



## Free Spirit Crystals "The Gateway"

4763 N. 124th St. [www.freespiritcrystals.com](http://www.freespiritcrystals.com) Mon - Fri: 11:00 - 6:00

Butler, WI 53007 [freespiritcrystals@gmail.com](mailto:freespiritcrystals@gmail.com) Saturday: 10:00 - 4:00

262-790-0748 [www.freespiritschool.com](http://www.freespiritschool.com)

[freespiritschool@gmail.com](mailto:freespiritschool@gmail.com)

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According to the American Institute of Stress, 75% of all doctor's visits and 60% of illnesses and diseases are caused by stress. Stress related ailments cost American tax payers \$300 billion every year in health costs and lost productivity. Continued strain on your body from routine stress may contribute to serious health problems, such as heart disease, high blood pressure, diabetes, and other illnesses, as well as depression and anxiety.

Stress is a condition manifested by our desire to live perfect lives in perfect conditions set by a society that demands we function according to certain standards and mores. How much money do you make, what kind of car do you drive, are you pretty, skinny, wear the right styles, have a perfect relationship, own as many "things" as your friends and neighbors, have perfect children who never get into trouble, have a secure job, are we healthy - the list can be endless. Each time we believe that we are not living up to the paradigms expected of us, fear creeps in and causes doubt, worry and anxiety that we are not good enough, that we're not going to "make" it, that we will be judged by others and/or that we will fail.

I certainly have had my share of stress in life and now I am able pinpoint where the genesis of most it comes from. Most of it had to do with feeling a lack of security, not trusting that I would be okay or that I had the inner resources to overcome what was happening. What I learned through the years was that it's all temporary, that "this, too, shall pass" and that I am stronger than I ever believed I could be. I had to learn to be vulnerable and ask for help and when I did, I found that my pride was part of my stress. I also found that people want to help and that, if I was honest and trustworthy, others would assist me in whatever plight I was experiencing. I learned that there is always a solution.

I also learned that my faith in the Universal Spirit brought me comfort and ease, that whatever was happening was not a punishment but a lesson to be learned and, if I learned it, I would be stronger and wiser. I had to learn how to feel my emotions, and to deal with them in a healthy manner (OMG - I had to learn how to cry!). I learned that meditation, stillness, breathwork, yoga, exercise, using my wonderful stones, proper diet and learning to love myself were instrumental in overcoming whatever stressors came along. I'm not saying it was easy, but my relationship with Spirit and my own heart have assisted me greatly with overcoming stress.

Overcoming stress takes self-examination and the willingness to be vulnerable and have faith. I'm not saying that any of us will ever be stress free, but I don't think we have to be a statistic of stress. I'd rather be a statistic of love!

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# Tibetan Singing Bowl Harmonic Attunement Session With Kathryn Rambo

Tuesday, April 10th and April 24th  
Each session is 45 to 50 minutes long  
\$35.00 per Session

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



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 [purpletterstudio@yahoo.com](mailto:purpletterstudio@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

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## Reiki 1 and 2 Classes

With Donna Redmer

Reiki I – Sunday 4/22 – 1:00 – 4:00  
Reiki II – Sunday 6/24 – 12:00 – 5:00  
Fee - \$125.00



Reiki is a form of **alternative medicine** developed in 1922 by Japanese Buddhist **Mikao Usui**. Since originating in Japan, Reiki has been adapted into varying cultural traditions across the world. Reiki practitioners use a technique called *palm healing* or *hands-on healing* through which a "**universal energy**" is transferred through the palms of the practitioner to the patient in order to encourage emotional or physical healing.

In Level 1 you will learn the basics of Reiki and the hands on healing technique. You will be given the opportunity to practice on others in the class.

Level 2 is the emotional and mental level of Reiki in which you will learn the basic symbols and absentee healing technique. You will also have time to practice your healing work on others in the class.

Donna Redmer has been practicing Reiki for over 10 years. She is a Reiki Master and Graduate of Free Spirit School. She is currently a mentor with the school.

## Animal Reiki Training - The Basics

April 28-29th, 2018

Two day clinic at Free Spirit Crystals in Butler and  
Creating Pathways Farm in Sussex, WI

With Reiki Master Teacher, Tiffany Kneeland

Class hours: 12 - 5 pm each day Cost: \$175 (includes manual)

This special Reiki I class focuses on both humans and animals in order to help both to heal and develop deeper relationships.

What you'll learn:

- The traditional Japanese meaning of Reiki and how to incorporate it into daily life
- Traditional Japanese techniques and how to use them to help yourself and the animals in your life to become more grounded and balanced
- Meditations that can help you and the animals in your life to become more connected
- Hands-on treatments for self and others
- How to "BE" with yourself and animals in order to live a more heart-centered life!

Please, do not bring your animals to class! You will have practice time with dogs and horses during the clinic.

Your Teacher: Tiffany has studied with Kathleen Prasad and is a Reiki Master Teacher through the Usui Reiki Ryoho lineage and a member of SARA, the Shelter Animal Reiki Association. Part of the proceeds from this class will benefit the non-profit Creating Pathways Farm--an agency offering equine assisted psychotherapy, camps for kids at risk, personal growth and development, and trauma work including veterans.

Space is limited: sign up today! Pre-payment is required through the Free Spirit School website. Class sign-up ends 4/10/18.

For more information

CONTACT: Tiffany Kneeland at 262-506-4960 or [soulflowerwellness4u@gmail.com](mailto:soulflowerwellness4u@gmail.com). Also see Tiffany's website: [www.soul-flower-wellness.com](http://www.soul-flower-wellness.com)

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## Tarot 1 With Marene Martensen

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](mailto: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. 124<sup>th</sup> St. Butler, WI 53007 262-790-0748

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5 pm

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## Layout of the Month

### Alleviating Stress Layout

This layout is to assist in bringing calm and peace to assist in healing on the deepest possible level. When stress is eased, it gives the energy system and mind an opportunity to become free of the entanglement of distress. This allows one to move through their issues freely without the enmeshment of the past to stilt the healing.



Use this layout when:

You need relief from nagging stress;

You need to sleep;

Your thoughts control you;

You want to find a deeper way to heal;

Your body needs a break from worry;

You wish to form a deeper connection to your higher power

### Layout

- Feet – Smoky Quartz Points facing feet
- Along Sides of Legs – Selenite Wands
- Root Chakra – (in order) Apache Tear, Dravite, Black Onyx
- 2<sup>nd</sup> Chakra – Mica Lepidolite
- 3<sup>rd</sup> Chakra – Citrine Cluster facing downwards
- 4<sup>th</sup> Chakra – Kunzite
- 5<sup>th</sup> Chakra – Amazonite

## Pebbles and Stones

“Do your work, then step back. The only path to serenity.” **Lao Tzu**

“Pursue not the outer entanglements; Dwell not in the inner void; Be serene in the oneness of things; And dualism vanishes by itself.” **Sengcan,**

“Spend time with yourself. It is where everything begins. It is in this serene space of solitude that you will find clarity, peace and direction.” **Miya Yamanouchi**

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## Coupon of the Month

Saturday, April 14th  
15% Off All Stones (excluding net and consignment items)

Please present coupon at checkout

Plus, receive a free Citrine - the stone of abundance just for coming in to the store!

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STAY CONNECTED

