



MONTHLY NEWSLETTER

BY AUTUMN O'LEARY

Holding Stillness in the Quiet Season

There is a quiet intelligence to winter.

It does not ask us to become more.
It asks us to listen.

Beneath frozen ground and shortened days, life has not disappeared - it has gone inward. What appears still on the surface is, in truth, a season of gathering. Of remembering. Of preparing in ways that cannot be rushed or forced.

January carries this same invitation for us.

After a year of movement, effort, and outward expression, the soul often longs for a pause. Not to escape life, but to meet it more honestly. This is a threshold season - one that invites us to turn toward our inner landscape and notice what has been quietly shaping us all along.

In the stillness, we may hear truths that were previously drowned out by noise. Grief that needs space. Desires that no longer fit. Wisdom that does not shout, but waits patiently to be acknowledged. Winter teaches us that clarity is not always immediate - it unfolds when we allow ourselves to slow enough to feel.

This is not a season of striving or reinvention. It is a season of discernment. Of asking not What should I do next? but What is asking to be honored now? It is a time to tend what is tender, to protect what is precious, and to rest in the knowing that growth does not always look like movement.

There is strength here - quiet, rooted, and deeply intuitive. The kind of strength that comes from trusting inner rhythms instead of external expectations. From honoring rest as sacred. From allowing ourselves to be held by the dark, rather than fearing it.

As we move through January, may we remember that the work of this season is subtle but profound. What we listen to now, what we nourish now, what we choose to keep alive beneath the surface will shape what emerges when the light returns.

Nothing is wasted in winter.
Everything is being prepared.

Questions for the Quiet Season

- What part of me has been asking to be heard, but only speaks in stillness?
- What truth feels ready to be acknowledged, even if it feels uncomfortable?
- What am I carrying that no longer needs to come with me into the next season?
- What inner wisdom has guided me before, and how can I trust it more fully now?
- What am I quietly tending beneath the surface that others may not yet see?
- What is being prepared within me during this season of stillness?

UPCOMING CIRCLE EVENTS



SOUND BATH W/SARAH
JANUARY 28TH @ 6PM



LEARN ABHYANGA W/KJERSTI
FEBRUARY 6TH @ 6PM



JANUARY SPOTLIGHT



SARAH
BROWN

ABOUT SARAH

Sarah Brown is the founder of Crown & Stone, a healing-arts space devoted to ritual, creativity, and soul-centered connection. Her work is rooted in sound and vibrational therapy, sacred ceremony, and deep inner work that invites honest listening and soul-level inquiry.

Through crystal singing bowls, chimes, gong, and layered soundscapes, Sarah creates immersive sound experiences that calm the nervous system, clear stagnant energy, and invite deep rest and integration — honoring sound as both medicine and a language of the soul.

Alongside sound work, Sarah crafts intentional rituals and ceremonies that help mark thresholds, set intentions, and reconnect with meaning in both the everyday and the mystical.

At the core of her work is guided soul coaching. As a certified Transpersonal Coach, she blends coaching with shamanic energy work to support clarity, embodiment, and lasting integration rooted in inner truth.

Through Crown & Stone, Sarah invites you to slow down, soften, and return to yourself — supported by sound, ritual, and authentic connection.



SOUND NIGHT

For January's Sister Circle, Sarah will guide a deeply restorative sound bath using crystal singing bowls, chimes, and gong. We'll begin with a gentle opening to arrive and settle, followed by an immersive sound journey designed to clear lingering energy from the past year and invite rest, reset, and renewal. This experience is an invitation to soften, release, and allow the nervous system to unwind as we step into the new year supported and grounded.



COLLECTIVE RECAP

THE HEART OF OUR COMMUNITY

This December, our spotlight turned toward the true source of magic within our community: the women who gathered, connected, and co-created this space together. Instead of highlighting one individual, we honored the collective—the luminous group of souls who came with open hearts, curious minds, and a willingness to grow both personally and alongside one another.

Every month, you brought your stories, your laughter, your vulnerability, your wisdom, and your presence. You showed up for yourselves and for each other, forming a community rooted in compassion, authenticity, and genuine connection. It was your energy that transformed each gathering into something meaningful. It was your participation that turned a simple room into a sanctuary. And it was your willingness to be seen, heard, held, and inspired that made this community feel truly alive.



SISTERHOOD SOLSTICE FEAST NIGHT

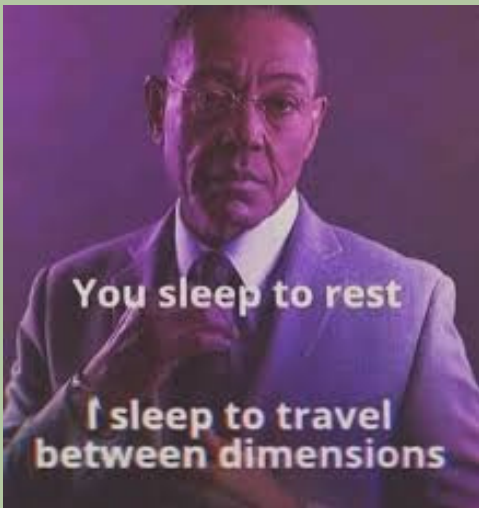
To honor this collective spirit, our December gathering became a Sisterhood Solstice Feast Night—a warm, nourishing evening that celebrated the women who made this community what it was. As the year found its close and the light began its slow return, we came together for a cozy holiday-style potluck, each of us bringing something that felt like “home,” alongside the main dishes provided. We shared food, reflected on the journey we had walked, acknowledged the ways we had supported one another throughout the seasons, and enjoyed a simple seasonal craft that added a touch of creativity and fun to the night. This gathering was a remembering: that community is nourishment, that connection is medicine, and that we rise brighter when we rise together.



AFFIRMATION OF THE MONTH



I give myself permission to rest and reflect.



INSTAGRAM.COM/ITSKATIEEMMITT

MEME OF THE MONTH

QUOTE OF THE MONTH

"At the still point of the turning world,
there the dance is."

~ T.S. Eliot



JANUARY ASTROLOGY

ASTRO-SEEK.COM

January 1 - Mercury enters Capricorn

Mercury steps into Capricorn, grounding your thoughts and bringing clarity to long-term plans. The mind becomes deliberate, practical, and focused, ready to transform ideas into tangible steps. This is a time to honor patience, structure, and intentional communication. Take a moment to reflect on which plans truly serve your purpose and which may need to be released. Journaling or mapping out your priorities can help solidify your intentions for the year ahead.

Vibe: Grounded clarity + intentional thought

Watch for: Rigid thinking, overanalyzing, or fear of change

January 6 - Sun conjunct Venus in Capricorn

The Sun and Venus align in Capricorn, highlighting grounded love, devotion, and practical beauty. It's a time to align your heart and intentions with what you are building in your life. Slow, consistent acts of care and commitment ripple outward, strengthening bonds and fortifying dreams. This alignment also invites you to notice the beauty in everyday moments, finding grace and joy in small, intentional gestures.

Vibe: Disciplined love + heart-centered focus

Watch for: Over-control, rigidity, or work-focused detachment

January 2 - Chiron direct in Aries

Chiron turns direct, bringing opportunities to face old wounds with courage and compassion. Emotional triggers may surface, asking for gentle acknowledgement rather than avoidance. Take small, brave steps toward healing, whether it's setting a boundary, having an honest conversation, or reclaiming personal power. This is a moment to reclaim the strength that comes from integrating past challenges.

Vibe: Courage + heart-centered healing

Watch for: Resistance to vulnerability, defensiveness, or rushing the process

January 8 - Venus conjunct Mars in Capricorn

Venus and Mars come together, igniting passion, desire, and focused action. Energy flows naturally toward love, ambition, and creative projects, allowing heart and strategy to unite in powerful ways. This is a day to channel inspiration into practical endeavors, whether nurturing a relationship, completing a project, or dedicating energy to long-term goals. Let the fire of this conjunction motivate steady, intentional movement rather than rushing or forcing outcomes.

Vibe: Passionate action + aligned desire

Watch for: Impatience, power struggles, or overexertion

January 3 - Full Moon in Cancer

The Full Moon in Cancer illuminates your inner emotional world and relationships, highlighting what nurtures you and what drains your energy. This is a time to reflect on your sense of home, family, and emotional security.

Ask yourself:

- Where do I feel safe and supported, and where do I need to create stronger boundaries?
- Which old patterns or emotional attachments no longer serve my growth?
- Which relationships, habits, or environments honor my heart and which do not?

Rituals like journaling, meditative reflection near water, or lighting a candle while stating intentions aloud can deepen this lunar work. Allow the emotional light of this moon to guide you toward care, release, and soulful clarity.

Vibe: Emotional illumination + self-nurturing

Watch for: Mood swings, nostalgia, or clinging to outdated emotional patterns

January 9 - Sun conjunct Mars in Capricorn

The Sun meets Mars, amplifying determination, confidence, and the courage to take decisive action. Your energy is focused, practical, and driven toward meaningful outcomes. Use this alignment to move forward with clarity, structure, and purpose, balancing assertiveness with awareness. Take deliberate steps toward your ambitions, knowing that disciplined effort now lays the foundation for future success.

Vibe: Determined action + personal power

Watch for: Overworking, impulsiveness, or frustration with slow progress



CONTINUED...

ASTRO-SEEK.COM

January 17 - Venus enters Aquarius

Venus enters Aquarius, inviting freedom, creativity, and unconventional expressions of love. Relationships may feel electric, unexpected, or inspiring in ways that awaken curiosity and playfulness. This is a time to explore new ways of connecting, valuing individuality, and embracing authentic expression. Let your heart be open to novel experiences, creative experiments, and joyful self-expression that expands both your mind and spirit.

Vibe: Creative freedom + heart-opening experiments

Watch for: Emotional detachment, restlessness, or avoidance of depth

January 18 - Mercury conjunct Mars in Capricorn

Mercury and Mars unite in Capricorn, energizing communication, focus, and purposeful action. Thoughts and words carry extra determination, making this a day to speak, plan, and act with precision and intention. Ideas that have been lingering can now be expressed or set into motion, especially those related to work, long-term projects, or personal ambitions. The energy encourages you to combine intellect and strategy, letting clarity guide every decision while maintaining patience and care in execution.

Vibe: Focused clarity + decisive communication

Watch for: Impatience, bluntness, or rushing outcomes

New Moon in Capricorn

The New Moon in Capricorn invites you to plant seeds for the year ahead, particularly around career, structure, and long-term goals. This is a powerful moment for intention-setting, ritual, and grounding your visions into reality. Consider lighting a candle to represent your aspirations, writing down your intentions on paper, and placing a small stone or crystal nearby as a symbol of commitment. Sit quietly for a few moments, visualizing your goals growing steadily and supported by your consistent effort. The New Moon's energy encourages combining inspiration with practical action, ensuring that your intentions are both aligned and achievable.

Vibe: Grounded intention + inspired beginnings

Watch for: Impatience, pushing too hard, or trying to control outcomes

January 20 - Sun enters Aquarius

The Sun moves into Aquarius, shining a light on individuality, innovation, and visionary thinking. This energy encourages you to step into your unique path, explore unconventional ideas, and embrace forward-thinking perspectives. Allow your curiosity to guide you toward new experiences and connections that expand your mind and spirit.

Vibe: Innovative self-expression + visionary energy

Watch for: Detachment, impatience, or over-intellectualizing

Venus conjunct Pluto in Aquarius

Venus meets Pluto, intensifying emotional connections, desires, and creative passions. This alignment invites deep reflection on what you truly value in relationships and projects, as old attachments or patterns may surface for transformation. Embrace this day as an opportunity to release what no longer serves you and step into more authentic, empowered forms of love and expression.

Vibe: Deep transformation + empowered desire

Watch for: Power struggles, obsession, or control issues

Mercury in Aquarius

Mercury begins its influence in Aquarius, opening the mind to unconventional ideas, visionary thinking, and innovative communication. Your thoughts may feel electric and inspired, and it's a good time to brainstorm, share ideas, or explore new perspectives. Listen closely to your intuition and unconventional insights—they may spark important breakthroughs.

Vibe: Inspired thinking + open communication

Watch for: Scattered thoughts, over-intellectualizing, or impatience

Mars in Aquarius

Mars energizes Aquarius, giving courage, drive, and boldness to pursue new ideas and actions. Initiative is amplified, particularly in innovative projects, leadership, or group efforts. This is a time to act with both independence and vision, stepping into action that supports your long-term goals.

Vibe: Courageous action + visionary drive

Watch for: Impulsiveness, frustration, or scattered energy





RECIPE OF THE MONTH

BY SARAH BROWN

GOLDEN MILK, TURMERIC LATTE

Ingredients:

- 1 cup milk of choice (dairy, oat, or almond)
- ½ tsp ground turmeric
- ¼ tsp ground ginger
- Pinch of cinnamon or cardamom
- Black pepper (a tiny pinch, optional)
- Honey or maple syrup to taste

Procedure:

Warm milk gently on the stove. Whisk in spices until smooth and fragrant.

Sweeten lightly, sip slowly, and enjoy.

RITUAL TOUCH

As you drink, take a moment to set an intention for rest, release, or renewal. Let this be a pause — not a task.

Food Donations Accepted

✧ GIVE BACK THIS SEASON ✧

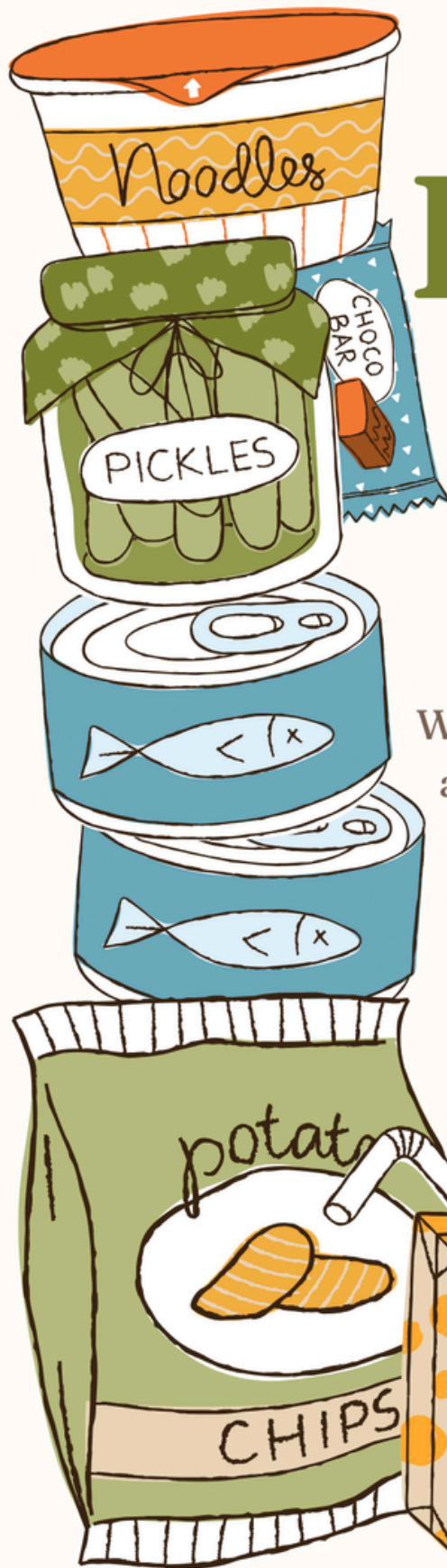
Join us in spreading
warmth and kindness!

We're collecting non-perishable food items
and monetary donations to support local
charities in our community.

Every contribution—big or small—helps
make a difference for families in need.



**Drop donations off at Crown & Stone
during any event or visit this month.**



Crown and Stone Presents

SHIFT

A NEW YEAR SOUND EXPERIENCE



Come and release the rush of the season and return to a grounded sense of ease.

Through resonant sound and intentional rest, you'll shift your energy into renewal and alignment for the year ahead.

FRIDAY JANUARY 9TH @ 6PM!

Register:

www.crownandstone.com/collective-classes

CROWN AND STONE PRESENTS...

FIRE & CLAY

Step into a sacred circle where
fire, breath, and creativity meet. We'll release what's
ready to fall away, journey inward for guidance, and anchor
that wisdom into a clay medallion crafted with intention,


This experience is warm, grounding and restorative-an
invitation to reconnect with yourself and carry home a
talisman for the year ahead.



CROWN & STONE
814 N WASHINGTON AVE
OLD TOWN LANSING, MICHIGAN
SUNDAY, JANUARY 18TH
2:00PM-4:00PM

CROWN AND STONE PRESENTS....

Threshold Broom Crafting



Craft your very own threshold broom
in this guided, hands-on workshop.
We'll weave intention, protection, and
creativity into a sacred doorway broom
— welcoming clarity and new
beginnings into your home.
As the cosmic wheel turns and new
sparks awaken, we'll close with a
ceremony to ignite your intentions.
You will take home a beautifully
crafted broom entwined with your
choice of natural and magical
elements.

\$88

**All materials provided, light
refreshments & snacks included**

January 31st, 2026 @ 2pm-4pm

814 N Washington Ave, Lansing, MI

Learn more at crownandstone.com/collective-classes



**Activate Your Potential
for the New Year**

**Wednesday
January 14th, 2026
7-8p**

**Introductory rate
\$55 \$45**

**GEO Love Group Activation Healing
Rowenia Braun
GEO Love Healing Certified Practitioner**

**Crown & Stone
814 N Washington
Lansing, MI**

CROWN AND STONE PRESENTS...

HEART CARTOGRAPHY

MAPPING THE INNER LANDSCAPE

A guided, heart-centered workshop for
reflection and inner clarity.

Through meditation and intuitive, layered art-making,
you'll explore your inner landscape — noticing what
feels steady, what is shifting, and what's ready to be
supported.

✦ Take home your own personal heart map.
All materials included.

Friday, February 13th, 2026

6:00 PM – 8:00 PM

Crown & Stone

\$55



DO YOU...



Do you have a fresh, intriguing, or enjoyable topic that you'd like to share?



Would you like to practice your public speaking skills in front of a group of encouraging women?



Want the opportunity to collaborate on a supportive team?

THEN BE OUR NEXT SISTER CIRCLE GUEST!

