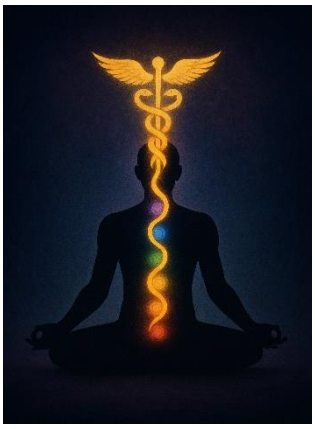
July 2025

Monthly Newsletter

Stepping into the heart of summer, I invite you to pause, breathe deeply, and welcome the healing currents this month brings. July carries us from the gentle, nurturing embrace of Cancer into the radiant, bold fire of Leo — a time to honor your emotions, restore your spirit, and awaken the sacred energy that lives within you.



Kundalini Energy:

A Journey through the Waves of Spiritual Awakening, Healing, and Inner Transformation

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This Month's Benevolent Being

Archangel Raphael

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Cancer and Leo

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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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Exploring the Depths of Healing

With Teri Martell & Amber Parisi

Check out our recent appearance on Across the Table Podcast! In this soul-stirring episode of Across The Table, we join host James Finochio for a transformative conversation that weaves together the spiritual, energetic, and emotional layers of healing. Together, they unpack a wide spectrum of practices—from hypnotherapy and Reiki to astrology, Kundalini awakening, and past life experiences—to explore the deep and often mystical process of self-discovery.

WATCH NOW

Secrets of Healing
Upcoming Classes and Workshops

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

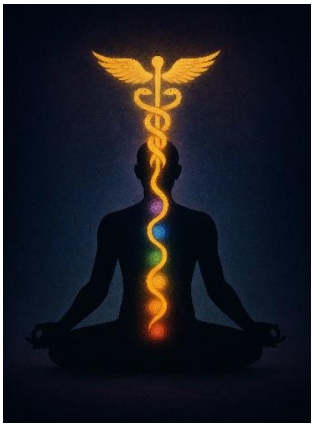
VIEW OUR CALENDAR

As we move through the tender waters of Cancer and into the bold, creative fire of Leo this July, may you remember that the sacred energy within you — your own Kundalini — is always ready to rise when you listen, trust, and tend to your spirit.

Kundalini Energy

A Journey through the Waves of Spiritual Awakening,
Healing, and Inner Transformation

The Kundalini is an ancient, potent energy source believed to rest coiled like a serpent at the base of the spine until it is awakened. Once stirred, this energy rises upward through the central energy channel, piercing through each of the seven chakras, cleansing, activating, and transforming physical, mental, emotional, and spiritual states along its journey. This process is often described as a unique and powerful spiritual experience, capable of radically shifting a person's entire sense of self and perception of reality.



The effects of a Kundalini awakening can manifest in countless ways. For some, the process unfolds gently, with moments of deep peace, heightened awareness, sudden insights, vivid dreams, or profound sensations of bliss and unconditional love. Many speak of feeling an expansive sense of connection with all life, as though the veil between the self and the universe has lifted. There may be spontaneous episodes of euphoria, tears of release, or sensations of light coursing through the spine. Some report experiencing visions, hearing inner voices of guidance, or feeling the subtle vibration of the energy as it moves like a current through the body.

Biologically, it is said that Kundalini awakening can stimulate the cerebrospinal fluids, creating a wave-like motion that activates pleasure centers in the brain. This can lead to moments of orgasmic release and a sense of bodily purity or weightlessness — states that many describe as moments of true liberation.

Yet, the Kundalini journey is not always smooth or pleasant. It is often called a spiritual fire because of its powerful force that burns through layers of old conditioning, emotional blockages, and deep-seated fears. This purging can create periods of insomnia, changes in appetite, surges of unexplained anxiety or depression, and sudden waves of emotional turbulence. Some people become intensely sexual, feeling surges of creative or erotic energy that can be both confusing and exhilarating. Others may feel overwhelmed by spontaneous trances, vivid past-life regressions, or encounters with what seem to be mystical realms.

For a few, the experience can be so intense that it feels destabilizing — leading them to fear they are losing touch with reality. Throughout history, people undergoing profound Kundalini awakenings have sometimes been misunderstood, labeled unstable or insane by those unfamiliar with the depth of this sacred process.

It's important to recognize that Kundalini awakening is not always a single event but often a lifelong unfolding. The energy may rise in powerful surges or gentle ripples — sometimes years apart — each wave bringing new levels of healing, insight, or challenge. It can revisit old wounds or highlight unresolved patterns, compelling a person to face themselves again and again with deeper honesty.

Every person's journey with Kundalini is uniquely their own. For some, it is an ecstatic dance with the divine; for others, it is a demanding teacher that drags buried pain into the light. Many people find that seeking support from experienced teachers, energy healers, or spiritual communities can ease the intensity of the process and help integrate its gifts in healthy ways.

Ultimately, the Kundalini experience calls for immense courage and self-compassion. It invites us to explore the SELF on every level — physically, mentally, emotionally, and spiritually. When approached with reverence, patience, and respect for its power, this awakening can reveal a deeper understanding of life's mysteries and open a doorway to living more fully aligned with the sacred essence within.

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Archangel Raphael

The Divine Healer

Archangel Raphael is widely known as the archangel of healing, compassion, and divine restoration. His name means “God Heals” or “Healing Power of God,” and across many spiritual traditions, he is called upon to bring physical, emotional, and spiritual healing to individuals, families, and even entire communities.

In sacred texts and mystical teachings, Raphael appears as a luminous, loving presence who guides, comforts, and tends to those suffering from illness or distress. He is often associated with the color emerald green, a soothing hue that symbolizes renewal, vitality, and the life force of nature itself. Many people visualize Raphael’s healing light as a radiant green energy that can envelop the body, mind, and spirit, dissolving blockages and restoring balance.

Raphael is not only a healer of human ailments but also a guardian of healers themselves. Many nurses, doctors, holistic practitioners, energy workers, and spiritual seekers call upon Raphael for support in their healing work. His energy inspires compassion, patience, and deep intuitive understanding — qualities vital for those who hold space for others’ pain and transformation.

One of Raphael’s most recognized symbols is the caduceus — the staff entwined with serpents and topped with wings — which has become a universal emblem of medicine and healing. This symbol beautifully mirrors the concept of Kundalini energy: the coiled life force rising up the spine, unblocking and aligning the chakras, much like Raphael’s green light restores energetic flow and harmony.

Many who work with Archangel Raphael describe feeling his presence as warm, gentle, and reassuring — like a soft breeze or a sudden rush of peaceful energy. Some experience vivid green lights in meditation, hear inner messages of encouragement, or sense an intuitive nudge toward healthier choices. Raphael often works subtly, guiding people toward the right treatments, trustworthy healers, or lifestyle changes that support holistic wellness.

Raphael’s healing mission also extends to the natural world. He is regarded as a guardian of the Earth, animals, and the environment, reminding us that true healing involves harmony with the rhythms of nature. He inspires us to tend to our bodies as sacred vessels and to honor the interconnectedness of all life.

Attributes of Archangel Raphael

Role: Divine Healer — of the body, mind, spirit, and soul.
Patron of doctors, nurses, healers, counselors, and caregivers.
Guide for travelers (especially those on spiritual or healing journeys).
Protector against negative or harmful energies.

Vibration & Energy: Gentle yet powerful, deeply compassionate, comforting, loving.
Encourages balance, harmony, and holistic wellness.

Inspires acts of kindness, charity, and service to others.

Presence: Often felt as a warm, soothing, or peaceful sensation.
Some feel him as a gentle breeze, see flashes of emerald green, or sense a calming presence.

Virtues Associated: Compassion, Mercy, Restoration, Hope, Renewal, Protection, Divine guidance,

Symbolism of Archangel Raphael

Color: Emerald Green — represents healing light, renewal, vitality, growth, and the life force of nature.

Element: Air — gentle winds, breath, and the movement of life force energy.
Sometimes also associated with water for its cleansing and flowing properties.

Caduceus: The staff with two entwined serpents and wings at the top — a symbol of medicine, balance of energies, and Kundalini-like awakening.

Staff: Represents guidance on life's journey and the ability to lead souls safely through challenges.

Heart & Hands: Symbolize Raphael's role in mending hearts and guiding healing touch.

Green Rays of Light: Visualized as healing rays that cleanse and restore.

Fish: In the Book of Tobit, Raphael uses a fish to heal Tobit's blindness — symbolizing the nourishment and hidden wisdom of nature.

Animals: Birds (messengers of the divine and the freedom of spirit).
Deer or gentle creatures, symbolizing peace and purity.

Crystals Associated: Emerald, Green Aventurine, Jade, Malachite, Peridot — all stones that amplify healing and heart-centered energy.

Chakra Connection: Primarily linked to the Heart Chakra — the center of love, compassion, and healing energy.
Also resonates with the Third Eye (insight, clear vision) when guiding intuition during healing work.

Practical Symbols in Modern Use: Raphael's green light is often visualized in energy healing sessions or meditations.
The caduceus remains the universal medical symbol on ambulances, hospitals, and pharmacies — echoing Raphael's ancient role.
Many healers keep green candles, Raphael prayer cards, or angel statues to invite his presence.

How Divine Healing Finds a Way

When Maya's father fell ill with a sudden, life-threatening infection, the world seemed to close in around her family. It was the winter of 2020, and hospitals were already overflowing with patients from the pandemic. Fear and exhaustion hung over the ICU like a heavy fog. Maya, a nurse herself, felt helpless watching her father slip away while her mother wept at home, unable to visit due to strict isolation rules.

One night, overwhelmed by worry and desperate for comfort, Maya sat in her parked car outside the hospital. She closed her eyes, whispered a prayer she hadn't spoken in years, and asked for help — not just for her father's body, but for strength to hold her family together. In that quiet moment, she remembered a friend once telling her about Archangel Raphael, the angel of healing.

Unsure of what to expect but craving hope, she imagined a soft green light filling the hospital room, wrapping around her father's bed. She pictured Raphael standing beside him — calm, watchful, and compassionate — guiding the doctors' hands, calming her father's pain, soothing her mother's fear from afar, and lending Maya the energy to get through another shift.

The next day, when she called her mother on her break, Maya felt a change in her own voice — steadier, clearer. To her surprise, her father's doctor told her the infection had unexpectedly begun to clear. There was still a long way to go, but for the first time in weeks, the family felt a spark of hope.

In the days that followed, Maya continued this small ritual: during her break, she'd sit in the quiet of her car or the chapel and call on Raphael, visualizing the green healing light not only around her father, but flowing through the whole ward — the exhausted staff, the frightened families, the patients fighting for breath. She brought coffee to coworkers, comforted families in the waiting room, and encouraged her mother to rest and trust.

Weeks later, her father returned home, fragile but alive. Maya knew that science, medicine, and the dedication of doctors had saved him — but she also knew something deeper had carried them all through. Raphael's energy, whether real or imagined, had awakened a channel of calm, compassion, and strength within her that she might never have found otherwise.

Today, Maya still works long shifts in the same hospital. When new patients arrive, she often pauses to imagine a green light filling the room. Sometimes she shares this quiet practice with families who are open to it — a reminder that healing doesn't only come from machines and medicine, but also from the unseen current of love and hope that flows through all of us when we remember to ask for help.

The Message:
In a world filled with uncertainty, Archangel Raphael's presence reminds us that healing can come in many forms — through medicine, acts of compassion, and the simple faith that we are not alone in our struggles. His light invites us to become healers ourselves, wherever we are needed.

How to Connect with Archangel Raphael

Connecting with Archangel Raphael doesn't require elaborate rituals — all it really takes is an open heart and a sincere intention to invite his healing light into your life. Many people feel closest to Raphael when they ask for his help in moments of need, whether for physical healing, emotional support, or guidance in helping others heal.

One simple way to connect is through quiet prayer or meditation. Find a calm space, close your eyes, and take a few deep, steady breaths. Visualize a warm, emerald green light — Raphael's healing ray — surrounding you, flowing gently through your body, clearing away tension, fear, or pain. You can speak or think a simple request, like: "Archangel Raphael, please bring your healing presence to me now. Guide me, restore me, and fill this space with your divine light."

Some people light a green candle, hold a green crystal like aventurine or jade, or place a comforting hand over the heart to deepen this connection. Others sense Raphael's presence in nature — during a quiet walk, listening to birdsong, or feeling a soft breeze that seems to whisper reassurance.

If you are a healer, nurse, counselor, or caregiver, you can call on Raphael to guide your hands and words, to replenish your own energy, and to help you hold compassionate space for others without becoming depleted.

Above all, remember: Raphael's gift is gentle but powerful healing. Invite him in with trust and gratitude, and watch for subtle signs — a sense of peace, an inner nudge, a dream, or a wave of calm when you need it most. He is a reminder that divine help is always near when we ask for it with an open heart.

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Current Events in Cancer and Leo

An Astrological Overview

July 2025 brings us through a beautiful dance between the nurturing waters of Cancer and the bold fire of Leo — a time to honor our feelings, tend our roots, and then step forward to shine our light with courage.

The first part of July keeps the Sun in Cancer's gentle embrace, encouraging us all to slow down, rest, and reconnect with what feels like home. Family, close friendships, and your inner sanctuary take center stage. Emotional truths may surface, giving you a chance to heal old wounds and strengthen the foundations that support you. The New Moon in Cancer at the start of the month sets the tone for deep self-care and heartfelt intention-setting.

By mid-month, the Full Moon in Capricorn invites us to check in with our responsibilities — balancing our inner world with the demands of career, goals, or long-term plans. This lunation can reveal where work and life need better harmony, helping us let go of what no longer supports our growth.

As the Sun moves into fiery Leo around July 22, the energy shifts from private and protective to open and expressive. Leo season lights up the path for joy, creativity, and bold self-expression. Mercury in Leo all month boosts confidence in communication, while Mars moving from Cancer into Leo mid-month fuels our courage to step up, speak out, and take action.

Venus in Virgo reminds us that even as we roar, we benefit from attention to the small things — self-care, healthy habits, and practical acts of love keep the Leo fire steady and grounded.

July's final New Moon in Leo brings a fresh surge of inspiration — perfect for setting intentions around creativity, romance, leadership, or any area where you're ready to shine brighter.

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

♋ **Cancer:** "Your Season of Self."
Honor your feelings and claim your space. July is about tending YOU — restore your energy, then prepare to shine your gifts outward.

♌ **Leo**: "Rebirth and Radiance."
Rest deeply at first — the spotlight is coming! By late July, you're ready to celebrate, attract opportunities, and light up the room.

♈ **Aries:** "Home and Heart."
Focus on nurturing your inner world and tending to family ties. Later in the month, step boldly into self-expression and creative pursuits.

♉ **Taurus:** "Speak with Love."
Communication is key — heartfelt talks heal old misunderstandings. Use your voice to ask for what you need, then enjoy cozy time at home.

♊ **Gemini:** "Ground Your Gifts."
Your resources and self-worth come into focus. Budget wisely, tend to health routines, and prepare for fun social sparks as Leo season arrives.

♍ **Virgo:** "Quiet Clarity."
Take a pause to reflect and release old worries. Mid-July, Venus helps you feel appreciated for your practical magic. Heal your mind and body.

♎ **Libra:** "Circle of Support."
Friendships and teamwork grow strong roots now. Mid-month revelations help you decide which communities truly uplift your spirit.

♏ **Scorpio:** "Rise and Reveal."
Career, reputation, and big life goals get a spotlight. Mid-July pushes you to step up — trust your instincts and lead with integrity.

♐ **Sagittarius:** "Expand the Vision."
Travel, learning, or spiritual practice light up your month. Use the early weeks to plan — then share your wisdom with flair as Leo fires you up.

♑ **Capricorn:** "Release and Renew."
Transformation themes run deep. Mid-month, the Full Moon in Capricorn highlights what needs to be shed. Embrace emotional honesty.

♒ **Aquarius:** "Sacred Bonds."
Partnerships and deep connections come to the forefront. Let your guard down — true allies will stand by you through shifts and surprises.

♓ **Pisces:** "Balance and Heal."
Daily habits, work, and wellness get a reset. Simplify routines early in the month; later, creativity and passion rekindle your spirit.

Key Planetary Movements – July 2025

☀ Sun in Cancer → Leo

Dates:

- Sun in Cancer until July 22
- Sun enters Leo on July 22

What It Brings:
The first part of July is nurturing and reflective — a time to focus on home, family, emotional needs, and personal security. When the Sun moves into Leo, the energy shifts to boldness, self-expression, celebration, and creativity.

How to Navigate:

- Early July: Rest, spend time with loved ones, handle home or family matters with care.
- After July 22: Embrace your personal spotlight, take creative risks, plan social events, and lead with your heart.

☿ Mercury in Leo

- Mercury is in Leo for most of July 2025.

What It Brings:
Communication gets bold, confident, and sometimes dramatic. People speak with flair and passion. This is excellent for public speaking, pitching ideas, or expressing your truth — but watch for egos clashing in conversations.

How to Navigate:

- Use this time to share ideas with enthusiasm — but listen, too.
- Be mindful not to overpromise or speak impulsively.
- A great time for creative writing, storytelling, or promoting projects.

♀ Venus in Virgo

- Venus is in Virgo throughout July 2025.

What It Brings:
Love, beauty, and money matters become more practical, detail-oriented, and discerning. Relationships may feel more reserved but supportive — people show love through acts of service. Good time for organizing finances and tending to your well-being.

How to Navigate:

- Show love through small, thoughtful gestures.
- Be mindful not to nitpick partners or yourself.
- Use this energy to improve daily routines, health habits, or your work-life balance.

♂ Mars in Cancer → Leo

- Mars starts in Cancer, enters Leo mid-month (around July 15–18).

What It Brings:
Early July, Mars in Cancer stirs emotional motivation — you may feel protective of home and loved ones but can be moody or defensive. Once Mars moves into Leo, motivation turns bold, fiery, and courageous — you may feel inspired to take the stage or start new ventures.

How to Navigate:

- Early July: Channel energy into home projects or family support. Avoid passive-aggressive reactions.
- After Mars enters Leo: Take decisive action, be brave — but watch for ego clashes or impulsiveness.

🌕 Lunar Phases in July 2025

New Moon in Cancer: *July 1–2* (approx.)

- **What It Brings:** Emotional reset, intention-setting for home, family, and personal security.
- **How to Navigate:** Perfect for self-care rituals, starting home projects, or nurturing relationships.

Full Moon in Capricorn: *July 16–17* (approx.)

- **What It Brings:** Culmination of work goals, career or responsibility themes illuminated. May reveal where balance is needed between work and home life.
- **How to Navigate:** Celebrate achievements but release old patterns of overworking. Reassess priorities.

New Moon in Leo: *July 30–31* (approx.)

- **What It Brings:** A fresh burst of courage, creativity, and self-confidence.
- **How to Navigate:** Set intentions for your personal goals, visibility, romance, or artistic pursuits.

🔄 Retrogrades

- **Saturn in Pisces Retrograde** (continues): Encourages deep spiritual reflection, dissolving old fears and outdated emotional patterns.
  - *Navigate by:* Being patient with delays; accept what you can't control and trust the process.
- **Pluto in Aquarius Retrograde** (continues): Revisiting collective power structures, tech or social themes; personally, deep inner transformation.
  - *Navigate by:* Facing fears around control, releasing what you can't change alone, and staying adaptable.

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