



*"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) July 2019

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Sunday I was watching an Oprah special featuring Edith Eva Eger, a 90 year old survivor of the holocaust and was deeply moved by her story of horror, determination and redemption. Edith was found at Auschwitz under a stack of dead bodies by an American soldier. Almost starved and with a broken back, she survived to marry, have three children, move to the United States and receive a PHd in psychology. I was struck by her indomitable spirit and compassion and her ability to find a way to forgive.

While the majority of us will never live the terror that Edith experienced, she explained that we should never brush away the trauma that we go through. Our traumas rest in the same places in our bodies and psyches as did her own and they are just as valid. It is important to acknowledge that we have lived through painful times in our lives and validate to our own cells that we understand and have compassion for those traumas. If we continue to brush them away, we will not be able to heal the scars and become fully who we are. To continue to live in the past of our suffering prevents us from being able to forgive not just those who have harmed us, but our own selves as well.

Edith was able to go back to Auschwitz and forgive, but the main person she said that she had to forgive was herself. I found that to be extraordinary but also validating as I, too, discovered the same thing. And although our experiences were totally different, the

pain of beating one's self up over and over again for the past needs to be resolved through self forgiveness. We need to know that we all hold the same feelings and emotions within ourselves and it's up to us to resolve those feelings in order to self-actualize our lives. Holding onto the past will destroy our happiness and I truly believe that we all are meant to be happy and joyful. If Edith Eva Eger can do it, so can we and I invite you today to begin your exploration of self-forgiveness. Clean the inner closets, nooks and crannies of your existence and find the self-compassion that you need to be truly free. Find a qualified grief counselor or energy healer to assist you. It is important to have guidance and a witness to your healing.

Happy Independence Month everyone. May it take on a whole new meaning for you this year. Blessings, Diane

Edith Eva Eger - "The Choice - Embrace the Possible"

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## **Sound Healing Sessions With Kathryn Rambo Labradorite Aurora Borealis Sound Bath**

Session dates: Tuesday 7/9, Saturday 7/20; Tuesday 7/23.

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

Cost: \$40 for 45-50 minutes - Cash or Checks Accepted

This month Labradorite is being combined with the Tibetan singing bowls and Reverie harp. Labradorite creates shielding throughout the aura and, because it calms the mind, it enhances one's intuition. Labradorite can also help us connect to our inner light. The Inuit peoples tell us that Labradorite fell from the frozen fire of the Aurora Borealis. They say that the whistling, crackling noise the Aurora sometimes makes are the voices of the salamut or 'sky dwellers' trying to communicate with us. The Algonquin people tell us that when the Creator of the Earth, had finished the task of the creation, He traveled to the north. He stayed there and built large fires, of which the northern lights are the reflections, to remind His people that He still thinks of them.

Note: once a month Saturday sessions are now available

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

Please email Kathryn

# Classes



## Talk About with Anna Jester Last Friday Evening of the Month | 6:00pm- 7pm

Full Moon July 16, Full Moon August 15

**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](mailto:ajester50@gmail.com) No Fee.

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



## Introduction to Animal Reiki With Reiki Master Teacher, Tiffany Kneeland Thursday, August 14th 6:30-8:00pm Class fee: \$20

### Come Celebrate the Dog Days of Summer at Free Spirit Crystals! Want to Learn More?

Come help us celebrate at Free Spirit Crystals during this special event! A portion of the proceeds will be donated to JR's Pups-N-Stuff Animal Rescue.

Participation in a short meditation and Reiki share will be encouraged. Please be aware: small dogs will be available for Animal Reiki practice during the event. Please do not bring your own pets.

**Your Teacher:** Tiffany has studied with Kathleen Prasad and is a Reiki Master Teacher through the Usui Reiki Ryoho lineage and is a member of SARA, the Shelter Animal Reiki Association. She has also been initiated into Shinpiden Level III through the International House of Reiki and is a graduate of the Free Spirit School of Integrated Energy Healing.

**To sign up:** Space is limited: sign up today! Pre-registration is required. Class fee will be collected via check or cash at the event.

For more information or to sign up CONTACT: Tiffany Kneeland at 262-506-4960 or [soulflowerwellness4u@gmail.com](mailto:soulflowerwellness4u@gmail.com).

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**Reiki I & Animal Reiki Training: The Basics**  
**Sunday, August 25, 2019 at Free Spirit Crystals**

With Reiki Master Teacher, Tiffany Kneeland  
Class hours: 9:00-5:30pm Cost: \$175 (includes manual)

This special Reiki I class focuses on both humans and animals in order to help both to heal and develop deeper relationships.

**What you'll learn:**

- The traditional Japanese meaning of Reiki and how to incorporate it into daily life
- Traditional Japanese techniques and how to use them to help yourself and the animals in your life to become more grounded and balanced
- Meditations that can help you and the animals in your life to become more connected
  - Hands-on treatments for self and others
- How to "BE" with yourself and animals in order to live a more heart-centered life!

Please, do not bring your animals to class! You will have practice time with small dogs during the clinic.

**Your Teacher:** Tiffany has studied with Kathleen Prasad and is a Reiki Master Teacher through the Usui Reiki Ryoho lineage and a member of SARA, the Shelter Animal Reiki Association. A portion of the proceeds from this class will be donated to JR's Pups-N-Stuff Animal Rescue.

**To sign up:**

Space is limited: sign up today! Pre-payment is required by cash, check, or Paypal.

**For more information and to set up payment, contact:**  
Tiffany Kneeland at **262-506-4960** or  
[soulflowerwellness4u@gmail.com](mailto:soulflowerwellness4u@gmail.com).

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**This Month's Free Spirit Crystals Employee - Anna Jester**

This month's featured employee is Anna Jester. Anna joined us a few years ago as I was recovering from cancer. She had come into the store with her sister, Cathy, and was



immediately transformed by the crystals. Her stellar, intriguing background and affable demeanor caught my attention and, after knowing her for a couple of months, I knew I wanted her to be a part of Free Spirit Crystals.

Born into a large family in Waukesha, Wisconsin, Anna studied nursing and psychology at St. Scholastica in Duluth, MN. That is where she learned to canoe and camp for weeks in the Boundary Waters Canoe Area Wilderness where she continues to take extended canoe trips with her son, John.

In the late eighties, Anna traveled and worked throughout Canada and the United States settling in Santa Fe, New Mexico. Anna was drawn to energy work, contemplative movement, meditation, self-help groups, Reiki and various other healing modalities. She incorporated them into her personal and professional lives, and completed her graduate in Education in 1995 at St. John's College, Santa Fe.

A year later she and her family were invited to the chance of a lifetime and agreed to participate in a 16 year land conservation project in a remote mountain valley in southern Colorado! Anna wore many hats during this exciting time: participating in search and rescue, assisting as deputy coroner, providing trauma therapy, discovering and maintaining the environment for endangered aquatic species, implementing low stress/positive energy techniques with horses and cattle, teaching hunter ethics and safety, providing mountain hiking guide services and being a mother. Although it could be challenging at times, raising her son in the mountains was one of the best times in her life.

The next best time in Anna's life was January 2015, while walking through the door of Free Spirit Crystals. After undergoing some big life transitions, Anna was encouraged by her sister, Cathy, and several powerful dreams to incorporate crystals with the self-healing work that she was already doing. It did not happen overnight, but the more Anna worked with crystals, especially quartz, the more she felt she was tapping into a loving and very powerful collective universal force that was beyond understanding. It is through this awareness that Anna feels her life has been changed forever, and that what matters most in this lifetime is abiding unconditional love.

Anna hopes to continue manifesting this awareness by providing assistance and teaching classes at Free Spirit Crystals. Anna's private practice includes support work with individuals, families and groups. This has included loss and grief recovery, the challenges of being an empath, painful life transitions, personal growth, end of life care with deathing doula assistance and sacred ceremonies and rituals.

To contact Anna, please email at [ajester50@gmail.com](mailto:ajester50@gmail.com) or text at 970-507-0440.

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**Free Book Launch Party  
Theresa Reed and Shaheen Miro  
Friday, July 26th . 7:00 pm**

Join us at Free Spirit Crystals for the book launch party of Theresa Reed and Shaheen Miro on Friday, July



26<sup>th</sup>. Their book – “Tarot For Troubled Times” – has just come out. In Tarot for Troubled Times, Shaheen and Theresa help us find the light in darkness, get unstuck, and empower ourselves and others through the transformational impacts of tarot.

Where: [Free Spirit Crystals](#) in Butler, Wisconsin. What time: 7 PM. Cost: Free!

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## Readings with Shaheen Miro Thursday, July 25th Friday, July 26th

Last year I went to Cincinnati with my sister, Jan and friend, Amy, to get a reading by Shaheen. He came highly recommended by my friend, Theresa Reed, so I knew I was in for an amazing experience. I was not disappointed! Shaheen was spot on and one of the best readers I have ever met. He was able to answer the questions that I had and offer advice on some challenges I was going through. Now you have the opportunity to experience Shaheen for yourself at Free Spirit Crystals - and you don't have to drive to Cincinnati!

Shaheen Miro is a Psychic Reader, Intuitive Coach, Energy Alchemist, Artist, and Author/Creator of The Lunar Nomad Oracle: 43 Cards to Unlock Your Creativity and Awaken Your Intuition and Co-Author of Tarot for Troubled Times. He works with people all over the world helping them find clarity, direction and personal empowerment. Learn more about Shaheen's private sessions, workshops, events and writing by visiting: [ShaheenMiroInsights.com](http://ShaheenMiroInsights.com)

You can have either a one hour or half hour session with Shaheen. One hour cost is \$140.00 and half hour cost is \$70.00. If you pay ahead of time, you will receive 10% off.

Times for both days. Please specify if you want an hour or a half an hour reading:

11:00 - 12:00

12:15 - 1:15

1:30 - 2:30

2:45 - 3:45

4:00 - 5:00

Please email [freespiritcrystals@gmail.com](mailto:freespiritcrystals@gmail.com) or call 262-790-0748 to set up your appointment.

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**Maria Zanoni - Physical Therapist**



I don't usually give testimonials or recommendations in this newsletter but I really have to give a shout out today. I mentioned in my last newsletter that I had fractured my wrist in March and was struggling with how to bring it back to life. The therapist that the doctor sent me to was, in my determination, pretty darned useless but I didn't know who to turn to. Rose Koremenos suggested I see Maria Zanoni and a light clicked on in my head. Maria is a graduate of The Free Spirit School of Integrated Energy Healing so I knew her pretty well so I called for an appointment. What a difference in how she treats and injury compared to the hospital therapist. Maria "listens" to your injury and treats in with tender loving care. She doesn't yank, pull, push, or urge you to work through the pain and the results are amazing. If you need an experienced, caring, thoughtful physical therapist, I highly recommend Maria.

Experience:

- Licensed physical therapist
- Master of exercise science
- Master of orthopedic manual therapy
- Over 30 years of clinical experience
- Adjunct Clinical Instructor at Marquette University

Expertise:

- Spinal injuries
- Joint problems
- Post surgical rehabilitation
- Shoulder-knee-ankle injuries
- Craniosacral therapy (head / spine / pelvis)
- Infantile disorders (torticollis / cranial issues)
- Chronic pain / headaches

Why should you call?

- You have been told you have to live with pain.
- You have tried unsuccessfully to find a solution
- You believe nothing more can be done
- You are looking for a more holistic approach
- You want the benefit of 30+ years of experience

890 Elm Grove Rd, Suite 104B

Elm Grove, Wisconsin 53122

ph: (262) 784-2476

[Text L](#)

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## Layout of the Month

### Forgiveness Layout

**This layout is designed to assist us in letting go of the resentments and hurts of the past. Although we cannot change what has occurred, we can gain more insight into our journey through the past and understand how it has shaped our lives.**

**This layout may also be used for self-forgiveness and letting go of guilt and shame.**

Between ankles – Smoky Elestial (understand the past)

Root Chakra – 4 Black Onyx (alleviates trauma)

2<sup>nd</sup> Chakra – Blue Calcite (cools anger and resentment)

3<sup>rd</sup> Chakra – Amber (let go of blame – self acceptance)

4<sup>th</sup> Chakra – Morganite or Rose Quartz

(Morganite if you want to go deeper into your heart)

(Rose Quartz if you need emotional release)

5<sup>th</sup> Chakra – Turquoise (letting go of blame; balancing Spiritual will to self will)

6<sup>th</sup> Chakra – Ametrine (release fear and letting go of the past)

7<sup>th</sup> Chakra – Dow Crystal or Transmitter Crystal

(Dow for the perfection of all – we are one)

(Transmitter to receive messages from Spirit)

Hands – Amethyst (letting go of the past)

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## Pebbles and Stones



“Forgiveness is not something we do for other people. It’s something we do for ourselves to move on.” Anonymous

“There is no love without forgiveness, and there is no forgiveness without love.” Bryant H. McGill

“Forgiveness is giving up the hope that the past could have been any different.” Oprah Winfrey

“To forgive is to set a prisoner free, and realize the prisoner was you.” Anonymous



## Stone of the Month - Pendulums 10% Off

Pendulums can assist us with finding answers to our own questions, helping to connect our energy with the energy of the Universe. I use pendulums for divining, to help price stones and to help me find direction in life.

[Text Link](#) \_\_\_\_\_



# Free Spirit Crystal's Annual Sizzling Hot Summer Sale



July 15th - 21st  
All Stones

(excluding consignment and net items and jewelry)

[Text L](#)

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

