



# MONTHLY NEWSLETTER

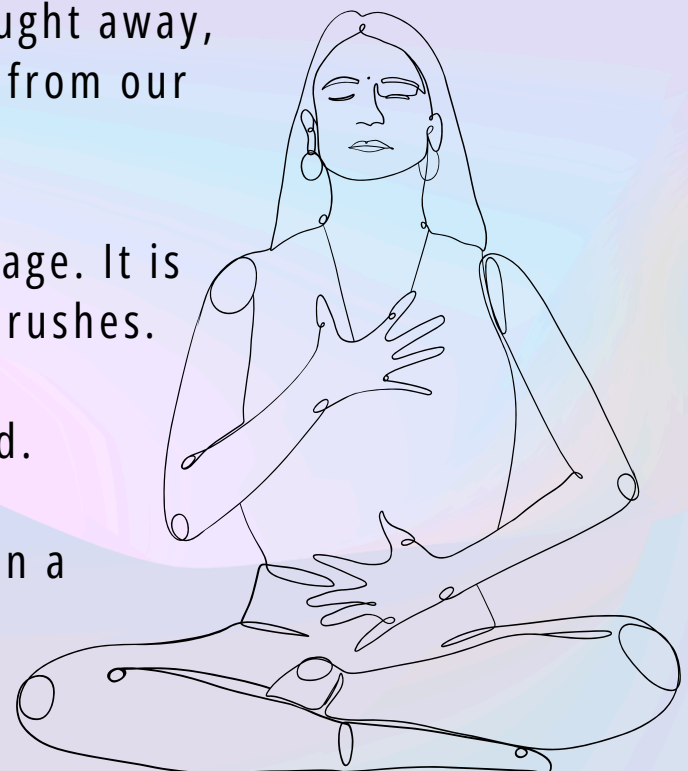
BY AUTUMN O'LEARY

## Confusion vs. Intuition

There are moments when the inner landscape feels unclear. Thoughts overlap, emotions rise quickly, and the desire for clarity becomes almost urgent. In these spaces, it can be difficult to discern what is true guidance and what is simply noise.

*Confusion* often lives in the mind. It sounds like spiraling thoughts, repeated questions, and the need to figure something out right away. It can feel tight and pressurized, as though an answer must be reached immediately. This urgency can create the illusion that clarity is just one more thought away, when in reality, it often pulls us further from our center.

*Intuition* speaks in a very different language. It is not forceful or demanding, and it rarely rushes. Instead, it arises as a quiet knowing - something felt before it can be explained. Even when it carries discomfort or asks something unfamiliar of us, there is often a steadiness beneath it. It does not push for immediate action, but simply invites awareness.



The challenge is that many of us are listening from the *mind*, while intuition is experienced through the *body*. When everything feels loud internally, the instinct is often to think harder, analyze more, or search externally for reassurance. But clarity is not always found through effort. Sometimes, it emerges through a shift in where we are listening from.

Turning inward can be a powerful place to begin. When you step out of the mental loop and bring your awareness into your body, a different kind of information becomes available. You may start to notice where tension gathers, where urgency sits, and where something feels more open or steady. You might ask yourself what remains true if there is no pressure to decide right now, or whether the guidance you're sensing feels rushed or spacious.

In many cases, confusion pulls awareness upward into the mind, creating noise and fragmentation. Intuition, by contrast, often draws awareness downward into the body, where there is more grounding and subtle clarity. This doesn't mean answers arrive instantly, but it does create space for something more honest to surface.

There is a quiet wisdom in allowing things to remain unresolved for a time. Not every question needs an immediate answer, and not every feeling requires action. When the need for urgency softens, it becomes easier to recognize what is persistent and true versus what is reactive and fleeting.

Rather than asking what needs to be done, there can be value in asking what feels true beneath the noise. From that place, clarity tends to unfold more naturally - not as something forced, but as something remembered.

***What feels true for you when you allow yourself to pause and listen beneath the noise?***

# UPCOMING CIRCLE EVENTS



HERBAL ENERGETICS W/LAURIE  
APRIL 24<sup>TH</sup> @ 6PM



SISTER CIRCLE 2 YEAR  
ANNIVERSARY  
MAY 29<sup>TH</sup> @ 6PM



# APRIL SPOTLIGHT



## HERBAL ENERGETICS NIGHT

Join Laurie for an evening of connection with the subtle power of plants. We'll explore the properties, energetics, and spiritual aspects of a selection of herbs, learning how they support our mind, body, and spirit. Participants will have the chance to experience the herbs firsthand - sipping teas, feeling their essence, and engaging in hands-on activities that bring the plants' energy to life. The evening will also include a guided plant meditation, offering a quiet space to connect deeply with the spirit of the herbs and your own inner wisdom. Laurie will bring a variety of teas for tasting and exploration, making this a rich and sensory journey into the world of herbal energetics.



## ABOUT LAURIE

Laurie Matheny is a yoga teacher, herbal enthusiast, and community guide who creates spaces for people to slow down and reconnect. Inspired by nature and simple, intentional living, she blends movement and plant-based practices to support balance, while also working behind the scenes to support other space holders in sharing their offerings.



# AFFIRMATION OF THE MONTH



I release doubt and open to the  
wisdom within.



Me knowing everything will be okay  
because I saw 11:11 on the microwave

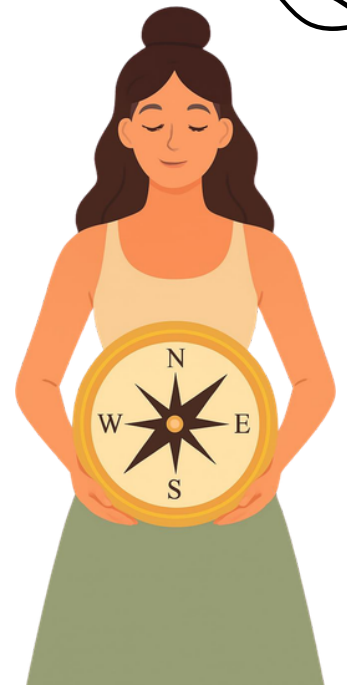
[HTTPS://WWW.FACEBOOK.COM/  
GROUPS/393905371131113](https://www.facebook.com/groups/393905371131113)

# MEME OF THE MONTH

# QUOTE OF THE MONTH

"Your inner voice is  
your compass. It  
may whisper, but it  
always guides."

~ Anonymous



# APRIL ASTROLOGY



ASTRO-SEEK.COM

## April 2 - Full Moon in Libra

This is a powerful culmination point. The Libra Full Moon brings attention to your relationships, highlighting the balance between self and other. It illuminates where you may have been over-compromising, people-pleasing, or seeking harmony at the expense of your own truth. At the same time, it can reveal where walls have been built too high, keeping connection at a distance.

This moment invites reflection on how you show up in partnership - with others, and with yourself. Are your relationships reciprocal, or are they quietly draining? Are you honoring your own needs, or abandoning them to maintain peace? Libra seeks harmony, but not at the cost of authenticity.

Notice what is coming into full view. A dynamic, pattern, or realization may reach a turning point. There is an opportunity here to recalibrate, to choose connection that feels balanced, honest, and supportive.

**Ritual idea:** Reflect on one relationship (including your relationship with yourself). Write down where you feel out of balance - where you give too much or hold back. Then write a new intention rooted in mutual respect and honesty.

**Vibe:** Relationship clarity + recalibration  
**Watch for:** People-pleasing disguised as harmony

## April 9 - Mars enters Aries

Energy shifts from force to flow. Motivation becomes intuitive rather than aggressive, and action is guided more by feeling than strategy. You may notice a pull toward creative pursuits, spiritual exploration, or passionate action. This isn't a time to bulldoze your way forward - it's a time to move with sensitivity and trust subtle cues. When aligned, effort feels inspired rather than forced.

**Vibe:** Intuitive action + spiritual momentum  
**Watch for:** Passive avoidance disguised as "going with the flow"

## April 13 - Mars conjunct Neptune

Energy shifts from force to flow. Motivation becomes intuitive rather than aggressive, and action is guided more by feeling than strategy. You may notice a pull toward creative pursuits, spiritual exploration, or passionate action. This isn't a time to bulldoze your way forward - it's a time to move with sensitivity and trust subtle cues. When aligned, effort feels inspired rather than forced.

**Vibe:** Intuitive action + spiritual momentum  
**Watch for:** Passive avoidance disguised as "going with the flow"

## April 15 - Mercury enters Aries

Energy shifts from force to flow. Motivation becomes intuitive rather than aggressive, and action is guided more by feeling than strategy. You may notice a pull toward creative expression, honest communication, and speaking from instinct rather than overthinking. This isn't a time to force clarity - it's a time to trust what arises naturally and refine it as you go.

**Vibe:** Intuitive expression + honest communication  
**Watch for:** Speaking impulsively without full awareness

## April 16 - Sun conjunct Chiron

Energy shifts from force to flow. Motivation becomes intuitive rather than aggressive, and action is guided more by feeling than strategy. You may notice old wounds around identity, confidence, or self-expression rising to the surface. This isn't here to derail you - it's here to be seen and integrated. When approached with compassion, this energy can be deeply healing.

**Vibe:** Vulnerable courage + identity healing  
**Watch for:** Reactivity rooted in old wounds

## April 17 - New Moon in Aries

This is a powerful initiation point. The Aries New Moon invites you into a new beginning rooted in self-trust, courage, and authentic expression. Aries is the sign of identity, action, and forward movement, asking you to reconnect with your instincts and honor what feels true for you - without over-explaining or seeking permission.

This moment carries both vulnerability and power. You may feel the pull to start something new, to show up differently, or to reclaim a part of yourself that has been quieted. At the same time, there may be uncertainty around how to move forward. This is not a flaw - it's part of the process. Aries teaches that clarity often comes through action, not before it.

Notice what is asking to begin. What feels alive, even if it's unfamiliar? What truth are you ready to stand in, even if it feels uncomfortable? This is a moment to choose yourself, not from ego, but from alignment.

**Ritual idea:** Write down one intention that reflects who you are becoming, not who you've been. Speak it out loud. Then take one small, aligned action that supports it.

**Vibe:** Courageous beginnings + self-trust  
**Watch for:** Forcing action before you feel aligned

# CONTINUED...

ASTRO-SEEK.COM

## April 17 - Mercury conjunct Neptune

Energy shifts from force to flow. Motivation becomes intuitive rather than aggressive, and action is guided more by feeling than strategy. You may notice heightened imagination, intuition, and emotional sensitivity in communication. This can be a beautiful time for creativity and insight, but clarity may feel elusive. Trust what resonates, but give it time before acting.

**Vibe:** Intuitive insight + creative flow

**Watch for:** Miscommunication or confusion between feeling and fact

## April 19 - Mars conjunct Saturn

Energy shifts from force to flow. Motivation becomes intuitive rather than aggressive, and action is guided more by feeling than strategy. This energy brings a grounding influence, asking for discipline, patience, and intentional effort. You may feel resistance or slowed momentum, but this is an opportunity to build something sustainable rather than reactive.

**Vibe:** Disciplined action + grounded momentum

**Watch for:** Frustration when things don't move quickly

## April 20 - Mercury conjunct Saturn

Energy shifts from force to flow. Motivation becomes intuitive rather than aggressive, and action is guided more by feeling than strategy. Communication may feel more serious, focused, and intentional. This is a time to think before speaking, to commit to your words, and to bring structure to your ideas.

**Vibe:** Thoughtful communication + mental discipline

**Watch for:** Harsh or overly critical thinking

## Mercury conjunct Mars

Energy shifts from force to flow. Motivation becomes intuitive rather than aggressive, and action is guided more by feeling than strategy. Words may come quickly and with intensity. This can support honest expression and decisive conversations, but it's important to stay aware of tone and intention.

**Vibe:** Direct communication + mental momentum

**Watch for:** Impulsive or reactive speech

## Sun enters Taurus

This is a meaningful energetic shift. As the Sun moves into Taurus, the pace naturally slows, inviting you to ground, stabilize, and integrate what has recently begun. Taurus is the sign of embodiment, values, and sustainability. It asks you to come back into your body and build something that feels steady and real.

Notice where you are being called to simplify. What is worth your time, energy, and devotion? This is a season of tending, not rushing.

**Vibe:** Grounded presence + steady growth

**Watch for:** Resistance to slowing down

## April 24 - Venus conjunct Uranus

Energy shifts from force to flow. Motivation becomes intuitive rather than aggressive, and action is guided more by feeling than strategy. You may experience sudden shifts in relationships, values, or desires. This energy invites freedom, authenticity, and a willingness to break from patterns that no longer feel aligned.

**Vibe:** Unexpected shifts + liberating change

**Watch for:** Instability or impulsive decisions in relationships

## Venus enters Gemini

Energy shifts from force to flow. Motivation becomes intuitive rather than aggressive, and action is guided more by feeling than strategy. Relationships and connections may feel lighter, more curious, and mentally stimulating. There is an openness to explore, communicate, and engage in new ways.

**Vibe:** Playful connection + curiosity

**Watch for:** Superficiality or lack of follow-through



# CONTINUED...

ASTRO-SEEK.COM

## April 26 - Uranus enters Gemini

This is a major collective shift. Uranus entering Gemini begins a new cycle of innovation, disruption, and awakening in the realm of communication, learning, and connection. Over time, this energy will reshape how we think, share information, and relate to one another.

There may be a growing sense that old ways of thinking or communicating no longer fit. This is an invitation to stay open, adaptable, and curious as new ideas and perspectives emerge.

**Vibe:** Mental awakening + innovative change

**Watch for:** Overstimulation or scattered thinking



## Pay Attention: Mercury Retrograde Shadow

Even after a planet goes direct, its retrograde shadow lingers - and in early April, Mercury's post-retrograde shadow is still influencing our thoughts, decisions, and communications.

Unresolved patterns, miscommunications, or old habits may resurface, asking for reflection rather than action. Instead of rushing forward, take a moment to pause, notice what's repeating, and consider what truly serves you. This is an opportunity to integrate lessons before moving into new energy.

**Tip:** Pause before reacting, and ask yourself, "Is this coming from clarity or old patterns?"

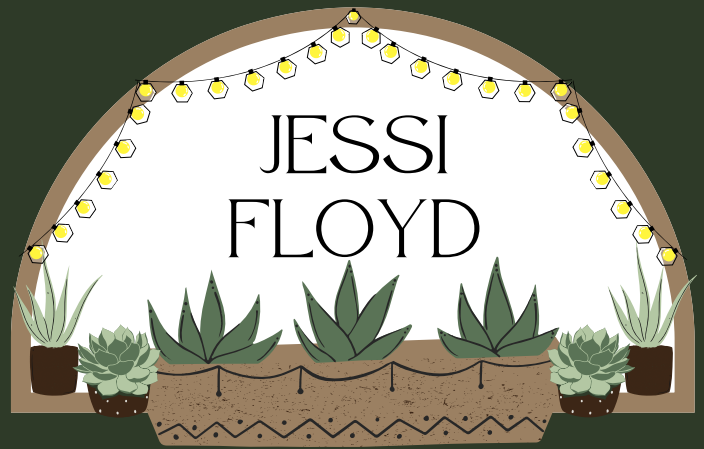


# MARCH RECAP

## HOLY FIRE REIKI & EMOTION CODE NIGHT

This Sister Circle, we were honored to welcome Jessi Floyd for a deeply restorative evening centered around Holy Fire Reiki and Emotion Code release. She began by sharing about the Emotion Code and Body Code - gentle yet powerful modalities that help identify and release trapped emotions that may be influencing how we think, feel, and move through life.

We then settled into a 25-minute guided Holy Fire Reiki meditation, where everyone received Reiki at the same time as Jessi moved through the room, intuitively releasing 1 emotion per person. She set the intention that whatever was released would bring the greatest relief and support in that moment. It was a peaceful, heart-opening experience, and we were so grateful to share it together!



## ABOUT JESSI

Jessi Floyd is a certified Emotion Code and Body Code Practitioner, and a certified Reiki Master. What she love's about these modalities is being able to get down to the root causes of imbalances in our body. Allowing our innate ability to heal from the inside out, giving us freedom, restoring our health and well being. She knew from a young age that love is the most powerful thing and she finds great joy in making heart connections with others.





# RECIPE OF THE MONTH

BY SARAH BROWN

## Spring Awakening Herbal Honey Elixir

### Ingredients:

- 1 cup hot water
- 1 tsp raw honey
- 1 tsp dried chamomile
- 1 tsp dried lavender
- 1 tsp dried rose petals
- ½ tsp lemon balm  
(optional, but beautiful for mood support)
- Squeeze of fresh lemon

### Procedure:

- Bring water just to a gentle boil, then remove from heat.
- Add herbs to a tea strainer or directly into your cup.
- Pour hot water over herbs and steep for 5–7 minutes.
- Strain (if needed), then stir in honey and fresh lemon.
- Sip slowly, allowing the body to soften and open.

### ✨ APRIL REFLECTIONS ✨

April is a month of emergence—of soft openings, fresh starts, and gentle awakening.

This elixir supports the body in coming out of winter, soothing the nervous system while lightly energizing the spirit.

# 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.**





## SOMETHING EXCITING IS HAPPENING BEHIND THE SCENES AT CROWN & STONE

Over the next couple of months we'll be making some big upgrades to the space. We're installing a fully licensed kitchen (something I've been dreaming about for a long time!) and adding another bathroom to make the space more comfortable and supportive for all the experiences we're creating here.

Because of this, we'll be slowing down our event calendar for a short while this spring so we can focus on building a strong foundation and bringing these pieces to life. There may be a little sawdust and construction chaos, but we're so excited for what's taking shape.

Beginning in May/June, we'll also be opening room rental opportunities for practitioners and facilitators who feel aligned with the space and want to host sessions, workshops, or gatherings at Crown & Stone.

Our official Grand Opening celebration will take place this fall, once everything is fully complete and ready to be shared with the community. If you're a practitioner looking for a beautiful space to offer your work, feel free to reach out — I'd love to connect.

Thank you for growing with us.

# 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!

