



# Free Spirit Crystals

## "The Gateway"

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"Waking up this morning I smile. Twenty-four brand new hours are before me. May I live fully in each moment and look at all beings with the eyes of compassion."

Jody Figgins - Free Spirit School Graduate

This is a quote that Jody shared with us on graduation day in May and it has really entered into my consciousness as something that I need to wake up with everyday. I have a clean slate every 24 hours to shift how I see the world, to react differently to what happens around me, to give myself the opportunity to treat others with respect and compassion. Today is a gift from the Universe to begin again with new perspective, to honor the grace that is my life, to enjoy those around me and treat them with love and understanding just as I will treat my own self.

*The courage to  
live your own life  
is the greatest gift  
you can give  
to the world.*

*Free  
Spirit*



I begin this day - the only day that I have right now - giving everything that I have to my life. I do not want to end this day not taking advantage of all there is

to experience, to see and to know. I have been granted a new start, a new vision, a new freedom to become today what I was not yesterday. How can I not embrace this with every passion within me?

I have learned so very much from all the students that I have had the honor to teach and this day I have the blessing to use all of those lessons to advance my spirit as an homage to each of them. How can you use everything that you have learned up to this point to have the courage to live your own life and to use that life in betterment to the world? It's something that Jody reminds all of us about today and today is really all we have, isn't it? Blessings, Diane

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## Classes and Events

**Tibetan Singing Bowl Harmonic Attunement  
With Kathryn Rambo  
Tuesdays June 12th and 26th  
11AM, 12:15PM, 1:15PM, 2:15PM, 3:15PM and  
4:15PM.  
Fee: \$35.00**



Summer is here...well, almost... this IS Wisconsin. Do you need a vacation and just can't get away? Do you just want some free time and space to find and reclaim yourself again? Have you become a human-doing instead of a human being? You probably have heard about staycations – people electing to stay home for vacation, well how about taking a “sound-cation”: a vacation with a Tibetan Singing Bowl Harmonic attunement for yourself? The “sound-cation” has all the same benefits that taking a vacation has: reducing stress, increasing feelings of well being and relaxation, giving yourself a pleasant energy boost, helping increase positive feelings, getting a vacation from nonstop thinking, and, the good “vibes” you bring back with you from your sound-cation can actually rub off on the people around you.

Please email Kathryn  
at [purpleotterstudio@yahoo.com](mailto:purpleotterstudio@yahoo.com) to schedule your  
sound-cation for the summer.

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**Healing Sessions with Paula Davies  
Friday, June 22  
10:00, 11:15, 12:30, 1:45, 3:00  
Fee: \$80.00**



My dear friend, Paula Davies from San Antonio, is coming up at the end of June to grace us with her loving healing expertise. If you have not had the exquisite experience of a Paula Davies healing session, I highly encourage you to sign up for an hour of oohs and aahs as she uses all of her "tools" to assist you in your process.

I fully guarantee that you will love Paula and have an amazing hour of awakening your body and spirit.

Paula has studied and practiced alternative healing for over 25 years and combines all of her varied studies into her sessions.

To register for a session, please email [freespiritcrystals@gmail.com](mailto:freespiritcrystals@gmail.com). A \$40 downpayment is necessary to hold your appointment.

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**Reiki 2 Attunement  
With Donna Redmer  
Sunday June 24, 2018  
12:00-5:00 pm  
Fee: \$125  
Prerequisite - Reiki 1**



Lift yourself to the next level of Reiki healing in this Reiki 2 class. This is the level for mental and emotional healing that assist you in elevating your consciousness.

You will receive the attunement followed by learning Reiki symbols and absentee healing. You will then have the opportunity to both do Reiki healing on another student and receiving Reiki healing.

To register, go to [www.freespiritschool.com](http://www.freespiritschool.com) and click the classes button. Scroll down to the Reiki class sign-up.

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## Free Spirit School

Rose and I will be starting a new Module 1 class on Saturday September 8th and Sunday, September 9th. After 12 years of amazing classes, we are more dedicated than ever to present the Free Spirit School curriculum. Each class is unique in its energy and level of understanding and we organically shift and grow with you.



The class is broken up into 3 modules meeting the first weekend of each month (except September because of Labor Day). We also take summers off - no one wants to go to school in summer!

Module One Includes:

- Learning Subtle Sense Perception
- Crystal and Stone Healing Techniques
- Hara Line
- Levels of the Field
- Energy Balancing Technique
- Chakras and Essential Oils
- Levels of the Field
- Bioenergetics
- Mind Calming Healing Technique
- Utilizing Stone Layouts for Healing
- Intuitive use of crystals and stones in Healing Work

Module Two includes:

- Energetic Holding Patterns:
- Hold Together
- Hold On
- Hold In
- Hold Up
- Hold Back
- Gifts, Patterns, Beliefs, Defenses and Healing

Module Three includes:

- The Four Agreements: Application For a Healthier Lifestyle
- The Gifts Of Imperfection a study and reflection for Healthier Life Choices
- Vogel Crystal Healing
- Breaking Fear Patterns
- Pop Out of the Drama
- Heart Healing
- Fascia as tissue of emotion and Fascia Release Exercises
- Advanced Crystal Healing Techniques

We still have room for a few more students who are eager to join our healing community where "Shift Happens!"

To register, go to [www.freespiritschool.com](http://www.freespiritschool.com).

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## Layout of The Month

### Growing the Spirit Layout

This layout is designed to assist in planting the seeds of self-discovery so that you may reap the benefits of growing with your spirit. Cultivating, watering and pulling the weeds from our inner gardens will produce a bountiful harvest of self realization, harmony and joy allowing your spirit to take root inside of you. It reminds us that we have the opportunity each day to become more aware of who we are through our interactions with others and our connection to spirit.



- Below Feet – Obsidian
- Root Chakra – Lingam
- 2<sup>nd</sup> Chakra – Chialstolite
- 3<sup>rd</sup> Chakra – Amber
- 4<sup>th</sup> Chakra – Rose Quartz and Pietersite
- 5<sup>th</sup> Chakra – Dumortierite
- 6<sup>th</sup> Chakra – Sugilite
- 7<sup>th</sup> Chakra – Devic Temple Crystal Pointing  
Towards Head  
Hands - Obsidian

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## Pebbles and Stones

Enjoy the little things in life, for one day you may look back and realize they were the big things.  
~Robert Breault

The saddest summary of a life contains three descriptions: could have, might have, and should have. ~ Louis E. Boone



Don't be afraid your life will end; be afraid that it will never begin. ~ Grace Hansen

The purpose of life, after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience. ~Eleanor Roosevelt

**ENJOY  
15% OFF**

Saturday, June 23rd  
On Stones  
(Excluding  
Consignment and Net  
Items)

Coupon must be presented at time of sale.

Free Spirit Crystals | 1-262-790-0748 | freespiritcrystals@gmail.com | <http://www.freespiritcrystals.com>

STAY CONNECTED

