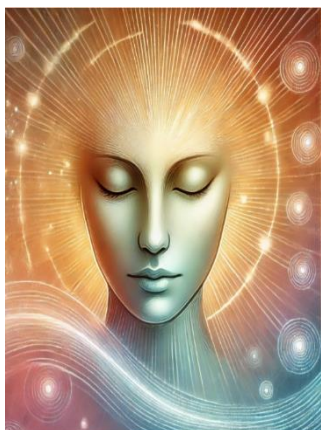




Monthly Newsletter

With the whispers of spring on the horizon and the magic of Saint Patrick's Day reminding us to trust in divine timing, this is the perfect time to plant new intentions, nurture your dreams, and align with the flow of the universe. Grab a cup of tea, settle in, and let's journey into March with open hearts, clear minds, and a touch of enchantment.



Understanding the Layers of Self: Ego, Higher Self, Spirit, and Soul

In the journey toward self-awareness and personal growth, it's essential to understand the various layers that compose our being: the Ego, the Higher Self, the Spirit, and the Soul. Each layer plays a unique role in shaping....

[READ MORE](#)



This Month's Benevolent Being: Archangel Metatron

Archangel Metatron is a powerful celestial being known as the "Angel of Divine Presence" and the keeper of heavenly wisdom. Unlike other archangels, Metatron is believed to have once lived as the prophet...

[READ MORE](#)



An Astrological Overview

Pisces and Aries

March 2025 is a month of powerful transitions, marked by planetary retrogrades, eclipses, and energetic shifts that encourage deep inner work and significant breakthroughs. With Venus retrograde in Aries, we begin...

[READ MORE](#)



Secrets of Healing Blog

Stay Tuned for Upcoming Blogs

Our Blogs are great for exploring the deeper connections between the cosmos, spirituality, and personal transformation. We share our personal insights on astrology, holistic healing, and the energetic shifts that shape our lives. Whether you're seeking guidance, inspiration, or a deeper understanding of the universe's rhythm, you'll find reflections and wisdom to support your journey.

[READ MORE](#)



New Free Class!

[Sign In & Join Now](#)

Secrets of Healing Upcoming Classes and Workshops

Please remember to check our Calendar as we Add and Update all month long, not only for Secrets of Healing but also our Community Members.

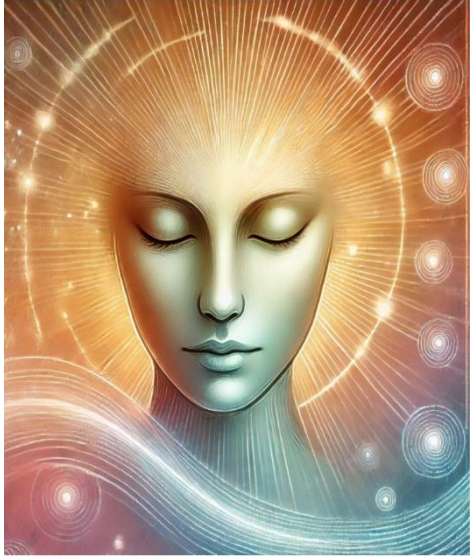
[VIEW OUR CALENDAR](#)

May this month bring you clarity, growth, and a little extra luck on your path—trust in the journey, embrace the lessons, and let your light shine as bright as a pot of gold at the end of the rainbow. Until next time, stay grounded, stay inspired, and may fortune always favor your spirit!



Understanding the Layers of Self

Ego, Higher Self, Spirit, and Soul



In the journey toward self-awareness and personal growth, it's essential to understand the various layers that compose our being: the Ego, the Higher Self, the Spirit, and the Soul. Each layer plays a unique role in shaping our experiences, behaviors, and ultimately, our destiny. Recognizing these parts and their influence on our lives enables profound transformation and deeper fulfillment.

The Ego: A Barrier to True Love

The ego can be described as an intricate system of beliefs, attitudes, and limitations that often obstruct our capacity for authentic love and happiness. Unlike the innate essence of who you are, the ego is a constructed identity, built upon cultural conditioning, societal

expectations, personal experiences, and learned behaviors. You were not born with an ego; rather, it developed over time through interactions and experiences. Ironically, the ego's fundamental purpose appears to be creating discomfort and unhappiness. This discomfort serves as a catalyst, encouraging you to look inward and evolve spiritually rather than constantly trying to change external circumstances and people.

Common Ego Behaviors:

- Constant dissatisfaction and insatiable desire for more.
- Jealousy or discomfort when others succeed.
- Seeking constant attention, validation, and recognition.
- Habitual comparison of oneself to others.
- Frequent defensiveness and resistance to criticism.
- Rarely helping others without personal gain.
- Setting unrealistic and unattainable goals.

The Higher Self: A Gateway to Inner Peace

Recognizing the Higher Self involves discerning between your genuine inner wisdom and your ego-driven impulses. Your Higher Self represents a state of inner peace, calm, and profound clarity. It often communicates through intuitive insights, gentle internal guidance during critical moments, or even symbolic visual imagery that provides deeper understanding. Connecting to your Higher Self empowers you with clarity, enabling you to navigate life's complexities calmly and compassionately.

Higher Self Behaviors:

- Maintaining calmness and centeredness amidst chaos.
- Exhibiting patience and compassion, even in challenging circumstances.
- Observing ego-driven drama without judgment or emotional reaction.

- Offering intuitive insights and guidance rooted in compassion and clarity.

The Spirit: Source of Emotional Wisdom

The spirit is the intangible yet powerful essence within each of us, embodying our emotional intelligence, deeper wisdom, and core values. This nonphysical component profoundly influences your character, emotional responses, and decision-making. Spirit-driven behaviors emerge from a profound understanding and wise application of life's lessons.

Spirit Behaviors:

- Displaying wisdom and insightful understanding.
- Offering wise and empathetic counsel to others.
- Demonstrating resilience, strength, and emotional fortitude.
- Applying deep intuitive knowledge to everyday life decisions.

The Soul: The Eternal Journey

Your soul represents the eternal and unchanging essence that travels through various lifetimes, accumulating experiences aimed at spiritual growth and evolution. It holds the patterns and themes of your life experiences, providing opportunities for profound healing and self-realization. Awareness of your soul's journey allows you to recognize and transform recurring emotional and behavioral patterns.

Soul Behaviors:

- Recognition of repeated life patterns such as anger, frustration, control, and anxiety.
- Awareness of deeply ingrained emotions like shame, guilt, or manipulation.
- Opportunities to break negative cycles and achieve emotional and spiritual healing.
- Alignment with your authentic self through personal transformation.

Integrating the Layers

Understanding and integrating these layers—Ego, Higher Self, Spirit, and Soul—offers a comprehensive framework for profound self-awareness. It guides us toward inner peace, authentic happiness, and genuine fulfillment. By consciously recognizing the influences of these distinct aspects within ourselves, we cultivate balance, compassion, and deep transformation, ultimately aligning more closely with our true, authentic selves.

Archangel Metatron

Ascension, Wisdom, and Divine Recording

Archangel Metatron is a powerful celestial being known as the “Angel of Divine Presence” and the keeper of heavenly wisdom. Unlike other archangels, Metatron is believed to have once lived as the prophet Enoch before ascending into the angelic realm. As the scribe of heaven, he is entrusted with recording the deeds of all souls in the Book of Life (Akashic Records), overseeing divine order and spiritual evolution. His presence is often associated with sacred geometry, particularly Metatron’s Cube, a powerful symbol containing the patterns of creation and the energetic blueprint of the universe.



Metatron is a guide for those seeking higher consciousness, spiritual transformation, and enlightenment. He assists in balancing thoughts, clearing negative energy, and elevating one’s vibration to align with divine truth. Many turn to him for protection, wisdom, and activation of spiritual gifts, particularly empaths, healers, and those drawn to esoteric knowledge. As a guardian of the Merkaba (light body activation), Metatron supports individuals in unlocking their full potential, manifesting their highest purpose, and deepening their connection to the divine. By calling upon his energy, one can access profound clarity, healing, and guidance on the journey of self-discovery and ascension.

Secrets of Healing offers Angel Therapy and Angel Workshops. To schedule an appointment or get more information please contact [Teri Martell](#) or to learn more [click here](#).

What Archangel Metatron Brings

Divine Wisdom & Spiritual Enlightenment - Metatron is the keeper of sacred knowledge and the scribe of heaven, overseeing the Akashic Records and divine order. He helps those seeking higher consciousness, guiding them toward enlightenment, clarity, and understanding of their soul’s purpose.

Energy Cleansing & Protection - Metatron’s energy is powerful for clearing negativity, transmuting lower vibrations, and shielding sensitive individuals. His pillar of light and Metatron’s Cube are used to cleanse energy fields, chakras, and spaces, promoting balance and harmony.

Acceleration of Spiritual Growth & Manifestation - As the overseer of divine timing and transformation, Metatron helps individuals align with their highest potential, manifest their desires, and awaken latent spiritual abilities. He assists in deepening intuition, psychic awareness, and inner guidance.

Access to Sacred Geometry & Divine Order - Metatron is deeply connected to sacred geometry and the fundamental patterns of creation. His symbol, Metatron’s Cube, holds the energetic blueprint of the universe and can be used for healing, manifestation, and spiritual

alignment. He helps individuals understand universal laws, divine order, and the interconnectedness of all things.

Roles and Purposes of Archangel Metatron (In addition to what is listed above)

Guide for Spiritual Awakening & Higher Consciousness - Metatron helps individuals awaken to higher states of awareness, intuition, and enlightenment. He aids in meditation, astral travel, and light body activation (Merkaba), helping souls navigate their spiritual journey. Many turn to him for clarity, insight, and divine wisdom when faced with life's deeper questions.

Supporter of Indigo, Crystal, and Starseed Souls - Metatron is closely connected to Indigo, Crystal, and Starseed souls—individuals who carry a heightened spiritual awareness and unique purpose on Earth. He guides and protects those who struggle with earthly challenges, helping them embrace their gifts, sensitivity, and higher calling.

Overseer of Manifestation & Divine Timing - Metatron aids in manifestation by aligning thoughts with divine will and ensuring that desires are brought to fruition in perfect timing. He helps individuals stay focused, remove distractions, and trust the divine flow of life. His presence encourages spiritual discipline, perseverance, and faith in one's journey.

How to Connect with Archangel Metatron

Prayer and Meditation – Calling upon Metatron can be as simple as setting an intention or speaking a heartfelt prayer.

Metatron's Cube – Since Metatron is the guardian of sacred geometry, working with Metatron's Cube can help you attune to his energy.

- Visualize Metatron's Cube spinning around your body, clearing away negativity and aligning your energy centers.
- Imagine its divine golden light filling you with clarity, wisdom, and protection.
- Ask Metatron to bring insights, healing, or guidance as you meditate.

Light and Colors – Metatron is associated with brilliant white and violet light, symbolizing divine illumination and transformation.

- Envision yourself surrounded by a pillar of white or violet light, calling upon his presence.
- Light a white or purple candle during meditation or prayer to create a sacred space for his energy.

Journal for Divine Messages – Metatron, as the celestial scribe, can send you messages through automatic writing or deep reflection.

- Write a question in your journal and allow intuitive thoughts to flow as you channel his guidance. (You can learn this in the [Secrets of Healing Automatic Writing Class](#))
- Pay attention to recurring thoughts, signs, or symbols that may carry his wisdom.

Invocation to Archangel Metatron

"Archangel Metatron, divine scribe and keeper of sacred wisdom, I invite your presence into my life. Please guide me with clarity, uplift my spirit, and help me align with my highest path. Surround me in your pillar of light, clearing all that no longer serves me. I am open to your guidance and wisdom. Thank you, Metatron. So it is."

Symbolism of Archangel Metatron

Metatron's Cube – Sacred Geometry & Divine Blueprint

One of the most powerful symbols of Metatron, his cube represents the structure of creation, divine balance, and energy alignment. Contains the five Platonic solids, which are believed to form the foundation of the universe. Used for spiritual cleansing, energetic protection, and awakening higher consciousness. Represents the ability to access higher realms, manifestation, and divine order.

The Akashic Records – Keeper of Divine Knowledge

Metatron is the scribe of heaven, recording all souls' experiences in the Book of Life (Akashic Records). This symbolizes wisdom, karma, and spiritual evolution. His connection to the Akashic Records means he helps individuals access past-life knowledge, soul contracts, and divine purpose.

The Merkaba – Light Body Activation & Ascension

Metatron is associated with the Merkaba, a spinning light vehicle of spiritual ascension. This symbolizes the balance of divine masculine and feminine energies, higher consciousness, and travel between dimensions. Used in meditation and energy healing to activate the light body and elevate spiritual awareness.

Pillar of Light – Divine Protection & Purification

Metatron's energy is often seen as a column or pillar of white and violet light. Represents purification, energetic alignment, and the channeling of divine will. Helps transmute negative energy and raise one's vibrational frequency.

Scroll or Book – Record Keeper of the Universe

Often depicted with a scroll or book, representing his role as the Celestial Scribe who records all thoughts, deeds, and events. Symbolizes wisdom, destiny, and spiritual accountability. Represents the idea that our actions shape our soul's journey and divine path.

Number 11:11 & Other Repeating Numbers – Divine Messages

Metatron is linked to synchronicities, especially repeating numbers like 11:11, 222, or 777. These numbers symbolize divine alignment, spiritual awakening, and messages from the higher realms. Seeing these numbers can be a sign of Metatron's presence, guiding you toward your purpose.

The Light of Metatron A Story of Divine Guidance in Modern Life



Sophia sat at her desk, staring at the glowing screen of her laptop, drowning in the weight of indecision. She had spent years building a career in finance, yet something inside her felt out of alignment. It wasn't just the stress—it was a deep sense that she was meant for something more, something meaningful. As she scrolled through an article on spiritual awakening, a name caught her attention: Archangel Metatron—the Celestial Scribe and Guardian of Sacred Wisdom.

Curious, she closed her eyes and whispered, "Metatron, if you are there, please guide me. Help me see the truth of my path." A warmth enveloped her, and though she saw nothing at first, a sudden clarity

entered her mind. She felt an inner pull to retrieve an old notebook from her bookshelf—the

one she had used years ago to write about her dreams of helping others through holistic healing.

As she flipped through the pages, a thought struck her like lightning: she had ignored the call of her soul for too long. Could it be that Metatron had just reminded her of the path she was meant to walk? That night, as she drifted to sleep, she dreamt of a pillar of brilliant white and violet light descending from the heavens. Within it, a voice as gentle as a whisper but as powerful as thunder spoke: “Trust your soul’s records. The answers are already within you.”

The next morning, Sophia woke up with an unshakable sense of purpose. She spent the day researching holistic healing courses, realizing that the financial security she had clung to was not what truly fulfilled her. Over the next few weeks, she noticed synchronicities everywhere—repeating numbers like 11:11, sacred geometric patterns appearing in art, and unexpected encounters with people who encouraged her on her new journey. She felt as if Metatron was lighting the path, reassuring her that her decision was divinely guided.

As months passed, Sophia transitioned from her corporate job to a new career as a healer, using her gifts to help others find their own inner clarity. Whenever doubt crept in, she meditated with Metatron’s Cube, envisioning its sacred geometry aligning her energy. With each step forward, she realized that calling upon Metatron had not just given her guidance—it had awakened the courage and wisdom that had always been within her.

Metatron had not come to force her onto a new path. He had simply illuminated what was already written in her soul’s records, waiting for her to remember.

Final Reflection

In modern times, Metatron’s presence is as profound as ever, guiding those who seek clarity, spiritual awakening, and transformation. Whether through **synchronicities, visions, numbers like 11:11, or moments of sudden realization**, he reaches out to those ready to embrace their soul’s purpose. His **pillar of light** cleanses, protects, and elevates, allowing us to break free from limiting patterns and embody the wisdom of our higher selves.

By calling upon Metatron, we open ourselves to **divine knowledge, healing, and the path of ascension**. His guidance does not force change—it **illuminates what is already within us, waiting to be remembered**. In the stillness of prayer, the depth of meditation, or the whispers of intuition, Metatron speaks, reminding us that we are creators of our reality, connected to the infinite source of divine light.

As we journey forward, may we walk with clarity, purpose, and the unwavering trust that Metatron’s wisdom is always available to those who seek it. **The answers we long for are not distant—they are already written in the fabric of our soul, waiting for us to awaken to their truth.**

Current Events in Pisces and Aries

An Astrological Overview

March 2025 is a month of powerful transitions, marked by planetary retrogrades, eclipses, and energetic shifts that encourage deep inner work and significant breakthroughs. With Venus retrograde in Aries, we begin the month reassessing personal values, relationships, and self-worth. This retrograde is not about quick action but rather an invitation to slow down and truly understand what we desire in love, finances, and creative expression. Meanwhile, Mercury retrograde in Aries, starting on March 15, challenges us to rethink our words and actions, urging patience in communication and decision-making.



The total lunar eclipse in Virgo on March 14 brings a culmination of cycles, highlighting health, daily routines, and the need for clarity in our personal and professional lives. Lunar eclipses often bring deep emotional revelations, helping us release what no longer aligns with our highest path. Then, as the Sun moves into Aries on March 20, marking the Spring Equinox, a fresh wave of energy ignites new beginnings, leadership, and personal empowerment. This shift is amplified by the partial solar eclipse in Aries on March 29, signaling a cosmic reset and an opportunity to take bold, decisive steps forward.

March's cosmic landscape reminds us that transformation happens when we embrace both the endings and the new beginnings. As we navigate these intense but illuminating transits, we are encouraged to practice patience, reflection, and conscious action. This is a month to clear the past, refine our vision, and step courageously into the next chapter of our journey. What seeds are you ready to plant for the future?

Secrets of Healing offers Online Astrological Counseling. To schedule an appointment or get more information please contact Teri Martell or to learn more [click here](#).

Themes for All Zodiac Signs

♈ Aries (March 21 – April 19): Renewal & Self-Discovery

With Venus retrograding in your sign, you're called to reassess personal desires, relationships, and self-worth. This is a time of deep introspection—who are you beyond the roles you play? The solar eclipse in Aries on March 29 brings a reset, offering a chance to step into a more authentic version of yourself.

♉ Taurus (April 20 – May 20): Emotional Clearing & Inner Sanctuary

Your inner world takes center stage as March asks you to release emotional burdens and tend to your well-being. The lunar eclipse in Virgo on March 14 shines a light on patterns that no longer serve you, especially in love and creativity. Honor rest, introspection, and self-care.

Gemini (May 21 – June 20): Social Realignment & Visionary Goals

Friendships and social circles shift this month, revealing who truly aligns with your evolving path. The eclipses bring clarity about your long-term goals—are you surrounding yourself with people who support your dreams? This is a powerful time for networking and realigning with your purpose.

Cancer (June 21 – July 22): Career Breakthroughs & Public Recognition

March highlights career shifts and life direction. The Aries solar eclipse on March 29 may bring sudden professional changes or leadership opportunities. Step into your power, but ensure your ambitions align with your heart's calling.

Leo (July 23 – August 22): Expanding Horizons & Spiritual Growth

Your beliefs, education, and life philosophy undergo a shift. You may feel a strong urge to explore new perspectives, travel, or embark on a spiritual journey. The lunar eclipse on March 14 encourages you to release limiting mindsets and embrace a more expansive vision for your future.

Virgo (August 23 – September 22): Transformation & Emotional Depth

A deeply personal lunar eclipse in your sign on March 14 highlights your personal growth. This is a shedding phase—letting go of outdated versions of yourself to step into something more empowered. Intimate relationships and financial matters also come into focus, demanding honesty and clarity.

Libra (September 23 – October 22): Relationship Evolution & Balance

With Venus retrograde and a solar eclipse in your opposite sign of Aries, relationships take center stage. Old patterns in partnerships—romantic, business, and personal—may surface for resolution. March is a time to redefine what balance and harmony mean in your connections.

Scorpio (October 23 – November 21): Health & Daily Mastery

March shifts your focus toward well-being, habits, and daily structure. The eclipses urge you to reassess how you care for yourself—physically, mentally, and spiritually. Detox, reorganize, and refine your approach to productivity and wellness.

Sagittarius (November 22 – December 21): Passion & Creative Fire

Your creativity and self-expression are ignited. The solar eclipse in Aries on March 29 sparks inspiration, new creative projects, or a renewed approach to romance. What truly excites you? This is a month to honor your joy and create fearlessly.

Capricorn (December 22 – January 19): Home & Emotional Foundations

Your personal life and family dynamics are shifting. The eclipses illuminate your roots—where you come from and where you're headed. You may feel drawn to heal ancestral patterns, make changes to your home, or strengthen your emotional foundations.

Aquarius (January 20 – February 18): Communication & Mental Clarity

March highlights shifts in how you communicate, think, and process information. The eclipses challenge you to refine your message, speak your truth, and clear mental clutter. Writing, teaching, or sharing your wisdom may play a big role this month.

Pisces (February 19 – March 20): Self-Worth & Financial Abundance

March brings a deep reflection on your relationship with money, value, and self-worth. The lunar eclipse on March 14 asks you to let go of outdated scarcity beliefs, making space for new opportunities. Align with what truly nourishes you—both materially and spiritually..

Planetary Movements in Capricorn and Aquarius

Venus Retrograde in Aries (March 1 – March 27)

Description: Venus, the planet governing love, beauty, and values, begins its retrograde motion in the assertive sign of Aries. This period prompts a reevaluation of personal desires, relationships, and self-worth.

What It Brings:

- Relationship Introspection: Challenges in partnerships may surface, encouraging a deeper examination of relational dynamics.
- Revisiting Past Connections: Old flames or unresolved relationships might reappear, offering opportunities for closure or renewal.
- Financial Reassessment: It's a time to reflect on spending habits and financial priorities.

How to Navigate:

- Communicate Openly: Engage in honest dialogues with partners to address underlying issues.
 - Avoid Major Financial Decisions: Postpone significant purchases or investments until after the retrograde period.
 - Reflect on Personal Values: Use this time for self-discovery and understanding what truly matters to you.
-

Mercury Enters Aries (March 3)

Description: Mercury, the planet of communication and intellect, transitions into the bold and direct sign of Aries, influencing our thought processes and interactions.

What It Brings:

- Direct Communication: A tendency towards straightforward and assertive expression.
- Quick Decision-Making: Enhanced ability to make swift choices, sometimes impulsively.
- Innovative Thinking: A surge in original ideas and problem-solving approaches.

How to Navigate:

- Think Before Speaking: Be mindful of words to avoid unnecessary conflicts.
 - Channel Energy Productively: Focus on constructive projects that benefit from quick thinking.
 - Practice Patience: Balance the urge for immediate action with thoughtful consideration.
-

Total Lunar Eclipse in Virgo (March 14)

Description: A total lunar eclipse occurs in the meticulous sign of Virgo, marking a culmination point that emphasizes themes of refinement, healing, and alignment in daily routines and spiritual practices.

What It Brings:

- Emotional Clarity: Illuminates hidden feelings, prompting emotional releases.
- Focus on Health: Highlights the importance of physical and mental well-being.
- Completion of Cycles: Encourages the closure of ongoing projects or habits that no longer serve you.

How to Navigate:

- Engage in Self-Care: Prioritize activities that nurture your body and mind.
 - Declutter and Organize: Simplify your environment to promote clarity.
 - Reflect and Release: Acknowledge and let go of emotional baggage.
-

Mercury Retrograde in Aries (March 15 – April 7)

Description: Mercury begins its retrograde motion in Aries, a period often associated with communication mishaps and delays.

What It Brings:

- Communication Challenges: Increased likelihood of misunderstandings.
- Technological Glitches: Potential issues with electronic devices.
- Travel Disruptions: Possibility of delays or changes in travel plans.

How to Navigate:

- Double-Check Information: Review messages and documents for accuracy.
 - Back Up Data: Ensure important files are securely stored.
 - Be Flexible: Prepare for unexpected changes and adapt accordingly.
-

Sun Enters Aries (March 20)

Description: The Sun moves into Aries, marking the Spring Equinox and the beginning of the astrological new year, symbolizing renewal and new beginnings.

What It Brings:

- Renewed Energy: An invigorating sense of motivation and enthusiasm.
- Initiation of Projects: Favorable time to start new ventures.
- Increased Confidence: Boost in self-assurance and leadership qualities.

How to Navigate:

- Set Clear Goals: Define your objectives for the upcoming year.
 - Take Initiative: Embrace opportunities to lead and innovate.
 - Balance Impulses: Combine enthusiasm with strategic planning.
-

Venus Retrogrades into Pisces (March 27 – April 12)

Description: Venus continues its retrograde journey, moving back into the compassionate sign of Pisces, shifting the focus to emotional depth and spiritual connections.

What It Brings:

- Emotional Reflection: Encourages introspection of feelings and relationships.
- Heightened Sensitivity: Increased empathy and receptivity to others' emotions.
- Creative Inspiration: A surge in artistic and imaginative endeavors.

How to Navigate:

- Engage in Creative Arts: Explore artistic outlets to express emotions.
 - Practice Compassion: Show kindness to yourself and others.
 - Reflect on Boundaries: Assess and establish healthy emotional limits.
-

Partial Solar Eclipse in Aries (March 29, 2025)

Description: A powerful solar eclipse occurs in Aries, marking a significant reset in personal identity, ambitions, and leadership. This eclipse serves as a cosmic green light for bold new beginnings, courage, and self-assertion. It's a time to embrace fresh opportunities, take charge, and realign with your personal mission.

What It Brings:

- Major Life Shifts: Sudden and significant changes in personal or professional paths.
- Courageous New Beginnings: Encouragement to take risks and follow your instincts.
- Heightened Drive & Motivation: An influx of energy that fuels ambition and action.

How to Navigate:

- Set Clear Intentions: Use this potent energy to manifest personal goals.
- Act with Confidence: Trust yourself to take the lead in areas requiring initiative.
- Avoid Impulsiveness: While action is favored, ensure decisions align with long-term success.

This month's celestial events remind us that true progress comes from balancing introspection with inspired movement. Let go of what no longer serves, trust the process, and step forward with confidence. Wishing you a transformative and empowering March—until next time, stay aligned and embrace the journey ahead!