

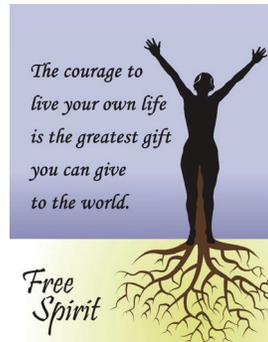
Free Spirit Crystals
"The Gateway"

4763 N. 124th St.
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freespiritcrystals@gmail.com
www.freespiritschool.com
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Mon - Fri: 11:00 - 6:00
Saturday: 10:00 - 4:00

October 2017



This past Sunday was our annual autumn Open House and I have to admit, I couldn't wait! I was so excited about it on Saturday and I thought, "Hey Diane, you've had dozens of events like this over the years, why is this one so special?" I was standing in the middle of the meeting room feeling into that question and I realized that the energy of everyone who had ever walked through our doors was surrounding me with love. That feeling is with me whenever I'm at Free Spirit and it envelopes my heart and lifts my spirit like nothing else can.

Over the past 22 years we have developed an inspired and loving community of the most amazing people I could ever hope to meet. Free Spirit is a home to all who seek a more reverent, honest and inspired life for themselves. You have helped to create an oasis for those who crave a safe harbor for inner exploration, release and self-acceptance. I am in awe of what Free Spirit has organically become because of the love and grace that our friends - no - our family has encouraged it to be.

Each and every one of you is our family, has helped to build this community, has given a unique flavor to our existence in which all who visit can inhale and become whole. I realize that is what I was feeling as I stood there. I wanted more time with you, our old friends and the new friends that join us each week. What a blessing to have you as my family and to feel that love and grace.

If you know of anyone who is looking for this kind of a community, a gathering place, a home for their heart, please bring them with you. You are a conduit for the healing of the world and together, we can make it more harmonious, compassionate and kind.

Many blessings to all of you and thank you for who you are. Diane

Classes



Sound Healing Sessions

With Kathryn Rambo
Tuesday, October 10th
One slot open at 2:15
Tuesday, October 23rd

12:15 - 1PM; 1:15PM - 2PM; 2:15PM - 3PM; 3:15PM - 4PM; 4:15PM - 5PM
Fee: \$35.00

Kathryn Rambo is going to do sound healing sessions at Free Spirit Crystals for two Tuesdays of the month. I have experienced several of Kathryn's sessions and have been transformed each time. The beautiful tones of her tuning forks and bowls resonate throughout the body, aligning the spine and shifting the cellular structure. It's a fabulous experience.

Kathryn is offering 45 minute sound and healing sessions with the Tibetan Singing Bowls. Sound healing is the intentional and conscious application of sound (Tibetan Singing Bowls) to the physical, emotional, mental, spiritual and energy bodies (aura and chakras). Sound Healing is an effective and proven modality that uses vibrational, audible sound to allow the body to do what it is designed to do - repair itself.

Tibetan Bowl Sound and Healing sessions are non-invasive and essentially like giving a sound bath to the body. When the Singing bowls are played, a powerful rhythmic vibration resonates throughout the entire body. The sound of these harmonic vibrations stimulates the alpha and theta brain waves associated with deep peaceful states which are highly conducive to healing. They also slow down the heart and respiratory rate, creating a therapeutic effect upon mind and body. When the brain waves and body are synchronized, balance can be restored and stress reduced. The Singing Bowls create a deep sense of peace, well-being and, as a result, foster better state wellness.

To sign up for a session, contact Kathryn at purpleotterstudio@yahoo.com



Crystal Classes

With Pat Hartman and Pam Moderski
6 week crystal healing class
Thursday October 12 through Thursday November 9th
6:30-8:30 pm.

\$35.00 per class or discount of \$175.00 if payment in full for entire series if received by or on the first class.

Learn the basics of using crystals and stones for healing and personal growth. You will have an opportunity to do hands on crystal healing work with others in the class.

Pat and Pam will cover:
The Rules of Thumb for Crystal Healing
How to Clear and Clean Crystals and Stones
The meanings and usages of over 80 stones
How to use crystal wands for healing
Identity of different crystals
And more.....

To register email pmoderski@att.net



Grief and Loss Recovery/ Support Class

Led by Anna Jester

Six Tuesday evenings: October 10, 17, 24, 31, November 7 and 14
6:30 to 8:30 pm.

Investment: \$175 for 6 week session to be paid in full before the first day of class.

Each class builds on the previous class.

Participants also need to purchase: "The Grief Recovery Handbook" by John W. James and Russell Friedman.

This class is a 6-week action program for moving beyond death, divorce and other losses, such as loss of health, pets, career, trust, faith or safety. People say you have to let go and move on in your life, but they don't tell you what you need to do to accomplish that. The Grief and Loss Recovery/Support Class teaches you skills on how to let go and move on and provides group support and guidance in a safe, compassionate and empowering environment. We will also utilize stones and crystals to support us through the 6-week process.

The class is taught by Anna Jester, a retired nurse and Grief Recovery Specialist. Anna was certified through the Grief Recovery Institute located in Sherman Oaks, CA. She has facilitated and participated in various support groups over 30 years, including topics such as: Grief Recovery, Alzheimer's Disease, Caregiver Support, Co-Dependency and Personal Empowerment.

A \$50 non-refundable down payment is required to hold a space and the remaining balance of \$125 due on first day of class. All payments are non-refundable. Cash or checks accepted and can be dropped off or sent to Free Spirit Crystals. Please make

out checks to Anna Jester.

To register please sign up at Free Spirit Crystals
or contact Anna Jester, RN, MA, Grief Recovery Specialist at
970-507-0440 or ajester50@gmail.com.



Layout of the Month

Opening the Joy Pipeline Layout

This layout is designed to open to one's innate desire for joy. It gently asks the question, "What's stopping you from bringing in the joy and bliss of life?" Knowing this and having the willingness and courage to shift to the joy will allow that gift to waft through the layers of the field and become a reality within.

Feet - Rainbow Pyrite
Root Chakra - Selenite Wand
2nd Chakra - Coral
3rd Chakra - Rainbow Crystal
4th Chakra - Pink Opal
5th Chakra -6th Chakra - Chevron Amethyst
7th Chakra - Quartz Cluster
Hands - Rhodocrosite



Pebbles and Stones

"Pull up a chair. Take a taste. Come join us. Life is so endlessly delicious."
Ruth Reichl

"I know there is strength in the differences between us. I know there is comfort, where we overlap." Ani DiFranco

"We have all known the long loneliness and we have learned that the only solution is love and that love comes with community." Dorothy Day

"Beauty is not who you are on the outside, it is the wisdom and time you gave away to save another struggling soul like you." Shannon L. Alder

Coupon of the Month 25% Off All Amethyst Clusters!!

Coupon must be presented at time of purchase

| Free Spirit Crystals | 262-790-0748 | freespiritcrystals@gmail.com | www.freespiritcrystals.com

STAY CONNECTED:



Try it FREE today.

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