



MONTHLY NEWSLETTER

BY AUTUMN O'LEARY

The 5-4-3-2-1 Method

Experiencing anxiety, stress, or a disconnection from the present? Use the 5-4-3-2-1 technique to help you feel grounded!



Take a moment to identify:

- 5 things you can see**
- 4 things you can touch**
- 3 things you can hear**
- 2 things you can smell**
- 1 thing you can taste**

You can say these out loud or keep them in your thoughts. This method draws your attention to the present moment, encouraging you to engage with both your surroundings and your inner self.

Upcoming Events



SISTER CIRCLE: AYURVEDA
W/CARA
NOV 25 @ 6 PM



SISTER CIRCLE:
CACAO CEREMONY W/ CARLA
DEC - TBD

November Spotlight

Cara
Burwell



ABOUT CARA

I believe I'm here on Earth to be of service to others and it's taken me 35 years to figure out how to do that! Because of my love for the outdoors and everything it has to offer, I pursued a Natural Resource Management and Environmental Science degree from Grand Valley State University. I couldn't understand why I wasn't driven to get a job straight out of college and "use my degree" as I should have. I swore I would never go back to school again because "it was a waste of time and money". Then I was introduced to a word I had never heard before, Ayurveda, and just like that...I'm a hypocrite. I enrolled in the 2-year program to become an Ayurvedic Health Counselor with Joyful Belly College of Ayurvedic Diet and Digestion. The Ayurvedic journey is lifelong and there is always more to learn! But, I'm very excited to start sharing all of my knowledge with the community, and my family is thrilled for the day that I start guiding OTHER people to a balanced state of being.

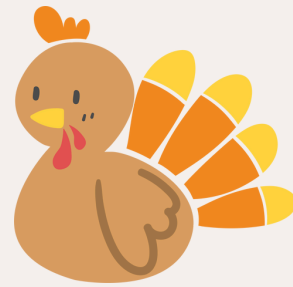
AYURVEDA NIGHT

We're over the moon to have Cara as our guest speaker for November's Sister Circle! Get ready to dive into the magical world of Ayurveda, the ancient Indian secret to health that's still rocking our wellness world today. Cara will break it all down in a super friendly way, sharing the core principles that can help us find our zen.

She'll focus on nifty tricks to kick toxic buildup to the curb—because who doesn't want to feel fabulous both inside and out? This talk is set to be a treasure trove of practical tips for boosting our well-being and finding that inner balance we all crave. So, come join the fun as we discover how Ayurveda's timeless wisdom can sprinkle some magic into our modern lives!

"Ayurveda ticks all the boxes for me. As mentioned, I'm a lover of the natural world and helping people... This method of preventative care focuses on being one with nature - finding your balance with a holistic approach, using natural remedies that are tailored to the individual's mind, body, and spirit. It just makes sense y'all!" ~Cara

Affirmation of the Month



I am gifting myself with
gratitude and grace.

UNIVERSE: I have a plan
for your life



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Meme of the Month

Quote of the Month

"Re-examine all you have been
told. Dismiss what insults your
soul."

~Walt Whitman



Nov. 1 - New Moon in Scorpio

Get ready to ride the wave of this supercharged new moon, folks! It's time to whip out those planners and sketch out your fabulous future because transformation is knocking at your door! Say goodbye to your old selves—it's time to roll out the red carpet for the brand new YOU! Embrace all the glittering possibilities ahead!

Nov. 2 - Mercury Enters Sagittarius

Truth and honesty are the VIPs of the year, so spill your thoughts and really mean it! It's the perfect moment to whip up some travel plans, hit the books again, and soak up all the world has to offer!

Nov. 3 - Juno Enters Scorpio

Buckle up, folks! It's a "now-or-never" love fest for the next few weeks! This is the moment to dive headfirst into devotion with your favorite people or hit the eject button for good. Get ready for some heart-to-heart bonding that's stickier than your grandma's secret jam recipe!

Mars Enters Leo

We're diving headfirst into the rest of this year and a sprinkle of next, basking in the fiery vibes of the pleasure-loving Lion! It's all about feeling like the King of the Jungle, baby! This cosmic ride cranks up the heat and cranks out the drama. So, let's hear that glorious roar!

Nov. 11 - Venus Enters Capricorn

Sure, it might not be the lovey-dovey season we dream of, but hey, it's the perfect moment to put on our financial superhero capes! Time to get real about our money, business buddies, and that shiny reputation of ours. So, let's get practical—surround yourself with folks and things that sprinkle some serious magic into your life!

Nov. 15 - Full Moon in Taurus

Get ready to bask in the glow of this sultry full moon, folks! It's the cosmic wake-up call we need to get in touch with our true desires and values. Time to whip out those spreadsheets and see just how much we've banked this year—and where we might need to tighten those purse strings!

November Astrology



Nov. 19 - Pluto Enters Aquarius

After a whirlwind year of cosmic back-and-forth, Pluto has officially settled into Aquarius for a glorious two-decade stay! It's like the universe just hit the refresh button, ushering in a brand-new age filled with crumbling empires, rebellious vibes, and a dazzling new vision for our planet. Buckle up, it's going to be a wild ride!

Nov. 21 - Sun Enters Sagittarius

Get ready, because when the sun struts into the lively realm of the Archer, adventure's calling our names! For the next four weeks, get ready for a whirlwind of generosity, boldness, and a sprinkle of freedom as we sprint towards fresh horizons and broaden our view of the universe!

Nov. 25 - Mercury goes into Retrograde in Sagittarius

Hold your horses on those big travel plans, because the next few weeks are going to be a wild ride! This retrograde has our inner GPS doing the cha-cha while we try to find our way. So take a breather, kick back, and let yourself chill for a hot minute!

Nov. 30 - New Moon in Sagittarius

Wrap up November with a bang by kicking your comfort zone to the curb and exploring new frontiers under this lunar glow! It's the perfect moment to whisk yourself away on a holiday adventure, dive into some solo studying, and take that daring leap of faith! Go on, let your inner explorer shine!

ASTROLOGY.COM





Recipe of the Month

CORNBREAD SAUSAGE STUFFING

BY SARAH BROWN

INGREDIENTS:

- 1 large loaf crusty french bread cut into small cubes
- 1 8x8 pan cornbread cut into small cubes
- 3/4 cup butter
- 1 onion, diced
- 1 tablespoon garlic, chopped
- 1/2 lb pork sausage
- 5 ribs of celery, diced
- 4 cups chicken broth
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 tablespoon fresh rosemary, chopped
- 1/2 cup fresh parsley, chopped
- Salt and pepper, to taste

PROCEDURE:

1. Spread bread cubes on baking sheets and let them dry for 1-2 days.
2. Preheat oven to 350°F.
3. Cook sausage over medium-high heat, then set it aside.
4. In the same pan, melt butter over medium heat. Add onion, garlic, celery, basil, thyme, and rosemary, and cook until softened.
5. In a large bowl, combine dried bread cubes, cooked sausage, and the buttered vegetables.
6. Slowly add broth to the mixture, tossing gently. Add just enough broth to moisten evenly—avoid adding too much to prevent it from becoming mushy. Adjust seasoning if needed.
7. Transfer to a 9x13 baking dish and bake for 20-25 minutes, until the top is golden brown.

Delicious!



Reana
Maliska

SELF AWARENESS NIGHT

On October 18th Reana led an enlightening session on self-awareness and Integrated Energy Therapy (IET)!

She answered questions such as: What is self awareness? Where do emotions originate and how can they affect us? What is an empath?

Reana led the group through an IET experience - a unique modality that uses angelic energy to clear emotional debris, helping you reclaim your emotional well-being.

October Recap



ABOUT REANA

Reana is the owner of Healing Soul Holistic Services, PLLC. She is a space holder and light worker who specializes in emotional acknowledgement and release.

Reana is certified in the following areas:

- Hand and Foot Reflexology with Branch Institute in Okemos, MI.
- Ear Reflexology, with the Canadian Reflexology School
- Master Crystal Healer with Manifested Harmony, Lansing, MI
- Level II Reiki Practitioner with Manifested Harmony, Lansing, MI
- Master Instructor IET with Manifested Harmony, Lansing, MI
- Shamanic Interpersonal Coaching with The Naughty Shaman

Reana is a State of Michigan certified teacher of Biology, Chemistry, Integrated Science and a School Counselor.

Reana is also a therapist with a unique perspective

Reana was born in Birmingham, MI and grew up in St Johns, MI. In her free time, Reana enjoys reading, hiking and of course connecting with Spirit.

CHECK OUT REANA'S WEBSITE!

IAMHOLISTICSERVICES.COM



MEMBER'S EVENTS

AN EVENING TO REMEMBER...

**RAW &
EXPOSED
POETRY &
MUSIC**

Maja Mojo

The Fledge
1300 Eureka St.
Lansing, MI
November 2, 2024
7:00pm

Performance by "Maja Mojo", a passionate performer of Spoken word and soulful singing.

EVENT HIGHLIGHTS:
50/50 Raffle
Silent auction:
Therapeutic Massage
Original Artwork

THE FLEDGE
See you there!

For information or questions:
healingherbsandlivity@gmail.com

True North Wellness
*Align & Shine
Yoga*

Wednesdays @ 9:30am
411 W Lake Lansing Rd
Suite B115, East Lansing

INTRIGUED BY THE STARS ~FREE ASTROLOGY HOUR
BY I AM. HOLLISTIC SERVICES, LLC
NOV 2 @ 2 PM
119 N. CLINTON AVE ST. JOHNS, MICHIGAN 48879

LIMITED SPOTS AVAILABLE! RESERVE YOUR SPOT FOR THIS FREE
ASTROLOGY HOUR WITH CINDY DAVIS TODAY.
[LADYORISING@OUTLOOK.COM!](mailto:LADYORISING@OUTLOOK.COM)



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!