

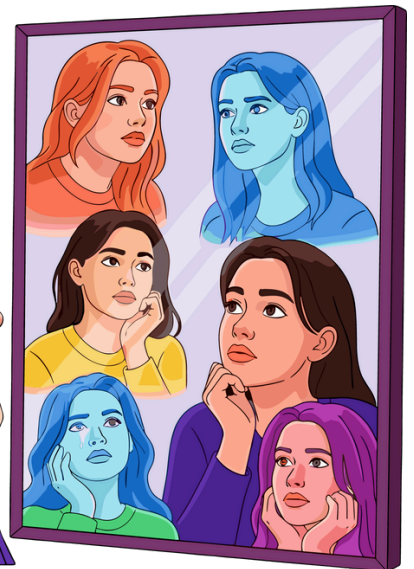


# MONTHLY NEWSLETTER

BY AUTUMN O'LEARY

## Returning to What Truly Matters

February often brings a quiet reckoning —not the kind that demands immediate action, but the kind that asks for honesty.



This season invites us to look closely at our relationships, our commitments, and the values we've been living from. Not to judge them, but to feel into them. To notice what nourishes us and what quietly drains us. To sense where connection feels mutual and where it has required us to overextend, over-explain, or shrink parts of ourselves to keep the peace.

Many of us are realizing that connection alone is not enough. Depth matters. Integrity matters. Emotional safety matters. We are learning (sometimes gently, sometimes through discomfort) that love and belonging should not come at the cost of self-abandonment.

Before relationships shift outwardly, something changes within. Our tolerance for certain dynamics softens. What once felt manageable may now feel heavy. We may find ourselves less willing to fix, rescue, or carry what was never ours to hold. This isn't hardening, it's clarity!

This month holds space for recognizing old patterns without shame. For seeing them fully, honoring what they taught us, and allowing them to loosen their grip. Compassion does not require entanglement. Care does not require sacrifice of self. We are allowed to grow beyond what once fit.

At the same time, there may be a quiet grief—an honoring of what is changing. Relief and sadness can coexist. Letting go does not mean something failed; often it means it served its purpose.

As our values realign, relationships reorganize naturally. Some deepen with more honesty and presence. Some soften into a new shape. Some fall away without drama or explanation. What remains is more spacious, more truthful, and more sustainable.

**This season asks a simple but powerful question:**

*Does this connection support who I am becoming?*

There is no rush to answer. February is less about doing and more about listening. Listening to the body, the nervous system, the quiet inner knowing that has always been there.

As we move through this month, may we choose connection that allows us to stay whole. May we honor love that is rooted in truth, reciprocity, and care. And may we trust that aligning with what truly matters creates space for deeper, more authentic belonging.



## February Reflections

Where in my relationships do I feel most like myself?

Where do I feel the need to hold back or overextend?

What values feel most important to me right now?

How are my values shaping the way I choose connection?

Are there patterns or dynamics I'm noticing that no longer feel sustainable?

What does a nourishing, reciprocal relationship feel like in my body?

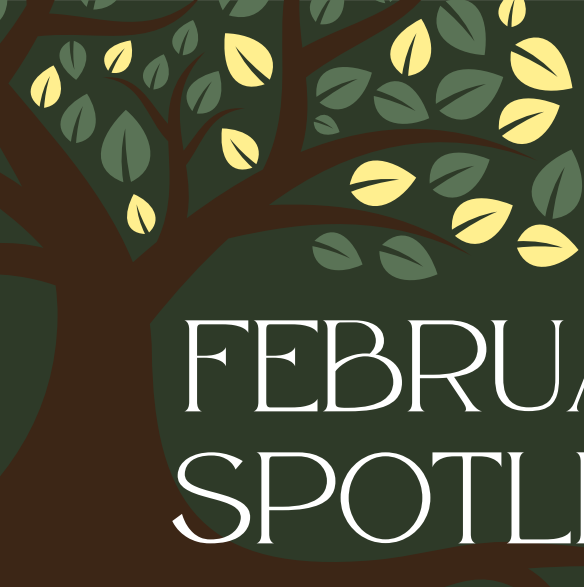
# UPCOMING CIRCLE EVENTS



LEARN ABHYANGA W/KJERSTI  
FEBRUARY 20<sup>TH</sup> @ 6PM



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



# FEBRUARY SPOTLIGHT



## 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 is great for hydrating the skin, promoting lymph and vascular system health as well as soothing the nervous system.

You will need to bring a large/beach towel, a hand towel, and oil (coconut, grapeseed, olive, avocado, etc). Recommend wearing layers and having a comfortable base layer like sports bra or bathing suit and shorts. Ideally you want access to your legs, arms, and shoulders.



# AFFIRMATION OF THE MONTH



I choose relationships that support my wholeness.



# MEME OF THE MONTH

# QUOTE OF THE MONTH

"Letting go does not mean giving up, but simply accepting that there are things that cannot be."

~ Deborah Reber



# FEBRUARY ASTROLOGY

ASTRO-SEEK.COM

## February 1 - Full Moon in Leo

This Full Moon brings heightened awareness around self-expression, visibility, and emotional truth. Feelings may surface that ask to be acknowledged rather than managed or minimized. It's a moment to celebrate what you've created, recognize your growth, and release fears around being seen as you truly are. Joy, pride, and vulnerability are all teachers here.

Suggested ritual: Light a candle and write down one way you've been holding back your voice or creativity. Tear the paper as a symbol of release, then name one way you're ready to show up more fully from the heart.

Vibe: Authentic expression + emotional courage  
Watch for: Seeking validation instead of self-honoring

## February 4 - Uranus Direct

Forward movement returns after a period of internal change and uncertainty. What has felt stalled, unpredictable, or unresolved may now begin to make sense as clarity emerges. This shift supports breakthroughs, renewed confidence in decision-making, and a willingness to try something different. Change feels less chaotic and more intentional now.

Vibe: Renewed momentum + empowered change  
Watch for: Forcing movement before it feels integrated

## February 6 - Mercury enters Pisces

Communication becomes more intuitive, emotional, and subtle. Logic and linear thinking soften, making room for imagination, symbolism, and feeling-based understanding. This is a supportive time for creative writing, reflective conversations, and deep listening. Trust what's sensed as much as what's spoken.

Vibe: Intuitive communication + imaginative flow  
Watch for: Vagueness, confusion, or unclear expectations

## February 10 - Venus enters Pisces

Connection takes on a softer, more compassionate tone. Relationships may feel tender, romantic, or spiritually meaningful, emphasizing empathy and emotional presence. This energy supports forgiveness, artistic inspiration, and heart-centered relating—but also calls for awareness around emotional boundaries.

Vibe: Compassionate love + soulful connection  
Watch for: Overidealizing people or neglecting your needs

## February 12 - Mercury conjunct Node

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

## February 14 - Saturn enters Aries

A new cycle begins around responsibility, independence, and self-leadership. This shift asks for mature action—choosing courage with patience rather than impulsivity. Growth now comes from committing to your goals steadily and learning how to initiate from a grounded place.

Vibe: Intentional leadership + steady courage  
Watch for: Frustration with slow or demanding progress

## February 17 - New Moon in Aquarius

This New Moon offers a reset around vision, belonging, and the future you're consciously creating. It encourages stepping outside old patterns and aligning with values that feel authentic and liberating. New beginnings may feel unfamiliar, but they're rooted in long-term truth rather than short-term comfort.

Suggested ritual: Set intentions related to freedom, purpose, or community. Reflect on how your individuality can support something greater. Write your intentions, then take one small action that honors them.

Vibe: Visionary renewal + authentic alignment  
Watch for: Emotional detachment or resistance to vulnerability

## Solar Eclipse in Aquarius

This eclipse amplifies the New Moon, marking a significant turning point. Shifts may feel sudden or outside of your control, yet they carry long-term purpose. What's revealed now helps redirect you toward deeper alignment, even if the full picture isn't immediately clear.

Suggested ritual: Keep the day gentle. Rest, journal, or meditate rather than pushing for answers. Trust that clarity will unfold over time.

Vibe: Fated redirection + accelerated change  
Watch for: Trying to control outcomes



# CONTINUED...

ASTRO-SEEK.COM

## February 18 - Venus conjunct Node

Themes around love, connection, and values feel purposeful and reflective. Encounters may highlight patterns that are ready to shift, offering opportunities for growth through conscious choice. This is a moment to align relationships with what truly matters to you now.

Vibe: Meaningful connection + value realignment  
Watch for: Repeating familiar but limiting dynamics

## Sun enters Pisces

Attention turns inward, inviting rest, emotional processing, and spiritual awareness. This season encourages compassion, creativity, and honoring the quieter rhythms of life. It's a time to soften expectations and allow integration before the next cycle begins.

Vibe: Gentle presence + emotional integration  
Watch for: Emotional overload or avoidance

## February 20 - Sun conjunct Neptune

Dreams meet reality, inviting honest reflection about what's sustainable. This energy supports grounding spiritual or creative visions into practical form while releasing illusions that lack structure. Clarity comes through discernment, not disillusionment.

Vibe: Grounded spirituality + realistic dreaming  
Watch for: Confusion around purpose or direction

## February 26 - Mercury Retrograde

A reflective period begins around communication, planning, and inner dialogue. Slow down, revisit unfinished conversations, and allow space for insight to emerge. This is a time for refinement rather than forward momentum.

Vibe: Mental review + intentional pacing  
Watch for: Miscommunication or rushing decisions

## February 27 - Sun conjunct Node

Purpose and direction feel illuminated, offering moments of recognition or confirmation. Choices made now carry weight and can influence the path ahead. Notice where you feel called to show up more fully.

Vibe: Soul-aligned awareness + conscious choice  
Watch for: Doubting your inner knowing

## February 28 - Mercury conjunct Venus

Conversations flow with more ease, warmth, and mutual understanding. This is a supportive time for heartfelt expression, creative collaboration, and sharing what you value with honesty and care.

Vibe: Harmonious communication + heartfelt clarity  
Watch for: Avoiding necessary truth to keep peace





# JANUARY RECAP

## ABOUT SARAH

Sarah Brown is the founder of Crown & Stone, a healing-arts space devoted to ritual, creativity, and soul-centered connection. Her work is rooted in sound and vibrational therapy, sacred ceremony, and deep inner work that invites honest listening and soul-level inquiry.

Through crystal singing bowls, chimes, gong, and layered soundscapes, Sarah creates immersive sound experiences that calm the nervous system, clear stagnant energy, and invite deep rest and integration — honoring sound as both medicine and a language of the soul.

Alongside sound work, Sarah crafts intentional rituals and ceremonies that help mark thresholds, set intentions, and reconnect with meaning in both the everyday and the mystical.

At the core of her work is guided soul coaching. As a certified Transpersonal Coach, she blends coaching with shamanic energy work to support clarity, embodiment, and lasting integration rooted in inner truth.

Through Crown & Stone, Sarah invites you to slow down, soften, and return to yourself — supported by sound, ritual, and authentic connection.



## SOUND NIGHT

For January's Sister Circle, Sarah guided a deeply restorative sound bath using crystal singing bowls, chimes, and gong. The gathering began with a gentle opening to arrive and settle, followed by an immersive sound journey designed to clear lingering energy from the past year and invite rest, reset, and renewal. This experience was an invitation to soften, release, and allow the nervous system to unwind as participants stepped into the new year feeling supported and grounded.





# RECIPE OF THE MONTH

BY SARAH BROWN

## DARK CHOCOLATE TRUFFLES

### Ingredients:

- 8 oz high-quality dark chocolate (60–70%), finely chopped
- ½ cup heavy cream (or full-fat coconut milk)
- 1 tbsp butter or coconut oil (optional, for extra silkiness)
- ½ tsp vanilla extract
- Pinch of sea salt
- Cocoa powder for rolling
- Optional toppings: flaky sea salt, orange zest, crushed freeze-dried raspberries

### Procedure:

- Place chopped chocolate in a heat-safe bowl.
- Heat cream until just steaming (do not boil).
- Pour cream over chocolate and let stand for 2–3 minutes.
- Stir until smooth; mix in butter or coconut oil, vanilla, and a pinch of salt.
- Refrigerate 1–2 hours, until firm but scoopable.
- Roll into small balls and coat with cocoa powder or desired toppings.
- Store chilled; bring to room temperature before serving.

 **RITUAL TOUCH**

February invites us to soften. To slow down. To savor what nourishes the heart. These dark chocolate truffles are a reminder that pleasure can be intentional—small, rich moments of sweetness woven into the everyday.

# 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.**



“WE GO TOGETHER”

*sugar cookie  
decorating  
class*



SUNDAY

8

FEBRUARY

GEO Love Group Energy Healing  
*Clear Your Blocks to Love*

*Or any other energetic blocks you want to clear*

Wednesday

Feb 11th

7 - 8p

Crown & Stone  
814 N Washington  
Lansing, MI

**Drawing for a FREE private session over Zoom**  
Worth \$65

CROWN AND STONE PRESENTS...

# HEART CARTOGRAPHY

MAPPING THE INNER LANDSCAPE

A guided, heart-centered workshop for reflection and inner clarity.

Through meditation and intuitive, layered art-making, you'll explore your inner landscape — noticing what feels steady, what is shifting, and what's ready to be supported.

✦ Take home your own personal heart map.  
All materials included.

Friday, February 13th, 2026

6:00 PM – 8:00 PM

Crown & Stone

\$55

CROWN & STONE PRESENTS

# DIVINE DINING | FIRE & ICE

*An Intimate Ritual Dinner*

Sunday, February 22, 2026

## *An Evening at the Threshold*

As winter softens its hold and spring begins to stir, we gather for an intimate evening of *nourishment, reflection, and creation.*

Fire & Ice invites you into the space between stillness and movement—listening for what has been quietly waiting to be *called forward* and carried into the coming season.

### ARRIVAL & WELCOME

Cranberry Ice & Rosemary Mocktail  
Spiral rolls with herb-infused butter at the table

### THE EXPERIENCE

#### THE THAW

*Warmth returns • Edges soften*

Crusty artisan bread layered with chunked Irish cheddar, crispy pancetta, and herbs—finished with a warm pour of creamy vegetable bechamel.

#### EMERGENCE

*Depth • Grounding • Becoming*

Tender braised beef short ribs served over silken potatoes with gently roasted fiddlehead ferns.

#### CLAIMING THE LIGHT

*Sweetness • Illumination • Intention*

Panna cotta paired with pistachio cake, sweet crumb, and forest honey

### REFLECTION & CARD PULL

« Inquiry & Shared Circle »

### CREATIVE RITUAL | FIRE & ICE

Crafting Fire & Ice sun catchers to anchor intention and light.

Crown and Stone Presents



# FULL LUNAR ECLIPSE SOUND BATH

Under the Full Lunar Eclipse in Virgo, this sound bath offers a powerful space for release and refinement. Through layered sound and intentional stillness, the nervous system is supported in unwinding as the body releases what is no longer needed - creating room for clarity, balance, and grounded renewal.

— 3/3/2026 —



# 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!

