



"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 August 2019



I had a long period in my life where I liked to blame everyone else for my problems. I subscribed to the "Oh, woe is me," theory of life and spent a lot of time feeling sorry for myself for a variety of reasons. I didn't have enough money, I wasn't pretty enough (enough? What did that even mean?), I wasn't being treated fairly by - fill in the blank -, no one understood me, why was this all happening to ME??!! I kept looking outside of myself for people to fix my life so that it could be as good as everyone else's. What a pathetic little soup I lived in as I failed to take into consideration the one person who could change it all - ME!

When I began to work with crystals and realized that the change I wanted would come from within, I gave myself one more huge pity party and then I got to work. I read a myriad of books, I meditated, I went to a metaphysical healing school and I got myself a good therapist. All of that helped tremendously but the thing that was most effective was for me to take a daily metaphorical look in the mirror and to see the person who was responsible for my life. Being a recovering alcoholic (oh, we alcoholics LOVE to blame everyone else for our shortcomings!), I started doing the 12 steps and asking for forgiveness not just from those who I had wronged, but from myself for giving my power away and not accepting myself. I did a lot of atoning and gave my ego a rest from needing to control the Universe. I learned a lot about compassion and the need to see others through a new lens, a lens that

could include self-forgiveness and humility.

I became self-reliant and self-responsible while beginning to live a life of inner freedom. I found it to be a much more interesting and accepting place to live when I didn't have all those other people living inside of me that I felt had to be responsible for my life's fulfillment. The inventory was painstaking and sometimes I wanted to quit but I knew that I had to become my true self and that, in order to be me, I had to take full responsibility for my life.

Who is in your mirror today? What do you see that you would like to change, who will you become when that change occurs? All of us at Free Spirit Crystals are dedicating our lives to this inner change. The world needs each and every one of us to stand up on our own collective two feet and become who we are meant to be.

To paraphrase the Free Spirit slogan -

The courage to take responsibility for your own life is the greatest gift you can give to the world!



Sound Healing Sessions

With Kathryn Rambo

Aug: HARMONIZING THE 3RD EYE CHAKRA

SOUND BATH WITH AMETHYST LAYOUT:

Tuesday Aug. 13th Saturday Aug. 24 and

Tuesday Aug. 27th

\$40 for 50-minute session, cash or checks accepted

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

Indications that the 6th Chakra is out of balance include: difficulty concentrating, dull imagination, low creativity, difficulty making decisions or setting goals and your intuition feels 'blocked' or 'off'. When the 3rd eye is vibrating at its appropriate frequency, one's thoughts become clearer because racing thoughts have decreased. Imagination and flexibility returns thereby enhancing your spirituality and intuition fostering a deeper connection with your universal plan. You will have the opportunity to relax to the soothing sounds of the Tibetan Singing Bowls and Reverie Harp surrounded with the gentle energies of amethyst to re-harmonize this chakra.

Note: once a month Saturday sessions are now available

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

Classes



Talk About with Anna Jester Last Friday Evening of the Month | 6:00pm- 7pm 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 No Fee.
Class location: Free Spirit Crystals, 4763 N. 124th 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.

[Text Li](#)

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.

Tarot & Astrology Classes



with Marene Martensen
Get the Deeper Understanding You've Been
Looking For.....
Benefit from Her Experience!!



**TAROT I – Six
Wednesday Evenings
Beginning September 11
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.

[Text](#)



**ASTROLOGY I – Six Thursday Evenings
Beginning September 12
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 or text Marene 262-781-1656 Or Email
astrological7@yahoo.com**

**Fees may be paid by cash, check or PayPal
(PayPal.me/marenefreesprit)
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](#)



**ASTROLOGY IV – THE PROGRESSED CHART
Six Monday Evenings Beginning September 9
6:00 pm – 8:00 pm Fee: \$150**

Tired of looking at your natal Chart? Of course you are! After all you're a slightly different person now and your progressed chart will demonstrate that and show you where you might be headed next. We'll spend six evenings getting acquainted with this new chart and investigating how all your planets have changed. A



Free Spirit School - New Classes Beginning January 2020

Free Spirit School of Integrated Energy Healing (FSS) offers the combined forces of Diane Bloom and Rose Koremenos who, together, bring over 40 years of expertise in the field of healing practices, personal and spiritual development, and emotional freedom. FSS offers a unique and highly effective approach for both healing practitioners and those seeking personal change. We offer classes based in holistic healing arts and practices, bioenergetics, psychology, and quantum physics. Our classes explore energy patterns that promote health and wellbeing in the mental/emotional, physical and spiritual realms. We provide tools for change and growth that facilitate the creation of a joy-filled and satisfying life. Our students come to FSS for a variety of reasons – from the desire to open a healing practice to feeling stuck in unhealthy patterns or facing their fears- the bottom line is students come seeking change. Most importantly Diane and Rose offer open hearts for those who long to make a difference in their lives and for the world. The best ad for FSS is our graduates who continue to return and refer others to our programs.

For more information on the Module content, please go to freespiritschool.com Developing Consciousness page. We're looking forward to seeing you in class in January!

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Layout of the Month

Taking Responsibility – I Am Not the Victim Layout

This layout is designed to assist in opening up to releasing the conditions which continue to put focus on the outward aspects of our lives which prevent us from giving to ourselves the means by which to fully nurture our lives. It will facilitate the opening up to understanding why we hold onto the past, why we need to put blame on others, why we are reluctant to take care of our body, mind and spirit in a way that will give us full control of our lives.

Because this is the genesis of healing, it is suggested that this layout be included in your weekly spiritual discipline. This is a process and each week that you do

this, another piece, another awareness will be revealed to you to help you let go of the old and bring in a new way of being. It may help in understanding the fears which prevent you from realizing the truth about your circumstances in order to relieve your spirit of those burdens.

This layout will aid in all aspects of your life be it relationships, health issues, diet, forgiveness or finding joy in everyday life.

Feet – Obsidian and Hematite

Root – Dravite

Thighs – Selenite Wands

2nd Chakra – Raw Ruby

3rd Chakra – Citrine Cluster Pointing Downward

4th Chakra – Morganite

5th Chakra – Charoite

6th Chakra – Sugilite

7th Chakra – Key Crystal

Hands – Pink Calcite

Pebbles and Stones



“If you could kick the person in the pants responsible for most of your trouble, you wouldn't sit for a month.”

Theodore Roosevelt

“The victim mindset dilutes the human potential. By not accepting personal responsibility for our circumstances, we greatly reduce our power to change them.” Steve Maraboli,

“This is your life. You are responsible for it. You will not live forever. Don't wait.” Natalie Goldberg

“If you own this story you get to write the ending.” Brené Brown



Stone of the Month - Lingams 10% Off

Lingams help us to balance and ground our energy while at the same time giving us passion for living. It assists as a motivating tool to clear stagnancy and inactivity.

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Coupon of the Month

Get **20%** Off when you spend

\$50.00 or more:

Saturday, August 24th

(excluding books, cards, incense and candles)

Please present this coupon at checkout

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