



# MONTHLY NEWSLETTER

BY AUTUMN O'LEARY

## Holiday Survival Guide: Quick Self-Care Boosts for Every Mood

The holidays are here, and while they're magical, they can also bring some messy feels. Don't worry—you've got this! Try these quick self-care boosts:

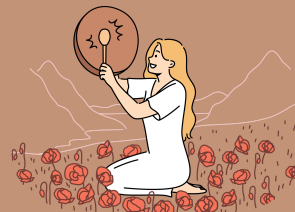
- **Stressed?** Hit pause, say no, and rest—you're human, not a superhero!
- **Lonely?** Be your own bestie and soak up some quality you time.
- **Overwhelmed?** Breathe in, breathe out, and reset like a pro.
- **Confused?** Journal it out—pen + paper = instant clarity.
- **Frustrated?** Shake it off (literally) or dance like no one's watching.
- **Angry?** Do something you love—joy is the best revenge.
- **Distracted?** Be here now—the best present is your presence.
- **Disappointed?** Flip the script with a gratitude glow-up.

Take care of yourself—you are the holiday magic!

## Upcoming Circle Events



CACAO CEREMONY W/ CARLA  
DEC 30TH 5-7PM



INTRO TO SHAMANISM W/ KJERSTI  
JAN - TBD





Carla  
Eggert

### CACAO CEREMONY NIGHT

On December 30th join us at Sister Circle for a heart-opening Cacao Ceremony led by Carla Eggert. This transformative event will explore the rich history and sacred traditions surrounding cacao, its profound benefits, and contraindications to ensure a safe and meaningful experience for all. Carla will share insights about the cacao we'll be drinking, including its origins and the farmers who nurture it with care and reverence. Together, we will practice gratitude and embark on a guided journey to connect with the Spirit of Cacao, inviting its wisdom and guidance into our hearts. Don't miss this unique opportunity to deepen your connection with this sacred plant medicine and our community.

**Please bring: water, a mug, journal/notebook pen/writing utensil, cushion/blanket (whatever you need to be comfortable).**

TO SEE HOW CARLA CAN SUPPORT YOU  
ON YOUR JOURNEY, CALL HER AT 734-  
748-3226, EMAIL HER AT  
HEALINGEARTHENERGYLLC@GMAIL.COM  
, OR VISIT  
WWW.HEALINGEARTHENERGY.COM



# December Spotlight

## ABOUT CARLA

Carla Eggert is a Shamanic Coach, a Fire Keeper, a Cacao Ceremonialist, and a Usui Shiki Ryoho Reiki Master. She offers Shamanic Coaching and energy work, Chakra Balancing, Reiki healing, and Cacao ceremonies and Fire ceremonies.

Coming from a background in corporate Accounting and Finance, Carla was yearning for deeper and more meaningful work, and decided to move into energy healing in order to help others heal, and thereby bring more peace and happiness into the world. What she didn't know was that she was going to be healing herself first.

Through years of training, and working on healing her own issues, she has learned what it takes to overcome many challenges and to live a more authentic and balanced life. In addition to her coaching skills and Reiki and Shamanic energy medicine skills, she uses intuition and guidance from Spirit to aid in finding and removing energy blockages. She also leads group fire ceremonies to aid in releasing what no longer serves and call in new energy. She leads group cacao ceremonies to help people connect with the spirit of cacao and get guidance for improving lives and wellbeing.

She and her husband, Thom, run Healing Earth Energy in Plymouth, Michigan.

STAY TUNED TO  
[WWW.HEALINGEARTHENERGY.COM](http://WWW.HEALINGEARTHENERGY.COM) AND  
[WWW.FACEBOOK.COM/HEALINGEARTHENERGYMI/](http://WWW.FACEBOOK.COM/HEALINGEARTHENERGYMI/)  
FOR FUTURE EVENTS, INCLUDING FIRE  
CEREMONIES AND CACAO CEREMONIES

## Affirmation of the Month



I am slowing down to enjoy the  
gift of the present.

When you're in a rush so you  
Meditate for 2 minutes



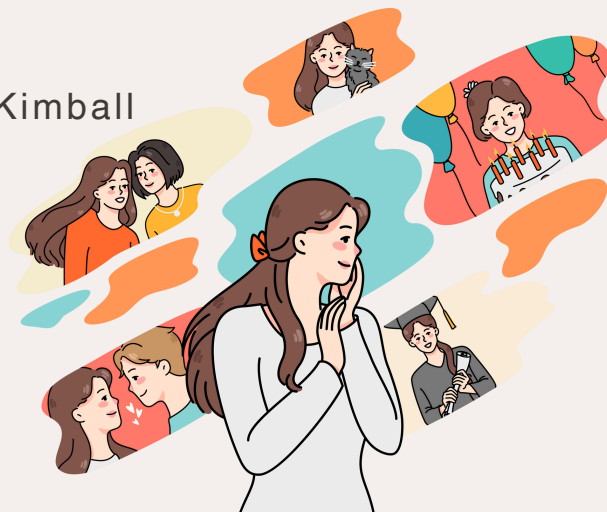
LEMON8.COM

## Meme of the Month

## Quote of the Month

"You do not find the happy life.  
You make it."

~Camilla Eyring Kimball



## Dec. 6 - Mars goes retrograde in Leo

If you experienced last year's Venus in Leo retrograde as a thrilling journey, prepare for a repeat performance! The determined planet is revisiting the Lion's realm once more. From now until the end of the year, expect a celestial wake-up call as our egos take a pause. So, avoid the temptation to battle destiny or steal the spotlight—use this opportunity for profound introspection and personal growth!

## Venus enters Aquarius

What could be more enjoyable than celebrating the year's end with friends and sharing joy like confetti! As we move forward, we aim to expand our social networks and support systems—let's discover our community and create an amazing new world together!

## Dec. 7 - Neptune goes direct in Pisces

When Neptune shifts back into direct motion, it's like coming out of a dreamy slumber and stepping into a vibrant, colorful world! This is the perfect time to sprinkle a little extra joy around. Embrace the season of generosity and compassion by diving into small acts of kindness—whether it's sharing a warm smile, helping a neighbor, or surprising a friend with a thoughtful note. These little gestures can light up someone's day and help us all bask in the holiday spirit. Let's come together and paint a picture of a hopeful new future, filled with laughter, love, and a dash of magic!

## Dec. 15 - Full Moon in Gemini

The final full moon of 2024 is not just a celestial event; it's a cosmic party where clarity shines brighter than ever! Picture this: as the moonlight dances across the night sky, it's like a spotlight illuminating the path to solve those tricky problems that have been lurking in the shadows.

This is your moment to gather all those pesky challenges and watch them transform under the moon's glow. It's like having a magical flashlight that reveals hidden answers, making it easier to wrap up loose ends and tie up those pesky knots in your life.

So, embrace the energy of this magnificent full moon! Take a moment to reflect, jot down your thoughts, and let the universe guide you toward more positive, joyful experiences. Who knows? You might even find yourself celebrating new beginnings as the moon whispers sweet solutions to your dilemmas!

## Mercury goes direct in Sagittarius

As the festive season draws near, Mercury moves forward in Sagittarius, marking the conclusion of the last Mercury retrograde of 2024. With the Archer's energy guiding us forward, let your inner arrow direct you towards a new path as we look ahead to the coming year. What journey do you aspire to undertake?

# December Astrology



## Dec. 21 - Sun enters Capricorn/Winter Solstice/Yule

On the shortest day of the year, as the sun dips low and the shadows stretch long, we find ourselves bursting with excitement and ready to leap into the next chapter of our lives! It's like standing at the base of a majestic mountain, peering up at the summit glistening in the winter sun, full of hope and promise. With our hearts racing and spirits high, we gather our dreams like snowflakes, each one unique and beautiful, and set our sights on the goals that await us.

This is the ultimate moment for adventure! Let's grab our gear, pack our ambitions, and begin our ascent. Each step we take is a little victory, each breath of crisp air is a reminder of the journey ahead. So let's dance our way up that mountain, sing our dreams into the chilly breeze, and embrace the thrill of what's to come. The shortest day may have less light, but our enthusiasm will shine bright!

## Dec. 30 - New Moon in Capricorn

Wrapping up the year with a new moon in the determined and ambitious Capricorn is like getting a cosmic high-five for 2025! It's a fantastic time to roll up our sleeves and dive into the hard work that will take us closer to our dreams. Let's grab our pens and paper, sketch out those resolutions, and map out our game plan to unleash our best selves. Who's ready to make some magic happen?

ASTROLOGY.COM



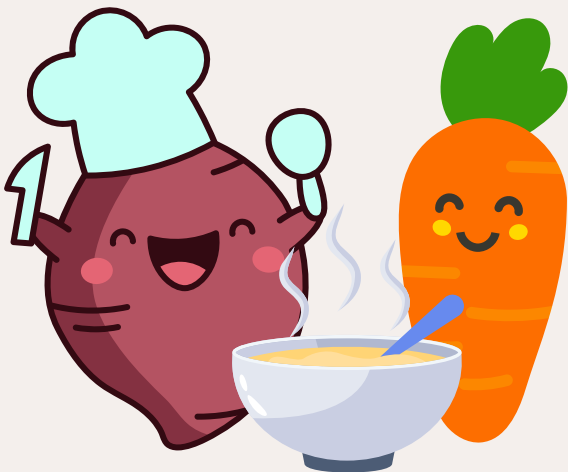


### INGREDIENTS:

- 1 tablespoon coconut oil
- 1 large onion, chopped
- 1/4 cup fresh ginger, chopped
- 5 garlic cloves, smashed
- 2 medium sweet potatoes, peeled and diced (about 1.5 lbs)
- 2 large carrots, chopped
- 1 tablespoon each of ground turmeric and sea salt
- 1/2 teaspoon each of black pepper and cayenne pepper
- 4 cups chicken stock
- 5 tablespoons almond butter
- 1 can (15 ounces) coconut milk
- 1/2 cup coconut cream

### PROCEDURE:

1. Heat the coconut oil in a large pot over medium-high heat. Once melted, add the chopped onion and sauté for 3–4 minutes until softened.
2. Stir in the ginger and smashed garlic, cooking for another minute until fragrant.
3. Add the diced sweet potato, chopped carrots, turmeric, sea salt, black pepper, and cayenne. Stir well to combine the spices with the vegetables.
4. Pour in the chicken stock and bring the mixture to a boil. Reduce the heat to medium, partially cover the pot, and let it simmer for about 10 minutes or until the vegetables are tender.
5. Carefully transfer the soup to a blender, add the almond butter, and blend until smooth and creamy.
6. Return the blended soup to the pot. Stir in the coconut milk and coconut cream, mixing until fully incorporated. Adjust seasoning to taste, adding more salt if needed.
7. Gently reheat the soup over low heat, ensuring it doesn't boil.







# November Recap

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 were over the moon to have Cara as our guest speaker for November's Sister Circle! She guided us through the magical world of Ayurveda, the ancient Indian approach to health that continues to transform wellness practices today. Cara broke it all down in a super friendly and accessible way, sharing the core principles designed to help us find our zen.

She focused on practical tricks to tackle toxic buildup—because who doesn't love feeling fabulous inside and out? Her talk was a treasure trove of practical tips for boosting well-being and achieving the inner balance we all crave. It was a delightful evening of discovery, as we learned how Ayurveda's timeless wisdom can bring a little magic to our modern lives!

Here is the link to the free  
dosha quiz:

[https://www.joyfulbelly.com/  
Ayurveda/body-type/Dosha-  
Quiz](https://www.joyfulbelly.com/Ayurveda/body-type/Dosha-Quiz)



# 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!