



# Monthly Newsletter

*"Trust and take courage to move forward, knowing that you are not alone and dearly loved for your braveness in doing an earthly journey"*



## The 5 Senses vs the 6<sup>th</sup> Sense

### Beyond Perception: Comparing the Five Physical Senses with the Mysterious Sixth Sense

While the traditional five senses rely on specific physical receptors and neural pathways to process environmental stimuli, the sixth sense encompasses a broader range of experiences that are not as clearly understood or scientifically explained. The sixth sense is also known as the "Clairs".

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## This Month's Benevolent Being:

### Archangel Michael

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## An Astrological Overview

Astrology enthusiasts are always keen to understand how planetary movements affect different zodiac signs. As we navigate through 2024, let's explore the current astrological events impacting Gemini and what they mean for those born under this versatile and intellectual sign.

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## Secrets of Healing Upcoming Classes & 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.

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*"As we embrace the warmth and energy of summer, we're excited to share the latest updates, insights, and happenings with you. We appreciate your continued support and look forward to keeping you informed in the months ahead. Stay cool and enjoy the season!"*

# The 5 Senses vs The 6th Sense

## Beyond Perception: Comparing the Five Physical Senses with the Mysterious Sixth Sense



By using our senses all the time, we learn more about the world around us, get better at thinking and moving, and make important connections with others. This helps us grow and develop in many ways.

Our five senses—sight, hearing, smell, taste, and touch—play a crucial role in learning and growth from infancy through adulthood.

While the traditional five senses rely on specific physical receptors and neural pathways to process environmental stimuli, the sixth sense encompasses a broader range of experiences that are not as clearly understood or scientifically explained. The sixth sense is also known as the “Clairs”.

The concept of a "sixth sense" often refers to a form of perception beyond the traditional five senses. This can encompass various phenomena, but the most common interpretations include:

- **Extrasensory Perception (ESP):** This includes abilities such as telepathy (mind-to-mind communication), clairvoyance (seeing events happening at a distance), and precognition (predicting future events). These abilities are considered paranormal and not scientifically validated.
- **Proprioception:** The sense of the relative position of one's own body parts and strength of effort being employed in movement. This is often called the "body sense" and is crucial for coordination and balance.
- **Intuition:** A type of immediate understanding or knowing without the use of rational processes. Intuition is often described as a gut feeling or an instinctive knowing.

## **How the Sixth Sense Differs from the Traditional Senses**

While the traditional five senses (sight, hearing, smell, taste, touch) are based on physical stimuli and sensory organs, the "Clairs" are considered to be psychic or intuitive abilities that transcend the physical realm. The traditional senses rely on tangible, measurable inputs from the environment, whereas the "Clairs" are believed to involve receiving information from non-physical sources, such as the spiritual realm, higher consciousness, or subtle energies. These abilities are often described as tapping into a deeper level of perception that is not accessible through ordinary sensory experience.

### **Sight vs. Clairvoyance**

#### **Sight (Vision)**

- **Function:** The ability to see and perceive the environment through light and color, using the eyes.
- **Experience:** Observing shapes, colors, movement, and depth. Used in activities like reading, recognizing faces, and navigating spaces.

#### **Clairvoyance (Clear Seeing)**

- **Function:** The ability to see images, symbols, or visions that are not visible to the physical eye.
- **Experience:** Seeing things in the mind's eye, such as future events, past occurrences, or distant places. Often involves receiving visual information from non-physical sources.

### **Hearing vs. Clairaudience**

#### **Hearing (Audition)**

- **Function:** The ability to perceive sound through vibrations, using the ears.
- **Experience:** Listening to music, understanding speech, and hearing ambient noises. Essential for communication and auditory learning.

#### **Clairaudience (Clear Hearing)**

- **Function:** The ability to hear sounds, voices, or messages from beyond the normal auditory range.
- **Experience:** Hearing voices that offer guidance or receiving auditory impressions from non-physical sources. Often involves messages from the spiritual realm or higher consciousness.

## Smell vs. Clairallience

### Smell (Olfaction)

- **Function:** The ability to detect and identify different odors, using the nose.
- **Experience:** Smelling flowers, food, or smoke. Linked to memory and emotions, and helps in detecting hazards.

### Clairallience (Clear Smelling)

- **Function:** The ability to smell odors that do not have any physical source.
- **Experience:** Smelling scents associated with loved ones who have passed away, or specific smells that provide symbolic messages or guidance. Often linked to receiving non-physical information.

## Taste vs. Clairgustance

### Taste (Gustation)

- **Function:** The ability to detect flavors through taste buds on the tongue.
- **Experience:** Tasting sweet, sour, salty, bitter, and umami flavors. Influences eating habits, nutrition, and health.

### Clairgustance (Clear Tasting)

- **Function:** The ability to taste substances without having anything in the mouth.
- **Experience:** Tasting something that has a symbolic meaning or connection to a specific person or situation. Often involves receiving non-physical information through taste sensations.

## Touch vs. Clairsentience

### Touch (Tactile)

- **Function:** The ability to perceive pressure, temperature, pain, and texture, using receptors in the skin.
- **Experience:** Feeling sensations such as heat, cold, roughness, and softness. Essential for motor skills development and emotional connection.

### Clairsentience (Clear Feeling)

- **Function:** The ability to sense or feel emotions and energies that are not one's own.
- **Experience:** Picking up on the feelings or physical sensations of others, including those who are not physically present. Often involves receiving non-physical information through emotional or physical sensations.

## Knowing vs. Claircognizance

### **Knowing (Intuition)**

- **Function:** The ability to understand or know something instinctively, without the use of rational processes.
- **Experience:** Having a gut feeling or immediate understanding about a situation or decision. Often based on subconscious processing of information.

### **Claircognizance (Clear Knowing)**

- **Function:** The ability to know information without having any logical basis for knowing it.
- **Experience:** Experiencing sudden insights or a strong sense of knowing something to be true without evidence or prior knowledge. Often involves receiving non-physical information through intuitive insights.

# Archangel Michael

Guardian and Protector



Welcome to this month's spiritual spotlight, where we explore the powerful presence and protective energy of Archangel Michael, the renowned leader among the angels.

## Who is Archangel Michael?

Archangel Michael is one of the most celebrated and revered archangels in various spiritual traditions, including Christianity, Judaism, and Islam. His name, which means "Who is like God?", signifies his unparalleled devotion and strength in the divine hierarchy. He is often depicted with a sword and shield, symbolizing his role as a warrior and defender of the light.

## Role and Symbolism

Archangel Michael is primarily known as the protector of humanity. He is the angelic figure who stands against darkness and evil, offering his shield of protection to those who call upon him. In many religious texts and spiritual practices, Michael is seen leading the heavenly armies against the forces of chaos, ensuring the triumph of good over evil.

- **Guardian of Light:** Michael's energy is often associated with light and truth. He helps individuals find clarity and direction, cutting through the confusion and leading them towards their true path.
- **Defender Against Negativity:** As a powerful protector, Archangel Michael is invoked to ward off negative energies, fear, and anxiety. He provides a sense of safety and security, allowing individuals to move forward with confidence.
- **Guide and Counselor:** Beyond his role as a warrior, Michael also serves as a guide. He assists those seeking courage and strength, offering wisdom and support in times of need.

## How to Connect with Archangel Michael

Connecting with Archangel Michael can be a deeply transformative experience. Here are some ways to invite his presence into your life:

- **Prayer and Meditation:** One of the most effective ways to connect with Michael is through prayer or meditation. Focus on his protective energy and ask for his guidance and support. Visualize his blue light surrounding you, bringing peace and protection.
- **Affirmations and Invocations:** Using specific affirmations or invocations can help establish a stronger connection. Phrases like "Archangel Michael, protect and guide me" can be powerful tools in calling upon his presence.
- **Symbols:** Incorporating symbols associated with Michael, such as the sword or shield, into your spiritual practice can also enhance your connection. Lighting a blue candle or carrying a talisman can serve as a physical reminder of his protective energy.

### **Personal Stories and Experiences**

Many individuals have shared profound experiences of encountering Archangel Michael's energy. From moments of crisis where they felt an overwhelming sense of protection to subtle instances of guidance and clarity, Michael's presence has been a source of strength and comfort for countless people. Please check out my [blog on Archangel Michael](#) for more.

### **Final Thoughts**

Archangel Michael stands as a beacon of hope, strength, and protection. Whether you are seeking guidance, facing challenges, or simply looking to enhance your spiritual practice, calling upon Michael can bring a profound sense of peace and empowerment. Embrace his light, and let his energy guide you through the journey of life.

Thank you for joining us in this exploration of Archangel Michael. May his protective presence be with you always, illuminating your path with courage and clarity.

# Current Events in Gemini

## An Astrological Overview



Astrology enthusiasts are always keen to understand how planetary movements affect different zodiac signs. As we navigate through 2024, let's explore the current astrological events impacting Gemini and what they mean for those born under this versatile and intellectual sign.

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

### Planetary Movements and Gemini

**1. Mercury Retrograde in Gemini (May 18 - June 9, 2024)** Mercury, the ruling planet of Gemini, went retrograde in Gemini from May 18 to June 9. This period was significant for Geminis, as Mercury governs communication, travel, and technology. During this retrograde, Geminis might have experienced disruptions in these areas. Miscommunications, travel delays, and technical glitches were common. However, this period also offered an excellent opportunity for Geminis to reflect, reassess, and realign their plans. Revisiting old projects, reconnecting with past acquaintances, and resolving lingering issues were key themes.

**2. Solar Eclipse in Gemini (June 1, 2024)** The solar eclipse on June 1 in Gemini brought a surge of new beginnings and transformative energy. Eclipses are powerful astrological events that can bring sudden changes and revelations. For Geminis, this eclipse might have sparked new ideas, initiated significant changes in personal or professional life, and brought to light hidden truths. It was a time for setting new intentions and embracing change with an open mind.

**3. Venus in Gemini (April 11 - May 7, 2024)** Venus, the planet of love, beauty, and harmony, transited through Gemini from April 11 to May 7. This transit enhanced Geminis' social charm and intellectual appeal. It was a favorable period

for socializing, romantic pursuits, and creative endeavors. Relationships and communication flourished, and Geminis found it easier to connect with others on an intellectual level. This transit encouraged Geminis to express their feelings and ideas more freely and explore new interests.

## **Key Themes for Gemini in 2024**

**Communication and Expression** With Mercury's influence strong, communication and expression remain central themes for Geminis. It is a time to refine how they convey their thoughts and ideas. Engaging in meaningful conversations, improving listening skills, and being mindful of words can help Geminis navigate social and professional interactions more effectively.

**Adaptability and Flexibility** Geminis are known for their adaptability, and 2024 continues to emphasize this trait. The solar eclipse and Mercury retrograde periods may bring unexpected changes, requiring Geminis to stay flexible and open to new possibilities. Embracing change rather than resisting it will help them make the most of the opportunities that arise.

**Intellectual Growth and Learning** Venus in Gemini and the influence of Mercury highlight a period of intellectual growth. Geminis are encouraged to pursue new knowledge, engage in stimulating discussions, and explore diverse interests. This is an excellent time for learning, teaching, and expanding one's horizons.

**Relationships and Social Connections** Relationships, both romantic and platonic, play a significant role for Geminis in 2024. The Venus transit encouraged deeper connections and harmonious interactions. Strengthening existing bonds and forming new connections can bring joy and fulfillment. It is a good year for Geminis to nurture their social networks and seek support from loved ones.

**Reflection and Realignment** The Mercury retrograde periods serve as a reminder for Geminis to take time for reflection and realignment. Revisiting past

experiences, evaluating progress, and making necessary adjustments can lead to personal growth and better decision-making. It is a period to slow down, reassess, and plan for the future with a clear mind.

### **Tips for Navigating 2024 as a Gemini**

**Stay Flexible:** Embrace change and be open to new experiences. Adaptability will help you navigate unexpected shifts.

**Communicate Clearly:** Be mindful of how you express yourself. Clear and thoughtful communication can prevent misunderstandings.

**Reflect and Reassess:** Use retrograde periods for introspection. Reevaluate your goals and make necessary adjustments.

**Nurture Relationships:** Focus on building and maintaining meaningful connections. Seek support from loved ones.

**Pursue Learning:** Engage in activities that stimulate your mind. Explore new subjects and expand your knowledge.

As we progress through 2024, Geminis are in for an exciting year filled with growth, transformation, and new opportunities. By staying adaptable, communicating effectively, and embracing change, Geminis can make the most of the astrological influences and thrive in the months ahead.