



# MONTHLY NEWSLETTER

BY AUTUMN O'LEARY

## What is Sister Circle?

Sister Circle was created to offer a safe, judgment-free environment where women can share their experiences, express themselves freely, and pursue personal growth. Our goal is to cultivate mutual respect and understanding, fostering emotional and spiritual connections while providing and receiving support.

Additionally, Sister Circle encourages learning and empowerment as we exchange knowledge and insights with one another. These connections pave the way for networking, enduring friendships, and a vibrant sense of community - creating a space where women can uplift and empower each other both individually and collectively!



PHOTOS BY AMY DAVIS

## Upcoming Events



SISTER CIRCLE: SELF  
AWARENESS W/REANA  
OCT 18, 6PM



SISTER CIRCLE:  
AYURVEDA W/CARA  
NOV - TBD



## Reana Maliska

### SELF AWARENESS NIGHT

Join us on October 8th @ 6pm for an enlightening session on self-awareness, featuring guest speaker Reana!

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

Reana will discuss Integrated Energy Therapy, a unique modality that uses angelic energy to clear emotional debris, helping you reclaim your emotional well-being. Don't miss this opportunity to enhance your self-awareness and emotional clarity!

### REANA'S EVENTS

**OCTOBER 8TH-** Restoring Balance with Ayurveda Part 3 Balancing Doshas Through the Seasons @ 6pm, \$15

**OCTOBER 12TH-** GRAND OPENING 10am until 4pm  
10am- Welcome  
11am- Ribbon Cutting and History  
12pm- What is Reflexology? (Demo)  
1pm- What is Osteopathy?

# October Spotlight

### 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.

**OCTOBER 22ND-** Restoring Balance with Ayurveda Part 4 Six stages of disease @ 6pm, \$15

**OCTOBER 27TH-** Sound Bath with Mary Ablao @ 6pm, Investment TBD

CHECK OUT REANA'S WEBSITE!

[IAMHOLISTICSERVICES.COM](http://IAMHOLISTICSERVICES.COM)



## Affirmation of the Month



The changing leaves remind me that it's okay to let go and embrace new beginnings

me: forgets to pause meditation music before leaving  
my dog when i arrive home:



LEMON8.COM

## Meme of the Month

## Quote of the Month

“Your power is not a war to be had. It is the depth and radiance of your heart. It is the way you move love through space. It is the way you transmit light into the world.”

~Jessica Alix  
Hesser



**Oct. 2 - New Moon Solar Eclipse in Libra**

*This solar eclipse may disrupt your sense of balance, making decisions feel nearly impossible. Attempting to satisfy everyone could leave you feeling isolated and exhausted*

**Oct. 9 - Jupiter goes retrograde in Gemini**

*As the planet of luck moves retrograde in adaptable Gemini, it's time to embrace a lesson in flexibility. Let life unfold naturally, and remember every situation, no matter how chaotic, offers a valuable lesson.*

**Oct. 11 - Pluto goes direct in Capricorn**

*This is the final passage of Pluto through Capricorn that we'll experience, bringing the close of an important chapter. It's a reflective moment, offering a chance to settle unresolved matters and assess the growth and lesson from this transformative era.*

# October Astrology



**Oct. 13 - Mercury enters Scorpio**

*Over the next 2 weeks, we'll be deciphering unspoken messages as every word carries a deeper meaning. Seek out the truth, even if it means confronting some uncomfortable realities.*

**Oct. 17 - Full Moon in Aries**

*Today you're embracing your strength as the vibrant full moon encourages you to seize control of important aspects of your life. Push beyond your boundaries and revel in the triumph of your achievements!*

**Oct. 22 - Sun enters Scorpio**

*The Halloween season is in full swing, and the next few weeks are filled with eerie, powerful, and enigmatic energy. Let the intensity of this time fuel your drive to create the life you've always wanted!*

ASTROLOGY.COM

## Recipe of the Month

### STUFFED JACK O' LANTERN PEPPERS

Get into the Halloween spirit with these fun and festive stuffed Jack O' Lantern peppers! They're perfect for a spooky dinner with family or friends.



PHOTO BY SARAH BROWN

#### INGREDIENTS:

- 4 orange bell peppers
- 1 lb ground turkey or beef
- 1 cup cooked quinoa (or rice)
- 1 small onion, diced
- 1 cup diced tomatoes
- 1 cup shredded cheese
- 1 tsp chili powder, salt, and pepper

#### INSTRUCTIONS:

1. Preheat oven to 375°F.
2. Cut the tops off the peppers and carve Jack O' Lantern faces. Remove seeds.
3. Cook ground meat with onion, add tomatoes, quinoa, and spices.
4. Stuff peppers, top with cheese, and bake for 25 minutes.



**ENJOY THESE SPOOKY AND SAVORY TREATS THIS HALLOWEEN!**





# September Recap

Kourtni  
King



## ABOUT KOURTNI

Kourtni King is a metaphysical practitioner, Reverend, and transpersonal hypnotherapist who specializes in subconscious mind rewire.

Her career began well over a decade ago as a business and lifestyle coach in the wellness industry. She led a multi-million dollar organization as a top producer and leader in the field. In 2020 Fuel My Soul, LLC was established by Kourtni as a company serving in spirituality and self development. The services range from online digital courses and private coaching to workshops and retreats.

Kourtni has mentored hundreds of people with outstanding 5 star reviews from her students. She will remove your blocks and fears by restoring the power within you to align with a higher timeline. The work she does is profound producing rapid and everlasting results. Being in her presence is an activation in of itself!

## BREATHWORK NIGHT

We had the absolute honor of having Kourtni as our guest at September's Sister Circle. Kourtni lead the group through a transformative breathwork ceremony, elevating our consciousness and leaving the group refreshed and empowered. Talk about a breath of fresh air!

**YOU'RE INVITED TO ATTEND  
HER NEXT EVENT!**  
Breathwork Ceremony at Livewell  
Healing Community in Lansing,  
Mi 10/14/24 @ 6pm

**READY TO QUANTUM LEAP?  
CONNECT WITH KOURTNI KING  
ON SOCIAL MEDIA  
(@KOURTNIKING) AND VISIT THE  
WEBSITE AT  
WWW.FUELMYSOUL.COM.**



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# 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!

PLEASE CLICK ON THE ICON BELOW  
FOR THE SIGN-UP FORM:

