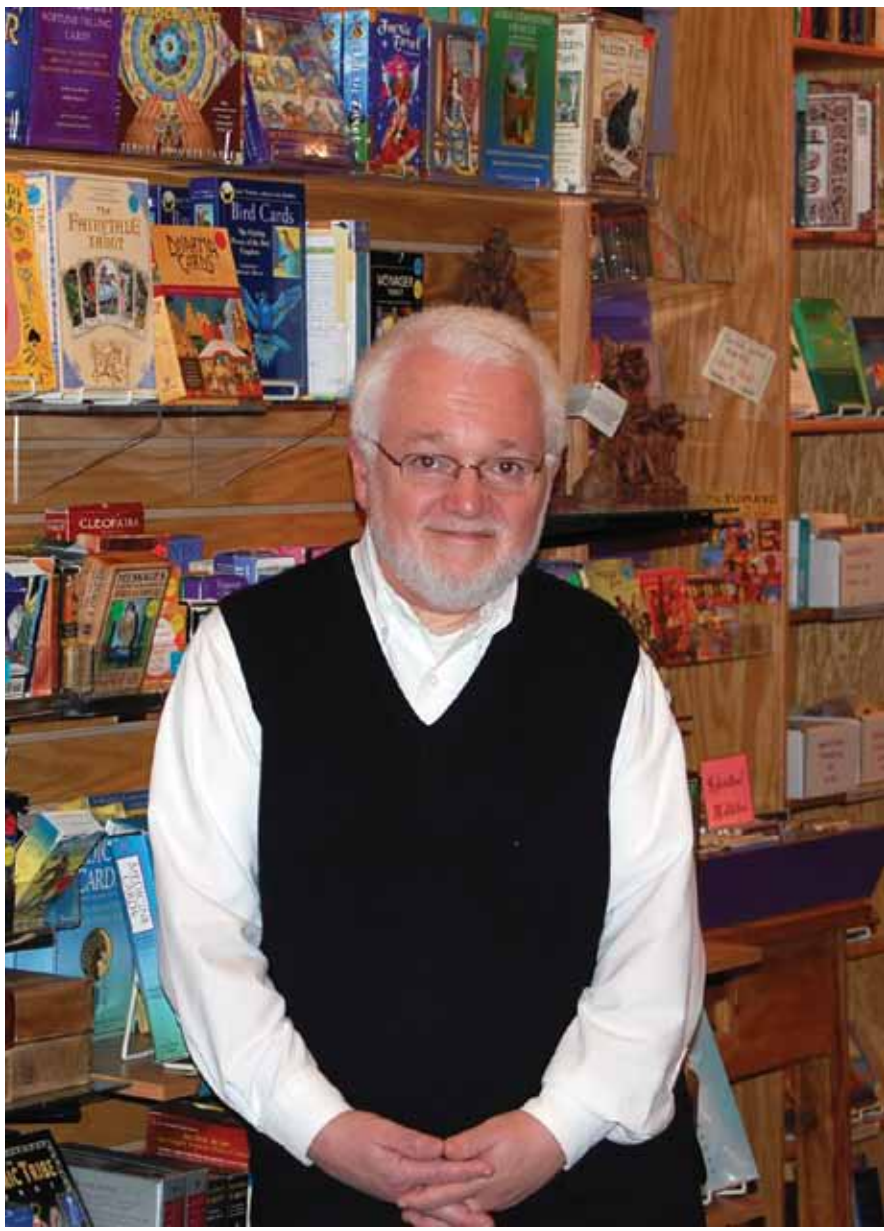


# The Crazy Wisdom Calendar

Photo by Carol Karr



## Questions for Jonathan Ellis, Spiritual Director

*Bill Zirinsky: Jon, you have come back to Ann Arbor, which is a propitious event for those of us who know you. What brought you back here from the warmer climate of northern Florida?*

Jonathan Ellis: After many busy years in and out of Ann Arbor, I moved to Florida in 2002. I wound up, happily, on a barrier island, living at the edge of a wilderness sanctuary, and I expected never to leave. But after seven years, I felt moved to come back into the world, or at least back into the cold.

**BZ: What do you do in your role as a Spiritual Director?**

Jonathan Ellis: Spiritual Director is a traditional term but it doesn't mean you direct anyone. As a spiritual counselor, I help people sort out their ideas and feelings about the spiritual path of their own choosing. Folks who want to place more attention on their spiritual life can have regular sessions with a spiritual director.

I've been doing this full-time for 15 years and I now talk with 60 people or so, usually once a month, but more often in times of challenge or change for them. I'm not affiliated with any organization and I talk with folks from many different walks of life and spiritual backgrounds. In our sessions, they get to step back monthly, look at their life from a spiritual perspective, and focus their intention.

This can be rejuvenating. I know I look forward to the insights and support of my own spiritual director when we talk each month about my life. Having such a person along on your spiritual journey is encouraged in many traditions.

**BZ: What's new in your practice as a spiritual director?**

Jon Ellis: About half of the people I work with live in southeast Michigan. Many of them now drive to see me since I moved back to Ann Arbor last summer. I've arranged to share a counselor's office here in town where I can meet folks. My spiritual direction practice is pretty full but I will add a new person if I think there is a reason for them to work with me in particular.

**BZ: Please tell us more about working with clients by phone, clients who are spread out throughout the country.**

Jon Ellis: This began with counselees I saw in person and then one of us moved. Now I get referrals for spiritual direction from all over.

Telephone sessions seem to work well with this kind of counseling, and it's common to have a spiritual director who lives in some other part of the country. But I also enjoy seeing people face to face when that's possible. Folks from elsewhere will sometimes fly in for a weekend so we can talk in person.

## Acupressure, Shiatsu & Reflexology

**Reflexology with Prema Lindsay Smith at the Ann Arbor Institute of Massage Therapy • April 17-18, 9-5** • This is a holistic approach to an ancient and scientific form of treating the whole body through the reflexes of the feet. We will explore the history dating from 3000 BC to current, international research as well as its clinical significance. \$250. Call 677-4430, fax 677-4520, info@aaimt.edu.

**Reflexology Workshop at Lakewood School of Therapeutic Massage • Mar. 13-14, 9-5** • You will learn specific points that reflex to the body's organs and can help the recipient deal with stress and energize and balance the body. This workshop includes the giving and receiving of a full reflexology session. \$245. Call 810-987-3959, lakewood-school@sbcglobal.net or lakewoodschool.com.

**Table Talk: Rubbing Those Reflexes! with Karen Kerns • Jan. 19** • This presentation is a discussion and demonstration on keeping your physical system up and running well using the information about energy meridians and reflex points. Five to ten minutes of massaging these reflex points can support a healthy system. \$5. For time, call 347-0532, polaritycenter.com.

**Evolving Shiatsu Healing Session with Craig Parian • Jan. 23, Feb. 13, Mar. 13, April 10; Noon-4 p.m.** • Reconnect and balance your body and energy field with an introductory shiatsu session, including a brief evaluation of your meridian energy and how thoughts, emotions, and life choices are impacting your health. \$1 per minute with a 20 minute minimum. Call 272-5020, cjparian@charter.net or evolvingshiatsu.com.

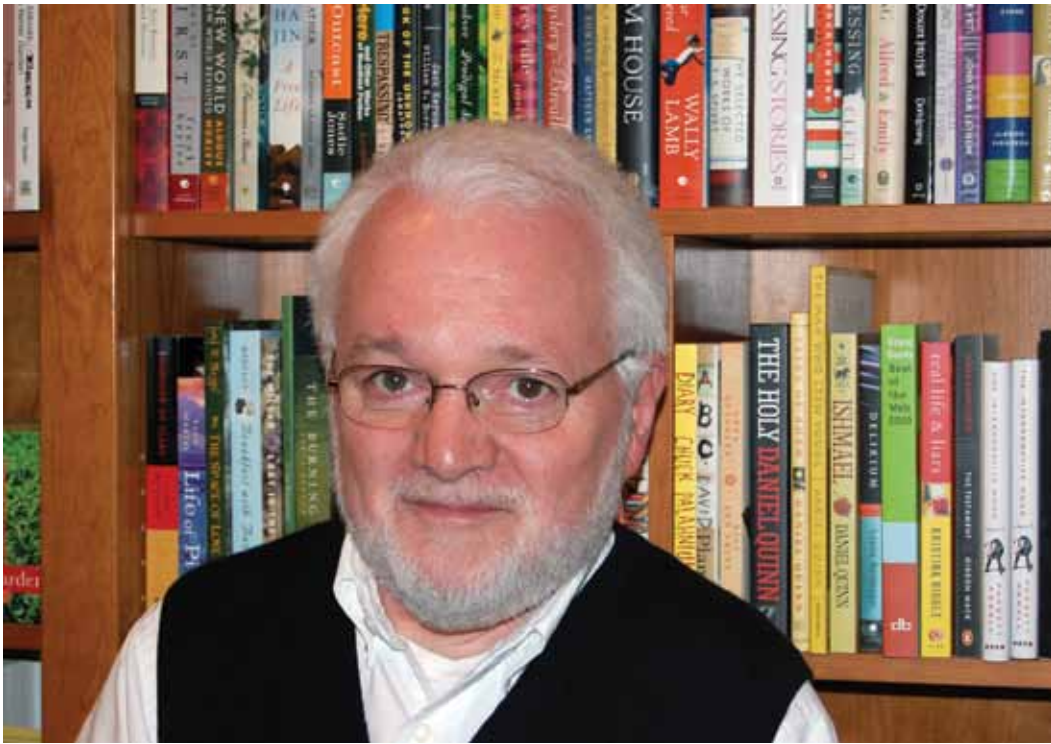
## Acupuncture

**Peaceful Happy Hour: Ear Acupuncture with Ellen Porter • Jan. 8, Feb. 12, Mar. 12, April 9; 5:45-7 p.m.** • Melt stress away in a relaxing group setting with a mini acupuncture treatment. Ear acupuncture relieves stress while boosting the immune system. Unwind, relax, and restore your serenity. \$10. Call 845-2166, ellen@acuthrive.org.

## Animals & Pets

**Pet Massage Foundation Workshop with Jonathan Rudinger • Feb. 7-13, Mar. 7-13 or April 18-24; 9-4 each day** • We cover basic anatomy and psychology of dogs, and Western and esoteric massage techniques and theories. This course is a personal development and enrichment class through the medium of canine bodywork. Movement and breathing exercises expand your sensory and spiritual awareness and develop healthy body mechanics. \$1,400. Call 800-779-1001, info@petmassage.com or petmassage.com.

Photo by Carol Karr



Jon Ellis: Love.

**BZ:** *Now that you're back in Ann Arbor, are there some aspects of a Michigan winter which appeal to you, or which you are looking forward to?*

Jon Ellis: I like walking outside while the snow is coming down.

**BZ:** *You have had a long relationship with Crazy Wisdom Bookstore, both as a part-time owner twenty years ago, and as a friend and advisor to the store for many years. Have you any comments about the store, and how it is fulfilling its role in the community, now, as you have been re-introduced to the store after a seven-year absence. Or any comments about what we could be doing but are not doing, or about our deficiencies in serving the regional community of spiritual seekers, which is our stated mission?*

Jon Ellis: I wouldn't suggest changing a thing.

**BZ:** *Anything else you'd like to add, Jon?*

Jon Ellis: I don't regularly use email so it's best to reach me by phone at 734 761-5155. Afternoons or evenings are best times to call. Some friends also maintain a web site for me: [www.jonathanellis.org](http://www.jonathanellis.org).

**BZ:** *Thank you, Jon.*

Jon Ellis: Thank you, Bill.

**BZ:** *And you have also been involved in training others to become spiritual directors. Tell us about that.*

Jon Ellis: I have mentored about a dozen people who already had strong counseling experience of some kind and a well developed spirituality of their own. I gave them the basic format of spiritual direction and emphasized how it differs from other kinds of personal counseling.

**BZ:** *When you were younger, you held a number of positions, here in Ann Arbor at Canterbury House and the University of Michigan, at the Edgar Cayce Foundation in Virginia Beach, with the Nantahala Outdoor Center in the Smokey Mountains, on the Deepak Chopra Journal, as well as in several national presidential campaigns. I also know that you have often found yourself helping organizations and businesses administratively, because you're so darned capable in that area. Have you given up that ghost for good, or do you still find yourself having to fend off organizations wanting to capture your talents?*

Jon Ellis: About the closest I come now is with some counselees who have two sessions each month. In our first session, we talk more about their own internal spiritual life. In a second conversation, we focus on their occupation and livelihood, and how they live their spirituality in their work in the world. There I sometimes can't resist making organizational suggestions as well.

**BZ:** *What do you love most about your work as a spiritual director?*



Photo by Ruth Schekter

**Animal Healing with Ray Golden • Jan. 8-10, Mar. 6-8 or April 3-5; Friday 7-9 p.m., Sat. 10-6, Sun. 7-9:30 p.m.** • This class is oriented toward working with animals. The first two days are the traditional Reiki One class. The third day is focused on using Reiki with animals. Only people are to attend. For cost, call 663-9724, [intuitivehealth@aol.com](mailto:intuitivehealth@aol.com) or [rayogoldenreiki.com](http://rayogoldenreiki.com).

**Introduction to Animal Communication with Marliesa Back • April 17, 10-4 p.m.** • Together, we will exercise our intuitive muscles, learning basic tools for connecting with animals and deepening our relationships with them. Feel free to bring photos of your animals. \$75. Call 649-6878, [marliesa.back@att.net](mailto:marliesa.back@att.net).

**Create Your Own Personal Scent for Valentine's Day with Rachel Eckenrod • Feb. 4, 6:30-8:30 p.m.** • Make and take an essential oil blend created just for you. \$25 includes materials. Call 649-1952, [rachel@racheleckenrod.com](mailto:rachel@racheleckenrod.com) or [racheleckenrod.com](http://racheleckenrod.com).

**Everyday Uses of Essential Oils with Heather Brumwell • Feb. 1 or April 5, 6-6:45 p.m.** • Learn to make cleaning supplies, hand soap, clearing sprays, and spa-like environments with essential oils. Each participant will create a product to take home. Free. Call 780-7180.

## Aromatherapy

**Aromatherapy Workshop with Lakewood School of Therapeutic Massage • Mar. 27-28, 9-5** • We explore the profiles of 18-20 essential oils, discuss a variety of application methods, and create an aromatherapy blend for a specific therapeutic benefit. \$245 plus \$20 lab fee. Call 810-987-3959, [lakewoodschool@sbcglobal.net](mailto:lakewoodschool@sbcglobal.net) or [lakewoodschool.com](http://lakewoodschool.com).

**Supreme Hand Treatment with Rachel Eckenrod • Jan. 21, 6:30-8:30 p.m.** • Make an essential oil blend for a coconut oil and sea salt body/hand scrub, and a lotion to take home. \$45 includes materials. Call 649-1952, [rachel@racheleckenrod.com](mailto:rachel@racheleckenrod.com) or [racheleckenrod.com](http://racheleckenrod.com).

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section which follows the Calendar, which is called "Background Information" and which starts on page 67 .