

March 5, 2021

Issue #44

**Cam Vozar—  
Psychotherapist, Poet,  
and  
Tai Chi Teacher**

*The*  
**Crazy Wisdom**  
*Weekly*

*shining a light in the dark*



Published by the *Crazy Wisdom Community Journal* during the Pandemic.

# The Crazy Wisdom Weekly

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Enjoy this falling snowflake guided meditation.

### The Crazy Wisdom Weekly is looking for your submissions!

We want short stories, personal essays, gardening tips, reflections on life, your best recipes, or awesome summer wildlife or nature photos! Have a great joke? Send it in! We are also looking to feature local authors, writers, musicians, craftspeople, and artists. Have a great idea for a short article? Send in your article pitch! Submissions should be sent to: [Jennifer@crazywisdom.net](mailto:Jennifer@crazywisdom.net). Please put CW Weekly submission in the subject line. Articles should be no more than 1000 words.

We look forward to seeing your submissions!





# Celebrate the season of returning sunlight and the bursting forth of the birds, bees, and trees

Spring Equinox is 3/20/2021.

Ostara, also known as the Spring Equinox, is a time of renewal, a time to plant seeds as the earth once again comes to life. This guide to the history and modern celebrations of Ostara shows you how to perform rituals and work magic to renew your power and passion for living and growing.

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

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Thank you to our contributors for this issue:

- Hannah Kanter
- Cam Vozar
- Alaina Lighfoot
- Rebecca Williams
- Carol Karr
- Jennifer Carson
- Bill Zirinsky



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

# Finding the Magic:

## How I Got into Energy Work

By Hannah Kanter

I have always loved the idea of magic. I am from the generation that grew up with Harry Potter. As a child, I wanted to be like a Disney princess and talk to animals or be like Matilda and move objects with my mind. I was very disappointed when neither of those things happened. My best friend from childhood cried when she did not get a letter from Hogwarts on her 11th birthday. The let-down hit hard.

I grew up and, like many others, I became cynical of all things mysterious and invisible to the naked eye. That is, until I had some pretty powerful experiences with energy work.

For years, I struggled with PMDD – Premenstrual Dysphoric Disorder. Basically, I would have suicidal thoughts on a regular basis and I finally figured out that the worst episodes would happen ten days before my menstrual cycle began. My negative mood was triggered by my hormones. At one point, a male psychiatrist recommended I go on oral birth control and skip the placebo week of the pill. The logic was that if I skipped the placebo week my hormones would stabilize and I wouldn't get my period. If I didn't get my period, I wouldn't get suicidal. Desperate to feel better, I complied.

A year later, I was working at a yoga studio. My boss encouraged me to experience energy work. I didn't really buy into that, but I agreed anyway—when your boss says to try something, you try it, especially if it's for free.

I had a session with a friend of my boss. Her name was Teresa. I honestly do not remember her last name. She had me lay on a massage table, fully-clothed. She put her hands on my body. It felt warm, soothing. She told me I need to stop eating so many processed foods—at the time I was living off of frozen food from Trader Joes. Then the real kicker came when she put her hands on my ovaries and all of sudden, I felt cramping. Like cramping that happens when you have your period. I could feel things moving in my body! It didn't feel bad or painful, just strange. She said that I need to bleed, that by not having my period I am blocking the energy and it's building up. After that session, my entire body felt great. My boss commented that I looked really happy. I felt—and I know this sounds incredibly corny—blissful.

Even though I was still taking the oral contraceptive and skipping the placebo, the very next day I got my period. That's right. I started to bleed and I realized that taking the pill and skipping the placebo week wasn't actually good for me. Skipping the placebo week was not good for my body. I had to find other ways to manage PMDD. (Thank goodness for complementary medicine—I find acupuncture, raspberry leaf tea, yoga and therapy to work wonders!)

During this time, approximately nine years ago, I also found this random website where a woman instructed people to play with their chakras (wheels of energy). We have seven primary energy centers—chakras—along our spine. This video instructed me to bounce an imaginary ball up and down the primary chakras. It seemed silly but I was bored pet-sitting a spoiled poodle, so I tried it and found it fun. About a year later, I was teaching a yoga class and one of my students told me that some of the practices I taught reminded her of Reiki. I didn't know much about Reiki back then. I knew someone who practiced it but I never had a real session. This student commented that when I asked everyone in class to do eye exercises and then rub their hands really quickly together to get hot, then place these warm hands over the eye sockets that it felt soothing and similar to energy work.



After several weeks of this student encouraging me to check it out, I decided to get trained in Reiki. My first training was at Beaumont Hospital. Since it was catered to medical professionals, it was super heavy with research and data, proving how this ancient practice of hands-on-healing is actually evidence-based and incredibly scientific. As someone who, according to my mother, is very “granola,” I didn't care as much about the research compared to the nurses and medical techs in my class. What I cared about was the experiential practice. At the very end of a long day of statistics and data and science, we finally got to practice feeling energy fields. Students were put into groups of three and encouraged to practice feeling the etheric layers (energy layers) on each other. When it was my turn to practice feeling a peer's energy field, holding my hand six inches away from their back, the energy felt thick, tingly, and buzzing. As if my hand was gliding up and down an invisible wall only it was tangible. One of my partners observed, “Hannah. You can't stop grinning!” I found my thing. I found magic, only it was real and in a hospital exam room and something that other people felt too!

Read more about Hannah Kanter's journey into energy work on her blog, [Healing With Hannah.](#)

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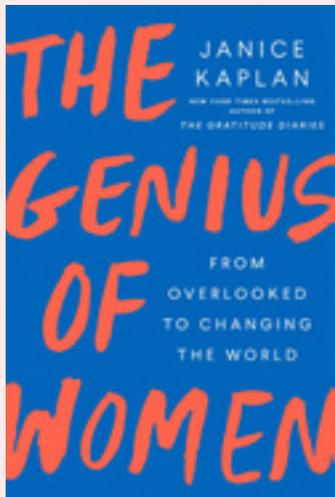
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# Crazy Wisdom Book Pick of the Week



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

## *The Genius of Women: From Overlooked to Changing the World by Janice Kaplan*

We tell girls that they can be anything, so why do 90 percent of Americans believe that geniuses are almost always men? New York Times bestselling journalist and creator and host of the podcast *The Gratitude Diaries* Janice Kaplan explores the powerful forces that have rigged the system—and celebrates the women geniuses, past and present, who have triumphed anyway.

Even in this time of rethinking women’s roles, we define genius almost exclusively through male achievement. When asked to name a genius, people mention Albert Einstein, Leonardo da Vinci, and Steve Jobs. As for great women? In one survey, the only female genius anyone listed was Marie Curie.

Janice Kaplan, the New York Times bestselling author of *The Gratitude Diaries*, set out to determine why the extraordinary work of so many women has been brushed aside. Using her unique mix of memoir, narrative, and inspiration, she makes surprising discoveries about women geniuses now and throughout history, in fields from music to robotics. Through interviews with neuroscientists, psychologists, and dozens of women geniuses at work in the world today—including Nobel Prize winner Frances Arnold and AI expert Fei-Fei Li—she proves that genius isn’t just about talent. It’s about having that talent recognized, nurtured, and celebrated.

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# Covid-19 and Taoism



By Cam Vozar

## *The Power of the Insubstantial*

Thirty spokes join in one hub  
In its emptiness, there is the function of a vehicle  
Mix clay to create a container  
In its emptiness, there is the function of a container  
Cut open doors and windows to create a room  
In its emptiness, there is the function of a room

Therefore, that which exists is used to create benefit  
That which is empty is used to create functionality  
-Chapter 11 Tao Te Ching

Every New Year's Day I consult the I Ching for advice about the upcoming year. In 2020 the hexagram I received was #32 Duration. The advice is to hold steady to your spiritual path and allow the world around you to shape itself. In June 2020, I revisited this reading and began to appreciate the advice I received.

My daily morning practice of meditation, stretching, Qi Gong, and Tai chi has not changed. My experience is an anchor of calm and flow during these difficult times. During the day covid makes me more aware of everyday risks. Washing my hands, wearing a mask, the distance between myself and other people become a daily practice of mindfulness with some presence and some distraction. I have been privileged and fortunate that neither I nor my family have gotten sick with Covid.

I work as a psychotherapist in private practice. In early March I got a mild cold. Because of the pandemic, I decided to be extra cautious and cancel my clients for the week, then Governor Whitmer declared a lockdown of all but essential services. I took a few days to acquaint myself with telehealth platforms, billing protocols, and online therapy strategies. Networking with my social work colleagues was extremely helpful. Transition to virtual psychotherapy including EMDR was remarkably easy. Fortunately most of my clients had access to computers or smartphones. My experience of providing therapy in crisis situations helped me to adapt. A few clients chose to end treatment but most continued. Privacy was a hard issue for people that were in shared living situations. There were some drawbacks like fewer nonverbal cues, and some benefits like seeing people in their home setting. I discovered how dependent I was on certain rituals of beginning and ending sessions. It is more difficult to provide comfort like a tissue through a screen. I enjoyed working from my home office rather than driving to and from work but missed the daily rituals and the in-person contact. My clients were more anxious and isolated as they

coped with Covid issues and precautions. Therapeutic support was helpful and we could share strategies. The techniques of listening, connection, creating resources, self-care, and validation worked on video as well as in person. Covid did affect their lives and the lives of their families and friends. We were helpless when a loved one became sick and missed our normal rituals of support and grief. We voiced our experience and made do.

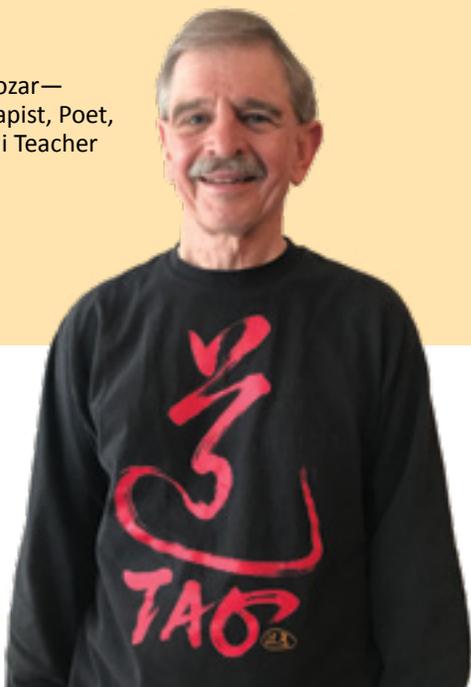
In February 2020, I was teaching two weekly Tai Chi classes and a senior student in a third. These all ended in March. At the Cancer Support Community where I volunteered, there were a couple of videos for beginning students to use in between classes. Until January 2021, that was all we offered. When the Cancer Support Community website was updated, I took this opportunity to use zoom to make a new 30 minute meditation and sitting Qi Gong video. While not perfect, it was much improved and offered cancer survivors and their families a complete class they could follow. It is available at the [Cancer Support Community website](#) or online on [Youtube](#).

In June of 2020 as the weather turned warmer, the pandemic continued. I offered to teach an outdoor masked Circle Tai Chi class. Six students agreed and we met in the parking lot of my office building for weekly practice until October. In January the group reunited via zoom and we decided to practice the sitting meditation and Qi Gong form every other week virtually. It is a joy to be able to maintain a connection to this spiritual community. I have also been able to take virtual classes with two of my favorite master teachers, Robert Peng and Chungliang. These teachers offered more classes to support people all over the world during the pandemic.

In Taoism the proper path is a balance between yin and yang, action and non-action (not-doing). Covid offers opportunities to practice this balance: waiting for my first vaccine shot, accepting that the first appointment was canceled due to supply issues; then acting immediately to accept a next day appointment when offered, grateful for the experience and the opportunity. Covid taught me about 'bubbles'. I learn to negotiate safe spaces with my partner, family, and friends. I learn the dance of what feels safe to you and what feels safe to me. I miss the loss of easy connection. I respect the protocols that keep us safe and everyone's different risk tolerances. I am grateful for the connections I have.

Respecting safety protocols is also a practice of embracing the common good. Our capitalistic and materialistic society values competition and self-indulgence. Overcoming Covid requires that we act for the common good. Vaccinations, masks, and social distancing protect other members of society as well as ourselves. This reminds us that we are interconnected spiritually, that our prayers are larger than ourselves.

Cam Vozar—  
Psychotherapist, Poet,  
and Tai Chi Teacher



I have been privileged to travel to many sacred places in the world. Now is not a time to travel. Last summer’s trip to China was canceled. Now as I sit in the house or walk in the yard I am aware of the sacred places in and around me.

I am doing fewer activities: less driving, less working, less restaurant dinners, less live music, less in person time with friends. This gives me more contemplative time for reading, meditation, and writing. Time to write this article you are reading.

The practice of Tai Chi embodies the principles of Taoism. The muscle memory of each move slowly shifts my mental patterns with every practice. Each time I practice a move I am teaching my muscles to relax, connect to the earth below and heaven above, open my heart, move from my center, retreat to move forward, yield on the right to step forward with the left, let the chi energy spiral through my body. My fears and frustrations about Covid are dance partners on my life path. On New Year’s Day 2021, I again consulted the I Ching. The advice was hexagram #5 Waiting/ Acceptance. Spirit is giving me the nourishment I need to move forward.

*Not-Doing*

The wise person acts through Not-doing  
Teaches without words  
Makes but does not own  
Acts but does not rely on results  
Achieves but does not seek recognition  
Thus his accomplishments are enduring.

-Chapter 2 Tao Te Ching

Cam Vozar LMSW is a licensed clinical social worker in private practice (semi-retired). He has studied Tai Chi for over 40 years and has taught a weekly Tai Chi And Qi Gong class at the Cancer Support Community of Greater Ann Arbor since 2007.

### Crazy Wisdom Poetry Series

hosted by  
Ed Morin, David Jibson,  
and Rainey Lamey

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

Until further notice, all sessions  
are virtual and accessible through Zoom.

Email [cwpoetrycircle@gmail.com](mailto:cwpoetrycircle@gmail.com) for Zoom link

**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 up to 1 hour. All writers welcome to share their own or other favorite poetry.

### Crazy Wisdom Poetry Series Featured readers



**March 24 - Ken Meisel**, is a psychotherapist and author of eight books of poetry. With tender, grave empathy, *Our Common Souls: New & Selected Poems of Detroit* traces the conflicted searches for hope, sense of connection to place, and material and social problems embedded in the landscape of his deindustrialized city.



**March 24 - Jeff Vande Zande** has published four novels including *American Poet*, which won a Michigan Notable Book Award from the Library of Michigan. His story collections are *Emergency Stopping*, *Threatened Species*, and *The Neighborhood Division*. He is also a film maker, teaches at Delta College, and has a blog at [www.authorjeffvandezande.blogspot.com](http://www.authorjeffvandezande.blogspot.com)

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From Issue #76, Winter 2021

# How Your Grandmother Paved the Way for Green Living



By Alaina Lightfoot

My grandmothers were many things. Wise, kind, the best at giving hugs, and the best at baking cookies, as I'm sure your own grandmothers were. When I look around at things as they are today, I often wonder what my maternal grandmother, who lived her life as a farm wife, would have thought of the fast pace of our current world. I don't have to wonder what she could have taught me about the ongoing efforts I make to live more sustainably, though. I learned those tips from watching both of my grandmothers throughout my life. In fact, you may have noticed these patterns in your own life if you were fortunate enough to have spent time with older relatives growing up. I've compiled five of what I consider my grandmothers' best sustainable living methods. Practices which came to them as naturally as baking cookies and loving their grandchildren.

- **Minimize Your Daily Travel**

I don't mean this tip in the sense that we should be more conscious about our vacations (although that is an important thing to consider, that's a point for another day). I mean that if you think back, you may remember your own grandmother having some kind of "errand day." Mine lived on a farm 15 miles from the nearest town. When she would go shopping, she'd do it for a few weeks at a time, and she'd compress all her errands into one day so as to not have to drive back and forth multiple times. By doing this, she saved herself countless trips and probably loads in carbon emissions from her drives. Think about what errands you can squeeze into the same day or even the same side of town. Many people do this naturally! Taking it a step further, many people in the 1950s and 60s who were in more urban environments would walk between multiple stores, minimizing their drives as much as they could.

- **Reuse and Repurpose**

I'm not encouraging you to turn your home into the kind where no yogurt container is thrown away, but think of what ordinary things you have on hand that can be reused. Who hasn't opened a butter tub in the fridge at Grandma's only to find it contains leftovers? Or pried open a biscuit tin only to discover it full of sewing supplies? Do you need the latest in aesthetic zero waste storage solutions, or would rinsing out that old pasta sauce jar work just fine? Our grandparents were prolific at getting their money's worth from things and, as a result, often diverted perfectly good items from the landfill while managing to not contribute more to the waste stream by buying a new product they didn't really need.

**Find the Substitute**

There's an old saying from the WWII Era in the United States: "Use it up, wear it out, make it do, or do without." That last tip, "do without," while great for the environment—as it means not rushing out to buy the latest of something every time it's available—can seem daunting. I like to think of it as a challenge. My grandmothers certainly did! Instead of thinking of it as "doing without," I think of it as finding the substitute. Do I need to run to the store just to buy another can of black beans, or will pinto work okay in this recipe? Do I have to have the latest crop top this season, or can I repurpose a shirt I have on hand? I noticed my grandmother would alter clothes that were going to be passed down for each of her four daughters so that they would feel fresh and new. This helped divert waste from landfill and cut down on consumption of new goods too!

- **Gardens Are a Girl's Best Friend**

Don't tell Marilyn Monroe, but in my grandmother's opinion, a garden, not a diamond, was a girl's best friend. While it may not be practical for everyone to grow their own food for a litany of reasons, you may have something you can grow for yourself in your home. The shortest supply chain for food, and therefore the one with the least environmental impact, is the food you grow at home. Sure, not everyone has time for a full-fledged garden, but maybe you could grow a tomato plant on your back porch or start an herb garden in your window. Don't be afraid to start small and try something new. I personally didn't inherit my grandmother's green thumb, but it may be worth a shot to see if growing some of your own food at home might work for you. If you're in an apartment, a dorm, or another small space, try looking into some creative gardening solutions online. You'd be surprised what you can do with limited outdoor space!

- **No, Plastic is Not Okay**

Grandma may not have had a cute reusable tote bag she took with her to the market, but she did opt for paper bags, because the plastic ones weren't as widely available or popular in her era. If you're able, opting for paper bags over the thin plastic ones that are extremely difficult to recycle, can be a huge help for the environment. They're sturdier and can fit more in than plastic bags as well. Try to opt for this green option like Grandma did, whenever you can.

Our grandparents may not have mastered the art of sustainable living, but like many things in our lives, they laid incredibly firm foundations for us to build on and learn from. Take into account their wisdom. Just because something is the way it has always been done doesn't automatically mean it's the better way to live. However, when it comes to these tips, it turns out Grandma really did know best.

**Jane L Finkbeiner**

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From Our Blog

# What is Truth?

By Rebecca Williams

What is truth? In our world of ‘fake news’ and contested facts, truth can be difficult to grasp and even harder to hold. How can we look at an interaction or event and come to such dramatically different conclusions? To perceive it accurately requires a level of objectivity and nonattachment few of us possess. It is almost impossible to separate who we are and what we hold sacred from what we perceive. Truth is challenging to witness—it can be simultaneously terrifying and awe inspiring. Just when we think we understand, it suddenly gives way to a profounder meaning—a soul shaking reality that moves us to the very core of our being.

There are those who plumb this deeper truth, seeking to bring its wisdom and light to the surface to help and serve others. As humans we have always sought methods to better understand who we are, what to do in times of change, and how to navigate crisis. This is exactly what tarot readers, psychics, and other intuitives do. We use our skills to help you understand your world and give you the tools to make positive, life affirming choices. As a tarot reader, I use a large deck of cards with distinct pictures and images painted on each card to guide my work. Tarot cards provide a pictorial map, describing our current lives and metaphorically illustrating our journey to what may become.

I purchased my first tarot deck 30 years ago and have used many throughout the years. The tarot decks I use for readings I’ve specifically chosen for their ability to anchor the words, metaphors, and images I receive in a reading. Like old friends, we work together to tell the story of a life and where it’s going, or peer more deeply into current events and why they are occurring. Our brains process images differently than words—images can provide another doorway for a deeper wholeness to emerge. When combined with intuition, these sacred symbols illuminate our own inner wisdom. Powerful A-ha moments of insight occur when the words and images shift confusion and chaos into truth and wisdom. Every person has a deeper understanding of their own nature, however cloudy it may be at the moment. This is your truth. The more I can engage your own inner wisdom, the more the tarot reading will resonate and positively echo in the future.

That brings us to a common question people have about going to a reader—can he or she see the future? The past? Or can a reader only see the present very clearly, if at all? I believe time is just as hard to grasp as truth, even more so given we think we can parcel it out in specific quantities of minutes, days, and years. Indigenous cultures often see time as a circle—cycling through periods of death, disorder, and decay before new life

emerges with strength and vigor. Think of the endless cycle of the seasons from winter to spring, summer to fall, and back again. Western society sees time as linear, with only one direction—the future. The past is important only as it relates to how we got here and where we are going.

I believe time is more of a spiral. Through the spiral of time we live the seasons of our lives. Each period may feel similar yet is different, just as this winter cannot be the same as last years. We go through times of challenge and pain before returning to normalcy and routine, cycles where everything goes right before heading into tumult and sorrow. I have seen potential futures—both those that occur and those that don’t. Is a foretold event that doesn’t happen a mistake? A worthless shot in the dark? I have seen futures change during a reading when a client has a sudden flash of insight. Through their own realization, that once immutable future has shifted into something different. What was an unwelcome future is now a more desired one.

So it is with any prediction. What is heard cannot be unheard. Forewarning may help avoid it or better prepare for its potential reality. Tarot readers and psychics shine a flashlight into your being and detail what we see in the surrounding environment. Through this clarity you can shape your actions and face all your realities with presence—and hopefully patience, joy, and love. When we do that we become better versions of ourselves and make wise choices leading to more harmonious futures.

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# Look a Little Deeper

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Weekend Retreat via Zoom: March 6–7, 2021  
*with* Barbara Brodsky and Dan Muir**

Designed to support beginning and intermediate level students; experienced students are welcome.

**Registration and information: [DeepSpring.org](https://www.deepspring.org)**

**Taking a Deep Breath of Gratitude  
Amidst the Pandemic  
8-Day Retreat via Zoom: April 10–18, 2021  
*with* Barbara Brodsky, Aaron, and John Orr**

Designed for continuing, intermediate, and advanced students.

**Registration and information: [DeepSpring.org](https://www.deepspring.org)**



**[DeepSpring.org](https://www.deepspring.org) | [info@deepspring.org](mailto:info@deepspring.org) | 734.477.5848**  
Deep Spring Center is a 501(c)3 non-profit. See website for details.

# The Crazy Wisdom <sup>weekly</sup> Calendar

## Book Discussion Groups

**A Conversation with Naomi Klein • March 10 • 7 p.m.** Join award-winning journalist, syndicated columnist, and best-selling author Naomi Klein for a virtual discussion of her latest book, *On Fire: The (Burning) Case for a Green New Deal* (2019). In it, Klein proposes that bold ideas and action could avert climate catastrophe and serve as a blueprint for a just and thriving society. Klein is a senior correspondent for *The Intercept*, a Puffin Writing Fellow at Type Media Center, and the inaugural Gloria Steinem Endowed Chair in Media, Culture, and Feminist Studies at Rutgers University. [Register through Eventbrite.](#)

## Channeling

**Remembering Wholeness via Zoom with The Mother channeled by Barbara Brodsky • Sundays, Mar. 14, Apr. 11 • 2 p.m.** • Energy sharing (darshan) with The Mother channeled through Barbara Brodsky. Darshan is an event in consciousness: The powerful energy of The Mother gets transmitted as she looks directly at each person through the camera. Number of participants limited; register early. \$10-25. Contact at 477-5848; [om@deepspring.org](mailto:om@deepspring.org) or [deepspring.org](http://deepspring.org).

**Evenings with Aaron channeled by Barbara Brodsky • Wednesdays, Mar. 24, Apr. 14 • 7 p.m.** • An open session with Barbara Brodsky channeling Aaron. Talk followed by Q&A. All welcome; no registration necessary. Aaron will speak about spiritual practices such as Vipassana (Insight) and Pure Awareness meditation; how to work with inner guidance; and how to support changes in our physical/spiritual bodies through work with body energy, the elements, sound, and an open heart. \$10-35. Contact at 477-5848; [om@deepspring.org](mailto:om@deepspring.org) or [deepspring.org](http://deepspring.org).

## Chanting

**Introduction to Mantra and Chanting with Susan Billmaier • Sundays, Mar. 14, 21, and 28, • 10 a.m.** • Through story, translation, and practice, this class explores simple single-syllable seed mantras as well as complex 24-syllable mantras. It will give the student the confidence to begin a mantra practice at any level. \$54. Contact Susan at 678-2071; [evenstar.institute@gmail.com](mailto:evenstar.institute@gmail.com) or [evenstarschalice.com/institute](http://evenstarschalice.com/institute).

## Death and Dying

**Understanding Death and Passing - Virtual Course • Fridays, Mar. 5, 12, 19, and 26 • 6-7:45 p.m.** • What happens when we die? Go beyond myths, emotions, and traditions to set yourself and others free to face the reality of death and therefore embrace life more fully—honoring the inner self. Also available by appointment. Please see our website for more and updates on retreat availability! \$210. If you cannot afford the full fees, please ask about a bursary. Contact Self Realization Sevalight Centre for Pure Meditation, Healing, & Counselling at 517-641-6201; [info@SelfRealizationCentreMichigan.org](mailto:info@SelfRealizationCentreMichigan.org) or [SelfRealizationCentreMichigan.org](http://SelfRealizationCentreMichigan.org).

## Intuitive and Psychic Development

**Teleconference: Focused Mind Meditation with John Friedlander • Sundays, Mar. 7, Apr. 6 • 9 a.m.-12 p.m.** • The development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. \$15. Contact Violeta at 476-1513 or [mvaviviano@gmail.com](mailto:mvaviviano@gmail.com).

## Life Transitions

**Helpful Legal Tips for Every Stage of Life with Elizabeth Hurwitz • Saturdays, Mar. 13, Apr. 10 • 11 p.m.** • Useful legal information for every stage of your life and the lives of your loved ones. Question and answer period and group discussion time included. The workshop will take place via Zoom. Please email Elizabeth to obtain the Zoom link at [elizabethwhurwitz@gmail.com](mailto:elizabethwhurwitz@gmail.com). Free. Contact Elizabeth at 657-0835; [elizabethwhurwitz@gmail.com](mailto:elizabethwhurwitz@gmail.com) or [hurwitzlawoffices.com](http://hurwitzlawoffices.com).

## Meditation

**Weekly Meditation via Zoom • Sun. & Tues. • 11:00:00 AM •** Offering the opportunity to meditate online every Sunday and Tuesday morning with others from far and near. Sunday at 11:00 am to 12 noon and Tuesday at 9:00 am. Eastern time. Contact Tana at [om@deepspring.org](mailto:om@deepspring.org) for more information or visit [deepspring.org](http://deepspring.org).

**Zen Meditation with Jissoji Zen Ann Arbor practitioners online • Sundays, Mar. 7, 21; Apr. 4, 18 • 11 a.m.** • Zen meditation in the tradition of Shrunyu Suzuki, founder of San Francisco Zen Center. Instructions are available by request, the group meets on

Zoom every week, Ceremonies rotate according to the Buddhist calendar. Donations welcome. Contact Marta at 248-202-3102; JissoJiZen@gmail.com or [JissoJiZen.org](http://JissoJiZen.org).

**Nature Bath with Amanda Anastasia • Sundays,; Mar. 7, 21; Apr. 11 • 11 a.m.** • Soak in the high-vibration, healing energies of nature as we collectively engage in a guided meditative immersion that will bring you back home to all that you are. Led by Amanda Anastasia, yoga instructor and joy coach. Dress for the weather and look forward to feeling refreshed by the loving, warming connections we will make with all your relations - earth, wind, air and fire. Please contact Amanda to register at least three hours prior to the event. We will be meeting in various locations in Ann Arbor. Details will be emailed closer to the date. Approx. one-two hour workshop. Sliding scale fee: \$33-\$77. Contact Amanda at amahessling@gmail.com or [www.joypriestess.com](http://www.joypriestess.com).

## Movement and Dance

**Zoom Ann Arbor - Toledo First Friday Dances of Universal Peace • Fridays, Mar. 5, Apr. 2 • 7 p.m.** • Dances of Universal Peace, moving meditation, will be led on the Zoom platform to guide personal meditation and dance, while keeping dancers safe. The Dances of Universal Peace, dubbed Sufi Dances, were created in the 60s by Samuel Lewis and celebrate mantras of the world religions. Donation welcome. Contact Judy at 419-475-6535; jltrautman@sbcglobal.net or <https://sites.google.com/view/a2-toledodup/home>.

## Retreats

**Half-day meditation with JissoJi Zen Ann Arbor • Sundays, Mar. 14, Apr. 11 • 8:20 a.m.** • Periods of sitting and walking meditation in traditional Japanese Soto Zen style, instructions are available by request. All events are on Zoom during the winter months. Link available by request. Donations welcome. Contact Marta at 248-202-3102; JissoJiZen@gmail.com or [JissoJiZen.org](http://JissoJiZen.org).

**Holy Week Retreat-From Ashes to Pentecost with the Weber Center • Sunday-Thursday, Mar. 28-Apr. 1** • Having come through Lent, we prepare to meet the Risen Lord who longs to give us the gift of the Holy Spirit. Having been accompanied by a pandemic, a national election and violence in our streets, we await God's word of hope. With time for silence, for prayer, for insights from the Scripture, God comes to meet us to reveal God's love. What are the lessons we have learned? Registration required. Open to all. Donations are greatly appreciated. Contact the Weber Center at 517-266-4000 or [webercenter.org](http://webercenter.org).

Get your calendar listings in by  
Monday morning at  
10 A.M. for the next Crazy Wisdom Weekly Issue!

[Send your listing in here.](#)

## Shamanism

**Introduction to Journeying • March 7 • 10 a.m.** • 6 hr. class includes power animal retrieval and journeying to Upper, Lower, and Middle Worlds. Journeying is with drums and rattles. Learn more and register at [shewolfshaman.com](http://shewolfshaman.com).

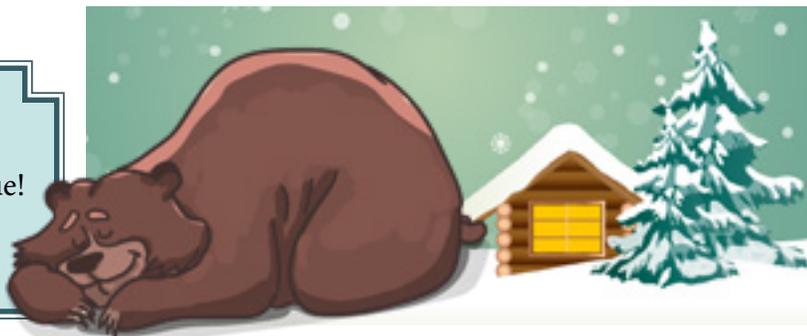
**Advanced Shamanic Healing for Animals with Judy Ramsey • Every Thursday, Mar. 30-Apr. 27 • 7-9 p.m.** • This workshop will take students more deeply into techniques introduced in Shamanic Animal Healing and introduce advanced techniques for shamanic animal healing including storytelling, extraction, and psychopomp. Prerequisite is Shamanic Animal Healing I. \$250 by Mar. 15. \$275 after. Contact Judy at 517-480-4513; ramsey.judy003@yahoo.com or [JudyRamsey.net](http://JudyRamsey.net).

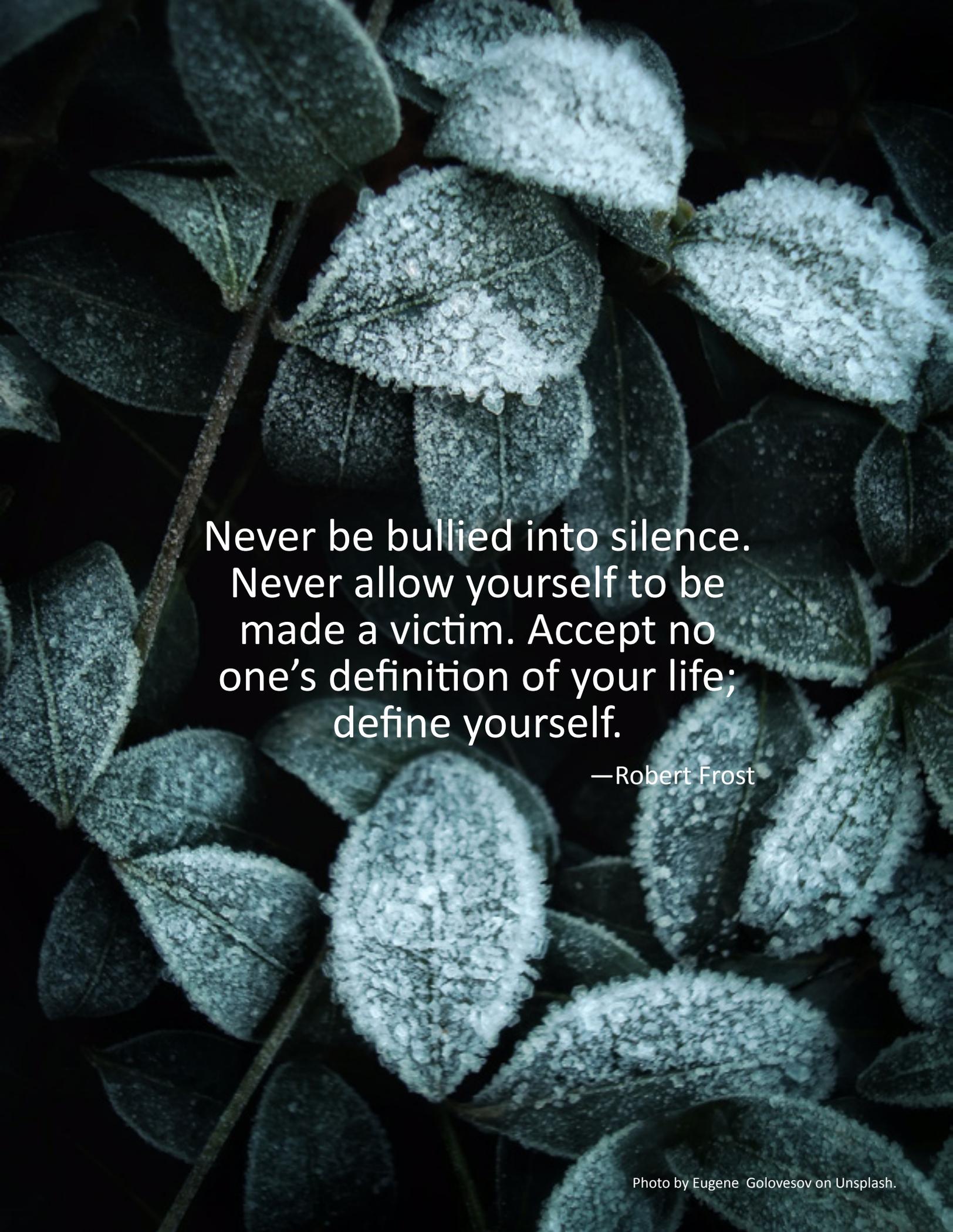
## Spiritual Development

**Unveiling your Divine with Susan Billmaier • Saturdays, Mar. 6, Apr. 3 • 3 p.m.** • A landscape usually is viewed from one vantage point. What if you could expand that view that embraces a number of perspectives and possibilities? During this course, Wasantha will help to guide you in your process of discovery. You will learn to identify the colors, shapes, and veils that have shaped your inner landscape. Using writing, sounding, and art you will unveil parallel inner landscapes that will be foundational to developing a ritual to bridging the potential of living a life vibrating at a more divine frequency. \$150. Contact Susan at 678-2071; evenstar.institute@gmail.com or [evenstarschalice.com/institute](http://evenstarschalice.com/institute).

## Writing and Poetry

**Writing and Healing with Susan Billmaier • Sundays, Mar. 7, 14, 21, 28; Apr. 4 • 7 p.m.** • There are many ways to think about healing. We can support the healing of another, our own healing, the healing of Gaia and All That Is. Writing, like healing, is a mysterious and magical process. It is one way to explore and understand, if only in this moment, those aspects of life experience that are hidden yet waiting to be discovered. Here, writing is loosely held, encompassing many and infinite forms of self-expression. Join a small circle of healers who practice writing magic and creative expression to reflect on the work and the nature of healing. You may choose to keep your writing private and just for you or to share, if you wish. \$135. Contact Susan at 678-2071; evenstar.institute@gmail.com or [evenstarschalice.com/institute](http://evenstarschalice.com/institute).





Never be bullied into silence.  
Never allow yourself to be  
made a victim. Accept no  
one's definition of your life;  
define yourself.

—Robert Frost