

# Current Energy Report

April  
2025

**Freedom From Shame:  
Shedding What  
Was Never Yours  
and Rising Radiant**

## THEME FOR APRIL 2025

### Freedom From Shame:

## Shedding What Was Never Yours and Rising Radiant

This month is a powerful invitation to release the embedded shame that has kept us small, hidden, and afraid to be seen.

Shame is one of the lowest vibrational frequencies we can carry—and one of the most effective tools of control and suppression used by outdated systems, karmic contracts, and ancestral imprints.



### **But April brings us the Light to clear it.**

As we move through potent cosmic alignments, we're being called to identify and shed the shame that never belonged to us—the inherited guilt, the internalised judgments, and the false narratives that have disconnected us from our Divine essence.

This month's Shifts Happen Series supports this deeply personal and collective clearing, helping us realign with purity, power, and presence.

## REFLECTIONS ON MARCH 2025

March brought a wave of soul initiation and inner revelation. It asked us to slow down, turn inward, and sit with the parts of ourselves that had been hidden beneath layers of shame, fear, or old identity patterns.

It was a month of deeper integration—where the healing work we've been doing began anchoring more fully into the body. For many, this was a time of emotional tenderness, karmic clearing, and the surfacing of buried wounds ready to be released.

All of it was preparing us for the expansive transformations April now makes possible.



# Planetary Movements

## + Energetic Highlights

April 8, 2025

### Total Solar Eclipse in Aries

This rare hybrid eclipse opens a massive portal for identity recalibration. Aries, the sign of the self, encourages bold truth-telling and action.

#### — Quantum Understanding

Eclipses collapse timelines and activate soul remembrance. This is a portal to release false identities rooted in shame.

#### — Ascension Focus

Shedding old self-concepts and stepping into courageous embodiment.

#### — Effects You May Feel

Identity confusion, pressure to take bold action, grief around masks that once kept you safe.

April 1st to 25th

### Mercury Retrograde in Aries

A time to revise, reflect, and reframe how you speak your truth. Aries gives courage, but retrograde motion brings introspection.

### — **Quantum Understanding**

Revisiting old stories isn't regression—it's an opportunity to shift perception at the root level.

### — **Ascension Focus**

Rewriting your inner dialogue with compassion and truth.

### — **Effects You May Feel**

Triggering memories, miscommunication, breakthroughs in journaling or inner child work.

## April 20th

### **Jupiter Conjunct Uranus in Taurus**

A rare, liberating conjunction between expansion (Jupiter) and awakening (Uranus) in the sign of embodiment and self-worth.

### — **Quantum Understanding**

This energy delivers divine disruption to what's been stagnant, especially around money, body, and value.

### — **Ascension Focus**

Anchoring quantum upgrades in your physical and sensual experience.

### — **Effects You May Feel**

Electric energy in the body, sudden shifts in how you perceive your worth, unexpected abundance or intuitive nudges.

## April 23rd

### **Full Moon in Scorpio**

Scorpio brings a deep emotional purge. This moon illuminates what has been hidden and asks you to feel it to free it.

### — **Quantum Understanding**

Emotional alchemy transforms shame into soul power. Feeling fully allows transmutation.

### — **Ascension Focus**

Releasing shame from the subconscious and cellular memory.

### — **Effects You May Feel**

Deep emotions, intense dreams, cathartic release, powerful integration.

## April 29th

### **Mars Conjunct Neptune in Pisces**

A highly spiritual aspect blending drive (Mars) with mysticism (Neptune). This energy softens aggression and inspires action from the soul.

### — **Quantum Understanding**

The merging of will and divine purpose helps dissolve ego-driven shame and activates soul-led creation.

### — **Ascension Focus**

Aligning action with intuition. Moving forward from faith rather than fear.

### — **Effects You May Feel**

Fatigue or dreamy sensations, heightened sensitivity, deep downloads, enhanced spiritual vision.

## April 29th

### **Venus Enters Taurus**

Venus returns to her home sign of Taurus, amplifying beauty, embodiment, sensuality, and self-worth.

## — Quantum Understanding

An ideal window to integrate divine feminine energy, reconnect with your body temple, and release shame around desire.

## — Ascension Focus

Embodying love, beauty, and pleasure unapologetically.

## — Effects You May Feel

Increased connection to your senses, magnetic attraction, desire for nature, rest, and luxury.

### Power Intention:

*"I welcome the cosmic currents of April to liberate my body, voice, and soul. With each shift, I rise freer, clearer, and more unapologetically me."*

# Ascension Energies for April

## Schumann Resonance and Solar Activity

### — Quantum Understanding

April is charged with fluctuating Schumann Resonance spikes and strong solar activity. These powerful frequencies are accelerating Light body upgrades, activating dormant DNA, and dissolving lower-dimensional density.



## — Ascension Focus

Integration of these frequencies helps the body and energy field recalibrate, release emotional stagnation, and anchor more Light.

## — Effects You May Feel

- Waves of fatigue followed by surges of inspiration or clarity.
- Heightened dreams, psychic insights, or intuitive knowing.
- Cellular detox symptoms, body aches, or shifting sleep cycles.
- Emotional sensitivity, spontaneous tears, or deep peace.
- A strong inner call to ground, hydrate, and slow down to receive the upgrades.

## — Practical Tips

- Hydrate and nourish your body to support energetic integration.
- Prioritise grounding—spend time barefoot on the earth, in water, or among trees.
- Rest without guilt. These light codes are powerful and your nervous system is recalibrating.
- Journal, meditate, or simply breathe to process the clarity and emotional releases moving through.

### **Power Intention:**

**"I integrate the powerful April activations with trust and grace. I allow my body, soul, and cells to align with their divine frequency and future."**

# Goal-Setting

Quanta Freedom Healing™ (QFH)  
for April

Releasing Shame and Radiating Worth with Embodied Light

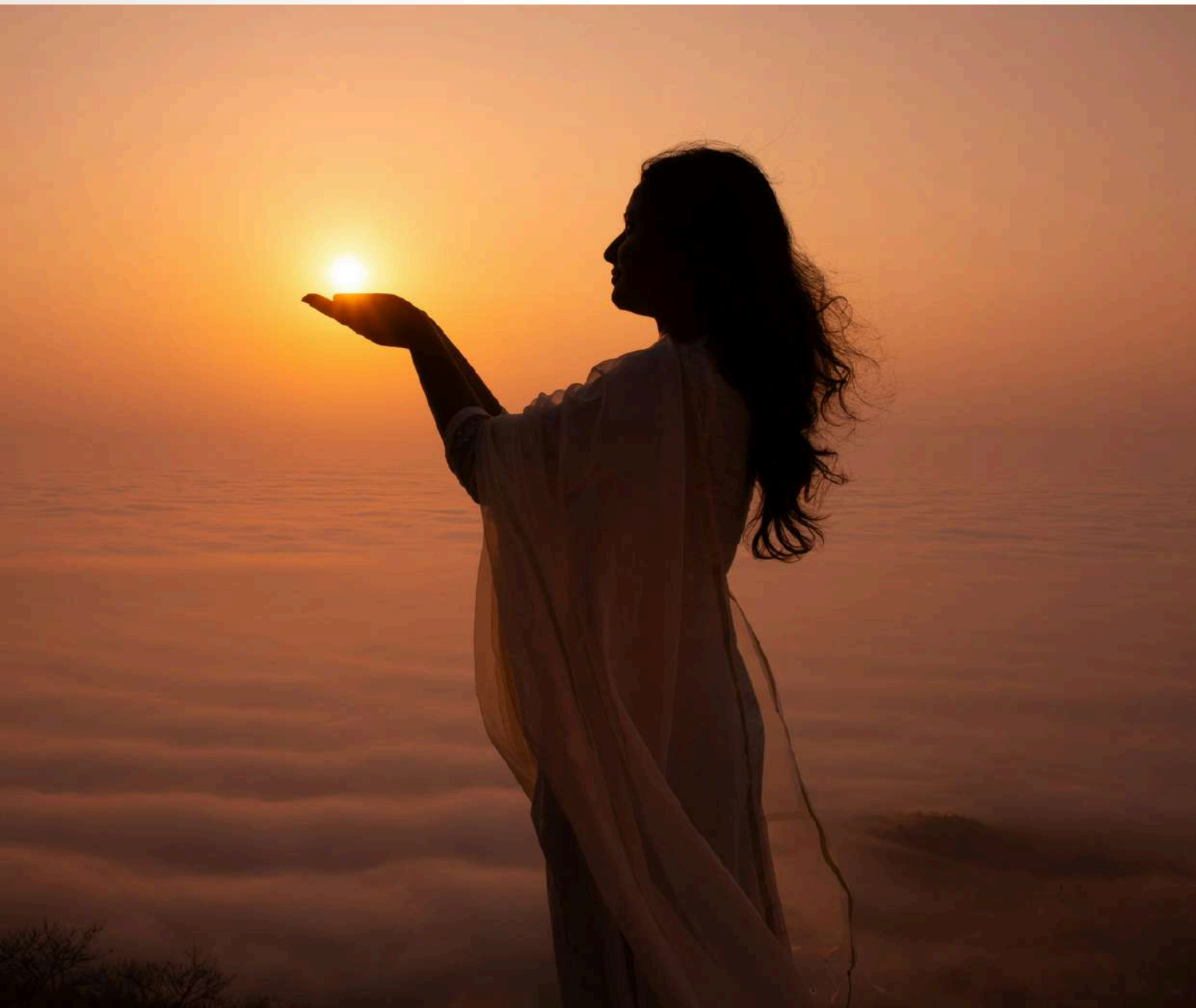
## Goal Statement

I am ready to let go of every imprint of shame, guilt, and unworthiness that is not mine. I now return to the truth of who I am: radiant, powerful, and divinely whole. I allow my Light to rise from within me and shine unapologetically into the world.



## Closing Message

This month, our focus is to shift internalised guilt, let go of outdated stories, and root into divine self-worth. Through Quanta Freedom Healing™, we open to receiving the Light of our authentic essence, unapologetically and fully. This is a time to release, reset, and rise.



## WHAT THIS MONTH CALLS YOU INTO

- Releasing shame from your body, your voice, your past
- Owning your story without letting it define you
- Speaking your truth without fear of rejection
- Letting your Light be bigger than others' projections
- Reclaiming pleasure, presence, and divine confidence

### Source Message

You were never broken. You were burdened. Now is the time to lay it down. The shame you've carried was never yours to hold. Return it. Release it. Rise without it.

This month is not about proving your worth. It's about remembering it. We will see you in Shifts Happen Series 7: Dissolving Shame soon!

Much love and blessings,  
Mel