

# NEWS LETTER

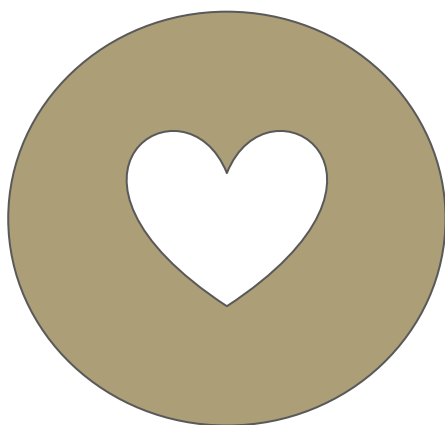
## Living Your Truth

all about Soul-Centered Living



with angelabeney at soulwork

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# *A Note from Angela*

## **The Importance of Having a Spiritual Practice**

“ Spirituality is not about rules or rigid practices; it's about finding your own connection to something greater, whatever that means for you. A spiritual practice is a personal anchor, a way to ground yourself in truth, presence, and peace. It is also your direct link to the divine—your personal telephone line, you could say, to God, your Angels, Guides, or whatever resonates with you.

Starting a spiritual practice is essential for building this connection. It helps us stay on track, focussed, and aligned with who we are and who we are meant to be. Whether through meditation, journaling, or time in nature, it creates space for deep inner wisdom to emerge.

This month, I invite you to explore what spirituality means to you and how you can embrace it in a way that feels authentic and nourishing to you..



*Much Love,  
Angela*

✦ *Monthly Focus :*

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# WELCOME TO MARCH

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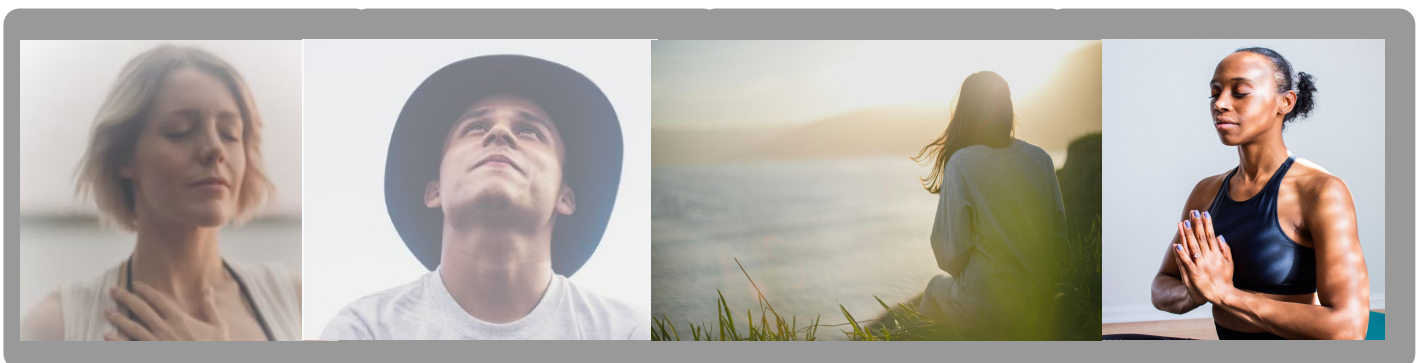
## *Theme of the Month :*

### EMBRACING YOUR SPIRITUALITY

Spirituality is personal. It is not found in dogma but in experience.

**Every soul is exactly where it is meant to be, and each journey is unique and specific to individual learning and growth.**

This month, reflect on what spirituality means to you. Do you find it in silence? In kindness? In creativity? Let go of preconceived notions and allow your truth to unfold with grace.



**This month's newsletter is all about March, the deep emotional waters of Pisces, diving deep into the power of Spirituality and the Ethereal world.** March invites us to embrace the topics of embracing our intuition, surrender and releasing control, accepting, trusting more, having faith in our beliefs, compassion and forgiveness. As we transition into a new season, Spring in the Northern Hemisphere and Autumn in the Southern Hemisphere, this is a time for reflection, self-compassion, and deepening your connection to your inner knowing and soul-centered wisdom.

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# IN THIS ISSUE

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- **Monthly Reflections:** Reviewing February's Lessons, what we learned, and taking a sneak peak at what's ahead in April.
- **Theme of the Month:** Deepening your Spiritual Connection and discovering what Spirituality means for you.
- **Monthly Spiritual Practice:** Surrendering to the Flow and the gifts of the Serenity Prayer.
- **Tarot Insights:** Tune in to the loving guidance of your angels and receive intuitive messages to support your path.
- **Monthly Challenge:** Practicing & cultivating Compassion
- **Seasonal Tips:** The Power of Forgiveness
- **Recommended Reads & Listens:** Suggested books, articles, and podcasts to support your spiritual journey this month.
- **Featured Products & Services:** Enjoy exclusive discounts and offerings to support your everyday life.
- **Gratitude Corner:** The Rewards of Patience.



**FOR MARCH - THE FOCUS IS ON :**

**SPIRITUALITY**

**PATIENCE**

**COMPASSION**

**FORGIVENESS**

# MONTHLY *Reflection*

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## Lets Review . . . . February

February, the month of love, invited us to reflect on the many ways we give and receive it. Whether through romantic gestures, deep friendships, self-care, or acts of kindness, love showed up in ways both big and small.

Valentine's season wasn't just about relationships—it was a reminder that love is a practice, a choice we make daily. Did you express it freely? Did you allow yourself to receive it? True love isn't just about grand gestures; it's about presence, patience, and generosity of spirit.

**As we step into March, ask yourself:**

**Where can I soften, open up, and love more freely ?**

## *What's coming up for April . . .*

With Aries season around the corner, expect a surge of Boldness, Action, and Fresh new energy. Aries, the first sign of the zodiac, brings a fiery push to start new projects, take risks, and embrace change with confidence.

If March is about reflection, patience, and going within, April will be about movement, quick decisiveness, and momentum.

This will be a time to ask yourself:

**What am I ready to create?**

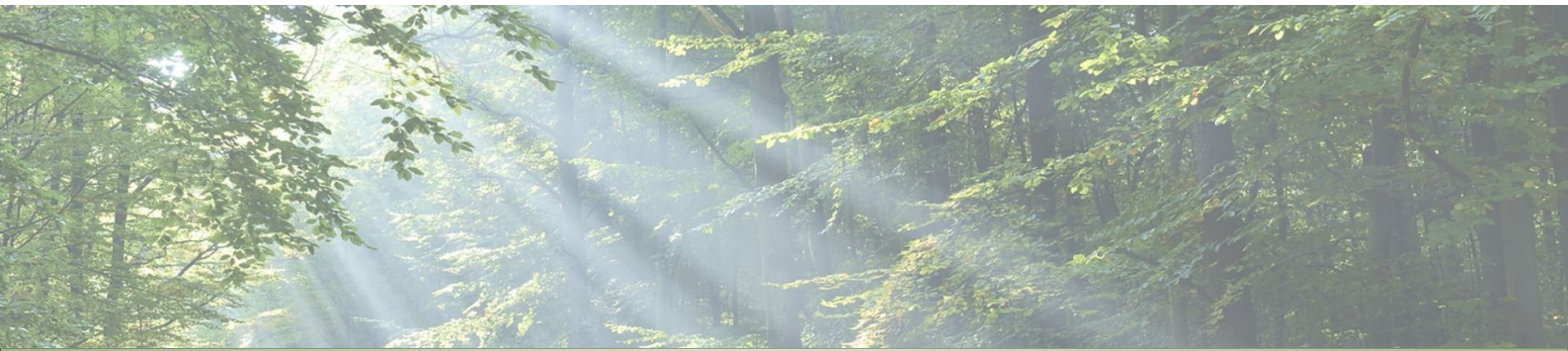
**What fears am I willing to leave behind?**

Get ready to step into your power and take inspired action !



✦ *Inspiration &  
Growth :*





# INSPIRATIONAL TALES

## *The Call of the River . . . . .*

### **The Familiar Shore**

Elara had spent her entire life building walls of control around her. She had a plan for everything—her career, her relationships, even how she spent her free time. If she followed the rules, she believed, life would reward her with certainty. And yet, nothing seemed to go as expected. No matter how hard she tried, life had a way of pulling her in directions she hadn't planned for. She had done everything right. So why did it still feel so wrong?

### **The Rising Current**

One evening, after a particularly difficult day, Elara wandered to the river near her home. She had come here many times before, always searching for answers in the water's reflection. Tonight, as she stared at the gentle current, she found herself whispering, "What am I doing wrong?"

A soft wind rustled the reeds, and for a moment, it almost seemed as if the river sighed in response. That was when she noticed an old woman sitting nearby, tracing patterns in the sand.

"You ask the wrong question," the woman said.

Elara blinked. "Excuse me?"

The woman smiled. "It is not about what you are doing wrong. It is about why you keep resisting what is already flowing toward you."

### **The Struggle Against the Current**

Elara frowned. "I'm not resisting. I just need to make the right choices. If I don't take control, how will I ever get where I want to go?"

The old woman chuckled, shaking her head. "Tell me, child, do you see the river struggling to control where it flows?"

Elara looked at the water. It moved with ease, curving around obstacles, never forcing its way, never resisting. And yet, it always reached the ocean.

"You are like a swimmer trying to fight the current," the woman said. "The more you resist, the harder the journey becomes."

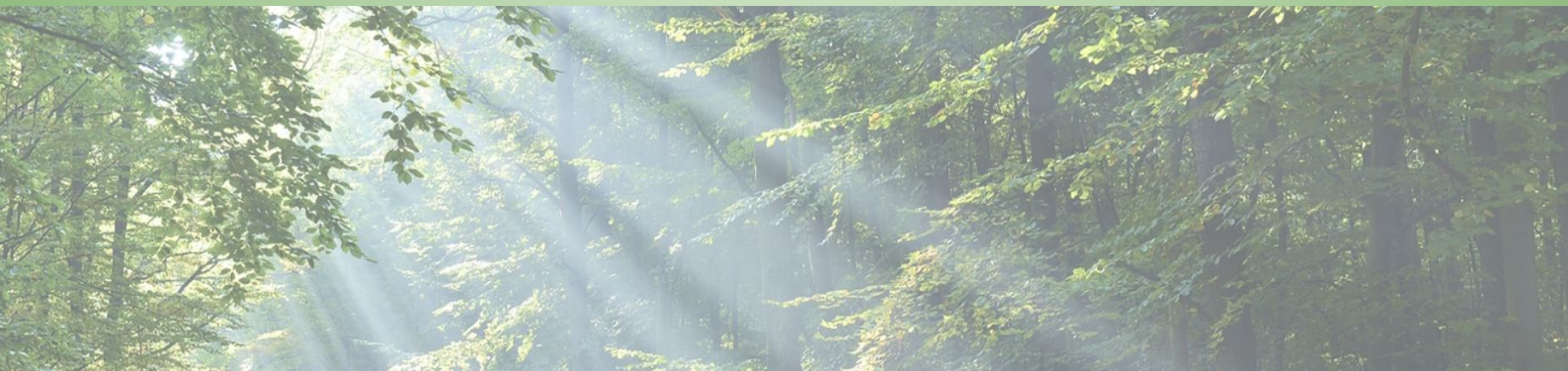
## The Wave that Changes Everything

Elara scoffed. "That's a nice thought, but if I stop swimming, won't I just be swept away?"

The woman pointed to a rock in the middle of the river, its edges smoothed by time. "You can resist and be worn down over time, or you can surrender and let life carry you exactly where you need to go."

Elara felt something shift inside her—a quiet knowing that she had been holding on too tightly for too long.

But could she really let go?



## Surrender to the Flow

That night, Elara dreamed she was caught in a river's current. At first, she fought against it, struggling to swim upstream. Her arms ached, her breath came in gasps, and yet she barely moved.

Then, she heard the old woman's voice in the wind. "Surrender."

Hesitantly, she let go. The current cradled her, carrying her forward with effortless grace. The moment she stopped resisting, she noticed the beauty around her—the sun-dappled water, the way the river curved with wisdom beyond her own.

When she awoke, her heart pounded with realization: she had spent her whole life fighting the flow, afraid of where it might take her.

Maybe it was time to trust.

## The Deep Unknown

In the weeks that followed, Elara committed to small acts of surrender.

- When plans changed unexpectedly, instead of panicking, she allowed herself to be curious about where the shift might lead.
- When a new opportunity arose that didn't fit her "perfect" vision, she followed her intuition rather than fear.
- When she felt an urge to control a situation, she paused, breathed, and asked herself, "What would happen if I trusted instead?"

It wasn't always easy. Some days, she still fought the current, wanting to cling to old habits of control. But the more she let go, the more she realized how life had always been trying to guide her—she had simply been too afraid to listen.

## The Stormy Waters

One evening, she received an unexpected job offer—an opportunity in a new city that terrified and excited her at the same time. It wasn't part of her original plan, and her first instinct was to say no.

That night, she returned to the river. The water glowed under the moonlight, moving effortlessly, just as it always had.

She closed her eyes and asked herself, "Am I saying no because it's wrong for me, or because I'm afraid to let go?"

The truth was clear. She was afraid.

And that was exactly why she needed to say yes.





### **The Hidden Pearl Beneath the Waves**

The moment she made her decision, a weight lifted from her chest. She didn't have all the answers, but for the first time in a long time, she didn't feel like she needed them. She trusted.

And in that trust, she found something she had been searching for all along—peace.

### **Returning with the Tide**

Moving to a new city was filled with unknowns, but instead of fearing the uncertainty, she embraced it. She let life unfold without trying to control every detail, and in return, life surprised her in ways she never could have planned.

She met new people who felt like soul connections. She found work that inspired her. And most importantly, she discovered that when she stopped resisting, everything began to flow in ways more beautiful than she ever imagined.

### **Emerging from the Depths**

One evening, as she sat by the river in her new home, she smiled to herself. She had once believed surrender meant weakness—but now she understood it was the greatest strength of all.

The river had always known the way. She had simply needed to trust it.

### **The Wisdom of the Current**

Elara's journey had changed her. She no longer needed to have all the answers, because she knew that life would always reveal them in time.

Now, when others came to her, worried about the unknown, she would smile and tell them:

*"You are not lost. You are simply learning how to flow."*

**And so she became a guide for others, sharing the lesson that had transformed her life—the lesson of the wisdom of surrender.**

## *Moral of the Story:*

When we stop resisting life and trust in the flow, we are always carried to exactly where we need to be.

QUOTE FOR THE MONTH . . . .

# GO WITHIN – OR GO WITHOUT

True wisdom is found inside yourself.



Just like the Hermit Crab – when we go within, we discover everything we need.

# TAROT INSIGHTS



\* Allow the wisdom of Tarot to connect with your soul and guide you on your journey this month.

**Below, you'll find 3 tarot card messages for this month,  
Lovingly guided by the Angelic realm.**

**Look at the LIFE AREA that is affected, the EMOTION involved, and the  
SOUL LESSON or Guidance spirit is giving you in this situation.**

## Ask yourself:

- What message stands out to me in these cards?
- How does this message apply to my current life?
- What is Spirit trying to tell me ?
- Why do I think this message has come to me ?
- How am I going to fix it ?

### LIFE AREA :

- Job
- Salary
- Personal Finances
- Possessions
- Reputation
- Ingestion
- Face & Mouth

### EMOTION :

- Denial
- Misguided
- Unknown
- Confusion

### SOUL LESSON

- Being Responsible
- Being disciplined
- Being Persistent

Work steady and patiently towards achieving practical long-term goals. Don't give up, and stay committed.

# MOONOLOGY WISDOM

## Full Moon

14 March 2025



The Full Moon on March 14th shines a light on Virgo, the sign of order, health, and service. Full Moons are all about bringing things to completion, and this one urges us to clean up, organize, and focus on what needs to be refined or perfected in our lives. Virgo is a sign that thrives on practicality and efficiency, so this is a great time to bring structure and order to areas that may have felt chaotic or neglected.

Adding to its intensity, it's also a **lunar eclipse**, magnifying its effects and bringing fated shifts. Lunar eclipses mark endings, revelations, and turning points. This one in Virgo asks us to release old habits, outdated routines, and anything that no longer serves our well-being.

This Full Moon is especially good for clearing out the clutter, both physically and emotionally. It's a time to evaluate your daily routines and health habits, assessing how they support your long-term goals. Expect a sense of urgency around finishing up projects, clearing out the old, and streamlining your life.

### What to expect:

- **Positive:** Clarity on your health, habits, and routines; a boost in your ability to organize and declutter; successful completions of projects or tasks.
- **Challenges:** You may feel overly critical or anxious, especially if things aren't going as planned. There could be pressure to perfect everything, which may lead to stress.
- **Be aware of:** The urge to become too perfectionistic or critical, especially of yourself or others. Balance is key.

### Advice for each Zodiac Sign:

- **Aries:** Focus on your health and daily routines. Take practical steps to boost your well-being.
- **Taurus:** Embrace creativity and allow yourself to express freely, but don't overthink.
- **Gemini:** Focus on your home life and make sure you are creating a nurturing environment for yourself.
- **Cancer:** Pay attention to your communication style – be clear and grounded in how you express yourself.
- **Leo:** Organize your finances and make any necessary adjustments for long-term security.
- **Virgo:** This is your time! Set personal goals, refine your plans, and let go of anything that's holding you back.
- **Libra:** Take some time to rest and reflect. This Full Moon is a time for inner work and spiritual growth.
- **Scorpio:** Focus on your social circles – evaluate who and what is truly supporting your goals.
- **Sagittarius:** Look at your career and professional life. It's time to make changes that align with your long-term vision.
- **Capricorn:** Expand your horizons and explore new opportunities for growth, whether that's through travel or learning.
- **Aquarius:** Focus on transforming your relationship with money and resources – this is a time for deep financial clarity.
- **Pisces:** This Full Moon is about you, Pisces! Focus on your personal growth and what's next for you. Set the stage for future success.



# New Moon

29 March 2025



The New Moon on March 29th falls under a **Solar Eclipse in Aries**, which is a powerful time for new beginnings and personal transformation. Aries is a bold and action-oriented sign, so expect a surge of energy that encourages you to start fresh, take risks, and assert yourself. Eclipses are known for bringing significant shifts, often shaking things up in unexpected ways, and this one is no exception.

With the Solar Eclipse in Aries, it's a good time for new ventures, taking on leadership roles, and stepping out of your comfort zone. This is a great time to set powerful intentions around personal growth, courage, and new endeavors.

Be prepared to be surprised by unexpected developments that will set you on a new path.

## What to expect:

- **Positive:** New opportunities for personal growth, fresh starts in relationships, projects, or career. A chance to step into your power and take decisive action.
- **Challenges:** Things may feel a little chaotic or unpredictable. Be cautious of impulsiveness and rushing into decisions without fully considering the consequences.
- **Be aware of:** The desire to jump into something new without fully understanding the risks or without a solid plan. Take your time, but don't let fear hold you back.

## Advice for each Zodiac Sign:

- **Aries:** This is your time to shine! Set bold, fearless intentions for the year ahead and take charge of your future.
- **Taurus:** Focus on inner growth and spiritual renewal. It's time to let go of past baggage and step into a new chapter.
- **Gemini:** Look to your social networks and friendships. New connections or group endeavors may be coming your way.
- **Cancer:** Your career could take a new turn. Stay open to opportunities that align with your passions and purpose.
- **Leo:** Expand your horizons and think about new adventures, whether that's travel, learning, or a new belief system.
- **Virgo:** Focus on your financial stability. Set goals that bring long-term security and a sense of personal power.
- **Libra:** Focus on Love, Partnerships, Fun and things that you enjoy and feel passionate about. Focus on new beginnings in relationships, both romantic and platonic.
- **Scorpio:** Look at your health and daily routines. New changes here can lead to significant personal transformation.
- **Sagittarius:** Now's the time to express your creative self and pursue passions that make your heart sing.
- **Capricorn:** Focus on your home life and personal foundations. Make the necessary changes to build the life you desire.
- **Aquarius:** Set new goals in communication and how you interact with others. New opportunities for networking are ahead.
- **Pisces:** Personal finances or a shift in your values may be highlighted. Now's the time to create a new, empowered relationship with money.



# JOIN THE MONTHLY CHALLENGE

## **PRACTICE & CULTIVATE COMPASSION**

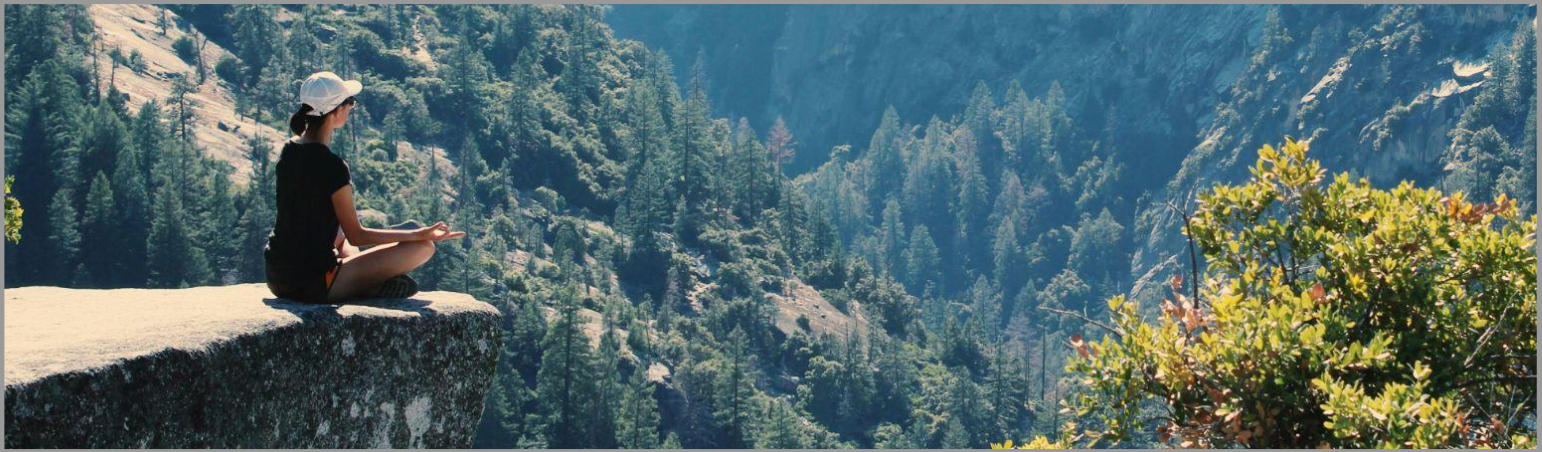
This month is all about nurturing compassion—towards yourself and others. Compassion is the key to creating deeper connections, healing old wounds, and fostering inner peace. By practicing small acts of kindness and understanding every day, you'll strengthen the bonds with those around you and with your own heart.

**Let's make MARCH a month of love, understanding, and growth!**

## **GET STARTED HERE :**

"For the month of March, I commit to Being kind to myself and others Everyday,  
and Focussing on showing understanding and care in every moment,  
Because each act of kindness brings me closer to a more peaceful and loving life."





# SPIRITUAL PRACTICE

## For March

This month, our spiritual practice is a Daily Meditation based on the Serenity Prayer, a powerful tool for practicing Letting go, Accepting what we cannot change, and inviting Spiritual wisdom into our lives.

### *To Begin . . . . .*

**Create Sacred Space:** Find a quiet, comfortable space and take a few deep breaths to center yourself. Let go of any tension in your body and mind.

**Gently repeat the Serenity Prayer:**

**Grant me the serenity to accept the things I cannot change,**

**Courage to change the things I can,**

**And wisdom to know the difference.**

**Reflect on these Words:** As you repeat these words, allow them to settle into your heart. Reflect on areas in your life where compassion is needed—both for yourself and others. Notice where you can release judgments and practice understanding, knowing that each step towards compassion is a step toward peace.

**Set Your Soulful Intentions:** Take a moment to sit with any emotions that arise, offering them compassion and love. When you're ready, take a deep breath, affirming that you are open to showing kindness, both inwardly and outwardly, throughout the day.

**Affirm Your Intentions:** Write down your intentions, keeping them simple and focused, so you can revisit them throughout the Month.



# GRATITUDE CORNER

## **Patience: The Quiet Strength of Growth**

Patience is the key to lasting change and deep wisdom. It teaches us to trust the timing of life, knowing that growth, healing, and success don't happen overnight. When we embrace patience, we let go of frustration and learn to move with life's natural rhythm, allowing things to unfold as they are meant to.

Just like the story of the caterpillar waiting to become a butterfly—there was once a young caterpillar who longed to fly. It watched the birds soar above and envied their freedom. Impatient, it wished to skip the waiting and open its wings immediately. But nature had its own plan. The caterpillar had to cocoon itself, resting in stillness as transformation took place. It felt trapped, unsure if it would ever emerge.

One day, a gentle voice from within whispered, "Trust the process. Every moment of waiting is shaping you." And so, the caterpillar surrendered to patience. Days passed, and as it grew stronger, its wings formed. Finally, the time came—it broke free, no longer a crawling creature but a butterfly, ready to take flight.

**The Lesson:** Patience isn't about doing nothing—it's about trusting that everything is happening at the right time. Just like the caterpillar, your journey is unfolding in ways you may not yet see. Stay steady, believe in the process, and know that when the time is right, you will spread your wings and soar.

# PATIENCE



## Taking Time to Review What You Are Grateful For

This month, take a moment each day to reflect on where Patience is guiding you. Whether it's in your personal journey, relationships, or dreams, appreciating patience will help you stay grounded, at peace, and on Track..

# GRATITUDE PRACTICE FOR MARCH

## Write Down 3 Things Everyday :

Using the words below, write down three ways patience is showing up in your life and how it's helping you grow.

**Here's an example to help you get started:**

- **Growth:** I'm grateful for patience in my growth - because it reminds me that progress takes time and that each small win is a victory.
- **Growth**
- **Trust**
- **Resilience**
- **Surrender**

✦ *Holistic Living :*



# HOLISTIC HEALTH

## Tools & Tips



### Natural Healing

Frankincense incense is a powerful tool for deepening your spiritual connection and enhancing meditation. Its warm, uplifting aroma helps clear the mind, encouraging a deeper sense of inner peace and spiritual awareness. The fragrance invites you to release distractions and open yourself to higher wisdom, creating space for spiritual growth and clarity.

For the best results, burn a frankincense incense stick during your meditation or quiet reflection time. Alternatively, use the essential oil in a diffuser to fill your space with a calming, sacred energy.

Be sure to choose only pure, organic brands, available at most reputable health shops, that are free from harmful or mind-altering ingredients, ensuring your mind and body remain clear and focused.

### Soulful Question of the Month

What am I holding on to and Not letting go of ?

(this can be an Emotion, Person, Situation)



### Are You on Track ?

On a scale of 1-10  
(1 being bad, 10 being excellent)  
Rate yourself on the question below

How bad is my Spiritual Disconnection right now ?



# SEASONAL TIPS

## Forgiveness :

This month invites you to embrace the healing power of forgiveness—both for others and yourself.

As we enter a New season of renewal, it's the perfect time to let go of past wounds and lighten your heart. Forgiveness is a process of liberation, freeing you from the weight of anger, guilt, and regret, and making space for peace, love, and new beginnings.

When we release what no longer serves us, we allow ourselves to heal and grow, opening the door to emotional freedom and spiritual alignment. Let this season of forgiveness inspire you to shed old burdens and step forward with a heart that's lighter, wiser, and open to life's blessings.

### This Month's Here are some Practical Tips to Implement

- **Release old grudges:** Take time to reflect on any lingering resentment or anger you may be holding onto. Write a letter (you don't need to send it) expressing your feelings and then consciously release them.
- **Forgive yourself:** Acknowledge any mistakes or regrets with love and compassion. Remind yourself that you're human, and healing begins with self-forgiveness.
- **Create space for peace:** Clear out physical and emotional clutter from your life. By decluttering your surroundings, you create room for inner peace and clarity.
- **Practice loving-kindness meditation:** Focus on sending forgiveness and compassion, starting with yourself, then extending it to others. This practice helps open your heart and release any emotional blockages.
- **Let go of guilt:** Recognize any guilt you're carrying and set the intention to release it. Trust that you did the best you could with what you knew at the time.
- **Embody grace:** Embrace grace as you interact with others. Recognize that people are on their own journeys, and holding onto judgment only hinders your own growth.
- **Forgive and move forward:** Make the decision to forgive—whether it's a past event, a loved one, or yourself. Let go of the past to make room for the present moment and the future that awaits you.

# RECOMMENDED

## READS & LISTENS

With the gentle and freeing energy of embracing flow, it's the perfect time to release what no longer serves you and open yourself to new possibilities.

**Here are some soul-centered suggestions to get you started:**



### Books

Explore works on **soul-centered living, inner peace, and intuitive guidance**. Look for books that inspire you to embrace your true self, release what no longer serves you, and trust the flow of life. These readings will guide you toward creating a deeper connection with your soul's purpose, helping you live authentically and in alignment with your inner wisdom.

### Tools

Try a **soul journal** to capture intuitive insights or a **mindfulness journal** to reflect on your connection with your inner self. These tools can help you track your growth, honor your soul's path, and stay aligned with your purpose, fostering deeper clarity and peace along your journey.



### Podcasts

Tune into conversations that explore **spiritual growth, embracing stillness, and the power of surrender**. Listen to discussions on letting go of control, trusting the process of life, and finding peace in the present moment, to help you cultivate a deeper connection with your soul's journey.

✦ Offerings &  
Community :



# FEATURED PRODUCTS & SERVICES

Need Clarity ?  
Direction ?  
Purpose ?  
Answers to big Questions ?



## Book a Consultation

And Get **10% off** for March !

**10 %**



March is the perfect time for self-reflection and deepening your spiritual journey. If you're feeling called to explore your soul's path, consider booking a **Soul Coaching Consultation**.

- Align with your soul's purpose
- Gain clarity & guidance
- Embrace growth & transformation

**Act Now & begin your journey !**

Offer valid until **March 31st 2025** – Don't miss this opportunity

# *Final Thoughts . . . . .*

As we move through March, embrace the wisdom of flow. Life does not always unfold according to our plans, but when we trust, surrender, and open our hearts, we find that everything is happening exactly as it should.

Wishing you a month of grace, intuition, and compassion.

*Until next time,*

*Angela*

## CONNECT WITH ME

I'd love to hear from you!

Your thoughts, insights, and experiences are an important part of this journey we're on together. Whether something in this newsletter resonated with you, or you have a question or idea to share, please don't hesitate to reply.

Email me at :  
[soulwork.coza@gmail.com](mailto:soulwork.coza@gmail.com)

