



MONTHLY NEWSLETTER

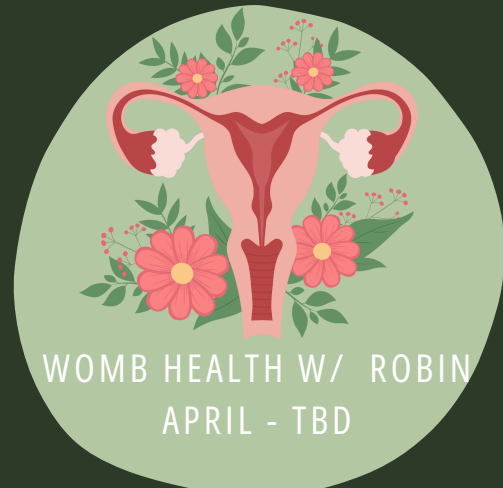
BY AUTUMN O'LEARY

EMERGING FROM WINTER - CULTIVATING NEW BEGINNINGS

March marks the transition from winter to spring, a powerful time for renewal and growth. In many cultures, this change of season symbolizes the end of a cycle and the beginning of new possibilities. Just as plants begin to emerge from the earth after a period of rest, we too can use this time to reflect on what we're ready to release and what we want to cultivate. Releasing old patterns, limiting beliefs, or emotional burdens allows us to create space for new intentions and opportunities.

In many practices, this period of transition is seen as an ideal time for setting intentions and planting seeds of growth – both literally and metaphorically. Journaling, meditation, or simply spending time in nature can help clarify what new beginnings are calling to us. By aligning our personal growth with the rhythms of nature, we can move forward with renewed energy and purpose. This month, consider what you wish to nurture in your life and how you can support your own blossoming as we journey into spring.

UPCOMING CIRCLE EVENTS





NICOLE
HARMON



MARCH SPOTLIGHT



ABOUT NICOLE

I'm married with a 3.5 yr old little girl named Makenzie. I decided to be a SAHM after having Kenzie for the first year. After having her at the age of 40, my world changed. It hit me that I was an older mom so I wanted to take better care of myself so I could be around for Kenzie for a long time. I also wanted to be the best version of myself for her and not instill any of my short comings onto her. So, I got certified as a life coach and started doing the work on myself to break any bad cycles. Then I got into gut health. Gut health can impact us not just physically, but mentally as well. Just recently, I've been more open to exploring my spiritual side. I'm learning to love myself more and evolving into more of the person I want to be. With these tools, I want to be able to help others evolve as well. We all are worthy of living our lives to the highest quality and going after what we truly want! Instead of going back to a 9-5 corporate job, I chose to start my own business, **Nicole Harmon Wellness**, with this in mind.



HARMONY THROUGH WELLNESS NIGHT

Join us March 28th @ 6pm for an enlightening evening at our upcoming Sister Circle. Nicole will guide us on a journey to feeling our best through metabolic health and mindset balance. Discover how our modern food system impacts our well-being and learn practical strategies for balancing hormones, intermittent fasting, and sustaining healthy habits. Nicole will also introduce the Feel Great System supplements and share effective techniques for managing your brain and reducing stress. Don't miss this opportunity to empower yourself with knowledge and tools for vibrant health and harmony!

I will be launching my first online program here in 2025 (Soon!) helping women lose weight for the last time. This is going to be so much more than just a weight loss program. This is going to address the root causes on how you got to where you are to begin with, so you don't have repeated patterns.



AFFIRMATION OF THE MONTH



I trust the process of growth, knowing that every small step is a seed being planted for my future.

99% of my spiritual journey



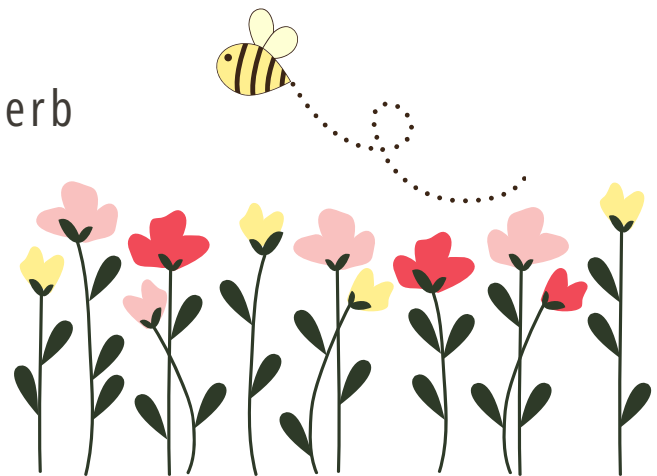
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MEME OF THE MONTH

QUOTE OF THE MONTH

"No matter how long the winter,
spring is sure to follow."

~ Proverb



MARCH ASTROLOGY

ASTRO-SEEK.COM

March 2 - Venus retrograde in Aries

Venus begins her retrograde journey in bold Aries, urging us to reflect on our relationships, desires, and sense of self-worth. Aries is passionate, independent, and adventurous, but during this retrograde, the focus shifts inward. It's a time to explore how you assert your needs and desires within your connections. Are you authentically expressing yourself, or are you compromising to maintain harmony? This retrograde may bring past relationships or unresolved emotions to the surface, offering a chance for healing and closure. You might find yourself reconsidering what you value in love, friendship, and even your financial life. Use this period to reconnect with yourself, rediscover your passions, and realign with your core values. Venus retrograde in Aries invites you to reassess not only your connections with others but also the relationship you have with yourself, fostering a deeper sense of self-empowerment. By the end of this journey, you'll have a deeper understanding of your heart's desires and the courage to pursue them with authenticity.

March 14 - Total Lunar Eclipse & Full Moon in Virgo

This powerful Full Moon in grounded Virgo is amplified by a total lunar eclipse, creating an intense moment of emotional release and transformation. Lunar eclipses reveal what's hidden, illuminating areas of your life that need healing, change, or closure. Virgo's energy emphasizes organization, health, and self-improvement, making this a perfect time to assess your daily routines, habits, and mindset. Where are you holding onto perfectionism or unrealistic expectations? This eclipse invites you to release self-criticism and embrace a more compassionate approach to growth. It's also an ideal moment to declutter your physical space, freeing yourself from unnecessary baggage. Emotional cleansing is just as vital – allow yourself to feel and release pent-up emotions without judgment. By letting go of what no longer serves you, you create space for renewal and growth. Trust that this powerful shift will lead to greater clarity, healing, and purpose.

March 3 - Mercury enters Aries

Mercury blazes into fiery Aries, bringing a surge of mental energy, confidence, and bold communication. Ideas flow rapidly, and there's an urge to speak your mind without hesitation. Aries is all about action and initiative, making this an excellent time to start new projects, engage in lively debates, or pitch bold ideas. You'll feel inspired to express yourself with clarity and conviction, but be mindful of impulsive words or jumping to conclusions too quickly. This transit encourages you to be authentic and assertive, but remember that honesty and tact can coexist. It's also a great time to challenge old thought patterns and embrace new perspectives. If you've been holding back on expressing your truth, this energy empowers you to stand up and speak out. Embrace this dynamic flow of ideas and take action on the visions you've been dreaming of. Just be sure to balance enthusiasm with patience to avoid burnout or miscommunication.

March 15 - Mercury Retrograde in Aries

Mercury begins its retrograde in fiery Aries, urging us to slow down, reflect, and rethink our strategies. In Aries, Mercury's retrograde energy is bold and impulsive, which can lead to misunderstandings, miscommunication, or rushed decisions. This period may bring up unresolved conflicts or unfinished projects, offering a second chance to approach them with more wisdom and patience. It's an invitation to reassess your goals, realign your priorities, and refine your communication style. This isn't the best time to make big commitments, sign contracts, or start new ventures, but it's perfect for planning, researching, and revisiting old ideas. Patience is key – delays and technical glitches are likely, but they're just reminders to slow down and pay attention to details. Use this time to strengthen your inner dialogue, practice mindfulness, and cultivate a deeper understanding of your thought patterns. By the end of this retrograde, you'll be ready to move forward with clarity and confidence.



CONTINUED...

ASTRO-SEEK.COM

March 20 - Sun enters Aries (Spring Equinox)

Happy Astrological New Year! The Sun enters dynamic Aries, marking the Spring Equinox and the start of a brand new cycle of growth and renewal. This powerful cosmic shift symbolizes a rebirth – a chance to leave behind the old and step into a vibrant new beginning. Aries energy is bold, courageous, and pioneering, encouraging you to take inspired action on your dreams. This is the time to set daring intentions and pursue your passions fearlessly. The Equinox also represents balance, reminding you to harmonize your inner world as you move forward. What are you ready to create? What goals light up your soul? Allow the fresh energy of Aries to reignite your purpose and inspire you to take bold steps toward your dreams. This is your moment to embrace new adventures, explore uncharted territory, and become the hero of your own story. With confidence, courage, and a sense of wonder, anything is possible!

March 27 - Lilith enters Scorpio

Lilith dives deep into the transformative waters of Scorpio, awakening your inner power and inviting you to explore your shadow self. Scorpio's energy is intense, passionate, and fearless, urging you to face your fears, embrace your vulnerability, and reclaim your authenticity. Lilith represents the wild, unapologetic feminine energy within all of us – the part that refuses to be silenced or controlled. In Scorpio, this energy becomes even more potent, encouraging profound emotional healing and liberation from shame, guilt, or societal expectations. It's a time to confront your deepest desires, fears, and hidden truths. This transit may feel intense, but it also offers an incredible opportunity for transformation and empowerment. By embracing your shadow and honoring your complexity, you can heal old wounds and reclaim your power. Trust in your resilience and allow yourself to rise stronger, braver, and more authentic than ever before.

March 29 - Partial Solar Eclipse & New Moon in Aries

This New Moon in Aries is supercharged by a partial solar eclipse, making it a potent moment for new beginnings and bold intentions. Aries is the trailblazer of the zodiac, full of passion, courage, and unstoppable energy. This eclipse amplifies your manifesting power, encouraging you to take bold risks and pursue your wildest dreams. It's a cosmic invitation to break free from self-doubt, fear, or limiting beliefs that have held you back. What would you do if you knew you couldn't fail? This New Moon dares you to envision the life you truly desire and take the first courageous step towards it. Eclipses often bring sudden changes or revelations, so be open to unexpected opportunities. Allow yourself to dream big, set fearless intentions, and trust that the universe is aligning to support your journey. This is your moment to shine, pioneer new paths, and create a life filled with passion, purpose, and joy.





PHOTO: THE CHUNKY CHEF

RECIPE OF THE MONTH

BY SARAH BROWN

BACON POTATO CORN CHOWDER

INGREDIENTS:

- 8 slices of bacon, chopped
- 2 tablespoons unsalted butter
- 1 medium yellow onion, diced
- ¼ cup all-purpose flour
- 2 cloves garlic, minced
- 5 cups chicken stock
- 5 cups corn
- 1 pound Yukon Gold or baby red potatoes, cut into ½-inch pieces
- ¼ teaspoon dried thyme
- ¼ teaspoon smoked paprika
- Salt and black pepper, to taste
- 1 cup half-and-half or heavy cream

INSTRUCTIONS

- In a large pot, cook bacon over medium heat until crispy (5-8 min). Remove and drain, leaving 1 tbsp grease.
- Add butter and onions, cooking until soft (5 min). Stir in garlic and flour, cooking for 1 min.
- Whisk in stock, then add corn, potatoes, thyme, paprika, salt, and pepper. Bring to a boil, then simmer until potatoes are tender (15-20 min).
- Blend about half the soup for a creamy texture.
- Stir in half-and-half, corn juice, and half the chives. Heat through without boiling.
- Serve warm, garnished with bacon and remaining chives. Enjoy!





FEBRUARY RECAP



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 was our Sister Circle guest on February 26th, hosting the event at her beautiful space and creating a sacred atmosphere for transformation and release through a Fire Ceremony. She began by setting a collective intention for the ceremony, guiding participants through the process and outlining expectations to ensure a supportive and respectful environment. In the spirit of connection and healing, Analise invited participants to share openly, encouraging vulnerability and allowing space for those who felt called to release what no longer served them. She ended the ceremony by sharing vulnerably herself, bringing the evening to a powerful close. The Fire Ceremony was 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
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*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

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Want the opportunity to collaborate on a supportive team?

THEN BE OUR NEXT SISTER CIRCLE GUEST!

