

The Crazy Wisdom Calendar



Questions for Janene Ternes about *Prayer in Motion*

Bill Zirinsky: *Janene, please tell us in simple terms about Prayer in Motion?*

Janene Ternes: Prayer in Motion is really about helping people open their hearts to God through the use of music and everyday movements. By praying with their whole self -- body, mind and spirit -- people find themselves more focused and emotionally connected in their prayer. Because of this engagement, movement prayer is healing, empowering and inspiring.

BZ: *Are you drawn to sacred dance movements and rituals from a variety of traditions?*

Janene Ternes: I don't think of the movements that I use as from a

specific tradition. I am drawn to the movements that allow me, and thus presumably others, to encounter a certain feeling that is the focus of the prayer experience -- such as movements that allow our bodies to feel open when we are praying for openness, movements that feel trusting and faith-filled when praying to be more trusting, joyful movements when praying for joy, etc. In a Prayer in Motion retreat I generally teach the participants the movements that embody these feelings to me, but I always encourage them to incorporate their own movements as they feel called.

BZ: *Prayer in Motion is not necessarily denominational, even though a good deal of your work thus far has been for Christian organizations. Is that correct?*

Ternes: Prayer in Motion is not denominational although my basis stems from Christianity, since that is what I know and practice. I have had some Jews and Muslims participate in my programs and they have been very moved by them. The more I learn of all the religions, the more I see the similarities. I believe we do all worship the same God; there are just many different forms of doing so. Just as my prayer form may be very different from what many have experienced in traditional religious practices.

BZ: *And you are also doing programs for other organizations and groups, yes?*

Ternes: I have done a few programs at the American Business Women's Association regional conferences in Grand Rapids and New Jersey, and at Alcohol Anonymous Retreats. Those programs were very open to include all beliefs since participants came from a wide variety of faiths.

BZ: *I saw that you have done dance and movement prayer work with people in wheelchairs? Please tell us about that, and what was most meaningful for you about that work.*

Janene Ternes: Each time I am blessed to be with those who have what some may call physical limitations, I am amazed at how God works through this form of prayer. This summer I presented at a retreat for a group of cognitively and physically challenged people, and remember the brilliant smile of a young lady with cerebral palsy, crippled over in her power wheelchair, only able to raise her head and move one hand. She beamed at me as she held her head high and moved the one part of her body that functioned. She was unable to speak but her eyes spoke volumes to me of her experience of God's love. Another amazing encounter was with an elderly retired priest who had suffered a stroke and was unable to move the left side of his body. As he moved the right side, I noticed tears streaming down that side of his face. He came up to me afterwards to thank me, saying that in all his years of being a priest he had never encountered Christ like he had just then. It's times like these that make all the sacrifices worth it.

BZ: *And you have done prayer in motion work related to the theme of grief. Please tell us about that.*

Herbs, Plants & the Garden

Herbal Remedies and Wisdom Series with Linda Diane Feldt at Crazy Wisdom Community Room, sponsored by People's Food Co-op • 7-8:30 p.m. each evening • Free. For registration and information, call Kevin Sharp at 994-4589, info@peoplesfood.coop or peoplesfood.coop.

Jan. 28 • Cancer and Heart Disease: A Sensible Herbal Approach • We'll talk a lot about prevention, but also what to do if these are health concerns you are dealing with. We'll also cover how to sort out the wild claims from good products and therapies.

Feb. 25 • Wildcrafting: There IS a Free Lunch! • What you need to know and what you need to do to forage and wild harvest for food and herbal medicine. You will learn resources, ideas, places, and tools to gather food and herbs. Get a lot of inspiration for the months ahead, where there will be an abundance of opportunities to wildcraft.

April 22 • Herbal First Aid Kit • For description, please contact Kevin at 994-4589.

Seven Saturdays of Herbal Studies: Field ID and Wild Edibles with Gaia School of Herbal Studies • Starting Mar. 27 • Entering our sixth season of herbal study and education, these days offer practical, hands-on experiences amid 800 private acres of wild land and cultivated gardens. \$200 each day or \$900 for entire series. For times and dates, call 769-7794, gaiaherbalstudies.net.

The Crazy Wisdom Calendar will be posted online starting January 1, 2010, at crazywisdom.net.

Plant Spirit Medicine: Working with Plant Consciousness • Meets monthly; first class Jan. 30, 10-4:30 p.m. • Part of the Indigenous Self Apprenticeship Program. This is a journey of consciousness that will teach you how to directly engage with plant consciousness to develop and increase your intimacy with plants and nature so that you can access and use skillfully their healing gifts and wisdom. Includes packet of information and resource each month, as well as class time. \$90 each month. Call 975-8754, BronWild@gmail.com.

Holistic Health

Natural Approaches to Depression and Related Moods with Gaia Kile at Crazy Wisdom Community Room, sponsored by People's Food Co-op • Feb. 23, 7-8:30 p.m. • We will discuss natural ways of addressing depression, anxiety, and related mental health issues, with a holistic emphasis on micronutrients and mind/body strategies. Free. For registration and information, call Kevin Sharp at 994-4589, info@peoplesfood.coop or peoplesfood.coop.

Chronic Fatigue with Andrea Brisson • Jan. 11 • Understand the underlying causes of chronic fatigue and what you can do to claim your life again! Free. For times, call Liferorce Wellness Centre at 434-9835, andreabrisson.com.

Vaccination: An Informed Choice with Andrea Brisson • Feb. 1 • Join us to find out the answers to these important vaccination benefits: Are vaccines safe? Effective? Necessary? Free. For times, call Liferorce Wellness Centre at 434-9835, brendajo@andreabrisson.com.

Janene Ternes: I believe we are called to minister out of our own painful experiences. Part of the redeeming aspect of that hurt is being able to help others through it. Because I suffered such grief in the death of my husband at the age of 45, I really felt God calling me to minister out of that deep grief to others. In my "Moving through Grief" sessions I literally walked many who had lost significant loved ones including spouses, children, and others, through the process of remembering their loved ones, acknowledging their losses and letting them go in a physical, tangible way, laying down their hurt and pain. After releasing some of the pain, they were freed to pick up the gifts they had received from these loved ones and allow the healing to continue.

BZ: And you also have done programs with groups of children. Children move and dance a lot anyhow. What kind of feedback do you get from children who engage with this work?

Ternes: Children are great fun to work with! The little ones are so free with their bodies. They enjoy creating their own prayer and only need to be introduced to the idea and turned loose. As children age, they become more self-conscious and look for more direction. By following the movements I teach them, they are able to physically act out their prayers, taking an abstract concept and making it concrete. I use Christian rock and hip/hop music to bring movement prayer to teens. It is amazing to watch them internalize a concept such as making good choices, as they turn towards the cross when "good" choices are made in the words of the song, and away from the cross when "bad" choices are made. In very short order they understand the idea that every choice matters, not just the presumably life-changing ones such as college, career or spouse. They get the idea better in a few short minutes of movement prayer than years of being preached at about making good choices.

BZ: Have you always loved dance and movement? When you were a child, did you find yourself sometimes dancing in front of the mirror?



A group of middle schools girls from Dexter use Christian rock music and movements to activate their prayer while on a Winter Retreat, facilitated by Janene Ternes. Upcoming Prayer in Motion workshops include: February 27th at Crazy Wisdom Bookstore, and April 17th at Heart of Jesus Prayer Center in St. Clair Shores. For more info, go to www.prayer-in-motion.com. (And see Janene Ternes' calendar listing on page 59, in the Prayer section.)

Ternes: Yes, I always loved music and movement. As a child I wanted to take dance lessons but that was not an option for me in my family. I would watch people dancing on television and envision myself there. I was pretty shy as a child but would dance when I thought no one was watching. And in my dreams I was always a beautiful ballerina.

BZ: Can you name for us two or three of your favorite CDs that contain sacred and prayerful music?

Ternes: That is a difficult question because I love so many songs, they speak to me in so many different ways and the songs change over time. The song which first called me back to God, out of my grief and eventually to this ministry is "You are Mine" by David Haas. Through it I first experienced God's love for me as real and personal. The song that really calls to me right now is "While I'm Waiting" by John Waller, from the movie *Fireproof*. It speaks to me of how we often find ourselves waiting on God – when things are not going according to our plan or in our timeframe. This is where most of us spend most of our time and how we spend it really

determines our quality of life. I find great hope and comfort in this song.

BZ: Janene, anything else you'd like to share with us?

Ternes: I am very excited to be doing my first workshop at Crazy Wisdom on February 27th. The focus of the retreat day will be on forgiveness, something that so many of us struggle with. I will take people through an experiential path of prayer, journaling and movement to help them physically, emotionally and spiritually let go of whatever is holding them. With forgiveness comes true freedom, something I wish for everyone.

BZ: Thank you, Janene.

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(Janene Ternes can be reached at 734-429-7754. Her website is: www.prayer-in-motion.com)

Weight Loss with Dan Geck • Jan. 14 • There are barriers to weight loss that will override diet and exercise. Learn to identify and handle these barriers. Free. For times, call Brenda Jo at 434-9835, brendajo@andreabrisson.com.

Hypothyroid with Dan Geck • Feb. 4 • Learn what must be done to find the underlying cause of hormonal imbalances to allow your thyroid gland to finally kick back into gear. Free. For times, call Brenda Jo at 434-9835, brendajo@andreabrisson.com.

Anthroposophic Inpatient Therapeutic Session with Molly McMullen-Laird and Quentin McMullen at Rudolf Steiner Health Center • Feb. 22-Mar. 6 • Anthroposophic medical care including Eurythmy therapy, art therapy, speech formation therapy, nutritional counseling, rhythmical massage, and treatment of chronic illness. For complete information, call 663-4365, steinerhealth.org.

Hypnosis

Hypnosis for the Health of It with Eileen Bond • Jan. 24, 3-4:30 p.m. • This workshop will focus on therapeutic uses of clinical hypnosis for stress management, IBS, performance anxiety, and spiritual growth. \$25. Contact efebond@yahoo.com or heart2heartpsychotherapy.com.

Infant Massage

Infant and Baby Massage Classes with Ann Zalek • Four Mondays: Jan. 18-Feb. 8 or April 19-May 10, 2-3 p.m. • Parents and caregivers enjoy learning to massage their babies. Massage stroke sequences for each body area are introduced gradually throughout the four-session course. Learning infant massage helps parents have focused one-on-one time with their child and the benefits of daily massage are numerous. \$80 per family. Call 973-1014, info@lamazefamilycenter.org or lamazefamilycenter.org or TheraCare Massage and Healing Arts at 332-3800, ann@TheracareMassageTherapy.com.

Intuitive & Psychic Development

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. • Diane believes we all have the answers to the questions and concerns within us. Sometimes we just need a little help finding them. Diane's intention is to help you find the oracle that resides within you as she shares impressions, metaphors, and messages to be utilized as tools for self-insight. \$1 per minute. No appointment necessary. Call 327-9568, in-genius@comcast.net.