

NEWS LETTER

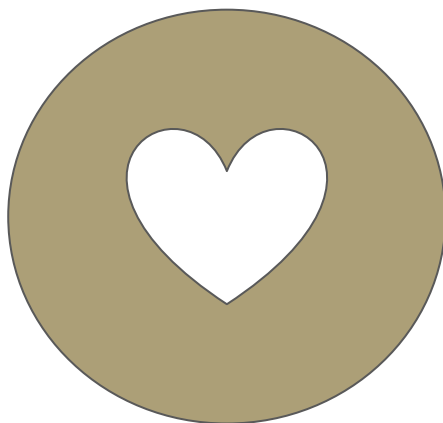
Living Your Truth

all about Soul-Centered Living



with angelabeney at soulwork

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A Note from Angela

Taking Action and embracing Change

This is a powerful month for fresh starts, bold action, and fearless expression. We're moving through Aries energy - fiery, pioneering, and unapologetically forward-moving. It asks us to take initiative, step out of our comfort zones, and trust in our ability to rise to the occasion.

Change, though often uncomfortable, is a sign of growth and aliveness.

This month, I encourage you to embrace change not as something to fear, but as an invitation to step more fully into your authentic self. Whether it's a big life shift or a small, but meaningful step forward - take it with intention, and remember : The universe rewards the brave !



*Much Love,
Angela*

✦ *Monthly Focus :*

WELCOME TO APRIL

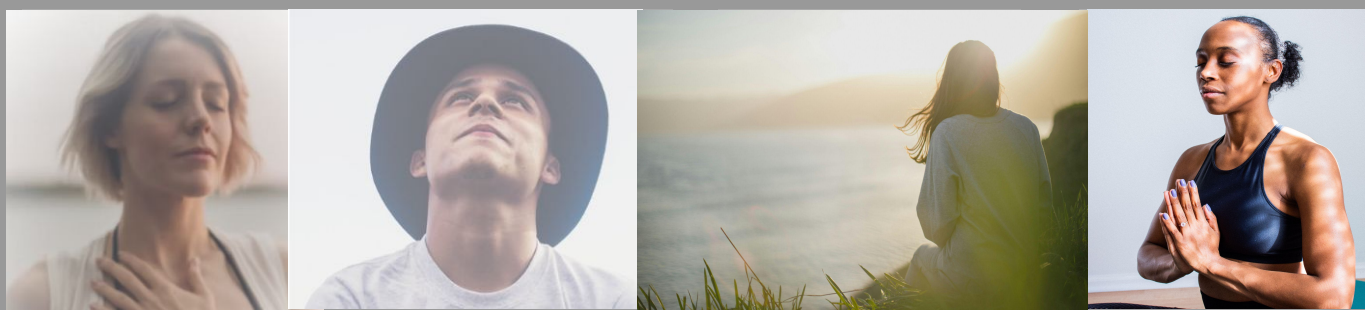
Theme of the Month :

TAKING ACTION

Taking action is empowering. It is not about force, but about alignment—moving forward with intention and courage.

Every spark of inspiration is an invitation to begin, and each step taken ignites the path ahead.

This month, notice where you've been hesitating. What is asking to be acted on? What truth wants to be lived out loud? Trust your instincts, take that first step, and let momentum carry you toward clarity.



As the seasons shift—Spring blooming in the Northern Hemisphere and Autumn casting its golden light in the South—this is a powerful time to plant new seeds, pursue what excites you, and take inspired steps toward your soul's desires.

Let your courage lead the way.

IN THIS ISSUE

- **Monthly Reflections:**

Reviewing March's insights, what we explored in the depths of Pisces season, and preparing to embrace the more stabilising energy of May.

- **Monthly Spiritual Practice:**

Overcoming Negative Competition — Honoring your unique path without comparison and celebrating others as mirrors of possibility.

- **Tarot Insights:**

Tune in to the messages for April — messages that inspire action, clarity, and self-confidence.

- **Monthly Challenge:**

Just Do It! — Take one bold step you've been avoiding and feel the energy shift.

- **Seasonal Tips:**

Declutter — Spring's fresh start or Autumn's inner fire both support new beginnings.

- **Recommended Reads & Listens:**

Curated inspiration to fuel your confidence, spark motivation, and help you move forward with grace.

- **Featured Products & Services:**

Easter Special ! Buy 1, Get the second one Free !.

- **Gratitude Corner:**

Honouring Me vs We — Finding balance between self-prioritisation and shared connection, with gratitude for both.

FOR APRIL - THE FOCUS IS ON :

ACTION

BRAVERY

COMPETITION

ME VS. WE

MONTHLY *Reflection*

Lets Review March

March invited us to dive into the deep, emotional waters of Pisces—where intuition, surrender, and spiritual connection took center stage.

It was a time of reflection, faith, and quiet transformation. Whether you found peace in solitude, comfort in creativity, or healing in letting go, March reminded us that not everything needs to be figured out—some things are meant to be felt.

Did you allow yourself to slow down?

Did you listen to your inner voice?

True wisdom often comes in whispers, not shouts.

As we leave March behind, ask yourself: :

What insights from last month are ready to be acted on now?

What's coming up for May . . .

With Taurus season arriving, expect a shift into groundedness, stability, and sensory richness.

Taurus, the earth sign ruled by Venus, invites us to slow down, enjoy the present moment, and build lasting foundations. After Aries' fast pace and bold action, May brings the energy of rooting, nurturing, and aligning with what truly matters.

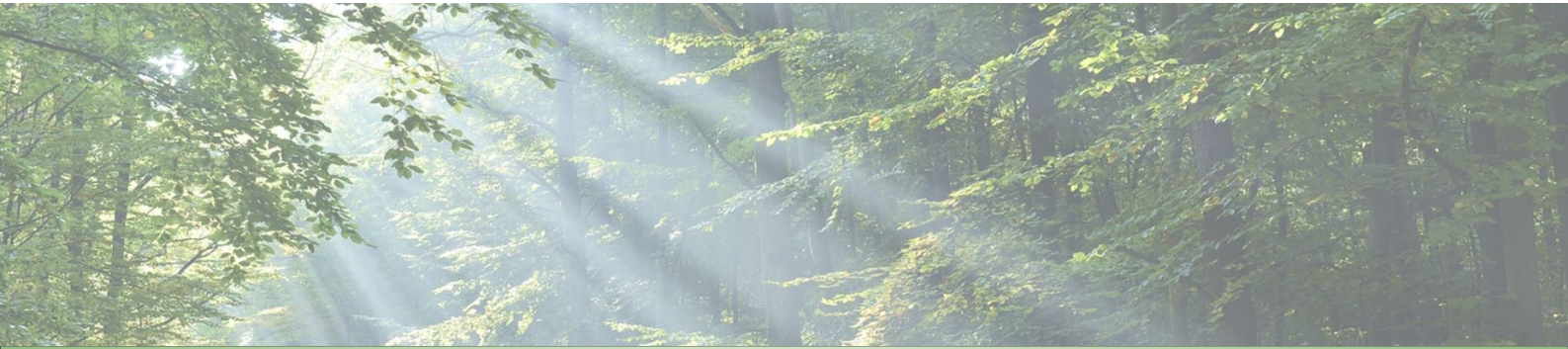
This will be a time to ask yourself:

- What am I building that truly supports me?
- Where can I create more beauty, ease, and sustainability in my life?

Get ready to ground your dreams in reality and long-term commitment.



✦ *Inspiration &
Growth :*



INSPIRATIONAL TALES

The Quiet Call to Courage

In a small village at the edge of a vast forest, there lived a young woman named Elara. Her life was simple, her days spent tending to her family's farm and helping her neighbors. Yet, within her, a longing stirred—a desire for something more. One day, a mysterious stranger arrived, speaking of a dark creature deep in the heart of the forest, threatening to swallow the world in shadow. While the village cowered in fear, Elara felt a pull, a call to adventure.

The Fear of the Unknown

Despite the excitement she felt inside, Elara hesitated. Fear whispered in her ear, warning her of the dangers ahead. What if she wasn't strong enough? What if the darkness was too great to defeat? Doubt settled in her heart, and for a moment, she considered staying safe in her village. But deep down, she knew she couldn't ignore the call.

Words of Wisdom

As Elara pondered her decision, the stranger reappeared. He looked into her eyes and said, "Bravery is not the absence of fear, but the choice to move forward despite it." His words, simple yet profound, lit a fire within her. She realized that the journey wasn't about being fearless—it was about choosing to act in spite of fear.

Taking the First Step

With new resolve, Elara packed her belongings and stepped into the forest. The path ahead was unknown, and shadows stretched long in the trees. Every step was an act of bravery. The further she walked, the heavier the air became, but she continued. Elara had crossed the threshold from the safety of her village into the uncertainty of the forest.



Tests of the Heart

As Elara ventured deeper, the forest seemed to conspire against her. She came across a rushing river, its icy waters threatening to pull her under. The current was strong, and Elara was afraid. But then she remembered the stranger's words. Taking a deep breath, she waded into the water, each step cold and difficult. But with each forward movement, she grew stronger. When she reached the other side, she felt her first taste of courage. She knew the journey would be hard, but she was ready.

Confronting the Inner Beast

After many trials, Elara arrived at the heart of the forest, where the darkness awaited. But there was no terrifying beast—there was only a shadow of her own fears and doubts. The darkness she had been chasing was not external, but a reflection of the insecurities she had carried within herself all along. In that moment, Elara understood that to face the true darkness, she needed to confront her own inner fears.

The True Test of Bravery

The shadow whispered, "You are not enough. You will fail." The creature she had imagined was now a part of her—her self-doubt, her insecurity. But instead of fighting it, Elara took a deep breath and stepped forward. "I am enough," she whispered, facing the darkness with open arms. As she did, the shadows began to dissolve, and the light returned to the forest. Bravery, Elara realized, was not about defeating the beast, but embracing the fear and moving through it.

A Changed Soul

Elara returned to her village, no longer the timid woman who had left. She had faced the darkness and emerged stronger, wiser, and more self-assured. Her courage had transformed her, and the villagers saw that bravery wasn't about being fearless—it was about stepping forward, even when fear was present.

Moral of the Story:

Bravery isn't the absence of fear—it's the willingness to act despite it. True courage is found when we face our doubts, embrace our vulnerabilities, and take that first step into the unknown.

QUOTE FOR THE MONTH

IMPULSIVENESS

is the spark that ignites the fire of transformation



Trust your instincts, for sometimes the quickest steps lead to
the greatest journeys.

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

- HOME,
- FAMILY, PARENTS, ROOTS
- PROPERTY, REAL ESTATE
- TRADITION
- AUTHORITY
- HOME BUSINESS

EMOTION :

- ANGER
- RESENTMENT

SOUL LESSON

- Be Curious
- Stay in the Present
- Communicate better

Stay rooted in the here and now. Focus on local connections and everyday conversations instead of seeking distant adventures. Appreciate what you have and where you are, instead of wanting something new and different.

MOONOLOGY WISDOM

Full Moon

13 April 2025



The Full Moon on April 13th shines a light on Libra, the sign of balance, relationships, and harmony. Full Moons are always about completion, and this one invites us to bring balance into our lives, particularly when it comes to relationships, both personal and professional. Libra encourages fairness, cooperation, and compromise, making this the perfect time to assess the partnerships in your life and determine where harmony or imbalance may exist.

As we approach this Full Moon, take a moment to reflect on the partnerships you've nurtured—are they balanced? Are there areas where adjustments need to be made? Libra's influence helps us evaluate the give-and-take in our relationships and encourages us to restore peace where it may have been lost.

What to expect:

- **Positive:** This Full Moon provides clarity on the relationships and connections in your life. It's an excellent time to reset boundaries, forgive past grievances, and strengthen bonds that truly serve you.
- **Challenges:** You may feel pulled between different people or conflicting needs, leading to indecision or overwhelm. There could be a tendency to over-please others or neglect your own needs in the process.
- **Be Aware of:** The urge to people-please or avoid confrontation. Balance is key—ensure that you are not sacrificing your own well-being for the sake of maintaining peace.

Advice for each Zodiac Sign:

Aries: This Full Moon asks you to find balance between your personal desires and your relationships. It's a great time to harmonize your goals with the needs of others.

Taurus: Focus on your daily routines and work-life balance. This is a good time to reassess how your health and habits impact your overall well-being.

Gemini: Pay attention to the creative partnerships in your life. Allow your ideas to flourish by seeking collaboration with those who inspire you.

Cancer: Family and home life take center stage. Make sure you're nurturing both your inner and outer world, and restoring harmony where needed.

Leo: Focus on your communication style—ensure that you're expressing yourself clearly and maintaining balance in your interactions.

Virgo: This is your moment to shine, Virgo! Balance your personal and professional life, and evaluate whether your work aligns with your true values.

Libra: This Full Moon is all about you, Libra! Focus on your personal growth, relationships, and bring more balance into your life. What needs to be released or renewed?

Scorpio: This Full Moon is a time to reflect on your inner world and quiet any internal chaos. Take time to rest, meditate, and ground yourself.

Sagittarius: Your social life takes priority—are your friendships and connections truly supporting your goals? Seek out the ones that align with your values.

Capricorn: Career and public life come under the spotlight. Take a step back to assess where you are in relation to your long-term goals and adjust accordingly.

Aquarius: Focus on transforming your financial situation. This is a great time to clear up debts or make financial plans that will bring long-term balance.

Pisces: This Full Moon calls you to focus on your personal relationships. Evaluate who supports you, who drains you, and how you can restore balance in your social circles.

New Moon

27 April 2025



The New Moon on April 27th falls in Taurus, the sign of stability, sensuality, and material comfort. New Moons are about new beginnings and setting intentions, and this one invites us to ground ourselves in our desires and create a solid foundation for the future.

Taurus, ruled by Venus, encourages us to focus on what makes us feel secure, both emotionally and financially. It's a time to assess our relationship with the material world and to plant seeds for long-term growth.

This New Moon also has a gentle, grounding energy that supports us in making practical, tangible changes. Taurus reminds us to enjoy the pleasures of life—whether that's nurturing ourselves with good food, beauty, or comfort—but also to create a sustainable and stable future.

Advice for each Zodiac Sign:

Aries: Focus on creating financial security and stability. This is a great time to review your savings and invest in long-term plans.

Taurus: This New Moon is all about you! Set personal intentions that align with your values and your need for stability. It's a time to focus on self-love and nurturing your body and soul.

Gemini: Use this time to reflect on your inner world and emotional needs. Focus on healing and releasing old wounds that may be holding you back from embracing new opportunities.

Cancer: Focus on your social connections and the communities that nurture your growth. It's a great time to plant the seeds for new collaborations and alliances.

Leo: This New Moon calls for career planning. Set intentions for your professional growth and long-term success. What steps can you take to build a more stable future?

Virgo: Expand your horizons and set intentions for learning and growth. Whether it's travel, education, or personal development, this New Moon invites you to step outside your comfort zone and explore new opportunities.

Libra: Focus on your shared resources and emotional investments. This New Moon offers an opportunity to build deeper connections and create a more secure foundation in your partnerships.

Scorpio: This is a good time to reflect on your relationships and set intentions for growth and stability. Focus on creating balance and harmony in your closest connections.

Sagittarius: Focus on your health and daily routines. This New Moon offers a chance to set intentions around your physical well-being, ensuring that you're building healthy habits for the future.

Capricorn: Focus on creative expression and romantic connections. This is a time to set intentions around love, fun, and self-expression. Allow yourself to enjoy life's pleasures while planning for future growth.

Aquarius: Focus on your home and family life. This New Moon supports creating a stable foundation in your personal space, whether it's through organizing, renovating, or nurturing deeper emotional bonds.

Pisces: This New Moon invites you to set intentions around communication and learning. It's a great time to plant the seeds for new ways of expressing yourself, whether through writing, speaking, or connecting with others.

What to expect:

- **Positive:** This New Moon offers an opportunity to set intentions around your finances, self-worth, and physical well-being. It's a great time to create plans for long-term stability and to begin projects that require patience and persistence.
- **Challenges:** The grounded energy of Taurus can sometimes make us resistant to change. You may feel the urge to stay in your comfort zone, making it harder to take risks or step outside of familiar patterns.
- **Be Aware of:** The temptation to get too attached to material outcomes. While it's important to seek stability, don't let the pursuit of possessions or comfort overshadow your deeper emotional and spiritual needs.



JOIN THE MONTHLY CHALLENGE

JUST DO IT !

This month, it's time to take action! No more waiting for the "perfect moment" or doubting your abilities—this is your time to step forward and make things happen. Whether it's a big goal you've been putting off or a small task you've been procrastinating on, embrace the energy of momentum and get things moving.

Let's make make APRIL a month of action, courage, and unstoppable forward movement! !

GET STARTED HERE :

**"For the month of of April, I commit to Taking Action Every Day,
and Focusing on moving forward, no matter how small the step,**

**Because each action I take brings me closer to my goals and creates momentum for my
success.**



SPIRITUAL PRACTICE

For April

This month, our spiritual practice focuses on **Overcoming Negative Competition**—shifting from comparison to collaboration, and from rivalry to growth. It's a reminder that your journey is uniquely yours, and true success is about personal progress, not competing with others.

To Begin

Create Sacred Space: Find a quiet, comfortable space and take several deep breaths to center yourself. Release any tension and clear your mind.

Set Your Intentions: Reflect on the areas where you may feel competitive or compare yourself to others. Let go of the need for validation from external achievements and connect with your inner purpose.

Reflect on these Words:

I release the need to compete with others.

I honor my own path and recognize that everyone's journey is unique.

I celebrate my personal progress and focus on growth over comparison.

As you repeat these words, allow them to settle in your heart. Reflect on where competition may have caused you stress or self-doubt, and where you can replace it with compassion and understanding for both yourself and others.

Set Your Soulful Intentions: Take a moment to sit with any emotions that arise during your practice, offering them love and acceptance. Affirm that you are open to celebrating your achievements and the achievements of others, knowing that there is space for everyone to succeed.

Affirm Your Intentions: Write down your intentions for overcoming negative competitiveness and focusing on personal growth. Keep them simple, clear, and reflective of your desire to embrace collaboration and self-compassion this month. Revisit them often as you continue your practice.



GRATITUDE CORNER

Honouring ME vs. WE

This month, we explore the balance between honouring ourselves and honouring the collective. It's about recognizing that while we are part of something larger, we must also remain true to our individual needs, desires, and well-being.

When we honour *Me*, we give ourselves permission to nurture our personal growth, rest when we need it, and focus on our own journey without guilt. But, at the same time, we must honour *We*—the interconnectedness of us all, fostering relationships, supporting others, and contributing to the collective good.

Much like a tree in a forest, we stand tall on our own, but we are also part of a greater ecosystem. A tree doesn't stop growing just because it is part of a forest; it grows in alignment with its surroundings, sharing space, oxygen, and nutrients, yet maintaining its distinct presence.

The Lesson:

Honouring both "Me" and "We" means creating a balance between self-care and service. It's about nurturing your own growth and well-being, while also acknowledging that the world thrives when we connect with and support each other.



ME vs. WE

Taking Time to Review What You Are Grateful For

This month, take a moment each day to reflect on where you are finding balance between self-care and community care. Where can you give yourself permission to say no, and where can you extend your energy to others in a meaningful way?

GRATITUDE PRACTICE FOR APRIL

Write Down 3 Things Everyday :

Using the 3 words listed below, write down three things each day where you are grateful for **honouring yourself** as well as **honouring others**.

Here's an example to help you get started:

- *Self-Care:* I'm grateful for the time I give myself each day to recharge, because it helps me show up fully for myself and also my loved ones.
- **Self (me)**
- **Brave**
- **Independent**

✦ *Holistic Living :*

HOLISTIC HEALTH

Tools & Tips



Natural Healing

Peppermint essential oil is a powerful tool for invigorating the mind and boosting motivation. Its refreshing, energizing aroma helps clear mental fog, encouraging a sharp focus and a burst of action. The scent revitalizes the spirit, inspiring you to take decisive steps toward your goals and overcome any inertia.

For the best results, diffuse peppermint oil in your workspace or study area to enhance clarity and productivity. Alternatively, apply a few drops to your wrists or temples to feel a surge of mental energy and motivation throughout your day.

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 Fear is holding me back ?

(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 Independent am I right now ?



SEASONAL TIPS

Decluttering :

This month invites you to embrace the freeing power of decluttering—both in your physical space and your mind. As we enter a season of renewal, it's the perfect time to clear away what no longer serves you, creating room for clarity, peace, and fresh energy. Decluttering is not just about tidying up, but about making space for new beginnings, growth, and a more focused life. By shedding the unnecessary, you invite more balance and purpose into your daily routine.

When we clear out the excess, we make room for what truly matters, opening the door to a lighter, more intentional way of living. Let this season of decluttering inspire you to simplify your surroundings and your mind, so you can move forward with greater ease and presence.

This Month's Here are some Practical Tips to Implement

- **Start with a small space:** Tackle one area at a time, such as a drawer, desk, or closet. Breaking it down into manageable tasks makes the process less overwhelming.
- **Release what no longer serves you:** Let go of items, habits, or thoughts that hold you back. Ask yourself: "Does this item or thought bring me joy or purpose?" If not, it's time to let it go.
- **Organize for clarity:** As you declutter, organize your space in a way that feels peaceful and functional. This helps clear mental space, too, allowing you to focus better.
- **Clear digital clutter:** Declutter your devices by organizing files, deleting old emails, and unsubscribing from unnecessary notifications. This can reduce mental overload.
- **Practice mindful cleaning:** While tidying up, stay present and intentional with your actions. Let each step of the process be a grounding exercise in the present moment.
- **Create a daily routine:** Keep your space organized by committing to a daily habit of tidying. This helps maintain balance and ensures that clutter doesn't creep back in.
- **Simplify your schedule:** Declutter your calendar by saying "no" to commitments that no longer align with your priorities. Focus on what adds value to your life.

RECOMMENDED

READS & LISTENS

Aries - April, it's the perfect time to take initiative, and this season calls you to stop waiting and start doing.

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



Books

Explore themes related to **Courage, Action, and Bold new beginnings**. Look for books or resources that ignite your inner fire, encourage you to take initiative, and help you overcome fear or hesitation.. These readings will support you in stepping into your personal power, embracing new challenges, and moving forward with purpose and passion

Tools

Try using **Action-oriented tools like a goal tracker, habit planner, or intention-setting journal..**

These tools help you stay accountable, make clear decisions, and break big dreams into doable steps. By putting your ideas into motion, you strengthen your confidence and momentum, turning inspiration into empowered action aligned with your soul's direction.



Podcasts

Tune into podcasts that spark **Motivation, courage, and inspired action.**

These empowering episodes will encourage you to trust your instincts, take decisive steps, and move forward with confidence—perfect for embracing the next chapter of your soul's journey

✦ Offerings &
Community :

FEATURED PRODUCTS & SERVICES



Buy 1, Get 1 Free

Soul Journey Tarot Reading

This Easter, embrace the power of transformation and renewal
When you buy one reading, you'll receive a
second reading absolutely free

—perfect for gifting someone special or diving deeper into your own soul's path

Offer valid until **April 30th 2025** – Don't miss Out !
(T's & C's apply)

- 🌿 Gain clarity on your soul's purpose
- 🌿 Receive intuitive guidance for your next steps
- 🌿 Understand your life's lessons and spiritual growth

Act Now & begin your journey !

Final Thoughts

As you move through April, remind yourself that Fortune favours the Brave, and that life is made for living.

Put your JUST DO IT cap on and enjoy the ride !

Wishing you a month of confidence, clarity, and inspired action.

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

