

# 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) January 2019

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## Balance

First, I would like to thank you all for your love and prayers as I went through this latest bout of lymphoma coming out of the operation with the best result I could have asked for. The doctor removed one lone infected lymph node and found nothing else to be concerned about. I will not have to undergo any chemo or radiation and will have a check-up in three months. I'm feeling very relieved and very blessed!

This latest incident gave me pause about how to live in the moment and how to give myself the greatest joy while maintaining balance in my life. I had stopped eating red meat 25 years ago, stopped eating sugar 8 years ago, stopped drinking carbonated beverages and begun slamming down multiple vitamins, herbs and supplements to give myself the optimal chance not to get lymphoma again. Whenever there was a tasty dessert, I'd smell it and say no. Whenever there was a toast to someone with non-alcoholic champagne I'd raise a glass of filtered water and prost. If someone made a delicious dish with beef or pork, I'd bring my own organic chicken breast all the while desiring the taste of what had been offered.

I realize now that, while it's a noble cause to omit all of those things from my life, it also did not prevent the onset

of disease. I can meditate, pray, live a spiritual existence all I want but, eventually, I will get sick. And, while I don't wish to promote an unhealthy lifestyle for me or anyone else, I really do want to have a cookie once in a while! And I do also realize that now I am able to do that without eating the entire plate of sweets or the entire pan of lasagna. I have, dear friends, found some balance in my life.

There are genetics, rogue cells, environmental aspects, past life karma, emotional imbalance and a variable of other things which cause dis-ease. I found that I was so intent on not getting sick again that I had forgotten to allow myself the balance of enjoying the things I love. This year for me is going to be a year of balancing work, play, food, meditation, and fun. I hope you, too, can find the balance in your life to enjoy what you love. I hope you have that one cookie that you enjoy and that walk down a beautiful path to balance it out! Happy and Healthy 2019 to all of you!! Diane

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## **The View From Here**

**By Marene Martensen**

**2019 will be a very dynamic year, full of possibilities and extremes. The sooner we can spend a little time taking stock of the bigger picture of our lives and issues, the better. A notable theme this year will be aspiration, inspiration and perspiration. In other words: dream and set goals, be influenced and motivated, then create a realistic plan and execute it. The planets are conspiring to throw a lot at us and we'll need to be both inspired and practical to make the most of it.**

**Here's what's happening: Jupiter moved into Sagittarius recently and will stay there until December. Saturn is continuing his journey through Capricorn and will come into contact with Pluto very soon. This contact will persist all year and into 2020. Chiron, retrograde in Pisces now, will move into Aries where it will stay for 8 more years. Uranus, now retrograde in Aries, will move into Taurus where it will stay for 7 more years. Additionally, we'll be experiencing two eclipses in January to kick everything into motion.**

**Here's the planet by planet breakdown: Jupiter, a planet of expansion and extremes, in its home sign of Sagittarius is pushing us to want more, do**

more and have more. Known for his optimism, Jupiter can be blissfully unaware of realistic constraints or even prudent behavior. So we need to use Jupiter's energy to aspire and be inspired, then consider whether our endeavors are worthwhile, necessary or even feasible right now.

Saturn has been in Capricorn for an entire year now, helping us to be focused, determined, discriminating and wise. But the energy of Saturn can be demanding and even oppressive, so we're called upon to be more aware of responsibility and respect. Are others asking too much of us or are we asking too much of others? This question and issues of power and control, become increasingly important as Saturn connects with Pluto beginning in February. Saturn and Pluto in Capricorn symbolize the realism of "perspiration." They are the nuts and bolts of actually doing something and hopefully creating transformational change.

Chiron, back in Pisces for awhile as the year begins, may have us feeling the natural inertia of winter or even the hopelessness of facing challenges that seem bigger than we are. Not to worry, Chiron moving into Aries in February could motivate and inspire us to do the things we've been postponing or even new stuff that may not have occurred to us yet. Chiron, the planet of holistic healing in the dynamic sign of Aries (who's mantra is "Let's do it!") is not wanting to wait or make the sacrifices of Pisces. He can certainly help us to take action and move forward, perhaps in the best way possible.

Uranus, back in Aries for a couple more months, can feel very scattered or constantly pushing, but not always in the right direction. When he moves into Taurus to stay things may become more doable, but there's a caveat here. Taurus is an earthy, practical sign and Uranus, the planet of revolutionary change is very destabilizing. So things may not be straight forward. And the first thing to ask ourselves is whether the various structures in our lives require change or would it be better to eliminate them altogether and eventually replace them with something completely different.

The eclipses in January will be plugged into Saturn and Pluto. The solar eclipse on January 5 will connect with Saturn giving us a clearer view of issues or problems. The lunar eclipse on January 20 will connect with Pluto and signal that the time for transformative solutions is at hand.

So basically, half of our solar system is rallying for growth, change and transformation. Our job is to pick up on the clues and revolutionize ourselves and our lives. No small feat, but attainable if we're willing to let go and move forward.

Here are the Mercury retrograde times:

March 5 – March 28    July 7 – August 1    October 31 – November 20

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## Sound Healing Sessions

With Kathryn Rambo

Tuesday January 8th and 22nd:

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



**Cost: \$35 for \$45-50 minutes**  
**Sessions are \$35 for 45-50 minute session**

## **Aura Harmonic Attunement with a Hematite Layout:**

This session will combine Tibetan Singing bowls and tuning forks with a 24 piece hematite layout. In her books, Katrina Raphael calls hematite one of the 'predominant power stones' because it serves many functions including a good grounding and protection stone as well as its ability to keep all of the subtle bodies connected. The intention of this month's hematite infused harmonic attunement is to cleanse the aura of dense energies, ground spiritual energies, harmonize and balance the aura as well as establish a protective shield on the outside of the aura.

**Email Kathryn for your session time at [purpleotterstudio@yahoo.com](mailto:purpleotterstudio@yahoo.com)**

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

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## **Classes**



### **Reiki Level 1**

**With Donna Redmer**  
**Sunday, January 13th**  
**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](#)

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## Reiki Level 2

**With Donna Redmer**

Prerequisite - Reiki Level 1

Sunday February 24th, 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](http://www.freespiritschool.com) and click the Reiki tab under classes.

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## Classes with Anna Jester

### Let Go and Move On with Anna Jester

Eight Friday Evenings Beginning January 18|

6pm - 8pm

Fee: \$175

Acknowledge the losses in your life and how they affect you. Learn how to let go of the pain and increase your capacity for happiness. The losses can range from moving away, death of a pet, divorce, trauma, major health issues, empty nest, loss of trust/faith, death of a friend or family member, retirement. We use *The Grief Recovery Handbook* by John James and Russel Friedman and a variety of healing crystals.

Anna is a staff member at Free Spirit Crystals and is certified in Loss and Grief Recovery. Individual support is also available.

Registration: email Anna at [ajester50@gmail.com](mailto: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. 124<sup>th</sup> Street, Butler, WI 53007

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# **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.**

**Registration: email Anna at [ajester50@gmail.com](mailto: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. 124<sup>th</sup>  
Street Butler, WI 53007**

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# **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. Class objectives are: 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.**

**Registration: email Anna at [ajester50@gmail.com](mailto: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. 124<sup>th</sup>  
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.**

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# 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](mailto: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.**

**[Text Lin](#)**



## **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.

[Text Link](#)

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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](mailto: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. 124<sup>th</sup> St. Butler, WI 53007 262-790-0748**

[Text Link](#)

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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](mailto:pmoderski@att.net)

[Text Link](#)

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## Layout of the Month

### Balance Layout

This layout is designed to help us maintain equilibrium in our lives by promoting a harmonious inner life. Easing stress, worry, fear and a harried lifestyle allow us to pull back into a calmer even paced way of life and remind us that this is not an all or nothing existence. Steady wins the race and less is more are axioms of this layout which will help us to avoid excess and pandemonium in our daily lives.

Below the Feet – Hematite

Between Legs – Black Tourmaline

On the Thighs – Black Kyanite

2<sup>nd</sup> Chakra – Moonstone

3<sup>rd</sup> Chakra – Citrine Cluster with Points Facing  
Downward

4<sup>th</sup> Chakra – Rose Quartz

5<sup>th</sup> Chakra – Sodalite

6<sup>th</sup> Chakra – Amethyst

7<sup>th</sup> Chakra – Amethyst Cluster

Hands - Lepidolite

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## Pebbles and Stones

When we have a good balance between thinking and feeling... our actions and lives



are always the richer for it. Yo-Yo Ma

You can't start with imbalance and end with peace, be that in your own body, in an ecosystem or between a government and its people. What we need to strive for is not perfection, but balance. Ani DiFranco

Life is all about balance and following what the universe provides for you. Gnash

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## **Stone of the Month - Garnets!!**



### **Garnets - 10% OFF!**

This month we are featuring Garnets. Garnets are the birthstone of Capricorns and symbolize strength and fortitude to give everything you've got to your life. A wonderful stone for creativity, it propels one to bring forward one's talents and gifts to share with the world.

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## **January Thaw Sale!!**

# **25% OFF Stones!!!**

(excluding consignment and net items)



## **January 14th - 19th**

**Welcome to the first big sale of 2019! If you've had your eye on that amazing crystal or mineral specimen but thought you couldn't afford it, now is the time to snap it up! Bring in that gift certificate or the money that Uncle Oscar gave you for Christmas and treat yourself!**

**Bon Apatit!!!**

Free Spirit Crystals | 262-790-0748 | 4768 N. 124th St. Butler, WI 53007 |  
[www.freespiritcrystals.com](http://www.freespiritcrystals.com)

