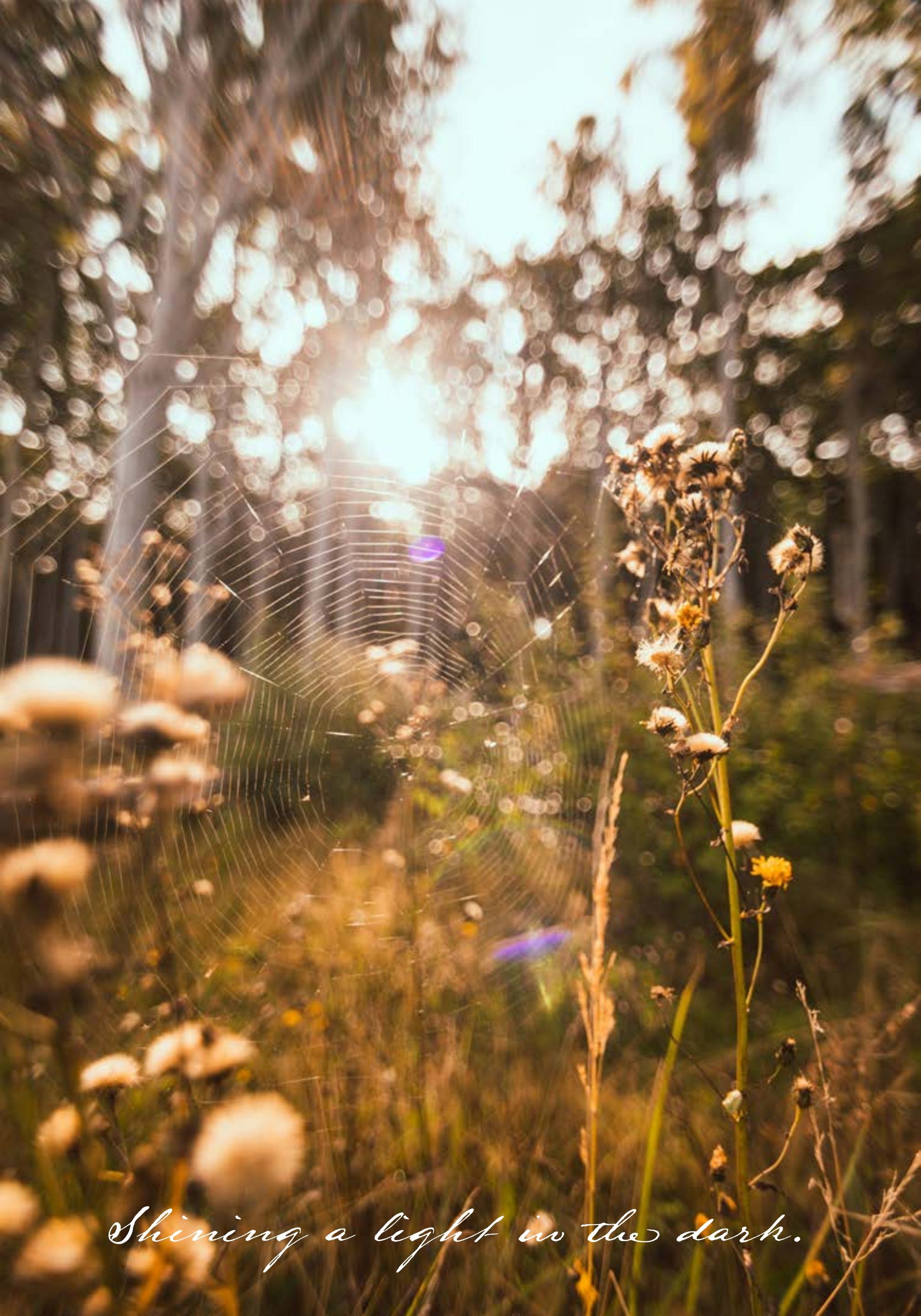


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August 2025

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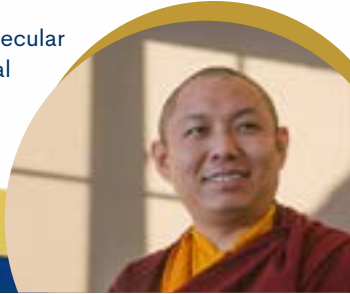
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Cover photo by Edda Pacifico

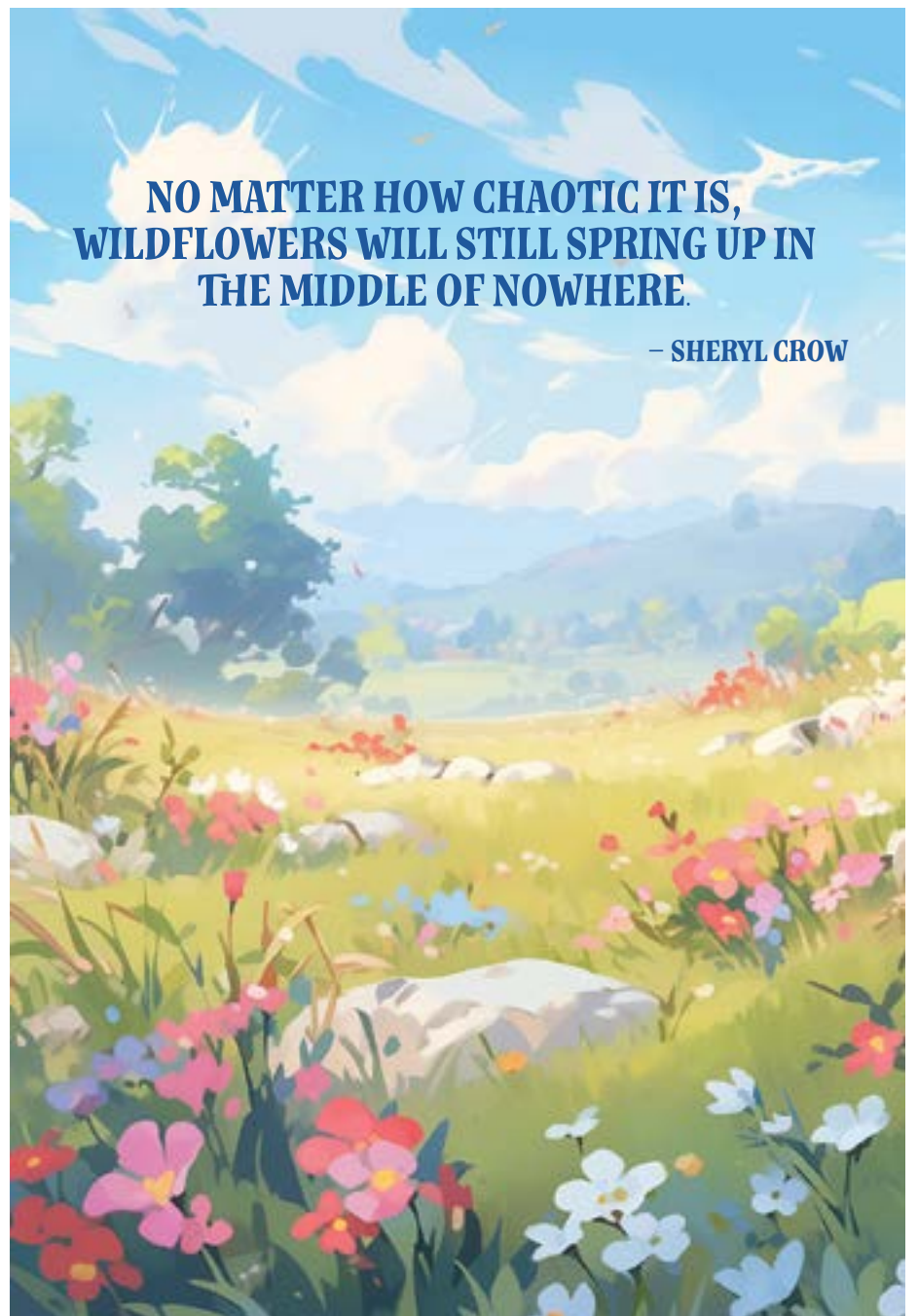
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Bill Zirinsky

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, poetry, breathing exercises, beautiful art and photos, favorite places for walks, news announcements, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

**NO MATTER HOW CHAOTIC IT IS,
WILDFLOWERS WILL STILL SPRING UP IN
THE MIDDLE OF NOWHERE.**

— SHERYL CROW



Word of the
Month

Brontide

The low rumble of distant thunder.



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On the Cover

Judy Ramsey of Heart to Heart Shamanic Healing & Animal Communication.
Photo taken by Edda Pacifico. Read the article on page 6.

The fall
issue of
*The CW
Journal*
is almost here!



The Crazy Wisdom Community Journal
issue 90 ***Features***

- Magical Michigan Road Trip • Mother Bear Sanctuary • Ode to The Arb
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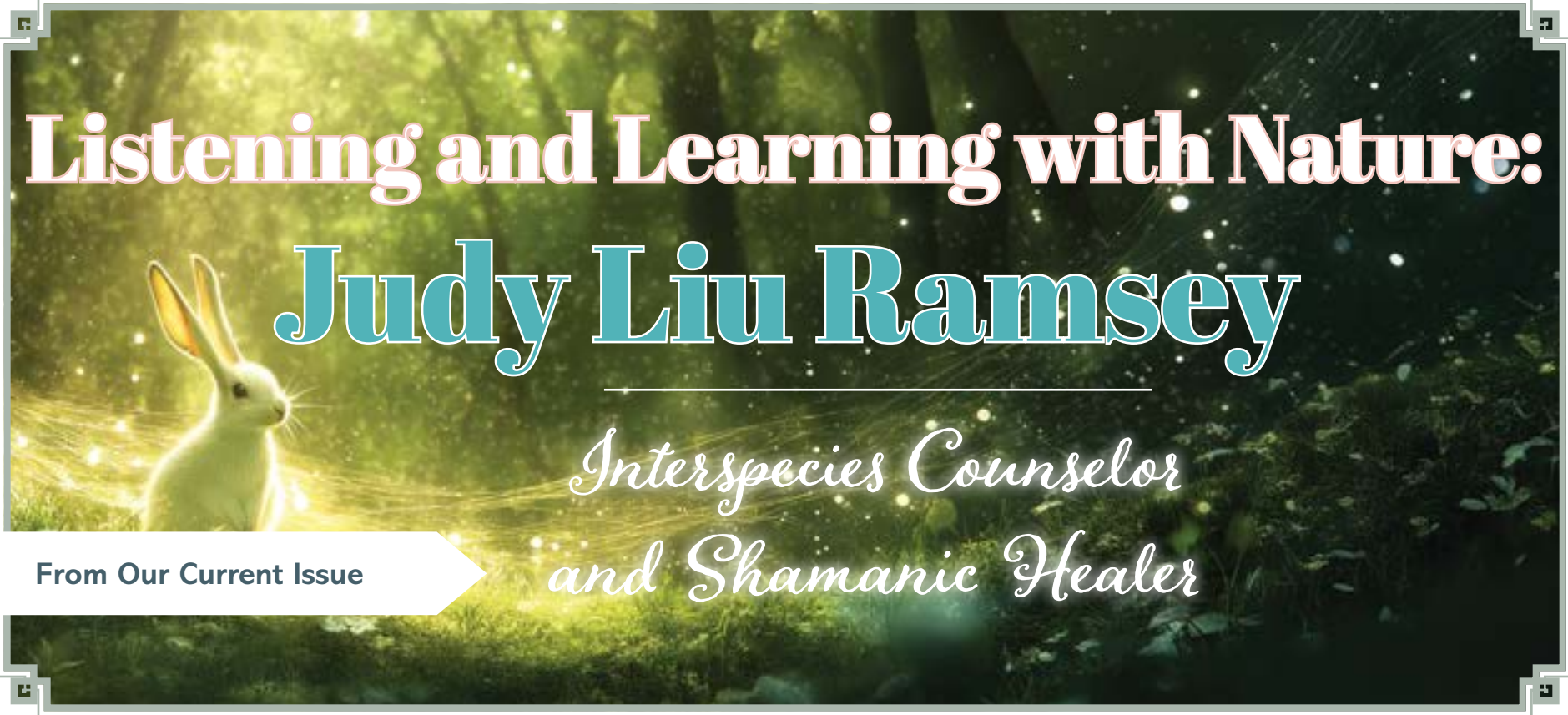
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Listening and Learning with Nature:

Judy Liu Ramsey

*Interspecies Counselor
and Shamanic Healer*

From Our Current Issue

By Michelle McLemore • Photos by Edda Pacifico

“Nature’s first green is gold,” Robert Frost wrote of the rejuvenating energy alive in spring’s first buds and blades. The myriad shades of green delight a nature-lover, transforming walks in the woods into an embrace from the Green Man of lore.

It’s a rare individual who paints their living room walls deep green. As soon as our video chat went live, Judy Ramsey and I simultaneously noticed our backgrounds. “I like your wall color choice,” I said.

She smiled and responded, “I was thinking the same about yours.” Ramsey’s relaxed face and deep-seeing eyes were framed with brown bobbed hair, parted left. The soothing green of the walls were accented with wood-edged furniture and gold framed nature wall hangings. Through a window, wind chimes gently punctuated key responses throughout the interview.

The room was soothing, but Ramsey herself, seemed the embodiment of nature’s serenity. Living on a farm in Chelsea, Ramsey’s journey from community developer and social worker to shamanic practitioner and animal chaplain exemplifies an authentic evolution of one’s unfolding of identity, own healing, and epiphany in recognizing one’s place within the actual world contrary to the confines and misperceptions of society.

At 78, she now has nearly 18 years of experience working with humans and non-humans to improve communication, counsel, and heal across (and within) various beings. Though, this may not have been on the radar when she earned her master’s in education in Community Development from the University of Michigan, the experiences no doubt teased out already inherent empathies and energetic connections while she consulted on teen pregnancies, homicide patterns, suicide rates, drug use, and addiction among young people. Ramsey grew up in Colorado Springs. “We hunted and fished and were in the mountains a lot. I remember talking to the Hidden Folk, flowers, trees and animals—even rocks when I was very young, probably until the age of seven or eight years, when, like everyone else I know, I got ‘schooled’ out of us.”

Ramsey recalled always having pockets full of rocks. “I’ve been talking with them [rocks] since I was quite small. Some of my best friends are stone people even today. Even when I went to Scotland for the first time around 26 or 27 and met the Machrie Moor Standing Stones, I felt giggly energy, like joy, coming up from the rock. We’re still good friends. The cliffs and canyons in Canyon de

Chelly, particularly Spider Rock and the cliffs of del Muerto [in Arizona] were good friends.”

It wasn’t just stones, though, that Ramsey felt the life force within and camaraderie to share. “I talked to Christmas trees that we’d bring into the house, and they’d talk back. My invisible friends weren’t invisible. I spoke with animals both wild and domestic. We had around nine Siamese cats with us at any given time until I was about 12, who were all my friends.”

She paused, then addressed the inevitable doubt readers may still be carrying. “All of us were born with the ability to communicate with animals and nature spirits. Most [people] remember understanding [the language of nature] as kids, but we are taught not to value imagination. If you can’t imagine, it doesn’t happen for you. From ages seven or eight to college, it isn’t really encouraged in the mainstream. But, it is changing. There is movement to value independence versus conformity.”

Conformity has been the cautionary shield used for many generations. Ramsey’s family was no exception. “Grandmother and Mother were quite intuitive, but Mother was embarrassed about her skills, which she did not use openly. They would be embarrassed if I spoke about it at school. Consequently, I set most of the abilities aside, noticing only sporadically my connections to my hidden friends.”

This suppression, or setting aside, of the whispers and nudges from around her could only last so long. “In my late forties I recovered my intuitive skills and awareness. My mind was foggy due to menopausal symptoms, so instead of an office job where I had to multitask a dozen things at once, I trained as a craniosacral therapist and began a more intuitive path with bodywork. That was when I met Penelope Smith, a premier animal communicator, who is still a friend and mentor.”

Ramsey credits Smith for starting the 1980s movement which made animal communication a socially acceptable service as well as integral support for holistic veterinarian care. Ramsey enrolled in all of Smith’s courses and now teaches Smith’s telepathic animal communication among others. “About 10 years ago, I met Carla Meeske,” She continued. “I had been thrown from a horse and broke my back. I couldn’t move and was in a body brace for three and a half months. So, I took courses online.” Ramsey was “fascinated and strongly drawn” to what Meeske offered, which led to a year-long intensive in Shamanic practice.



Living on a farm in Chelsea, Ramsey’s journey from community developer and social worker to shamanic practitioner and animal chaplain exemplifies an authentic evolution of one’s unfolding of identity, own healing, and epiphany in recognizing one’s place within the actual world contrary to the confines and misperceptions of society.



[Read more of Judy’s story online!](#)





By Katherine Munter

When I was growing up, my dad would occasionally pull out his slide projector, set up a screen, and tell us stories about the moments and loved ones captured in the images. Though my father’s family survived many hardships, it was the stories of resilience and humor that often rose to the surface. The stories were often retold, though fresh telling brought both a reminder and new insight. Through oral narrative, I learned where I came from, the people who impacted those I love, and who I want to be as a person.

This spring, when I realized my dad’s time was growing short, I started digitizing his slide trays so that we could look at them together. It had been many years since he’d pulled them out, and it was incredible to see the images through my now-adult eyes. We looked at my dad’s childhood photos and progressed through his time in the navy, my parents’ wedding, and my own childhood.

I was captivated by a photo of my dad as a young child in a refugee camp, holding a teddy bear. I compared it to one I found of myself at a similar age, stretching to look at the sky as I spun on playground equipment. I remember leaning all the way back on merry-go-rounds and swings, looking up at the clouds and feeling like I was flying amongst them. I considered my father’s traumatic early years, and I compared it to my own relative freedom.

a desire to give me a different life than the one he’d experienced. For many years, I didn’t understand why my dad was always in a rush to get home so that he could sit in his armchair. I saw that his general distrust held him back in many ways, becoming a cage. It was only when he grew very ill that I came to realize that his chair was the closest thing he had to a safe space. It didn’t quiet his thoughts, but the chair was a space he could control, and he was most at peace there.



Some time ago, I began considering my own self-imposed cages: areas where I hold myself back out of fear. Fear can be helpful, of course, but awareness and curiosity helped me to explore whether a fear was holding me back from more fully experiencing life. I created an art piece of a bird sitting behind cages. The doors to the cages were open, and the bird couldn’t fit inside any of them, yet it still allowed itself to be held back by them. Art can be a powerful reminder of that which I’d like to change and areas where I can grow. In this way, my fears have less power over me.

Reminding yourself of your own resilience and past successes, big and small, can you shine a light on a fear that’s holding you back?

When we talk about survivors, we often consider their strength and resilience. That’s there, of course, but there are also the shadow scars of the pain and fear. My dad, similar to many others in his generation, refused to seek help, and it impacted his way of being in the world. He did, however, talk and reflect to those few that he trusted. Until he died, he carried rage just below the surface.

Katherine Munter, clinical psychologist, art therapist, and founder of Creative Life Therapy, an Ann Arbor practice of art therapy and integrative wellbeing. Visit her online at CreativeLifeTherapy.com.



My relationship with my father was a complex one. His fear and anger became the source of some of my own childhood trauma, yet I see now that many of his behaviors stemmed from insecurity and



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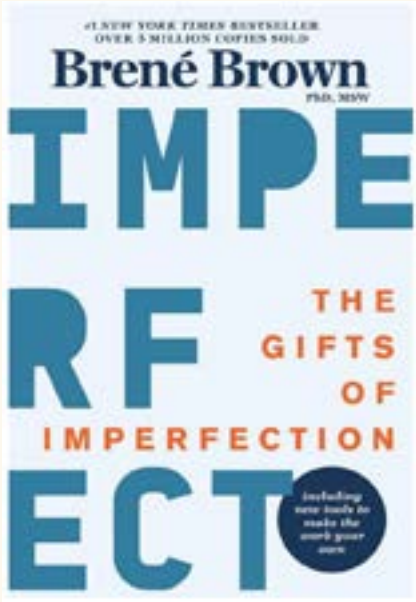
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CW Book Picks

of the month

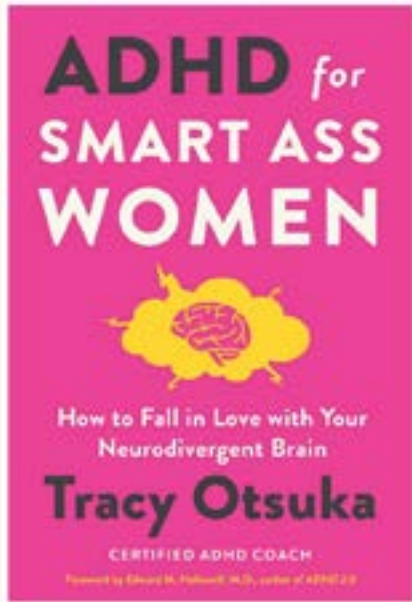


This tenth-anniversary edition of the game-changing #1 New York Times bestseller features a new foreword and new tools to make the work your own.

For over a decade, Brené Brown has found a special place in our hearts as a gifted mapmaker and a fellow traveler. She is both a social scientist and a kitchen-table friend whom you can always count on to tell the truth, make you laugh, and, on occasion, cry with you. And what's now become a movement all started with The Gifts of Imperfection, which has sold more than two million copies in thirty-five different languages across the globe.

What transforms this book from words on a page to effective daily practices are the ten guideposts to wholehearted living. The guideposts not only help us understand the practices that will allow us to change our lives and families, they also walk us through the unattainable and sabotaging expectations that get in the way.

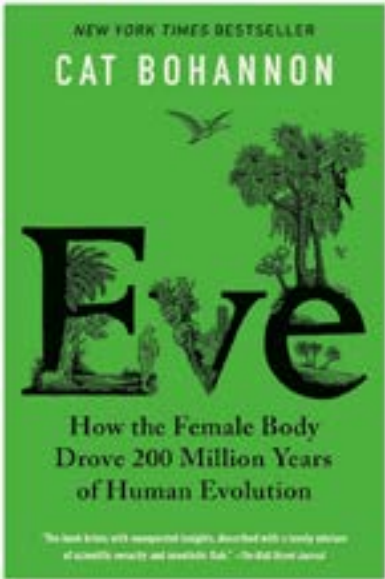
Brené writes, “This book is an invitation to join a wholehearted revolution. A small, quiet, grassroots movement that starts with each of us saying, ‘My story matters because I matter.’ Revolution might sound a little dramatic, but in this world, choosing authenticity and worthiness is an absolute act of resistance.”



An unprecedented guide for any woman with ADHD looking to celebrate her unique brilliance and to embark on a journey of self-discovery.

ADHD is one of the most common neurological disorders in the United States—yet a staggering 75 percent of girls and women remain undiagnosed. Due to the gender gap in medical research, which does not account for symptoms manifesting differently in women—leading to increased problems with anxiety, depression, working memory, sleep, energy, and concentration—many ADHD women are left to navigate a society that fails to understand their struggles and gifts. But what if every woman had the resources and support to uncover the hidden wonders of her neurodivergent brain?

Enter certified ADHD coach and podcast host Tracy Otsuka. Armed with her experience coaching thousands of women, cutting-edge medical research, and personal insights from her own diagnosis, she presents a revelatory guide tailored specifically for girls and women with ADHD. In it, Otsuka offers an entirely new set of tools, systems, and strategies to access a world of boundless productivity, focus, and confidence.



THE REAL ORIGIN OF OUR SPECIES: a myth-busting, eye-opening landmark account of how humans evolved, offering a paradigm shift in our thinking about what the female body is, how it came to be, and how this evolution still shapes all our lives today

How did the female body drive 200 million years of human evolution? • Why do women live longer than men? • Why are women more likely to get Alzheimer's? • Why do girls score better at every academic subject than boys until puberty, when suddenly their scores plummet? • Is sexism useful for evolution? • And why, seriously why, do women have to sweat through our sheets every night when we hit menopause?

These questions are producing some truly exciting science – and in Eve, with boundless curiosity and sharp wit, Cat Bohannon covers the past 200 million years to explain the specific science behind the development of the female sex: “We need a kind of user's manual for the female mammal. A no-nonsense, hard-hitting, seriously researched (but readable) account of what we are. How female bodies evolved, how they work, what it really means to biologically be a woman. Something that would rewrite the story of womanhood. This book is that story. We have to put the female body in the picture. If we don't, it's not just feminism that's compromised. Modern medicine, neurobiology, paleoanthropology, even evolutionary biology all take a hit when we ignore the fact that half of us have breasts. So it's time we talk about breasts. Breasts, and blood, and fat, and vaginas, and wombs—all of it. How they came to be and how we live with them now, no matter how weird or hilarious the truth is.”

Eve is not only a sweeping revision of human history, it's an urgent and necessary corrective for a world that has focused primarily on the male body for far too long. Picking up where Sapiens left off, Eve will completely change what you think you know about evolution and why Homo sapiens has become such a successful and dominant species.

Look for these at your local bookstore

WHAT'S NEW IN THE COMMUNITY

spotlight!

By Lynda Gronlund

Dallas is an herbalist trained under local Master herbalist Jim McDonald in his ten-month Linderia intensive in energetic folk herbalism. She is also Michigan Department of Agriculture and Rural Development (MDARD) certified for wild mushroom identification, and has done additional training in various foraging, wildcrafting, and related topics through the Michigan Folk School.

Prior to the Covid-19 pandemic, Dallas worked in supply chain technology sales and consulting in food, drugs, and supplements for over ten years. She had realized that food, spices, and supplements imported from other countries, and even from the United States were in many cases "very compromised." Since supplements are not regulated by the FDA, she explained, they are even more likely than food or drugs to contain contaminants from sawdust to heavy metals to rat feces. At the same time, especially with the supply chain chaos of the pandemic, she saw that things were being imported from far away at great cost when they are grown right here in Michigan. Global shortages, tariffs, and trade issues, she said, would be negated if we had a simpler, more local supply chain. Community-based food and medicine sourcing seemed to her to be a much better way. "I got fed up with the impact of large and complex supply chains and wanted to do something for my family and community by providing my own 'farm-to-farmacy' experience," she said.



Around the time she left her corporate job in 2020, she moved with her husband and children to a five-acre property in Superior Township where they started work to replace one and a half acres of manicured lawn with Michigan native pollinator-friendly plants and medicinal herbs. They removed another two acres of invasive plants from a forested area and replaced them with native plants appropriate to the area. She began experimenting with wildcrafting and cultivation, inoculating the property with various functional mushroom spawn and introducing more medicinal plants. In late 2022 she formed an LLC and began offering wildcrafted products, functional mushrooms, and advice around herbal medicines at first to friends and neighbors and branching out as she made connections.

Functional mushrooms, Dallas said, tend to have an adaptogenic effect, bringing body systems back into equilibrium. She has wildcrafted Ganoderma (Reishi) and Turkey Tail, and she is cultivating Stropharia rugosoannulata (Winecap or Garden Giant mushrooms), which she said are native to this area and which remove heavy metals, biotoxins, and other contaminants from soil, leaving behind clean compost. They are gregarious growers, she said, and also a delicious renewable food source, containing high amounts of protein and vitamin D.

Dallas has done work as a sustainability project manager for the Rudolph Steiner Lower School of Ann Arbor where her children attend. There she designed and managed installation of a food forest, mushroom beds, and medicinal herb spiral on campus. She has done similar projects for private residences. She has also led a nature-based play group called Tree Town Tots, taking children on foraging adventures where they learn land literacy, plant and mushroom identification, and develop a reverence for nature. She is associated with a consortium of practitioners including MDs, Dos, LMSWs and alternative wellness providers, offering various mind, body, and spiritual wellness services. Through cooperation and referrals, they are able to offer holistic customized wellness plans with mind/body/spirit and earth balance in mind. "My aim is to connect clients with the right resources to achieve their wellness objectives, always with a tie to nature and spirituality."

The Modern Shaman office is located at 876 Grove Street., Ypsilanti, MI 48197. Office hours are by appointment, seven days a week. Toni Dallas can be reached by email at toni.m.dallas@gmail.com and more information is available on her website, modernshaman.net.

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August 2025

THE CRAZY WISDOM CALENDAR



Calendar edited by Kaili Brooks

Art and Craft

Fiber Arts with Dzanc House • Thursday, August 7 & 21 • 6 to 9:00 p.m. • Do you work in fiber arts? Want to meet with other artists who also crochet, knit, embroider, etc? Come on out to hang at Dzanc House and be in community as you engage in your work. We are a safe and inclusive space. FREE. For more information email Dzanc House at gallery@dzancbooks.org.

Figure Drawing with Dzanc House • Wednesday, August 13 & 27 • 6:30 to 9:00 p.m. • Practice drawing from life at Dzanc House. All skills are welcome! We recommend you bring your preferred drawing utensils and a sketchbook/large drawing pad. Model and light refreshments included. \$10. For more information email Dzanc House at gallery@dzancbooks.org.

Collage & Chill with Dzanc House • Tuesday, August 5 & 19 • 6 to 8:00 p.m. • No theme. No agenda. Just collaging. Supplies are provided, but feel free to bring your own as well! Suggested donation of \$5. For more information email Dzanc House at gallery@dzancbooks.org.

“Rites of Passage of Time:” Gallery Exhibition with Ginger Chase • Friday, August 1 • 6 to 9:00 p.m. • Tree ring growth. Ice formations. Interference patters in water. “Rites of Passage of Time” documents this phenomena with a specific purpose in mind: to highlight the resilience that exists in nature (and us) through multiple visual remnants of natural responses to trauma and change. FREE. For more information email Dzanc House at gallery@dzancbooks.org.

Book Events

Silent Sustained Reading with Dzanc House • Saturday, August 9 • 1 to 2:30 p.m. • A coveted time to simply focus on reading! Bring your favorite book, snack, or drink, and we will have space to spread out and enjoy reading in the company of others who also love to read. All peoples and ages are welcome. For more information email Dzanc House at gallery@dzancbooks.org.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times, with Demo Rinpoche • Sunday, August 3, 10, 17, 24, & 31 • 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. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Never-Ending Lamp of Liberation: A Lam Rim Master Class with Demo Rinpoche • Tuesday, August 15 • 7 to 8:30 p.m. • In the Tibetan language, “Lam Rim” means the Stages of the Path and concisely presents the Tibetan Buddhist path in logical steps that can be learned by the practitioner. With Rinpoche’s special guidance, the Lam Rim can help us develop a stable mind committed to enlightenment. No charge for Jewel Heart members; \$100 for non-members. Give 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.

Breathwork

Guided Group Breathwork with Jackie Miller • August 3 & 17 • 6 to 7:30 p.m. • A group session of gentle, energizing, connected breathing 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.

Ceremonies, Celebrations, and Rituals

Women’s Goddess Circle with Chandra • Ongoing 3rd Wednesdays • 6:30 to 8:30 p.m. • A monthly meet up for Maven, Late Millennial, Gen X, and older women. Everyone is welcome but topics will center around these ages & stages. Topics center around: book suggestions, goddess study, cycles of life, seasonal crafting, intention setting activities, anti-fascist banter, connection, and more. FREE. For more information contact events@crazywisdom.net.

Children and Young Adults

May & June Littles Clubs with Leslie Science & Nature Center • Ongoing Wednesdays or Fridays • Explore the outdoors with the Little Naturalists Club for the months of May and June! Join our Littles Clubs (two and three-year-olds) community while we explore themes of Beautiful Bugs, Camp-Out, and Blowing Bubbles. All six weeks occur at the Leslie Science and Nature Center rain or shine. The program costs \$250 and includes admission to the Ann Arbor Hands-On Museum each program day as well as snacks at every session. Enroll your child today and watch them become budding scientists and explorers of the natural world. For more information visit discoverscienceandnature.org.

Critter House Open Hours with the Leslie Science & Nature Center • Ongoing Weekends • 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 the home to many species native to the region. It’s a great way to get up close and personal with some adorable and unusual animals, all while developing an appreciation for the incredible diversity of the natural world. FREE, \$5 suggested donation. For more information visit discoverscienceandnature.org.

Fireside Fun with the Leslie Science & Nature Center • Friday, August 29 • 6:30 to 8:30 p.m. • There's nothing quite as relaxing as sitting around a campfire and swapping stories! 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. No registration required. FREE.

New Moon Night Hike with the Leslie Science & Nature Center • Friday, August 22 • 8 to 9:30 p.m. • Enjoy a night hike under the stars to celebrate the alignment of the moon and the sun. We will do some science experiments out on the trail to understand how different animals' eyes see in the dark, learn about night hike etiquette, and visit nocturnal animals to learn about how they survive. After the hike, we'll hear stories and poems inspired by the moon and enjoy a campfire. Pre-registration required. \$5 per person, 2 and under free. For more information visit discovercienceandnature.org.

Critters Up Close with the Ann Arbor Hands-On Museum • Saturday, August 30 • Noon to 3:00 p.m. • Critters Up Close is back! 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 visit discoverscienceandnature.org.

Death and Dying

Ann Arbor Virtual Death Café with Rachel Briggs • Saturday, August 2 • 11:00 a.m. to 12:30 p.m. • Conversation on Zoom about all things related to death and dying. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. Coffee, tea, and snacks available. Open to all adults. Accessible, confidential. Please note, this is not a grief support group. FREE. For more information visit DeathCafe.com.

Ann Arbor Death Café with Merilynne Rush • Saturday, August 16 • 11:00 a.m. to 1:00 p.m. • Conversation about all things related to death and dying. Participants join in small and large group discussion with deep listening and sharing from the heart. No agenda, no presentation. Coffee, tea, snack available. Open to all adults. Accessible, confidential. Please note, this is not a grief support group. FREE. For more information visit DeathCafe.com.

End-of-life Doula Training with Merilynne Rush • Wednesday, August 6, 13, & 20 • 4 to 7:30 p.m. • Learn from an experienced doula and hospice nurse and a diverse team of facilitators. 100-page study guide includes resources on how to set up a business. No prior experience necessary. We emphasize practical aspects of caregiving, addressing the whole person and their "family," and culturally and LGBTQ-sensitive care. \$725; scholarships and payment plans available. For more information contact Merylinne at (734) 395-9660, email thedyingyear@gmail.com, or visit TheDyingYear.org.

Drumming

14th Annual Drum and Dance Jam with Curtis Glatter • August 3 • 7:30 to 9:00 p.m. • Drumming improves musicality, hand/eye coordination, and cognition; relieves stress, and enhances spiritual joy in all ages! No experience is necessary. Bring a drum, or use one provided by the event. \$5. For more information visit interfaithspirit.org.

Drumcommunity with Lori Fithian • Saturday, August 16 • 7 to 8:30 p.m. • Join us for drumming, singing, and maybe dancing. All ages welcome. This is a family friendly event with focus on fun, rhythm games, and community-building activities. No experience expected! Drums provided or bring your own. FREE, \$5 suggested donation. For more information contact Lori at (734) 426-7818 or email lorifithian@mac.com.

Energy and Healing

Chi Kung (Qigong) with Master Wasantha Young • Ongoing Tuesdays from 6 to 7:00 p.m. AND/OR Thursdays from 10 to 11:00 a.m. • The Wild Goose Qigong Form—continuous movement using imagery, yogic like stretching, touching acu-points, and engaging with universe, nature, and earth energies. Come Tuesdays (hybrid) and/or Thursdays (in-person) same price. \$215 for the semester. For more information contact the Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Brain Doodle Tune Ups for Groups Online with Debra Metler • Saturday, August 2, 9, 16, & 23 • 11 a.m. to Noon • Brain Doodle Tune Ups utilize the healing power of doodling to reduce stress, improve cognitive abilities, increase creativity, and more. Your group of friends or relatives will enjoy doodling activities during a one hour, refreshing, online workshop with Debra Metler MSW, CHC. Minimum of 3 people/group workshop. \$15 for each group member or workshop. For more information contact Debra at (248) 819-2131, email debmetler@gmail.com, or visit guffaw.square.site.

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Energy and Healing continued...

Debbie's Doodle Parties for Groups Online with Debra Metler • Wednesday, August 5, 12, 19, & 26 • 8 to 9:00 p.m. • Debbie's Doodle Parties for Groups Online by Debra Metler MSW, CHC are a lot of fun and can help you keep your brain healthy at the same time. Each online Doodle Party is 1 hour long and full of interactive doodling activities, and more. Invite friends, etc. to party with you (minimum of 3 total). \$15 for each group member/Doodle Party. For more information contact Debra at (248) 819-2131, email debmeter@gmail.com, or visit guffaw.square.site.

Gentle Qigong with Rory Walsh • Saturday, August 9, 16, & 23 • 11 to 11:45 a.m. • Join us for a harmonizing flow of head-to-toe movement, meditation, and self-acupressure to help you to center and navigate the changing seasons. It is a fun and invigorating self-care practice for all ages and experience levels. Free on May 10! From May 31, \$15 Drop-in, \$95 for full term of seven classes. For more information contact Rory at info@momentuscoaching.com or visit momentuscoaching.com.

Festivals and Fairs

Enlightened Soul 2-Day Holistic Psychic Fair with Amy Garber and the Enlightened Soul Center • Saturday, August 9 & 23 • Noon to 6:00 p.m. • We have a selection of readers and healers for your enjoyment, along with visiting vendors for shopping! What a great way to explore a variety of readings and healings at one time, under one roof. Plus, energy healers, shopping, FREE snacks & parking. You choose the session length. Readers: \$2/minute, 15-minute minimum. Entrance fee \$5. For more information contact Amy at (734) 358-0218, email amy@enlightenedsoulcenter.com, or visit enlightenedsoulcenter.com.

Japanese Bon Festival at Cranbrook #MIBON2025 with Great Lakes Taiko Center • Sunday, August 10 • 1 to 5:30 p.m. • A Michigan community celebration of the Japanese Bon Festival featuring Bon Odori folk dancing and demonstrations, Japanese Taiko drumming and music, and cultural booths

for all to enjoy at the historic grounds of the Cranbrook Japanese Garden in Bloomfield Hills, MI. FREE. For more information contact Great Lakes Taiko Center at (248) 773-8899, email gltc@greatlakestaiko.org, or visit michigantaiko.net.

Film

Free Film & Discussion with Jewel Heart Instructors • Friday, August 8 • 7 to 9:15 p.m. • FREE, concessions available. Film schedule is as follows:

- August: Hidden Figures. Three African American mathematicians help an astronaut launch into orbit while dealing with discrimination.

For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org or visit jewelheart.org.

Holistic Health

Steiner Health Summer Internship Program with Dr. Molly McMullen-Laird, MD and Dr. Quentin McMullen, MD • Tuesday, August 5, through Sunday, August 10 • The Steiner Health Summer Internship Program is designed for students aged 18-30 who are invested in learning about anthroposophical medicine, nursing care, therapies, nutrition, lifestyle, biodynamic agriculture, and community building. Interns will work at a variety of settings serving low-income patients, putting what they have learned into practice, according to their interests and abilities. We will be joining existing service organizations in southeast Michigan. \$75 application fee, program is free. For more information contact the Steiner Health Center at (734) 663-4365, email rshe@steinerhealth.org, or visit steinerhealth.org/retreat-center/internship-program/.

Intuitive and Psychic Development

Psychic Psychology Women's Group: Teleconference with John Friedlander & Gloria Hemsher • Tuesday, August 5 • 7 to 8:00 p.m. • For Women Only: Meditation 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.com.

Focused Mind Meditation: Teleconference with John Friedlander • Sunday, August 3 • 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, as well as a new level of mental clarity and spiritual openness. \$15, see website for payment information. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.com.

Meditation

A Day of Mindfulness Meditation with Esther Kennedy • Saturday, August 2 • 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 our relationships with honesty and courage, we amplify our capacity to be loved within family, neighborhood, city, and world. \$35.00, Lunch included. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Meditation on Compassion with Khenpo Tshering Chopel • Ongoing Saturdays • 10:30 to 11:30 a.m. • Meditation on compassion opens our hearts to genuinely care for all beings. Recognizing that everyone shares the wish to be happy and free from suffering, we practice broadening our focus beyond our own wellbeing. Ongoing; participants can attend whenever they wish; no prior meditation experience necessary. FREE, donations accepted. For more information contact Lama Nancy at (734) 649-2127, email lamanancy@karunabuddhistcenter.org, or visit karunabuddhistcenter.org.

Healing and Compassion Meditations with Hartmut Sagolla • Monday, August 4, 11, 18, & 25 • Noon to 1:00 p.m. • Hartmut Sagolla leads a 30-40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditations. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org or visit jewelheart.org.

White Tara Guided Healing Meditation with Jewel Heart Instructors • Sunday,



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A Conversation with Eeth, the *Praying Mantis*

By Peggy River Singer

Eeth: You can call me Eeth, or Twitch. My people do not communicate in noises that humans can hear. Instead, we exchange the energies of our thoughts. We have nothing like a written language, there is no need. If we wish to call up a moment from our history, there are always other mantises—living and departed—who can supply that information.

Peggy: Thank you Eeth! I wrote an article about your people that included this information: “About 75 years ago, some researchers kept a bunch of mantises in a cage for study, but forgot to feed them, leading to cannibalism. This seems to be the origin of the ‘females always eat their mates’ theory.”

Eeth: Those mantises are listening (in spirit form) and are expressing amusement. They are (celebrities) among us for their involuntary participation in this study which was taken so seriously by humans for so many years.

Peggy: But didn’t most of that captive group die because they were not fed?

Eeth: Yes, but we depart the physical body and take up a new one very easily. The mantises simply made their decisions and moved on.

Peggy: There is still endless speculation among us humans about why and how often female mantises eat males. Can you clarify that for us, please?

Eeth: Actually, no. We find it very entertaining to see humans arguing over such a matter, which really is our business alone. Some humans need to learn that they cannot always find a “concrete” yes or no answer to puzzles such as ours, and we are pleased to provide this lesson for those with inflexible yes-or-no thought patterns!

Peggy: Years ago I saw a mantis in a flower pot at the door to my local library. Was it there to give me some specific message?

Eeth: I perceive that this is a common experience for you, but that was simply a coincidence.

Peggy: As a child I captured mantises and kept them in big jars. Now I realize that was unkind, especially since I didn’t take very good care of them. Can you help me apologize to them, so I can let go of the guilt I’ve felt all these years? Oh! I’m feeling a sense of comfortable warmth!

Eeth: Those mantises are offering forgiveness, and encouraging you to let go of your traumatic guilt. They actually spent quite a bit of time out of body. And they sang/hummed together at night to help soften and counteract the dark and fearful atmosphere of your home at that time. You were the only family member who accepted—on a soul level—their healing.

We encourage you to focus on the fact that you *did* decide one day to release all those mantises into a nearby field where they would find shelter and abundant food to restore their strength and energy.

Peggy: [tearful] Thank you, I really needed to hear that.

[A few minutes of companionable silence.]

Peggy: There are more than 2,000 species of mantis today that we know of. What is the role of the mantis folk in the greater world, the physical world, and the worlds beyond?

Eeth: Our lessons include the value and depth of expression of simple silence and stillness. You call this a form of meditation, but it is far more than that. It is connection with All That Is, on all levels of existence. We would like to see more humans embrace this practice, even if only for a few minutes a day. It would help make great differences in the energies of today’s world. I think that’s enough wisdom for today! [winks]

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



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Day of Meditation with Carol Blotter • Saturday, August 23 • 9:00 a.m. to 4:00 p.m. • Experience some peace and calm in a wooded setting with silent sitting and walking in a meditative manner. Meditation instruction available. Suggested Donation of \$30-60; pay what you can. Event held at the Michigan Friends Center, 1125 Long Lake Road, Chelsea. For more information email manager@mfcenter.org.

Music, Sound, and Voice

Live Music Fridays with Stuart Benbow • Ongoing Fridays • 7:30 to 9:30 p.m. • Live Music in the Celestial Lounge at Crazy Wisdom Bookstore hosted by Stuart Benbow. New acts every week! Everyone welcome, donations requested. For more information email events@crazywisdom.net.

Sound Bath Meditation with Michelle Camilleri • Thursday, August 7 • 6:30 to 7:30 p.m. • Immerse yourself in sound bath therapy with 432hz crystal singing bowls and other sound tools at Up Stairs at Crazy Wisdom. Will promote deep relaxation while fostering a sense of well-being. Bring a yoga mat, blanket, pillow, and eye mask. \$30. For more information follow @soleful77 on Instagram, text (917) 842-2409, email michelle.camilleri26@gmail.com

Open Mic with Dzanc House • Thursday, July 17; August 14 • 6 to 8:00 p.m. • Share your poetry, short stories, or songs at Dzanc House! Open Mic is a monthly time of sharing and caring for one another in a meaningful way. FREE. For more information email Dzanc house at gallery@dzancbooks.org.

Singing for Comfort with Layla Ananda • Friday, July 10; August 14 • 7 to 8:15 p.m. • We sing short, easy-to-learn, comforting songs, many of which come from the Threshold Choir repertoire. You can sing along, lead a song for our friendly, welcoming group (usually around a dozen people), or simply listen. No experience necessary. FREE, but donations are gratefully received. For more information visit interfaithspirit.org.

Cafe 704 with Interfaith Center for Spiritual Growth • Saturday, August 9 • 7 to 9:00 p.m. • Live music in a smoke- and alcohol-free venue, in person and on Zoom. Schedule is as follows: Julie Beutel (May 10), Mary & Eric Fithian (June 14), Relics of the Future Past (July 12), Ken Kazora Quartet (August 9) \$10. For more information contact the Interfaith Center for Spiritual Growth at interfaithspirit.org.

Release & Renew: A Sound Bath Experience with Martina Smith • Sunday, August 10 & 24 • 6:30 to 7:30 p.m. • Unwind and discover inner peace through the transformative power of sound. Immerse yourself in the soothing sounds of crystal bowls, gongs, binaural beats, curated frequencies, and more. These harmonious vibrations will promote deep relaxation and restoration, guiding you toward balance and inner harmony. In-person or on Zoom. \$20 on Zoom, \$30 advance discount, \$40 at the door. For more information contact Martina at (313)406-7928 or email info@wellnessandsound.com.

Flower Sound Bath with Rob Meyer-Kukan • Friday, August 1 • 7 to 8:30 p.m. • Celebrate the beauty of flowers with this flower themed sound bath! 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. This collaboration is done with Ypsilanti's We Adore Flowers. \$45. For more information contact Rob Meyer-Kukan at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Intro to Sound Therapy Workshop with Rob Meyer-Kukan • Saturday, August 23 • 10 a.m. to 4:00 p.m. • In this workshop we will explore how healing with sound works. Participants will learn the basics of sound, the history of sound therapy, the tools used in sound therapy (specifically Himalayan singing bowls, crystal bowls, and gongs), and the applications for group and individual use of sound therapy. \$325. For more information contact Rob Meyer-Kukan at (248) 962-5475, email contact@7notesnaturalhealth.com, or visit 7notesnaturalhealth.com.

Nutrition and Food Medicine

Nutrition Evangelism with Valerie Thomas • Thursday, August 7 & 21 • 7:30 to 8:30 p.m. • Explain the role of specific nutrients that enter the body when a given food is consumed on health and healing. Single person \$10; Couple \$17; Triple \$40. For more information contact Valarie at (734) 351-8892 or email ChE4theEarth@gmail.com.

Peace

Peace Generator with Craig Harvey • Friday, August 16 • 7 to 9:00 p.m. • Join our silent circle as we meditate on and pray for healing, miracles, and peace within ourselves and across the globe. Drop in at any time during this event. Donations gratefully received. For more information contact Craig at peacegenerator2001@gmail.com.

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Personal Growth

Pearls of Wisdom with Master Wasantha Young • Monday, August 4 • 6 to 7:30 p.m. • Hosted by the Peaceful Dragon School, the first Monday of the month. We will start each session with Peaceful Dragon Rising Stretches respectively followed by a focus presentation in the following topics: Center, Cleanse, Revitalize. Master Wasantha Young; This Energy Body - Acupuncturist Abby Humphrey; Shadow Work for Liberation - Priestess Mara Evenstar; and Community Activism in 2025 - Anna Gersh. Donation driven - suggested \$10. Location: 1945 Pauline Blvd., Suite B, Ann Arbor, MI 48103. For more information contact Peaceful Dragon School at (734) 741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

A Practical Guide to Healthy Aging with Marianne Fahlman and Esther Kennedy • Tuesday, August 12 • 9:00 a.m. to 2:00 p.m. • Join Marianne Fahlman, OP and Esther Kennedy, OP as they share their learning on taking care of our bodies and our spirits. The day will include staying physically healthy, lessons on nutrition, and ways to reduce stress and increase mindfulness. Weather it's for yourself or for someone you're caring for, you will be glad you came. \$35 includes lunch; scholarships available. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.

Lunch & Learn: There's Nothing Like a Good Massage! With Savvy Boyd & Kendra Crombez • Wednesday, August 13 • 12:15 to 1:00 p.m. • Massage Therapists will describe different massage therapies and their many benefits. \$10 lunch included; Free if you bring your own lunch. Please register 2 days in advance. For more information contact the Weber Center at (517) 266-4000 or visit webercenter.org.





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Reiki

Usui System of Reiki Healing, Second Degree with Suzy Wienckowski • Saturday, August 2 from 10:00 a.m. to 4:30 p.m. & Sunday, August 3 from 10:00 a.m. to 1:00 p.m. • Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. (First Degree training is a prerequisite.) \$500. For more information contact Suzy (734) 476-7958 or email suzyreiki@aol.com.

Reiki Certification Training with Ashley Crawford and Paula Burke • Sunday, August 24 • 9:00 a.m. to 6:00 p.m. • Reiki Level 1 students are led through a step-by-step discovery of the practice, beginning with the concept that we are all capable of moving toward a state of balance and wellness. Reiki Level 2 training continues our learning tradition of lecture, discussions, self-treatment and clinical practice with classmates and the community. Level 1 \$177; Level 2 \$177; Both for \$333. For more information contact Ashley (734) 444-8386 or email ashley.keymessage@gmail.com.

Retreats

First Friday Micro Retreat- yoga, meditation & sound bath with Leslie Pert & Rob Meyer-Kukan • Starting Friday, August 1st 5:15 p.m. Every first Friday- A collaboration with 7 Notes Natural Health, LLC and Peachtree Yoga, LLC. A series of three events held at one location, 60 minute yoga, 20 minute meditation, and 90 minute sound bath. Come for one, two, or stay for all three events for an evening of self-care to reset and refresh. MUST register separately for each event. for more information contact Peachtree Yoga at info@peachtreewellnessmi.com or visit the website of 7 Notes Natural Health- ata7notesnaturalhealth.com/contact or lesliepertz.com/peachtree-yoga.

The Nature Pilgrimage with Rooted Goddesses and Nature Spirits with Mary B Seger NP PhD • Friday and Sunday, August 15 and 17; September 19 and 21 8:45 a.m. to 4:00 p.m. The pilgrimage in Boyne City, Michigan begins by choosing one of the seven contemplative site you would like to visit. At six of the sites there are three Rooted Goddesses or Nature Spirits. Each one has a story and questions for you to contemplate and journal. You will spend an hour with each one. One site is a comfort spot, where you will have time contemplate your life. As you sit in the contemplative sites you will be considering what you want to release from your life and what you want to bring in to your life. \$150. In Boyne city, MI. For more information contact Mary Seger at mary@maryseger.net, or visit maryseger.net.

One Day Retreat with Dharma Teachers • Saturday, August 9 • 9:00 a.m. to 5:00 p.m. • Unplug from media, put aside "to do lists and follow your urge to meditate, just sit. The schedule includes periods of sitting meditation, walking, mindful work practice, rest, and simple stretching with a delicious vegetarian lunch at midday. \$50 (members) \$60 (nonmembers). For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Shamanism

Journey Circle with Judy Liu Ramsey • Thursday, August 7 & 21 • 7 to 8:30 p.m. • Shamanic group journeying for personal discovery and inner work. Required: basic journeying skills, which are not taught in these sessions. Apply to attend by emailing info@JudyRamsey.net. Held online via Zoom. \$25 per session or \$40 per month. For more information contact Judy at info@judyramsey.net or visit judyramsey.net.

Introduction to Journeying with Connie Lee Eiland • Sunday, August 10 • 10:00 a.m. to 5:00 p.m. • This 6-hour class includes Power Animal retrieval and journeying to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. Class is in-person. \$80 until two weeks before; \$100 after. For more information contact Connie at 248-809-3230 or email clshebear7@gmail.com.

Basic Telepathic Animal Communication with Judy Liu Ramsey • Saturday & Sunday, August 2 & 3 • 9:00 a.m. to 4:00 p.m. • Enhance your relationship to wild animals as well as to your own companions. Learn to communicate with animals the way they communicate with each other telepathically. Discover and deepen your intuitive skills step-by-step in a supportive environment. Class is via Zoom. \$180 per person, \$90 for repeating students. For more information contact Judy at info@judyramsey.net or visit judyramsey.net

Shamanic Healing for Animals II with Judy Liu Ramsey • Tuesday, August 5, 12, 19, & 26 • 7 to 9:00 p.m. • Deepen your shamanic techniques working with animals' ancestors and the elements for conditions like dementia. Psychopomp and grief/loss for animals will be covered in depth. Pre-requisite: Shamanic Healing for Animals I. The class is taught via Zoom. \$325 per person,



\$160 for repeating students. For more information contact Judy at info@judynamsey.net or visit judynamsey.net

Spiritual Development

A Water Pilgrimage: Transforming Your Life, and the World through Water with Amanda Anastasia • Saturday, August 9 OR 16 OR 23 • 9:00 am to 4:00 p.m. • Water is waiting for your prayer. If you are looking for deep, sustainable transformation in your inner and outer world, the crystal-clear water of Northern Michigan is calling. This retreat will take place in the Sleeping Bear National Lakeshore. We will engage in earth-based ceremonies designed to create a New Earth. The world is lovingly ready. \$160/day, lodging not included. For more information contact Amanda at amahessling@gmail.com.

Sustainable Living Skills

Ypsi Farmers Market with Growing Hope • Through October • 9:00 a.m. to 1:00 p.m. • Join us at the Ypsi Farmers Market! All season long, we're bringing the community together with a series of vibrant events celebrating local entrepreneurs, culture, food, and fun! From empowering young business owners to honoring heritage and connecting people with resources, there's always something special happening. Special events: May 3rd- Opening Day; May 17th - Children's Entrepreneurial Market; June 21 - Juneteenth Celebration; July 26th - Community Resource Fair; Aug 9th - Food Safety Event/ Mid-Summer event. FREE. For more information visit ypsimarkets.info.

Sustainable Skills Worktrade at Strawbale Studio with Deanne Bednar • Full Month of August • An enriching opportunity to live and contribute 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 and board. 30 hours of work trade a week. No fee. Room, board and enrichment in exchange for help. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

The Joy of Spoon Carving: Workshop with Deanne Bednar • Saturday, August 16 • 10:00 a.m. to 5:00 p.m. • Learn to safely and effectively use several tools to make a spreader knife and simple spoon. We will harvest the wood from the land that day. You can take home extra wood to continue your whittling. Whittling kits with a sloyd and hook knife will be available to buy (\$15 - \$40) so you can go home and keep carvin'! Bring your own bag lunch. \$65, some scholarships available. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

Eco Cooking Workshop with Deanne Bednar • Saturday, August 23 • 4 to 7:00 p.m. • See and experience a number of cooking devices at Strawbale Studio! Cook a meal on the outdoor rocket cooker. Heat some food in the solar cooker. Use the insulative cooker, see the earth oven and learn a few other "hot" cooking tips! \$45. For more information contact Deanne at (248) 496-4088 or email ecoartdb@gmail.com.

Tai Chi, Martial Arts, and Self Defense

Beginning Tai Chi with Master Wasentha Young • Ongoing Mondays from 10 to 11:15 a.m. AND/OR Thursdays from 6 to 7:15 p.m. • Tai Chi, often characterized as a moving 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! \$215 for the semester. For more information contact Peaceful Dragon School at 734-741-0695, email info@peacefuldragonschool.com, or visit peacefuldragonschool.com.

Chen Tai Chi Ch'uan with Joe Walters • Ongoing Mondays & Thursdays from 5 to 6:00 p.m. OR Saturday from 9:30 to 10:30 a.m. • Unique movement art emphasizing inner stillness and relaxation developed through disciplined whole-body integration and refined awareness. Instruction in stance training, coiling exercises, and Chen forms. FREE. For more information contact Joe at annarbortaiichi@gmail.com or visit annarbortaiichi.com.


Wu Style Tai Chi Chaun with Marylin Feingold • Sunday, August 3, 10, 17, 24, & 31 • 4 to 5:00 p.m. • Learn the ancient art of meditation in motion with this "soft style" martial art emphasizing relaxation and balance. Drop-in: \$5 per session collected at the door. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Tarot and Divination

Tarot Reader Dr. Mari Ziolkowski • Ongoing Wednesdays • 2 to 7:00 p.m. • Highest Guided Meditative Tarot card readings, light language channeling, healing, and clearing, as well as herbal healing divinations. 10-minute, 1 Question, 2-Card Readings for \$20. Otherwise, \$2/minute; 30-Minute Minimum. For more information contact events@crazywisdom.net.

Tarot & Oracle Readings with Nina McDermott • Ongoing Fridays • 2 to 8:00 p.m. • Reading a combination of Tarot and/or Oracle cards, Nina uses her intuitive gift to take a deep look into a situation, relationship, or

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By Angela Verges

Imagine you're at the airport going through security, then your flight is announced over the intercom. "Flight 4621 is now boarding for Honolulu, Hawaii at gate 7D." You are not at your gate. You stuff your feet into your shoes and grab your remaining belongings from the metal conveyer belt and dash across the airport.

Panting, perspiring, and pooped, you arrive at 7D, just before the door closes. Once in your seat, your shoulders relax, your face softens, and you breathe a sigh of relief. The effort was worth it.

Now reflect on your parenting journey. Do you remember the ooo's and ahhh's when your cherub took his first steps? Followed by the "oh, no" when he learned to open cabinet doors and drawers, and pull everything out? One minute you're teaching them to walk, the next you're engaged in a Google search on how to let go.

In no time at all have you transitioned from being a full-time parent, into the role of parttime worrier. When did this happen? It happened in phases. Below are six phases of parenthood that you may experience that lead up to an empty nest.

The Dreaming Phase

This is the phase where you envision serene bedtime routines, shopping for cute baby clothes, and rocking your baby to sleep while singing sweet lullabies. Some days those dreams are reality. Then there are those times when nothing soothes your tiny human. I remember a time when I was sitting in my rocking chair with my son cradled in my arms, the chair gently swaying as I sang. I must have hit a bad note because suddenly he started crying. I began rocking faster, singing louder, but he kept crying. The next thing I knew, we were both crying. I don't know who fell asleep first, but I was thankful that we both reached a dream state.

The Little Explorer Phase

In this phase, your little explorer takes you through the land of sticky fingers and curious minds. Your fearless toddler is an archaeologist of the kitchen cabinets. It was in this phase that I discovered my son had the strength of Sampson from the Bible. He pulled a cast iron skillet from the cabinet along with other pots and pans and created his very own musical ensemble.

The School-Age Phase

Happy times are on the horizon as you enter this phase of parenting. Your little one is active in school. Suddenly you're a chauffeur, homework helper, science fair project co-creator, snack supplier, and sometimes a detective. You start collecting permission slips like trading cards and master the art of last-minute miracles. It was the second-grade field trip to the Toledo Zoo where I had to apply detective skills. I was one of the parent chaperones. All five boys in my group followed my directions except one—my son. He brought his favorite stuffed animal, Pablo from the cartoon The Backyardigans, along for the trip. I told my son to let Pablo ride in my backpack, but he gripped Pablo tightly and said, 'I'll keep him.'

Well, at some point during our journey, my son's grip loosened, and Pablo came up missing. We retraced our steps, no Pablo. Pablo's new home was somewhere in the zoo, resting among his peers. Pablo was such a cute fellow, I bought a new one for my son. This time he listened to me and didn't take Pablo too far from home. My son is now twenty-five years old and Pablo now lives on my dresser, stuffed with memories.

The Teenage Tunnel

Aaah, the teen years, I call this the amusement park stage of parenting. It is suggested that you keep all hands, feet, and emotions inside the ride at all times. This phase is a mix of hormones, eyerolls, and sighs of exasperation... from you.

I remember an occasion when I asked my teen son to mow the lawn. The next day I noticed he had completed the front yard. When I mentioned this to my son he said, "Oh you wanted the backyard cut, too?"

The Launch Prep Phase

In this phase you're preparing your young adult for the real world—college, jobs, or moving out. The summer my son graduated high school, I encouraged him to practice cooking meals. I told him, "Choose one night each week to prepare a meal of your choosing." We were successful in carrying this out twice. I sent my son away to school with a George Forman Grill, a few pots and pans, and a rice cooker. I was rewarded with a few pictures of the meals he prepared. His grilled chicken breast and rice looked pretty appetizing.

The Letting Go Phase

You've raised them, released them, and now find yourself both proud and teary-eyed. You learn to let go while still holding on—to memories, love, and the occasional weekend visit with a bag of laundry. My son came home one Thanksgiving with a bag over his shoulder like Santa Claus. He entered the house and yelled up to my bedroom, "I'm home and bearing gifts." When I reached the landing of the stairs, I saw that my son had gifted me with his bag of dirty laundry. I think he missed that scent of *Gain freshness*.

Letting go does not mean the end. It is the beginning of a new season, more adventures. The diapers are gone, the nest is empty, but now is the time to take off in a new direction. Take that vacation you have always wanted to. Imagine you're at the airport, you've made it through security, and waiting patiently at your gate. There is no panting, perspiring, or feeling pooped. You are ready for departure, ready to parent from the sidelines, and let your child transition into adulthood. Know that you have done a good job. Cherish your memories.



Angela Verges is a native Detroiter who blogs about her wacky kids, weight gain, and wild chin hair among other things. She views life's situations uniquely through steamed eyeglasses due to hot flashes. You can find her on stage bringing laughter to others. Follow Verges on Instagram @writermama223, on Facebook @angela.verges or visit her website angelaverdes.net.



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question, offering you unique perspectives for insights and positive change. Readings range from \$20 to \$65. For more information contact Nina at nina@seeseehealing.com, visit seeseehealing.com, or email events@crazywisdom.net.

Oracle Readings with Dr. Suzy Adra • Ongoing 1st, 2nd, and 3rd Saturdays • 11:00 a.m. to 3:00 p.m. • You will gain insight about your most urgent or pressing dilemma or question in addition to clarity and guidance on what to do moving forward. \$3 min./15 minute minimum. For more information contact events@crazywisdom.net.

Intuitive Readings with Marcella Fox • Ongoing Last Weekend of the Month • Noon to 3:00 p.m. • Marcella Fox has over 20 years of experience doing intuitive readings. \$20 for first 15 min. \$1 per min additional. For more information contact events@crazywisdom.net.

Tarot 101 with Nina McDermott • Saturday, August 2 from 12:30 to 2:00 p.m. OR Wednesday; August 6 from 6 to 8:00 p.m. • Class will cover history and basics of Tarot and how to start doing readings. Learn the differences between Tarot and Oracle decks and experience using cards to connect to your intuition while also getting a multi perspective reading. We end with a 30-minute clinic to practice, discuss, and share knowledge with others in the community. \$45. For more information contact Nina at nina@seeseehealing.com or email events@crazywisdom.net.

Community Tarot Clinic with Nina McDermott • Saturday, August 2 from 2 to 2:30 p.m. OR Wednesday July 2; August 6 from 8 to 8:30 p.m. • This 30-minute Tarot clinic is immediately following the Tarot 101 class and is open to anyone. Join us in this 30-minute Tarot clinic, where you can practice reading, discuss experiences, and share knowledge with others in the community. A \$5 donation is suggested for those not attending the Tarot 101 class. For more information contact Nina at nina@seeseehealing.com or email events@crazywisdom.net.



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Yoga Nidra & Meditation Class with Ann Arbor Yoga and Meditation • Ongoing Wednesdays • 11:00 a.m. to Noon • This class will 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. \$130 for 5 classes; \$240 for 10 classes. For more information contact Ema at EmaStefanova@cs.com or visit YogaAndMeditation.com.

Yoga for Anxiety Course with Ann Arbor Yoga and Meditation • Ongoing Thursdays • 4:30 to 5:30 p.m. • Classical Yoga for Anxiety program will be taught. Audio and excellent text available to develop your home practice and improve your health and well-being. \$130 for 5 classes; \$240 for 10 classes. For more information contact Ema at EmaStefanova@cs.com or visit YogaAndMeditation.com.

Yoga Meditation Self-Care Course with Ann Arbor Yoga and Meditation • Ongoing Sundays from 11:00 a.m. to Noon OR Wednesdays from 8 to 9:00 a.m. • Each class will provide a whole body deep, yet gentle and meaningful workout, total relaxation, a great variety of breathing and meditation techniques to inform and inspire stress-less and healthful lifestyle. For more information contact Ema at EmaStefanova@cs.com or visit YogaAndMeditation.com.

Hatha Yoga with Samantha Lieberman • Thursday, August 7, 14, 21, & 28 • 9:15 to 10:15 a.m. • Sam Lieberman has been practicing yoga since 1988. She received teacher trainings in Yoga Fit and Yoga Medics. Yoga Medics is a medical model approach with emphasis on alignment and therapeutic needs. Drop in, \$18 per session. 10% senior discount. Cash or Venmo at door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Yoga Stretch with Samantha Lieberman • Friday, Aug 1, 8, 15, 22, & 29 • 9:15 a.m. to 10:15 a.m. • Experience the how, why, and importance of stretching! Drop-in - \$18 per session. 10% senior discount. Cash or Venmo at door. Bring your own mats. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org. or visit jewelheart.org.

Toddler Yoga with Courtney Fitzpatrick • Saturday, August 2 • 8 to 8:45 a.m. • We're excited to bring back Toddler Yoga to the Yoga House! Parents/guardians, dust off your yoga mat and join us with your active little cutie. We'll be playing games, trying out some yoga poses, read a yoga-related book, and have some fun! This is a wonderfully relaxed time to explore movement and to have some quality time together. \$25 (or included in membership). For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

Self-Care Sunday For Women with Courtney Fitzpatrick, Penni Jones, & Lynnea Harris • Sunday, August 3 • HIIT Happy, Pulse Nutrition, and Verapose Yoga are collaborating for a super fun event, and we'd love for you to be a part of it! Includes: a 30-minute Interval Workout, 30-minute Yin (gentle!) Yoga with Guided Meditation, a 30-minute Nutrition education while you enjoy a protein shake, and time for gathering/sharing as a community at the end. \$45. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

Yoga Classes with David Black • Tuesday, August 6 • 6:30 to 8:00 p.m. • Beginning and experienced students in the classes learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration, and working with the breath. Cost is \$60 for six sessions or \$12 per drop-in class. For more information contact the Zen Temple at (734) 761-6520 or email annarborzentemple@gmail.com.

Healthy Aging Series with Jennifer Lenders • Saturday, August 9 • 4 to 6:00 p.m. • Join Jennifer Lenders, C-IAYT Yoga Therapist, for our monthly Healthy Aging Series. This series, focused on various subjects from learning to calm the mind, to healthy joints to a focus on the wellbeing of the heart, is designed to teach students techniques to feel good and age well. All ages welcome! \$40. For more information contact Verapose Yoga & Meditation House at (734) 808-4007, email veraposeyoga@gmail.com, or visit veraposeyoga.com.

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**Kandy Fredrick
Seraphina Provenzano
Country-Folk-Pop**

29th

**Starfish Duet
R&B**

7:30 - 9:30 pm

114 S Main St. Ann Arbor

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

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

Ypsilanti:

Cross Street Coffee
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibrations Kombucha

Plymouth, Livonia & Canton:

Earth Lore
Gateway Farm
Yoga Practice Center
Wellness Center of Plymouth
Zerbos

Saline:

Andrea Kennedy Center for Innovation
and Education
Eleanor's Sweets and Sodas

Chelsea & Dexter:

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

Jackson & Lenawee County:

Divine Sanctuary
Essential Energies
Irish Hills Wellness & Acupuncture
Living Grateful
Michigana HealthCare
Pegasus Spa and Leisure

Ann Arbor:

7 Notes Natural Health
Argus Farm Stop
Balance Point Fitness
Bring Your Own Container
Castle Remedies
Center for Sacred Living
Clark Professional Pharmacy
Complete Chiropractic
Crazy Wisdom Bookstore
El Harissa Market Cafe
Enlightened Soul Center
Healing Hands Physical Therapy
Jewel Heart
Kerry Town Market
Leslie Science and Nature Center
Matthei Botanical Gardens
Michigan Theatre
Mighty Good Coffee
Oz's Music
Peaceful Dragon School
Red Yoga
Roos Roast Coffee
Schuler's Books
Sweetwater's Cafe
Thrive Wellness Center
Washtenaw Community College Student Center
Wine Wood Organics

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



ON THE SHORE OF NATURE'S MAGIC, I DREAMED SUMMER KNEW NO END.

—Angie Weiland-Crosby