



MONTHLY NEWSLETTER

BY AUTUMN O'LEARY



SACRED BALANCE: EMBRACING LIGHT & SHADOW

As the days grow longer and the warmth of spring settles in, we naturally gravitate toward the light—the vibrant energy of renewal, growth, and expansion. This season is often a time of outward expression, filled with fresh beginnings and inspired action. Yet, just as the sun casts its glow, it also creates shadows. In our own lives, we, too, hold both—our moments of joy and ease, as well as the parts of ourselves that feel tender, uncertain, or in need of healing. True balance doesn't come from only embracing the light but from honoring the wholeness of our experience.

Spring teaches us that growth is not just about blooming; it's also about tending to the roots. Just as nature finds equilibrium between sunlight and soil, we can find harmony by acknowledging both our strengths and our struggles, our expansion and our stillness. This season invites us to soften into self-acceptance—to celebrate our progress while holding space for the parts of us still unfolding. By embracing both our light and shadow, we walk in deeper authenticity, knowing that every aspect of our journey is sacred.



UPCOMING CIRCLE EVENTS



HORMONES W/ DR ELENA
APRIL 23RD @ 5:30PM



SISTER CIRCLE 1 YEAR ANNIVERSARY
MAY - TBD




APRIL SPOTLIGHT



ELENA
ALAWA

ABOUT ELENA



Elena Alawa, DO, Board-certified physician in internal medicine, functional medicine and hormone specialist endorsed by the Menopause Association. Passionate about elevating women's and men's health care through hormone balance.



HORMONES: WHAT THEY ARE & WHY YOU SHOULD CARE

This month's Sister Circle invites us into an empowering exploration of one of the most influential- yet often misunderstood - aspects of our health: hormones. From mood and energy to sleep, metabolism, and reproductive health, our hormones play a vital role in how we move through the world. Whether you're navigating PMS, perimenopause, menopause, or simply curious about how to feel more balanced and in tune with your body, this evening is for you.

We're honored to welcome Dr. Elena Alawa, DO, a board-certified physician in Internal and Functional Medicine and certified Hormone Specialist. With warmth and wisdom, she'll help us demystify hormone health, share practical insights, and offer supportive tools to reconnect with our bodies. Expect heartfelt connection, learning, and maybe a few "aha" moments as we gather in sacred sisterhood.

UPCOMING EVENTS

APRIL 12 OPEN HOUSE @ THE HOLISTIC HEALTH
CENTER
537 N CLIPPERT ST, LANSING
9AM-12PM

APRIL 16 MICHIGAN WOMEN'S COMMISSION OPEN
TOWNHALL DISCUSSION ON MENOPAUSE!
@ THE CENTRAL LANSING UNITED METHODIST
CHURCH
215 N CAPITOL AVE, LANSING
5:30 PM

APRIL 22 FREE WORKSHOP "HOW TO HACK YOUR
HORMONES FOR A BETTER SEX LIFE"
@ THE OKEMOS LIBRARY
6 PM

Visit
truehealthsolutionsclinic.com
to learn more!



AFFIRMATION OF THE MONTH

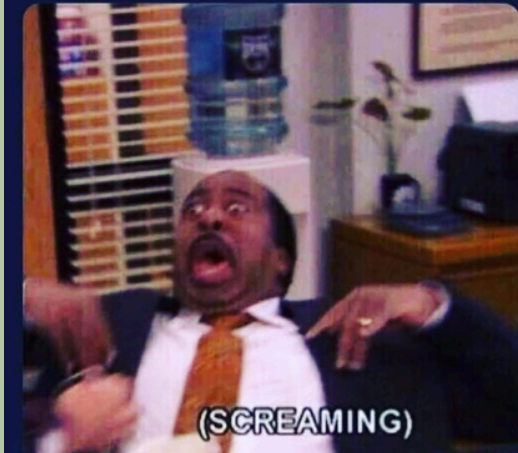


I embrace all parts of myself—light and shadow, growth and rest—knowing that every phase of my journey is sacred.

*pulls tarot cards

"Hmm, let me reshuffle this cant be right"

*pulls the same cards



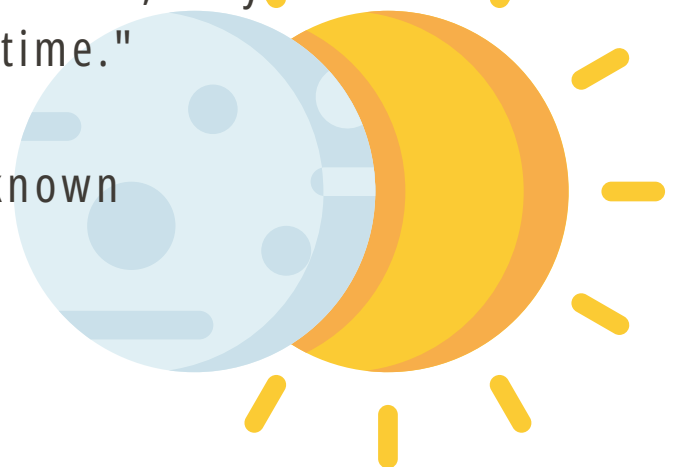
[PINTEREST.COM/HANNAHBARIOLA/](https://www.pinterest.com/hannahbariola/)

MEME OF THE MONTH

QUOTE OF THE MONTH

"The moon and sun are not in competition; they shine when it is their time."

– Unknown



APRIL ASTROLOGY

ASTRO-SEEK.COM

April 7 - Venus conjunct Saturn in Pisces & Mercury direct in Pisces

This day brings a blend of reality checks and mental clarity. Venus meeting Saturn in Pisces encourages commitment, responsibility, and deeper emotional connections in relationships. It's a time to evaluate what truly matters in love and finances, favoring stability over fleeting desires. While this transit can feel serious, it ultimately helps strengthen bonds and clarify long-term priorities. Meanwhile, Mercury stations direct, clearing up recent miscommunications and mental fog. Conversations become clearer, decisions feel easier, and plans start moving forward again. Intuition remains strong, but logic and structure now play a bigger role in how we process and express our thoughts. This is a great moment to set realistic relationship goals, communicate with honesty, and take a grounded approach to emotional and financial matters.

April 13 - Full Moon in Libra & Venus direct in Pisces

The Full Moon in Libra shines a light on our relationships, emphasizing the need for balance, fairness, and harmony. This is a time to evaluate how we're interacting with others and whether our partnerships are equal and supportive. If there are imbalances or unresolved conflicts, this moon invites us to release them and restore equilibrium. This Full Moon encourages us to let go of any outdated relationship dynamics and make space for healthier connections. As Venus turns direct in Pisces just hours later, it brings a sense of clarity and forward momentum in matters of love and beauty. Emotional fog lifts, and we can now move forward with renewed understanding of our values and desires. It's a powerful time to reconnect with our inner truth and align our romantic and financial goals with our deeper soul needs. This combination of energies offers the chance to heal relationship dynamics and embrace deeper connections with others, grounded in authenticity.

April 16- Mercury enters Aries

As Mercury moves into Aries, our communication style becomes more direct, assertive, and action-oriented. In Aries, the planet of thought and expression moves quickly, favoring quick decision-making and bold ideas. This transit encourages us to speak our minds with confidence, express our thoughts clearly, and embrace a more spontaneous, innovative approach to problem-solving. We may find ourselves more eager to take risks, share our ideas, and act on our instincts. However, with Mercury in Aries, we may need to watch out for impulsive remarks or rushing into decisions without fully thinking things through. It's a time to balance the excitement of fresh ideas with the patience needed to refine them. While this energy fuels creativity, it can also spark impatience, so it's essential to practice mindfulness in conversations and decision-making. Overall, Mercury in Aries sparks mental clarity and the desire to initiate new projects or take immediate action toward long-term goals.

April 18 - Mars enters Leo

As Mars moves into Leo, the energy shifts into a bold, passionate, and creative space. Mars, the planet of action and drive, thrives in Leo's fiery, confident, and expressive energy. This transit encourages us to pursue our desires with enthusiasm and courage, making it a great time to take on leadership roles or dive into creative projects with confidence. Our ambitions become more personal, and we may feel a stronger desire for recognition and validation in our efforts. Mars in Leo inspires us to take risks and shine in the spotlight, but it also calls for us to balance our personal expression with consideration for others. While this transit can fuel creativity, it's also a time to watch out for ego clashes or overconfidence. The energy is high and the motivation to take bold action is palpable—just make sure you channel it into constructive outlets.



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April 19- Sun enters Taurus

As the Sun enters Taurus, the energy shifts from dynamic and fast-paced Aries to more grounded, steady, and practical Taurus. This is a time to focus on stability, security, and building lasting foundations in our lives. Taurus, ruled by Venus, also brings a deeper appreciation for beauty, comfort, and sensual pleasures. The energy of the Sun in Taurus encourages us to slow down, indulge in life's simple pleasures, and create a sense of calm and permanence in our personal and financial realms. During this transit, we may find ourselves more focused on the things that bring us comfort, whether it's a cozy home, financial security, or a strong sense of self-worth. This is a time to cultivate patience and nurture our desires with steady, consistent effort. Taurus' earthy energy invites us to reflect on what truly matters and to act with determination, laying down roots for the future. The Sun in Taurus helps us turn dreams into tangible, lasting results, making it an ideal time for setting long-term goals and manifesting our vision.

April 27 - New Moon in Taurus

The New Moon in Taurus brings a fresh start in areas related to security, finances, and personal values. This is a time to set intentions around building a more stable foundation for the future, both materially and emotionally. Taurus energy favors patience and persistence, so it's the perfect moment to plant seeds for long-term growth, especially in financial matters, career goals, and self-care practices. As this New Moon aligns with the energy of the Sun in Taurus, it's an opportunity to reassess our relationship with money, possessions, and what we value most in life. This New Moon encourages us to reflect on what truly brings us comfort and security and how we can align our lifestyle with those values. It's also a great time for manifestation practices that focus on bringing more abundance and stability into our lives. While Taurus is known for its slower, steady pace, it's a time to set practical, grounded goals that will create a sense of lasting fulfillment. Take time to nurture yourself and focus on creating balance in your physical and emotional worlds.

April 30 - Venus enters Aries

As Venus enters Aries, relationships take on a more fiery, passionate, and dynamic tone. Venus, the planet of love, beauty, and harmony, moves into the bold, assertive sign of Aries, encouraging us to take initiative in matters of the heart. This transit brings a fresh energy to romantic pursuits, favoring directness, spontaneity, and an exciting new approach to love. We may feel more confident in expressing our desires, and there's a stronger urge to make the first move, whether it's in relationships or creative endeavors. Venus in Aries fuels attraction, boldness, and self-expression, but it can also spark impulsiveness or impatience in love. If we're not careful, we may rush into things without fully considering the long-term implications. This energy encourages us to embrace adventure and excitement, but with mindfulness about how we approach relationships and balance our personal desires with mutual respect. It's a time to bring more excitement into our love lives and act with confidence, but be aware of rushing into decisions too quickly. Venus in Aries encourages passion, but it also reminds us to ensure our actions align with our true values.





RECIPE OF THE MONTH

BY SARAH BROWN

LEMON CHICKEN ORZO SOUP

INGREDIENTS

- 2 tsp olive oil
- 1 yellow onion, chopped
- 2 celery sticks, chopped
- 2 carrots, peeled & sliced
- 3 garlic cloves, minced
- Salt & pepper
- 1 lb boneless skinless chicken breast
- 4 cups chicken stock
- 2 cups water
- 2 tsp dried oregano
- ½ tsp turmeric
- ½ tsp red pepper flakes
- ¾ cup orzo pasta
- 1 cup frozen peas
- 2 lemons, zested & juiced
- 2 green onions, chopped
- ½ cup chopped fresh parsley

INSTRUCTIONS

- Heat olive oil in a large pot. Sauté onion, celery, carrots, and garlic with salt & pepper until soft (about 5 mins).
- Add chicken, stock, water, oregano, turmeric, and pepper flakes. Bring to a boil, then simmer 10–15 mins. Skim foam if needed.
- Remove chicken, add orzo and peas. Bring to a boil.
- Shred chicken with two forks, return to pot, and cook until orzo is tender (8 mins)
- Turn off heat. Stir in lemon juice/zest, green onions, and parsley. Serve and enjoy!





MARCH RECAP



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

Thank you for joining us on March 28th at 6pm for an enlightening evening at our Sister Circle. Nicole guided us on a journey to feeling our best through metabolic health and mindset balance. We discovered how our modern food system impacts our well-being and learned practical strategies for balancing hormones, intermittent fasting, and sustaining healthy habits. Nicole also introduced the Feel Great System supplements and shared effective techniques for managing our brain and reducing stress. It was a wonderful opportunity to empower ourselves 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.





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!

