

Free Spirit Crystals

"The Courage To Live Your Own Life is The Greatest Gift You Can Give The World"

"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

Releasing the Past - The Key to Independence
Classes
Free Spirit School
Summer Sale
Layout of the Month
Pebbles and Stones



Independence - What Does it Mean to You?

A couple of weeks ago I was tuning in to my unseen friends asking what it is that I need concentrate on at this time and the answer was surprising to me. I was told that I needed to understand and release the deep sorrow that I've been holding onto my entire life (and probably before that!). I've kept myself quite busy since recovering from my illness and, truthfully, have not been paying attention to my emotional state. I did so much of that during my illness that I just wanted to take a break! But I know that the sorrow is something that I need to pay attention to as I've had it ever since I can remember.

When I was a child, I would cry for no specific reason - I just had what they called the blues. My family would call me a weirdo and told me not to be so sensitive. But I couldn't help it - I was just so sad at times that I didn't know what to do or where to go. Going to therapy in the 50's and 60's was considered a weakness and was not even discussed. So when I got the blues, I sat in my room or went on long walks or climbed my favorite tree in the woods and sobbed unanswered tears.

My grief does need to be addressed as I do believe that our emotions strongly affect our physicality and mental capacities. To bring clarity and resolve certainly will lift my spirit and bring renewed energy to my cells. But it will

also bring a freedom - a freedom from suffering, a freedom from being bound to sorrow, a freedom to feel light and clear.

We can be sad, but we don't have to suffer, So this is a perfect time for all of us to start our new Independence Day to start anew and let the past behind. What do you need to release for your Independence Day?



Reiki Classes

Taught by Donna Redmer

Reiki Level 1

Sunday July 8th, 2018

1:00-4:00 pm . Fee: \$100.00

"Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy."*

Reiki can be done one's self or you can transfer Reiki energy to another person or animals. It assists in opening one's subtle sense perception in order to heighten spiritual development.

In this first class you will be given the Reiki 1 attunement and be taught the hands on techniques and have the opportunity to practice on other students.

Reiki Level 2

Prerequisite - Reiki Level 1

Sunday September 23rd, 2018

12:00-5:00 pm Fee: \$125

Level 2 helps you develop the emotional and mental aspects of your life which will assist you in strengthening your ability to do the physical healing work.

You will be given the Reiki 2 attunement and learn the basic Reiki symbols which you will be able to use in your daily life and healing practice. You will also be taught absentee healing that you can send to others at any time.

To register, please go to www.freemirrorschool.com and click the Reiki tab under classes.



Classes with Anna Jester

Metaphysical I

Six Tuesday Evenings

Beginning September 11| 6:00pm – 8pm

Fee: \$125

Geared for beginners and those who wish to participate at a relaxed pace, we will explore metaphysical topics such as: chakras, auras, energy, spirit guides, divinity tools, ritual, invocations, meditation, intuition and dreams in an interactive environment. Asking questions and sharing insights is highly encouraged. Please bring a notebook for drawing and journaling.

Registration: email Anna at ajester50@gmail.com or phone 970-507-0440.

Fees may be paid by cash, check, or PayPal in advance or at the first class.

Class location: Free Spirit Crystals

Anna has over 30 years of experience in personal growth and is certified as a Grief Recovery Specialist and a valued staff member at Free Spirit Crystals who has a passion for crystals and serving others.

Talk About with Anna Jester

Monday Evenings Beginning September 10 |

October 1, November 5, December 3.

6pm- 7:30pm FREE

Bring your favorite crystal and curiosity. Once a month we will share our favorite crystals with each other, ask questions and share insights. We will end the evening with a meditation using our crystals. Beginners welcome.

Registration: email Anna at ajester50@gmail.com or phone 970-507-0440.

Class location: Free Spirit Crystals

Grief and Loss Weekend Workshops

Weekend Beginning October 19|Friday

6:00pm- 8:30pm

October 20/21

Saturday 9:00am - 5:00pm

Sunday 9:00am – 3:30pm

Fee: \$199

OR

Weekend Beginning November 9

Friday 6:00pm – 8:30pm

November 10 Saturday 9:00am – 5:00pm

November 11 Sunday 9:00am -3:30pm

Fee: \$199

Choose your weekend.

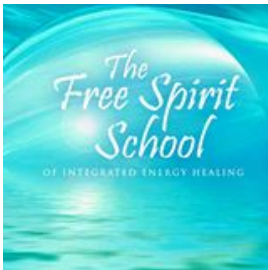
Learn how to acknowledge the losses in your life, how they have affected you and how to integrate awareness with compassion and love towards yourself and others. The loss may be the death of a parent, a child, a partner or a beloved pet. Perhaps it is divorce or separation from someone or something. Perhaps it is losing a job, starting a new job, moving to a new place or dealing with health issues. Maybe faith and trust have been decimated.

If so, this workshop is for you.

We use The Grief Recovery Handbook by John James and Russel Friedman. Copies are available at Free Spirit Crystals. Please purchase the book and also pack a notebook, snacks and lunch.

Registration: email Anna at ajester50@gmail.com or phone 970-507-0440.

Fees may be paid by cash, check, or PayPal in advance.
Workshop location: Free Spirit Crystals



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.



Get ready, get set.....SHOP!
We're having our annual summer sale and it's HOT, HOT, HOT!! All stones (excluding consignment and net items) will be 25% off from Monday, July 9th to Saturday, July 14th. If there is a special stone that you've been longing to own, now is the time to come in to Free Spirit Crystals and treat yourself to a cool summer deal! HOT, HOT, HOT!!!

Freedom Layout



This layout is designed to open each chakra, release the blockages and allow for a new sense of freedom to enter. Because we cannot have inner freedom until we have let go of our past at a cellular level, this layout affords you the option of permitting yourselves to liberate the places inside of you that, so far, have not wanted to be released. We all have reasons why we are not ready to let go of the restrictions of our past, however, this layout will extricate those motives and give you a sense of peace.

Root Chakra – Black Tourmaline

2nd Chakra – Raw Ruby

3rd Chakra – Citrine

4th Chakra – Kunzite

5th Chakra – Aqua Marine

6th Chakra – Faden Quartz

7th Chakra – Selenite

Between Ankles – Lingam

Bottoms of Feet – Selenite

Hands – Rutilated Quartz

Place on both sides pointing towards each chakra – quartz crystals



Pebbles and Stones

“When I let go of what I am, I become what I might be.” Lao Tzu

“When I discover who I am, I’ll be free.”
Ralph Ellison, Invisible Man

“True freedom is always spiritual. It has something to do with your innermost being, which cannot be chained, handcuffed, or put into a jail.” Osho