April 2026

Monthly Newsletter

April invites us into a powerful shift of renewal and grounding, where bold new beginnings meet steady growth and the courage to move forward with purpose.

Held in Divine Guidance

Guided Through Change, Supported by Signs from Above

I keep seeing angel number 555 everywhere lately, and honestly, it's been showing up during one of the biggest transition periods of my life.…

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This Month's Benevolent Being

Archangel Nuriel

Archangel Nuriel is known in mystical traditions as the "Fire of God," a radiant being who embodies divine light expressed through warmth, strength, and illumination…

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An Astrological Overview

Aries and Taurus

April begins under the influence of **Aries**, a bold and fiery energy that sparks motivation, courage, and the desire to take action. Aries season is about stepping into your power, initiating change…

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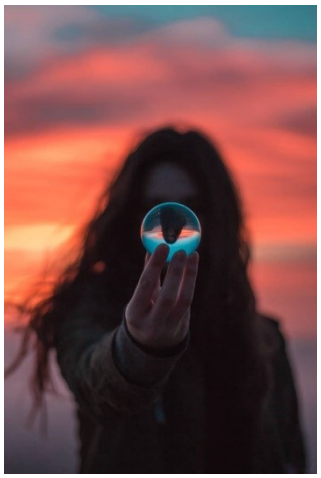

Secrets of Healing Blog

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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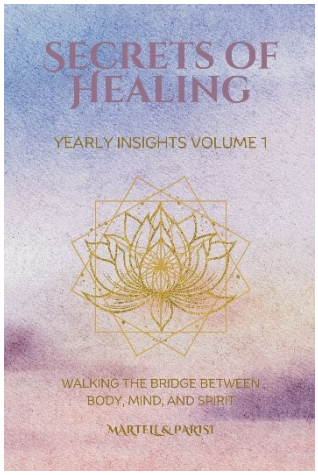


Our Book

Secrets Of Healing Yearly Insights Vol 1

A beautiful collection of monthly reflections, astrology, spiritual guidance, and holistic wisdom gathered throughout the year. Each page invites you to explore healing through body, mind, and spirit.

Order your copy now on Amazon or on Barnes and Noble and begin your journey of self-discovery and transformation! Also check with Teri if we have ay in stock and on hand.

Secrets of Healing
Upcoming Classes and Workshops

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

VIEW OUR CALENDAR

Listen to Our Conversations on Across the Table:

We're excited to share that we joined **James Finochio** on the *Across the Table* podcast for two insightful conversations exploring healing, hypnosis, and the deeper workings of the mind.

These episodes offer a chance to go beyond surface-level discussions and dive into the powerful ways our thoughts, beliefs, and subconscious patterns shape our lives.

In **Episode 3:** ***Exploring the Depths of Healing***, Teri and I discuss our personal journeys into healing work, the spiritual and energetic dimensions of transformation, and how people can begin reconnecting with their own inner wisdom.

Later, in **Episode 22:** ***Hypnosis, the Subconscious Mind, and Rewiring Beliefs***, Teri returns to explore the fascinating world of hypnosis and how working with the subconscious mind can help release limiting beliefs and create lasting change.

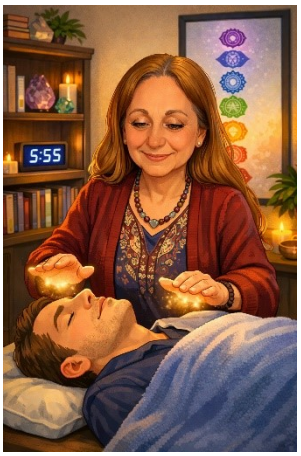
If you're curious about healing, consciousness, or the power of the subconscious mind, these conversations offer both inspiration and practical insight.

🎧 **Click and Listen to the episodes here:**

Spotify | Apple Podcasts | YouTube | Buzzsprout | Podcast Collective | Podcast Addict | Amazon Music | Castbox | rephonic

Thank you for reading and for being part of this journey of healing and self-discovery. Your presence in this community truly means more than you know.

Held in Divine Guidance
Guided Through Change, Supported by Signs from Above
By Teri Martell



I keep seeing angel number 555 everywhere lately, and honestly, it's been showing up during one of the biggest transition periods of my life.

Right now, I'm moving into a new office, going back to my aunt's to help take care of her, and also helping my granddaughter get settled into her new apartment. It feels like everything is shifting all at once, and at times, it's been overwhelming and a little scary.

Angel number 555 is all about change, transformation, and major life shifts. It's basically a sign that things are moving and evolving, even if it feels uncertain or uncomfortable in the moment. Wow, does this not make sense for me right now?

It feels like a reminder that even though everything seems up in the air, I'm not off track. I'm actually being guided through this next chapter.

I'll be honest, there are moments where I feel fearful of what's coming next, because there's a lot of unknown right now. But seeing 555 keeps bringing me back to the idea that this isn't happening to me… it's happening for me.

It's helping me trust that these changes are leading me somewhere I'm meant to go, even if I can't fully see it yet.

So I'm trying to take it one step at a time, stay grounded, and remind myself that growth doesn't always feel comfortable… but it is necessary.

And in some way, seeing 555 feels like reassurance that I'm supported through all of this, even in the moments where I don't feel fully steady.

Angel numbers don't always show up loudly.

They appear in everyday moments, on receipts, license plates, clocks, phone numbers, gently catching your attention when you need it most.

Each number carries its own unique vibration and message. When they repeat, that energy becomes stronger and more intentional.

Here are a few common ones and what they often represent:

111 – Alignment & New Beginnings
A reminder that your thoughts are powerful. Stay focused on what you *do* want to create.

222 – Balance & Trust
You are being guided to trust the process. Things are unfolding behind the scenes.

333 – Support & Divine Presence
A sign that you are not alone. Your guides, angels, or higher support are near.

444 – Protection & Stability
You are being supported and protected. Keep going, even if things feel heavy.

555 – Change & Transformation
Major shifts are happening. You are being moved into a new phase of your life.

666 – Realignment
A gentle nudge to bring your focus back into balance—mind, body, and spirit.

777 – Spiritual Growth & Inner Wisdom
You are on a deeper spiritual path. Trust your intuition and inner knowing.

888 – Abundance & Flow
Energy of financial, emotional, or spiritual abundance is opening up.

999 – Completion & Letting Go
A cycle is ending. Release what no longer serves to make space for what's next.

Angel numbers often appear when:
- You're going through change or uncertainty
- You need reassurance or confirmation
- You're being guided to grow or shift direction
- Your awareness is expanding spiritually

They are not meant to create fear…
They are meant to **bring comfort, clarity, and connection.**

Instead of overthinking them, try this:
- Pause when you see one
- Notice what you were thinking or feeling in that moment
- Ask yourself: *What is this guiding me toward?*

Angel numbers are less about memorizing meanings and more about **building your own intuitive relationship with them.**

A Personal Invitation

Throughout this year, I will be offering **workshops and classes focused on angel numbers**, helping you: Understand their deeper meanings, Connect them to your personal journey, Learn how to work with these messages intuitively, Apply them in real, everyday life.

If you feel drawn to this, I invite you to explore further and deepen your connection.

Check my calendar for upcoming classes and events

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Archangel Nuriel

Fire of God

Archangel Nuriel is known in mystical traditions as the **"Fire of God,"** a radiant being who embodies divine light expressed through warmth, strength, and illumination. Unlike fire that destroys, Nuriel's energy is **refining and stabilizing**, helping to burn away illusion while preserving what is true and essential within you.

Nuriel is deeply connected to the **emotional body**, guiding individuals through intense feelings with steadiness and clarity. His presence is often felt during times when emotions rise to the surface, not to overwhelm you, but to be acknowledged, understood, and transformed. He teaches that emotions are sacred messengers, not obstacles.

There is a grounded, wise quality to Nuriel's energy. He does not rush or force change. Instead, he supports a **slow, conscious unfolding**, helping you reconnect with your inner strength and the quiet flame that lives within your heart.

What Archangel Nuriel Represents & Teaches

Archangel Nuriel represents the **sacred fire within**, the part of you that remains steady even during emotional storms. His energy teaches you how to move through life with resilience, awareness, and emotional balance.

Through his guidance, you may begin to understand that:

- Emotions are not meant to control you, but to **inform and guide you**
- True strength comes from **feeling deeply without becoming consumed**
- Transformation does not require force, but **gentle awareness and presence**
- Your inner light cannot be extinguished, even in your darkest moments

Nuriel helps you develop **emotional mastery**, encouraging you to sit with what arises, rather than suppress or avoid it. In doing so, you gain clarity, strength, and a deeper connection to your truth.

Signs of Archangel Nuriel's Presence

Nuriel's energy is subtle, warm, and grounding. You may notice his presence through:

- A gentle sense of warmth in the heart or chest area
- Feeling calm and supported during emotional release
- A sudden clarity about your feelings or a situation
- Being drawn to light, candles, or the warmth of the sun
- Moments where you feel **steady and centered**, even in stress

His presence often arrives when you are ready to **face something honestly**, but in a way that feels safe and supported.

Colors & Symbols Associated with Nuriel

Archangel Nuriel is connected to warm, grounding, and illuminating tones:

- **Deep gold** – inner wisdom and divine light
- **Soft red or ember tones** – emotional strength and life force
- **Amber or warm orange** – transformation and gentle activation

Symbols associated with Nuriel include:

- 🔥 A **gentle flame or candle** (inner light and transformation)
- 🌞 **Sunlight** (clarity, warmth, life force energy)
- ♡ The **heart center** (emotional awareness and healing)
- ▲ Subtle fire or light imagery (refinement and purification)

These symbols reflect his role as a guide who helps you **transform without destruction**.

How to Work with Archangel Nuriel

Working with Nuriel is about **slowing down, tuning in, and allowing** rather than forcing change.

1. Sit with Your Inner Flame
Place your hand over your heart and imagine a small, steady flame glowing within you. With each breath, allow it to grow warmer and brighter. This is your inner light, supported and protected by Nuriel.

2. Allow Emotions to Move Through You
Instead of pushing feelings away, acknowledge them. You can say:
"I allow this feeling to move through me with clarity and strength."
Invite Nuriel to help you **understand what the emotion is teaching you**.

3. Use Candle or Light Meditation
Light a candle and focus on the flame. Let it represent transformation, not destruction. As you watch it, set the intention to release what no longer serves you and invite in clarity.

4. Call on Nuriel Directly
You can speak simply and from the heart:
"Archangel Nuriel, guide me back to my inner strength. Help me understand my emotions and move through them with grace."

5. Ground the Energy into Your Body
Spend time in sunlight, practice gentle breathwork, or place awareness in your heart and solar plexus. Nuriel's energy becomes stronger when you are **present in your body and aware of your breath**.

A Message from Archangel Nuriel

Loved one,

"You are not too much. Your emotions are not a burden. They are messages, guiding you back to yourself. Let them move through you, not define you. Within you is a flame that cannot be extinguished.
Return to it, and you will remember your strength."

— **Archangel Nuriel**

The Flame That Didn't Go Out

—Guided by the Flame Within —

It was one of those mornings where everything already felt too heavy before the day even began.

Melissa stood in her kitchen, staring at her coffee as it went cold. Her phone buzzed again… another message she didn't have the energy to answer. Work deadlines. Bills. Her son struggling at school. And underneath it all, something she couldn't quite name… just a constant pressure in her chest.

"I can't keep doing this," she whispered, more to herself than anyone else.

She had always been the strong one. The one people leaned on. The one who figured things out. But lately, even breathing felt like work.

That night, after everyone else had gone to bed, she sat alone on the couch with only the soft glow of a lamp lighting the room. The silence felt louder than the chaos.

Without thinking, she reached for a candle she hadn't touched in years.

She lit it.

At first, it was just a flame… small, flickering, ordinary. But as she stared at it, something shifted. Not outside of her, but within.

The tightness in her chest didn't disappear, but it softened… just enough.

And then, without hearing a voice exactly, she *felt* something.

A presence.

Warm. Steady. Calm.

Not overwhelming. Not intrusive. Just… there.

Her breath slowed.

Tears began to fall, but they weren't the frantic, suffocating kind. They moved through her gently, like something that had been waiting to be released.

In that quiet moment, she felt it clearly:

You don't have to hold everything all at once.

The thought didn't feel like her usual inner voice. It felt deeper. Wiser. Steady.

The flame in front of her seemed to glow just a little brighter.

Melissa placed her hand over her heart without even realizing she was doing it.

"I don't know how to fix any of this," she whispered.

And again, that presence… calm, unwavering:

You are not here to fix everything. You are here to move through it… one breath at a time.

The pressure in her chest loosened just a little more.

For the first time in weeks, she didn't feel like she was drowning in her emotions. They were still there… but they weren't controlling her.

They were moving.

The next morning, nothing about her life had magically changed. The bills were still there. The responsibilities hadn't disappeared.

But something inside her was different.

When stress rose, she paused.

She put her hand on her heart.

Took one breath.

Then another.

That night, she lit the candle again.

And again, that same warmth returned.

Not dramatic. Not overwhelming.

Just steady.

Like a quiet fire that refused to go out.

Over time, she began to understand what had happened.

It wasn't that something had come to save her.

It was that something had come to remind her:

The strength she was searching for had been within her all along.

Reflection

Archangel Nuriel doesn't always arrive with signs or spectacle.

Sometimes, his presence is the moment you pause instead of react.
The breath you take before everything spills over.
The quiet strength that rises when you thought you had nothing left.

He doesn't take your emotions away.

He teaches you how to **stand within them… without losing yourself**.

And in doing so, he reveals something powerful:

The flame within you was never meant to burn you out
…only to light your way

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Current Events in Aries & Taurus

April begins under the influence of **Aries**, a bold and fiery energy that sparks motivation, courage, and the desire to take action. Aries season is about stepping into your power, initiating change, and trusting your instincts. You may feel a push to start something new, speak your truth, or break free from anything that has been holding you back.

However, Aries energy can also feel intense or impulsive. Emotions may rise quickly, reactions may come faster than usual, and there can be a sense of urgency that feels both exciting and overwhelming. This is the fire that ignites movement, but if not grounded, it can lead to burnout or conflict.

As the month progresses, the energy shifts into **Taurus**, bringing a noticeable slowing and softening. Taurus invites you to come back into your body, your breath, and your physical world. After the spark of Aries, Taurus asks: *What are you going to build from this?*

This is where stability, comfort, and long-term security come into focus. Taurus energy encourages you to nurture what you've started, create consistency, and find peace in the present moment. It's about grounding your ideas into something real and sustainable.

The transition between these two energies is where the real growth happens.

You are being guided to move from:

- **Impulsive action → Intentional creation**
- **Emotional reactivity → Emotional steadiness**
- **Starting → Sustaining**

This month may highlight where you've been pushing too hard… and where you may need to slow down and trust the process. It's not about stopping your momentum, but about **anchoring it into something meaningful**.

There is also a strong focus on your **relationship with security**, both emotionally and physically. Taurus asks you to examine what truly makes you feel safe, supported, and at peace—not just externally, but within yourself.

"Ignite the flame… then ground it into something lasting."

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

What It Brings:
April activates your sense of identity, confidence, and personal direction. You may feel a strong push to initiate change or step forward in a new way.

How to Navigate:
Channel your energy with intention. Move forward, but pause before reacting. Let your actions be guided by clarity, not urgency.

♉ Taurus

What It Brings:
As the Sun moves into your sign, a sense of grounding, renewal, and personal stability begins to take shape. You may feel called to focus on comfort, security, and self-worth.

How to Navigate:
Slow down and reconnect with your body and surroundings. Build steady routines that support long-term growth.

♊ Gemini

What It Brings:
A quieter, more reflective energy surrounds you, bringing subconscious insights and emotional processing. You may feel the need to step back and recharge.

How to Navigate:
Honor rest and solitude. Pay attention to inner thoughts and intuitive nudges rather than external noise.

♋ Cancer

What It Brings:
Connections, friendships, and future goals come into focus. You may feel inspired by others or drawn toward collaborative opportunities.

How to Navigate:
Surround yourself with supportive energy. Share your ideas, but stay aligned with what truly resonates with you.

♌ Leo

What It Brings:
Career, purpose, and public recognition become highlighted. You may feel motivated to step into leadership or redefine your long-term direction.

How to Navigate:
Take confident steps forward, but remain grounded. Success builds through consistency, not pressure.

♍ Virgo

What It Brings:
Expansion, learning, and new perspectives emerge. You may feel drawn to explore different beliefs, teachings, or opportunities for growth.

How to Navigate:
Stay open and curious. Allow yourself to move beyond routine and embrace new ways of thinking.

♎ Libra

What It Brings:
Deeper emotional themes surface, especially around trust, shared resources, and vulnerability. Transformation is quietly unfolding beneath the surface.

How to Navigate:
Lean into honesty and emotional awareness. Release what feels heavy and allow space for renewal.

♏ Scorpio

What It Brings:
Relationships and partnerships take center stage, bringing clarity around balance, commitment, and mutual support.

How to Navigate:
Communicate openly and honestly. Focus on building connections that feel stable and reciprocal.

♐ Sagittarius

What It Brings:
Daily routines, responsibilities, and wellness come into focus. You may feel called to reorganize or improve your habits.

How to Navigate:
Create structure that feels supportive, not restrictive. Small, consistent changes lead to lasting results.

♑ Capricorn

What It Brings:
Creativity, joy, and self-expression increase, encouraging you to reconnect with what brings you happiness and fulfillment.

How to Navigate:
Allow yourself to enjoy the moment. Make space for creativity without overthinking the outcome.

♒ Aquarius

What It Brings:
Home, family, and emotional foundations become important themes. You may feel drawn inward to create a sense of comfort and stability.

How to Navigate:
Focus on what makes you feel safe and supported. Strengthen your inner foundation before expanding outward.

♓ Pisces

What It Brings:
Communication, learning, and mental clarity increase. Conversations and new ideas may flow more easily.

How to Navigate:
Express yourself openly and trust your voice. Stay grounded while sharing your thoughts and insights.

Key Planetary Movements – April 2026

April 1 – Mercury Retrograde ends (in Pisces)

Theme: Clarity returns and forward movement resumes
Brief: Mental fog begins to lift as Mercury stations direct. Communication improves, decisions feel clearer, and plans that were delayed can now move forward with greater confidence.

April 6 – Venus enters Aries

Theme: Passion and bold expression in relationships
Brief: Love and connection take on a more direct and expressive tone. There is a desire for excitement, honesty, and independence within relationships, though impulsiveness may need to be balanced.

April 12 – Full Moon in Libra

Theme: Balance, relationships, and emotional clarity
Brief: This Full Moon highlights partnerships and the need for harmony. Relationship dynamics come into focus, offering clarity around where balance, fairness, or adjustment is needed.

April 19 – Sun enters Taurus

Theme: Grounding, stability, and embodiment
Brief: Energy shifts from fast-moving Aries into steady Taurus. Focus turns toward building security, nurturing resources, and creating a sense of calm and consistency in daily life.

April 20 – Mars enters Cancer

Theme: Emotional action and protective instincts
Brief: Motivation becomes more emotionally driven. There may be a stronger focus on home, family, and personal security, though sensitivity and reactivity may also increase.

April 27 – New Moon in Taurus

Theme: Stability, abundance, and long-term growth
Brief: This New Moon supports setting intentions around finances, self-worth, and physical well-being. It's a powerful time to plant seeds that will grow slowly but steadily over time.

April (All Month) – Jupiter in Gemini Influence

Theme: Expansion through communication and learning
Brief: Opportunities for growth come through conversations, ideas, and shared knowledge. Curiosity leads the way, encouraging adaptability and openness to new perspectives.

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