



MONTHLY NEWSLETTER

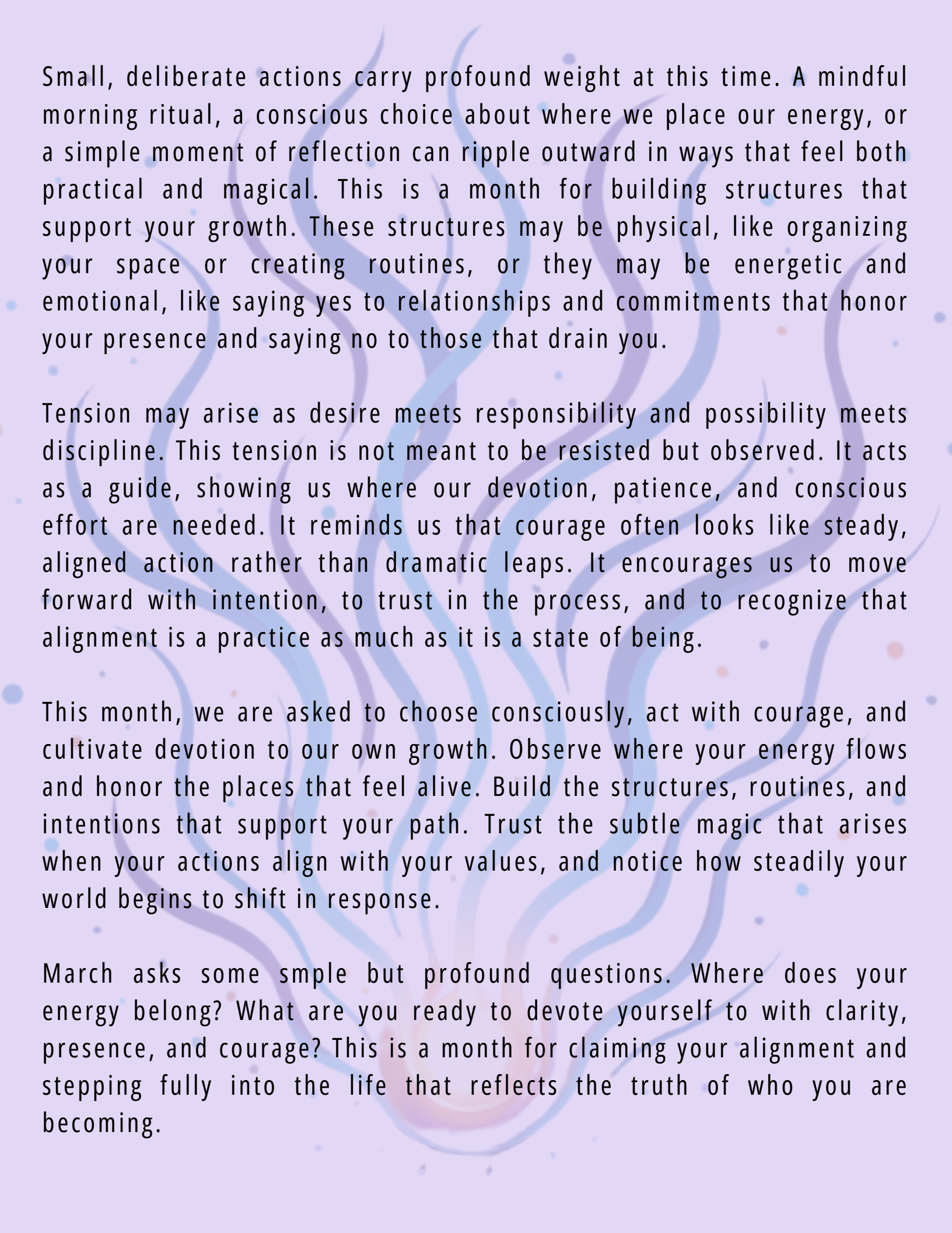
BY AUTUMN O'LEARY

THE ALCHEMY OF ALIGNMENT

March invites us to pay attention to the quiet forces shaping our lives. It is not the month of dramatic upheaval, but of subtle guidance, showing us where our energy is truly needed and where it may be scattered. This is a time to notice what nourishes us, what empowers us, and what draws our attention without offering growth in return. The clarity that emerges now allows us to distinguish between what is essential and what is merely habitual.



During this month, we may feel called to examine the ways we devote ourselves. There is power in understanding where our focus has been generous and where it may have been misplaced. The courage we are asked to cultivate is not loud or forceful. It is steady and quiet. It asks us to choose what matters most, to set clear intentions, and to act with awareness and purpose. Boundaries are a central theme this month. They are not meant to isolate, but to protect the energy that sustains us and to make space for what truly aligns with our values and our vision.



Small, deliberate actions carry profound weight at this time. A mindful morning ritual, a conscious choice about where we place our energy, or a simple moment of reflection can ripple outward in ways that feel both practical and magical. This is a month for building structures that support your growth. These structures may be physical, like organizing your space or creating routines, or they may be energetic and emotional, like saying yes to relationships and commitments that honor your presence and saying no to those that drain you.

Tension may arise as desire meets responsibility and possibility meets discipline. This tension is not meant to be resisted but observed. It acts as a guide, showing us where our devotion, patience, and conscious effort are needed. It reminds us that courage often looks like steady, aligned action rather than dramatic leaps. It encourages us to move forward with intention, to trust in the process, and to recognize that alignment is a practice as much as it is a state of being.

This month, we are asked to choose consciously, act with courage, and cultivate devotion to our own growth. Observe where your energy flows and honor the places that feel alive. Build the structures, routines, and intentions that support your path. Trust the subtle magic that arises when your actions align with your values, and notice how steadily your world begins to shift in response.

March asks some simple but profound questions. Where does your energy belong? What are you ready to devote yourself to with clarity, presence, and courage? This is a month for claiming your alignment and stepping fully into the life that reflects the truth of who you are becoming.

UPCOMING CIRCLE EVENTS



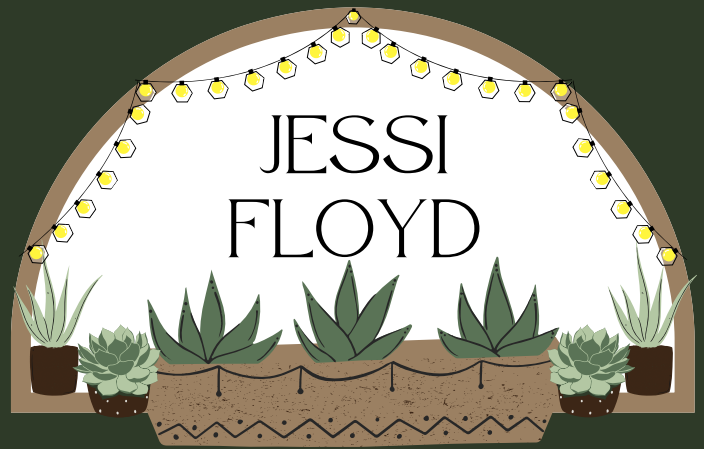
HOLY FIRE REIKI & EMOTION
CODE RELEASE W/JESSI
MARCH 27TH @ 6PM



HERBAL ENERGETICS W/LAURIE
APRIL 24TH @ 6PM



MARCH SPOTLIGHT



HOLY FIRE REIKI & EMOTION CODE NIGHT

This Sister Circle, we're honored to welcome Jessi Floyd for a deeply restorative evening centered around Holy Fire Reiki and Emotion Code release. She'll begin by sharing about the Emotion Code and Body Code — gentle yet powerful modalities that help identify and release trapped emotions that may be influencing how we think, feel, and move through life.

We'll then settle into a 20-minute guided Holy Fire Reiki meditation, where everyone will receive Reiki at the same time as Jessi moves through the room, intuitively releasing 1-3 emotions per person (depending on group size). She sets the intention that whatever is released brings the greatest relief and support in that moment. It's a peaceful, heart-opening experience, and we can't wait to share it with you!



ABOUT JESSI

Jessi Floyd is a certified Emotion Code and Body Code Practitioner, and a certified Reiki Master. What she love's about these modalities is being able to get down to the root causes of imbalances in our body. Allowing our innate ability to heal from the inside out, giving us freedom, restoring our health and well being. She knew from a young age that love is the most powerful thing and she finds great joy in making heart connections with others.



AFFIRMATION OF THE MONTH

**ALIGNMENT
IS MY SUBTLE
MAGIC,
AND I WIELD
IT WITH
AWARENESS
AND
INTENTION.**



Me: I've done so much growth and healing.

The full moon:



[INSTAGRAM.COM/SQUAMISHMEDIUM](https://www.instagram.com/squamishmedium)

MEME OF THE MONTH

QUOTE OF THE MONTH

"Energy flows where attention goes.
Choose what deserves your presence."

~Unknown



MARCH ASTROLOGY

ASTRO-SEEK.COM

March - Mars enters Pisces

Energy shifts from force to flow. Motivation becomes intuitive rather than aggressive, and action is guided more by feeling than strategy. You may notice a pull toward creative pursuits, spiritual exploration, or compassionate action. This isn't a time to bulldoze your way forward - it's a time to move with sensitivity and trust subtle cues. When aligned, effort feels inspired rather than forced.

Vibe: Intuitive action + spiritual momentum

Watch for: Passive avoidance disguised as "going with the flow"

March 6 - Venus enters Aries

Desire becomes bold. Love and creativity take on a direct, unapologetic tone. There's less patience for mixed signals and more willingness to initiate. You may feel more comfortable expressing attraction, asserting needs, or investing in what genuinely excites you. This transit favors courage in relationships and creative projects.

Vibe: Passion + fearless self-expression

Watch for: Impulsivity or chasing validation instead of authentic desire

March 3 - Lunar Eclipse + Full Moon in Virgo

This is a powerful culmination point. The Virgo Full Moon, amplified by a lunar eclipse, asks you to pause and reflect on the patterns that shape your daily life. Virgo is the sign of refinement, service, and practical magic. It illuminates where you've been too hard on yourself or where your routines are either supporting or quietly draining you. This eclipse invites you to release perfectionism and reclaim a gentler, more sustainable approach to your well-being.

Because it's an eclipse, the energy feels fated (like something you can't ignore anymore). You may see clearly where you've been over-functioning, over-giving, or over-optimizing in an attempt to feel secure or valuable. Virgo wants improvement, but not self-punishment. There is a difference between devotion and depletion. This moment asks: Are your systems designed to support your humanity, or suppress it?

Notice what comes to completion. A job dynamic, health routine, responsibility, or mindset may reach a turning point. What have you outgrown? What standard no longer reflects who you are becoming? Virgo energy thrives on discernment, not self-criticism. Discern what is aligned. Release what is rigid.

Ritual idea: Clean and reorganize a small space intentionally - a drawer, your work bag, your altar, your desk. As you clear physical clutter, reflect on the mental habits you're ready to clear as well. Write down one pattern of perfectionism or self-judgment you're ready to release. Safely burn or tear the paper and replace it with a new statement rooted in self-respect rather than self-pressure.

This eclipse isn't asking you to do more. It's asking you to do what matters and to do it with integrity.

Vibe: Purification + grounded clarity

Watch for: Harsh self-criticism disguised as self-improvement

March 7 - Sun conjunct Mercury in Pisces

Words, ideas, and conversations carry a sense of purpose. Information arrives that feels meaningful, affirming, or clarifying, helping you understand where you're headed next. Pay attention to what repeats or stands out - these messages may be guiding you toward aligned decisions.

Vibe: Insightful communication + directional awareness

Watch for: Overthinking instead of trusting what resonates

Venus conjunct Neptune in Aries

Romantic and creative energy feels heightened, almost cinematic. Inspiration flows easily, and connection can feel fated or idealized. This is beautiful energy for art, music, spiritual connection, and heart-led risk. However, perception may blur slightly - what feels magical may require grounding later.

Vibe: Romantic inspiration + divine creativity

Watch for: Projection or ignoring red flags

March 8 - Venus conjunct Saturn in Aries

Reality meets desire. Commitments come into focus, and you may feel called to define where you stand in love, finances, or creative pursuits. This isn't cold energy - it's clarifying. What is sustainable? What requires maturity? What is worth building long-term?

There may be a moment of emotional sobriety where you recognize what you truly want versus what simply feels exciting. Boundaries strengthen here, and with them, self-respect. Choosing what lasts over what's fleeting becomes the quiet power move.

Vibe: Devotion + grounded commitment

Watch for: Fear-based withdrawal or emotional walls



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March 11 - Jupiter direct in Cancer

Growth begins moving forward again, especially around home, family, emotional security, and belonging. If things have felt stalled in these areas, momentum resumes. Expansion now feels nurturing rather than outwardly ambitious - it's about building a foundation that feels safe and meaningful.

Vibe: Emotional expansion + restored faith
Watch for: Overextending yourself in caretaking roles

March 13 - Mars conjunct Node in Pisces

Action feels karmic. You may sense that certain steps you're taking now carry long-term significance. This is energy that pushes you toward alignment with your deeper path - especially through compassionate leadership, creative courage, or spiritual initiative. Trust the nudge that feels both vulnerable and purposeful.

Vibe: Destiny-driven courage
Watch for: Acting out of confusion rather than conviction

March 15 - Mercury conjunct Mars in Pisces

Conversations carry intensity. Thoughts move quickly, and words may come out more sharply than intended - or more passionately. There's powerful energy for advocacy, creative writing, and speaking up about something that matters. Use this momentum wisely.

Vibe: Bold expression + emotional conviction
Watch for: Reactive communication or misinterpretation

March 19 - New Moon in Pisces

This New Moon invites surrender. It's less about setting rigid goals and more about setting intentions rooted in trust, intuition, and spiritual alignment. What are you ready to release control over? Where are you being asked to soften rather than strive?

This is potent energy for dreamwork, meditation, prayer, or journaling. Instead of asking "What do I want to achieve?" try asking, "What wants to emerge through me?" Sit with water - a bath, a bowl, a river - and whisper your intention into it. Let your nervous system relax before declaring anything.

Ritual idea: Write an intention centered around emotional healing or spiritual growth. Place it under a glass of water overnight. In the morning, drink the water slowly and visualize the intention integrating into your body.

Vibe: Surrender + intuitive beginnings
Watch for: Escapism or numbing out instead of conscious release

March 20 - Sun enters Aries

Energy shifts from reflective to initiating. This marks the astrological new year - a reset in personal vitality. You may feel more decisive, energized, and ready to move forward. After weeks of emotional processing, clarity sharpens.

Vibe: Renewal + courageous beginnings
Watch for: Rushing before fully integrating recent insights

Mercury direct in Pisces

Mental fog begins to clear. Conversations resume momentum, decisions feel easier, and misunderstandings start resolving. If something stalled recently, it may now begin moving forward. Clarity returns - but gently.

Vibe: Forward movement + restored clarity
Watch for: Forcing immediate answers instead of allowing integration



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March 22 - Sun conjunct Neptune in Aries

Identity blends with vision. You may feel called to align your outer expression with a deeper spiritual truth. This can be inspiring, idealistic, and imaginative - a beautiful time to dream boldly about who you are becoming.

Vibe: Inspired self-concept + visionary courage

Watch for: Confusion about direction or over-idealizing a new identity

March 25 - Sun conjunct Saturn in Aries

Responsibility sharpens identity. You may feel tested - but in a way that builds strength. Where are you being asked to grow up, take ownership, or define your path with maturity? This is leadership energy, earned through discipline.

Vibe: Sovereignty + structured ambition

Watch for: Self-doubt when faced with challenge



March 26 - Venus conjunct Chiron in Aries

Old wounds around worth, desire, or independence may surface - not to reopen, but to heal. This is powerful energy for honest conversations and courageous vulnerability. There is strength in saying what hurt and claiming what you deserve.

Vibe: Brave healing + heart-centered truth

Watch for: Reacting from old pain instead of responding from growth

March 30 - Venus enters Taurus

Love slows down and becomes sensual, grounded, and steady. This is an invitation to savor - food, touch, beauty, rest. Finances and relationships benefit from patience and practical care. Stability feels more attractive than intensity.

Vibe: Pleasure + grounded abundance

Watch for: Stubbornness or clinging to comfort zones





FEBRUARY RECAP

ABOUT KJERSTI

Kjersti has been studying self care through Therapeutic Yoga, Ayurvedic Bodywork, breathwork and holistic healing for nearly 13 years. As an osteopathic bodyworker and Massage Therapist she understands the health benefits of touch and how self massage can assist you in different seasons of life!

There is a balance point where the science and the art of self care become a ritual of devotion to steward one of our most valuable assets; our health.

During the week Kjersti offers uniquely crafted massage, bodywork and energy-work sessions at her studio in Haslett.

**LEARN MORE AT HER WEBSITE:
MITRUENORTHWELLNESS.COM**



THE PRACTIC OF ABHYANGA

Abhyanga is the Ayurvedic art of self-massage, blending the wisdom of plant medicine and the elements with the science of healing touch. This practice was wonderful for hydrating the skin, supporting lymphatic and vascular health, and soothing the nervous system.

During our time together, we moved slowly and intentionally, learning simple strokes and techniques that could be carried into everyday life. The room felt warm and grounding as each woman tended to her own body with care — turning an ordinary act into a ritual of presence and self-devotion.





RECIPE OF THE MONTH

BY SARAH BROWN

Lemon Herb Roasted Potatoes & Carrots

Ingredients:

- 1 lb baby potatoes (halved)
- 4 large carrots (sliced on a diagonal)
- 3 tbsp oil (avocado, olive..etc)
- Zest of 1 lemon
- 1–2 tbsp fresh lemon juice
- 1 tsp dried oregano or thyme (or 1 tbsp fresh herbs)
- ¾ tsp sea salt
- ½ tsp cracked black pepper
- Optional: fresh parsley for finishing

Procedure:

- Preheat oven to 400°F.
- Toss potatoes and carrots with olive oil, salt, pepper, and herbs.
- Spread evenly on a sheet pan (don't overcrowd).
- Roast 30–40 minutes, flipping halfway through, until golden and tender.
- Remove from oven and immediately toss with lemon zest and fresh lemon juice.
- Finish with chopped parsley if desired.

✦ MARCH REFLECTIONS ✦

March reminds us that growth begins underground. These roasted roots ground us in nourishment while lemon and herbs invite in the returning light.

Food Donations Accepted

✦ GIVE BACK THIS SEASON ✦

Join us in spreading
warmth and kindness!

We're collecting non-perishable food items
and monetary donations to support local
charities in our community.

Every contribution—big or small—helps
make a difference for families in need.



**Drop donations off at Crown & Stone
during any event or visit this month.**





SOMETHING EXCITING IS HAPPENING BEHIND THE SCENES AT CROWN & STONE

Over the next couple of months we'll be making some big upgrades to the space. We're installing a fully licensed kitchen (something I've been dreaming about for a long time!) and adding another bathroom to make the space more comfortable and supportive for all the experiences we're creating here.

Because of this, we'll be slowing down our event calendar for a short while this spring so we can focus on building a strong foundation and bringing these pieces to life. There may be a little sawdust and construction chaos, but we're so excited for what's taking shape.

Beginning in May/June, we'll also be opening room rental opportunities for practitioners and facilitators who feel aligned with the space and want to host sessions, workshops, or gatherings at Crown & Stone.

Our official Grand Opening celebration will take place this fall, once everything is fully complete and ready to be shared with the community. If you're a practitioner looking for a beautiful space to offer your work, feel free to reach out — I'd love to connect.

Thank you for growing with us. 🌱 ✨

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!

