



Free Spirit Crystals

"The Gateway"

4763 N. 124th St. freespiritcrystals@gmail.com Mon - Fri: 11:00 - 6:00

Butler, WI 53007 www.freespiritcrystals.com Saturday: 10:00 - 4:00

262-790-0748 freespiritschool@gmail.com

www.freespiritschool.com March, 2018

Musings On Compassion

Compassion is the act of giving from your heart in a way that touches others on a heart level. This may include assisting them in some way that they cannot assist themselves in the moment - a hug, a kind word, a meal, helping out in their home, raising funds, reaching out afar to allow others the privilege of helping. Compassion allows others the right to feel their pain but not be allowed to become stuck in the patterns of it. Compassion will assist the individual in rising out of the situation, to see a new way as to why the situation occurred and to learn from it. When we can assist another in the lesson of the struggle, the suffering, the difficulty, then we have used our compassionate heart to raise the level of love, not only in that particular situation, but in the overall, Universal way.

Compassion is not feeling sorry for another's suffering - it is using the love for that person to assist them with comfort and healing. When someone is stuck in a lifelong pattern of self-suffering, to allow that behavior to continue through pity is not compassionate. To hold that person in love and allow them the gift of that long term suffering until they are ready to release it and move on is compassion. Just hold them in love but do not become complicit in the suffering as then you will also suffer which is not being compassionate to yourself. Very often we can be compassionate from a distance simply by coming from the heart and holding the energy of love for that individual. Then it is up to them to either accept it as a gift or turn away as a rejection of their story. But as long as you are truly holding them with love, the outcome does not matter. Whenever you expect an outcome, then you are not being compassionate, your are attempting to control another's life. True compassion is selfless.

Complicity is to allow yourself to be brought into another person's story with the expectation that you will agree to be a willing participant in their situation even though you are aware of your own moral convictions. By continuing to comply with their need for self-justification without questioning the motives behind the story, decays your very own inner authority.

Compassion allows you to listen with the heart but not acquiesce to the situation or attempt to "save" the person from their own experience. One can empathize with their plight without complying with their position.

Compassion is not being the "savior", it is allowing another to see things from a different point of view that may or may not be popular with their current situation.

Classes and Events



Tibetan Singing Bowl Harmonic Attunement Session

With Kathryn Rambo

Tuesday, March 13th and March 27th

Each session is 45 to 50 minutes long

\$35.00 per Session

Tmes: 11AM; 12:15PM; 1:15PM; 2:15PM; 3:15PM; 4:15PM; 5:15PM

Do you wish you could just relax and step back from all the stress: the racing thoughts, the low energy, the pressures, the feeling scattered and pulled in a million different directions? Looking for a way to feel at peace, deeply relaxed, rejuvenated and back in balance again? Please consider gifting yourself a Tibetan Singing Bowl harmonic attunement session. The singing bowls have been used for centuries in spiritual practices and as a way to accelerate the body's healing process. The singing bowls produce a number of frequencies which relax the sympathetic nervous system as your brain waves synchronize to the vibrations of the bowls, engaging the relaxation reflex, turning off the flight-fight-freeze stress response and replacing it with a deep sense peace and well being. The sounds the bowls produce help return your physical, mental, emotional, and spiritual energies back to a state of harmony and alignment. When these energies are aligned and balanced they become the perfect container for wellness.

Please email Kathryn at purpleotterstudio@yahoo.com to schedule your sound shower and wash the stress away.

Kathryn is a Music Therapist, Tibetan Singing Bowl Instructor, Reiki Master and OSB Oblate



Grief and Loss Recovery/Support Group

With Anna Jester

Tuesday evenings 6:30 to 8:00pm. Eight week session begins March 27. Continues April 3, 10, 17, 24 and May 1, 8, 15 . Each class builds on the previous class. If a class needs to be missed, make up homework is possible.

Investment: Can be paid in full before the first day for \$175.00. Non-refundable. Cash or checks accepted. Checks should be made out to Anna Jester.

Participants need to also purchase the book: The Grief Recovery Handbook by John W. James and Russell Friedman, available at the store. (Payment plans are available.)

This class is an eight week action program for moving beyond death, divorce and other losses, such as loss of health, pets, career, trust, faith or safety. We listen compassionately to each other and practice skills on how to let go, providing group support and guidance in a safe, caring and empowering environment.

Anna Jester is a retired nurse and Grief Recovery Specialist. Anna was certified through the Grief Recovery Institute located in Bend, Oregon. She has facilitated and participated in various support groups over 30 years, including topics such as: Grief Recovery, Alzheimer's, Caregiver Support, Co-Dependency and Personal Empowerment. To register please contact Anna Jester, RN, MA, Grief Recovery Specialist at ajester50@gmail.com or at Free Spirit Crystals.



TAROT I

Six Wednesday Evenings Beginning May 16

6:00 pm – 8:00 pm Fee: \$125

Learn the meanings of all 78 cards and gain hands-on experience doing short readings in this six-week class. You will be encouraged to ask questions, give feedback and share your insights in an interactive environment. Get to know and use the Tarot for yourself and others. Please bring a notebook and the Tarot deck of your choice.

**To Register: Call Marene 262-781-1656 Or Email
astrological7@yahoo.com**

**Fees may be paid at any time by check, cash or PayPal or at
the first class.**

**Classes will be held at: Free Spirit Crystals
4763 N. 124th St. Butler, WI 53007 262-790-0748**



Layout of the Month

Compassion Layout

Opening one's heart to the journey of others and one's self may be very challenging to some of us as we struggle with our attachment to a specific outcome or our own desires. Being neutral in our caring for and about others calls for a strong spiritual underpinning in order to allow for a Divine flow and not a human flow of events. The compassion layout lays the foundation for detaching from our own wishes and transferring the suffering over to Spirit.

Layout

Feet – Amethyst Point in between pointing upwards

Root Chakra – Smoky Elestial

Second Chakra – Bronzite

Third Chakra – Amber

Heart Chakra – Kunzite

Throat Chakra – Raw Sapphire

Sixth Chakra – Amethyst

Crown Chakra – Elestial

Hands – Rose Quartz

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Explore ~ Discover ~ Feel Good!

Saturday, March 25, 2017 \$5 To Enter
9 am - 5 pm Alverno students (with ID) - FREE

Alverno College Conference Center
3400 S 43 St, Milwaukee

Combined ticket including:
Spirit Faire variety show - \$20
5 pm

Featuring

Over 100 exhibits & 14 presentations plus an evening variety show produced by SWM/Windsong

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Personal Development Seminars
Readers/Healers
Spiritual Practices
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Pebbles and Stones

The purpose of human life is to serve, and to show compassion and the will to help others.
Albert Schweitzer

Love and compassion are necessities, not luxuries. Without them humanity cannot survive.
Dalai Lama

Our human compassion binds us the one to the other - not in pity or patronizingly, but as human beings who have learnt how to turn our common suffering into hope for the future.
Nelson Mandela

One day I looked at something in myself that I had been avoiding because it was too painful. Yet once I did, I had an unexpected surprise. Rather than self-hatred, I was flooded with compassion for myself because I realized the pain necessary to develop that coping mechanism to begin with. Marianne Williamson



Coupon of the Month
St. Patrick's Day Sale
17% Off Stones
(Excluding Consignment and Net Items)
Coupon Must Be Presented at Time of Sale

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