



CROWN & STONE

MONTHLY NEWSLETTER

JULY 2026



RITUALS • COMMUNITY • HEALING • CONNECTION



A NOTE FROM SARAH

Crown & Stone is entering a season of growth, expansion, and becoming — and honestly, so am I. There have been so many moments behind the scenes that have asked me to trust the vision, even when I couldn't see the full path ahead. But lately, there is a new energy moving through this space. Construction is getting closer. New ideas are taking shape. The community is growing. And the future feels wide open in a way that is both tender and exciting.

This newsletter begins a new chapter, and I want it to feel more deeply connected to the heart of Crown & Stone than ever before. A place where we can share what's happening, what's inspiring us, what's coming next, and what we're building together.

Thank you for continuing to walk alongside this dream as it becomes real, layer by layer.

With love,

Sarah ♥





THE ENERGY OF THE MONTH

ROOT & RISE

This is a season of tending the roots before reaching toward the light. We are being invited to nurture what matters, trust what is growing, and rise with more courage, creativity, and heart.

WHAT THIS ENERGY MAY BRING UP

- Craving stability
- Old roots shifting
- Seeing what supports you
- Wanting aligned visibility
- Choosing growth over comfort

WHAT THIS ENERGY SUPPORTS

- Beginnings from the heart
- Creativity and confidence
- Dreams becoming real
- Community vision
- Courage to rise

JOURNAL PROMPT

What am I ready to nurture within myself so I can rise into who I am becoming?



RITUAL TIP: Spend time in nature. Let the earth remind you that growth takes time, and that's okay.



UPCOMING EVENTS



RETURN TO CENTER

July 13th • 7 PM

\$22

An evening of live sound with Sarah and Akashic Records guidance from Jo, created to help you soften, release, and reconnect with your inner steadiness.

Location: Crown and Stone



EARTH ELEMENT

July 19th • 6 PM

\$65

Join us for an evening of nourishment, somatic release, mandala creation, and shamanic journeying. A sacred space to return to the body, the land, and the grounding wisdom of the Earth.

Location: Outdoor Ceremony in Dewitt



SISTER CIRCLE

July 31st • 6 PM

FREE

Guest speaker Jo will guide us into the Akashic Records as an internal source of wisdom within the etheric body, exploring how we interpret this information rather than simply “access” it.

Location: Crown and Stone

MORE DETAILS & REGISTRATION AT
CROWNANDSTONE.COM

COMMUNITY SPOTLIGHT



MEET JO FIGUERAS

INTUITIVE GUIDE & SPIRITUAL MEDIUM

Jo Figueras, Intuitive Development Coach and Psychic Medium, helps individuals reconnect with their natural intuition while also training practitioners to become confident, ethical teachers of intuitive development.

Jo helps you deepen your relationship with your own inner guidance, then provides the framework, language, and methodology to confidently trust it yourself or guide others in developing self-trust and their intuitive abilities.

OFFERING THIS MONTH

4-Week Virtual
Intuitive Development
Mentoring

Strengthen your intuition
Build trust in your inner
knowing

Group + 1:1 formats

CONNECT WITH JO FIGUERAS

@mystic_metal_and_stone

jofigueras.com



RITUAL OF THE MONTH

EARTH ALTAR



YOU'LL NEED:

A small bowl, plate, or cloth

Flowers, herbs, leaves, fruit, or a stone

A quiet place outside

A journal

PRACTICE:

1. Gather a small offering from nature — flowers, herbs, leaves, fruit, stones, or anything you feel called to have on your Earth Altar.
2. Find a quite space outside that wont be disturbed by wildlife.
3. Place your hands over your heart and take three slow breaths.
4. Speak gratitude aloud for what the Earth has held for you this season as you place your intentional items on the earth, cloth, or plate.
5. Offer one prayer or intention for the month ahead.
6. Leave your offering with care, or return it to the Earth when you feel complete.

JOURNAL PROMPT:

What am I grateful for, and what am I ready to ask the Earth to support in me this month?



SEASONAL NOURISHMENT

FRESH LEMON CHAMOMILE TEA

INGREDIENTS

- 1 cup hot water
- 2 tablespoon fresh chamomile
- 1–2 lemon slices
- 1 teaspoon honey
- Tiny pinch of sea salt, optional for brightness

INSTRUCTIONS

1. Steep herbs in hot water for 5–7 minutes.
2. Strain and add honey and lemon.
3. Sip slowly and enjoy.



SEASONAL SIP

A calming summer tea to soften the nervous system, brighten the spirit, and invite a quiet moment of peace.



FROM THE SHOP

THIS MONTH'S PICKS



COZY CABIN INTENTION CANDLE

A cozy, hand-poured with love soy candle by Mo Love Creations, infused with Jade crystals for grounded comfort, warmth, and heart-centered calm.



OBSIDIAN SCRYING MIRROR

A reflective black scrying mirror for quiet ritual, intuitive seeing, and creating a sacred moment of stillness.



AMARANTHUS

A lush bundle of amaranthus for ancestral connection, heart healing, and adding sacred beauty to your space.



PALO SANTO MOON DANGLE

A hand-burned Palo Santo Moon Dangle by Pendragon Studios, created as a sacred adornment for your altar, home, car, or intentional space.

COME VISIT US IN THE SHOP



THE ASTROLOGY OF THE MONTH

JULY COSMIC WEATHER



July begins with powerful cosmic shifts. As Cancer season settles in, the final days of June still echo: Mars entered Gemini, Mercury stationed retrograde in Cancer, the Capricorn Full Moon illuminated our priorities, and Jupiter moved into bold Leo. As we move into this month, July asks us to slow down, listen inward, speak with care, and notice where life is inviting us from protection into expression.

WHAT JULY MAY BRING UP

Fast-moving thoughts and sharper words
Old emotions around home, safety, or belonging
A need to balance responsibility with self-nurturing
Restlessness or a desire to break free
Relationship patterns asking to be seen clearly



WHAT JULY SUPPORTS

Emotional reflection and inner repair
Honest communication with gentleness
Creative courage and self-expression
Revisiting what needs a do-over
Letting yourself be seen more fully

JULY COSMIC TOUCHPOINTS



Mars in Gemini

June 28th- August 11th: Ideas, conversations, and mental energy may move quickly. Think before speaking and let your words become tools for clarity, not conflict.



Mercury Retrograde in Cancer

June 29th- July 23rd: A time to revisit home, family, memory, and emotional patterns. Go slow, double-check details, and proceed with caution, not fear.



Jupiter in Leo

For the next year, Jupiter expands confidence, creativity, visibility, joy, and heart-led leadership. Wherever this lands in your chart, it asks for growth.



New Moon in Cancer

July 14th: Set intentions around home, emotional safety, and what you are ready to nurture within yourself.



Full Moon in Aquarius

July 30th: A call toward authenticity, emotional freedom, and releasing the beliefs that keep you in a mental box.

JOURNAL PROMPT

Where am I being asked to slow down, soften, and still choose brave expression?



BOOK WITH TAYLOR

If you'd like to learn how these transits move through your own chart, book a reading with Taylor Crofton.

@shamamataylor
860.637.2641

www.taylorcrofton.com
taylor@taylorcrofton.com

Cosmically yours,
Taylor



CROWN & STONE

THANK YOU FOR BEING PART
OF OUR CIRCLE.

WE CAN'T WAIT TO SEE YOU
AT OUR NEXT GATHERING.



814 N Washington Ave, Lansing, MI



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sarah@crownandstone.com

