



MONTHLY NEWSLETTER

BY AUTUMN O'LEARY

SELF LOVE

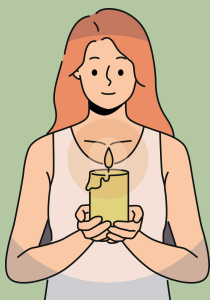
Self-love is the secret ingredient for a balanced and fulfilling life! It involves nurturing your well-being, setting essential boundaries, and embracing your true self. In a world focused on external validation, self-love encourages you to appreciate who you are. Practicing self-compassion enhances your resilience, boosts mental health, and fosters peace and happiness.

To cultivate self-love, start by speaking kindly to yourself, replacing harsh critiques with uplifting affirmations. Set healthy boundaries to protect your time and energy, and prioritize rest and self-care for recharging. A daily dose of gratitude can transform your mindset into one of positivity. Engage in activities that inspire you, whether it's creativity, mindfulness, or movement.

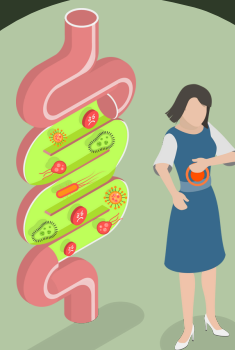
Integrating these self-love practices into your routine will empower you to face challenges with confidence, radiating positivity and abundance!



UPCOMING CIRCLE EVENTS



FIRE CEREMONY W/ ANALISE
FEB 26 - 5PM



HARMONY THROUGH WELLNESS
W/ NICOLE
MARCH - TBD



FEBRUARY SPOTLIGHT



ABOUT ANALISE

Analise Radlicki, LMT, Founder and Owner of A. Healing Om Michigan started her healing journey in 2011 when she received her certificate of Therapeutic Massage and bodywork from Lansing Community College. She's since worked as a massage therapist specializing in emotional release, deep tissue, Ashiastu deep feet technique, and many other integrated energy healing modalities. She is a healer, intuitive, homeschooling, stay at home mother of her two intuitive and wise boys, Leo and Orion.

After what she considered her "spiritual awakening" in 2023, she committed a small amount of time each morning to nurturing her intuitive abilities and connection to Spirit and her higher self. The outcome has lead her to meeting many soul tribe members including many in this very sister circle! She's continuing to add various spiritual tools onto her belt in hopes to live out part of her soul contract to gather and connect people for positive change. She recently received her rites of passage to be a Fire Keeper from the Naughty Shaman Dharma school and was inspired to bring that knowledge and facilitation of release to this beautiful group of strong and empowering woman.

So let's gather, connect, release what no longer needs to be nourished and bring in what feeds our souls as we continue to change the world one small gathering at a time.

Love and Gratitude.



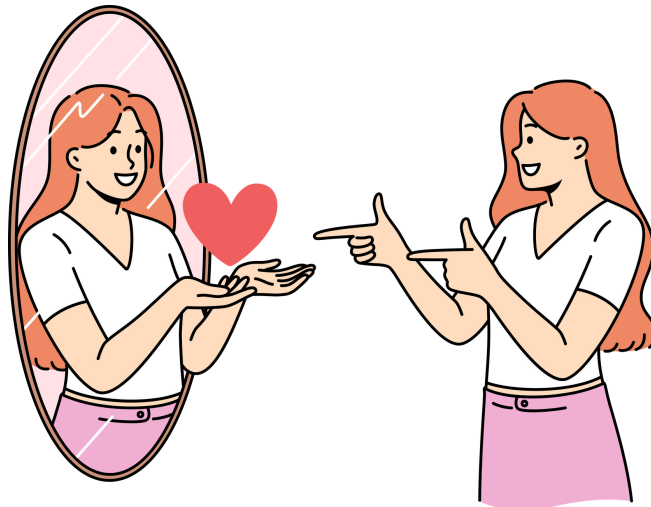
FIRE CEREMONY NIGHT

Analise will be our Sister Circle guest on Feb 26th, creating a sacred space for transformation and release through Fire Ceremony. She will begin by setting a collective intention for the ceremony, guiding participants through the process and outlining expectations to foster a supportive and respectful environment. In the spirit of connection and healing, Analise will lead by sharing vulnerably and invite others to do the same, encouraging heartfelt openness for those who feel called. For those who prefer an alternative, a talking circle will be offered, providing a safe, sacred space to share and shed thoughts or feelings they no longer wish to carry. This evening is designed to inspire reflection, connection, and personal growth in a nurturing community setting.

A HEALING OM MICHIGAN WILL HOST A DRUM-MAKING CLASS THIS SPRING WITH ANDREA CANNON OF A HEALING DOVE, SHARING HER SACRED KNOWLEDGE. PARTICIPANTS CAN CHOOSE FROM HIDES LIKE DEER, ELK, AND BUFFALO TO CREATE THEIR OWN DRUM. TIME & DATE TBD.

ahealingommi@gmail.com
[@ahealingommi](https://www.instagram.com/ahealingommi)

AFFIRMATION OF THE MONTH



I love myself; I love my body; I love my mind; I love who I am.

Universe: All of these hardships and feelings are only gonna help take u to the next level of consciousness here.
Me:



INSTAGRAM.COM/SOMAH LIFE

MEME OF THE MONTH

QUOTE OF THE MONTH

"Inner healing is the gentle unveiling of your heart's boundless ability to mend, reminding you that you were never broken—only ever growing."

~Unknown



FEBRUARY ASTROLOGY

ASTRO-SEEK.COM

Feb. 1 - Venus conjunct Neptune

Love is in the air, but so is fantasy! Today's Venus-Neptune conjunction in Pisces bathes relationships, creativity, and spirituality in a dreamy glow. You'll feel inspired by beauty, drawn to romantic ideals, and more compassionate than ever. This is a perfect time for artistic pursuits, deep emotional connections, and heart-centered spiritual work. However, keep your feet on the ground—Neptune can blur reality, making it easy to idealize people or situations. Trust your intuition, but hold off on major decisions until the fog lifts. Enjoy the magic, but stay mindful of illusions!

Feb. 3 - Venus conjunct North Node

Today's Venus-North Node conjunction brings the opportunity for soulful connections and destined relationships. Your values and desires align with your highest path, creating a powerful moment of personal growth. Pay attention to new connections—romantic, platonic, or professional—as they could have deeper significance. Trust that the universe is guiding you toward people and opportunities that will support your evolution. It's a day to move forward with love, purpose, and an open heart.

Feb. 4 - Venus enters Aries & Jupiter goes direct

Today is a powerhouse of energy! Venus enters fiery Aries, sparking a wave of bold passion and spontaneity in love and creativity. You'll feel more confident to pursue what you want, especially in relationships, and there's a sense of excitement in the air. At the same time, Jupiter goes direct, bringing clarity and momentum to any areas of your life where you've felt stuck or uncertain. The forward motion of Jupiter will amplify your growth and expansion, so it's a great time to take bold steps toward your big dreams. It's a day for action, adventure, and progress—embrace the energy!

Feb. 9 - Sun conjunction Mercury

Today, the Sun and Mercury align, bringing a surge of mental clarity and self-expression. Your thoughts and ideas are illuminated, making it an ideal time for communication and creative thinking. You may feel more confident in sharing your ideas, whether in conversations or writing. This is a great day to focus on learning, problem-solving, and decision-making, as your mind is sharp and direct. Trust your instincts, and speak your truth—you've got the clarity to make things happen!

Feb. 12 - Full moon in Leo

The Full Moon in Leo lights up your creativity, passion, and need for recognition. This is a time to celebrate your individuality and express your true self. Emotions are heightened, and you may feel a powerful urge to be seen and appreciated. It's a moment to release any fears around self-expression and embrace your inner confidence. This Full Moon is perfect for letting go of outdated patterns and stepping into a more vibrant, authentic version of yourself. Shine your light and allow your creative energy to flow freely!

Feb. 14 - Mercury enters Pisces

Today, Mercury enters dreamy Pisces, shifting the focus from logical thinking to intuition and imagination. Communication becomes more fluid, creative, and sensitive, with a stronger emphasis on feeling and empathy. This is a time to trust your instincts and tap into your inner wisdom. While details may be harder to pin down, your ability to dream big and connect on a deeper level with others is enhanced. Use this energy for artistic pursuits, spiritual growth, and reflective thinking, but be mindful of confusion—stay grounded when making decisions.

Feb. 18 - Sun enters Pisces

The Sun moves into Pisces today, bringing a shift toward intuition, compassion, and spiritual connection. Over the next month, you may feel more in tune with your inner world, and there's a focus on empathy, creativity, and imagination. It's a time to embrace your dreams and reflect on your higher purpose. This is also a great period for letting go of rigid structures and surrendering to the flow of life. Trust your instincts, allow your creativity to soar, and nurture your soul.

Feb. 23 - Neptune conjunct North Node

Today, Neptune aligns with the North Node, blending spiritual growth with your soul's purpose. This conjunction invites you to dream big and trust in your higher path, as your intuition and imagination are aligned with your destiny. You may feel a deep pull toward compassion, creativity, or spiritual awakening, guiding you toward experiences that expand your soul. It's a powerful time for connecting with your true calling and embracing a more spiritual or artistic approach to life. Follow your intuition—it's leading you toward your highest potential.



CONTINUED...

ASTRO-SEEK.COM

Feb. 24 - Mercury stations direct

Mercury goes direct today, bringing a sense of mental clarity and forward momentum after the recent retrograde. Communication, travel, and technology are now back on track, and any confusion or delays should begin to ease. This is a great time to move forward with plans, make decisions, and clear up misunderstandings. You may find that ideas that seemed unclear during the retrograde now come into focus. It's a day to take action and push ahead with confidence.

Feb. 25 - Mercury conjunct Saturn

Today, Mercury aligns with Saturn, bringing a serious, focused energy to your thinking and communication. This conjunction supports clear, practical thinking and detailed work, making it an excellent time for planning, organizing, or tackling long-term projects. You may feel a sense of mental discipline and the ability to solve problems with structure and clarity. While this is a time for productivity and getting down to business, be mindful of being too rigid or overly critical in your communication. Stay focused, and progress will follow!

Feb. 28 - New moon in Pisces

Today's New Moon in Pisces invites you to dream big and set intentions aligned with your intuition and inner vision. This is a powerful time for new beginnings in creative, spiritual, and emotional areas of your life. Pisces energy encourages you to embrace compassion, imagination, and healing, so focus on your dreams, desires, and connection to the spiritual realm. It's an ideal moment to release old emotional baggage and make space for fresh, inspiring opportunities. Trust your intuition and let it guide you toward your next chapter.





PHOTO: SALLY'S BAKING ADDICTION

RECIPE OF THE MONTH

BY SARAH BROWN

CHOCOLATE LAVA CAKES

Decadent, rich, and irresistibly gooey—these chocolate lava cakes are a perfect indulgence!

INGREDIENTS:

- Ingredients
- 6 oz semi-sweet chocolate
- ½ cup unsalted butter
- ¼ cup all-purpose flour
- ½ cup confectioners' sugar
- ⅛ tsp salt
- 2 large eggs
- 2 large egg yolks
- Optional toppings: ice cream, berries, chocolate syrup

DIRECTIONS:

- 1. Prep:** Grease and dust four 6-oz ramekins (or 6 muffin cups) with cocoa powder. Preheat oven to 425°F.
- 2. Melt:** Microwave chocolate and butter in 10-second intervals, stirring until smooth.
- 3. Mix:** In one bowl, whisk flour, sugar, and salt. In another, whisk eggs and yolks. Combine both with melted chocolate, stirring until smooth.
- 4. Bake:** Divide batter evenly. Bake 12–14 min (ramekins) or 8–10 min (muffin pan) until edges are set but centers are soft.
- 5. Serve:** Let cool 1 min. Invert onto plates and add toppings. Serve immediately!





KJERSTI VANDESANDE



JANUARY RECAP



ABOUT KJERSTI

Hi Ladies!

I have been studying yoga and shamanism since early spring of 2014, and devoured all the Naughty Shaman courses, from Earth Keeper to the Advanced courses, like ShadowWalker. Prior to that I have been praying and building a relationship with Spirit since I was nine years old, and have always been drawn to the art and science of how our world works, both the physical and spiritual senses, and why I am the way I am and people are the way they are!

By day I am a Massage Therapist and Bodyworker, a mom and wife, a nature lover who loves a good story, kayaking with friends and spotting eagles on the river, or a book by a cozy fireplace. The beach is my happy place. Fun fact my ancestors, on my maternal side, have resided in Michigan since the Revolutionary War. I love the land and I love community, and serving both, connecting with both is part of my Dharma.



YOGA + SHAMANIC JOURNEY NIGHT

On January 23rd, Sister Circle hosted an enchanting evening with Kjersti, where yoga merged with shamanic journeying in a magical fusion for the mind, body, and soul. The event began with a gentle yoga flow to ground participants and spark positive energy. Following the flow, attendees settled into savasana as Kjersti guided them on a shamanic journey — a meditation infused with guided visualization, tapping into the power of imagination to explore spiritual realms, gain insights, and invite healing magic into their lives. Rooted in ancient traditions, shamanism harmonized beautifully with yoga in the shared pursuit of self-discovery and balance. Together, these practices helped illuminate life's experiences with clarity, embrace the human journey with compassion, and cultivate a sense of peace. The evening concluded with an engaging Q&A session, offering space to reflect and share insights. Whether newcomers or seasoned explorers, participants found connection, healing, and inspiration within this welcoming community.

True North Wellness Mi, located in East Lansing, is collaborating with i.e. Kawa to offer Journey with Cacao a ceremony in motion, **Saturday, January 11, 1:11-3:33pm, in Howell @Mi Fitness Community**

*Crown & Stone
Presents*

FIRE CEREMONY

Come as you are and let go of old emotions, limiting beliefs, and stagnant energy in this powerful fire ritual. With reflection and intention, release what no longer serves you and open yourself to new beginnings.

MARCH 21ST @ 5:30PM

COYOTE WISDOM

2338 N GRAND RIVER AVE, LANSING, MI 48906

Energy Exchange: \$10

Sign up at CrownAndStone.com/events

EARTH KEEPER

**A Four Day Intensive
for Personal Growth &
Build a Healing Mesa
April 3-6**

**Helping YOU Remove the Obstacles to
Living Your Most Radiant Life**

**Discover your souls purpose, learn to heal
self & the foundation of healing others.
Shed the stories of your past as we journey
around the Shamanic medicine wheel.**



**Book a Coffee Talk
with KJ to
Learn More**



DHARMA SCHOOL
PERSONAL GROWTH | ENERGY HEALING



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!

