

Exciting News: Crown & Stone is Rebranding!

Crown and Stone is proud to announce our rebranding, featuring a fresh new look and logo that embodies our evolving vision. This transformation marks an exciting chapter as we expand our offerings to include intentional workshops, curated dining experiences, immersive day events, and serene overnight retreats. Every aspect thoughtfully crafted to create a space where growth, healing, and connection flourish.

We are thrilled about the opportunities ahead and can't wait to share this journey with you. Our rebranding represents more than just a new aesthetic - it's a promise of growth, innovation, and a deeper commitment to supporting your personal transformation. Together, let's step into this inspiring future and embrace the endless possibilities it holds.

This is just the beginning! Stay tuned for more updates and surprises as we expand and evolve. Thank you for being part of our journey - we can't wait to continue growing with you!

Crown & Stone

Where growth takes root, and transformation begins.



MONTHLY NEWSLETTER

BY AUTUMN O'LEARY

RESOLUTIONS? NAH.

INTEGRATIVENUTRITION.COM

Resolutions? More like rigid rules that poof away by February! Intentions, however, are like cozy sweaters—flexible, warm, and oh-so-kind! Think of them as your personal guiding stars instead of intimidating bullseyes. Instead of saying, "I'll lose X pounds," how about, "I'll pamper and love my fabulous body this year"? Break it down further with little gems like, "I'll fuel myself with flavorful foods today," "I'll groove in ways that make me smile," or "I'll treat myself to some much needed sleep." These tiny, intentional steps lead to big, lasting changes—stress free!

And who said January 1 is the only day to hit the refresh button? Every single day is a golden ticket for growth! Whether it's a sunny mid-March or a random Wednesday, what truly matters is your commitment to self-love.

Kickstart the New Year with a little sparkle:

- Digital Detox: Unplug and give your brain a spa day!
- Journal It Out: Scribble your dreams and map out those epic steps toward them!
- Declutter: Toss the old stuff to roll out the welcome mat for the new!
- Practice Gratitude: Celebrate your journey and all the fabulous lessons from the past year!

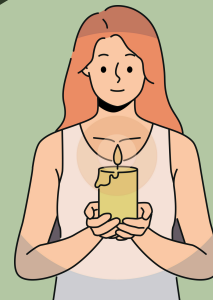
No stress, no perfection—just intention, growth, and a whole lot of self-love!



UPCOMING CIRCLE EVENTS



YOGA + SHAMANIC JOURNEY W/ KJERSTI
JAN 16TH 5:30-7:30 PM



FIRE CEREMONY W/ ANALISE
FEB - TBD



JANUARY SPOTLIGHT



ABOUT KJERSTI

Hi Ladies!

I have been studying yoga and shamanism since early spring of 2014, and devoured all the Naughty Shaman courses, from Earth Keeper to the Advanced courses, like ShadowWalker. Prior to that I have been praying and building a relationship with Spirit since I was nine years old, and have always been drawn to the art and science of how our world works, both the physical and spiritual senses, and why I am the way I am and people are the way they are!

By day I am a Massage Therapist and Bodyworker, a mom and wife, a nature lover who loves a good story, kayaking with friends and spotting eagles on the river, or a book by a cozy fireplace. The beach is my happy place. Fun fact my ancestors, on my maternal side, have resided in Michigan since the Revolutionary War. I love the land and I love community, and serving both, connecting with both is part of my Dharma.



YOGA + SHAMANIC JOURNEY NIGHT

Join us at Sister Circle on January 16th for an enchanting evening with Kjersti - where yoga meets shamanic journeying in a magical mashup for your mind, body, and soul! We'll kick things off with a gentle yoga flow to ground you and get those good vibes flowing. Then, slip into savasana as Kjersti takes you on a shamanic journey - a guided visualization style meditation, invoking the intelligence of our imagination by visiting spiritual realms to unlock insights and sprinkle some healing magic into your life.

Shamanism, with its ancient roots, vibes perfectly with yoga in the quest for self-discovery and harmony. Both practices help you see the world through a clear lens, embrace the rollercoaster of being human with an open heart, and chase that sweet balance. This evening is your golden ticket to blend these journeys and cultivate inner peace like a zen master!

We'll wrap it up with a Q&A session to spill the tea on your thoughts and questions. Whether you're a newbie or a seasoned traveler in these realms, come align, heal, and grow with us in this welcoming, supportive community!

True North Wellness Mi, located in East Lansing, is collaborating with i.e. Kawa to offer Journey with Cacao a ceremony in motion, **Saturday, January 11, 1:11-3:33pm, in Howell @Mi Fitness Community**

AFFIRMATION OF THE MONTH



I am open to new opportunities.

ME: I think all my tough spiritual lessons
are over now....

MY SPIRIT GUIDE:



INSTAGRAM.COM/SOMALIFE

MEME OF THE MONTH

QUOTE OF THE MONTH

"What is coming is better
than what is gone. Let this
belief aim you in the
direction you need to go."

~Karen Salmansohn



COMING SOON

JANUARY ASTROLOGY

ASTROLOGY.COM

Jan. 3 - Venus enters Pisces

Prepare to gaze upon the world through a radiant lens, as we embark on a journey through this enchanting water sign in the months to come. Though our shared perspectives on love and wealth may shimmer with idealism, it remains vital to remain grounded and attuned to any subtle omens that may arise.

Jan. 6 - Mars Retrograde enters Cancer

With the arrival of the new year, we may feel somewhat overwhelmed, as the planet of action is currently not at its most vibrant in this emotional sign. If you have significant goals for the upcoming year, allow yourself some time and refrain from launching your plans until late February. This period encourages us to explore our emotions and address any lingering family issues. Take this chance to deeply investigate and tackle the core of your difficulties.

Jan. 8 - Mercury enters Capricorn

With the arrival of the new year, we find ourselves engaged in thoughtful reflection and careful preparation, mapping out our path to achievement. Allow your aspirations to lead you in the next two weeks as you plant the groundwork for a prosperous year ahead.

Jan. 13 - Full Moon in Cancer

As the full moon bathes the night in its luminous glow, take this opportunity to align with its nurturing energy, allowing it to illuminate the path forward. The Cancerian moon, with its deep emotional resonance, invites you to reflect on your inner world and honor the feelings that arise. This is a time for healing and rejuvenation, as the moon's gentle light encourages you to release what no longer serves you and embrace a future full of promise.

During this lunar phase, consider engaging in rituals or practices that bring you solace and clarity. Whether it's journaling under the moonlight, meditating with intention, or simply spending time in quiet contemplation, let the full moon's energy guide you toward personal insights and growth.

As you stand beneath this celestial beacon, remember that you are connected to a greater universe, one that supports your journey and encourages your dreams. Trust in the unfolding of your path, and know that with each step, you are moving closer to the life you envision. Let the power of the full moon inspire you to take bold strides and embrace the changes that lie ahead, knowing that they are part of your unique cosmic dance.

Jan. 19 - Sun enters Aquarius

Life's about to take a delightful detour (in the best way possible) as the sun beams down on our cosmic Water Bearer, illuminating new paths and possibilities. Embrace this winter wonderland, where the crisp air invigorates your spirit and the serene landscape invites reflection. It's the perfect backdrop to unleash your inner innovator, sparking fresh ideas and igniting your imagination. Gather your friends, colleagues, or fellow dreamers, and rally the troops for a wild ride of change and creativity that promises to be both exhilarating and transformative. So go ahead, throw caution to the wind; step outside your comfort zone, and shake things up! This is your moment to embrace the unexpected and let your unique vision shine through.

Jan. 27 - Mercury enters Aquarius

After a few weeks of chasing our own dreams, it's time to crank it up a notch! With the planet of chatter zooming into this feel-good sign, we're about to get all warm and fuzzy. Over the coming weeks, our sights are set on the stars as we brainstorm how to sprinkle a little goodness across the globe!

Jan. 29 - New Moon in Aquarius

During the new moon in Aquarius, it's a great time to embrace collaboration and celebrate the unique ideas that arise from teamwork. This lunar phase encourages innovative thinking that can help us tackle personal and professional challenges.

As you set your goals, think about how they can benefit your community. Now is the moment to define your intentions for the upcoming months. Embrace the potential for change this new moon offers, and let it inspire not just you, but those around you. Sharing your vision can spark a collective sense of purpose and unity.

Remember to stay flexible and curious as you move forward. Being open to new ideas and perspectives can lead to unexpected solutions. As you journey toward a more connected future, collaboration and shared creativity can enhance growth for everyone involved.

Lunar New Year/Year of the Snake

Welcome to the wonderful Year of the Wood Snake! As we glide into the lunar new year, it's an ideal time to connect with your inner energy and maintain that cheerful perspective, even when encountering some challenges. Keep in mind, a negative mindset can act as an annoying obstacle on your path to achievement, so let the positive energy flow and harness the strength of optimism!





RECIPE OF THE MONTH

BY SARAH BROWN

FRESH AND FLAVORFUL TABBOULEH

Looking for a refreshing and wholesome dish to brighten your table? This Tabbouleh recipe is packed with vibrant flavors and nutritious ingredients, perfect for a light meal or a healthy side. Here's how you can make it:

INGREDIENTS:

- ⅓ cup extra-virgin olive oil
- 3 tablespoons fresh lemon juice
- 1 garlic clove, finely grated
- 1 teaspoon sea salt
- ¼ teaspoon ground coriander
- A pinch of cinnamon
- 3 cups finely chopped curly parsley (about 2 bunches)
- 1 cup diced English cucumber
- 1 cup cored and diced tomato
- ⅔ cup cooked bulgur wheat
- ⅓ cup finely chopped fresh mint
- 2 scallions, chopped

PROCEDURE:

1. Mix the Dressing

- a. In a large bowl, whisk together the olive oil, lemon juice, grated garlic, sea salt, ground coriander, and a pinch of cinnamon.

2. Combine the Ingredients

- a. Add the chopped parsley, cucumber, tomato, cooked bulgur, fresh mint, and scallions to the bowl. Toss everything until evenly coated with the dressing.

3. Season and Chill

- a. Adjust the seasoning to your taste, then refrigerate until you're ready to serve.



DECEMBER RECAP



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, 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, 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.



CACAO CEREMONY NIGHT

On December 30th, we gathered at Sister Circle for a heart-opening Cacao Ceremony led by Carla Eggert. This uplifting event dove into cacao's rich history, benefits, and safe practices. Carla shared stories about the cacao's origins and the dedicated farmers behind it. We embraced gratitude and took a guided journey to connect with the Spirit of Cacao, inviting its wisdom into our hearts. It was a special chance to bond with this sacred plant medicine and our community!

STAY TUNED TO
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FOR FUTURE EVENTS, INCLUDING FIRE CEREMONIES AND CACAO CEREMONIES

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





CROWN & STONE PRESENTS



2025 VISION BOARD WORKSHOP

Manifest your dreams and set your intentions! Join us for a Vision Board Workshop with a twist - experience a powerful smash plate activity to release what's holding you back. Then, channel your energy into creating a visual representation of your ideal future. Supplies and a warm bowl of soup provided - just bring your vision!

\$50/person



Feb 1, 2025 @ 3pm



www.CrownandStone.com/Workshops



132 E Grand River Ave, Williamston, MI 48895

Thoughts
become
Things



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with Taylor to
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Want the opportunity to collaborate on a supportive team?

THEN BE OUR NEXT SISTER CIRCLE GUEST!

