



MONTHLY NEWSLETTER

BY AUTUMN O'LEARY

EMOTIONAL ALCHEMY

Some feelings don't show up with answers — they just arrive, asking to be felt. July is an invitation to soften into the messy, beautiful terrain of your emotional landscape. This isn't about fixing yourself or making every feeling make sense. It's about letting what's real move through you — with gentleness, curiosity, and compassion. Emotional alchemy begins when we stop resisting what we feel and start listening to it instead.

Ask yourself:

What emotions have been bubbling beneath the surface lately?

What might they be trying to tell you?

Where in your life could you offer yourself more tenderness?

This month, try not to label your feelings as "good" or "bad." Let them be energy. Let them be motion. Let them be sacred. Whether you're crying in the car, laughing mid-chaos, or feeling everything all at once — it's all part of the process. You don't have to carry it alone, and you don't have to make it pretty. July reminds us that feeling deeply isn't weakness — it's wisdom in motion.

UPCOMING CIRCLE EVENTS





JULY SPOTLIGHT



WOMB HEALTH NIGHT

Join Robin Spinner, Certified Womb Healer, to deeply connect with your womb space and the abundance available to all womb holders when we explore what it means to reclaim all of ourselves.

Together we will take an embodiment journey, activating our womb heart connection. Exploring the mystery and potency of the sacral chakra, we will give ourselves permission for authentic expression without judgement, in a brave divine feminine container. We will dance with what we are calling in as if it has already arrived!

This is an invitation to reconnect with your inner wild woman, rise in sovereignty, reaching within to unlock the gifts your womb holds. We will create space and alchemize limitations together. All parts of you have never been more welcome!



ABOUT ROBIN

Robin is passionate about empowering others through intimacy with themselves, and the world around them.

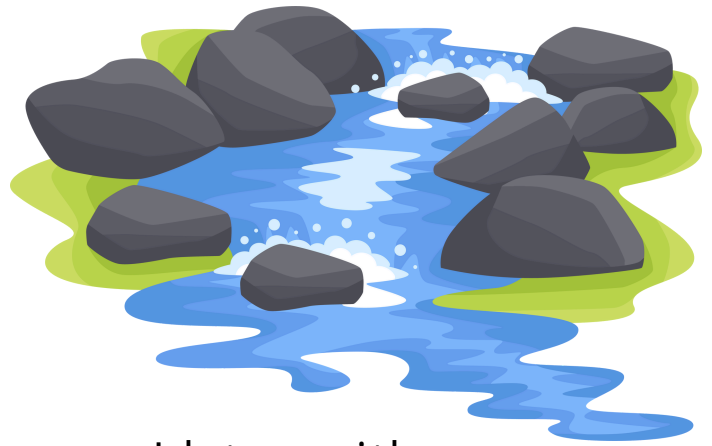
She holds a creative divine feminine space, helping clients align with their intention and make informed, deeply considered, and empowered choices toward their best case scenario. Whether through intuitive tarot and oracle readings, space holding, ritual facilitation, womb work, or community offerings, Robin is dedicated to holding space for transformation, connection, and compassion for all.

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AFFIRMATION OF THE MONTH



I let go with grace,
like rivers meeting the sea.

When you light your sage
and they start coughing



[INSTAGRAM.COM/HEXED_MEMES](https://www.instagram.com/hexed_memes)

MEME OF THE MONTH

QUOTE OF THE MONTH

"Water is fluid, soft, and yielding.
But water will wear away rock,
which is rigid and cannot yield. As
you adapt, you transform."

~Lao Tzu



JULY ASTROLOGY

ASTRO-SEEK.COM

July 4 – Venus Conjunct Uranus in Taurus

Boom! Venus, planet of love, beauty, and pleasure, links up with rebellious Uranus for a cosmic plot twist in the romance department. This is electric energy—expect surprises in relationships, personal style, or even your taste in snacks. It's the universe shaking things up to make space for freedom and authenticity in how you love and what you value. If something feels boring, boxed-in, or stale, you'll feel it—and crave a lightning bolt of change.

Vibe: Heart flutters + cosmic curveballs

Watch for: A spontaneous "YES" to something (or someone) totally unexpected

Venus Conjunct Uranus in Taurus

Just a few hours later, Venus skips happily into clever, curious Gemini—and the vibe totally shifts. Flirty, chatty, playful energy takes over. Love becomes a conversation, curiosity is sexy, and your heart might want variety and stimulation more than romance-novel depth. Expect witty banter, text flirting, and possibly three crushes at once. Creativity, connection, and cleverness are very attractive now.

Vibe: Brainy beauty + butterfly heart

Watch for: Falling in love with someone's mind... or their podcast

Neptune Retrograde in Aries

Neptune, planet of dreams, illusions, and divine fogginess, begins its annual backspin—this time in brave, bold Aries. It's a cosmic invitation to clear away fantasy and tune into your real spiritual path. If you've been charging ahead without checking in with your intuition, this retrograde might bring moments of "wait... what am I doing and why?" Perfect for mystical journaling, re-aligning with soul purpose, or just taking your rose-colored glasses off for a bit.

Vibe: Dreamy slowdown + soul recalibration

Watch for: Your inner compass quietly rerouting to something truer

July 7 – Uranus Enters Gemini

Get ready for major mental upgrades. Uranus, the planet of innovation and disruption, zaps into curious, quick-witted Gemini—where it will stir things up for years to come. This shift launches a new era of breakthroughs in communication, technology, and how we think and connect. For now, you might feel the initial jolt—sudden ideas, weird tech issues, or wild new obsessions that make your brain buzz.

Vibe: Genius mode + curious chaos

Watch for: A flash of brilliance or a rabbit hole you have to go down

July 10 – Full Moon in Capricorn

This fiery Full Moon is your call to adventure. Something wants to be released so your path can open wider. It's a great night for ritual, reflection, or even a spontaneous road trip (mental or physical). Let the truth set you free — and laugh along the way.

Vibe: Liberating, visionary, truth-seeking

Watch for: Restlessness, spiritual bypassing, overcommitting

July 13 – Saturn Retrograde in Aries

Saturn, the wise elder of the zodiac, begins his slow rewind through fiery Aries. This is a check-in with your inner authority—a chance to review how you're handling your independence, boundaries, and drive. Have you been charging ahead without structure? Or letting fear keep you stuck? Saturn retrograde is less about pushing forward and more about mastering the inner game.

Vibe: Disciplined fire + mature motivation

Watch for: Noticing what needs a long-term plan vs. impulsive action

July 18 – Mercury Retrograde in Leo

Dun dun dunnn... Mercury is back on its retrograde nonsense, and this time it's happening in bold, dramatic Leo. Get ready for mix-ups in communication, tech hiccups, and potential ego tangles. BUT—it's also a beautiful chance to rework your creative voice, revisit unfinished projects, or rewrite the story you've been telling about yourself. Think: retrograde glow-up.

Vibe: Messy glam + divine re-expression

Watch for: Lost emails, exes reappearing, or having to rethink how you roar



CONTINUED...

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July 22 – Sun Enters Leo

Cue the spotlight! Leo season officially begins, and it's time to shine. Confidence, joy, creativity, and big main character energy are all on the rise. This is your reminder that it's okay to take up space, to play, and to celebrate what makes you uniquely you. Whether you're performing, planning a party, or just letting yourself feel fabulous, the solar energy is here to stoke your inner flame.

Vibe: Sparkle season + unapologetic self-love

Watch for: Drama queens, heart-open moments, and feeling extra expressive

July 24 – New Moon in Leo

This New Moon is pure magic for planting seeds of confidence and creativity. What do you want to create that feels like you on fire? This is the moment to set bold intentions around joy, self-expression, romance, or any area where you want to shine brighter. Think vision board meets pep talk meets sacred reset.

Vibe: Fierce beginnings + golden potential

Watch for: That one spark of inspiration that says "go for it"

July 30 – Chiron Retrograde in Aries

Chiron, the wounded healer, turns inward—offering deep, personal medicine. This retrograde period is like emotional physical therapy: slow, steady, and meant to help you reclaim power where you once felt powerless. Especially around identity, anger, or self-worth. Be gentle with yourself. Healing isn't linear, and this is a beautiful time to tend to the parts of you still learning how to be strong and soft.

Vibe: Tender strength + warrior healing

Watch for: Old fears popping up—so you can finally soothe them

July 31 – Venus Enters Cancer

Venus tiptoes into cozy Cancer, swapping flirtation for heartfelt snuggles. This transit invites us to seek emotional safety, deepen bonds, and express affection in nurturing ways. Cook a meal for someone. Write a love letter. Cry during a movie. Home is where the heart is now—and relationships that feel like home will glow brightest.

Vibe: Soft romance + sacred comfort

Watch for: Cravings for emotional closeness, memory lane strolls, or nesting energy

Sun Conjunct Mercury in Leo

This high-energy combo brings clarity, expression, and potentially genius-level insight. It's a great day for speaking from the heart, sharing your truth, or pitching a big idea. You're not just thinking—you're radiating your thoughts. Just watch the drama level... there's a fine line between being bold and bulldozing the convo.

Vibe: Leo-level brilliance + magnetic communication

Watch for: Inspired ideas, confident conversations, or dramatic declarations





RECIPE OF THE MONTH

BY SARAH BROWN

COOL CUCUMBER SANDWICHES

INGREDIENTS

- 1 loaf soft sandwich bread (white or wheat)
- 1 tub garlic & herb Boursin cheese (5.2 oz)
- 1 Tbsp fresh dill, finely chopped (plus more for garnish)
- 1 tbsp fresh lemon juice
- 1 English cucumber, thinly sliced

PROCEDURE:

- Using a small round cutter, cut circles from each bread slice.
- In a small bowl, mix Boursin cheese with lemon juice and chopped dill.
- Spread a generous layer of the herbed Boursin onto half of the bread rounds.
- Top each with a cucumber slice.
- Garnish with a pinch of dill or a tiny frond on each.
- Optional: sprinkle lightly with flaky salt just before serving.
- Serve open-faced or top with another bread round to make mini sandwiches.



For perfectly thin, even cucumber slices, use a mandoline or a sharp knife and chill the cucumber beforehand. Cold slices stay crisper longer






JUNE RECAP



ABOUT AUTUMN



Autumn is a heart-centered human who brings a unique blend of grounded wisdom and spiritual depth to everything she does. With six years of nursing experience — from Medical-Surgical to Cardiac, and now working as a Dialysis Nurse — she has walked alongside others through profound moments of healing and transformation. Her path has also led her to the sacred practices of Peruvian shamanism, where she serves as a Fire Keeper and shamanic practitioner, holding space for others to reconnect with their truth. Autumn plays a behind-the-scenes role in helping support Sarah and the Sister Circle community, and she looks forward to deepening her work with Crown & Stone in the months to come. She lives with her boyfriend John in the home they bought together in Linden, where they share life with their two cats, Luna and Sola. She loves to crochet, read, write, and sip coffee (preferably with a side of chocolate). A true Aries, Autumn carries the spark of passion, courage, and initiation — and she was honored to bring that fiery spirit to June's outdoor fire ceremony.



FIRE CEREMONY NIGHT

Last month's Sister Circle invited you to gather in sacred community for an evening of deep reflection and realignment around the fire. Held in the heart of Crown & Stone, the indoor ceremony offered a soulful space to pause and take inventory — to acknowledge where we had been, where we were, and where we were being called next. As we moved through the midpoint of the year, the fire became our mirror and our medicine, illuminating what was ready to be released and what desired to be reclaimed. Together, we connected with the wisdom of the flame, letting it support us in clearing what no longer resonated and making space for greater clarity, alignment, and purpose. It was a time to ground into our truth, honor our inner voices, and realign with our paths — all within the supportive embrace of nature and sisterhood.



Receive!

A RITUAL OF RETURN

Step into the heart of Cancer season with a nurturing workshop to release scarcity, soften your edges, and reconnect with the flow of abundance.

Through sacred ritual, creative expression, and guided shamanic journey, you'll begin to shift from survival mode into spacious, soul-aligned receiving.

YOU'LL EXPERIENCE:

- ✦ Grounding + Intention Setting
- ✦ Cancer Season Wisdom & Reflection
- ✦ Elemental Releasing Ritual
- ✦ Create your own Abundance Intention Stones
- ✦ Guided Shamanic Journey

814 N WASHINGTON, LANSING

JULY 2ND

6:00PM-8:00PM

ENERGY EXCHANGE: \$35

8/8



YOU'RE INVITED

to a sacred night of

DIVINE DINING

August 8th @ 6pm
DOORS OPEN @ 5:30PM

LIONSGATE PORTAL ✧ MANIFESTATION ✧ MAGIC

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3-Course Meal

3 Guided Ceremonies

Intentional Manifestation Under the Lionsgate Portal

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THIS PRIVATE DINNER!

Early Bird: \$99 (until July 15)

Regular Price: \$133

• RESERVE YOUR SEAT AT THE TABLE.

HOSTED BY CROWN & STONE & TRUE NORTH WELLNESS



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!

