

Poetry Page

To submit poetry to be published in the next issue of the Crazy Wisdom Community Journal, email to sarah@crazywisdom.net in text format (no attachments) by July 15, 2009.

The Way Is Always Right

by Liz Sterling

Stay with the way,
It takes you to the center,
Where pauses... although momentary, blossom
with life's delights.

Just sit and allow the wind to whisper into your
breath -
Here is where life mingles with death.

The moss grows between the cracks,
The circadians buzz the elemental notes
and bring together the do's and the don't's.

Nay, this nasty fly - that's now in my eye,
Brushed away and back again,
Will it ever learn?
It's not wanted here - because I can't see with my
eyes closed -
Or can I? Am I right?

The way knows.

Don't Forget to Tip

by Harley King

A bag lady
dropped by
the house
to drop off
some bags.
I asked her
why she
thought that
we needed
bags. She
laughed and
said everyone
has a need
for bags to
store the gifts
that they receive
from God.
I thanked her
for her kindness
and gave a tip.



Artwork by Terri Myers

Author Events Crazy Wisdom Bookstore & Tea Room



American Yoga in Crisis: Reclaiming an Ancient Spiritual Practice. Book Signing and Talk with Tom Pilarzyk, Author of *Yoga Beyond Fitness: Getting More than Exercise from an Ancient Spiritual Practice* • May 21, 7 p.m. at Crazy Wisdom Tea Room • Is American yoga just an exercise regimen masquerading

as spirituality? This talk captures the story of yoga practice today, with attention given to treating yoga as a receptacle of transformative power. While 16 million Americans practice, yoga's development as a popular fitness workout and a not-so-popular path of spiritual liberation poses a unique dilemma for those sensitive to its ancient roots. As it morphs into physicality, fun, and foolishness, some industry leaders argue that more people now have a chance to explore its spirituality. But can students "get it" if more and more teachers only teach hatha yoga poses? Tom Pilarzyk helps restore the heart of yoga with a hopeful, heartfelt tribute to its highest aspirations. Free.



Book Signing and Talk with Myra Lewin, Author of *Freedom in Your Relationship with Food: An Everyday Guide* • May 26, 7-9 p.m. at Crazy Wisdom Bookstore •

Learn how the ancient traditions of Ayurveda and yoga can help you feel and live better. Explore simple, intuitive approaches to food and preparation, and the process of eating and drinking. Discover how eating the best foods for your individual dosha (constitution) can lead to balance and harmony in your sense of being as well as in your health. Free.

Reading and Book Signing with Joanna Hastings, Author of *Moon Wolf*,

Illustrated by Children of Summers-Knoll School • May 31, 2 p.m. at Crazy Wisdom Bookstore • *Moon Wolf* is a wonderful book that takes you on a journey from the moon to the earth and back with a wise and beautiful wolf who brings the moonlight to earth, singing as she goes.

Ms. Hastings will read this enchanting book and some of the illustrators from grades K-6 will talk about illustrating a children's book. They will also sign copies of the book for those who bring a copy or purchase one at the event. Free.



Book Signing and Talk with Stelle Tonon and Jeannie Ballew, Authors of *No Fences: Practicing Unconditional Love with Your Partner* • June 4, 7 p.m. at Crazy Wisdom Tea Room •

In this talk, Stelle Tonon and Jeannie Ballew target the top 11 toxic, controlling behaviors that build fences between partners and the 11 counterpoint behaviors that tear them down. Learn how to find healthier, more positive ways to communicate your needs and feelings so you can love without feeling regret for things you wish you hadn't said or done, take responsibility for your choices and actions, and allow others to take responsibility for theirs. Book talk and signing, followed by questions and answers. Free.

Book Signing and Talk with Pat Fero, Author of *What Happens When Women Wake Up?* • July 12, 2 p.m. at Crazy Wisdom Tea Room •

What Happens When Women Wake Up? is a handbook for our own awakening that calls us into action to play our part in planetary awakening. Free.



For more info., call Rachel Pastiva at Crazy Wisdom Bookstore, 734-665-2757, or email her at: rachel@crazywisdom.net www.crazywisdom.net