

# Free Spirit Crystals

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

## 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) September 2018

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### **I've Got Those Songwriting Blues!**

I just returned from my annual trip to songwriting "boot camp" on Whidbey Island with Tret Fure. Every year that I go I fret about whether I'll be able to create a song, do any significant writing or fit into the group and every year I get the same answer - YES! I don't know why I put myself through this infantile agony, believing that I'll be the only one there who won't be able to contribute anything to the group. It's such an old message that I carry around with me and it's simply not true!

Almost all of us haul around a backpack of old voices, beliefs and conditionings that continue to burden us and prevent us from truly living life fully. What if I didn't have these doubts, these anxieties and fears? What if I could just go to boot camp and relax into a world of my imagination and humor, allowing myself to enjoy the company of kindred spirits and sister song writers? Wouldn't that be a breakthrough in my life!!!

Next year I vow to leave the thoughts of self-doubt at my door and allow myself the freedom to be the unburdened me. I know that I can write, I know that I can create and I know that I can perform. I've been doing it all my life but always with the voice in the back of my head f It's time for me and for you to listen only to the voice of our heart and be free spirits. What do you say? Want to join me?

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## Sound Healing Sessions

With Kathryn Rambo

Tuesday September 11th

Open times - 10:00

Tuesday, September 25th

10:AM,11:AM; 12:15 3:15PM and 4:15PM

Sessions are \$35 for 45-50 minute session

DNA harmonic attunement: According to Dr Leonard Horowitz, naturopathic physician, award-winning author, pharmaceutical industry critic, the 528 Hz frequency has the ability to heal damaged DNA. This sound session will focus on the use of that frequency along with Tibetan Singing Bowls on the aura and around the physical body to cleanse and harmonize the DNA. Sessions are \$35 for 45-50 minutes. (Oct. sessions will focus on creativity, inspiration and the gifts of a balanced sacral chakra)

Please email Kathryn  
at [purpleotterstudio@yahoo.com](mailto:purpleotterstudio@yahoo.com) to schedule your  
individual session

## Classes



### Reiki Level 2

With Donna Redmer

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.freespiritschool.com](http://www.freespiritschool.com) and click the Reiki tab under classes.

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### 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](mailto: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](mailto: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](mailto:ajester50@gmail.com) or phone 970-507-0440.**

**Fees may be paid by cash, check, or PayPal in advance.**

**Workshop location: Free Spirit Crystals**

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## **Beginning Crystal Healing Class With Pam Moderski and Pam Hartman**



**6 weeks beginning Thursday September 20th  
6:30-8:30 pm.**

**\$35.00 per class or discount of \$175.00 if  
payment in full for entire series if received by  
or on the first class.**

**Learn the basics of using crystals and stones for healing  
and personal growth. You will have an opportunity to do  
hands on crystal healing work with others in the class.**

**Pat and Pam will cover:**

**The Rules of Thumb for Crystal Healing  
How to Clear and Clean Crystals and Stones  
The meanings and usages of over 80 stones  
How to use crystal wands for healing  
Identity of different crystals**

And more.....

To register email [pmoderski@att.net](mailto:pmoderski@att.net)

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## **TAROT I**

**With Marene Martensen**

**Six Wednesday Nights Starting October  
10th**

**6:00 pm – 8:00 pm Fee: \$150**



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.

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## **Astrology 1**

**With Marene Martensen**

**Six Monday Nights Starting October 15th**

**6:00 pm - 8:00 pm Fee: \$150**

Learn the basics of astrology: all the planets (asteroids too!) signs and houses, using your own natal chart. This is an interactive class, where questions and feedback are welcome. This is your chance to learn how all those general beginning astrology concepts apply to you personally. Please make your birth data available and a natal chart will be provided.

To Register: Call Marene 262-781-1656 Or Email  
[astrological7@yahoo.com](mailto:astrological7@yahoo.com)

Fees may be paid by check, cash or PayPal either in advance 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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## **Free Spirit School**

Our school is full for this school term. Thanks to all who have inquired about our school. We look forward to having you in class the next time we offer the program.



In the meantime, look for our new elective class schedule coming out next month. You'll get an idea of what we teach in class and the flavor of what healing truly means. See you in class!

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## Overcoming Fear Layout

A wonderful friend of mine once said that “fear is an illusion that can come to a conclusion.” By overcoming the illusions of fear we can lift the blinds of darkness and know who we really are thereby allowing our true magnificence to shine throughout the world.

This layout is meant to help us gently become aware of our fears, understand how they were introduced to us and realize that our lives need no longer be affected by the deception of fear. Overcoming fear will help alleviate anxiety and assist in releasing unhealthy habits.

- Feet – Citrine Points pointing towards feet
  - Root – Smoky Quartz Point facing towards root
  - 2<sup>nd</sup> Chakra – Larger slab of Mica Lepidolite
  - 3<sup>rd</sup> Chakra – Citrine Cluster facing with points down
  - Heart Chakra – Green Calcite
  - 5<sup>th</sup> Chakra – Chrysocolla
  - 6<sup>th</sup> Chakra – Ametrine
  - 7<sup>th</sup> Chakra – Golden Calcite Rhomboid
  - Hands - Citrine
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## Pebbles and Stones



An exciting and inspiring future awaits you beyond the noise in your mind, beyond the guilt, doubt, fear, shame, insecurity and heaviness of the past you carry around. Debbie Ford

It's insecurity that is always chasing you and standing in the way of your dreams. Vin Diesel

The reason we struggle with insecurity is because we compare our behind-the-scenes with everyone else's highlight reel. Steve Furtick

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**Open House/Spirit Faire**  
**Sunday, September 30th**  
**11:00 - 4:00**



I have been gifted with another huge load of new stones from my friend, Qaisar, but it'll take us about a month to get them all priced and on the shelves. So we're throwing a big bash on Sunday, September 30th to show them all to you!

But, that's not all! We'll have wonderful readers, amazing free workshops throughout the day, an incredible raffle for free prizes and delicious snacks!!

This is a day to join us for community, fun, education, and enlightenment. You truly won't want to miss this!!



## Beautiful Coral!!

I just got in these natural coral from the Phillipines. They were a part of someone's old collection so I felt comfortable knowing they no longer are taking this out of the ocean. But the sweet, flowing energy of these beautiful coral will bring peace and calming to who ever takes them home. I invite you to just come in and witness the beauty of these amazing, gorgeous specimens. You can ooh and ahh with me!

**ENJOY  
15% OFF  
Stones**

**Saturday,  
September  
22nd**  
(excluding net and consignment stones)

Present this coupon at time  
of sale.

