

A woman with long, wavy red hair and blue eyes is the central focus. She is wearing a crown made of white, bell-shaped flowers. She is holding a bouquet of purple flowers in front of her. She is wearing a dark blue or black top with white polka dots. The background is a plain, light color.

The
CRAZY WISDOM

#135
May 2024

Monthly

Floral Designer
Susan McLeary

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



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Susan McLeary featured in *The Crazy Wisdom Community Journal* issue #86. Photo by Hilary Nichols.

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Born of the Spirit:

Storytelling is the Breath of Life

By Michelle A. McLemore

Once upon a time, within the swirling molecules of space, the Creator drew forth a deep breath of every color of energy and blew it into a clear, nearly spherical bowl. S(he)/we swirled the bowl gently, lovingly watching the sparkles of energy coalesce and cascade, mixing every possible setting, every conflict, every character, and every archetype. Then S(he)/we gently rolled the bowl out away from its BEing.

The particles tumbled out slowly across the ethers, haphazardly spilling the glittering contents a bit here, a bit there, stretching across infinity and back. The brilliance drizzled down and lit here upon water, there upon land; here upon mountain, there upon valley; here upon city, there upon village; here upon the woke, and there upon the dreamer. Storytelling was born. And it was good. And it became essential.

The sleeper woke and mused over his night visions. Puzzled or awed, he would inevitably relate what he saw, what he felt, to another and they may have divined meaning.

Later, dusk drew the corners of night around her and tucked in the corners. Low fire light danced and threw shadows, stirring the imagination, exciting whispers of mysterious occurrences in the woods, in the waters, and in the skies. How had life come to be? Explanations were proposed. Cause, action, conflict, characters, and the stories built.

When the children fussed, someone would sit with them at bedside and share of times of calm, of intrigue, of lessons learned to nurture peaceful rest and protection. Were these personal memories masked in elaborate names and metaphors? Possibly. Were they ancestral stories passed across generations proven to aid growth and peace of the spirit? Possibly. And no matter how many sparkles were woven into stories, each speaking multiplied, and further distributed, the cosmic colorful energy of the creation.

Cave walls to art galleries, murals displayed stories and expression. Moments were captured in crushed berry pigment and oils, and the stories remain though the artists have turned to dust sparkles themselves.

Centuries rolled on. Until here we are, a “civilization” that has at times lost its humanity. Lost much of its sparkle. Lost its voice for deep sharing and creating, ironically despite the plethora of social media blastings that occur every second. Looking back, I, too, fell prey to what I suspect is a common myth many of us adopt as we age: “No one wants to hear my life stories, let alone my dreams, or creations. I have nothing useful to share.”

Somewhere in growing up, discerning how to safely and effectively navigate business and society, I had learned to package myself as a listener, a recorder, and reflector for others. I watched *My Fair Lady* too many times.

A lady doesn't give in to rambling. Silence is graceful and intriguing. “God gave us two ears to listen and only one mouth, so we should listen twice as much as we talk.” Proverbs 17:28, “Even fools are thought wise if they keep silent, and discerning if they hold their tongues.”

The more common take you might have heard? “Better to remain silent and be thought a fool than to speak and to remove all doubt.” “Children should be seen and not heard.” “Still waters run deep.”

These were the messages filtering through society, television, and books as I was growing up. And in the midst of all these suggestions, we taught ourselves—some to the point of bare survival—to suppress the innate drive in all of us to examine existence—the cosmos within as well as without—and spin out the elements weaving the tale through breath to create understanding, mystery, or more questions. These are, and always have been, a necessary action to create balance, heal, and discover new possibilities about what it means to live and be alive.

Story telling wasn't meant to be competitive. It was to build bridges of understanding, of experiences, and of imaginative potential—to unite, not divide; to invite others into our experiences, to assist empathy and understanding while peeking into others' struggles; to see the best and the worst we can be so we can choose to lean into struggles that are worth it and to discern which rocky paths do not always have to be followed.

I believed I was content as a listener and recorder. I journaled to preserve my memory, my emotions, actions, and observations. Yet, over the years, I noticed my throat began tightening up when I felt strong emotion. I was strangling myself—keeping in and down expression of my experiences and that which moved my spirit. (Because again, my thoughts on others' situations were... irrelevant. Right?). And in swallowing silence, I disrupted the intended energy flow between sacral chakra, solar plexus, and my throat chakra.

I spoke less—or less of anything of personal experience. I sang even less than that. I began to feel Jackie Draper paper thin, useful only as a fixed role—static character to support others as the protagonists of their own stories. Listening without challenging was, after all, the traits of a good friend, co-worker, teacher, step-mom, wife. (Are you too collecting and storing your experiences in an unlit cave barring entrance and exits?)

The body eventually rebels—it does know what is best for you. I began to question, at what point could, or should, we muster the courage to share a memory with a sibling, child, or grandchild? To vocalize a beautiful memory? To recount a struggle and insight with a neighbor or work mate who may be going through or coming upon a similar situation? Why do we withhold experience that may provide others with a light to navigate by—even if it is to see options. Different perspectives exist and that is a beautiful truth of reality. We have choice in how to perceive situations, how to respond to situations, how to proceed with our energy. Story telling for the transmission of thought, concerns, insights, and caution is the oldest most natural, inherent—and I would argue—most necessary transmission mode.

Personal reflection is good. This reflection time—and hopefully it occurs multiple times—allows review of the rich and varied story lines we've walked, conversations we've shouted, held in, imagined, cried, sang, shouted, and whispered. We can review mountains we've climbed and deserts we've crawled through; times we've been rescued and times we've rescued others physically, emotionally, spiritually, or mentally and may never have even known it. There were waiting times (as Dr. Seuss immortalized) and there were flurries of burning the candle at both ends like Millay. We've observed significant moments

through others. We have oceans of content in each of our lives for hundreds of stories. And yet, of our reflections, how often do we share?

In this age of AI creation, I am concerned that we will become even more removed from the natural human need to create and share our personal stories and those of our communities. Life can be stranger than fiction but also more rewarding with insights, movement of the soul, and inspiration.

The other day, I met an old high school friend for coffee. At one point she took a breath and told me that in some of her toughest moments, she remembered my face from a track relay race we ran. From her view watching me run the last several yards of the third leg, she described my contorted face, striving with every fiber. And she commented, "That face would come to my mind in the years after that, and I'd tell myself that's the depth I had to strive—to push through" whatever life challenge was bearing down without mercy.

We both teared up and I reached out to hold her hand. Then, I related that she had been my inspiration. She was the final leg in our relay team. I had lost ground for our team running on a broken leg (though we didn't know it until later). She regained what advantage I lost, and she pushed beyond other teams gaining us a medal.

My voice wobbled a bit as I related my memory. After the race, I had collapsed in a bathroom stall in pain. I heard her come in, collapse in the next stall, and wretch over and over again. In my mind, she had pushed beyond pain finding a deeper drive to not only finish but push her body and spirit to a point of achievement that I couldn't fathom reaching yet could respect and admire. I was in awe of her and mortified that my limitations had put more pressure on her run.

It was one race with two different perspectives. Two lives inspired from one moment in time. One moment shaping each characters' development for thirty years. We were each blessed and humbled hearing the others truth spoken.

That should be written in my memoirs. That is something I would like my former students, children, and grandchildren to remember—that regardless of how we feel others may be thinking about a moment of our life, the truth may actually surprise you.

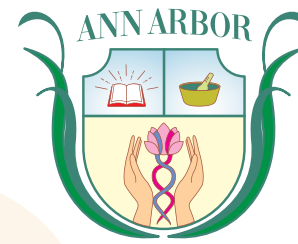
With every breath we impact something or someone. With each minor decision—conscious and unconscious—we may inspire, disillusion, entice, repel, and each person will perceive the moment as they will. We will be a hero to some, a wizened mentor, a haughty bully, a stock comic, a nurturing parent, a trusted companion, or possibly even a fairy godmother. And though we should not live our lives for how others may perceive us, our stories and chapters should be reflected upon. We can revise our thoughts, our habits, our tendencies so the next chapter goes a bit differently. We can brainstorm quests we'd like to experience to enrich or deepen our existence, remembering all the while that there is no perfect story line. Every story has conflict. It is part of the Divine origin intended to challenge, sharpen, and develop the characters.

And you may hear or feel, "It isn't my story to tell. It might upset some people." To that I say, "my bologna has a first name, it's B-u-l-l-s-h—."

You are a fountain of epithets, poems, songs, fables, plays, memoirs, screenplays, and novels. You hold the key to questions next generations will have, though they do not realize it just yet as they are caught up in trying to learn what it means to be an adult and battling the old world and new world perceptions of what that means. You are in the position to encourage storytelling again with the young, within your own family, and community to release what has been held and holding loved ones down for decades. Perhaps, once again, families and friends could gather and share out loud funny times, inspiring times, questions about mysteries, lessons learned, and dreams. Don't forget the dreams.

Sharing our stories, our moments of humanity (not just the successes and not just the failures or sorrows) energetically helps us heal and creates room for more experiences. If you aren't used to sharing your personal life out loud with others, perhaps journal a pleasant moment—something as simple as sitting outside and really noticing your surroundings through all your senses. What comes to you? What do you discover? How do you feel? Each feeling has its worth. Your story may not begin with, "Once upon a time," but it could. It could simply start with, "The other day I noticed...." Then, work it into a conversation. It is sharing for the sake of sharing. Let your voice sing and share as it was meant to. Unite your sacral chakra, solar plexus, and throat so your soul and existence can breathe full and deep and expand. Give your experience and expression the voice it has ached to use and may it land on ears that will be enriched or challenged by it. Regardless of its reception, your job is only to give it freedom—to whisper it to the ethers where its sparkling colors will be borne aloft on the breath of life once again.

Michelle McLemore will be hosting the fifth annual Irish Hills Writers' Retreat at her home in Brooklyn, MI May 18-19. Participate one or both days in craft and publishing discussions, drafting time, sharing, nurturing food, laughter, and time for self and creativity care. Some time will be dedicated to nurturing our heart, throat, and brow chakras regarding creativity. Email energy@michellemclmore.com for more information or to pre-register by May 8. All experience levels welcome, ages 18 and up.



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Kindred Conversations

with Hilary Nichols



Susan McLeary

FLORAL DESIGNER – AUTHOR – EDUCATOR

By Hilary Nichols

It was a passion flower that first stopped Susan McLeary in her tracks. The exotic flower ignited her passion and initiated her purpose toward becoming a florist, a designer, an artist, and an author. Yet, educator is the title Susan McLeary identifies with most these days.

McLeary orients around her calling to teach with rightful pride, having put a lot of thought into what it means. “As a teacher,” she mused. “You get an idea, usually it comes from something else you’ve seen. You think about it, you pick it apart, and make it your own. And then, I deliberately decided you share it with the world. I call it catch and release.” It is surprising to hear of such a non-traditional and generous business model, but McLeary is not a traditional businessperson—she is an innovator in her field.

Like many florists, McLeary came to the field nearly by accident. “I didn’t have any inclination to become a florist. I made jewelry for friends that were getting married, and one asked me to do her flowers.” She took to it like a natural, but when she announced the new direction, her friends were dubious. “It wasn’t thought to be an artful profession. There was no framework for being an interesting florist.” Taking it as a challenge, she began her investigation. “I tried to find people doing artistic or interesting flower arranging. I saw examples in Europe and Asia, but it wasn’t accessible.” She knew there was a niche to be filled here.



LIKE MANY FLORISTS, MCLEARY CAME TO THE FIELD NEARLY BY ACCIDENT. “I DIDN’T HAVE ANY INCLINATION TO BECOME A FLORIST. I MADE JEWELRY FOR FRIENDS THAT WERE GETTING MARRIED, AND ONE ASKED ME TO DO HER FLOWERS.” SHE TOOK TO IT LIKE A NATURAL, BUT WHEN SHE ANNOUNCED THE NEW DIRECTION, HER FRIENDS WERE DUBIOUS.

Susan McLeary started Passionflower in Ann Arbor in 2010 and expanded her offerings from centerpieces to large installations swiftly. Her work stood out right away. From a startup to a sought-after business, Passionflower was thriving.

“Her soulful, seasonally inspired creations have been described as exquisite living artwork,” is lauded on her webpage. “There was a time that I enjoyed the adrenaline of weddings, but it didn’t suit my personality. It was too intense,” she realized after eight arduous seasons. “I wanted to break out of this expected thing. I wanted to be part of elevating the industry.” Driven to innovate, she believed the role of a florist could be transformed. “I was working to flip the power dynamic, from doing what the clients’ requested, to becoming the artist.” There is an undeniable spark in her face when she talks about not only making art but making artists. “Florists are just coming into their own. They are just starting to see themselves as artists—and once you claim that, everything changes.”

“It all led pretty quickly from doing the thing to becoming a teacher of the thing,” she declared. McLeary began to teach exclusively in 2018. She shifted from Passionflower to her eponymous new business, Susan McLeary, and began offering her on-line classes, virtual-studio presentations, and in person workshops around the world. It keeps her on her toes. “Every month I am thinking of projects that will give my membership group new ideas, artful techniques, and fresh processes to let them make new artistic stuff right away.” Having to share new stuff regularly might seem daunting for many, but McLeary trusts the process. She watches what is most inspiring in fashion, in



art, in cultural aesthetics, and in the flower world to craft and share new and interesting things all the time. “The more you share ideas, the more new ideas come to you.” And Susan McLeary is known for her new ideas.

It was in this period that McLeary introduced a line of succulent jewelry. “It was really a vibe,” she recognized. Her Instagram presence took off and the publishing house, Chronicle Books, took notice and offered her a book project. Her first book, *The Art of Wearable Flowers*, is a guidebook with instructions to make her floral wearables.

Her husband of 22 years, Chaad Thomas asked, “Shouldn’t you trademark your work, instead of spreading it across the industry?” But McLeary was quick to reaffirm her model. “That is not the spirit of an artist or the spirit of a teacher. The spirit of a teacher is to find something good, fine tune it, and release it. Copyrights put you in the mindset of scarcity.” McLeary has other mindsets to propagate.

“It feels way better to just be at peace with the fact that nothing is worth clenching [onto] so tight.” To McLeary it is both a spiritual practice and a practical one. She is as devoted to her craft as any great practitioner. “It’s like anything,” she said. “Like baking bread. With repetition it comes to you.” She is humble but not satisfied. It is not her temperament to rest on her laurels. She doesn’t simply do her job well, instead she finds ways to undo her job.



“Any limitation becomes a creative path to go down,” she said. Michigan florists know limitations. The flower growing season here is only half the year. “What if I only have hyacinth? How many things can I do with it?” Turning it over, taking it apart, testing it in different ways, using different mechanics, and in different scenarios, she discovers new ways to approach her work. McLeary carries out these flower studies as a creative practice. It is a way to free up ideas and let wild concepts come to life.

Every artist has to combat some fears first to find their own expression. On her web page McLeary shares: “It took years to bring forth all the weird ideas I had in my head—to stop worrying about what people will think. The more courage you have to be yourself, the more people will respond to your work. Trying to appeal to everyone, your work becomes watered down. It loses its soul.”

TURNING IT OVER, TAKING IT APART, TESTING IT IN DIFFERENT WAYS, USING DIFFERENT MECHANICS, AND IN DIFFERENT SCENARIOS, SHE DISCOVERS NEW WAYS TO APPROACH HER WORK. MCLEARY CARRIES OUT THESE FLOWER STUDIES AS A CREATIVE PRACTICE. IT IS A WAY TO FREE UP IDEAS AND LET WILD CONCEPTS COME TO LIFE.

Flowers do touch our souls. They elevate any situation immeasurably. McLeary understands their effect. “I aim to give people pause, to make them curious, and allow them to experience the wonder of nature through the medium of flowers.” It’s a wonderful affirmation that there is beauty in this world. Flowers are so pure, they seem above reproach. “One would not think the floral industry is a dirty industry. But it is,” McLeary reminds us. Environmental concerns do mar the industry from the shipping impacts and soil concerns to the wasteful single-use products that florists typically amass at any given event. The product called floral foam is ubiquitous and as McLeary discovered, it is unnecessary. “My personality really loves identifying pain points of the industry and then chopping away at the solutions and offering my findings.”

Accent Decor, a major purveyor of wedding props, invited McLeary to collaborate on a number of products to relieve the need for single-use materials. The most notable is a six-foot-tall stand with up to six water vases attached for foam-free mechanics that is easy to break down, transport, and store. She’s working to give the industry tools to become more artful and more sustainable. Her students know that these are her central tenants. “Developing practical, relevant design applications is my focus. My mantra is compostable or reusable” all while being distinctly beautiful and unique, of course. The bar is high.

Read the rest of the article online...

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A TURTLE CALLED TONKA

By Peggy River Singer

MAY 21, 2019: I took the bus to church, and got off on State Street. I almost stepped on a young snapping turtle hunkered down in the grass. She was in a bad way, overheated and dehydrated. I carried her into the church, and one of my friends drove us to a nearby pond.

Minutes later, I set the little snapper in the shallow water; and we anxiously watched her drift down to the sandy bottom. After a few moments, she started to look around; then she took a long, long drink of that blessedly cool water. Soon she turned and headed slowly toward the safety of deeper water. And the Spirit of the pond welcomed this little refugee to her loving embrace and whispered that all would be well...

That evening, I checked in with the turtle. She showed me a tiny red Tonka truck lying on its side on the carpet; and I heard "three days." I think someone at the motel caught Tonka after she had laid her eggs and was exhausted and vulnerable. Later, that someone tossed her outside when they realized that even a small snapping turtle makes a risky "pet." This is why Tonka was so close to death when I found her.

I'm hoping to keep in touch with Tonka. For now, every time I think of her, I hear her giggling with joy, blowing streams of tiny bubbles out her cute little nose in the green depths of her new home.

APRIL 16, 2024: It's been five years, will Tonka remember me?

Tonka: I DO remember you, dear soul! How could my heart forget your kindness, and that of your friend?



Peggy: I'm so glad to hear from you, Tonka! Are you still in physical form?

Tonka: Oh yes, indeed, I am the Queen of this small world! [laughing] At least I am the oldest of my kind here. There was a big male passing through, but he did not stay long after we mated.

Peggy: Have any of your babies stayed in the pond with you?

Tonka: Some have, most have moved on, it is our nature to seek new living-places.

Peggy: Snapping Turtles are pretty familiar to many humans, but I'd like to ask you about your spiritual lives.

Tonka: This is a question I have been waiting for. There is much to be said. Many of your cultures around the world include appreciation of turtle-kind.

Pause...

Tonka: Turtles represent the connection between earth, water, and air. Our energetic vibration is subtle but powerful. Our senses are far beyond what you might expect: we detect the magnetic resonance of and from other forms of life and our surroundings. We interpret this resonance as you humans interpret the many variations of speech. However, we do not use it for communicating. Instead, it shows us where a food animal can be found; where the water-plants are the most vibrant with healthful energies that will benefit our bodies; where the water is the exact temperature we desire; and the most perfect possible place to lay our eggs. It also helps us choose suitable, most-compatible mates.

As our young develop in their eggs, they are already attuned to the magnetic essences of the world around them. They learn to work with those essences to "virtually" explore, and to locate the nearest water-place that will make a

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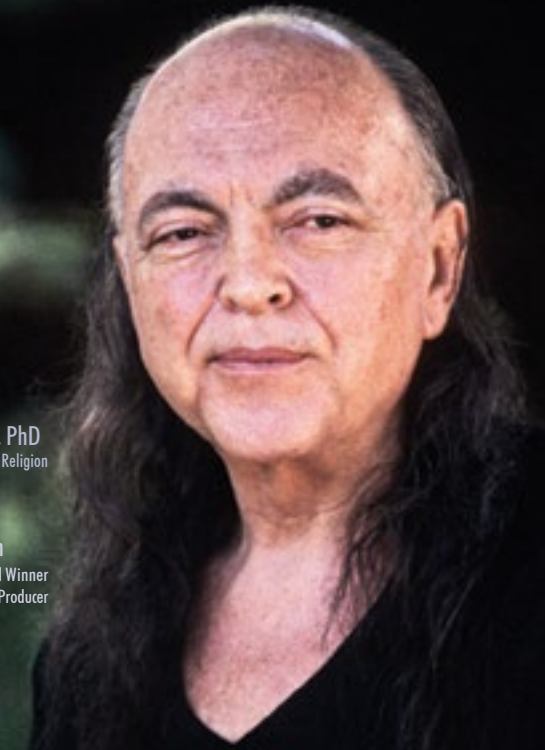
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suitable home. Yes, that is usually the same water-place the mother comes from, but not always.

Peggy: Will you please clarify: do all forms of turtles – sea turtles, desert tortoises, land-dwellers – experience and work with magnetics as you Snapping Turtles do?

Tonka: Each in their different fashion, yes. You are correct that one's environment, sacred design, and physical structure all affect our sensitivities. By "sacred design," I refer to Creator's intention in creating different kinds of turtles.

Peggy: I'm trying to imagine what it's like to live in a world that you experience magnetically.

Tonka: Since I have no idea how your world feels to you, it is not simple to make a comparison. However, I can say with some confidence that we are as comfortable in our lives as you are in yours, even though there are such big differences between us.

Peggy: Many people have turtle companions in their homes. When a human lives in close proximity to a turtle in this way, can the human perceive subconsciously the turtle's magnetic workings?

Tonka: I think it is quite possible a human could perceive/feel how we work with these energies, IF that human is very self-aware and attuned to energetic sensitivities.

You are visualizing a human putting a small magnet next to a turtle habitat (cage or tank) to see what happens. I feel that this could be dangerous to our health, since the magnet would be a concentrated package of magnetic energy as opposed to the natural energies I have described; and because we would not be able to move a safe distance away from the magnet. But, if you were to put a magnet in a large habitat or a natural place, it would be of interest to us to experiment with the concentrated energy in a safe manner. In fact, some of our people already do this, with magnetic objects humans have put in places where we can reach them.

Peggy: What do the experimenter turtles hope to learn from investigating human magnets and magnetic fields?

Tonka: I feel that it is not my place to speak further on this subject. Apologies.

Peggy: That's fine, Tonka, thank you for this wonderful talking!

Peggy River Singer is a Lightworker, all-beings communicator, faerie ally, and lifelong writer. More of her articles are posted on angelsfairiesandlife.wordpress.com. To request a reading, please call (734) 548-0194.



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

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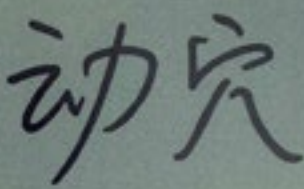


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CW Book Picks of the month



The Echo of Old Books meets The Lost Apothecary in this evocative and charming novel full of mystery and secrets.

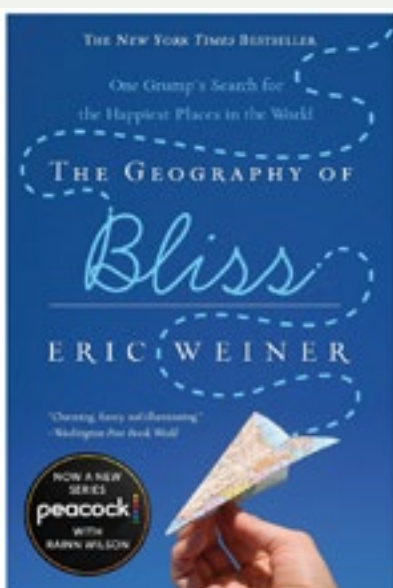
'The thing about books, ' she said 'is that they help you to imagine a life bigger and better than you could ever dream of.'

On a quiet street in Dublin, a lost bookshop is waiting to be found...

For too long, Opaline, Martha, and Henry have been the side characters in their own lives.

But when a vanishing bookshop casts its spell, these three unsuspecting strangers will discover that their own stories are every bit as extraordinary as the ones found in the pages of their beloved books. And by unlocking the secrets of the shelves, they find themselves transported to a world of wonder... where nothing is as it seems.

[Purchase your copy of *The Lost Bookshop* at shopcrazywisdom.com](https://shopcrazywisdom.com)

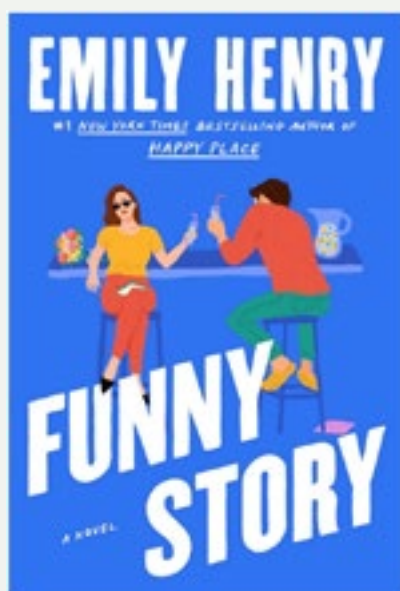


Now a new series on Peacock with Rainn Wilson, THE GEOGRAPHY OF BLISS is part travel memoir, part humor, and part twisted self-help guide that takes the viewer across the globe to investigate not what happiness is, but WHERE it is.

Are people in Switzerland happier because it is the most democratic country in the world? Do citizens of Qatar, awash in petrodollars, find joy in all that cash? Is the King of Bhutan a visionary for his initiative to calculate Gross National Happiness? Why is Asheville, North Carolina so damn happy?

In a unique mix of travel, psychology, science and humor, Eric Weiner answers those questions and many others, offering travelers of all moods some interesting new ideas for sunnier destinations and dispositions.

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A shimmering, joyful new novel about a pair of opposites with the wrong thing in common, from #1 New York Times bestselling author Emily Henry.

Daphne always loved the way her fiancé Peter told their story. How they met (on a blustery day), fell in love (over an errant hat), and moved back to his lakeside hometown to begin their life together. He really was good at telling it...right up until the moment he realized he was actually in love with his childhood best friend Petra.

Which is how Daphne begins her new story: Stranded in beautiful Waning Bay, Michigan, without friends or family but with a dream job as a children's librarian (that barely pays the bills), and proposing to be roommates with the only person who could possibly understand her predicament: Petra's ex, Miles Nowak.

Scruffy and chaotic—with a penchant for taking solace in the sounds of heart break love ballads—Miles is exactly the opposite of practical, buttoned up Daphne, whose coworkers know so little about her they have a running bet that she's either FBI or in witness protection. The roommates mainly avoid one another, until one day, while drowning their sorrows, they form a tenuous friendship and a plan. If said plan also involves posting deliberately misleading photos of their summer adventures together, well, who could blame them?

But it's all just for show, of course, because there's no way Daphne would actually start her new chapter by falling in love with her ex-fiancé's new fiancée's ex...right?

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GO OUTSIDE! A HOW-TO GUIDE FOR THE URBAN FAMILY

By Cayla Samano

As we shiver out of another Michigan winter and into warmer weather, I am building my usual short list of activities to keep myself sane. This list has become shorter than usual due to pandemic safety precautions. Ordinarily it would include more frequent visits with extended family and more friend get-togethers. My sticky note sanity plan has become heavier on more practical reminders like "Sleep more regular hours!" "Take Vitamin D!" and "GO OUTSIDE" which is written in all caps.

While most of the items in my sanity plan have health benefits, only going outside offers me the powerful all-in-one package of a fresh perspective, easy exercise, and the potential for some dopamine-boosting delight, such as my view last week of a coyote frolicking through fresh snow. Making time to enjoy nature can have such a huge impact on human well-being that the lack of it has been labeled as a nonmedical disorder.

I experienced Nature Deficit Disorder for the first time at fourteen. My small, rural community was rich in land but poor in access to anything else. Consequently, I was used to spending four to six hours a day outside. (This was also before every child had a smartphone, tablet or even steady internet access, but I digress.) When I moved into high school, I discovered that students spent most of the eight-hour day inside with little exposure to natural light. While I'd always loved school, I immediately began to experience what I can only describe as mild and constant cabin fever. I became moodier, gained weight, and had less energy.

Many of my symptoms were classic signs of a condition which the journalist and author Richard Louv introduced as the term "Nature Deficit Disorder" in his book Last Child in the Woods, published in 2005. It describes how a lack of time spent in nature can have negative effects on a person's mental and physical wellbeing. Louv's theories strongly suggest that spending so much of our time inside, indoors, and in virtually constructed realities is unnatural and unhealthy. Is it possible that we have become too disconnected from a natural world that should feel more like our native habitat? Have we lost a deep biological connection with the ecosystems that we share?

The Japanese became the first to develop a modern nature immersion practice as a response to urban stress. They call it shinrin-yoku, or "forest bathing." Studies done since the early 2000s by Yoshifumi Miyazaki at the University of Chiba and Qing Li from Nippon Medical School in Tokyo use field tests, hormone analysis, and brain imaging technology to uncover the molecular effects nature has on human bodies. They found that even twenty minutes of walking among trees lowered blood pressure, improved mood

and concentration, and could possibly boost the immune system. This study corroborated similar studies done by the environmental psychologists Rachel and Stephen Kaplan at the University of Michigan in the 1970s. The Kaplans observed that spending time in nature improved cognition, memory, and reversed the effects of "Cognitive Burnout," a modern urban phenomenon they named for its fatal effects on attention, mood, memory, and mental stamina. (Interestingly, the Japanese observed a similar phenomenon, Karoshi, which means "death by overwork.")

As city-dwelling becomes more prevalent and the pandemic continues to limit opportunities to interact outside of our bubbles, parents with children are faced with increasingly desperate conditions. There is a double-edged problem here; how to engage our children in physical and tactile exploration among increasingly virtual options, and how to incorporate a love of the outside when the outside is what we've been taught to fear. We may know what's good for us, but how do we convince our children away from screens and get them interested in an experience (playing outside) that is increasingly foreign to so many. Fortunately, you don't need access to the Grand Canyon to be able to build a nature connection practice with your kids. Here are some easy-access ideas to enhance nature connection wherever you live.

Around the Neighborhood:

Tree Scavenger Hunt: Find an easy tree guide from the library and help your kids point out and identify trees as you walk around the block. (I'm sure there are also apps for this, but you run the risk of technology taking over the experience.)

Adopt a corner: There might be a place in a nearby park where you can get access to a community garden, or an abandoned corner of a park where you can make it your business to clean up trash. This is sometimes called wild tending.

Adopt a Park: Find a park you and your kids love. Make it one that you can get to in under twenty minutes. Make it part of your weekly schedule to go and play for at least an hour, as many times as you can in all seasons, and at different times of day when possible. Creating a tradition like this builds a deep connection to place.

[Where to Go? Read the rest of the article to discover Samano's favorite Ann Arbor Area parks and things you can do inside your house to connect to nature, too!!](#)


DON'T BE AFRAID!

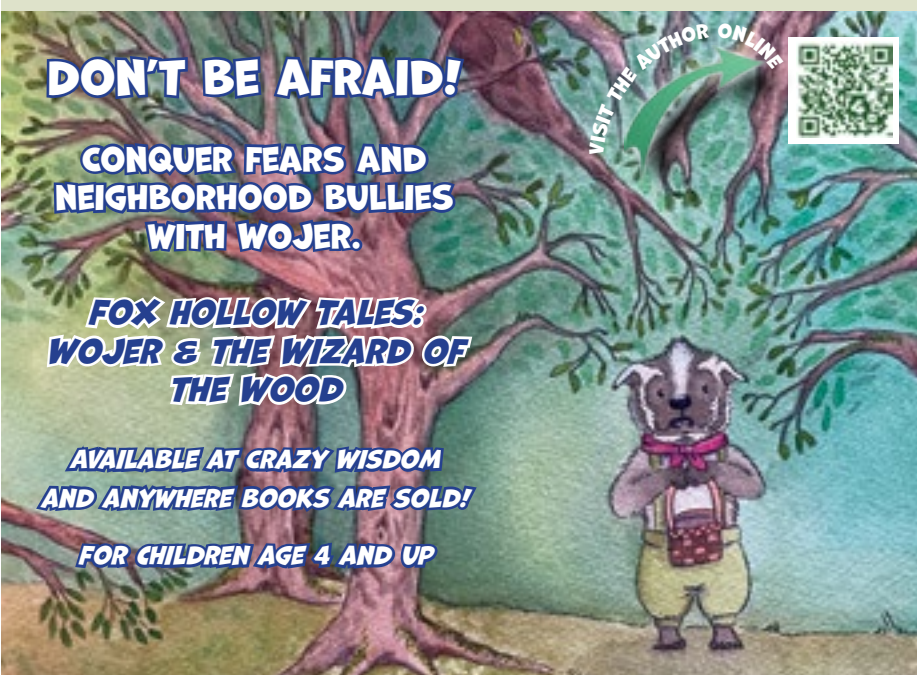
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By Lynda Gronlund

The Infinite Light Center in Jackson became home to one of artist Andre Ferrella's "Spirit Boxes" in late 2023.

Ferrella creates spiritual and sacred experiential art, incorporating the use of technology to connect viewers to the divine. Anne Taylor and Rick Nichols, the husband-and-wife owners of the Infinite Light Center, became aware of the Spirit Box when they attended a conference in Sedona. They were moved by the experience and asked Ferrella if they could bring a Spirit Box to their center in Michigan. Ferrella required an interview process, as he is selective about who will become what he calls "Keepers" of the Spirit Box.

The installation itself consists of a pair of six feet high, 26 inches wide, 3.25 inches deep acrylic boxes which rotate from side to side as images are projected onto and into them, creating a holographic effect. Specially composed spiritual music accompanies the images. This is set up in a darkened room, and Taylor described it as akin to "open-eyed meditation." She said the experience is very relaxing and can be very profound.

Taylor and Nichols want to share the Spirit Box with the community for free as much as they can, allowing people to experience it during their occasional holistic and spiritual fairs and most Sundays after their regular gatherings at Infinite Light. They will also offer it at the Center's ribbon cutting and open house on Wednesday, May 1 from 4:00 p.m. to 6:00 p.m. Other appointments are available for a small cost. Up to seven people can experience the Spirit Box at one time, and the experience takes 15 or 25 minutes depending on the option chosen. Taylor said that some people report that the experience is different for them each time. She said that it creates a "calming, refreshing, and energizing respite." She observed that some people cry, and some report experiencing physical healings.

The Infinite Light Center and Sound Sanctuary is located at 1805 East Ganson Street, Jackson, MI 49202. Their website is infinitelightjackson.com, and more information about the Spirit Box is available at andreferrella.com/the-spirit-box-experience. Anne Taylor can be reached at (517) 962-4725 or by email through the website's contact form.



**Keepers of The Spirit Box
Anne Taylor
and Rick Nichols**

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By Catherine Carlson

In astrology, the three planets closest to earth—Mercury, Venus, and Mars—are known as the inner planets, or personal planets. These three planets, along with the Earth, are all in the same neighborhood, and affect us personally.

Mercury: Not Just a Lot of Hot Air

First in the lineup is mighty Mercury. The orbit of this firecracker of a planet is nearly as fast as the sun, and in a birth chart will always be in the same sign as the sun or the sign on either side of it. Known as the winged messenger in mythology, Mercury represents communication in all forms. Mercury is all about how we use our voice and express ourselves such as through talking, writing, or even singing. Mercury's influence has increased as technology has grown. Mercury represents learning as well, so places like schools and colleges are mercurial locations. Mercury is also connected to modes of transportation, short journeys, and siblings. A person's Mercury placement may present as a lightning-fast mind, great intelligence, or organized thinking. It can also indicate a strong intuition.

Mercury rules the signs of Gemini and Virgo. If you are a Gemini or a Virgo sun sign, or have a lot of planets in these signs, communication is going to be theme in your life. Maybe you learned to talk early or developed an appreciation for the written word. You could have a gift for debate, public speaking, a career in radio, or other media. Gemini's influence can be very social, highly curious, with a variety of interests and knowledge—a natural librarian. Virgo's influence is refined and detail oriented. Virgo's gift is in analyzing and organizing information. These significations can also become activated during Mercury's normal orbit.

In 2024 Mercury will travel through all 12 signs, beginning and ending in Sagittarius.



Venus: She's Got It!

"A goddess on a mountain top
Burning like a silver flame
A summit of beauty and love
And Venus was her name."

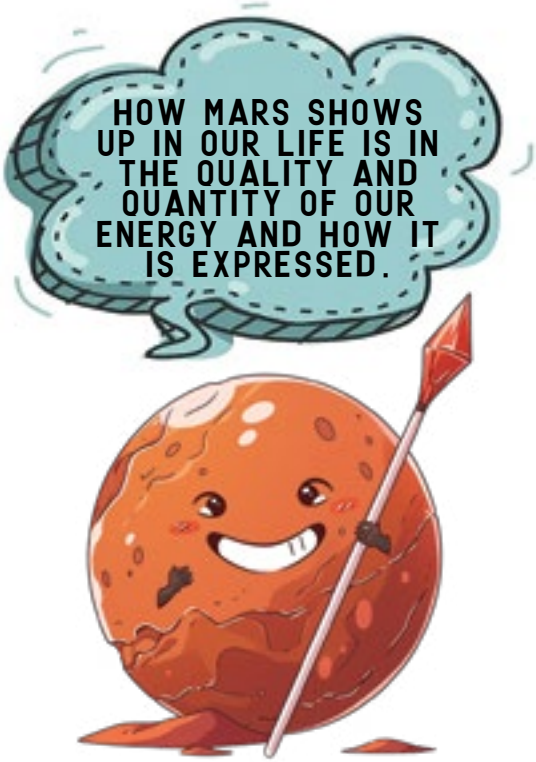
I always loved the song "Venus" by Shocking Blue, although I'm partial to the remake by Bananarama. Venus represents beauty and love—the archetypal female and all that goes along with her—just as the lyrics suggest. How Venus shows up in our lives is in what we love, and, of course, who we love. How is this love expressed? Ask yourself: Where do you like to shop? What do you like to do if given abundant time and energy? These tell you the qualities of your personal Venus energy. Do you love to buy books? Or are you first in line for the latest phone or new technology?

Someone with a significant Venus placement may indicate they have been blessed with a beautiful physique, or it can mean they are warm and friendly. Venus can represent the women in our lives and the significance and quality of these relationships. Maybe you are very close to your sister, or have a female best friend that you've had since kindergarten. Venus is also aligned with finances and can indicate a positive financial influence. It could present as being very profitable and successful.

The thermodynamics of the surface of Venus lends itself to growth. This is why it is aligned with women and fertility. The energy of Venus is receptive and welcoming and is considered to have a positive and advantageous influence. This means, even in difficult times, Venus is going to have a positive effect.

Venus rules Taurus and Libra. If you have your sun or other planets in either of those signs, you will relate to Venesian qualities, but they can also be activated by Venus transits. Taurus's influence is going to be grounded with strong values, seeking comfort by being focused on finances and the material world. This sign shows up through Venus as having an appetite for the earthly pleasures of food, wine, and plush surroundings like soft blankets or velvet drapes. Libra's influence expands on this and seeks comfort through harmony and relationships, always trying to create balance. A person could have a knack for art and design, creating beautiful spaces, or a talent for hair or makeup.

In 2024 Venus will travel through all 12 zodiac signs visiting Sagittarius, Capricorn, and Aquarius twice—once at the beginning of the year and again at the end.



Mars: Seeing Red

Author John Grey wrote his best-selling book series beginning with *Men are from Mars, Women are from Venus*. This title brilliantly conveys the differences and polarity between these two planets, each sitting on different sides of earth. Mars is an equal and opposite energy to Venus.

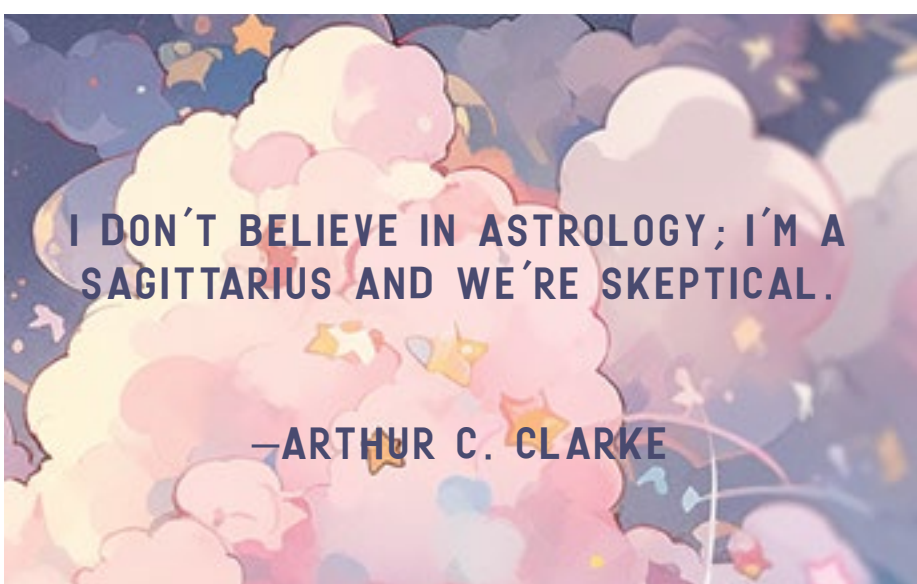
Named after the Roman god of war, Mars represents the archetypal male energy, and all that energy encompasses, as well as physical energy in general. How Mars shows up in our life is in the quality and quantity of our energy and how it is expressed. What are we passionate about? What gets our blood moving (or even boiling)? It's this same energy which lends itself to competition, in its most extreme state, war. Are you someone that has to have their daily workout? Or are you less assertive and more reserved?

Mars is a hot, dry, desert-like planet, not conducive to growth. Mars is action oriented—this is the same male energy required for conception. The energy of Mars is sharp and represents tools like knives. A surgeon could have a strong Mars influence, or someone could speak with a sharp tongue. Mars is considered to have a malefic influence, meaning difficult or disadvantageous. In the best-case scenario, it's going to push you; in the worst it may make you angry.

Mars rules the signs of Aries and Scorpio. If you relate to Martian qualities, Mars probably has a strong influence for you natively. The Aries effect of Mars is going to be fiery—like turning on the ignition and going full-speed ahead. Think athletes, crusaders, and those that always like to have an opponent. Mars comes through the sign of Scorpio in a powerful, but less obvious way, behind the scenes. This is the energy of strategy and the long game with energy reserves and resiliency. Mars is an external energy, so it is more visible. You may also feel the energy of transiting Mars as surplus of energy in your body giving you a strong drive and competitive edge. This is always a time to think twice before you act and speak.

In 2024 Mars will journey through Sagittarius, Aquarius, Pisces, Aries, Taurus, Gemini, Cancer, and Leo.

Unlike the rest of the planets, the orbits of Mercury, Venus, and Mars cycle around the sun many times in an average lifetime and now you know they are not just “out there,” but are personally connected to each and every one of you.



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Woman-Owned Green Businesses Team Up to Combat Plastic Waste



Our journey began in 2021, during the height of the COVID-19 pandemic, when we were challenged to realign our business practices with the increasing urgency of our current climate emergency. Reports revealed that in 2018 alone, the US-based beauty industry produced 7.9 billion units of plastic packaging - most of which was not recycled. We quickly realized that phasing out our single-use plastic packaging would be the best way to reduce our carbon footprint. Months of research yielded few leads and the discouraging realization that such a shift would entail a level of risk and financial investment that would be untenable for our small business. However, in a rare stroke of luck, we simultaneously secured funding through the EIDL program and discovered Ouila, a local green packaging supplier willing to work within our limited budget.

Dawn Marentay, the Founder of a Whitmore Lake-based Ouila, created a streamlined, eco-friendly alternative to foil and plastic-based refill systems. She holds a patent on her unique design, which features recyclable, biodegradable paperboard cartons that can be dropped into a reusable outer capsule. Her design avoids the mess and waste of traditional pour-in refill systems, provides a more sustainable option than non-recyclable foil pouches, and, we discovered, was a perfect fit for our packaging needs. As Marentay explains, "Moxie's decision to partner with Ouila has been an amazing opportunity to spread our shared message: that incredible hair care and sustainable living can go hand-in-hand."

Two years post-launch, both of our businesses have adapted our approach to integrate lessons learned. To accommodate consumers unwilling or unable to make the quantum leap from bottle to carton, Original Moxie has since added aluminum grab-and-go bottles in smaller sizes as a budget-friendly alternative to the refill and reuse capsules. Our entire line of natural hair care products remains virtually plastic-free, yielding a net annual reduction in our plastic waste of approximately 98%.

You can learn more about our small, women-owned business or our sustainable packaging at <https://www.originalmoxie.com/eco-packaging/> and at <https://ouilacare.com/howouilaworks/>.

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The Crazy Wisdom Calendar



a free guide to local classes, workshops, and events

May through August 2024

Calendar edited by Kaili Brooks

Animals and Pets

Critter House Open Hours with the Leslie Science & Nature Center • Sunday, May 5, 12, 19, & 26 • Noon to 3:00 p.m. • Observe frogs, turtles, snakes, and more as they hop, crawl, and slither in their habitats! Our Critter House is home to many species native to the region. It's a great way to get up close and personal with some fascinating animals, all while developing an appreciation for the incredible diversity of the natural world. FREE; suggested donation of \$5/person. For more information contact Serena at (734) 205-9567, email sdobson@lesliesnc.org, or visit discoverscienceandnature.org.

Critters Up Close with the Ann Arbor Hands-On Museum • Saturday, May 25 • Noon to 3:00 p.m. • This monthly series features live animals visiting from our Leslie Science & Nature Center site. On the last Saturday of each month, stop by the Ann Arbor Hands-On Museum from 12-3 p.m. to meet different animals up-close and enjoy a hands-on activity. Themes and animals change every month! FREE with paid Museum admission. For more information contact Serena at (734) 205-9567, email sdobson@lesliesnc.org, or visit discoverscienceandnature.org.

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&
Guest Artist:
Rita Malone

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Art and Craft

Unicorn Artists Play and Art Gathering by the Water with Ann Harmon • Saturday June 1, Thursday, June 6, & Friday, June 21 • 10:00 a.m. to Noon • A Unicorn Artist is someone who adds love, light, and sparkles to everything they create. Please join me for a fun and meaningful day at the lake creating Portals of Art. No experience needed. You will leave with a beautiful piece of sacred art, a selenite crystal, and hopefully a joyful memory creating with other women. \$45.00, all supplies and a selenite crystal included. For more information contact Ann at (810) 599-3302, or email blissingnrg@gmail.com.

We Roar: 40 Artists, 20 UK Prisons & 20 US Prisons with Faye Claridge, Prison Creative Arts Project (US), & Novus (UK) • Thursday, July 18 to Saturday, July 20 • 10:00 a.m. to 9:00 p.m. • We Roar is an international collaborative exhibition set to tour prisons in 2024. Forty people in 20 UK and US prisons have been sent a poem and two paintings as inspiration and are being supported by a team of mentors to produce creative responses for the collaborative exhibition. FREE. For more information contact the Prison Creative Arts Program at (734) 647-6771, email pcapinfo@umich.edu, or visit fayeclaridge.co.uk/weroar.

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Jewel Heart Readers with Jewel Heart Instructors • Monday, May 13, June 24, June 10, July 8 • 7 to 8:30 a.m. • Enjoy lively discussions on monthly Buddhist-related book selections with our community. All are welcome. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Breathwork

Guided Group Breathwork with Jackie Miller • Sunday, May 5 & 19, June 2 & 16, July 7 & 21, & August 4 & 18 • 6 to 7:30 p.m. • First and third Sundays. A group session of gentle, connected breathing and breath holds with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of activated breath energy and learn a variety of supportive breathing techniques. FREE, donations welcome. Registration required. For more information visit thisbreath.com.

Pranayama, Mastering Your Breath with Ema Stefanova • Sunday, May 19 • 1:00 p.m. • In this 3 hour program participants will learn how to correctly do complete yoga breathing, 2 types of cooling breath as recommended for various health conditions from high blood pressure to anxiety etc., to types of breathing that increase oxygen levels, to balancing breath highly beneficial for overall health and well-being. Total beginners and people suffering from chronic health conditions are most welcome to attend. Personalized clear guidance is the hallmark of holistic yoga and meditation we teach. For more information contact Ema at EmaStefanova@cs.com or visit yogaandmeditation.com.

Buddhism

Meditation and Discussion with Lama Nancy Burks, Drolma Buchanan, and Yeshe Soergel • Wednesdays • 7 to 8:00 p.m. • All are invited for a group meditation practice and Dharma discussion. Topics vary weekly but include Buddhist philosophy, history of Buddhism in Tibet, and meditation techniques. Questions welcome! FREE. For more information email contact@annarborktc.org or visit annarborktc.org.

Nagarjuna's Precious Garland of Advice to a King with Demo Rinpoche • Thursdays from May 2 through July 11 • 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 ethics, great compassion, and the wisdom of kindness and emptiness. \$70 Jewel Heart members / \$95 Jewel Heart non-members. Pay what you can - No one turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times with Demo Rinpoche • Weekly on Sundays from May 5 through August 25 • 11:00 a.m. to 1:15 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. No discussion on May 26 and July 28. FREE. Donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Practical Buddhism with Gelek Rinpoche • Tuesdays from May 7 to August 24 • 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. Sessions will review Gelek Rinpoche's 2012 Sunday talks and into early 2013. No event on July 23. Online only. FREE. Donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Farewell to Samsara: A Vesak Day Talk with Demo Rinpoche • Thursday, May 23 from 7 to 8:00 p.m. • In Tibetan Buddhism, Vesak Day honors the birth, enlightenment, and death of Shakyamuni Buddha. This Vesak Day talk 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. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Spring Seminar: Meditation on the Four Gates of Dharma with Demo Rinpoche • Tuesday, May 25, Wednesday, May 26, & Thursday May 27 • Tuesday & Wednesday 8:30 a.m. to 6:30 p.m., Thursday 8:30 a.m. to 5:00 p.m. • Everyone should get some amount of relief in their daily life from stress and tension after meditating on the Four Noble Truths. Without the right meditation, just knowledge is not that effective to get sufficient results. This seminar aims to find profound meditation based on knowledge and to cultivate our insights about life with dharma friends. Online and on-site. Cost to be determined. Pay what you can - No one is turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Attaining Lasting Satisfaction with Jewel Heart Instructors • Weekly on Mondays from June 3 to September 16 • 7 to 8:30 p.m. • This course, based on public talks by Gelek Rinpoche, presents the qualities of a genuine spiritual path, and how they can bring us closer to our pure nature and help us attain lasting satisfaction in this lifetime. FREE. Donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Reliable Knowledge in a World of Mere Conversation with Guy Newland • Saturday, June 29 • 10:00 a.m. to 12:30 p.m. & 2 to 5:00 p.m. • Je Tsongkhapa argues that we can and must have reliable knowledge—of virtue and non-virtue, for example—to progress on the path to perfect awakening. Other Buddhist scholars have argued that emptiness makes reliable knowledge

impossible. This program investigates reliable knowledge and provides insight into emptiness. Onsite and online. Cost to be determined. Pay what you can - No one turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Realizing the Profound View with the Venerable Thubten Chodron • Saturday, August 17 • 1 to 2:30 p.m. & 3:30 to 5:00 p.m. • Venerable Thubten Chodron explores important questions about who and what we are, how we exist, how to avoid falling into mindsets of absolutism and nihilism, and the topic of interdependence. Cost to be determined. Pay what you can - no one turned away. Online only, stream later at your convenience. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Ceremonies, Celebrations, and Rituals

Our Lonely Hearts: Belonging & Kinship with Kirsten Mowrey • Saturday, May 4 • 9:00 a.m. to 5:00 p.m. • Loneliness is such a part of our daily lives, yet there is a whole living world awaiting our return. Join us as we grieve our loneliness and learn practices to reseed our belonging in the world. Using Andean mystical work combined with Francis Weller's Jungian soul work, we will nourish our own gifts to bring them forth for our community. \$100. For more information contact Kirsten at greatlakesrituals@gmail.com.

Sunday Celebration with Interfaith Center for Spiritual Growth • Sundays from May 5 to Aug 25 • 10:45 a.m. to Noon • Sunday spiritual celebration. In-person and on Zoom. FREE, but donations gratefully accepted. For more information visit interfaithspirit.org.

Gratitude for All That Is: A Community Gratitude Ritual with Kirsten Mowrey • Saturday, August 3 • 10:00 a.m. to 4:00 p.m. • Our grief and gratitude are intimately connected. We come together in this community ritual to give thanks for all we have received this year, to honor our losses and create a tangible gift to give back to our nurturing Earth. Based upon Francis Weller's village work, this ritual is designed for all ages, from children to elders. \$110. For more information contact Kirsten at greatlakesrituals@gmail.com.



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The Crazy Wisdom Calendar



May through August 2024

Channeling

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

Remembering Wholeness: Darshan with The Mother with Barbara Brodsky and the Mother • Sunday, June 2 • 2 to 5:00 p.m. • The Mother, channeled by Barbara Brodsky offers group and personal messages helping to gently release and reveal places where people are a little bit stuck. They reveal themselves when held deeply with love. Donation: \$10-\$30. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Children and Young Adults

Fireside Fun with the Leslie Science & Nature Center • Friday, May 31 & June 28 • 5:30 to 9:00 p.m. • We'll provide a blazing outdoor campfire and roasting utensils—you provide the rest! Bring your family, friends, camp chairs, outdoor games, and anything else you need to create the perfect Michigan memory. Outdoor fires are held rain or shine (except for thunder and lightning), so come dressed for the weather. FREE. For more information contact Serena at (734) 205-9567, email sdobson@lesliesnc.org, or visit discoverscienceandnature.org.

JUMP-IN 2024 Intensive Therapy Camp with Jacquelin Kilburn • Monday, July 22 through Friday, August 2 • Weekdays 9:00 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 three hour "Frequency, Intensity, Duration Model" which has been proven highly effective at making large gains in in motor skills, language, social skills, and sensory processing a small amount of time. We can accommodate eight campers. Our program stands above programs, as we have an intense focus on improving foundation skills as opposed to a more cognitive or play model. Campers must be four years old to begin and may be covered with health insurance. For more information call JUMP-IN at (810) 231-9042 or email info@jumpinot.com.

A Course in Miracles

A Course in Miracles Study Group with Courtney Fitzpatrick • Ongoing Mondays • 11:30 a.m. to 12:15 p.m. • A Course in Miracles is a universal, metaphysical, self-study program of spiritual psychology. We meet weekly to share, learn about and discuss ACIM. Anyone from any spiritual or religious background is welcome. \$15/meeting or \$30/month. For more information contact Courtney at (734) 808-4007, email courtney@veraposeyoga.com, or visit veraposeyoga.com.

A Course in Miracles Study Group via Zoom with Interfaith Center for Spiritual Growth • Mondays, May 6 through Aug 26 OR Thursdays from May 2 through August 29 • Mondays from 6:45 to 8:00 p.m. OR Thursdays from 7:30 to 8:30 p.m. • Course in Miracles Study Group. FREE, but donations gratefully accepted. For more information visit interfaithspirit.org.

Dance and Movement

Dances of Universal Peace - Summer! with Susan Slack • Saturday, June 29 • 7:00 p.m. • All welcome! Interactive circle dancing and chanting of sacred phrases from world traditions, briefly taught by certified leaders. They are moving meditation, heart opening and community building with live music. Bring a friend or come solo to welcome a summer of light and inspiration. Interfaith Center for Spiritual Growth. For more information contact Susan Slack through the FB group page, [facebook.com/groups/3508379869474797](https://www.facebook.com/groups/3508379869474797) or visit <https://slacksusan.wixsite.com/susan-j-slack/dances-of-universal-peace>.

Death and Dying

Death Cafe via Zoom with Interfaith Center for Spiritual Growth • May 7, June 4, July 2, & Aug 6 • 6:30 p.m. to 8:00 p.m. • Discussion of Death and Dying. FREE, but donations gratefully accepted. For more information visit interfaithspirit.org.

Ann Arbor Death Café with Rachel Briggs & Diana Cramer • Saturday, May 18, June 15, July 20, & August 17 • 10:30 a.m. to Noon • Join us for conversation about death and dying. A "death positive" event, not a grief support group, with deep listening. No agenda, no presentation. FREE, open to all adults. Specify Death Café when sending emails. For more information email TheDyingYear@gmail.com or visit DeathCafe.com.

End-of-life Doula Training with Merylynne Rush • Friday, June 19, 26, & Saturday July 10, 17, 24, & 31 • 4 to 7:30 p.m. • Are you called to help others during dying and death? Learn from a hospice nurse and experienced end-of-life doulas from diverse backgrounds. 100-page study guide includes resources and info on how to set up a business. No prior experience necessary. We emphasize cultural humility, understanding our biases, and reducing health disparities. Held on Zoom. \$725; scholarships and payment plans are available. For more information email Merylynne at thedyingyear@gmail.com.

Drumming

Drumcommunity Jams with Lori Fithian • 3rd Saturdays, May 18, June 15, July 20, & August 17 • 7 to 8:30 p.m. • Join us for a family-friendly music and drum jam - an evening of rhythm games, vocal improv, movement and more, all with a focus on FUN! Drums will be available, feel free to bring your own instruments! All ages are welcome. For more information contact Lori at (734) 426-7818 or email folksongjamalong@gmail.com.

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Energy and Healing

Healing Through the Akashic Records with Shellie Powers • Times & Dates Vary • Embark on a journey of spiritual practice, embracing unconditional self-love, transforming resentment into acceptance, and breaking free from limiting patterns. Activate your inner ascension matrix to overcome challenges and bask in the radiance of your soul, using the time-tested Pathway Prayer Process®. Four three-hour sessions. \$500. For more information contact Shellie at (734) 926-8423 or visit powers365.com.

Energy Work - Wild Goose Form with Master Wasentha Young • Tuesdays AND/OR Thursdays from May 6 to August 8 • Tuesday from 6 to 7:00 p.m. AND/OR Thursday from 10 to 11:00 a.m. • The Wild Goose Form, a series of interconnecting movements is a reverent dance that embodies the multidimensional aspect of Energy. It includes imagery, stretching, acupoint contact, and connections with universe, nature, and earth. Classes are in-person. Register by 4/20 for a \$10 discount. Use code: ss2024. For more information contact the Peaceful Dragon School at 734-741-0695, email info@peacefuldragonschool.com, or visit .peacefuldragonschool.com.

Heightening Your Vibration: Alchemy with Karen Greenberg • Sunday, June 6 & 9 • 8:45 a.m. to 12:45 p.m. • 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, visualizations, meditations, prayers that you compose, gratitude, breathing, drumming, clearing, movement, music, Holy Geometry, spiritual practices, toning Names of G-D, Archangels, and Angels. \$180 total. For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visitclair-ascencion.com.

Healing & Ascension Monthlies Classes with Rev. Eve Wilson • Thursday, August 15 • 7:30 to 9:30 p.m. • Raise your vibration into unity with your own Higher Self to heal body, mind, soul, and ascend. Learn to live in new world of unconditional love. Release judgment and fear. Help your soul group and the world heal and ascend. Discover your true purpose. Teleconference Call / Recorded / Supported by skilled world healing ascension workers. \$300 for a series of six (continues into January). For more information contact Eve at (734) 780-7635, email eview@spiritualhealers.com, or visit spiritualhealers.com.

Festivals and Fairs

Enlightened Soul Holistic 2-Day Psychic Fair with the Enlightened Soul Center & Shop • The Weekends of May 18 & 19, June 1 & 2, June 15 & 16, July 6 & 7, July 20 & 21, August 3 & 4, & August 17 & 18 • Saturdays from Noon to 6:00 p.m. & Sundays from Noon to 5:00 p.m. • Join us for two days of high vibrations at the Enlightened Soul Center & Shop at our twice-monthly ESC Holistic Psychic Fairs. What a great way to explore a variety of readings, energy healing, & metaphysical shopping at one time, under one roof! Admission: \$5 Saturday & \$3 Sunday. FREE gift, FREE snacks, FREE parking. For more information contact Amy at (734) 358-0218.

Wellness, Holistic & Metaphysical Fair with Unity of Bay City • Saturday, May 18 • 10:00 a.m. to 5:00 p.m. • This full-day event will include opportunities for wellness services, astrological, numerology, and tarot card readings, body workers, aura photography, free educational sessions, speakers, shopping, snacks, food trucks, a raffle, music, and more! FREE to enter. Tickets available for practitioner sessions and readings: \$10 for 10 minutes. For more information contact Tammy at (989) 686-0265, email unityhearhub@gmail.com, or visit unityofbaycity.com.

Film

Free Film & Discussion with Jewel Heart instructors • Friday, May 10, June 14, July 12, & August 9 from 7 to 9:15 p.m. • Bring your friends and enjoy a free film and discussion about the film. Concessions are also available. Films to be shown are as follows. May 10: "The Notebook." 2013. The unbreakable bond between two people, rendered extraordinary by the strength, power, and beauty of true love. June 14: "Past Lives." 2023. Childhood friends confront love, destiny, and the choices that make up a life. July 12: "Eternal Sunshine of the Spotless Mind." 2004. A comical and poignant look at breakups, breakdowns, and breakthroughs. August 9: "Tibet: A Buddhist Trilogy." 2006. A three-part feature recombined into one that looks at the Tibetan people as they live now. FREE, concessions available. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visitjewelheart.org.

Gardening and Ecosystems

New Moon Night Hike with Leslie Science & Nature Center • Friday, May 10 • 7:30 to 9:00 p.m. • Enjoy a hike under the stars to celebrate the alignment of the moon and the sun. We'll do science experiments to understand how different animals' eyes see in the dark and visit some of LSNC's nocturnal animals. After the hike, we'll hear stories and poems inspired by the moon and enjoy a campfire. \$5/person (pre-registration required). For more information contact Serena at (734) 205-9567, email sдобson@lesliesnc.org, or visit discoverscienceandnature.org.

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The Crazy Wisdom Calendar

May through August 2024

Healing

Laughter Yoga Playshop with Debra Metler • Saturdays from May 4 through August 24 • 11 to 11:45 a.m. • Laughter Yoga is a unique exercise and yoga-like breathing program with multiple health benefits. In addition to being a lot of fun, Laughter Yoga reduces stress, strengthens the immune system, improves lung function, reduces chronic pain, and much more. No sense of humor is needed. We will laugh for no reason! Your brain won't know the difference. \$15. For more information contact Debra at (248) 819-2131, email debmetler@gmail.com, or visit guffaw.square.site.

Herbal Medicine

Herbal Medicine Series with Mary Light • Third Saturdays, May 18 to October 19 • 9:30 a.m. to 2:30 p.m. • An herbal medicine series spanning six months. Students will learn to create, make, store, apply, and use a variety of herbal medicines upon completion. Students will directly learn which body systems/ physiology and conditions the herbal formulations should be used for or applied to. Held in a studio class format inside a pleasant apothecary and consulting space, located at 3684 West Liberty Road, Ann Arbor MI, 48103. Herbal Medicine series and classes are independently taught and are not part of state licensure program. \$800. For more information contact Mary Light at (734) 769-7794, email nshaassociates@gmail.com, or visit naturopathicschoolofannarbor.net.

Intuitive and Psychic Development

Focused Mind Meditation: Teleconference with John Friedlander • Sunday, May 5, June 2, July 7, & August 4 • 9:00 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



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and spiritual openness. \$15. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Psychic Psychology Women's Group: Teleconference with John Friedlander and Gloria Hemsher • Tuesday, May 7, June 4, July 2, & August 6 • 7 to 8:00 p.m. • For Women Only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. See website for teleconference number and billing information. \$10. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Intro to Quantum Energy Flow & Intuition with Michelle McLemore • Saturday, June 8 • 12:30 to 2:30 p.m. • Learn energy system anatomies; practice seeing, feeling, and moving energy; explore a moving meditation and nurture your intuitive abilities; discuss dreams, visions, and encounters. Pre-register to ensure materials are available. \$75. For more information contact Michelle at (517) 270-0986, email energy@michellemclmore.com, or visit michellemclmore.com.

Summer Intensive: Webinar/Teleconference with John Friedlander • Mid-July, dates TBA • Thursday and Friday 7 to 9:00 p.m., Saturday 10:00 a.m. to Noon & Sunday 2 to 4:00 p.m. • New material introduced with continued development of advanced and core techniques seeking a natural sense of skill in practical everyday life. Prerequisite: Level 1 Psychic Development Class, CD set, or permission of instructor. \$275. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Kabbalah

Brand New Beginning Kabbalah: Kabbalah Miracles with Karen Greenberg • Sunday, May 19, June 23, July 21, & August 18 OR Monday, May 20, June 24, July 22, & August 19 • Sunday 10:00 a.m. to 2:00 p.m. OR Monday 7:15 to 9:15 p.m. • This life-changing journey is an ordered approach to develop/balance all important areas of life. Rather than utilizing energy resisting (exercise, meditation, sleep, eating, drinking healthily), we utilize that liberated energy for creating. We develop 10 G-D like traits and become co-creative, proactive manifesters of our dreams and goals, open to miracles, fulfilling our purpose/destiny. Monthly duo rate \$180/person; Monthly private rate \$150/hour (based on time utilized) For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascencion.com.

Love and Relationships

Kabbalah for Couples with Karen Greenberg • Sunday, May 19, June 23, July 21, & August 18 • 3 to 5:00 p.m. • 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 monthly is not couples therapy, but it can help you get your relationship to the place you always wanted it to be but did not know how. \$274. For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascencion.com.

Meditation

Meditation for Health Course with Ema Stefanova • Tuesday, May 7 • 7:30 p.m. • These custom tailored, age appropriate, and well integrated proprietary programs address the whole person cultivating a state of relaxed awareness to help one become more objective and present, resulting in decreased stress, anxiety, and depression, improved quality of life, and a higher state of well-being. For more information contact Ema at EmaStefanova@cs.com or visit yogaandmeditation.com.

Sunday Morning Meditation Sitting with Various Teachers • Ongoing Sundays • 10 to 11:30 a.m. • Non-guided silent meditation. FREE. For more information contact Kenneth at (734) 678-0264 or visit stillmountainmeditation.org.

Weekly Silent Meditation Practice with Celeste Zygmunt • Ongoing Sundays and Tuesdays • Sunday: 11:00 a.m. to Noon AND/OR Tuesday: 9:00 to 9:30 a.m. • We will have a brief period of chanting, then mute ourselves, and then begin silent vipassana meditation. After the hour is finished a bell will ring and meditators can go on with their day. There will be time to stay and chat or discuss questions if someone so chooses. Donation-based. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

White Tara Guided Healing Meditation with Jewel Heart Instructors • Sundays from May 5 to August 25 • 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. No event on July 28. Online and in-person. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

World Labyrinth Day Labyrinth Walk with Rob Meyer-Kukan • Saturday, May 4 • 1:00 p.m. • Join Veriditas Certified Advanced Labyrinth Facilitator, Rob Meyer-Kukan for a labyrinth walk on World Labyrinth Day! For more information

contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Day of Mindfulness with Esther Kennedy • Saturday, May 4, June 1, & August 3 • 10:00 a.m. to 2:30 p.m. • Join our mindfulness community as we deepen our understanding of and commitment to daily meditation practice. Reflecting upon relationships with honesty and courage, we amplify our capacity to be love within our family, neighborhood, city, and world. \$35.00/session, includes lunch. Registration required. For more information contact the Weber Center at (517) 266-4000, or email webercenter@adriandominicans.org, or visit webercenter.org.

Healing and Compassion Meditations with Hartmut Sagolla • Mondays, May 6 through August 26 • 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 meditation. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Analytical Meditation: Focusing on Compassion and Wisdom (Meditation Technology Series) with Jim Dawson and Kathy Larit • May 8, 15, 22, & 29 • 7 to 8:30 p.m. • Widely practiced in the Tibetan Buddhist tradition, analytical meditation uses cognitive methods to overcome destructive emotions, such as anger and attachment, to generate helpful states of mind such as compassion and wisdom. Online and in-person. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Mastering Meditation with Dr. Kapila Castoldi • Saturday, May 18, 25, & June 1 • 3 to 4:30 p.m. • Introductory meditation series. Topics include concentration, relaxation, and breathing techniques; exploring meditation on the heart center; the awakening of inner awareness; the role of music and mantras. FREE. For more information contact Kapila (734) 994-7114, email castoldi@oakland.edu, or visit meditationannarbor.com.

Solstice Celebration: Labyrinth Walk with Live Music with Rob Meyer-Kukan • Saturday, June 22 • 1:00 p.m. • Join Veriditas Certified Labyrinth Facilitator, Rob Meyer-Kukan for a labyrinth walk to celebrate the Solstice. Donation-based. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Balancing Sound Bath with Rob-Meyer Kukan • Friday, June 7 • 7 to 8:00 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. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Level 3: Advanced Sound & Vibrational Therapies Course with Meditate School of Mindfulness and Sound • From Saturday, June 22 to Wednesday, June 26 • 10:00 a.m. • Over the 7-Days of this course, you will be taken into deeper studies on the science and theory. We will connect the Power of Yoga Nidra, somatics, and frequency, and discover how, in an integrative way, we can deepen our practice and share the therapies of the practice with our clients. \$1,395. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Myriad of Meditations with Karen Greenberg • Sunday, June 30, July 7, 14, 28, August 4, 11, & 25 • 10:00 a.m. to 12:30 p.m. • Meditation is an essential component to spiritual evolution. Dissolve resistance to and discover a myriad of meditations which resonate for you: with fire, water, air, earth, with the Four Worlds, different breathing, Holy Geometry, sacred letters, powerful Archetypes, Biblical figures, spiritual beings, higher self, qualities of G-D, movement, music, toning, colors, scents, gemstones, and trees. \$25. For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascencion.com.

Labyrinth Tour with Rob Meyer-Kukan • Saturday, August 17 • 10:00 a.m. to 3:00 p.m. • A labyrinth is a tool to quiet the mind and open the heart. In the Ann Arbor area there are a dozen or so public labyrinths within 25 miles. Each style, setting, and material of labyrinth has its own feel and unique experience. Sliding scale donation \$5-\$30. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Daylong Meditation Retreat with Carol Blotter • Saturday, July 13 • 9:00 a.m. to 4:00 p.m. • Meditation practice of sitting and walking, plus a short talk. Find peace and calm in a quiet wooded space. Appropriate for all levels of meditators. Suggested Donation \$30-\$60—o r what you can afford. Located at the Michigan Friends Center, 7748 Clark Lake Road, Chelsea, MI 48118. For more information contact Carol at manager@mfcenter.org.

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The Crazy Wisdom Calendar

May through August 2024

Music, Sound, and Voice

Folk Song Jam Along with Jean Chorazyczewski and Lori Fithian • Wednesday, May 1, Tuesday, June 4, Wednesday, July 3, and Tuesday, August 6 • 6 to 7:30 p.m. • Come sing and play - join us for a summer of singing! No rehearsals, no concerts - just playing music for the FUN of it! We'll put lyrics and chords up on a screen, you sing and/or play along! All kinds of songs!! All instruments, ages, and levels are welcome. We alternate days and locations, at Westgate and Malletts Creek library branches. FREE. For more information contact Lori at (734) 426-7818 or email folksongjamalong@gmail.com.

Sound Bath with Rob Meyer-Kukaun • Friday, May 3 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for this sound bath meditation where we will explore the theme of journeys. Labyrinth, walking, and traveling imagery will be combined with the sound of singing bowls, gongs, and more to wash you with sounds that bring calming vibrations to reduce stress and ease tension. \$40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Didgeridoo Sound Bath Workshop with Harper & Midwest Kind • Saturday, May 4 • 4 to 5:30 p.m. • Peter D. Harper and Bobbi Llewellyn-Harper present a workshop about the ancient Australian Aboriginal wind instrument called the "Didgeridoo" (Yidaki / Mako). They will discuss the many types of didgeridoos available, how they are made, played and their use in Indigenous ceremonies and healing followed by a sound bath presentation. \$50. For more information contact Angi at (734) 808-4007, email veraposemedia@gmail.com, or visit veraposeyoga.com.

Cafe 704 Live Music with Interfaith Center for Spiritual Growth • Saturday, May 11, June 8, July 13, & August 10 • 7 to 9:00 p.m. • Cafe 704 is a smoke and alcohol-free venue with live music. \$10 per person live or on Zoom. For more information visit Interfaithspirit.org.

Resonant Relaxation (Daytime Sound Bath) with Rob Meyer-Kukan • Wednesday, May 15 • 10:00 a.m. • Join sound therapist, Rob Meyer-Kukan, at 7 Notes Natural Health for this daytime sound bath for busy souls. Relax into a zero gravity chair and float into this time of deep relaxation. Investment: \$30 Advanced Registration Required. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit https://www.facebook.com/events/311524141953179.

Harmony for Your Soul with Kimberly Harrison Rieli & Jaime Lawrence • Sunday, June 2 OR Thursday, August 8 • 3 to 5:00 p.m. • An afternoon of self-care and nourishment for your body, mind, and soul. Participants will be led in an interactive experience of journaling, emotional freedom technique, gentle stretching, and nervous system healing, followed by a deeply restful sound healing journey. You'll drift away serenaded by crystal singing bowls, Celtic harp, flutes, gongs, drums, and Kimberly and Jaime's ethereal voices. Don't miss this opportunity to immerse yourself in a truly transformative afternoon of self-care and healing. More dates continue into November. \$55 (with sliding scale options of \$44 or \$33). Located at the Infinite Light Center (formerly Jackson Spiritual Center), at 1805 East Ganson Street, Jackson, MI 49202. For more information contact Jaime at (517) 416-1088, email jaime@hgmusictherapy.com, or visit hgmusictherapy.com OR Kimberly at (310) 502-9367, email info@singingforyoursoul.com, or visit singingforyoursoul.com.

Sacred Gong Bath with Coach Bill Sullivan • Friday, June 21 • 7:00 p.m. • Join Coach Bill Sullivan of Meditate School of Mindfulness and Sound for this transformational session using more than 12 sacred gongs. \$40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Meditation Concert of Sacred Songs and Healing Chants in Candlelight with Norma Gentile • Friday, June 21 • 8 to 9:30 p.m. • Sacred Songs and medieval Healing Chants sung in full candlelight. Norma creates a colorful harmonic tapestry with singing bowls and audience toning, upon which she sings chants composed nearly a thousand years ago by the seer and saint, Hildegard of Bingen. Suggested Donation: \$20-\$25. For more information visit healingchants.com.

Summer Solstice SING! - a special Folk Song Jam Along with Jean Chorazyczewski and Lori Fithian • Saturday, June 22 • 7 to 9:00 p.m. • Join us for a musical celebration of summer solstice! We'll have a special set of songs picked out - bring your voices and/or instruments and jam along! We'll meet at the Interfaith Center for this one. All are welcome! FREE, donations to the center are welcome. For more information contact Lori at (734) 426-7818 or email folksongjamalong@gmail.com.

Sound & Vibrational Therapies Double Certification Course with Bill Sullivan • Monday, July 6 to Thursday, July 9 OR Saturday, August 10 to Tuesday, August 13 • 10:00 a.m. to 6:00 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. \$1,590. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Sound Bath & Gallery Reading with Rob Meyer-Kukan • Friday, July 12 • 7 to 8:30 p.m. • Join Sound Therapist, Rob Meyer-Kukan and Psychic/Medium, Rev. Dr. Ryan Mehmandoust-Gauthier for this time of sound bath meditation including a gallery reading. \$50. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Sound Bath with Rob Meyer-Kukan • Friday, August 2 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. \$40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Sound Bath Meditation with Rob Meyer-Kukan • Sunday, August 25 • 7:00 to 8:15 p.m. • Join Rob Meyer-Kukan for this sound bath meditation in the Gallery at the PARC in downtown Plymouth, Michigan. In this time of sound bath, Rob will play metal and crystal singing bowls, with drums, chimes, and more washing you with sounds intended to bring calming vibrations to reduce stress and ease tension. \$40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Parenting

Kabbalah for Parents & Children with Karen Greenberg • Sunday, May 19, June 23, July 21, & August 18 • 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 damaged, defective, disordered,



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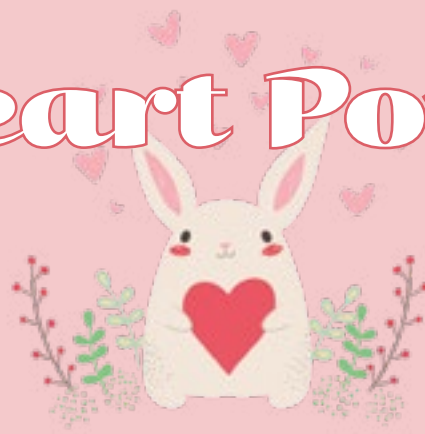
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Heart Power



By Laurel Decker

How is your heart today? Are you taking good care of your hard-working, delicate organ? It is definitely doing its best to take good care of you. Let's give a little love back to the heart with some techniques that balance the anahata (sanskrit for "heart") chakra.



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Take a few moments to focus on your heart space, which is where the fourth chakra also resides. Are your heartbeats rushed and eager, faint and wistful, anxious and irregular? Though the pace will fluctuate throughout the day, you can bring it into a steady rhythm any time by practicing these steps for calm breathing.

1. Inhale through the nose slowly, and imagine filling your lower lungs first, then your upper lungs.
2. Hold your breath to the count of three.
3. Exhale through the mouth as you relax your forehead, jaw, shoulders, and stomach. Continue the exhale until your lungs feel "emptied".
4. Repeat steps 1–3 twice before sealing the lips and breathing both in and out through the nose.
5. Once you settle into a consistent breathing pattern, allow yourself to continue with your own natural rhythm without counting.

Next, notice if there is any tension in the muscles surrounding the chest cavity. Often, we hold tension in our muscles without even realizing it. And tension in the area of the heart space contributes to rigidity and closing of the heart chakra. To balance this energy point, imagine your muscles around the rib cage softening. Try these simple heart opening exercises as you continually come back to the concept of "softening and opening" the heart space.

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Reach both hands behind your back and clasp the fingers together. Feel the shoulders widen. Now pull the clasped hands away from your back, allowing your chest to expand.

Find a clear area on the floor (use a mat if you have one), and lie on your belly with your forearms bent at your side so that your palms are flat beside the shoulders. Gently raise your upper body as your arms straighten against your hands that are planted firmly on the ground. Gaze forward, keeping the shoulders wide. Take care not to bend so far that you strain the lower back. Repeatedly rise and lower, exploring how it feels to match your breath with inhale/rise and exhale/lower.

With your heart rate calmed by focused breathing, and your heart space expanded by movement, slowly read the following affirmations. Take note of which one(s) give you the strongest emotional response at the heart center. Place a hand on your chest and close your eyes while you repeat the affirmation until it feels as if the words are "written" on your heart.

Visit our website often to learn about all of our upcoming events, yoga and meditation classes, programs, retreats, and MORE! TripleCraneRetreat.org

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

Residential Retreat and Workshop Space Available for Group and Personal Retreats
TCRC also serves as a retreat place for other like-minded individuals, sincere spiritual seeker and organizations offering workshops and retreats for practitioners of their own. Contact us for more information on available residential retreat space.

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

- I am love
 - I love myself
 - I choose to give and accept love without conditions
 - I am worthy of love without conditions
 - I am patient with myself as my heart heals
 - I am compassionate with myself as my heart heals
 - I am grateful for my heart
 - My heart is peaceful
 - My heart is joyful
 - I am in unity with my heart
 - *affirmation created by you*
- With so much love energy flowing through your heart chakra, you'll need a partner for this last activity. So, pull your pet close to your chest, or ask a person partner to bring it in for a hug. Lean into the sensation of this exchange that my 13-year-old daughter has called "heart power" since she was four years-old.
- Laurel Decker Hogge is a yoga instructor, artist, and wellness guide in Brighton. Laurel is passionate about helping others connect with their own intuition to live with focus and purpose. You can find out more at fourcornerswellnessguide.com.*

TripleCraneRetreat.org | 7665 Werkner Road, Chelsea MI 48118
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The Crazy Wisdom Calendar

May through August 2024

dysfunctional). Journeying 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 and purpose. Future dates TBA. \$50. For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascencion.com.

Personal Growth

Stop Sabotaging Your Self-Care Course with Christy DeBurton • Self-Paced • In this compact, powerful self-paced course you'll get at the root causes of your self-sabotaging habits. Learn effective tools to set healthy boundaries without the guilt. Banish burn-out, overwhelm, and resentment. Be inspired to eat healthy, sleep well + live better in your body. \$19. For more information contact Christy at info@christydeburton.com or visit yogaroomannarbor.com.

Healthy Boundaries with Karen Greenberg • Sunday, May 5 • 10:00 a.m. to Noon • Learn how to define healthy boundaries for and with yourself, and how to set and enforce them (without caving in), and how to respect others' boundaries in all kinds of personal and professional relationships and situations. Role play is a chief learning tool in the work. \$77. For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascencion.com.

Creative Problem Solving: Awaken Your Potential with Eckankar, The Path of Spiritual Freedom • Saturday, June 15 • 11:00 a.m. • Discover how using your divine imagination can make your life more meaningful and reveal better ways to handle troubling situations. This comprehensive program, alongside youth activities, will explore how each challenge is an opportunity for Soul to unfold towards its God-given potential. Everyone welcome. 11a.m.-4:30p.m. At the Dexter Library. FREE. For more information call (248) 546-9224 or visit eckmi.org.

Reiki

Shoden Level I Reiki Certification with Courtney Fitzpatrick • Saturday, June 8 & Sunday, June 9 • Saturday 1 to 6:00 p.m. & Sunday, 9:00 a.m. to 4:00 p.m. • We will learn traditional Japanese meditation techniques, the history of Reiki and gain a clear understanding of energy work. We will also learn to practice on ourselves and share Reiki with others. Early Bird Special \$240 until May 15 or \$275 (includes manual). For more information contact Courtney at (734) 808-4007, email courtney@veraposeyoga.com, or visit veraposeyoga.com.

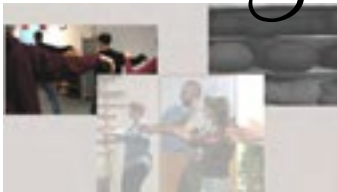
Usui/Holy Fire Reiki Certification with Paula A. Burke • Saturday, July 13 & 20 • 10:00 a.m. to 2:00 p.m. • Come join the journey of delving into the reiki world and receive the positive benefits to your life for years to come. Become a certified Usui/Holy Fire 3 Reiki Practitioner, enroll today in our next set of classes. Join Usui/Holy Fire 3 Master Paula Burke in this simple, natural, and safe method of spiritual healing and self-improvement. Reiki I will take place on July 13, Reiki II on July 20. \$133 each. For more information contact Paula at (517) 936-9064 or email diffusingpeace@yahoo.com.

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

Okuden Reiki Level II Certification with Courtney Fitzpatrick • Friday through Sunday, August 23, 24 & 25 • Friday 5:30 to 8:30 p.m., Saturday and Sunday 1 to 6:00 p.m. • At the Okuden Level II, we learn how to send Reiki remotely, we learn three different symbols which change the landscape of your connection and experience with Reiki, and we even learn how to Reiki situations etc. - for the highest and best to occur. \$625 or early bird \$560 until Aug. 3. For more information contact Courtney at (734) 808-4007, email courtney@veraposeyoga.com, or visit veraposeyoga.com.



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

Ann Arbor:

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

Ypsilanti:

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

Plymouth, Livonia & Canton

- Earth Lore
- Yoga Practice Center
- Zerbos

Saline:

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

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The Crazy Wisdom Calendar

May through August 2024

Retreats

Personal + Mini Wellness Retreats with Christy DeBurton • Ongoing • When you don't have the time or budget for a full weekend retreat but just need a little 'me-time,' treat yourself to a Mini Retreat or a Personal Retreat to relax and renew. Visit website for pricing options. For more information contact Christy at info@christydeburton.com or visit yogaroomannarbor.com.

SW Lake Michigan Gentle Yoga and Meditation Retreat with Ema Stefanova • Thursday, May 30 • 5:00 p.m. • Do you feel like you need to take a break from how complicated life can get? Come unplug in a simple, serene and culturally significant space minutes to Lake Michigan. Take a weekend for your self. This weekend can be for whatever goal you have in mind. Want to be off your phone for a few days? Do it. Want to learn meditation? Great. Want to learn yoga for whatever mental or physical thing that ails you? This is yoga you can take with you. We'll keep it simple and doable so that you can apply yogic techniques to your daily life without stress. For more information contact Ema Stefanova at EmaStefanova@cs.com or visit yogaandmeditation.com.

Living Our True Nature as Love: Vipassana, Pure Awareness and Practices of the Heart with Barbara Brodsky, Aaron, and John Orr • Sunday, June 2 to Wednesday, June 12 • Sunday 7:00 p.m. through Wednesday 9:00 p.m. • We are the Light we seek; together, let us move toward that vital realization as we seek to restore and deepen harmony and joy in ourselves and the world. A focused meditation retreat helps us to connect with our inner light and to share that light with others. Suggested donation: \$180-\$660. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Private Directed Retreat with Janene Ternes • Monday, July 15 from 2:00 p.m. through Friday, July 19 at 1:00 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. For more information contact Janene at (734) 347-2422, email PrayerInMotionLLC@gmail.com, or visit prayer-in-motion.com.

A Retreat on the Mystics: Julian of Norwich & Thomas Merton with Joan M. Nuth & Joseph Raab • Sunday, July 28 from 7:00 p.m. through Wednesday, July 31 at 11:00 a.m. • Julian of Norwich is an example of what Bernard McGinn has called a "vernacular theologian." After briefly placing her in her historical context, I will describe the experience which precipitated her writings. I will analyze what is mystical about that experience and evaluate the importance of the theology which grew from it. Thomas Merton's Multi-Religious Mysticism: An exploration of Thomas Merton's encounters with non-Christian mystical traditions. Cost: Commuter: \$180; Double Occupancy: \$280 per person; Single Occupancy: \$380. For more information contact the Weber Center at (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Shamanism

Journey Circle with Judy Liu Ramsey • Thursday, May 2 & 16, June 6 & 20, July 18, August 1 & 15 • 7 to 8:30 p.m. • Explore concepts in your personal life path through shamanic journeying to receive information and tools to help you proceed with grace and ease. Pre-requisite: journeying skills. \$25 per session or \$40 per month. The first circle is free. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Ancestors: The Power Within with Judy Liu Ramsey • Saturday, May 4 & Sunday, May 5 • 9:00 a.m. to 4:00 pm. • Ancestors can be powerful allies in your practice, and healing our ancestral lines can help us heal ourselves and our families. Explore your heritage and deepen your connection with the grandmothers and grandfathers in ceremony, in initiation, and in the shamanic journey. Prerequisite: basic journeying skills. The class will be taught online via ZOOM. \$180 per person, \$90 for repeating students. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Introduction to Journeying with Connie Lee Eiland • Saturday, May 18 and Sunday, June 23 • 10:00 a.m. to 5:00 p.m. • The six-hour in-person class includes power animal retrieval and journeying to Upper, Lower, and Middle Worlds. Journeying is done with drums and rattles. \$80, two weeks before event price rises to \$100. For more information contact Connie at (248) 809-3230, or email clshebear7@gmail.com.

Shamanic Healing for Animals 1 with Judy Liu Ramsey • Tuesdays from May 21 to July 23 • 7 to 9:00 p.m. • Explore perspectives for animal healing that draw upon core shamanic practices. Students develop a toolkit of techniques within supportive and experiential instruction from a professional animal

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May through August 2024

communicator who also practices shamanism. Prerequisite: journeying basics. Knowledge of animal communication is not necessary. The class is taught via ZOOM. \$400 per person, \$200 for repeating students. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Basic Journeying: The Art of Shamanism for Practical & Visionary Purposes in Daily Life with Judy Liu Ramsey • Saturday, May 25 & Sunday, May 26 OR Saturday, August 17 & Sunday, August 18 • 9:00 a.m. to 3:00 p.m. • The shamanic journey is a powerful tool to access spiritual information. Meet a compassionate spirit or power animal who wants to help you at this time. Learn how to develop a practice of empowerment, so you can balance, moving intentionally through the world. This class is a prerequisite to more advanced shamanic studies. Taught online via ZOOM. \$180 per person, \$90 for repeating students. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Healing With Spiritual Light with Connie Lee Eiland • Saturday, May 26 from 10:00 a.m. to 7:00 p.m. and Sunday, May 27 from 10:00 a.m. to 4:00 p.m. • This in-person class brings in quantum physics as we work with the unlimited powers of the universe. In healing with spiritual light, we become light, love, and gratitude. Healing is through the Law Resonance, in some ways like a tuning vibrating to a certain pitch. This method awakens the divinity within the client. \$200 until May 11, \$230 after. For more information contact Connie at (248) 809-3230, or email clshebear7@gmail.com.

Shamanic Gardening with Judy Liu Ramsey • Saturday, June 1 • 9:00 a.m. to 4:00 p.m. • From vision to harvest, take the steps to manifest your life dreams and goals through shamanic gardening. Learn how to work with your blocks and challenges so that everything contributes to your growth and synchronizes with your own pace and flow. Pre-requisite: basic journeying. The class is taught via ZOOM. \$90 per person, \$45 for repeating students. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Connection & Empowerment with Connie Lee Eiland • Saturday, June 8 from 10:00 a.m. to 7:00 p.m. and Sunday, June 9 from 10:00 a.m. to 4:00 p.m. • This in-person class will improve your connection to Spirit, the Web of Life, and

help clarify and strengthen your personal power. Included will be time in nature to assemble a medicine bundle. Journeys, partnered healing, and ceremony are included. \$200 until May 25, \$230 after. For more information contact Connie at (248) 809-3230, or email clshebear7@gmail.com.

5 Day Soul Retrieval Training with Connie Lee Eiland • Wednesday, July 3 through Sunday, July 7 • 10:00 a.m. to 5:00 p.m. • This in-person class is for people who want to bring soul retrieval into their practices. Participants will be trained in diagnosis, soul retrieval, and intensive aftercare to help with integration. There is an application process for this training, don't wait too long as the class size is limited to eight. The length of days will vary with some going into the evening for ceremony. \$425 until June 15, \$475 after. For more information contact Connie at (248) 809-3230, or email clshebear7@gmail.com.

Extraction: Illness & Healing from a Shamanic Perspective with Judy Liu Ramsey • Saturday, July 20 & Sunday, July 21 OR Saturday, August 24 & Sunday, August 25 • 9:00 a.m. to 5:00 p.m. • Learn about the spiritual connection to illness. From a shamanic perspective, explore different ways to "diagnose" an illness as well as to address its healing. Deepen your understanding of spiritual intrusions and learn ways to extract them. Prerequisites: Basic Journeying, Medicine for the Earth/Healing with Spiritual Light. In-person class. \$220 per person, \$100 for repeating students. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Basic Telepathic Animal Communication with Judy Liu Ramsey • Saturday, July 27 & Sunday, July 28 • 9:00 a.m. to 5:00 p.m. • Rediscover your natural telepathic communication skills with step-by-step instruction. 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. Online via Zoom. \$160 per person, \$80 for repeating students. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Healing Curses & Spells with Connie Lee Eiland • Saturday, August 24 from 10:00 a.m. to 5:00 p.m. and Sunday, August 25 from 10:00 a.m. to 4:00 p.m. • This in-person class involves recognizing the importance of words and energy for health and well-being. Participants will learn to recognize curses and how to remove them safely. Methods of healing come from Peruvian, Hawaiian, and Tibetan shamanic practices. Class size limited to eight. \$200 until August 10, \$230 after. For more information contact Connie at (248) 809-3230, or email clshebear7@gmail.com.

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Learn To Read the Akashic Records: Advanced with Shellie Powers • Times & Dates Vary • Experience the Akashic Records through the Pathway Prayer Process©. Encounter the energy and wisdom and further develop your skills for successful navigation of the Records, working in the Akashic Records for Energy Healing, Clearing Ancestral Patterns, and Reconciling Past Lives, as an advanced certified practitioner. Three, three-hour sessions. \$430. For more information contact Shelly at (734) 926-8423 or visit powers365.com.

Life as a Bold Adventure with Lou Weir • Wednesday, May 1 • 6:00 to 7:30 p.m. • Strength and aliveness are spiritual qualities which are necessary for a spiritual path (and life). We will explore the barriers and connection to this quality in these teachings. The Diamond Approach is a spiritual path which uses meditation and inquiry to uncover the truth of who we are in our authentic nature. FREE Introduction. For more information contact Lou at diamondworkmichigan@gmail.com.

Connecting with Archangels-Parts 1, 2, 3, & 4 with Karen Greenberg • Sunday, May 5, 19, 26, June 2 • 5:30 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. For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascencion.com.

Explorations with Spirit Workshop Series with Barbara Brodsky and Colette Simone • Tuesday, May 11 • 11:00 a.m. to 3:00 p.m. • We have spoken some about light creation; use of the imaginal cells. Everything you create—is light created. It is expressed into your mundane reality. We will begin to explore the basics of light creation in this workshop. The workshop will be a mix of theory and specific practice. Suggested donation: \$30-\$110. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

Sufi Gathering with Amam Ayubbi • Tuesdays from May 7 to August 27 • 7 to 8:00 p.m. • Evening of Sufi discussion and chanting held on Zoom. \$5-\$10 per session suggested. For more information visit interfaithspirit.org.

Through the Other End of the Telescope with G. Arthur Weidman • May 11, June 8, July 13, & August 10 • 6 to 7:30 p.m. • A Discussion of Metaphysical matters, emotional intelligence, consciousness as part of the quantum field, and intentional creating. \$8, donations are welcome. Held in the Crazy Wisdom Community Room, located at 114 South Main St, Ann Arbor, MI 48104. For more information contact G. Arthur at gweidman97@gmail.com.

Cultivating a Personal Relationship with G-D with Karen Greenberg • Sunday, June 2 & 9 • 1 to 4:00 p.m. • Sacred space, compose/ask questions of your Higher Power, decipher yes, no, or essay answers from your spirit vs. thinking in your head vs. emoting or having body sensations. Learn to trust, surrender, serve; express gratitude, awe, and be comforted, healed, protected, and guided by G-D. Compose prayers and feel close to G-D. \$90. For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascencion.com.



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Teilhard de Chardin: Book of Hours with Kathleen Deignan & Libby Osgood • Wednesday, June 5 • 7 to 8:30 p.m. • A contemplative reflection with Sisters Kathleen Deignan and Libby Osgood as they describe how they discovered the “found prayers, poems, and hymns” of Jesuit priest-scientist Father Pierre Teilhard de Chardin and wove them into a Book of Hours for daily prayer. Registration required, \$45. For more information contact the Weber center at (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Become an Ordained Minister in the Order of Melchizedek with Rev. Daniel Chesbro • Sunday, June 9 • 1 to 5:00 p.m. • As an ordained priest, you will be able to perform legal weddings, baptisms, funerals, memorials, sacred rituals, and ceremonies. Those who do healing work, energy work, body work, or intuitive readings/counseling may wish to become ordained, as a form of legitimacy and protection and as a statement of their spiritual path. \$199. For more information contact Amy at (734) 358-0218 or email amy@enlightenedsoulcenter.com.

Astral Travel, Including Heavenly Travel with Karen Greenberg • Sunday, June 9, 23, July 7, 14, 21, 28, August 4, 11, 18, 25, • 5:00 to 9:30 p.m. • Part One: Learning what is in G-D's Will, 7 spiritual dimensions, 12 physical dimensions, Archangelic master cell readings, incarnation. Part Two: Preparing ourselves and our space for astral travel. Part Three: Different spiritual dimensions, Akashic records, gates of heaven. Part Four: Celestial locations. Part Five: Different star systems and universes. All previous parts must be completed before advancing. Future dates TBA. \$99 per session; 15% discount for each group of four sessions paid up front. For more information contact Karen at (734) 417-9511, email krngrnbg@gmail.com, or visit clair-ascencion.com.

Finding the Heart of Compassion with Lou Weir • Wednesday, June 26 • 6 to 7:30 p.m. • The tender presence of compassion helps us to be less timid about exploring the places that scare us. These teachings will help us to see the ways we close our hearts and support our natural compassion and holding of experience. FREE. For more information contact Lou at diamondworkmichigan@gmail.com

Sustainable Living Skills

Natural Building Internships at Strawbale Studio with Deanne Bednar • Wednesday, May 1 to Tuesday, May 28 OR Monday, July 1 to Sunday, July 28 • Experience a variety of natural building skill while living & learning on-site at Strawbale Studio. Classes & Hands-on: Foundation, Round pole framing, Thatched & Living Roof, Strawbale walls, Earth Plaster & Cob. Enrichment: Earth Oven, foraging, mushroom log fruiting + more. Some ½ pay worktrade available. \$1250 / \$950 1 month in advance. Includes room & board. For more information visit strawbalestudio.org.

Learning Tour at Strawbale Studio with Deanne Bednar • Sunday, May 19, Monday, June 22, & Saturday, August 17 • 10:00 a.m. to Noon • Tour the Strawbale Studio & other enchanting natural buildings with thatched & living roofs, Strawbale walls, earth plasters and sculptures! See Rocket Stoves, Earth Oven, Mushroom Garden & more! Ask lots of questions! You may also want to register for the workshop scheduled that day. See website for natural building & craft classes! \$20. For more information visitstrawbalestudio.org.

Sustainable Skills Worktrade at Strawbale Studio with Deanne Bednar • Saturday, June 1 through Friday, June 28 OR Thursday, August 1 through Wednesday, August 28 • A unique opportunity to live and work onsite at Strawbale Studio, helping with the grounds, natural buildings and infrastructure, while also being taught sustainable living skills. Nature, purpose, contribution, learning! Includes basic room & board. 25 hours of worktrade a week. For more information visit strawbalestudio.org.



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Tai Chi, Martial Arts, and Self Defense

Chen Tai Chi Chuan with Joe Walters • Ongoing Tuesdays, Thursdays, and Saturdays • 4 to 5:00 p.m. • Instruction in Chen Family Style Tai Chi Chuan. Stance training, silk-reeling exercises, and Chen forms. FREE. For more information email Joe at annarbortaiichi@gmail.com or visit annarbortaiichi.com.

Wu Style Tai Chi Chaun with Marilyn Feingold • Sunday, May 5 through August 25 • 4 to 5:00 p.m. • Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. In-person, no meeting on May 26 and July 28. Drop-in, \$5 per session collected at the door. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Tai Chi Beginner's Class with Master Wasantha Young • Mondays AND/OR Thursdays, May 6 through August 8 • Mondays 10 to 11:15 a.m. AND/OR Thursdays 6 to 7:15 p.m. • Tai Chi, often characterized as mindful meditation, is a series of postures linked together in a continuous flow. It integrates the mind and body, promotes relaxation, as well increases balance and concentration. You can attend both sessions at no extra cost! (limit 12 in-person). For more information contact the Peaceful Dragon School at 734-741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Eight Form Tai Chi (Yang Style): Meditation in Motion with Michelle McLemore • Sundays, July 14, 21, & 28 • 1 to 2:30 p.m. • Improve balance, deepen breath, heighten energy flow, and settle into alpha brain waves by learning gentle movements coupled with Qi Gong and grace-giving warmups over three Sunday afternoons. Optional tea following. Outside if good weather. Ages 13 and up. Pre-register. \$30. For more information contact Michelle at (517) 270-0986, email energy@michellemore.com, or visit michellemore.com.

Women's Health

The Ultimate (Peri)menopause Guide with Christy DeBurton • Self-Paced • This guide will help you learn about the different stages of (peri)menopause + the most common symptoms; gain knowledge about how to balance your hormones naturally through diet, supplements, herbs + self-care; learn techniques to lower stress and improve your sleep; identify how to exercise smarter for this time of life. \$19. For more information contact Christy at info@christydeburton.com or visit yogaroomannarbor.com.

Writing and Poetry

Crazy Wisdom Poetry Series with Edward Morin, David Jibson & Lissa Perrin • Workshops: Wednesday, May 8, June 12, July 10, & August 14; Readings: Saturday, May 22, June 26, & July 24 • 7 to 9:00 p.m. • Crazy Wisdom Poetry Series. Hosts: Edward Morin, David Jibson, and Lissa Perrin. Workshop writers discuss their poetry and fiction. Open mic and featured guest readings: Yousef el Qedra, Khaled Jumaa (5/22); Hedy Habra (6/26); Robert Fanning (7/24). Sessions virtual and accessible through Zoom. FREE. For more information contact Edward at (734) 668-7523, email eacmorso@sbcglobal.net, or visit cwcircle.poetry.blog.

5th Annual Write 4 Insight: Irish Hills Writer's Retreat with Michelle McLemore • Saturday June 18 & Sunday, June 19 • Saturday from 10:00 a.m. to 6:30 p.m. & Sunday 10:00 a.m. to 4:00 p.m. • 1-2 days for writing craft discussion, drafting on your current projects, and self-care time for nurturing or mentoring. Special topic: How do our heart, throat, and brow chakras impact our writing? Assistance if desired on self-exploration via poetry and memoirs. Stay on site for additional fee. Ages 18 and up. Pre-register. \$75 one day; \$130 both days. Meals and snacks provided. For more information contact Michelle at (517) 270-0986, email energy@michellemore.com, or visit michellemore.com.

Yoga

Deep Centering Class with Ema Stefanova • Tuesday, May 7 • 4:45 p.m. • This class is designed to effectively help relieve stress at a deeper level, both in body and mind. Experience a sense of harmony and centering. Dynamic posture sequences (flows) are followed by guided progressive relaxation (Yoga Nidra) and therapeutic breathing, visualization and meditation. For more information contact Ema at EmaStefanova@cs.com or visit yogaandmeditation.com.

Yoga for Allergies Course with Ema Stefanova • Wednesday, May 8 • 11:00 a.m. • Participants will learn about time tested classical yoga therapy cleansing practices to help manage seasonal and other types of allergies. For more information contact Ema at EmaStefanova@cs.com or visit yogaandmeditation.com.
Mindful Yoga Mini-Retreat with Julie Woodward • Saturday, May 11 • 1 to 4:00 p.m. • The afternoon retreat will provide a luxurious time out, an opportunity to find stillness and rest. Experience gentle yoga movement,



Crazy Wisdom Poetry Series

Hosted by Edward Morin, David Jibson, and Lissa Perrin

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

All sessions are virtual and accessible through Zoom.
Email cwpoetrycircle@gmail.com for Zoom link.

Featured readers



May 22 – Khaled Juma'a was born in Rafah and raised in a Palestinian refugee camp. His 29 publications cover the genres poetry, prose poetry, short stories, children's stories, TV sketches, plays and over 100 songs. He has held several editorial positions including Head of the Cultural Department in Palestine News and Information Agency (WAFA). A bilingual reading

May 22 – Yousef el Qedra, a poet, novelist, and playwright living in Gaza, expresses the emotional effects of residing in the occupied Palestinian Territory, particularly during the aftermath of Operation Cast Lead (2009) which presaged the current war. He will read his poems in Arabic, matched by Edward Morin and Yasmin Snounu's co-translations in English.



June 26 - Hedy Habra, poet and artist, will give an illustrated reading from a new ekphrastic collection—*Or Did You Ever See The Other Side?* Her *The Taste of the Earth* won the Silver Nautilus Award; *Tea in Heliopolis* won the Best Book Award and *Under Brushstrokes* was a finalist for the International Book Award.



July 24 – Robert Fanning is the author of five poetry collections: *Severance*, *Our Sudden Museum*, *American Prophet*, *The Seed Thieves*, and *Cage* (forthcoming this year). His poems have appeared in *Poetry*, *Ploughshares*, and many other journals. He facilitates The Wellspring Literary Series and teaches creative writing at Central Michigan U. www.robertfanning.wordpress.com



As in other years, we have a writers workshop in August, but no reading on the 4th Wednesday of that month.

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

The Crazy Wisdom Calendar

breathing, and meditation practices designed to calm the nervous system and unwind tension and anxiety. For more information vcontact Julie at julie@julie-woodward.com or visit julie-woodward.com.

RYT200 Teacher Training with Ema Stefanova • Saturday, May 18 • 2:00 p.m. • Our programs are holistic and based on 40 years of training teachers worldwide. Our approach is highly experiential, and personalized. Graduation is based on active participation, homework completion, and attendance (in-person and online). Upon graduation you can register with the Yoga Alliance directly as RYT200. Small group and one-on-one training. Self-paced FLEX and EXPRESS options are available. One weekend retreat at SW Lake Michigan is required per level and retreat accommodation cost is included in your program tuition fee. For those who pre-qualify, a hybrid (part in-person part virtual training is available). For more information contact Ema at EmaStefanova@cs.com or visit yogandmeditation.com.

Yoga Your Way with Christy DeBurton • Ongoing • Aqua Yoga, Hatha, Vinyasa + Yin Yoga, private sessions, hybrid online courses, retreats, and more. For more information contact Christy at info@christydeburton.com or visit yogaroomannarbor.com.

Open Level Yoga with Michele Bond • Ongoing Sundays, Tuesdays, & Saturdays • Sundays, 4 to 5:30 p.m., Tuesdays, 6 to 7:30 p.m. & Saturdays 10 to 11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Learn to look for the good in yourself and others as you enjoy a dynamic practice. \$15 if registered for the semester, \$20 drop in with instructor's permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Tuesday and Thursday Yoga with Jillian Diwan • Ongoing Tuesdays and Thursdays • 10 to 11:00 a.m. • Ashtanga-based yoga for every body! Limited space. \$15. For more information email Jillian at jill@jamhandsbodywork.com.

The Practice with Michele Bond • Ongoing Wednesdays • 6 to 7:30 p.m. • Great for athletes or anyone looking for a strong practice. Enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun and

energetic practice. Students gain so much mind/body/spirit wisdom that they return year after year to enjoy this life enhancing practice. \$15 if registered for the semester, \$20 drop in with instructor's permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Yoga Essentials with Michele Bond • Ongoing Thursdays • 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 if registered for the semester, \$20 drop in with instructor's permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Saturday Morning Yoga with Jillian Diwan • Ongoing Saturdays • 10 to 11:00 a.m. • Ashtanga-based led yoga class for every body! Donation-based contributions. For more information email Jillian at jill@jamhandsbodywork.com.

Hatha Yoga with Samantha Lieberman • Thursdays from May 2 to August 29 • 9:15 to 10:15 a.m. • Sam loves the process of creating and offering safe yet challenging yoga sequencing. She enjoys sharing her love of yoga with all levels of students and is deeply honored to pass the gift of yoga to others. Bring your own mats. Drop-in \$15 per session – First visit is FREE! Cash or Venmo at door. Seniors receive 10% discount. Discounted packages available. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Gentle Yoga Flow at Infinite Light Center with Paula A. Burke • Thursdays from May 2 through August 29 • Noon to 1:00 p.m. • Gentle Yoga Flow for everybody. Starting every class with a little meditation, offering a drop of essential oil, and then going into gentle yoga twists, bends, stretches, and long holds in luxurious poses will help with stress relief, mental & physical relaxation, and restoring energy. \$10. For more information contact Paula at (517) 936-9064 or email diffusingpeace@yahoo.com.

Yoga + Sound with Rob Meyer-Kukan • Saturday, May 18 • 6 to 7:30 p.m. • Join Sound Healer, Rob Meyer-Kukan and Yoga Instructor, Paul Barr for this heartfelt pairing of Yoga + Sound at 7 Notes Natural Health. \$40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Reiki & Yoga Experience: Rebalancing the Wheels of Life with Paula A. Burke & Andrea Anzalone • Sunday, May 19 • 2 to 4:00 p.m. • We invite you to join Andrea and Paula for a special event focusing on chakra balancing using Reiki and Yoga. This unique session will provide you with a deeper understanding of these healing arts and how they can be used to balance your chakras, promoting health and wellness from the inside out. \$33. For more information contact Paula at (517) 936-9064, email diffusingpeace@yahoo.com, or visit diffusingpeace.com.

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