



Secrets of Healing May Newsletter

~Introducing~

SecretsofHealing.net

Welcome to "Secrets of Healing: A Holistic Health Alliance"! Nestled in the heart of Altoona, Pennsylvania, our alliance is rooted in the ethos of the New Age Awakening, embracing the interconnectedness of physical, mental, emotional, and spiritual wellbeing.



At our core, we are a collective force bridging the wisdom of ancient traditions with the innovations of the modern era. Our mission is simple yet profound: to harmonize the new and the old ages, offering comprehensive approaches for overall wellness.

Through our website, we cultivate an environment where holistic practitioners unite, pooling their expertise to empower individuals on their journey towards health and wholeness. We believe that by fostering growth and creative connections, we can inspire transformative change within our community.

Join us in unlocking the secrets of healing and embark on a journey of self-discovery, restoration, and holistic wellbeing.



Embracing Change: Unveiling the Impact of the Latest Energies

We have been overwhelmed with the Energies of Mercury in in Retrograde in April, which is always dreaded because it affects technology, transportation, and communication. This past month the retrograde occurred between the Lunar Eclipse and a total Solar

Eclipse. During this retrograde we may had felt pressured to make quick choices or act impulsively. This really is a time to take a "Now Moment" to reevaluate before you act. Miscommunication is inevitable.

Embracing Change Continued...

Ways to move through Mercury in Retrograde:

- ♈ Aries you may want to reconnect with people you lost touch with. Approach communication kindly to establish a new relationship.
- ♉ Taurus take a break from the limelight and social obligations and recharge your energy.
- ♊ Gemini Take time to dream. You don't have to decide on anything at this time.
- ♋ Cancer Keep your eyes on your intentions, success takes time, and this is a good time to trust in your outcome.
- ♌ Leo Take a break from obsessions Read a book, Watch Movies, take that break so your ideas can propel you forward.
- ♍ Virgo Its alright to feel uncertain at times strive to let your light shine.
- ♎ Libra Not a good time to start new endeavors. During Mercury in Retrograde unforeseen issues may arise, you may find yourself redirected.
- ♏ Scorpio this is a time to focus on your own self-care. Instead of helping others focus on self-healing
- ♐ Sagittarius Past ideas are surfacing, and you may be reimagining them in the future.
- ♑ Capricorn Stick to your decisions and plans to avoid mishaps along the way.
- ♒ Aquarius Do not push yourself to the limit, take a break.
- ♓ Pisces Plan to set aside for unexpected expenses or emergencies.

Secrets of Healing Upcoming Workshops

Please Remember to check out our [Calendar](#) as we Add and Update all month long not only for Secrets of Healing but also by our Community Members.

Below is a list of Secrets of Healing's Upcoming Workshops.



May 19th, 2024 Archangel Michael Workshop

May 25th, Universal Expansion
Psychic/Intuitive Development Workshop 1



This Month's Benevolent Being:

Archangel Raphael

The Archangel of Healing

Archangel Raphael, known as the primary overseer of healing for all living beings on Earth, is a prominent figure among healing angels.

Renowned for his compassionate and potent presence, Raphael is believed to manage the ethereal vitality of individuals while also supporting the Earth as a living entity. His benevolent nature encompasses the mysteries of healing, aiding individuals in harnessing the cosmic forces of restoration for personal well-being or assisting others on their healing journeys. With profound abilities, Raphael can bring about profound healing across the realms of mind, body, and spirit.



He particularly extends his support to those seeking self-healing and empowerment, guiding them to unlock their innate potential for service and well-being. The Green Ray, a potent tool employed by Raphael, manifests as an emerald green healing light, enveloping individuals to nurture both their physical and ethereal energies, fostering rejuvenation and vitality. This radiant energy possesses the transformative quality to dissolve toxic blockages hindering healing, allowing individuals to tap into their natural capacity for self-renewal.

Recognizing Raphael's presence often involves experiencing the sweep of this green light through one's energy field, signaling the purification of toxic energies and emotions, thus facilitating their release into the light. In the journey of self-healing facilitated by Raphael, individuals are empowered to claim their personal agency in their healing process.

Through direct guidance and subtle impulses, Raphael inspires positive action, guiding individuals towards holistic healing of the body, mind, and spirit. While instantaneous and miraculous healings may occur, the usual path involves aligning with Raphael's guidance and taking proactive steps towards healing.

Moreover, Raphael may prompt individuals to adopt new health routines and self-care practices, breaking free from ingrained patterns that inhibit healing and paving the way for a flow of light and vitality. For those in the healing professions, Raphael emerges as a steadfast ally, offering guidance, inspiration, and assistance in overcoming obstacles encountered in their healing work.

Beyond healing, Raphael extends his protective and comforting presence to travelers, offering solace and safeguarding their well-being during journeys.

Inviting Raphael's assistance is a profound and rewarding experience, marked by his unwavering love and willingness to aid. By remaining open to his guidance and releasing expectations, individuals can embrace the diverse ways in which Raphael's healing influence manifests in their lives.

In partnership with Raphael, one can navigate life's challenges with grace and emerge with renewed vitality, guided by the subtle yet unmistakable signs of his presence.