



# Monthly Newsletter

*As spring unfolds, so too does a season of growth, renewal, and possibility. April's energy encourages us to step forward with clarity, release what no longer serves us, and embrace the transformations waiting to bloom!*



## *Beyond Sleep:*

Understanding the Transformative Power of Dreams

We spend at least one-third of our lives sleeping—and much of that time, we are dreaming. Working with our dreams can be both enlightening and deeply healing. Dreams are doorways to archetypal and spiritual realms...

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## *This Month's Benevolent Being:*

Archangel Ariel

Ariel is a divine protector of animals and the environment. She is often called upon by healers, environmentalists, animal lovers, and those who work closely with nature. Many believe that she guides efforts related to...

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## *An Astrological Overview*

Aries and Taurus

April begins with the Sun in Aries, ushering in a period of renewed energy and initiative, characteristic of the astrological new year. This phase encourages bold actions and fresh starts. However, Mercury is retrograde...

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## 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.

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## Online Classes

Stay Tuned for New & Free Upcoming Classes

**The First Free Class is Here!** We'll be offering a mix of paid and free classes designed to support your spiritual growth, healing, and transformation. Whether you're looking to deepen your practice, explore new techniques, or simply reconnect with yourself, there will be something for everyone.

[SEE CLASSES](#)

# Secrets of Healing Upcoming Classes and Workshops

Please remember to check our Calendar as we Add and Update all month long.

[VIEW OUR CALENDAR](#)

*Let the light of Easter remind you that rebirth is always possible, and that even the smallest seed of faith can bloom into something beautiful. Take a moment to pause, to listen, and to hop into the fullness of your being with an open heart and a spirit ready to grow.*

# Beyond Sleep

## Understanding the Transformative Power of Dreams



### Exploring the Power of Dreams

We spend at least one-third of our lives sleeping—and much of that time, we are dreaming. Working with our dreams can be both enlightening and deeply healing.

Dreams are doorways to archetypal and spiritual realms. They offer access to deeper self-awareness and can be powerful tools for problem-solving, learning, and healing. Dream work can inform, inspire, and enhance your connection to your inner Self.

Some dreams reflect our daily lives. They may include familiar people, places, and events from our current or past experiences. These dreams help us process what

has happened—or what might happen—and often relate to conscious or unconscious worries or unresolved issues. In this way, dreams can guide us toward solutions and bring hidden thoughts into awareness.

Our dreams speak in symbols, metaphors, and archetypes. They may carry multiple layers of meaning, offering insight into both our inner world and outer life—from the past, present, and even the future. Dream work helps us uncover these meanings and allows us to gain a greater understanding of ourselves. It's a tool that encourages us to reflect, explore options, and follow signs as we navigate our life path.

### Recurring Dreams and Nightmares

Recurring dreams are the mind's way of demanding our attention. These dreams often share a repeated theme, emotion, or type of character—even if the storyline varies. They continue to show up until the message or lesson is fully received and understood.

Nightmares are another way our inner world gets our attention. These dreams are often intense, emotional, and difficult to forget upon waking. By facing the fear they bring up and exploring their meaning, we can often uncover something important that needs our conscious awareness.

I once had a nightmare where I was sitting on the edge of a couch, terrified, with snakes below me—some of them poisonous. In the dream, I killed three of the snakes, and two remained when I woke up. I sat with the dream, looked up snake symbolism, and realized that snakes can represent life challenges or people who may be harmful. I came to understand that the three snakes I had killed symbolized challenges I had already overcome, and the two remaining represented issues still active in my life. The dream was pointing me toward unfinished business—something I still needed to face and resolve.

## **Spiritual and Archetypal Dreams**

Some dreams come from what we might call the spiritual or outer realms. These may include dreams of loved ones who have passed, out-of-body experiences, or even glimpses of past lives. You may find yourself in a place that feels deeply familiar, as if you've lived there before.

Spiritual dreams can also introduce us to archetypal aspects of ourselves, including shadow parts we try to avoid or traits we unknowingly project onto others. These dreams invite deep reflection and inner work.

## **Lucid Dreaming**

Lucid dreaming occurs when we become aware that we are dreaming. Sometimes we wake up and then return to sleep, re-entering the same dream. In a lucid dream, we may even be able to redirect the storyline, guiding it toward a more empowering or positive outcome.

## **How to Work with Your Dreams**

To receive deeper messages from your dreams, take time to relax and reflect after waking. Journaling is a helpful practice—try automatic writing in a dream journal to capture images, symbols, emotions, and meanings. Ask yourself:

- What symbols appeared in the dream?
- What emotions or sensations were present?
- What message is the dream offering?
- How does this dream connect to my daily life?
- What is the dream asking me to understand or act on?

Dream work is a powerful process for self-discovery and personal growth. With practice, your dreams can become allies on your journey of healing, learning, and transformation.

**Sleep well—and sweet dreams.**

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# Archangel Ariel

## Guardian of Nature and Animals

Archangel Ariel's name means "Lioness of God", and she is known as the archangel who oversees nature, animals, the elements, and the natural world. Often associated with the strength, courage, and fierce compassion of a lioness, Ariel is believed to be a powerful guardian of the Earth and all its creatures.

Ariel is a divine protector of animals and the environment. She is often called upon by healers, environmentalists, animal lovers, and those who work closely with nature. Many believe that she guides efforts related to environmental conservation, animal healing, and restoring balance to ecosystems. Her energy is nurturing yet strong, embodying both divine grace and a fierce guardianship of the natural world.



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](#).

Ariel also works with elemental forces—earth, air, fire, and water—and is sometimes considered a bridge between the angelic realm and the fae or elemental spirits. Those who work with nature spirits or practice Earth-based spirituality often feel a deep connection to her.

In addition to her guardianship of the planet, Ariel is associated with manifestation and abundance. She assists in aligning with divine prosperity, especially when one's goals are in harmony with the Earth and greater good. Many people call upon her for support with manifesting resources, courage, and confidence—particularly when stepping into their life purpose.

### Historical and Mystical Background

Ariel's presence isn't heavily documented in traditional religious texts, but she appears in mystical Judaic texts such as the Kabbalah and various apocryphal writings. Her name is sometimes referenced in texts like the Book of Enoch, though her role is often subtle and symbolic.

Over time, Ariel has become more widely recognized in New Age and metaphysical circles as a powerful feminine archangel—though some see her as genderless, like most angelic beings. She is typically envisioned with a deep connection to nature, sometimes depicted walking alongside wild animals, or standing at the edge of a forest or ocean, surrounded by elemental energies.

### Symbols and Appearance

Ariel's energy is often felt as grounding, protective, and wise. People who connect with her may experience:

- A heightened awareness of animals or nature
- A desire to protect the Earth
- Unexpected signs from wildlife or nature spirits
- Inner strength and bravery to face life's challenges

She may appear in meditations or dreams as a figure with **golden or green light**, accompanied by lions, birds, or other wild creatures. Her aura may be described as earthy, golden, or emerald-green.

### **Working with Archangel Ariel**

You might call upon Archangel Ariel when:

- You want to deepen your connection with nature or animals
- You're doing Earth healing or environmental work
- You're manifesting abundance aligned with your purpose
- You need courage to face a difficult challenge
- You're looking to ground your spiritual practices

### **Invocation Example:**

"Archangel Ariel, Lioness of God, I invite your presence. Help me connect with the Earth, protect all living beings, and walk my path with courage and grace. Guide me as I honor nature and live in harmony with all life. Thank you for your strength and wisdom."

### **What Archangel Ariel Brings**

**Healing for Nature and the Earth** - Ariel brings restorative energy to the natural world. She supports Earth healing, environmental restoration, and animal well-being. Her presence encourages us to care for the planet and live in harmony with all living beings.

**Protection for Animals and Wildlife** - She safeguards wild animals, pets, and all forms of life. If you're concerned about an animal or involved in rescue or advocacy, Ariel brings divine support and guidance.

**Courage, Strength, and Confidence** - Ariel brings the inner strength of a lioness—helping you face fears, take bold steps, and stand in your power. She inspires bravery, self-trust, and grounded confidence, especially when stepping into your soul's calling.

**Abundance and Manifestation** - Ariel helps manifest material and spiritual abundance when your intentions are aligned with your higher purpose. She brings opportunities, resources, and support for prosperity that flows in harmony with nature and divine will.

**Connection to Elemental Energy** - She opens the door to the elemental kingdom—earth, air, fire, and water—guiding you in working with natural forces and spiritual realms. Many sense her presence outdoors or during rituals honoring nature spirits.

**Peace and Grounding** - Ariel's energy is calming, nurturing, and grounding. She helps balance the mind, body, and spirit—especially during times of stress or when you feel disconnected from nature or your own inner rhythm.

## **Eden's Awakening**

### **A Story of Archangel Ariel and a Teen's Journey Back to Herself**



At 16, Eden felt like she didn't belong anywhere.

School was overwhelming, her phone constantly buzzed with drama, and no one seemed to really get her—not her classmates, not even her parents. She often felt like she was holding her breath in a world that never stopped moving. The only time she felt a flicker of peace was when she was outside—alone, walking through the woods behind her grandmother's house.

Her grandmother, who had passed away the year before, used to tell her stories about angels, especially one she called "Ariel—the guardian of the Earth." Eden

had half-listened back then, distracted by homework and social media. But now... she longed for that sense of quiet magic again.

One gray afternoon after a rough day at school, Eden threw her backpack in the corner, pulled on her hoodie, and headed out to the woods. It had just rained, and the smell of wet earth and pine was comforting. She sat on a mossy rock and whispered, more to the wind than anything else:

"I don't know what I'm doing. I just want to feel something real. If anyone's out there... help me."

The wind shifted slightly. A gentle breeze brushed against her cheek like a kiss. Then, something strange happened. A soft rustling behind her made her turn—there, standing a few feet away, was a small, young deer. It didn't run. It just stared at her, calm and curious.

Eden's breath caught. In that moment, everything went silent. The deer blinked slowly, then turned and walked away, pausing to glance back at her as if inviting her to follow.

Without fully knowing why, she did.

The deer led her deeper into the woods, to a clearing she'd never seen before. The sun broke through the clouds, casting golden light through the trees. And in that moment, she felt her—a warm, glowing presence standing beside her. Eden couldn't see her clearly, but she felt her energy: strong, protective, peaceful.

Then came a voice—not loud, but deep in her heart.

"You are never alone, little one. I am Ariel. Nature is your sanctuary. The animals are your guides. Let them remind you who you are."

Eden closed her eyes as tears welled up. For the first time in months, she felt seen. Understood. Loved.

Over the weeks that followed, Eden returned to that spot again and again. She started drawing animals and writing about her experiences. She even volunteered at a local animal rescue center, where she bonded with a scared, scruffy dog named Leo. As she helped him heal, she realized she was healing too.

Whenever she doubted herself, she'd find a feather on her path or catch a deer watching her from a distance. These quiet signs reminded her that Ariel was always near, guiding her gently back to her truth.

Now, Eden knows her sensitivity isn't a weakness—it's her gift. And when the world feels too loud, she returns to the forest, where the Earth speaks, the animals listen, and Ariel walks beside her.

### **Moral of the Story:**

Even in the most confusing seasons of youth, nature has the power to ground us, animals help us open our hearts, and angels like Ariel remind us of our inner strength and beauty. Sometimes, all it takes is a whisper and a walk in the woods.

### **Final Reflection**

Archangel Ariel is the gentle yet fierce guardian of nature, animals, and the Earth's sacred rhythms. Her presence reminds us to slow down, breathe deeply, and reconnect with the natural world that holds so much wisdom. She speaks through the whisper of wind in the trees, the eyes of an animal in need, and the quiet pull to return to the wild spaces within and around us.

When we walk with Ariel, we remember our strength, rediscover our compassion, and awaken our purpose—not by force, but through harmony with all of life.

Let her guide you with courage, ground you with love, and awaken your soul through the healing power of nature.

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# Current Events in Aries and Taurus

## An Astrological Overview

April begins with the Sun in Aries, ushering in a period of renewed energy and initiative, characteristic of the astrological new year. This phase encourages bold actions and fresh starts. However, Mercury is retrograde from March 15 to April 7, transitioning from Aries back into Pisces on March 29. During this retrograde, it's advisable to exercise caution in communication and decision-making, as misunderstandings and delays are more likely.



Mid-month, a Full Moon in Libra occurs on April 12, emphasizing balance, relationships, and harmony. This lunation offers an opportunity to reflect on partnerships and seek equilibrium in various aspects of life. Following this, the Sun moves into Taurus on April 19, shifting the collective focus towards stability, practicality, and the appreciation of sensory pleasures. Taurus season encourages grounding and consolidation of the initiatives sparked during Aries season.

Notably, the Lyrid meteor shower peaks on the night of April 21-22, providing a celestial display for skywatchers. While the Moon will be only slightly illuminated, it should not interfere much with the visibility of the meteors. Additionally, Mercury reaches its greatest western elongation on April 21, making it an optimal time to observe the planet in the early morning sky. These events add a touch of wonder to the month's astrological landscape, inviting both introspection and appreciation of the cosmos.

Overall, April 2025 presents a dynamic blend of energies, from the assertiveness of Aries to the steadiness of Taurus, all underpinned by significant celestial events that encourage both action and reflection.

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](#).

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### Themes for All Zodiac Signs

#### ♈ Aries – Awakening & Reinvention

This is your season to shine—though with Mercury retrograde in your sign early in the month, you're being called to reflect before launching forward. Use the first half of April to revise your goals and clear confusion. After Mercury goes direct on April 7, momentum returns. The Libra Full Moon on April 12 highlights your relationships—are they balanced or burning you out?

#### ♉ Taurus – Recharging & Realignment

You're wrapping up a personal cycle and preparing for your season of growth. Take the first few weeks to rest, reflect, and release. When the Sun enters Taurus on April 19, energy picks up and you're ready to step into a fresh, empowered chapter. Financial themes and self-worth come into focus—plant seeds that reflect your true values.

### **Gemini – Reconnection & Soul Circles**

Friendships, collaborations, and your wider community are key this month. Mercury retrograde may stir up misunderstandings with friends, but it's also a good time to reconnect with people from the past. The Libra Full Moon could illuminate creative or romantic dynamics. Focus on aligning with people who energize and inspire you.

### **Cancer – Public Life & Personal Purpose**

April shines a light on your goals, reputation, and long-term vision. You may be rethinking your career path or public image. Use early April to review professional choices, especially if they no longer reflect your deeper calling. The Full Moon invites you to balance home life with public responsibilities. By mid-to-late April, clarity returns and progress follows.

### **Leo – Expansion & Self-Discovery**

The Aries Sun lights up your desire to grow, travel, or dive into a new spiritual or educational path. Mercury retrograde may have you second-guessing a belief or plan—take your time before committing. The Libra Full Moon offers an aha moment about how you communicate or express your truth. A more grounded outlook arrives when the Sun enters Taurus on April 19.

### **Virgo – Depth & Transformation**

April stirs the deeper waters—emotions, intimacy, and shared resources. Mercury retrograde may bring financial matters or past emotional dynamics back into view. The Full Moon in Libra on April 12 highlights where you need balance around giving and receiving. By late April, grounding energy returns, and you feel more centered in your values and decisions.

### **Libra – Relationships & Clarity**

With the Sun in your opposite sign of Aries, your partnerships are in the spotlight. Whether romantic, business, or friendship-based, expect insights and turning points. Mercury retrograde may stir misunderstandings or bring someone from your past back around. The Full Moon in your sign on April 12 is your time to reflect on your needs and reclaim your center.

### **Scorpio – Healing & Daily Flow**

This month invites you to reflect on your daily routines, health, and work habits. Mercury retrograde may cause delays or schedule changes, but it's a great time to reassess your priorities. The Full Moon in Libra activates your subconscious—listen to your dreams and inner voice. When Taurus season begins, partnership dynamics come into sharper focus.

### **Sagittarius – Creative Sparks & Joyful Recalibration**

You're feeling the pull toward fun, creativity, and expression—but Mercury retrograde could bring an old hobby, lover, or creative project back into focus. The Libra Full Moon could shift your friendship dynamics or reveal who's truly in your corner. After April 19, the focus turns to getting grounded, organized, and aligned with healthy habits.

### **Capricorn – Roots, Home & Realignment**

The Aries Sun lights up your home and family zone, calling for emotional honesty and reflection. Mercury retrograde may bring family matters or living situations back up for review. The Libra Full Moon highlights your professional life—how are you balancing your inner world with outer responsibilities? By late April, you're ready to take action on more joyful and creative pursuits.

## ♊ Aquarius – Communication & Inner Truth

This month opens a gateway for important conversations—but with Mercury retrograde, you'll want to double-check details and revisit past topics. Sibling or neighbor relationships may resurface. The Libra Full Moon activates your higher mind and asks: are your beliefs still aligned with who you're becoming? Grounding energy arrives when Taurus season highlights home and comfort.

## ♓ Pisces – Money, Worth & Clarity

April brings focus to your finances, self-worth, and personal resources. Mercury retrograde might bring up past spending habits or old money matters—but it's a good time to reflect and reset. The Libra Full Moon on April 12 reveals deeper emotional ties and what you truly value. By Taurus season, you're ready to communicate your needs more confidently.

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## Planetary Movements in Capricorn and Aquarius

### Sun in Aries (March 20 – April 19)

**Description:** The Sun travels through Aries, the first sign of the zodiac, marking a time of action, confidence, and fresh starts. This is a fiery, energizing period that encourages bold decisions and self-leadership.

#### What It Brings:

- **New Beginnings:** A prime time to launch projects, set personal goals, and take initiative.
- **Increased Vitality:** A boost in energy and motivation, especially for physical activity and creative pursuits.
- **Assertive Communication:** A direct, no-nonsense approach to expressing thoughts and desires.

#### How to Navigate:

- **Take Inspired Action:** Move forward on ideas that have been brewing, but avoid impulsiveness.
  - **Be Mindful of Conflict:** Aries can be fiery—stay conscious of tone and temper in conversations.
  - **Tune into Passion:** Follow your instincts and pursue what excites you most.
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### Neptune Enters Aries (March 30 – Ongoing)

**Description:** Neptune begins its long transit through Aries, a rare and generational shift (lasting into the 2030s). It brings together Aries' boldness with Neptune's dreamy, spiritual energy.

#### What It Brings:

- **Visionary Energy:** Inspired leadership and idealistic action become themes for both individuals and society.
- **Blurred Boundaries:** The urge to charge ahead might be challenged by confusion, disillusionment, or false ideals.
- **Spiritual Warrior Archetype:** A desire to fight for compassion, healing, or creative causes may rise.

#### How to Navigate:

- **Ground Your Dreams:** Take time to separate fantasy from reality before making major decisions.
  - **Channel Energy into Purpose:** Focus on spiritually fulfilling or humanitarian goals.
  - **Stay Clear-Minded:** Use grounding practices to maintain clarity during emotional or mental fog.
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### Venus in Aries (Direct: March 27 – April 20)

**Description:** After its retrograde phase, Venus moves direct in Aries on March 27. This transit reignites passion, desire, and bold expressions of affection.

**What It Brings:**

- **Fiery Passion:** A surge in romantic energy, flirtation, and confident love gestures.
- **Courage in Love:** People may feel more empowered to pursue their desires and speak from the heart.
- **Independent Values:** Strong emphasis on personal worth and autonomy in relationships.

**How to Navigate:**

- **Embrace Confidence:** Be bold but respectful in expressing your needs and affections.
- **Don't Rush Commitments:** Let emotional intensity settle before making long-term decisions.
- **Celebrate Individuality:** Allow space in relationships for self-expression and independence.

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**Pluto in Capricorn (Until November 2025)**

**Description:** Pluto continues its slow transformation in the sign of Capricorn, deeply reshaping structures related to authority, power, and legacy. This is the final stretch of Pluto's journey through Capricorn before it re-enters Aquarius for good.

**What It Brings:**

- **Structural Breakdown:** Systems—personal or societal—that no longer serve may come under pressure.
- **Power Reclamation:** Opportunities to take back control in areas where you've felt limited or manipulated.
- **Legacy Focus:** Deep questions around long-term goals, leadership, and what you're building for the future.

**How to Navigate:**

- **Let Go of Control:** Allow outdated ambitions or power dynamics to fall away naturally.
- **Embrace Inner Authority:** Reclaim your ability to define success on your own terms.
- **Reflect on Long-Term Goals:** Reevaluate the structures and responsibilities you're committed to.

April 2025 is a month of fiery awakenings and grounded transitions, where bold Aries energy urges us to take charge of our lives, while the shift into Taurus invites us to root those intentions in lasting value. With Neptune's entrance into Aries and Venus going direct, we're called to align passion with purpose, dream with direction, and love with courage. The lingering effects of Mercury retrograde and Pluto's continued transformation in Capricorn remind us that clarity and power come through patience, reflection, and intentional change. Trust the timing, move with mindful action, and let this month's cosmic rhythm guide you forward.

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