

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 April 2019



I'm sure many of you have heard of or seen Marie Kondo the Japanese who has been guiding people to get rid of clutter in their living spaces and offices. I watched several episodes of her show on Netflix and was taken by her quiet and sacred demeanor when assisting folks to re-organize their "stuff". She stresses that you should only keep things which bring you joy. This got me to thinking of the clutter that I have in my mind and my emotional level. Do my thoughts bring me joy? What kind of emotional baggage do I still cling to? How can I break free of my inner clutter in order to live the life of freedom and joy that I desire?

I do believe that much of our outer clutter is a result of our inner turmoil and unresolved issues. How can any of us claim delight and bliss in our lives if our thoughts are negative, if our attitudes about ourselves are critical, if we continue to clutter our lives with unresolved issues from our past? It's time to do some inner spring cleaning to part with those things that do not bring us joy.

Meditation, journaling, seeing a counselor, taking classes, reading a good book, changing our eating habits, watching videos of happy baby goats - anything to assist in shifting what is clogging your way to happiness! We can live as we've always lived and get what we've always gotten or we can begin today to sort out what doesn't bring us joy. Me? I choose joy! Want to join me?



Sound Healing Sessions

With Kathryn Rambo

Tuesday April 9th Tuesday April 23rd

Saturday April 27th

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

Cost: \$40 for 45-50 minutes

Personal Healing Intention with Tibetan Singing Bowls sound bath: To heal simply means to make whole. Your personal healing intention is the vital energy needed to manifest your dreams and goals. Steven Halpren PhD writes that “sound is a carrier wave of consciousness” so when you sent an intention when working with sound, it makes your experience richer, more relevant and seems to produce more positive results. Because the universe is made up of an endless number of vibrations and rhythms, sound healer, Jonathan Goldman, has created a formula of “Frequency/sound + Intention = Healing.” This is an opportunity to focus on your personal intention and allow the sounds of the singing bowls assist you in creating your resonant frequency for healing.

**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 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.



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 and 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.



Astrology Classes with Marene Martensen

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



Astrology III – Six Mondays Beginning April 8 6:00 pm – 8:00 pm Fee: \$150

If you've been studying the basic concepts of astrology and want to learn how to put all the pieces together, then this is your chance. We'll be covering the cohesive interpretation of the natal chart that includes the "signature" or theme, karma, dharma and life direction. Once you have a more in-depth understanding of your chart we'll take a look at how the transiting planets interact with the mechanics of your chart. Please make your birth data available and a chart will be provided.

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

[Text Link](#)



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

Enter Eli's raffle to win a stunning Amethyst cathedral, theater tickets and more!

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.

April 6, 2019- Over 100 exhibitors and 14 free workshops for Awareness, Enlightenment, Wellness, and Successful Living

DARE TO BE AWARE FAIR
HOLISTIC HEALING AND SELF DISCOVERY
SUCCESSFUL LIVING

Alverno College

Explore ~ Discover ~ Feel Good

APRIL 6, 2019

9:00 AM – 5:00 PM

2018 SPECIAL PRESENTATION WITH ERIK SWENSON – GLOBAL HEALING CIRCLE 8:50 AM –

ONLY \$5 ADMISSION FOR EXHIBITS AND PRESENTATIONS

Alverno Students with ID attend for FREE!

The Dare to be Aware Fair is an annual gathering of 100+ exhibitors focused on expanding well-being, joy, growth, and vitality. Free workshops, performances, and demonstrations give you opportunities to learn more about the exhibitors and other providers.

You will share the day with specialists in health and wellness, life coaching and personal growth programs, natural healing, herbs, organic items, animal communicators, sound healers, psychic readings, and so much more.

Explore, discover, and feel good!!



Layout of the Month

Release Layout

The release layout is designed to help you let go of unwanted negative energy, old belief systems and confusion. It will assist in clearing

out the energy structure of the body in order to allow new and clear thoughts, feelings and beliefs to enter. This layout will help bring the joy and bliss to your life that you have been searching for.

Crown – Selenite
Third Eye – Selenite
Throat – Azurite
Heart – Malachite
Solar Plexus – Kunzite
Sacral – Ruby
Root – Black Tourmaline
Hands – Selenite
Feet – Selenite
Below Feet – Obsidian Sphere

[TeLin](#)

Pebbles and Stones



You can become better tomorrow than you are today, but it requires letting go of your past and learning from success and failure. Steve Gilliland

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

Having inner peace means committing to letting go of self-criticism and self-doubt. Sanaya Roman, Living with Joy

By letting go of the things that have been in your life with a feeling of gratitude, you foster appreciation for, and a desire to take better care of, the things in your life. Marie Kondo, Spark Joy



Stone of the Month - Dumortierite 10% Off

Dumortierite assists with clearing things out, getting rid of the clutter in our lives. When I first started carrying this stone, I cleaned out all of my closets and drawers! It's a great motivator!



15% Off Stones on Saturday, April 20th

(excluding consignment and net items)

Please present this coupon at
time of sale!!

[Text L](#)

Free Spirit Crystals | 262-790-0748 | 4768 N. 124th St. Butler, WI 53007 |
www.freespiritcrystals.com

