

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 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 February 2018



Charity

Every couple of months I will drop a check in the mail for a worthy cause and feel like I've done something good for someone. I feel good about being able to help someone else and the feeling lasts about as long as it takes to put the check in the mail. But I've been thinking lately that there is more to charity than simply writing a check and putting a stamp on an envelope. While I'm sure that organizations depend upon the generosity of others, there are so many other ways that I can contribute everyday.

There are elderly people shut away in homes that need a friendly chat, people on my block who are sick who could use a casserole or pot of soup, mothers and fathers who could use a night out but can't afford a babysitter (I used to get 25 cents an hour for babysitting! Not these days!), homeless shelters that need assistance serving meals, sick people who need rides to the doctor - and the list goes on.

I can claim to be too busy to give of myself but I know that isn't true. I don't go to work everyday, I am perfectly healthy and capable of doing more, but I also know how to make excuses for not being available to others. My goal this year is to be more service oriented and put myself out there for those who cannot do for themselves.

I have been so very blessed these past 28 years to be able to do what I do here at Free Spirit Crystals and now I know it's time to do more for others. That includes performing with Ann Ruane to present a benefit concert for Eli Hansen. (See article below).

How about you? Do you have an hour a week or even an hour a month to share your talents and gifts with someone else? Life is full of opportunities to give of ourselves - it's the greatest gift you can give - the gift of you. I know for myself that when people assisted me when I was ill, I felt the gift so much more than if I would have received a check in the mail. Even sending a card with a heartfelt note in it is such a blessing.

I encourage you to join me in being your own charity this year - the charity of the heart. That feeling will last a lifetime! Blessings, Diane



Sound Healing Sessions

With Kathryn Rambo

Tuesday February 12th and 26th:

10AM; 11:AM; 12:15PM; 1:15PM; 2:15PM; 3:15PM and 4:30PM.

Cost: \$35 for 45-50 minutes

Heart Chakra Harmonic Attunement with Rose Quartz, Green Calcite, Emerald, Rhodocrosite layout

This month's harmonic attunement will focus on the heart chakra, the chakra that is the bridge between the lower and upper chakras. It is the center for balance, calmness, serenity as well as love, joy, compassion, loving-kindness not only towards others but also towards our Self. This session will combine vibrating frequencies of the Tibetan Singing bowls, healing tuned tubes with the vibrating frequencies of healing stones.

Email Kathryn for your session time at purpleotterstudio@yahoo.com

Please email Kathryn at purpleotterstudio@yahoo.com to schedule your individual session

Classes

Reiki Level 1



With Donna Redmer

Sunday, February 24th

12:00 - 3:00 \$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.

[TextLink](#)

Reiki Level 2

With Donna Redmer

Prerequisite - Reiki Level 1

Sunday April 14th, 2019

12:00-3:00 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 and click the Reiki tab under classes.

Classes with Anna Jester

**Metaphysical I
with Anna Jester**



**Six Tuesday Evenings Beginning February 26|
6:00pm – 8pm
Fee: \$150**

For beginners and those who wish to participate in an interactive and relaxed environment. We explore topics such as: chakras, auras, energy, intuition, divination tools (crystals for sure!), ritual, invocations, meditation and spirit guides. Asking questions and sharing insights is highly encouraged! Please bring a notebook for drawing and journaling.

Anna is a staff member at Free Spirit Crystals.

**Registration: email Anna at ajester50@gmail.com
Fees may be paid by cash, check, or PayPal in advance or at the first class.**

**Class location: Free Spirit Crystals, 4763 N. 124th
Street Butler, WI 53007**

Metaphysical II with Anna Jester

**Six Tuesday Evenings Beginning April 9
6:00pm – 8pm Fee: \$150**

For those who completed Metaphysical I or have a basic understanding of the primary seven chakras. We use the chakra system to explore ways we think, feel and relate to others; discover energy patterns including imbalance and blockage; get to know our shadow; expand use of crystals (wands, spheres, layouts, grids), meditation techniques, communication and journeys with spirit guides; practice and interact with others in a supportive environment. Please wear comfortable clothing and bring a notebook. Anna is a staff member at Free Spirit Crystals.

**Registration: email Anna at ajester50@gmail.com
Fees may be paid by cash, check, or PayPal in advance or at the first class.**

**Class location: Free Spirit Crystals, 4763 N. 124th
Street Butler, WI 53007**

Talk About with Anna Jester Last Friday Evening of the Month | 6:00pm- 7pm March 29, April 26, May31 FREE

Bring your favorite crystal and curiosity. We share our crystals, ask questions and share insights. We end

the evening with a ritual and/or meditation using our crystals. Beginners welcome. Anna is a staff member at Free Spirit Crystals.

Registration: email Anna at ajester50@gmail.com No Fee. *Class location:* Free Spirit Crystals, 4763 N. 124th Street, Butler, WI 53007

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.



Does Anyone Really Know All of Me?

With Ann Ruane

Tuesdays: Jan. 15, 22, 29 and Feb. 5, 12, 19, 2019

6:30 pm-8:30pm

\$35 per class or \$175 when paid in full on or before the first class

A series of 6 independent, inter-related classes covering the following:

**Opening the mind-body-spirit connection
Fostering a powerful relationship with YOURSELF
Diminishing negative self-talk and self-judgment
Bringing awareness to body signals
“Feeling” your way to healing
Releasing limiting beliefs
Experiencing crystal healing**

Register online at:

<https://luxeternahealing.as.me/does-anybody-know>

Or

Email Ann: ann@luxeternahealing.com

Payment can be made online or via cash, check or charge at the time of the class

Classes will be held at Free Spirit Crystals

Ann Ruane is founder and certified energy therapy practitioner at Lux Eterna Healing. She is a graduate of the Free Spirit School of Integrated Energy Healing, a Reiki Master and a Certified Teacher of Crystal Healing. Ann has been in practice for over 10 years and is passionate about conscious awareness and personal growth.

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Tarot and Astrology Classes with Marene



Martensen

Get the deeper understanding you've been looking for!!!



TAROT II

Six Wednesday Evening

Beginning February 6

6:00 pm – 8:00 pm Fee: \$150

If you have taken Tarot I or have a good working knowledge of the Tarot, this hands-on class is an excellent opportunity to learn new layouts and gain experience doing readings. In this group setting you will be encouraged to ask questions, share your insights, receive a reading and participate in the feedback process. This class puts the basics to work so that you can use the Tarot to help yourself and others.

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Astrology II

Six Monday Evenings Beginning February 4

6:00 pm – 8:00 pm Fee: \$150

If you have taken Astrology I or have a good working knowledge of the signs, planets and houses then you're ready for the next step. This class teaches you to recognize and understand the planetary aspects (how planets relate to each other) and planetary transits (how the planets out there in the heavens affect your natal chart.) If you've been wondering what the planets are doing in your life, then this is the class for you!

To Register: Call or text Marene 262-781-1656 Or
Email astrological7@yahoo.com

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

Classes will be held at: Free Spirit Crystals
4763 N. 124th St. Butler, WI 53007 262-790-0748

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Beginning Crystal Healing Class

**With Pam Moderski and Pam Hartman
6 weeks beginning Thursday February 7th
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

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Layout of the Month

Charity of the Heart Layout

This layout is designed to assist us in opening our hearts to share our gifts and blessings with others. Whether we have fear of meeting new people, fear that we don't have enough time or simply need a catalyst for sharing our talents, this layout will aide in boosting our awareness of our capacity to be of service.

**Below Feet – Selenite Wands
In Between Legs – Black Tourmaline
On Thighs – Small Selenite
2nd Chakra – Raw Ruby
3rd Chakra – Citrine**

4th Chakra – Rhodonite
5th Chakra – Chrysocolla
6th Chakra – Amethyst
7th Chakra – Transmitter Crystal Facing the Head
Hands – Rose Quartz

Pebbles and Stones



"I have found that among its other benefits, giving liberates the soul of the giver." Maya Angelou

"We make a living by what we get, but we make a life by what we give." Winston Churchill

"Service to others is the rent you pay for your room here on earth." Mohammed Ali

"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy."
Rabindranath Tagore

Stone of the Month - Malachite!!



Malachite- 20% OFF!

Malachite is one of the most useful healing stones on earth! It is wonderful for reducing inflammation caused by arthritis, bursitis and sprains and strains. I have used it on sprained ankles and knees, swollen joints and carpal tunnel among other things. It also helps to us to feel the emotions that we are blocking in order to release what caused the injury. This is a truly remarkable stone!!



Benefit Concert with Diane Bloom and Ann Ruane

Diane & Ann present

DianeandAnn-a-ram-a-lam-a-ding-dong

A Benefit Concert for

Eli Hansen

Saturday, April 13th at 7:00 pm

Unitarian Universalist Church West

13001 W North Ave, Brookfield

Mark down on this date on your calendar - Saturday, April 13th. Ann and I are presenting a benefit concert for a very special boy:

In April 2016, at the tender age of 4, Eli Hansen was diagnosed with High Risk Stage 4 Neuroblastoma, a rare childhood cancer. He went through an aggressive 16 month treatment protocol that included surgery, chemotherapy, stem cell collection, 2 stem cell transplants, radiation and immunotherapy in the midst of more tests, scans and procedures. In summer 2017, there were clear scans and bloodwork, resulting in No Evidence of Disease. Eli continued with monthly clinic visits and labs, including trips to Michigan for what should have been a 2 year clinic trial for maintenance therapy. Then, on August 16, 2018, Eli and his family learned of a relapse of the neuroblastoma. The aggressive journey of chemotherapy and immunotherapy continue.

Enjoy a fun-filled evening of familiar, classical and original music.

Diane Bloom on guitar, vocals and whatever else is needed in the moment
Ann Ruane on piano and maybe even singing

A stunning Amethyst Cathedral will also be raffled off!

There is no cost for the concert but donations of any amount are welcomed and appreciated.

Checks made payable to: Chris or Jamie Hansen with Eli's Super Squad in the memo

Everyone in attendance will receive a free message stone. Free cookies and bottled water will be served at intermission.



15% Off Stones on Saturday, February 16th

(excluding consignment and net items)

Please present this coupon at
time of sale!!

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