



Free Spirit Crystals "The Gateway"

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

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

262-790-0748 www.freespiritschool.com

freespiritschool@gmail.com May 2018



(Note - This month's column was written by Linda Neff, one of our students at Free Spirit School, as an intuitive writing. I believe Linda's "connections" have brought forth a very valuable essay. Enjoy!)

Forgiveness

Ahh – forgiveness. What a tricky beast.

Forgiveness is like your favorite pot in which you make your favorite meal. A pot that seasons beautifully. A pot that is trusted and loved until one day while cooking, the pot bubbles over and burns. It is one hot mess – virtually ruined. Your anger at yourself and others is bubbling over for being inattentive and distracted rather than focused on creating a divine and nourishing meal.

Like the pot, you are one hot mess of frustration and anger. While you do love your pot, it would be easier to toss it. It would be easier to ignore why the pot bubbled over and replace it. You recognize though that a new pot will lack the seasoning that you've come to love from your trusted friend.

Armed with your anger and all types of abrasives you attack the pot. The abrasive wire brush, slowly cutting into your fingers, keeps rhythm with the shaming voice in your head criticizing yourself and others for allowing this mess in the first place. No amount of angry effort loosens the deeply baked on debris.

Eventually exhausted from the physicality and anger, you let the pot sit in all of its ugliness. You wake the next morning hungry and sore only to be greeted by your favorite pot that looks no different in the morning light. You deem your pot unsalvageable.

While you steep some tea, you refill your pot with clean, soapy water. You sip your tea and remember the wonderful meals you prepared in your pot. You think about how the pot exquisitely flavored your meals. You recall memories of sharing the meals you prepared with those you love.

In this moment of reflection you recognize the worthiness of the vessel. You take another look at the pot, which has begun releasing all it has been clinging to while gently soaking in the cleansing water. With soft cloth in hand you are able to feel into the lessons and the knowledge revealed as the debris separates from your well-seasoned vessel.

That vessel is you. Uniquely seasoned through the release of all that was and all that no longer serves your heart's highest calling. That moment of release reveals all that divinely is.

Tibetan Singing Bowl Harmonic Attunement Session With Kathryn Rambo

**Tuesday, May 8th and May 22nd
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 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

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
Emailastrological7@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

Reiki 2 Class

With Donna Redmer

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.

To register, email freespiritschool@gmail.com.



Forgiveness Layout

This layout is designed to assist us in letting go of the resentments and hurts of the past. Although we cannot change what has occurred, we can gain more insight into our journey through the past and understand how it has shaped



our lives.

This layout may also be used for self-forgiveness and letting go of guilt and shame.

Between ankles – Smoky Elestial (understand the past)
Root Chakra – 4 Black Onyx (alleviates trauma)
2nd Chakra – Blue Calcite (cools anger and resentment)
3rd Chakra – Amber (let go of blame – self acceptance)
4th Chakra – Morganite or Rose Quartz
(Morganite if you want to go deeper into your heart)
(Rose Quartz if you need emotional release)
5th Chakra – Turquoise (letting go of blame; balancing
Spiritual will to self will)
6th Chakra – Ametrine (release fear and letting go of the past)
7th Chakra – Dow Crystal or Transmitter Crystal
(Dow for the perfection of all – we are one)
(Transmitter to receive messages from Spirit)
Hands – Amethyst (letting go of the past)

Pebbles and Stones

Forgiveness is the fragrance that the violet sheds on the heel that has crushed it.

Mark Twain

When you forgive, you in no way change the past - but you sure do change the future. Bernard Meltzer

To forgive is to set a prisoner free and discover that the prisoner was you.

Lewis B. Smedes

Forgiveness is the final form of love. Reinhold Niebuhr



Developing Consciousness Certificate Program

Beginning September 2018

Release * Uplift * Transform

Who Is This Course For?

- Individuals who are developing or wish to enrich a professional healing practice
- Healing/medical professionals
- Those feeling stuck in unhealthy or ineffective life patterns or trapped in indecision
- Anyone seeking to change their life story and wanting to shift into something life giving
- Business professionals
- Those with a passion for life
- YOU!

What to expect?

Classes are held in a friendly environment over weekend sessions. The curriculum encourages



students to identify emotional and behavioral patterns that inhibit their growth. The classes focus on developing self-awareness, building a foundation based in mind, body, and spirit wellness, learning to become compassionate with yourself, and recognizing and releasing life patterns that hold you back. Your experience will include learning a variety of healing techniques, the intricacies of bioenergetics and energy holding patterns, and the use of crystals in healing. These classes are personally transforming and the effect is far-reaching through your own healing practice and into your daily life.

For more information and to register, please go to www.freespiritschool.com

Closing Out Our CDs

Select CDs are now 30% off as we are keeping only a few popular titles in stock. Wonderful music for meditation, healing work, soothing the frazzled psyche or giving for gifts. While supplies last!



Coupon of the Month

15% Off Stones
(Excluding consignment and net pieces)

Saturday, May 19th

Coupon must be shown at time of sale

Name | Company | Phone | Fax | Email | Website

STAY CONNECTED



