



MONTHLY NEWSLETTER

BY AUTUMN O'LEARY

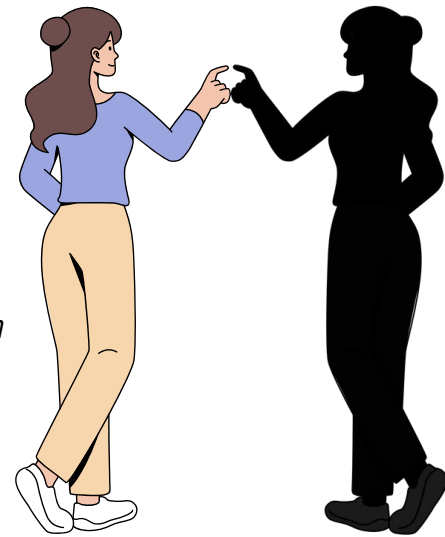
DANCING WITH THE SHADOW

October drapes the world in deep amber and twilight, a reminder that light and shadow exist together. This month asks us to turn inward, to meet the parts of ourselves we often hide - the fears, the doubts, the wounds we've tucked away. Like the trees shedding their leaves, we are invited to release what no longer serves us, allowing the cycles of life to move through us with grace.

This is a month of initiation and transformation. By leaning into the shadow, we uncover hidden strengths, dormant wisdom, and the subtle truths that whisper beneath our fears. What we once resisted can become a source of guidance, courage, and creative power. The energy of October encourages us to move with intention, honoring both the darkness and the light within us.

As you move through this month, consider:

- *What parts of myself have I been afraid to see, and how can I approach them with compassion?*
- *Which fears are ready to be transformed into insight or action?*
- *How can I honor the cycles of endings and beginnings in my own life?*



UPCOMING CIRCLE EVENTS



MOVEMENT MEDICINE W/ AMY
OCTOBER 27TH @ 6PM



GEO LOVE HEALING W/ ROWENIA
NOVEMBER 12TH @ 6PM



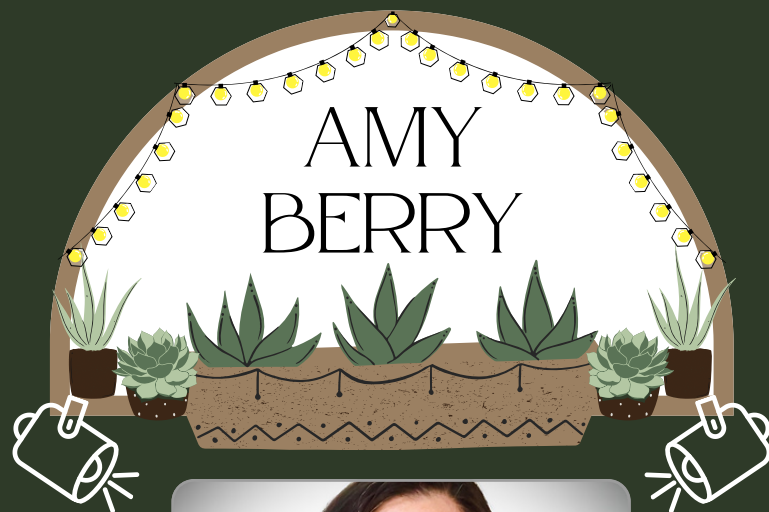
OCTOBER SPOTLIGHT

MOVEMENT MEDICINE NIGHT

Amy Berry is the Owner, Studio Director, and Instructor at Fusion Dance Center. She has been dancing her whole life and studied a variety of styles including acro, hip hop, jazz, tap, Latin, Middle Eastern/Bellydance, Bollywood, and other International/Cultural forms. She has been teaching dance and dance fitness since 2009, emphasizing musicality, personal expression, and mind/body/soul connection. She is also a Zumba Fitness instructor.

As Owner, Director, and Instructor at Fusion Dance Center, Amy is passionate about creating an inclusive, supportive environment where dancers of all ages can thrive. She is particularly focused on the importance of mental wellness in the dance world and is certified in Mental Wellness Dance Education and Youth Mental Health Wellness, implementing mindfulness practices in her teachings.

Outside of dance, Amy has studied many realms of spirituality and has developed a passion for Shamanic Energy Practices, having taken Level I and Level II trainings from Naughty Shaman Dharma School (and upcoming one in CT this month!). She is now incorporating these practices with her dance trainings and through this hopes to create an even deeper connection between mind, body, and spirit to help others embody their full potential.



ABOUT AMY

This October, we welcome Amy as our guest speaker for Sister Circle. She will guide us through an evening of movement, reflection, and self-empowerment. Movement carries meaning and power, and this night will teach you how to connect your intuitive power to embodied practices. You will get to be the first to experience this workshop that combines the themes and symbology of the Shamanic Medicine Wheel with movement practices to embark on a Movement Medicine Journey. We will learn how to connect with the body, clear the mind, and listen to your spirit's whispers through movement of the body. When listening to how the body speaks and integrating movement with spiritual work, we can release emotions, spark creativity and insights, and connect to deeper healing and self-awareness. No experience is necessary in any realm to participate in this practice. Bring yourself, an open mind and willingness to experience something new, and something to journal with as we will have time to reflect on your movement journey.



AFFIRMATION OF THE MONTH



"I meet my fears with curiosity, courage,
and compassion."



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MEME OF THE MONTH

QUOTE OF THE MONTH

"The cave you fear to enter holds
the treasure you seek."

~ Joseph Campbell



OCTOBER ASTROLOGY

ASTRO-SEEK.COM

October 6 - Mercury enters Scorpio

Words cut deeper under Mercury's plunge into Scorpio. Surface-level chatter fades as conversations turn probing, raw, and transformative. This is a cycle for uncovering hidden truths, speaking with intensity, and listening between the lines. Curiosity isn't casual - it's investigative, magnetic, and sometimes uncomfortable.

Vibe: Depth over small talk + piercing insight

Watch for: Obsessive thinking, manipulative language, or secrets spilling out

October 14 - Pluto goes direct

Pluto stations direct in Aquarius, turning the tides of collective transformation. The undercurrents of change move forward again, urging deep structural shifts in how communities, systems, and innovations are built. What's been simmering in the shadows comes back with force, demanding radical honesty and reform.

Vibe: Collective rebirth + power reawakens

Watch for: Resistance to change or clinging to outdated power structures



October 7 - Full Moon in Aries

The Full Moon blazes in Aries, illuminating independence, courage, and the fire to stand unapologetically in your truth. It's a culmination of personal desires versus relational needs, demanding balance between "me" and "we." Energy peaks, tempers may flare, but breakthroughs in self-confidence are ripe.

Vibe: Bold closure + fiery illumination

Watch for: Impulsivity, clashes of will, or burnout from pushing too hard

October 20 - Mercury conjunct Mars

Mercury fuses with Mars in Scorpio, sharpening minds into weapons of precision. Words carry a sting, fueled by passion, strategy, and even aggression. This alignment can spark breakthroughs, courageous conversations, or verbal battles—depending on how you wield the fire.

Vibe: Strategic intensity + fearless speech

Watch for: Arguments, impulsive decisions, or cutting words that can't be undone



October 13 - Venus enters Libra

Venus glides into her home sign of Libra, restoring harmony and beauty where chaos once lingered. Relationships, art, and social connections crave balance, grace, and refinement. This is a season to soften conflicts, find common ground, and embrace the elegance of reciprocity.

Vibe: Gentle charm + relational equilibrium

Watch for: People-pleasing, indecision, or avoiding necessary tension

October 21 - New Moon in Libra

A New Moon in Libra plants seeds of partnership, fairness, and harmony. This is a reset for relationships, creative unions, and the balance between giving and receiving. Intentions around peace, beauty, and cooperation have fertile ground to grow.

Vibe: Fresh harmony + co-creation

Watch for: Avoiding conflict or overcompromising for the sake of appearances



CONTINUED...

ASTRO-SEEK.COM

October 22 - Neptune leaves Aries

Neptune drifts retrograde back into Pisces, closing its long preview in Aries. Collective dreams pull away from fiery individualism and return to the boundless, spiritual waters of Pisces. Illusions may dissolve, reminding us that vision needs grounding before it becomes reality.

Vibe: Dissolving fire + return to the ocean

Watch for: Disillusionment, escapism, or letting momentum slip away

October 26 - Mars conjunct Lilith

Mars fuses with Lilith in Scorpio, igniting primal power and unrestrained will. This energy is fierce, magnetic, and uncompromising—fueling liberation from repression but also potential clashes of dominance. It's a fiery reclamation of what's been denied.

Vibe: Raw empowerment + unapologetic drive

Watch for: Explosive anger, destructive impulses, or battles for control

October 23 - Sun enter Scorpio

The Sun sinks into Scorpio's depths, turning the season toward transformation, shadow work, and passionate intensity. What was once hidden seeks the light, and authenticity becomes magnetic. It's a time of renewal through courageously embracing endings and beginnings.

Vibe: Fierce authenticity + rebirth through truth

Watch for: Power struggles, jealousy, or brooding in the dark too long

Mercury conjunct Lilith

Mercury's meeting with Lilith in Scorpio amplifies taboo truths and voices long silenced. Words come raw, unfiltered, and potent with shadow wisdom. Conversations pierce through cultural or personal repression, making space for the unspoken to be acknowledged.

Vibe: Radical honesty + shadow language

Watch for: Speaking to wound, rebellion without direction, or secrets weaponized

October 29 - Mercury enters Sagittarius

Mercury shoots into Sagittarius, lifting conversations out of Scorpio's depths into wide, adventurous skies. Curiosity expands into philosophy, storytelling, and the search for truth. This is a season of bold ideas, bigger visions, and words that inspire exploration.

Vibe: Expansive thinking + truth-seeking dialogue

Watch for: Preaching over listening, exaggeration, or scattered focus





RECIPE OF THE MONTH

BY SARAH BROWN

APPLE CRISP OF SHADOWS

INGREDIENTS:

FOR THE FILLING:

- 6 apples, peeled & sliced
- 2 Tbsp lemon juice
- ½ cup brown sugar
- 1 tsp cinnamon
- ¼ tsp nutmeg
- 1 Tbsp flour

FOR THE CRISP TOPPING:

- 1 cup old-fashioned oats
- ¾ cup flour
- ½ cup brown sugar
- ½ cup butter, melted
- ½ tsp cinnamon

PROCEDURE:

- Preheat oven to 350°F
- Grease a 9x13 baking dish.
- In a large bowl, toss sliced apples, lemon juice, brown sugar, cinnamon, nutmeg, and flour. Spread evenly in baking dish.
- In another bowl, combine oats, flour, brown sugar, butter, cinnamon, and salt. Mix until crumbly.
- Sprinkle topping evenly over apples.
- Bake uncovered for 35–40 minutes, until topping is golden and apples are bubbling.
- Drizzle with caramel sauce before serving (optional). Best enjoyed warm with vanilla ice cream or whipped cream.

RITUAL TOUCH

As you slice the apples, picture cutting away old fears that haunt you. While it bakes, light a candle for protection. When serving, speak one word of gratitude with your first bite — a charm to carry warmth and blessings into the darker months.





SEPTEMBER RECAP



ANALISE
RADLICKI

INTUITIVE DEVELOPMENT NIGHT



September's Sister Circle was a special Intuitive Development Night with guest speaker Analise. Together, we explored what intuitive development really means and how to nurture your inner knowing. Analise guided us through discovering our strongest clairabilities and shared practical tools to deepen intuition - such as crystals, meditation, cards, and pendulums. She also opened a conversation on how we can support and enhance intuition in children, helping them grow with confidence in their natural gifts. The evening was interactive, insightful, and fun - an opportunity to connect more deeply with our intuition and each other.



ABOUT ANALISE

Analise Radlicki LMT, Owner of A. Healing Om Michigan, Facilitator of healing and holder of safe space. This was a night where the focus was all about you! Building your inner knowing is such a freeing gift that only you can provide for yourself. Thank you to those who could join the circle of supportive, badass women for an evening of discovering, knowing and remembering your true power within. Love and Gratitude.

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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!



CANDLELIGHT & CAULDRONS

A FEAST BEYOND
THE VEIL



FRIDAY
OCTOBER
10TH

DINNER SERVED
@ 6.00 PM

CROWN AND STONE
814 N WASHINGTON
LANSING MI

A night of eerie fun, sacred
connection, and laughter in the
shadows

spirit & ink

A one-of-a-kind event where spirit & art come together to reveal your Higher Self



FRIDAY, OCTOBER 24, 2025

Crown & Stone | 814 N Washington Ave, Lansing | 6:00 pm

register at www.jofigueras.com