



MONTHLY NEWSLETTER

BY AUTUMN O'LEARY

BOLD HEART. CLEAR INTENTIONS

August invites you to express yourself with confidence while staying rooted in what truly matters. Leo's fire amplifies your voice, creativity, and self-worth, while Virgo's earthy wisdom helps you refine, organize, and realign. It's a month to speak from the heart - but also back it up with clear action and mindful structure. Let passion lead, and let purpose follow.

Try this:

- *Write a truth you've been afraid to share.*
- *Clean one space in your home with love and intention.*
- *Start a project that excites you - and map out a sustainable plan to grow it.*

Reflect on:

- *Where am I ready to show up more boldly?*
- *What habits need fine-tuning to support my goals?*
- *How can I make space for what truly lights me up?*

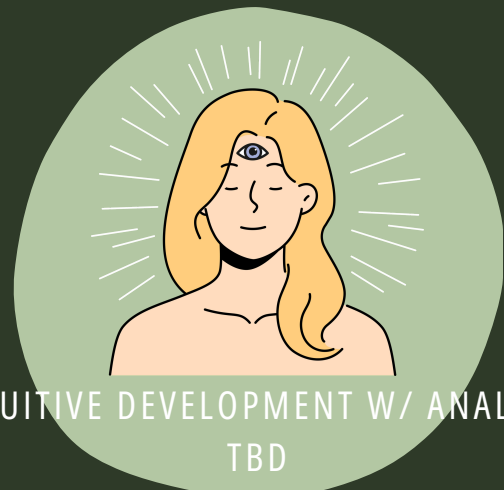


This is your moment to embody what matters - bravely, beautifully, and on purpose.

UPCOMING CIRCLE EVENTS



DREAMWORK W/KJERSTI
AUGUST 28 @ 6PM



INTUITIVE DEVELOPMENT W/ ANALISE
TBD



AUGUST SPOTLIGHT



DREAMWORK NIGHT

Join us for a transformative Dreamwork Night led by Kjersti, where we'll explore the rich and mysterious landscape of dreams. Together, we'll journey through the history of dreams - comparing how tribal cultures honored the dream realm as sacred and symbolic, while modern science often seeks to explain it through neurology and psychology. Kjersti will guide us through methods of dream interpretation, helping us to unlock the hidden messages and deeper meanings that our subconscious reveals during sleep.

We'll also delve into the relationship between plant medicine and dreamtime - how certain herbs and substances can either enhance or dull our dream experiences. Learn about the practice of lucid dreaming, where one becomes conscious within the dream space and can begin to co-create with it. Most importantly, we'll explore how to use dreamwork as a tool for energetic healing, empowering ourselves to shift emotional patterns, release stored energy, and connect more deeply with our inner wisdom. Whether you're a vivid dreamer or just dream-curious, this is an invitation to awaken the healer within and begin listening to the sacred messages of the night.



ABOUT KJERSTI

Kjersti Vandesande is a Medicine Woman, a Shaman, and a Dreamer. By day a Massage Therapist and Bodyworker, but always a lover of all things mystical and mysterious. She seeks to bridge what is intuitively known with modern investigative science. Dreams offer a deeper understanding of ourselves, specifically the subconscious and she has had a curious relationship with dreams since she was a child. Dreamwork is part of her medicine and magic and one of her favorite topics of conversation. She is excited to share this presentation on All Things Dreams with Sister Circle!



8/8 LIONS GATE DIVINE DINING CEREMONY

Join True North Wellness + Crown & Stone for a special evening of connection, manifestation, and an Ayni Despacho ritual to honor right relationship!



AFFIRMATION OF THE MONTH



"I express my truth with courage and clarity. My heart leads, and my actions align."

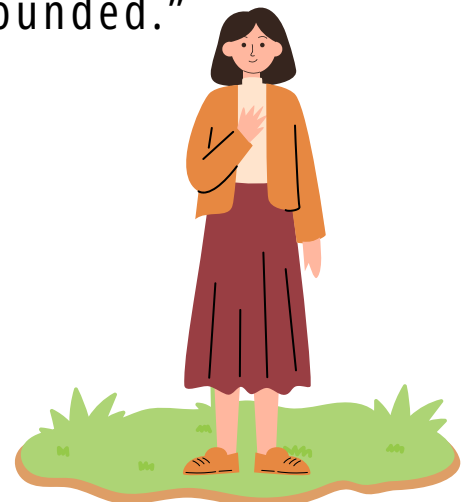


MEME OF THE MONTH

QUOTE OF THE MONTH

"Let your heart blaze bright, but
your feet stay grounded."

~ Anonymous



AUGUST ASTROLOGY

ASTRO-SEEK.COM

August 6 - Mars Enters Libra

Warrior Mars trades in his sword for diplomacy as he glides into Libra, the sign of balance, beauty, and justice. This energy asks you to fight for peace, not with people. You'll feel more driven to smooth things over in relationships, but tension might brew if things feel unfair. Assert yourself gracefully—but don't lose your edge trying to keep the peace.

Vibe: Charming strategist

Watch for: Passive-aggressive showdowns masked as polite debates

August 12 - Venus Conjunct Jupiter in Cancer

Venus, goddess of love and beauty, hugs Jupiter, the planet of blessings and expansion, in nurturing Cancer. This is a lush, heart-centered wave of emotional abundance. Love grows, family heals, and home becomes a sanctuary.

Vibe: Overflowing gratitude + cozy romance

Watch for: Extra emotional reactions (happy tears!) or indulging in comfort too much

August 9 - Full Moon in Aquarius

This high-voltage full moon lights up themes of individuality, rebellion, and community. A moment of release and illumination around where you feel like the outsider—or where your genius needs to be seen. Let your freak flag fly.

Vibe: Revolutionary feels + cosmic clarity

Watch for: Emotional breakthroughs in friendships or the need to detach to protect your peace

August 22 - Sun Enters Virgo

The Sun slides into grounded, detail-driven Virgo and the vibe gets practical—but in a good way. Time to clean up your systems, refine your goals, and tend to your health and routines. Small steps lead to big shifts.

Vibe: Organized magic + sacred structure

Watch for: Perfectionism or hyper-criticism sneaking in—focus on progress, not perfection

August 11 - Mercury Direct in Leo

After weeks of mixed signals and mental fog, Mercury stations direct with a roar. Your voice comes back stronger, louder, and more aligned with your heart. Communications open up and creative blocks dissolve—time to speak boldly and share your ideas with flair.

Vibe: Loud clarity + lion-hearted self-expression

Watch for: Ego flare-ups or suddenly seeing the truth that was hiding in plain sight

August 23 - New Moon in Virgo

This New Moon is a cosmic reset button for all things wellness, habits, and service. Plant intentions that align with your deeper values and purpose. What do you want to improve—inside and out? Let the earthy Virgo vibes help you make it real.

Vibe: Intentional beginnings + healing devotion

Watch for: Subtle signs from your body or urges to reset your daily rhythm

August 25 - Venus Enters Leo

Venus struts into Leo and suddenly it's all about heart-centered love, bold beauty, and taking up space unapologetically. Romance becomes theatrical, self-worth gets a boost, and you're called to adore yourself as much as you do others.

Vibe: Radiant self-love + romantic drama

Watch for: Craving attention or needing extra affection—don't be afraid to ask for it





RECIPE OF THE MONTH

BY SARAH BROWN

BLUEBERRY CORNBREAD W/ MAPLE BUTTER

INGREDIENTS:

For the cornbread:

- 1 cup cornmeal
- 1 cup all-purpose flour
- 1 tbsp baking powder
- 1/2 tsp salt
- 1/4 cup sugar
- 1 cup buttermilk
- 2 eggs
- 1/4 cup melted butter
- 1 cup fresh blueberries

For the maple butter:

- 1/2 cup (1 stick) unsalted butter, softened
- 2 tbsp maple syrup
- Pinch of sea salt

PROCEDURE:

- Preheat oven to 375°F. Grease an 8x8 baking dish or line with parchment.
- Mix dry ingredients in a large bowl: cornmeal, flour, baking powder, salt, and sugar.
- Whisk wet ingredients in a separate bowl: buttermilk, eggs, and melted butter.
- Combine wet and dry ingredients until just mixed. Gently fold in the blueberries.
- Pour batter into the prepared pan and bake for 25–30 minutes, or until golden and a toothpick comes out clean.
- Make maple butter by whipping together softened butter, maple syrup, and sea salt.
- Serve warm with a generous smear of maple butter.

Ritual Touch

As you fold in the blueberries, take a moment to thank the land that grew them—this soil that keeps us fed and rooted. Let it be a reminder to slow down, savor the sweetness around you,





JULY RECAP

WOMB HEALTH NIGHT

Robin Spinner, Certified Womb Healer, guided participants to deeply connect with their womb space and the abundance available to all womb holders as they explored what it meant to reclaim all aspects of themselves.

Together, they embarked on an embodiment journey, activating the womb-heart connection. As they explored the mystery and potency of the sacral chakra, they gave themselves permission for authentic expression without judgment, held in a brave divine feminine container. They danced with what they were calling in as if it had already arrived.

This was an invitation to reconnect with the inner wild woman, rise in sovereignty, and reach within to unlock the gifts the womb holds. Space was created to alchemize limitations together. All parts of each person had 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.

Follow
@OurDivineFeminineToday

8/8



YOU'RE INVITED

to a sacred night of

DIVINE DINING

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

LIONSGATE PORTAL ✧ MANIFESTATION ✧ MAGIC

A Deeply Curated Experience With:
3-Course Meal
3 Guided Ceremonies
Intentional Manifestation Under the Lionsgate Portal

ONLY 8 SPOTS AVAILABLE FOR
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!

