys, and two dogs since 2014.

Much love,  
Patricia

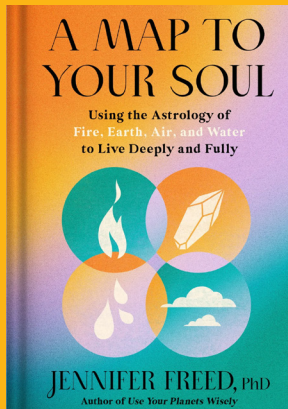
To help you on your healing journey, I've created the FREE Spiritual Accelerator Guide. Click [here](#) and download yours.

*Patricia Yiu is an intuitive healer, family constellations, and access bars facilitator, Akashic records reader, and the co-author of Woman Rise.*

*Above all, Yiu is an empowerment leader, helping women who have suffered emotional trauma in the past with the tools, support, and guidance they need to find healing, forgiveness and the rediscovering of their own purpose, so they can live fulfilled and empowered lives from a place of honoring everything that they are.*



# Book of the Week:



Nurture yourself and live your potential with this practical and accessible guide to your unique blend of fire, earth, air, and water from goop's resident psychological astrologer. There are four elements—fire, earth, air, and water—that exist in nature and within us all. Knowing your personal map of these four elements offers a way to personalize your self-care rituals and design your best life: one that fully expresses your special gifts.

With a PhD in psychology in addition to her expertise as an astrologer, Dr. Jennifer Freed is here to show you to how to decode and tap into your gifts in this practical guide to life. She explains how your astrological birth chart can point you to the life you want and offers self-assessments to pinpoint your most effective strategies. A Map to Your Soul offers practical exercises for topics ranging from communication styles to creativity, home styles to psychic development, health habits to belief systems. Some of the advice is as simple as the color scheme that will make you feel most at peace in your bedroom. Other advice is as nuanced as how to better listen to your loved ones and how to fulfill your soul's purpose.

## *A Map to Your Soul*

*By Jennifer Freed, PhD*

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### HEART TO HEART ANIMAL COMMUNICATION



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Consultant

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<https://www.JudyRamsey.net>

### Word of the week:

## **Tarantism**

Overcoming melancholy by dancing: the uncontrollable urge to dance.



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Tired of dealing with anxiety and/or depression or just stuck?

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**Free Introduction via Zoom**  
**May 24, 2023 at 7:30pm ET.**  
Watch replay at [ecctherapy.com](http://ecctherapy.com)

*"This is a powerful technique to explore the heart of human trauma."* Susan Downes, M.D.  
*"It was the best workshop I've ever taken."* Mary Framo, Ph.D., L.C.S.W.  
*"I was amazed by the healing I personally experienced with ECC."* Carole Inglis, M.F.T.

Location	Seminar	Admission
Ann Arbor, Michigan	June 23, 2023 7-9:30pm June 24 & 25 9:30am-5:30pm	\$345 if paid by May 25 \$375 after May 25

### IN THIS SEMINAR YOU WILL LEARN TO...

- Get accurate information from the subconscious.
- Assess chronic anxiety, depression, and other core issues and resolve them.
- Address concerns at the mental, emotional, and physical levels.
- Discover whether self-sabotage will undermine results, and overcome it.
- Determine whether a physical/mental issue has some emotional cause and resolve the issue at its source.
- Coordinate both hemispheres to achieve whole-brain learning.
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Presenter: **Brad May, Ph.D.**  
A licensed therapist for four decades and author of  
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Professor coast to coast at 11 universities

For more information and to register: [ecctherapy.com](http://ecctherapy.com)

find us on **facebook** "Emotional Complex Clearing"

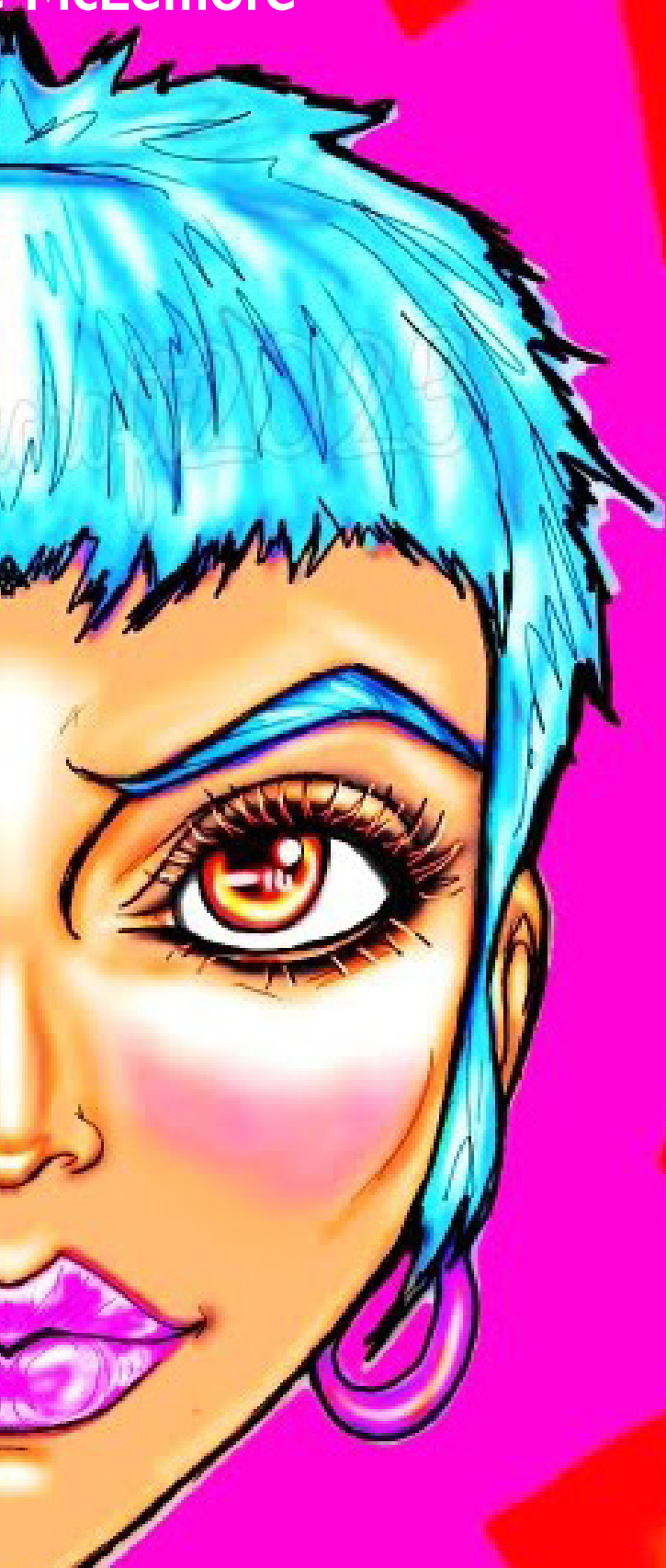
# Rainbow An Artist's

By Michelle



# How Soul: His Journey

by [Name] McLemore



Many of us may have started out using crayons and pencils to draw our sunshine visions and fantastic dreams, but along the way, Megan Irene Bancroft began following a true artist's heart by drawing her own pictures in coloring books and coloring them. Bancroft shared, "The child version of me wanted to make my own designs."

Bancroft, a 35-year-old artist from Onsted, Michigan, reflected recently on her artist journey and what it has meant to her. "I enjoy art for its flexibility. It can come in many forms: drawing, painting, hair, make-up, clothing, architecture, and digital. Art is all about variety and it always has something to offer your eyes."

She traced her journey from basic pencil to colored pencils and acrylics, around her sophomore year in high school. She said, "I also started sewing and altering my own clothes around this time, adding that into my "artist diet." I think seeing a super-artsy upperclassman started my journey into painting and sewing."

It wasn't until 2018, when Bancroft began exploring digital art mediums. "I started creating art of my roleplay characters on the app, *Ibis Paint X*. It was difficult at first. You have to totally approach art on a screen much differently than on a canvas. Yet, I managed to get a hang of it, and enjoy making digital artwork of not only my characters, but of my imagination as well." Bancroft additionally does commission work for other people's characters and, in general, "if someone has an appetite for colorful psychedelic goodness!"

In regard to philosophies or influences, Bancroft credits "the psychedelic aesthetic of the late 1960s and early 1970s, the bold colors of Andy Warhol, Patrick Nagel illustrations, the neon lights of the 1980s, and the radiant rave scene of the New York Club Kids."

She said, "When I create my work, I just hope someone is enamored with the designs and colors as much as I am. I want them to say, "wow!" I just hope their eyes get as much nourishment from looking at my art, as I did making it."

Art as "nourishment" became vital self-care through the years. In 2011, Bancroft lost her mom to cancer and, she explained, "My creativity took a hit." It took several years to reclaim her grip on her art. "Then, I lost an old, but very dear friend on Halloween. Once again, my creativity took a hit. Almost two months after that, I lost my stepdad in an accident. After that, I was in a fugue of sorts. It wasn't until a few days before Christmas where I picked up my digital pen again. I wasn't creating anything fabulous, but I was still creating."

In response to being asked about triumphs and struggles, Bancroft thoughtfully commented, "I think my triumphs [are] intertwined with my struggles. I get knocked into an almost catatonic abyss, but I managed to get back on the art wagon again, over and over. I'll keep getting back on no matter what."

And that resolution seems to be what keeps the heart of an artist beating despite being tossed in the thralls of unpredictable life.

Bancroft credits two consistent supporters. "My father always encouraged my creativity and individuality.

Conformity always disgusted him. My other pillar is Jake, my beloved fiancé. Even when we were just friends, Jake was always supportive. When we started dating, his support never wavered. In the almost 18 years we've been together, he has always been my biggest cheerleader. He still is. He's amazing."

With the artist handle, Megsy Warhol, Bancroft would love to do art full time. When asked in what ways people could support her journey, she gave the following suggestions: "Sharing my art on social media helps me a lot. Word of mouth, purchasing my work, and even having a thought about my work helps me! I am friendly, creative, and a hard worker. I'd love to have my artwork in your spaces."



*To learn more about Bancroft, check out her Instagram or TikTok @megsywarhol, Facebook as "Megsy Irene Bancroft" (look for the rainbow hair). She is also in the process of placing work at Acropolis Games in Adrian, MI.*



# The Crazy Wisdom Calendar

May through August 2023



## A COURSE IN MIRACLES

**Course in Miracles Study Group via Zoom with Interfaith Center for Spiritual Growth · May 1 through August 28 · Monday · 6:45 p.m. to 8:45 p.m.** · Course study group. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Course in Miracles Study Group via Zoom with Interfaith Center for Spiritual Growth · May 31 through August 28 · Thursday · Noon to 1:30 p.m.** · Course study group. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

## ANIMALS AND PETS

**Basic Telepathic Animal Communication with Judy Ramsey · Saturday and Sunday, May 27 & 28 · 9 a.m. to 5:00 p.m.** · Rediscover your natural telepathic communication skills with step-by-step instruction in a nurturing environment. Learn how to connect with animals the way they communicate with each other. It's a fun, creative, and fascinating window to the world around us! Join us for this amazing class to open your intuitive senses to your animal friends. \$150 per person/\$75 for repeat students. For more information email [info@JudyRamsey.net](mailto:info@JudyRamsey.net) or visit [JudyRamsey.net](http://JudyRamsey.net).

**Canine Massage with Irene's Myomassology Institute · Thursday, May 25 · 9 a.m. to 1:00 p.m.** · Whether your pet is suffering from arthritis, recovering from surgery, or experiencing anxiety, this class will teach you techniques to help quiet your pet's problems. A basic massage sequence will be taught with special emphasis on the hips. Students must bring a dog to class with them, plus a towel or mat to work on. \$88. For more information call (248) 350-1400 or email [contact@irenes.edu](mailto:contact@irenes.edu).

**Advanced Animal Communication with Judy Liu Ramsey · Friday, August 4 through Saturday, August 6 · 9 a.m. to 5:00 p.m.** · If you have practiced communication with animals after a basic course and want to deepen your experience and to remove blocks to receiving messages, learn to apply your telepathic skills to explore the practical essence of communication with domestic and wild animals, plants, minerals, the elements, and the Earth. Ancestral ways of honoring spirit in all life will be introduced, including learning basic shamanic journeying for connection, communication, and kinship with the whole web of life. \$440. For more information email [info@judylramsey.net](mailto:info@judylramsey.net) or visit [judylramsey.net](http://judylramsey.net).

## ART AND CRAFT

**Natural Building & Sustainable Skills Program at Strawbale Studio · May 2 through May 29 or July 2 through July 28** · Live at Strawbale Studio and experience a variety of natural building skills through classes and hands-on training: foundation, round pole framing, thatched and living roof, strawbale walls, earth plaster and cob. Learn to fire up the Rocket Stove, Rumford Fireplace and Earth Oven (for pizza!). Enrichment: mushroom fruiting on inoculated logs, foraging, and more. \$1250 / \$950 if registered two weeks in advance. All classes, training, enrichment, plus room and board included. Some ½ pay work trade available. For more information visit [strawbalestudio.org](http://strawbalestudio.org).

**Learning Tour at Strawbale Studio with Deanne Bednar · Saturday, May 13, June 10, July 15, August 6 · 9:30 a.m. to Noon** · Tour the enchanting structures with thatched & living roofs, Earth Oven, Rocket Stove & Rumford Fireplace! See "Strawbale Studio", "Hobbit Sauna" & "Middle Earth." On lovely rural land one hour north of Detroit. Questions invited! Each tour has a workshop scheduled for the afternoon. \$20. For workshop schedule and more information visit [strawbalestudio.org](http://strawbalestudio.org).

**Earth Oven Workshop & Pizza Supper with Deanne Bednar · Saturday, May 13 · 1 to 7:00 p.m.** · Hands-on construction of a 1/2 scale earth oven! Learn the basics of designing an earth oven, sourcing, mixing & applying materials, building the confidence to make your own. Then enjoy individual pizzas you will create and bake in the Earth Oven! Held at Strawbale Studio with enchanting natural buildings, rocket stoves and more. Consider registering for the tour in the morning. \$70. For workshop schedule and more information visit [strawbalestudio.org](http://strawbalestudio.org).

**INAI Exhibit - Seasons of Beauty with Kathleen Voss, OP, Janet Wright, OP, Mary Jean Dorsey, OP · Monday, May 26 through October 1** · Artists Reception is June 4. Seasons of Beauty gives us a springtime look at the brilliant digital paintings of Kathleen Voss, OP, beautiful watercolor paintings of Janet Wright, OP and the extraordinary cut-out silhouettes of Mary Jean Dorsey, OP (1914 - 1988). Each artist shares her unique artwork, her unique way of seeing and creating. For more information call the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

**Art on the Grand · June 3 & 4 · Saturday 10 a.m. to 7:00 p.m., Sunday 11 a.m. to 5:00 p.m.** · Art on the Grand takes place along Grand River Avenue in historic downtown Farmington, between Farmington Road and Grove Street. The fair features FREE admission and an array of high-quality art in



# Pick up the spring issue *now!*



**THE CRAZY WISDOM COMMUNITY JOURNAL**  
SOUTHEASTERN MICHIGAN'S CONSCIOUS LIVING MAGAZINE

FREE

MAY THROUGH AUGUST 2023 - ISSUE 83



Charlie Brennan and Bridget O'Brien  
of Garden Juju Collective and Gateway Farm  
Putting Permaculture into Practice

Wedding Venues – Tying the Knot in Nature

Psychedelic Medicines in Trauma Recovery

Black Men Read – Expanding Possibilities Through Storytelling • Craig Stoller – Healing Through Chiropractic  
• Animal-Assisted Therapy with Laura Sanders • Break Dance Teacher Maurice Archer  
• Local Clothing Company, Joob Activewear • Beth Barbeau of Indigo Forest • Cow Cuddling •  
Flower Therapy • Singer-Songwriter Anne Erlewine • Yoga Column • Events Calendar • And More

*The Crazy Wisdom Community Journal*

# issue 83

## Features

Gateway Farm

Black Men Read

Ann Arbor Clothing Company,  
Joob Activewear

An Interview with  
Dr. Craig Stoller

Hilary Nichols chats with  
Maurice Archer and Anne  
Erlewine

Indigo Forest and chronic  
pain reduction

...and more!

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have it mailed directly to you.**

[Click to Subscribe](#)

# The Crazy Wisdom Calendar

May through August 2023



a variety of price ranges and disciplines including ceramics, jewelry, painting, photography, wood, wearable art, glass, leather, and sculpture. For more information visit [arton-thegrand.com](http://arton-thegrand.com).

**Artists from the Linkage Community, an Alliance of System-Impacted Artists · Open Monday through Friday · August 11 through September 1 · Opening Reception on Friday, August 11, from 6 to 9:00 p.m. · In cooperation with the Flint ARTWALK. Film screening is on August 31 at 7:00 p.m. The exhibition is designed to connect viewer to artist through the wide gamut of their human experiences. We all have dreams, memories, goals, pasts. We all process emotions of anger, joy, grief, nostalgia. We have specially curated works that show a culmination of ways artists in prison have dealt with complex realities of being human. PCAP worked closely with artists who were formerly incarcerated to select works that would fit the theme of this exhibition and be of interest to the broader audience. FREE. Visitors will see works from familiar artists, including Andy Wynkoop, An Art-syGuy, RIK, Roger (FREE-Hand) Stephenson, and many others. For more information call Sarah Unrath at (734) 615-5643.**

**Strawbale Studio Work Trade/Sustainable Skills Program with Deanne Bednar · Four Week Program · August 1 through August 28 · Strawbale Studio Work/Skill Program. Enjoy this enriching experience of living on the land at Strawbale Studio! Help create and maintain Strawbale Studio buildings and grounds while learning many sustainable living skills along the way! two hands-on classes taught each week, such as spoon carving, lashing, foraging, and wood splitting. Includes Room, board, and sustainable skills in exchange for 25 hours infrastructure work trade, half of which will be natural building-related activities. Also participate in any classes held for the public. For more information visit [strawbalestudio.org](http://strawbalestudio.org).**

## BODYWORK AND BODYMIND THERAPIES

**D.O.V.E. Divine Original Vibration Embodiment System Practitioner Training with Karen Greenberg, P.T., · Friday, May 5, 12, 19, June 2, 9, 16, July 7, 14, 21 or August 4, 11, 18 · 10:30 a.m. to 2:30 p.m. · After studying D.O.V.E. System manual, learning to identify and repattern client's limiting beliefs, thoughts, attitudes, and patterns, and assisting client in expressing any commensurate low-vibrational emotions, and instituting new behaviors. Through the Tree of Life, learn to Kabbalistically balance client's energy via art, movement, music, toning, sound, aromatherapy, gemstones, sacred symbols, connecting with G-D, Archangels, Angels, Masters of Light, trees, powerful Archetypes, and more. \$777 (pick any group of dates above) + materials fee. For more information contact Karen Greenberg (734) 417-9511, 18 email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).**

## BOOK DISCUSSION GROUPS

**Jewel Heart Readers with Jewel Heart Instructors · Monday, May 8, June 12, July 10 · Online only · 7 to 8:30 p.m. · Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. FREE / Donations welcome. For the book selection and participation information, visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).**

**Dine & Discuss Book Announcement, Dinner & Discussion with Matthew Desmond · August 7 · 5:30 to 7:30 p.m. · This fall we will be reading, *Evicted: Poverty and Profit in the American City*, by Matthew Desmond. *Evicted: Poverty and Profit in the American City* is a 2016 non-fiction book set in the poorest areas of Milwaukee, Wisconsin. The book follows eight families struggling to pay rent to their landlords during the financial crisis of 2007–2008. Winner of the Pulitzer Prize and a New York Times Bestseller, this book not only opens our eyes to the plight of those struggling to keep a roof over their heads, but also offers some possible solutions to this crisis. \$15.00 Includes book & dinner. For more information call the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).**

## BUDDHISM

**Practical Buddhism by Gelek Rinpoche · Tuesdays, May 2, 9, 16, 23, 30, June 6, 13, 20, 27, July 11 and 18, August 1, 8, 15, 22, 29 · Online only · 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. Each session reviews Gelek Rinpoche's 2012 and early 2013 Sunday talks. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).**

**Nagarjuna's Precious Garland of Advice to a King with Demo Rinpoche · Thursday, May 4, 11, 18 · 7 to 8:00 p.m. In his Precious Garland, Nagarjuna offers sound advice on how to gain happiness in this life, individually, and as a society. He then expands the scope to include happiness in future lives and attaining enlightenment through practical**

## Gift of Poetry Pop-Up with Jeanne Adwani

Friday, May 12 - 4 to 7pm  
Saturday, May 13 - 10am to 3pm  
Sunday, May 14 - 11am to 3pm

Share the gift of love with poetry for Mom or that special someone in your life. Join us at Found in Kerrytown to meet Jeanne Adwani, local poet, artist, and all around creatrix, who will invite you to share three words that inspire you. Jeanne will weave them into a typewritten poem created just for you, tucked inside lovely packaging just in time for Mother's Day gifting. \$45 per poem.



Event hosted by the Found Gallery located at 415 N Fifth Avenue, Ann Arbor MI

Sign-ups encouraged so we have space for you! Here's the link to RSVP:

<https://foundgallery.com/products/gift-of-poetry-pop-up-with-jeanne-adwani?variant=43134669455554>

ethics, great compassion, and the wisdom of emptiness. Note: This program is a continuation of Demo Rinpoche's earlier Nagarjuna's Precious Garland teachings. \$60 Jewel Heart members / \$75 Jewel Heart non-members. Pay what you can—No one turned away. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Approaching Enlightenment: A Vesak Day Talk with Demo Rinpoche · Friday, May 5 · 7 - 8:00 pm. · Online and on-site.** · In Tibetan Buddhism, Vesak Day honors the birth, enlightenment, and death of Shakyamuni Buddha. Vesak is observed by many Buddhist traditions, although the actual month and day may differ according to particular cultures. This Vesak Day talk by Demo Rinpoche provides us with an opportunity to celebrate the life of Buddha and to expand our knowledge about Buddha's journey to enlightenment. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche · Sunday, May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20, 27 · No discussion on July 30 · Online and on-site · 11 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



**Gary's approach to Life Coaching** utilizes various coaching modalities. He will help you to ignite your innate wisdom enabling you to see a clear path for your life. Where appropriate the use of plant medicine could be incorporated in the process of exploring your life's options.

Call Gary at 734-249-9948 to schedule your  
FREE 45-minute discovery call.  
For more information, please visit [leanintoyourlife.net](http://leanintoyourlife.net)

# The Crazy Wisdom Calendar

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the month, Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

## **FREE Film & Discussion with Jewel Heart Instructors · Fridays, May 12, June 9, July 14, August 11 · 7:00 p.m.**

· Bring your friends and enjoy a FREE film and discussion about the film. Concessions are also available. May 12—*Happy* (2011) *Happy* combines cutting-edge science from the new field of “positive psychology” with real-life stories of people from around the world whose lives exemplify these findings. June 9—*Queen of the Sun: What are the Bees Telling Us* (2011) Taking us on a journey through the catastrophic disappearance of the bees and the mysterious world of the beehive, this engaging and ultimately uplifting film weaves an unusual and dramatic story of the heartfelt struggles of beekeepers, scientists, and philosophers from around the world. July 14—*Blessings: The Tsoknyi Nangchen Nuns of Tibet* (2009) In Tibet, the word for woman translates as “lower rebirth.” In a remote eastern region of the country, the Tsoknyi Nangchen nuns defy this definition. Devoted to the ancient practices of Tibetan Buddhism—once primarily a male domain—over 3,000 nuns have attained elevated status. August 11—*Travelers and Magicians* (2005) A universal tale of a young man with big dreams and no real plans to achieve them, linking how we live our lives and how we imagine our lives should be. Filmed entirely in Bhutan, directed by Khyentse Norbu. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Dharma Talk: Contemplating the Four Thoughts that Turn the Mind to the Dharma with Khenpo Tshering Chopel · May 16 · 8:00 p.m.** · Dharma Talk: Contemplating the Four Thoughts that Turn the Mind to the Dharma with Khenpo Tshering Chopel. \* Tuesday, May 16 \* 8 to 9:30 p.m. \* Why are we still stuck in samsara after all this time? One reason is that we haven't fully developed the motivation to transform our lives. Deep contemplation of the Four Thoughts that Turn the Mind to the Dharma will arouse our desire to free ourselves and others from suffering. FREE. To join this live zoom teaching, visit [karunabuddhistcenter.org](http://karunabuddhistcenter.org). For more information contact Nancy at [lamanancy@karunabuddhistcenter.org](mailto:lamanancy@karunabuddhistcenter.org).

**Spring Seminar—Daily Practice with the Three Jewels with Demo Rinpoche · Friday through Sunday, May 26, 8:30 a.m. to 6:30 p.m., May 27, 8:30 a.m. to 6:30 p.m., May**

**28, 8:30 a.m. to 5:00 p.m.** · Online and on-site · Putting the Buddha's teachings into practice is the real dharma – the actual refuge from suffering. Demo Rinpoche will provide guidance and encouragement to sustain a daily, simple practice. He will also provide a framework to establish confidence in other meditative and spiritual practices that are useful in daily life. \$180 Jewel Heart members / \$225 Non-Members. Pay what you can—no one turned away. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Buddha's Birthday Celebration with Ann Arbor Zen Buddhist Temple · May 27 & 28** · Traditional Buddha's Birthday Service with Special Chanting, Bathing of the Baby Buddha, and Children's Celebratory Service. Contact temple for more information. FREE. For more information call Zen Buddhist Temple at (734) 761-6520 or email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Five-Day Spring Retreat (Yongmaeng Jeongjin) with Ann Arbor Zen Buddhist Temple · Thursday, April 5 through Saturday, April 9 · Begins at 7:00 p.m. through 10:00 a.m. Saturday morning** · Conducted by Ven. Haju Sunim, spiritual director of the Buddhist Society of Compassionate Wisdom. This retreat is an intensive period of Zen practice geared toward the experienced student. Partial attendance can be arranged. Cost is \$60/day, \$50/day for members. For more information call Zen Buddhist Temple at (734) 761-6520 or email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**All is Empty with Guy Newland · Saturday, June 10 · 10 a.m. to 1:00 p.m.** · Professor Newland will provide an introduction and explanation of what “emptiness” does (and doesn't) mean in the Dalai Lama's system of Tibetan Buddhism. He will explore such questions as why does anything matter if it's all empty? How can empty things work? How can empty persons do anything and why should they? And how does an understanding of emptiness affect our way of life? \$75 Jewel Heart members / \$90 Non-members. Pay what you can—no one turned away. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Mindfulness & Self-Compassion with Anthony King · Wednesday, June 7, 14, 21 · 7 to 9:00 p.m. · Online only** · In the context of the Buddhist spiritual path, meditation practice is ultimately for the purpose to bring the practitioner closer to spiritual enlightenment. On a practical, secular level, meditation can also have benefits. This three-week experiential class will explore the relationships between tradition-

al Buddhist and “therapeutic” meditation programs (e.g., mindfulness and compassion) and provide an accurate and contemporary discussion of the psychology and neuroscience underlying these programs, based on rigorous scientific evidence. \$60 Jewel Heart members / \$80 Non-members. Pay what you can—no one turned away. For more information, visit the Jewel Heart website at [jewelheart.org](http://jewelheart.org), call (734) 994-3387, or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Liberation of Life Service at the Ann Arbor Zen Buddhist Temple · June 18 · 10:00 a.m.** · In keeping with the Buddhist Precept “Do not harm, but cherish all life”, the Liberation of Life Ceremony celebrates non-human species by releasing beings held in captivity and/or destined for slaughter. FREE. For more information call Zen Buddhist Temple at (734) 761-6520 or email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Ullambana Day Service with Ann Arbor Zen Buddhist Temple · Wednesday, August 30 · 11:30 a.m.** · Rites and service for the dead to wish them a rightful place among the living and release from suffering in their next rebirth. Prior consultation appointment necessary. FREE. For more information call Zen Buddhist Temple at (734) 761-6520 or email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Sunday Services at the Ann Arbor Zen Buddhist Temple · Ongoing · 10 to 11:30 a.m.** · Morning meditation service consists of two periods of meditation followed by chanting and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting, and a short talk. By donation. For more information call Zen Buddhist Temple at (734) 761-6520 or email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Temple Stay/ Visitor's Program and Residential Opportunities with Ann Arbor Zen Buddhist Temple · Ongoing** · The Visitor's Program is for people who want to spend some time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedules permit. One can seriously pursue one's spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. The program is usually available throughout the year. For more information call Zen Buddhist Temple at (734) 761-6520 or email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

## CEREMONIES, CELEBRATIONS, AND RITUALS

**Entering the Healing Ground: The Sacred Work of Grief with Kirsten Mowrey · Saturday, August 26 · 10 a.m. to 4:00 p.m.** · Grief finds its way into all our lives through losses great and small. Recent years have given us little time to mourn. Losses, both personal and planetary, batter us daily until our hearts and souls become weary and overburdened. This day-long gathering invites us to share in a time of honoring the losses we hold in our hearts. We will come together

and turn our attention to the grief we carry—for ourselves, the loss of those we love, the wider community and our struggling world. This gesture brings us into the circle of restoration and into the arms of our human and more-than-human community. Grieving together, we reconnect with the practices of our ancestors, building a temporary village that can hold our grief and loss in human communion. Sliding scale \$40-\$60. For more information contact Kirsten Mowrey at [greatlakesrituals@gmail.com](mailto:greatlakesrituals@gmail.com).

## CHANNELING

**Evenings with Aaron channeled by Barbara Brodsky · May 17 · 7 to 9:00 p.m.** · Evenings with Aaron meets once a month. All are welcome. Aaron will often address a present world issue and how we can best support the resolution of this issue from a place of loving awareness. He reminds us that whatever appears in our lives comes as a teacher. We are here to learn and practice dynamic compassion, that is, to actively live in the world while always connected to our spiritual centers. Suggested donation \$10-\$30. For more information email [om@deepspring.org](mailto:om@deepspring.org), call (734) 477-5848, or visit [deepspring.org](http://deepspring.org).

**Remembering Wholeness - Darshan with The Mother · May 14 · 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. Zoom allows everyone to hear my words. I speak to individuals, often what I say is applicable to many in the group. I will be offering from my own understanding the personal and the group messages that can most support the program participants. Suggested donation \$10-\$30. For more information email [om@deepspring.org](mailto:om@deepspring.org), call (734) 477-5848, or visit [deepspring.org](http://deepspring.org).

## CHILDBIRTH

**Six-Week Childbirth Series with Cynthia Gabriel and Toni Aufer · May 2 through June 6 · 5:30 to 8:00 p.m.** · This class aims to prepare you for your best birth. We will cover topics including stages of labor, communicating with providers, informed decision making, coping techniques, and postpartum. \$350.00. For more information email [Hello@nestandnurture.org](mailto>Hello@nestandnurture.org) or visit [nestandnurture.org](http://nestandnurture.org).

**Doulas' Night Out · Friday, May 26, June 23, July 28, and August 25 · 7 to 9:00 p.m.** · All Doulas and Birthworkers are invited to join us for a fun night of connection, support, and fun. Speakers and activities will vary each month. We do ask that you RSVP by emailing [Hello@NestandNurture.org](mailto>Hello@NestandNurture.org). FREE-\$10. Presenters will be determined closer to the event, but in the past, they have included a chiropractor, pelvic floor therapist, and acupuncturist. For more information email [Hello@nestandnurture.org](mailto:Hello@nestandnurture.org) or visit [nestandnurture.org](http://nestandnurture.org).

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**One Day Prenatal Bodyfeeding Class with Erica McLeod** · May 28, June 24 · 2 to 4:30 p.m. · This 2.5-hour comprehensive class enables us to take time to answer all your feeding questions, and concerns. We will cover information beginning with the prenatal period to feeding in the early weeks. ASL and Queer affirming. This class will be taught at Nest & Nurture. Private classes are also available in person and virtually. \$100. For more information contact [EricaMcLeod@gmail.com](mailto:EricaMcLeod@gmail.com).

**Newborn Care with Toni Auker** · Saturday, June 17 · 10 a.m. to 1:00 p.m. · In this class we will answer all of your questions about bringing home a newborn. We will talk about how to soothe a crying newborn, bathing, different diapering choices, babywearing, car seat safety, safe sleep, and much more. We will give you several different tools and techniques for each topic and discuss the wide range in normal when it comes to newborns. This class is ideal for expectant parents as well as adoptive and fostering parents. Private classes are also available. \$100. For more information email [Hello@nestandnurture.org](mailto>Hello@nestandnurture.org) or visit [nestandnurture.org](http://nestandnurture.org).

## CHILDREN AND YOUNG ADULTS

**Happy Signing Time with Sonya Carter** · May 10 and May 24 · 10 to 11:00 a.m. · Join us as Sonya teaches us to use our hands to sing with babies and toddlers. Whether you are fluent in sign language or curious to learn, this will be a fun bi-weekly class. \$15 drop-in or 6 classes for \$60. For more information email [Hello@nestandnurture.org](mailto:Hello@nestandnurture.org) or visit [nestandnurture.org](http://nestandnurture.org).

**H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade & up) with Karen Greenberg** · Sunday, May 21, June 25, July 23, August 20 & continues to meet monthly · 1 to 3:00 p.m. · Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (not reinforce feelings of being different, damaged, defective, disordered, dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves' genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the "1000 Years of Peace" prophecy. \$50/session for 2-hour class. For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Camp Jump-In 2023 Intensive Therapy Camp with Jacqueline Kilburn** · July 17 through 28 · 9 a.m. to Noon · Therapy camp benefits children with sensory processing difficulties,

learning problems, apraxia, in-coordination, low muscle tone, auditory processing dysfunction, and other neurological delays or disorders. We use the "Frequency, Intensity, Duration Model" which has been proven highly effective at making large gains in a small amount of time. We require one parent or caregiver for each camper, because the camp becomes a parent training, networking, and support system. We can accommodate eight campers. All camp activities are held outdoors, weather permitting. Activities involve the use of suspended equipment, gross motor activities, fine motor activities, social interaction, brain gym, language, body work, and pool time. Campers new to Jump-In need an evaluation prior to camp. Due to the intensity level, campers must be at least four years old. Program may be covered by health insurance. For more information call (810) 231-9042 or email [Info@jumpinot.com](mailto:Info@jumpinot.com).

**Summer Peace Camp with Ann Arbor Zen Buddhist Temple** · Friday, July 28 through Friday, August 4 · Tent camping for families and children of all ages, by the lake and in the forest, close to Ann Arbor. Peace camp programs focus on learning about peace and happiness from the Buddhist perspective of the interrelationship of all things. Activities emphasize fun, mindfulness, cooperation, and appreciation for animals and plants while seeking to balance structure and spontaneity. For more information call Zen Buddhist Temple at (734) 761-6520 or email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Parenting, Teaching, Coaching, and Working with Indigos with Karen Greenberg** · Sunday, August 27 · 9 a.m. to Noon · Your Indigo child is a genius! What worked with earlier generations, simply doesn't work and can even be counterproductive and self-defeating. Indigos, parents, teachers, coaches, employers, and employees: learn how to discover, understand, encourage, support, nurture this genius, novel patterns of bonding, how emotional needs differ from those born previously, mate agreements, social difficulties, organization, hyperactivity, and alternative strategies to drugs, how Indigos learn differently, and mirror unresolved family issues (private individual/family sessions available, too). \$77. For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

## DEATH AND DYING

**Death Café via Zoom with Rev. Annie Kopko** · First Tuesday of the month · 6:30 p.m. to 8:00 p.m. · Open discussion of death and dying. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**End-of-Life Doula Training with Patty Brennan · Saturday and Sunday, May 20 & 21 OR July 29 & 30 · 10 a.m. to 4:00 p.m.** · Online professional training with Patty Brennan to become a certified end-of-life doula (EOLD) through Lifespan Doulas. Hybrid program includes 50 hours of self-paced study plus a live, interactive workshop on Zoom. Course prepares you to support family and friends on their final journey, seek employment as an EOLD, enhance your support efforts as a hospice volunteer, or open an income-generating community-based doula practice. Explore creative ways to blend the doula model of care with your unique experience, gifts, and passion. \$697.00. For more information contact Patty Brennan at (734) 663 -1523, email [patty@lifespandoulas.com](mailto:patty@lifespandoulas.com), or visit [lifespandoulas.com/end-of-life-doula-training](http://lifespandoulas.com/end-of-life-doula-training).

## ENERGY AND HEALING

**Wild Goose Qigong with Master Wasantha Young · May 2 through July 28 · Tuesday, 6 to 7:00 p.m. and/or Thursday, 10 to 11:00 a.m.** · The Wild Goose Form is a series of ongoing movement – a reverent dance that embodies the multidimensional aspect of Chi. The movements include imagery, stretching, acupoint contact, and a connection with universe, nature, and earth energies. The Peaceful Dragon School is down one flight of stairs. In-person (limit 10) and/or Zoom. \$195. For more information email [info@peaceful-dragonschool.com](mailto:info@peaceful-dragonschool.com), call (734) 741-0695 or visit [peaceful-dragonschool.com](http://peaceful-dragonschool.com).

**Weekly Word for Healing & Ascension with Eve Wilson, UCM Master Healer · Friday** · 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.

## FESTIVALS AND FAIRS

**Community Chalice with Evenstar's Chalice · May 21, June 24, July 30, August 26 · Noon to 5:00 p.m.** · "Community Chalice" is a monthly gathering where we learn, play, do ceremony, and grow together in community! Each month will have a theme. May's theme is "Allied Pridel!", June's theme is "Keep it Light!", July's theme is "Plant Magic / Plant Medicine" and August's theme is "Tarot." For more information visit [EvenstarsChalice.com/Happenings](http://EvenstarsChalice.com/Happenings) or email Mara at [mara@evenstarschalice.com](mailto:mara@evenstarschalice.com).

**Art on the Grand · June 3 & 4 · Saturday 10 a.m. to 7:00 p.m., Sunday 11 a.m. to 5:00 p.m.** · Art on the Grand takes place along Grand River Avenue in historic downtown Farmington, between Farmington Road and Grove Street. The fair features FREE admission and an array of high-quality art in a variety of price ranges and disciplines including ceramics,

jewelry, painting, photography, wood, wearable art, glass, leather, and sculpture. For more information visit [arton-thegrand.com](http://arton-thegrand.com).

**21st Annual Michigan Lavender Festival · Friday through Sunday, June 23 through June 25** · It's the most fragrant and relaxing event of the season! The Lavender Festival will showcase Michigan's top lavender farms, growers, and producers along with more than 200 Artists and Makers. Our festival also features a food truck gathering with Metro-Detroit's best food trucks, and guests will be able to learn about the many benefits of lavender, including growing, harvesting, cooking, crafting, along with medicinal and aromatic uses for this beloved herb. A variety of lavender themed classes, artist workshops and demonstrations offer a hands-on learning experience. Learn more at [themichiganlavenderfestival.com](http://themichiganlavenderfestival.com).

**Saline Celtic Festival · Friday and Saturday, July 7 & 8** · Join us for our 26th festival! We've relocated to the Washtenaw Farm Council Grounds just north of Saline at 5055 Ann Arbor Saline Road. Celebrate your Celtic heritage with Highland dance competitions, Ancient Athletics competitions, merchants, workshops, and more! Magical fun for the whole family. For more information visit [salineceltic.org](http://salineceltic.org).

**Holistic, Metaphysical & Spiritual Fair with Unity of Bay City · Friday and Saturday, June 9 & 10** · Join Unity of Bay City for a weekend of holistic, metaphysical, and spiritual practitioners, readers, speakers, vendors, artists, and musicians as we come together to offer wellness services, products, performances, education, and experiences to the community so that you can learn how to care for yourself and your loved ones in alternative healing ways and have fun doing it! Presenters and speakers include healing touch, organic composting, assisted yoga, drumming circle, a children's area, and so much more! Entrance fee is \$5.00, \$2 for kids 12 and up, children 12 and under are FREE. For more information contact Tammy Monroe at (989) 686-0265, or email [unityhearhub@gmail.com](mailto:unityhearhub@gmail.com), or visit [shorturl.at/qMSU8](http://shorturl.at/qMSU8).

**Holler Fest with the King Family at Frog Holler Farm · Friday, August 25 through Sunday, August 27 · Begins Friday at 2:00 p.m. through 8:00 p.m. on Sunday** · A family-friendly farm festival featuring over 60 top local music artists on four stages with guided nature walks, yoga and movement workshops, local food vendors, and kid's activities throughout the weekend. FREE camping. Check [hollerfest.com](http://hollerfest.com) for when tickets go on sale. For more information follow Holler Fest on Facebook and Instagram or email [kings@hollerfest.com](mailto:kings@hollerfest.com).

## HEALING

**Scar Release with Gail Castle LMT, BCTMB · Wednesday, May 10, June 14, July 12, or August 9 · 1:30 to 4:30 p.m. or 6 to 9:00 p.m.** · Release of old scars can feel like a new lease on life. This educational and experiential class is valuable for the health pro and public. Benefit from working with scars over 6 months old: Reduce pain, stiffness, and

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fatigue. Improve circulation and sensation. Prevent new injuries/problems, be less affected by weather changes, feel better as old anesthesia is released ... The list goes on! \$50/ per person. For more information visit [atransformationstation.net](http://atransformationstation.net).

## HOLISTIC HEALTH

**PTSD in Modern Society with Conrad Joseph Welding Jr. · Wednesday, June 14, 21 · 6 to 8:00 p.m.** · Explore the gap between the real-world presentation of anxiety disorders and post-traumatic stress disorder (PTSD). Explore research into this area, the options and hope to individuals suffering from posttraumatic symptoms and increased societal awareness. \$99 For more information visit [wccnet.edu/noncredit](http://wccnet.edu/noncredit) or call (734) 677-5060.

**Holistic Health Classes with Beth Barbeau at the Natural Health Expo—Part of the Lavender Festival · Friday, June 23 through Sunday, June 25 · 10 a.m. to 6:00 p.m.** · Beth is teaching three FREE classes at the Natural Health Expo: Healthy Births-Healthy Lives, Why Birth Matters to All of Us Even When We Aren't Having Babies, Natural Pain Relief That Works and Family Herbology. See event website for descriptions and schedule. Lavender Festival admission \$8, under 12 FREE. For more information visit [wearebloomingwell.com](http://wearebloomingwell.com) or email [Beth@IndigoForest.com](mailto:Beth@IndigoForest.com).

## INTUITIVE AND PSYCHIC DEVELOPMENT

**Focused Mind Meditation – Teleconference with John Friedlander · Sunday, May 7, June 4, July 2, August 6 · 9 a.m. to Noon** · 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 website for phone and payment information. \$15. For more information contact Violeta Viviano at (734) 476-1513 or visit [psychicpsychology.org](http://psychicpsychology.org).

**Psychic Psychology Women's Group - Teleconference with John Friedlander · Thursday and Friday, July 20 and 21 · 7 to 9:00 p.m. · Saturday and Sunday July 22 and 23 · 10 a.m. to Noon and 2 to 4:00 p.m.** · New material introduced with continued development of advanced and 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 contact Gilbert Choudury at [gchoud@yahoo.com](mailto:gchoud@yahoo.com) or visit [psychicpsychology.org](http://psychicpsychology.org).

## KABBALAH

**Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg · Tuesday, May 2, June 6, July 11, August 8 · 9:15 a.m. to 11:15 a.m. OR 7 to 9:00 p.m.** · This life-changing journey is an ordered, systematic approach to develop and balance all the important areas of life. Rather than utilizing energy resisting (exercise, meditation, sleep, eating and/or drinking healthily), we utilize that liberated energy for creating, on a similar vibration as our Creator. We become empowered to develop ten G-D like traits, join with G-D, and become co-creative, proactive manifesters of our dreams, desires, and goals, open to miracles, and fulfilling our purpose/destiny. Monthly Course Rate - \$150/ person; Monthly Semi-Private (2 people) Rate - \$180/person; Monthly Private (1 person) Rate - \$150/hour (based on time utilized). For more information contact Karen Greenberg (734) 417-9511, email [krngrnb@gmail.com](mailto:krngrnb@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

## LOVE AND RELATIONSHIPS

**Kabbalah for Couples with Karen Greenberg · Sunday, May 21, June 25, July 23, August 20 & continues to meet monthly · 3 to 5:00 p.m.** · Has social distancing amplified 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 session

Get your event listed in the CW Biweekly calendar for **FREE**.



Submit your listing two weeks in advance.

[Submit your listing here.](#)



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

## 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  
Cultivate Coffee and Tap House  
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  
Earth Elements  
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  
Free to Be Yoga and Massage  
DNA Sales 2100  
Gidrah's Mind Body Spirit  
A Healing Feeling Wellness Center  
Living Grateful

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(not one hour), once a month, for about a year, 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. \$274 for 2-hour session. For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Creating Your Ideal Mate with Karen Greenberg · Sunday May 7 · Noon to 5 p.m.** · Identify your Ideal Mate's qualities (as I did so to manifest my mate of over two decades), learning how to use ceremony, meditation, chanting, movement, fragrances, essences, elixirs, herbs, flowers, colors, shapes, metals, altars with sacred symbols, Archetypal images, and candles. Learn to work to remove blockages, to work through fears, and "not deserving" issues, and to trust the Divine Order and Timing! \$150. For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

## MASSAGE

**FREE Massage Class with Irene's Myomassology Institute · Saturday, June 9 · 7 to 9:00 p.m.** · You can relax and have some fun at Irene's FREE massage class! This is an excellent opportunity for those interested in massage as a hobby or an introduction to massage as a career possibility. If you've never given a massage before, this is a great chance to explore the benefits of healthy touch. For more information call (248) 350-1400 or visit [irenes.edu](http://irenes.edu).

**Infant Massage with Irene's Myomassology Institute · Saturday, August 26 · 9 a.m. to 1:00 p.m.** · Students are taught how infant massage can enhance development and well-being of babies. Techniques included are for infants up to one year old. Students are asked to have a friend or family member bring a baby to class. If a student wants to work with their own baby, another care-giver will need to bring the infant to class. You will also need a sheet, doll or stuffed animal large enough to practice techniques. \$88. For more information call (248) 350-1400 or visit [irenes.edu](http://irenes.edu).

## MEDITATION

**Meditation Class with Ann Arbor Zen Buddhist Temple · Thursdays, April 27 through May 25 · 6:30 to 8:30 p.m.** · The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes simple stretching exercises, work with the

breath, meditation postures, concentration, and mindfulness practice. Cost is \$160/\$120 unwaged. For more information call (734) 761-6520, visit [zenbuddhisttemple.org](http://zenbuddhisttemple.org) or email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Healing and Compassion Meditations with Hartmut Sagolla · Mondays, May 1, 8, 15, 22, June 5, 12, 19, 26, July 10 and 17, August 7, 14, 21, 28 · Online only · Noon to 1:00 p.m.** · Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**FREE open meditation with Jewel Heart Instructors · Thursday, May 4, 11, 18, June 1, 8, 15, 22, 29, July 6, 13, 20, August 3, 10, 17, 24, 31 · On-site only 6 to 6:45 p.m.** · Facilitators offer lightly guided concentration meditation sessions for all levels of experience. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**World Labyrinth Day - Labyrinth Walk with Rob Meyer-Kukan · Saturday, May 6 · 1:00 p.m.** · Join Veriditas Certified Labyrinth Facilitator, Rob Meyer-Kukan at Webster United Church of Christ, Dexter, Michigan for a labyrinth walk on World Labyrinth Day! This event is offered as a donation-based event to support programs at the Labyrinth. Parking for this event can be found along Farrell Road or near to the barn. Once parked, follow the signs to the labyrinth. Please register for this event at <https://forms.gle/DtGXdh2yrHeTr4hdA>. Donation based. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**White Tara Guided Healing Meditation with Jewel Heart Instructors · Sunday, May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, August 6, 13, 20, 27 · No event on July 30 · Online and on-site · 9:30 to 10:35 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. FREE / Donations welcome. To register, or for more information visit the Jewel Heart-Ann Arbor website, [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**A Day of Mindfulness Meditation with Esther Kennedy, OP**  
 · Saturday, May 13, June 10, July 15 · 10 am to 2:30 p.m.  
 · Meditation has a way of going to the heart of who you are, the choices you make, and the way you live. The heart of meditation is awareness of and staying with whatever rises. We just stay. We just breathe. As the mind begins to ease, a taste of compassion rises. \$35, lunch included. For more information call the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

**Sound and Art with Rob Meyer-Kukan · Saturday, May 13**  
 · 7 to 8:30 p.m. · Come and join Whitepine Studios and Ann Arbor's 7 Notes Natural Health, for our sixth collaboration as we listen to the melodic sounds of the singing bowls while painting a beautiful monarch butterfly using watercolors. Monarch butterflies are symbols of change, transformation, and hope. \$40. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Fundamentals of Insight Meditation with Insight Meditation Ann Arbor · Tuesday · May 16 through June 20**  
 · 6:30 to 8:30 p.m. · A six-week long class that will cover concentration meditation and insight meditation instructions, mindfulness, working with difficult emotions and mental processes, and how to establish and continue with an on-going practice. For those new to meditation or looking for a refresher on the fundamentals of insight practice; suitable for all levels of experience with meditation. \$125.00 For more information and to register visit [insightmeditationannarbor.org/meditation-classes](http://insightmeditationannarbor.org/meditation-classes).

**Peace Generator via Zoom with Interfaith Center for Spiritual Growth · Friday, May 19, June 16, July 21, August 18**  
 · 7 to 9:00 p.m. · Manifest peace for the planet. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Day of Meditation with Carol Blotter · Friday, June 9**  
 · 9 a.m. to 4:00 p.m. · Meditation practice of sitting and walking plus a short talk. Find peace and calm in the quiet wooded space of Michigan Friends Center in Chelsea. Donation only, suggested is \$30-\$60. For more information email [manager@mfcenter.org](mailto:manager@mfcenter.org).

**Cacao + Sound with Rob Meyer-Kukan · Saturday, June 11**  
 · 7 to 9:00 p.m. · Join Rob Meyer-Kukan of 7 Notes Natural Health and Alicia Clark-Teper of Sacred Lotus Experience at 7 Notes Natural Health for a heart opening cacao ceremony supported by sacred sound. Using ceremonial grade cacao, pure intention, over 40 different instruments (singing bowls, gongs, therapeutic harp, shruti box, and more), Alicia and Rob will create an experience that will immerse you in peace and tranquility. \$50. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Solstice Celebration: Labyrinth Walk with Rob Meyer-Kukan · June 17**  
 · 1:00 p.m. · Join Veriditas Certified Labyrinth Facilitator, Rob Meyer-Kukan at Webster United Church of Christ in Dexter for a labyrinth walk to celebrate the Solstice. This event is offered as a donation-based event to support programs at the Labyrinth. Parking for this event



## Writers Wanted

*Fun ways to be visible and connected in the community.*

**Kids Columnist**

We're looking for a new columnist for our ongoing CW Kids Column. Each issue, the columnist writes a feature article which includes 3 or 4 profiles of interest to parents and their kids. We focus on people, organizations, and businesses offering cool, fun, meaningful, and sometimes therapeutic activities, programs, events, and classes for kids. Great opportunity for a writer who is also a parent.

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We are always looking for good articles about the holistic scene...  
 reportage, personal journaling and essays,  
 profiles, interviews, journalistic explorations,  
 and other feature writing.

Modest but respectable pay. If you might be interested, please write to [crazywisdomjournal@crazywisdom.net](mailto:crazywisdomjournal@crazywisdom.net).

can be found along Farrell Road or near to the barn. Once parked, follow the signs to the labyrinth. Pre-registration required. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Summer Solstice with Esther Kennedy, OP · Sunday, June 19**  
 · 3:30 p.m. to 4:30 p.m. · Ritual Celebration. FREE. For more information call the Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

**Myriad of Meditations with Karen Greenberg · Sunday, July 9, 16, 23, 30, August 6, 13, 20**  
 · 10 a.m. to 12:30 p.m. · Seven classes in the series. Meditation is an essential component to spiritual evolution. Learn a myriad of meditation techniques, to discover which resonate for you (possibly dissolving years of resistance to mediation). Learn meditations with fire, water, air, earth, with the Four Worlds, with different breathing, with Holy Geometry, sacred letters, powerful Archetypes, Biblical figures, spiritual beings, higher self, qualities of G-D, with movement, music, toning, colors, scents, gemstones, and trees, including several guided meditations through the Tree of Life. \$25 per class. For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Meditation Getaway with Rob Meyer-Kukan · Saturday, August 19**  
 · 9 a.m. to 5:00 p.m. · You are invited to join Rob at 7 Notes Natural Health for a chance to get away and meditate. This day long retreat will be your oasis of peace and calm, a chance to connect to nature, to spirit, to your higher self. Walking/hiking meditation opens our day

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at one of Ann Arbor's many local parks. We continue with various forms of meditation, yoga nidra, journal writing, breath work, sound, and aroma experience, and more. Ample time for sharing and reflection will be provided. Registration required. \$125. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Weekly Silent Meditation Practice with Celeste Zygmunt via Zoom** · Sunday, 11 a.m. to Noon · Tuesday, 9 to 9:30 a.m. · We will have a brief period of chanting, then mute ourselves, and 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. Donation. For more information email [om@deepspring.org](mailto:om@deepspring.org).

**Sunday morning meditation with Insight Meditation Ann Arbor** · Sunday · 10 to 11:15 a.m. · Join us for a silent 45-minute meditation, followed by a talk or sharing. A chance to be in community and practice together. Donations appreciated. For more information visit [insightmeditationannarbor.org](http://insightmeditationannarbor.org).

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

## MOVEMENT AND DANCE

**First Friday Dances of Universal Peace with Judith L. Trautman** · Friday, May 5, June 2, July 7, and August 4 · 6:00 p.m. · We meet on Zoom. By donation if in person—we are in transition. People on our list receive updates. To be on the list, or for more information email Judy Lee Trautman at [jltrautman@sbcglobal.net](mailto:jltrautman@sbcglobal.net).

**Adult Beginning Ballet with Bailey Ahles** · May 17 · 6:15 p.m. · A perfect class for those getting started or revisiting ballet again as an adult! This beginning level class is designed to develop awareness of proper alignment, basic ballet vocabulary, and the foundation of ballet technique. Exercises are aimed at conditioning the body for dance, and will focus on core and leg strength, coordination, and flexibility. Class will include basic barre exercises, as well as center work. For additional questions, or to reserve your spot in class, contact Bailey at (734) 546-0553 or at [baileyahles@gmail.com](mailto:baileyahles@gmail.com)

## NUTRITION AND FOOD MEDICINE

**Prime-Time Health Online with Debra Metler, MSW, CHC** · Monday, May 1, June 5, July 3, August 7 · Self-directed virtual health science workshops—based on the work by Dr. William Sears, will teach participants the dangers of eating processed foods with toxic ingredients and excess salt and sugar. They will learn how to avoid most diseases and disabilities like cancer, Alzheimer's, diabetes, arthritis, high blood pressure. Participants will learn which foods can keep you young and which foods can make you old. Workshops can be completed at your own pace. There will be live group Zoom meetings included with coaching. \$95. For more information call Debra Metler at (248) 819-2131, email [debmetler@gmail.com](mailto:debmetler@gmail.com), or visit [sweetalternatives.webs.com](http://sweetalternatives.webs.com).

## MUSIC, SOUND, AND VOICE

**Sound Bath Meditation with Rob Meyer-Kukan** · Friday, May 5, July 14, August 4 · 7 to 8:30 p.m. · Join Rob Meyer-Kukan for this sound bath meditation. In this time of sound bath, Rob will play singing bowls, gongs, and more with the intention of washing you with the sounds that bring calming vibrations to reduce stress and ease tension. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports you would like for your comfort. \$40. Registration required. For more information call Rob Meyer-Kukan, at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Singing for Comfort, In Person & Zoom Interfaith Center for Spiritual Growth** · Thursday, May 11, June 8, July 13, August 10 · 7 to 8:30 p.m. · Singing for comfort FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Cafe 704 via Zoom and In-person with Spirit Singing Band** · Saturday, May 13 · 7 to 9:00 p.m. · \$10/per person. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Client Appreciation Day with Rob Meyer-Kukan** · Saturday, May 20 · 1 to 4:00 p.m. · You are invited to a Spring Open House to celebrate you! Tour our offices and group event space (see the spaces you don't get to see at your regular appointments or events), meet our team, receive a 10% discount on essential oils purchased at the event, enjoy refreshments by local shops, and relax to live music and sound healing by Rob Meyer-Kukan. FREE gift bags to the first 25 participants. Ample FREE parking is available onsite. For more information contact Rob Meyer-Kukan at

(248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Bowls + Harp: Sound Bath Meditation with Rob Meyer-Kukan and Celia van den Bogert · Friday, June 2 · 7 to 8:30 p.m.** · Join Rob Meyer-Kukan and Celia van den Bogert for this special event celebrating the sound of harp and bowls. Join us as we celebrate the creative possibilities of this bliss-filled pairing of instruments creating sacred sound that is like no other. Yoga mats and one yoga blanket are provided for each attendee. Please bring any additional supports you would like for your comfort. \$50. Registration required. For more information contact Rob Meyer-Kukan at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Folk Song Jam Along with Lori Fithian and Jean Chorazyczewski at Ann Arbor Library Branches · Wednesday, May 3, June 6, July 5, August 1 · 6:00 p.m.** · Folk Song Jam Along: Bring your voices and/or acoustic instruments for some all-ages community music-making, just for FUN! Beginners most welcome! Guitar, Ukulele, harmonica, kazoo... even tuba! You pick from 300+ songs, we put lyrics & chords up on a screen. When we say "Folk Songs" - we mean songs by folks! For more information contact Lori Fithian at (734) 426-7818 or email [lorifithian@mac.com](mailto:lorifithian@mac.com). Join us on Wednesday, May 3 and July 5—Malletts Creek Branch. Tuesday, June 6 and August 1—Westgate Branch.

**Cafe 704 via Zoom and In-person with David Mosher · Saturday, June 10 · 7 to 9 :00 p.m.** · \$10/per person. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Cafe 704 via Zoom and In-person with Path and Friends · Saturday, July 8 · 7 to 9:00 p.m.** · \$10/per person. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Sound & Vibrational Healing Certification with Bill Gisclair-Sullivan · Saturday, July 15 through Tuesday, July 18 · Saturday, Sunday, and Monday, 10 a.m. to 6:00 p.m., Tuesday, 10 a.m. to 4:30 p.m.** · This interactive training is centered around the teaching of Sound Healing & Vibrational Therapies. Our intention for this amazing interactive training is to not only share the theory, science, and practices of Sound Healing, but to give you "hands-on" experience. Level I and Level II are both available at this training. Level I - \$795, Level II - \$795, Levels I & II - \$1590. For more information contact Brian Gisclair-Sullivan at [meditateyou@gmail.com](mailto:meditateyou@gmail.com) or visit [meditateyou.me](http://meditateyou.me).

## PARENTING

**Infant/Pediatric CPR and First Aid with Lorenda Lewis · May 28 · 10 a.m. to 1:00 p.m.** · Nest & Nurture is excited to team up with Lorenda Lewis to offer this class, which includes Red Cross Certification for infant/pediatric CPR and First Aid. \$120. For more information email [hello@nestandnurture.org](mailto:hello@nestandnurture.org).

**Work & Play Hours at Nest & Nurture · May 2, 9, 16, 23, 30, and June 6 · 10 a.m. to Noon OR 1 to 3:00 p.m.** · It can be difficult to find a safe place to let our little

ones play away from home. We started our play area so our own children could come to work with us. Thanks to some generous donations from community members and The Little Seedling, we now have a beautiful area that is perfect for toddlers and preschoolers. Our space has a variety of seating options, Wi-Fi, and coffee. We will be here working, and we would love to invite you to do the same. \$0-10. For more information visit [nestandnurture.org](http://nestandnurture.org).

## PERSONAL GROWTH

**Cohousing Tours with Cohousing Residents · Sunday, May 7, 14, 21, 28, June 4, 11, 18, 25, July 2, 9, 16, 23, 30, August 6, 13, 20, 27 · 2 to 4:00 p.m.** · Explore Ann Arbor's intentional communities, Sunward, Great Oak, and Touchstone Cohousing. We are self-governing condo communities built around shared values of connecting, sustainability, and consideration for differences. We are a community of friends who work, share, learn, grow and play together. Our neighborhood is a comfortable space that supports both individual expression and shared experiences. Come find out what it's all about! For more information call (734) 274-9110, or email [Tours@Touchstonecohousing.org](mailto:Tours@Touchstonecohousing.org).

**Finding Your Ground: A Personal Growth Group for Women with Jessica Ryder and Rachel Eggherman · Wednesday, July 12, 19, 26 · 6 to 8:00 p.m.** · Summer Series Nourishing the physical, emotional, and spiritual roots that allow us to blossom in human form. Join us for guided explorations and practices of deep listening – to ourselves and each other. Seeing beyond the fog of judgement we naturally align more fully with our true nature, finding greater ease of being and the ability to live in heart-centered belonging. \$150. Some scholarship support available. Limited to six participants. Open to adults who identify as women, independent of sex assigned at birth. Contact Jessica or Rachel to set up a FREE 20-minute consultation to find out if this is a good fit for you. For more information visit [jessicaryder.net](http://jessicaryder.net), email [jessica@jessicaryder.net](mailto:jessica@jessicaryder.net) or visit [celebratedheart.com](http://celebratedheart.com) or email [tellrachel123@gmail.com](mailto:tellrachel123@gmail.com).

## REIKI

**Usui Holy Fire III Reiki I & II Class with Alicia Clark-Teper · April 23 · 10 a.m. to 6:00 p.m.** · Learn and become certified in Usui Holy Fire III Reiki I & II in an in-person workshop. Harness the power of healing into your own hands. Reiki is an attunement into your field to activate your own power of healing energy frequency which is often channeled through the hands. Everyone can be attuned and it will never leave you once attuned. You, your family, your pets, your plants and your home and all benefit from Reiki. \$299. For more information contact Alicia Clark-Teper at (734) 945-5396, email [clarkteper@yahoo.com](mailto:clarkteper@yahoo.com) or visit [sacredlotusexperience.com](http://sacredlotusexperience.com).

# The Crazy Wisdom Calendar

May through August 2023



## RETREATS

**Three-Day SW Lake Michigan Holistic Yoga and Meditation Retreat with Ema Stefanova E-RYT500, C-IAYT · Friday 5 p.m. through Sunday 11 a.m. · April 21-23, May 12-14, June 16-18, July 14-16 or 21-23, August 11-13 or 25-27 ·** Our small group retreats are held minutes away from sandy Lake Michigan beaches at the Vivekananda Retreat Center. Vegetarian meals, accommodations in double rooms with shared bathrooms in cottages, and daily group classes are included. Our retreats work well for solo travelers, women, and men. The Center sits on 110 acres of beautiful non-farming land with a meditation Shrine Trail on it, huge indoor spaces, and a private patio that provide plenty of space for practice, solitude, and safe distancing. Our retreats book fast, reserve your seat early. \$559/\$529 for early registration. For more information email [EmaStefanova@cs.com](mailto:EmaStefanova@cs.com).

**Living From our Unlimited Essence Through Meditation with Barbara Brodsky and John Orr · Saturday June 3 through June 10 · 10:00 a.m. ·** Pure Awareness, and Lovingkindness retreat practice and instruction, on Zoom. The retreat will be held in silence; those joining will maintain that silence from their homes as best they can, around family, necessary work, and other matters. There will be clear instruction in sitting, standing, and walking meditation for beginners and experienced meditators, evening talks, optional discussion periods with the teachers and some chanting from various spiritual traditions. Suggested donation \$200 - \$800. For more information email [om@deepspring.org](mailto:om@deepspring.org), call (734) 477-5848, or visit [deepspring.org](http://deepspring.org).

**Private Directed Retreat with Janene Ternes of Prayer in Motion, LLC · Monday, July 10 through Friday, July 14 · 2:00 p.m. ·** Experience the serenity and clarity that comes from listening to God's Spirit within you. This retreat will provide time and space for solitude, personal prayer, quiet reflection and daily spiritual direction. \$450.00 for five days, includes private room, meals & daily spiritual direction (\$260 Commuter). For more information visit [prayer-in-motion.com](http://prayer-in-motion.com) or email [PrayerInMotionLLC@gmail.com](mailto:PrayerInMotionLLC@gmail.com).

**A Retreat on the Mystics with Thomas Berry and Caryll Houselander · Sunday, July 23 through Wednesday, July 26 · 11 a.m. ·** The lives and works of two contemporary mystics, Thomas Berry and Caryll Houselander, will be explored and discussed. Commuter \$180; Double Occupancy \$280 each; Single Occupancy: \$380 (meals included). For more information call Weber Center at (517) 266-400 or visit [webercenter.org](http://webercenter.org).

**Mini Wellness Retreats at The Yoga Room with Christy DeBurton, RYT · Ongoing ·** When you haven't got the time (or budget) for a full weekend retreat but just need a little 'me-time,' choose from a variety of 3-hour Mini Retreats at The Yoga Room to relax and renew. Watch for details for scheduled mini retreats in newsletter or grab up to three friends and schedule your own bespoke mini retreat! For more information email [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

## SHAMANISM

**Introduction to Journeying with Connie Lee Eiland · Sunday, June 4 · 10 a.m. to 4:30 p.m. ·** Class includes power animal retrieval and journeys to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. Journeying is also a way to connect with your spiritual teachers and guides to aide you on your path. Establishing relationships with teachers and guides can help in everyday life. \$80 until two weeks before, \$90 after. For more information call Connie Lee Eiland at (248) 809-3230, email [clshebear7@gmail.com](mailto:clshebear7@gmail.com), or visit [shewolfshaman.com](http://shewolfshaman.com).

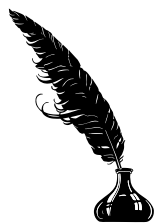
**Healing with Spiritual Light with Connie Lee Eiland · May 20 & 21 · Saturday 10 a.m. to 6:30 p.m. and Sunday 10 a.m. to 5 p.m. ·** In Healing with Spiritual Light, we become the Light. We transfigure. This class brings in quantum physics as we work with the unlimited powers of the universe. Healing is through the Law of Resonance. This method doesn't see the client as ill. \$200 until May 6, then \$230. For more information call Connie Lee Eiland at (248) 809-3230, email [clshebear7@gmail.com](mailto:clshebear7@gmail.com), or visit [shewolfshaman.com](http://shewolfshaman.com).

**Extraction: Illness & Healing from a Shamanic Perspective with Judy Liu Ramsey · Saturday and Sunday, June 3 & 4 OR July 15 & 16 · 9 a.m. to 5:00 p.m. ·** This is an advanced in-person class with a limit of 6 persons. Deepen your understanding of illness and how one's spirit can help the physical body thrive or not. Explore different ways to "diagnose" an illness as well as to address its healing. Working with partners, deepen your understanding of spiritual intrusions and learn ways to extract them. Prerequisites: Basic Journeying, Medicine For the Earth/Healing With Spiritual Light. Suggested Reading: *Walking In Light* by Sandra Ingerman. \$195 per person/\$100 for repeating students. For more information email [info@judyramsey.net](mailto:info@judyramsey.net), or visit [judyramsey.net](http://judyramsey.net).

**Shamanism, Death & Dying with Connie Lee Eiland · June 24 & 25 · Saturday 10 a.m. to 6 p.m., Sunday 10 a.m. to 4:00 p.m. ·** This workshop heightens our spiritual understanding of death and dying and teaches ways to assist

*Hosted by Edward Morin, David Gibson, and Lissa Perrin*

# **Crazy Wisdom Poetry Series**



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



*Featured Reader:*

**April 26, 2023** – Dan Bellm (Berkeley, CA) has published five books of poems, including *Counting* (2023), *Deep Well* (2017), and *Practice* (2008). His recent translations include *Central American Book of the Dead*, by Balam Rodrigo (2023), *Speaking in Song*, by Pura López Colomé (2017), and *The Song of the Dead*, by Pierre Reverdy (2016).

*Until further notice, all sessions are virtual and accessible through Zoom.  
Email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com) for Zoom link.*

Second Wednesdays: 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: Featured Reader(s) for 50 minutes. Open Mic reading for one hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

**Crazy Wisdom  
Poetry Circle  
[https://cwcircle.  
poetry.blog/](https://cwcircle.poetry.blog/)  
734.665.2757  
[crazywisdom.net](http://crazywisdom.net)**



others as they approach transition. The class also includes psychopomp, which is crossing lost souls over. Psychopomp is done individually and with the class. \$200 until June 10, \$230 after. For more information call Connie Lee Eiland at (248) 809-3230, email [clshebear7@gmail.com](mailto:clshebear7@gmail.com), or visit [shewolfshaman.com](http://shewolfshaman.com).

**Cycles of Life with Connie Lee Eiland · July 15 & 16 · Saturday 10 a.m. to 6:30 p.m. and Sunday 10 a.m. to 4:00 p.m.** · This class presents pathways to help with your own life explorations. We will work with the Medicine Wheel, the Spirit of the Moon and her cycles, our personal shield, our circle of ancestors. This class includes journeying, healing, divination, and ceremony. Introduction to Journeying is required. For more information call Connie Lee Eiland at (248) 809-3230, email [clshebear7@gmail.com](mailto:clshebear7@gmail.com), or visit [shewolfshaman.com](http://shewolfshaman.com).

**Ancestors & Descendants with Connie Lee Eiland · August 12 & 13 · Saturday 10 a.m. to 6 p.m., Sunday 10 a.m. to 4 p.m.** · This class investigates our connections to the ancestors and descendants in ways that impact them and us. This class includes journeys, healing, sacred art--mask making and decorating a staff, and ceremony. Introduction to Journeying and Cycles of Life are prerequisites. \$200 until July 22, \$230 after. For more information call Connie Lee Eiland at (248) 809-3230, email [clshebear7@gmail.com](mailto:clshebear7@gmail.com), or visit [shewolfshaman.com](http://shewolfshaman.com).

**Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey · August 26 & 27 · 9 a.m. to 3:00 p.m.** · The shamanic journey is an easy and powerful tool we can use to access spiritual information. Learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. Meet a compassionate spirit or power animal who is coming forward to help you at this time in your life. This class is a prerequisite to ongoing and more advanced shamanic studies. The class will be taught online via ZOOM. \$150 per person/\$75 for repeat students. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit [JudyRamsey.net](http://JudyRamsey.net).

**Journeying Circle with Judy Liu Ramsey · First and Third Thursdays · 7 to 8:30 p.m.** · If you know how to do shamanic journeying, please join us to explore the gift and healing of different states of the human condition in a friendly, nurturing, and supportive environment. \$25- \$40. For more information email [info@judyr Ramsey.net](mailto:info@judyr Ramsey.net) or visit [JudyRamsey.net](http://JudyRamsey.net).

## SPIRITUAL DEVELOPMENT

**Cultivating Joy with Janene Ternes of Prayer in Motion, LLC · Tuesday, April 25 · 9:30 a.m. to 3:00 p.m.** · Do you long for more joy in your life? Joy, or some version of that word, appears in Scripture more than 450 times. Clearly God wants us to have joy in our lives. But how do we experience joy when there is so much sorrow, pain, and hardship? Join me to discover a more joyful spirit, explore the joy that God has for you, and learn everyday practices for nurturing more

joy in your life. \$60. For more information visit [prayer-in-motion.com](http://prayer-in-motion.com) or email [PrayerInMotionLLC@gmail.com](mailto:PrayerInMotionLLC@gmail.com).

**The Holy Grail: An Initiatory Quest for Divine Gnosis with Rocky Shadow Bear Rains · Fridays, May 5 through June 23 · 6:30 to 9:00 p.m.** · The Holy Grail; three words that invoke a mystery that has intrigued the hearts and minds of people through the centuries. At the center of the legends and myths is hidden a secret way to Divine Knowledge. In this intensive Mystery School-styled course, the Grail seeker shall move through and experience a series of spiritual initiations which may impart "Divine Gnosis" and a new way of understanding. This Grail Quest is a seven-week initiatory journey. We will step into this journey on the Full Moon of Friday, May 5. On this date, there is a lunar eclipse with the moon being in the sign of Scorpio. Let's take the plunge into the depths of the Mystery – together. \$385. For more information contact Mara Evenstar at [evenstar.institute@gmail.com](mailto:evenstar.institute@gmail.com).

**Sunday Services via Zoom with Interfaith Center for Spiritual Growth · Sunday, May 7 through August 27 · 10:45 a.m. to 12:15 p.m.** · Sunday celebration. FREE, but donations gratefully accepted. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Sufi Chanting Meditation and Discussion on Zoom with Interfaith Center for Spiritual Growth · Tuesday, May 2 through August 29 · 7 to 8:00 p.m.** · An exploration of Sufism. \$5-10 per class. For more information visit [interfaithspirit.org](http://interfaithspirit.org).

**Connecting with Archangels—Parts 1 – 4 with Karen Greenberg · Sunday, May 7, 14, 21, 28 · 5:30 p.m. to 9:30 p.m.** · Become acquainted with the various Archangels represented in the Sephirot (Spheres) in the Tree of Life. Learn who the Archangels are, what they each do, how to create a sacred, protected space, on whom to call for particular assistance, and how to safely call upon them. Connect—Ask Questions—Often Receive Helpful Information and Guidance. \$777 total (includes all 4 parts). For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Heightening Your Vibration: Alchemy with Karen Greenberg · Sunday, May 21 and 28 · 8:45 a.m. to 12:45 p.m.** · Some people have become depressed with the Covid-19 isolation, variants, and aftermath. Learn a myriad of tools and techniques, to change your vibration from a lower to a higher vibration, and to sustain it—including, but not limited to, sacred letters, powerful Archetypes, sacred oils, affirmations, visualization, meditation, prayers that you compose, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, toning Names of G-D, Archangels, Angels...\$200. For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Cultivating a Personal Relationship with G-D with Karen Greenberg · Sunday, May 28 and June 4 · 1 to 4:00 p.m.** · Create a Sacred Space, compose/ask questions of your Higher Power, decipher if you are receiving "Yes," "No," or "Essay" answers from your spirit vs. thinking in your head vs.



# The Crazy Wisdom Calendar

May through August 2023



emoting or having sensations in your body. Ask G-D how you can serve (learn to trust/surrender to G-D); express gratitude, awe, and be comforted, healed, protected, guided by G-D. Compose prayers, feeling close to G-D, like G-D were a close friend: HE/SHE IS! \$90. For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Monthly Midrash Study with Karen Greenberg Starts · Sunday, May 28, June 11, July 16, August 13 · May 28 4 to 5:30 p.m., June, July & August dates 3:30 to 5:00 p.m.** · The written version of the Old Testament (Torah) tells a story. What has been passed down orally for thousands of years is the backstory and various mystical, hidden meanings. It is rich, colorful, detailed, and compiles interesting data like who ascended to Heaven alive, who was so righteous that their deceased bodies never decomposed, the seven things that we are not permitted to know in human form... \$90 per month for the monthly study (one 1½-hour session per month); \$90 per month for the bi-monthly study (two 45-minute sessions per month); \$90 per month for the weekly study (three ½-hour sessions per month). For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg · Sunday, June 4, 11, 18, 25 · 5 to 9:30 p.m.** · Learn how to create a sacred, protected space to astral travel safely to spiritual dimensions, gates of heaven, planets associated with the Sephirot (Spheres) in the Tree of Life, and other celestial bodies and star systems. Become more deeply acquainted with different aspects of G-D. Learn that which you don't normally learn when you're incarnate (some of which is accessible to you usually only after you leave your physical body and go to spiritual school). \$777 total (includes all 4 parts). For more information contact Karen Greenberg (734) 417-9511, email [krngrnbg@gmail.com](mailto:krngrnbg@gmail.com), or visit [clair-ascension.com](http://clair-ascension.com).

**Art as Spiritual Practice: The Art of Shamanism with Rocky Rains · August 5, 12, 19 · 1 to 4:00 p.m.** · "The truest expression of any thought is the art which it inspires." In these workshops we shall be making a Shamans drum, rattle, and spirit bag, and learning the spiritual power behind them. \$350. For more information contact Rocky Shadowbear Rains at (734) 799-7502, or email [rainsrocky4@gmail.com](mailto:rainsrocky4@gmail.com).

**Be Still and Know Silent Retreat with Swami Sankarananda · August 18-25 · Beginning at 5:00 p.m.** · Deepen and uplift your experience of Life through silence, meditation, chanting, yoga asana and introspection. The retreat is guided by Swami Sankarananda in accordance with the holistic Sivananda Yoga Vedanta tradition. The program is specifically developed to aid participants in their evolution from fear to fearlessness, from discord to Harmony, and from pieces to

Peace. This retreat is both a weekend and a weeklong retreat. We've been offering the weekend Be Still and Know retreats for six years now, and the one consistent request was for the retreat to be longer, and so we extended it to one week for the first time two years ago. You can join this either for the weekend, and complete the retreat on Sunday afternoon, or continue for the full week. FREE plus lodging. For more information contact Song of the Morning Yoga Retreat at (989) 983-4107, email [office@songofthemorning.org](mailto:office@songofthemorning.org), or visit [songofthemorning.org](http://songofthemorning.org).

**Catholic Social Teaching: Continuity, Change, and Relevance with Barbara Wall, Ph.D · Saturday, August 19 · 9:30 a.m. to 3:30 p.m.** · An exploration of perduring themes in Catholic social teaching such as the sanctity of all creation, the common good, human rights, and the appropriate uses of power. \$45.00 Lunch included. For more information call Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

## STORYTELLING

**"Do Something Beautiful for God!" A Reflection Day on Mother Theresa of Calcutta with Joy Barker, OSF/S · June 14 · 9 a.m. to 3:00 p.m.** · \$30, lunch included. For more information call Weber Center at (517) 266-4000 or visit [webercenter.org](http://webercenter.org).

## STRESS MANAGEMENT

**FREE Intro for Healthcare Professional – Basic Qigong for Self-Care with Master Wasantha Young · Monday, May 1, 8, 15 · 7:15 to 8:15 p.m.** · Learn basic Qigong energy work techniques for your self-care. Need some self-care tools to help manage your tensions? These FREE sessions are designed for your easy-to-do self-care. They will include meditation, self-acupressure, stretching, and centering movements. You must be a healthcare professional to attend these sessions. The class is down a flight of stairs and limited to 10 participants. Pre-registration is required. For more information or to register email [info@peacefuldragonschool.com](mailto:info@peacefuldragonschool.com), call (734) 741-0695, or visit [peacefuldragonschool.com/events](http://peacefuldragonschool.com/events).

**Stop Sabotaging Your Self-Care with Christy DeBurton, RYT · Self-Paced** · In this compact but powerful self-paced course you'll find effective tips and tools to honor your feelings, set boundaries, and thrive in the face of life's challenges. Get at the root causes of your self-sabotaging habits. Learn to set healthy boundaries--without the guilt. Banish burn-out, overwhelm and resentment. Get inspired to

eat healthy, sleep well + live better in your body. \$79. For more information email [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

## TAI CHI, MARTIAL ARTS, AND SELF-DEFENSE

**FREE Intro to Tai Chi for College Students with Master Wasantha Young · Monday, May 1, 8, 15 · 6 to 7:00 p.m.** · T'ai Chi, often characterized as a moving meditation, is a series of postures linked together in a continuous, fluid manner. As a practice, it integrates the mind and body, promotes relaxation, as well increases balance. This is an in-person class (limit 10). Pre-registration is required. For more information or to register email [info@peacefuldragonschool.com](mailto:info@peacefuldragonschool.com), call (734) 741-0695, or visit [peacefuldragonschool.com/events](http://peacefuldragonschool.com/events).

**Tai Chi for Beginners with Master Wasantha Young · Monday, May 1 through July 28 · Monday, 10 to 11:15 a.m. and/or Thursday, 6 to 7:15 p.m.** · T'ai Chi, often characterized as a moving meditation, is a series of postures linked together in a continuous, fluid manner. As a practice, it integrates the mind and body, promotes relaxation, as well increases balance and concentration. Register for one class and you can attend both sessions – whatever your schedule allows – at no extra cost! Mondays in-person only (limit 10), Thursdays Hybrid class - taught in-person and on Zoom (your choice). \$195. For more information email [info@peacefuldragonschool.com](mailto:info@peacefuldragonschool.com), call (734) 741-0695, or visit [peacefuldragonschool.com](http://peacefuldragonschool.com).

**Wu Style Tai Chi Chaun with Marilyn Feingold · Sunday, May 7 through July 23 · 4:00 pm to 5:00 pm.** · Onsite only at Jewel Heart. 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.

For more information, visit [jewelheart.org/chapters/ann-arbor](http://jewelheart.org/chapters/ann-arbor), call Jewel Heart at (734) 994-3387, or send an email message to [programs@jewelheart.org](mailto:programs@jewelheart.org).

**Wu's Tai Chi Chuan Academy-Ann Arbor Taught by Disciples and Advanced Students of Sifu Genie Parker · Mondays and Thursdays, 11 am - 12:30 pm · Mondays 7 to 8:00 p.m. · Wednesdays and Thursdays, 6:30 to 8:00 p.m. · Saturdays, 10 to 11:30 a.m. and 2 to 3:00 p.m. · Sundays, 4 to 5:30 p.m.** · Classes held at Jewel Heart. other classes in nearby communities are listed on our website. Wu Style tai chi chuan is a soft style martial art emphasizing balance and relaxation. All are welcome 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).

**Yang and Chen - Qigong and Tai Chi with Karla Groesbeck · Ongoing** · Classes available in Yang and Chen - Qigong and Tai Chi - Beginner - advanced. Solo, two-person, weapons. Outside, inside and zoom. Yang Long Form 108, Chen Laojia Yilu, Xinja Yilu. Various qigong sets. Zhan Zhuang. Staff, Bang, Ruler, Push Hands/Tuishou. Low fee, FREE for seniors.

For more information call (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 · Ongoing Monday, Thursday 5 to 6:00 p.m. · Saturday, 9:30 to 10:30 a.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 Walters, [annarbortaiichi@gmail.com](mailto:annarbortaiichi@gmail.com), [annarbortaiichi.com](http://annarbortaiichi.com)

## THEATER

**Can I Help You, Too? with Neighborhood Theatre Group · May 12 through May 21** · Do you want fries with that? If you've ever served or been served you'll have a laugh in this musical sketch comedy show sequel that begs the question, “Can I help you, too?” \$12 online, \$15 at the door. For more information contact [info@ntgypsi.org](mailto:info@ntgypsi.org) or visit [ntgypsi.org](http://ntgypsi.org).

## WOMEN'S HEALTH

**Creating Your Perimenopause Plan with Christy DeBurton, RYT · Self-Paced** · Creating Your Perimenopause Plan combines science and personal experience, so you feel like you're going on a self-guided journey with a knowledgeable friend. In this e-Guide Christy shares everything she learned during her own perimenopause journey, and then helps you create a plan to support your body—pro-actively—through nutrition, supplements, exercise, stress relief and more. \$59. For more information email [info@christydeburton.com](mailto:info@christydeburton.com) or visit [christydeburton.com](http://christydeburton.com).

## WRITING AND POETRY

**Crazy Wisdom Poetry Series Hosted by Edward Morin, David Jibson, and Lissa Perrin · Workshops on May 10, June 14, July 12, August 9 · Featured Readers on May 24, June 28, July 26 · 7 to 9:00 p.m.** · Second Wednesdays are Poetry Workshop days. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Fourth Wednesdays are for Featured Reader(s) for 50 minutes, then Open Mic reading for one hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. All sessions are virtual and accessible through Zoom. Email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com) for Zoom link. For more information contact Edward Morin at (734) 668-7523, email [eacmorin@sbcglobal.net](mailto:eacmorin@sbcglobal.net), or visit [cwcircle.poetry.blog](http://cwcircle.poetry.blog)

- Featured Readers May 24 – David James was born and raised on the third coast, Michigan. His most recent of seven published books is *Alive in Your Skin While*

*You Still Own It*, and another—*She Dances Like Mussolini*—won the Next Generation Indie Book Award. He's had over thirty, one-act plays produced in the U.S. and Ireland.

- June 28 – Terry Bohnhorst Blackhawk founded, and for 20 years directed, the InsideOut Literary Arts Project for Detroit students. Her poetry has won the John Ciardi Prize (for *Escape Artist*), the 2010 Pablo Neruda Prize, and a Kresge fellowship. Her fifth book, *One Less River*, was a Top 2019 Indie Poetry title. Her latest chapbook is *Maumee, Maumee*.
- June 28 – Derek Pollard is Editor of the Poets on Poetry Series at University of Michigan Press. A widely published poet, book critic, longtime educator, and workshop leader, he founded Constellar Creative, a creative agency that specializes in content marketing and copywriting. His most recent poetry collection is *On the Verge of Something Bright and Good*.
- July 26 – Jack Driscoll's *Twenty Stories: New and Selected*, won the 2022 Pushcart Editors Prize. His novels or story collections received the PEN/Nelson Algren Award, AWP Grace Paley Short Fiction Prize, Society of Midland Authors Award, and Michigan Notable Book Awards. He founded the creative writing department at Interlochen Center for the Arts.

**The Promise of Summer: A Writing Workshop with Tarianne DeYonker, OP with the Weber Center · Saturday, July 15 · 10 am to 4:00 p.m.** · When planting seeds in my garden my hope is palpable. As spring turns to summer, I need patience and support to persist in watering, weeding, and aerating the soil to nurture what I have planted. The same is true for writing. What are some of those nurturing activities that keep us writing when the words just won't come, or time seems to drift away from us? You can give yourself the time to write with others during this workshop day. This workshop may be just the "fertilizer" your writing needs to thrive. Beginning and experienced writers are welcome in this workshop. \$60, lunch included. For more information call the Weber Center at (517)266-4000. Registration is required at [webercenter.org](http://webercenter.org).

## YOGA

**Yoga w/Reflexology for Insomnia/Restful Sleep with Andrea Astley of Crysterra Wellness April 29 1:00 p.m.** Experience the profoundly synergistic healing benefits of pairing Yoga w/Reflexology! In this workshop we will explore the healing possibilities of combining Yoga with Reflexology. We will rotate between modalities bi-monthly with a focus on common

issues such as stress/anxiety relief, insomnia, physical/emotional support and more. Reflexology is an ancient healing modality that deals with the principal that nerve endings in the feet and hands correspond to all glands, organs, regions and systems of the body. When stress, toxins and illness are present, the natural flow of energy is compromised and manifests as congestion in the corresponding reflex points and dis-ease within the body. This workshop is offered by Crysterra Wellness and will meet at Verapose Yoga & Meditation House in Dexter \$40 non-refundable fee. Space is limited. Registration is required. \*Participants may also enjoy special promotional pricing and discounts on select items and when booking a 1-on-1 Reflexology Session!

**Open Level Yoga with Michele Bond · Ongoing, April through July · 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 open-hearted, uplifting philosophy. 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 Bond at (734) 358-8546, email [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit [yogahouseannarbor.com](http://yogahouseannarbor.com).



Born during the pandemic,  
*The Crazy Wisdom Biweekly* 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 walks, news of your pets, or musings on current events. Send your submission to [jennifer@crazywisdom.net](mailto:jennifer@crazywisdom.net).



# Stay informed!

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**Yoga Essentials with Michele Bond · Ongoing, April through July · Thursday 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, developing a yoga practice that is safe, joyful, therapeutic, and fun! \$15 per class if registered for the semester \$20 drop in with instructor's permission. For more information contact Michele Bond at (734) 358-8546, email [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit [yogahouseannarbor.com](http://yogahouseannarbor.com).

**Yoga for Athletes with Michele Bond · Ongoing, April through July · Wednesdays 6 to 7:30 p.m.** Athletes or anyone looking for a strong practice will enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun and energetic practice. Universal Alignment Principles help open the door to peak performance in sports and all areas of your life. \$15 per class if registered for the semester \$20 drop in with instructor's permission. For more information contact Michele Bond at (734) 358-8546, email [michele@yogahouseannarbor.com](mailto:michele@yogahouseannarbor.com), or visit [yogahouseannarbor.com](http://yogahouseannarbor.com).

**Guided Personal Retreat with Song of the Morning Staff · May 26 – June 2 OR June 30 – July 2 ·** The Song of the Morning Yoga Retreat community invites you to join us for an uplifting weekend experiencing spiritual refreshment and relaxation in a supportive peaceful atmosphere. Offered during select weekends in 2023, guided personal retreat offers a greater sense of community and support, so that you might get the most out of your retreat experience. During these special weekends you are invited to join our daily schedule of events which includes meditation, devotional practices, community meals, and more (see schedule below). At the beginning of the retreat, our community facilitators will be happy to welcome you, and offer simple guidance and answer questions in our sincere effort to help you get the most out of your retreat, and experience what our founder envisioned: "Spiritual refreshment and relaxation." \$108 plus lodging. For more information contact Song of the Morning Yoga Retreat at (989) 983-4107, email [office@songofthemorning.org](mailto:office@songofthemorning.org), or visit [songofthemorning.org](http://songofthemorning.org).

**Yoga for Core Integrity 'Live + Virtual' Course with Christy DeBurton, RYT · May - June ·** Are you experiencing back pain? Poor balance? Bad posture? A strong core can help with all these things, not to mention help you feel stronger in all your daily activities. This 'Yoga for Core Integrity' 8-week Live+Virtual course will help you power up your yoga poses and your body by exploring all the muscles—abs, glutes, obliques and more—that make up a strong core. \$130-\$140. For more information contact Christy DeBurton by email at [info@christydeburton.com](mailto:info@christydeburton.com), or online at [christydeburton.com](http://christydeburton.com).

**Yoga + Sound with Rob Meyer Kukan · Friday, June 23 · 6 to 7:30 p.m.** · Join Sound Healer, Rob Meyer-Kukan and Yoga Instructor, Paul Barr for this seasonal series of Yoga + Sound at 7 Notes Natural Health. Paul will lead a mindful yoga prac-

tice that focuses on themes tied to each of the seasons. Rob will support with gentle sounds of singing bowls, gongs, and more. An extended time of savasana will allow you to deeply rest into the new season while being immersed in sacred sound. \$40. For more information contact Rob Meyer-Kukan at (248) 962-5475, email [rob@robmeyerkukan.com](mailto:rob@robmeyerkukan.com), or visit [7notesnaturalhealth.com](http://7notesnaturalhealth.com).

**Yoga Chill Summer Course with Christy DeBurton, RYT · July through August ·** Summer is a season full of activity, which means that we need a yoga practice that is a nice balance to this: slowing us down, cooling us off, giving us a chance to relax and just be. This soothing 8-week 'Yoga Chill' Live+Virtual course will help you feel more grounded and calm. \$130-\$140. For more information contact Christy DeBurton by email at [info@christydeburton.com](mailto:info@christydeburton.com), or online at [christydeburton.com](http://christydeburton.com).

**Sivananda Yoga with David Black at Ann Arbor Zen Buddhist Temple · Ongoing · 6:30 to 8:00 p.m. ·** Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. The instructors were trained by the Sivananda Yoga Organization and combine that experience with meditation training. Classes fill up quickly, so early registration is necessary. Cost is \$60 for all six sessions or \$12 per drop-in class. For more information contact the Zen Buddhist Temple at (734) 761-6520 or email [annarborzentemple@gmail.com](mailto:annarborzentemple@gmail.com).

**Yoga for Resilience with Julie Woodward · Tuesday · 9 to 10:30 a.m. ·** Join us for this weekly yoga posture, breath, and meditation practice designed to support you in cultivating greater resilience. Drawing on recent research about the brain, participants will experience powerful practices that enhance nervous system regulation, calm anxiety, or energize a low mood. Each class will feature embodied mindfulness practices for cultivating greater self-awareness, fostering stability of attention, tuning in to the felt sense of the body, and navigating inner experience with greater skill. Suitable for all levels, gentle movement may be modified to suit individual needs. \$20 per class, advance registration required. Email [jawh@comcast.net](mailto:jawh@comcast.net) with questions and to register or visit [juliewoodwardmsw.com](http://juliewoodwardmsw.com) for more information.

**Iyengar Yoga with David Rosenberg and Ann Arbor Community Rec & Ed · Monday, 6:00 p.m., Thursday 7:00 p.m., Saturday 10:00 a.m. ·** Classes are 90 minutes. Experience invigorating yoga postures using the methods of BKS Iyengar to strengthen the body, create a feeling of well-being, reduce stress, and release tension through physical activity and meditation. The instructor emphasizes the use of props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. \$115 for nine-week session (Senior discounts available). Learn more at [aarecedonline.com](http://aarecedonline.com) or call (734) 994-2300.

A bird sitting on a tree is never afraid of the branch breaking, because her trust is not on the branch but on her own wings.

— Anonymous

