

Monthly Newsletter

As January unfolds, we stand at the threshold between reflection and vision, grounded by the past and guided toward what is emerging.



Moving Forward Together

Finding Balance and Belonging in a Changing World

We live in a time of unrest in our society. As the Earth continues to change and political agendas rise, many people are carrying questions, concerns, uncertainty, and a growing desire for understanding, clarity, and...

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This Month's Benevolent Being

Archangel Cassiel

Archangel Cassiel is often known as the Angel of Solitude, Temperance, and Sacred Time. His energy is quiet, steady, and deeply grounding, offering support during periods of reflection ...

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An Astrological Overview

Capricorn and Aquarius

January 2026 opens the year with a rich blend of inner reflection, structural grounding, and evolving collective consciousness. **This is not a month that rushes us forward ...**

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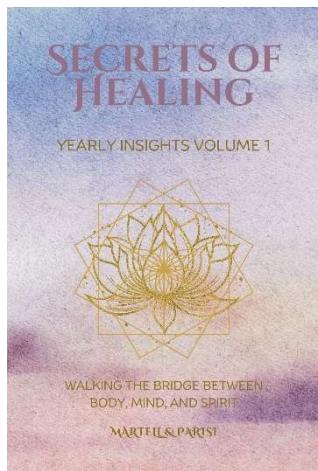


Secrets of Healing Blog

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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INTRODUCING **SECRETS OF HEALING YEARLY INSIGHTS VOL 1**

I'm so excited to share the release of our first book, Secrets of Healing: Yearly Insights (Vol. 1), a beautiful collection of monthly reflections, astrology, spiritual guidance, and holistic wisdom gathered throughout the year. Each page invites you to explore healing through body, mind, and spirit.

[Order your copy now on Amazon](#) or on [Barnes and Noble](#) and begin your journey of self-discovery and transformation! Also check with Teri if we have any in stock and on hand.



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. Click on the link to watch: On [Amazon](#) * On [Spotify](#) * On [YouTube](#) * On [Apple](#)

SECRETS OF HEALING **UPCOMING CLASSES AND WORKSHOPS**

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

[VIEW OUR CALENDAR](#)

Moving Forward Together

Finding Balance and Belonging in a Changing World

By Teresa Martell (*Expanded by Amber Parisi*)



We live in a time of unrest in our society. As the Earth continues to change and political agendas rise, many people are carrying questions, concerns, uncertainty, and a growing desire for understanding, clarity, and reassurance. For some, this unrest feels loud and overwhelming. For others, it is quieter, settling in as unease, fatigue, or a sense that something important is shifting beneath the surface.

In the midst of all of this, connection itself remains deeply meaningful, a steady reminder that community, even when unseen or unspoken, is a source of strength. Whether we gather in shared spaces or walk our paths quietly, there is comfort in knowing we are not navigating these times alone. Across cultures, faiths, and traditions, there is shared wisdom that gently reminds us to care for one another and for the world we inhabit, especially when circumstances feel uncertain or divided.

We may use different names, languages, and practices, yet we are guided by similar values, compassion, responsibility, humility, and hope. At the heart of many teachings is the same message: to treat one another with dignity, to act with care, and to remember that our choices matter. The Earth, steady beneath us, invites us to slow down, to listen more deeply, and to reconnect with what is real, grounding, and life-giving. In her rhythms, we are reminded that change is natural, and that balance is restored not through force, but through patience, presence, and respect.

In moments like these, hope does not come from certainty or having all the answers. It arises from a willingness to show up with open hearts, even when we feel unsure. Through prayer, reflection, meditation, service, or simply holding space in quiet presence, each of us contributes to a shared intention. Every small act of kindness, every moment of listening without judgment, and every effort to lead with understanding helps build bridges where there is division and offers care where there is strain.

This is not about perfection or agreement, but about remembering our shared humanity. It is about choosing empathy over fear, connection over separation, and awareness over reactivity. When we pause long enough to reflect, we begin to see that healing often starts in simple ways, in how we speak to one another, how we care for ourselves, and how we honor the space we share.

As we move forward, may we carry a renewed sense of purpose and responsibility. May we speak with kindness, even when conversations are difficult. May we act with integrity, aligning our words and actions. And may we make room for one another's stories, understanding that each person's experience is shaped by their own journey, challenges, and hopes.

Together, drawing wisdom from many paths, may we help transform unrest into healing, confusion into clarity, and separation into balance. May we remember that belonging is not something we must earn, but something we cultivate, through compassion, presence, and a shared commitment to care for one another and for the world that holds us all.

How Moving Forward Together Connects to Real-World Events (2025-2026)

1. Politics: Ongoing Polarization & Election Aftershocks

In 2025–2026, many countries are navigating the **aftermath of major elections**, leadership changes, and policy shifts. Even when campaigns end, **division does not disappear overnight**. People are feeling exhausted by constant debate, rhetoric, and “us vs. them” narratives.

This article speaks directly to this climate by emphasizing:

- Compassion without requiring agreement
- Listening instead of escalating
- Shared humanity beyond political identity

This reflects a growing public desire to **lower the emotional temperature** and rebuild trust in everyday conversations, workplaces, families, and communities.

We are not commenting on politics themselves — we are responding to the *impact politics is having on people*.

2. War & Global Conflict: Compassion Fatigue and Moral Tension

Ongoing global conflicts in multiple regions have continued through 2025, with **no clean resolutions**, leaving many people feeling helpless, overwhelmed, or numb. Constant exposure through media has created:

- Compassion fatigue
- Moral confusion
- A sense of powerlessness

This article’s message that *hope does not come from certainty, but from showing up with open hearts* mirrors how many people are trying to cope with a world where solutions feel distant, but care still matters.

This frames healing as:

- Presence over control
- Humanity over ideology
- Care without needing answers

That is deeply relevant in a war-weary global atmosphere.

3. Stock Market & Economy: Volatility and Personal Uncertainty

2025–2026 continues to see **market fluctuations**, inflation concerns, interest-rate anxiety, and uncertainty around long-term financial stability. Even people who don't actively invest feel the ripple effects through:

- Rising costs
- Career instability
- Fear around the future

Our focus on *grounding, slowing down, and intentional action* directly counters the panic-driven mindset that financial instability can trigger. We're reminding readers that:

- Stability starts internally
- Values matter more than fear-based decisions
- Community support becomes more important during uncertainty

This resonates strongly with people trying to stay emotionally regulated in unpredictable economic conditions.

4. Technology & AI: Rapid Change Without Emotional Processing

By 2025–2026, AI, automation, and digital acceleration are no longer abstract concepts, they are affecting jobs, creativity, education, and identity. Many people feel both excitement and unease, asking:

- What is still human?
- Where do we belong in all this change?

This article's emphasis on *connection, presence, and shared values* speaks directly to this tension. It reminds readers that:

- Technology may change systems
- But human connection remains essential
- Community and care cannot be automated

This makes our article quietly relevant to one of the biggest shifts of our time.

5. Movies & Media: A Cultural Turn Toward Meaning

Films and series slated for 2025–2026 show a noticeable trend toward:

- Dystopian themes and rebuilding societies
- Stories of resilience, chosen family, and moral choice
- Reboots and sequels reflecting nostalgia and collective memory

This article mirrors this cultural storytelling shift. People are gravitating toward narratives about:

- Healing after collapse
- Unity after division
- Rediscovering purpose

We're tapping into the same emotional undercurrent the entertainment industry is responding to.

6. Public Health & Social Well-Being: Burnout Is Normalized

While emergencies may no longer dominate headlines, **burnout, anxiety, and emotional depletion** are openly discussed in 2025–2026. Mental health is now a public conversation, not a private struggle.

Our message that *care, kindness, and quiet presence matter* aligns with how society is redefining wellness:

- Less hustle
- More sustainability
- More compassion for limits

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Archangel Cassiel

Angel of Solitude, Temperance, and Sacred Time

Archangel Cassiel is often known as the *Angel of Solitude, Temperance, and Sacred Time*. His energy is quiet, steady, and deeply grounding, offering support during periods of reflection, discipline, and inner maturity. Unlike archangels who arrive with dramatic change or outward action, Cassiel works subtly, guiding the soul through patience, responsibility, and emotional resilience.

Cassiel is closely associated with **Saturn energy**, which governs structure, boundaries, life lessons, and long-term growth. Because of this, he is often connected with **Capricorn themes** and the deeper work of understanding time, karma, and personal accountability. His presence is especially felt when life slows down, asking us to sit with ourselves, evaluate our choices, and grow through wisdom rather than haste.



Cassiel and the Energy of January

Cassiel's energy aligns naturally with the month of **January**, a time traditionally associated with reflection, responsibility, and setting intentions for the year ahead. January invites us to pause after the momentum of the holidays, to assess where we have been, and to consider where we are truly willing to commit our energy moving forward. Cassiel supports this process by encouraging patience, honesty, and thoughtful decision-making rather than impulsive resolutions. He reminds us that lasting change is built through consistency and integrity, making him a powerful guide for grounding new beginnings into steady, realistic action.

What Cassiel Teaches

Cassiel teaches that solitude is not loneliness, but a sacred space for clarity and strength. He supports those who are:

- Moving through periods of isolation, grief, or deep introspection
- Learning patience during delays or challenges
- Building emotional maturity and inner discipline
- Releasing impulsive behavior in favor of thoughtful action

Rather than removing obstacles, Cassiel helps us understand **why they exist**, guiding us to meet them with acceptance and resolve. His guidance encourages responsibility without harsh judgment, reminding us that growth often happens quietly, over time.

Signs of Archangel Cassiel's Presence

Cassiel's presence is subtle and steady rather than dramatic. You may sense his guidance through:

- A strong pull toward solitude, reflection, or quiet time
- Feeling called to slow down and simplify your life
- Heightened awareness of time, responsibility, or long-term consequences
- Repeated thoughts about boundaries, commitments, or life structure
- A calm, grounding sensation during moments of stillness

- A sense of peace that comes from acceptance rather than answers

Cassiel often appears during times when you are being asked to mature emotionally or spiritually, even if the process feels uncomfortable at first.

Cassiel's Energy and Support

Cassiel's energy feels calm, grounding, and steady. People often sense his presence during:

- Winter months or quiet seasons of life
- Times of personal restructuring or long-term planning
- Moments when boundaries need strengthening
- Life reviews and reflective transitions

He is particularly supportive for those who feel called to slow down, mature spiritually, or take their commitments seriously. Cassiel does not rush transformation; instead, he helps anchor it so that it lasts.

Colors and Symbols Associated with Cassiel

Cassiel's energy is often perceived through **deep, muted, grounding tones** that reflect stability and timelessness.

Colors

- Charcoal gray
- Deep indigo
- Midnight blue
- Soft black
- Earthy browns

Symbols

- Saturn
- Hourglass or clock (sacred time)
- Mountain or stone
- Anchor
- Simple, unadorned robes
- The night sky

These symbols reflect Cassiel's role as a guardian of patience, endurance, and spiritual maturity.

Working with Archangel Cassiel

- You may call on Cassiel when you need:
- Patience and emotional stability
- Strength during solitude or separation
- Clarity around responsibility and life direction
- Support in building long-term goals

A simple intention might be:

“Archangel Cassiel, guide me in patience and wisdom. Help me honor time, responsibility, and the quiet strength within me.”

Meditation and Journaling Prompt

Meditation:

Find a quiet space and sit comfortably with your feet grounded on the floor. Close your eyes and imagine a calm, steady presence beside you. Visualize a deep indigo or charcoal light surrounding you, anchoring you into the present moment. With each breath, feel yourself slowing down. Invite Archangel Cassiel to support you in releasing urgency, pressure, or self-judgment. Sit in silence for a few minutes, allowing insight to arise naturally without forcing answers.

Journaling Prompts:

- Where in my life am I being asked to slow down and take responsibility?
- What commitments truly deserve my energy this year?
- What lessons has time already taught me that I may be overlooking?
- How can I honor patience and integrity in my daily choices?

Cassiel’s Role in the Collective

In times of uncertainty or unrest, Cassiel reminds us that not all healing is loud or immediate. Some healing happens through stillness, self-honesty, and the courage to face reality with grace. His presence encourages us to trust the process of time and to recognize that endurance, integrity, and reflection are powerful spiritual tools.

Archangel Cassiel stands as a guardian of inner strength, reminding us that through patience and responsibility, we build a foundation that can support lasting peace, wisdom, and purpose.

The Night Time Stood Still

— *Time Slows and Wisdom Begins* —

By mid-January, the shelter was nearly empty of volunteers.

The holidays had passed, funding was thin, and winter had settled in heavily. When the storm warning came through, it sounded like dozens of others before it. Snow, ice, wind. Nothing new.

Still, something urged a small group of people to stay.

Inside the shelter that night were seven individuals—different ages, different stories, none of them connected by anything other than circumstance. When the power failed and the phones went silent, no one spoke right away.

That pause mattered.



In that stillness, **Cassiel arrived.**

Not as a figure, not as a voice—but as a *presence that slowed everything down*. The usual panic never took hold. Instead, each person felt an unspoken knowing: *There is time. Do not rush.*

One volunteer instinctively turned off unnecessary lights to conserve energy. Another quietly checked the windows and sealed drafts. No one gave orders. Everyone simply did what needed to be done.

Cassiel works through **patience**, and that patience moved through the room like a steady breath.

As the hours passed, people began speaking—not loudly, not dramatically—but honestly. The storm outside forced them into stillness, and Cassiel used that stillness as his doorway.

An elderly man spoke of regrets he had never shared.

A young mother admitted she was exhausted from pretending she was strong.

A woman who had fled her home sat silently for a long time, until she finally whispered, “I don’t know who I am anymore.”

At that moment, Cassiel’s presence became unmistakable.

No one rushed to fix her pain.

No one offered platitudes.

They simply stayed.

Cassiel teaches that **endurance is holy**, and in that room, endurance became shared strength. Time stretched. The night felt long, yet strangely gentle. Watches went unchecked. Minutes no longer mattered.

Later, several people would describe the same sensation without having spoken to each other—a feeling of being grounded, as if something unseen had anchored them in place, holding them steady while the storm passed.

By morning, help arrived.

Roads reopened. Power returned. Life resumed its pace.

But everyone who had been there knew something important had happened.

Cassiel had not saved them by removing the storm.

He saved them by teaching them how to remain present within it.

Cassiel appears when:

- Life slows against our will
- We are forced into reflection
- Patience becomes the lesson
- Strength is required without recognition

He does not interrupt time.

He sanctifies it.

That night at the shelter became a living lesson:

Healing does not always come through action.

Sometimes it comes through **staying, listening, and allowing time to do its quiet work.**

Cassiel reminds us that not every angel arrives with light and thunder. Some arrive with stillness, discipline, and the courage to face reality without turning away.

And when he leaves, he leaves behind something stronger than relief.

He leaves wisdom.

Lesson from the Story

This story teaches that not all guidance arrives through action or immediate answers. Sometimes the greatest support comes through stillness, patience, and the willingness to remain present when circumstances cannot be changed. Archangel Cassiel's presence reminds us that endurance itself is a form of strength and that time, when honored rather than resisted, becomes a powerful teacher.

Rather than removing challenges, Cassiel helps us move through them with maturity, responsibility, and grace. The lesson is not about fixing what is broken, but about staying grounded, listening deeply, and allowing clarity to unfold naturally. In moments of uncertainty, choosing presence over panic and patience over urgency creates space for healing to take root.

Ultimately, this story shows that growth often happens quietly. When we slow down, stay connected, and trust the process of time, we discover that wisdom emerges not from rushing forward, but from learning how to stand steady in the moment we are in.

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Current Events in Capricorn & Aquarius

An Astrological Overview

January 2026 opens the year with a rich blend of inner reflection, structural grounding, and evolving collective consciousness. This is not a month that rushes us forward, but one that asks us to arrive fully in the present before taking our next steps. As the Sun moves through **Capricorn** and later transitions into **Aquarius**, we are guided to honor what has already been built while simultaneously sensing what is ready to change. The energy encourages us to take stock of our responsibilities, reassess long-term goals, and strengthen foundations that support lasting growth.

Early January carries a serious, steady tone, emphasizing discipline, integrity, and accountability. This is a time for practical intentions rather than lofty resolutions, asking us to be honest about what we are willing to commit to and what may need to be released. Emotional insight plays an important role here, reminding us that true stability comes not only from structure, but from alignment between our inner world and outer actions. We are invited to move thoughtfully, listening closely to both intuition and logic as we shape the year ahead.

As the month progresses and Aquarius energy begins to emerge, the focus subtly shifts. Vision widens, perspectives expand, and attention turns toward community, collective needs, and future possibilities. This transition highlights the balance between honoring tradition and welcoming innovation. January asks us to hold both at once: to respect what grounds us while remaining open to new ideas, evolving identities, and unconventional paths forward.

Overall, January 2026 serves as a **bridge month**, guiding us from reflection into re-imagination. It asks us to balance practical intentions with community-oriented vision, emotional awareness with clear direction, and presence with possibility. Rather than pushing for immediate change, the month supports intentional pacing, thoughtful planning, and conscious alignment, setting the tone for a year built on purpose, authenticity, and meaningful contribution.

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

Capricorn

What It Brings: January places strong emphasis on your sign, renewing focus on responsibility, direction, and long-term vision. This is a powerful reset month where clarity replaces pressure and purpose replaces obligation.

How to Navigate: Set intentions that are realistic and sustainable. Lead with integrity, pace yourself, and honor the foundations you are already standing on.

Aquarius

What It Brings: As the month progresses, energy begins shifting toward your sign, awakening new ideas, personal insight, and a desire for authenticity. A sense of future vision quietly builds.

How to Navigate: Observe before acting. Allow inspiration to form without forcing outcomes. Trust that clarity will emerge as you stay open and curious.

Pisces

What It Brings: January highlights reflection, emotional awareness, and subtle inner shifts. You may feel more sensitive to your environment and more aware of what drains or nourishes you.

How to Navigate: Protect your energy. Create space for rest, creativity, and gentle self-care. Let intuition guide decisions rather than external pressure.

Aries

What It Brings: The month asks you to slow down and reconsider how you push forward. Goals tied to career, leadership, or responsibility come into focus, requiring patience.

How to Navigate: Channel drive into strategy rather than speed. Choose thoughtful action over impulse and allow your confidence to be guided by wisdom.

Taurus

What It Brings: January supports grounded growth, learning, and expanding your perspective. You may feel called to reassess beliefs or long-term plans.

How to Navigate: Stay flexible while remaining rooted. Growth comes from blending stability with openness to new understanding.

Gemini

What It Brings: Deeper emotional and financial themes surface, encouraging honesty and reassessment. This is a month for understanding what you truly share and invest in.

How to Navigate: Communicate clearly and avoid assumptions. Simplify where possible and focus on trust, transparency, and depth.

Cancer

What It Brings: Relationships and partnerships are highlighted, offering insight into balance, boundaries, and mutual support. Emotional clarity becomes essential.

How to Navigate: Honor both your needs and the needs of others. Healthy boundaries strengthen connection rather than weaken it.

Leo

What It Brings: January draws attention to routines, wellness, and daily responsibilities. Small changes can bring long-term improvement.

How to Navigate: Focus on consistency over intensity. Care for your body and energy so your creative fire remains steady.

Virgo

What It Brings: Creative expression, joy, and authentic self-expression take center stage. You may feel called to reconnect with what genuinely inspires you.

How to Navigate: Release perfectionism. Let creativity flow naturally and allow pleasure to be productive in its own way.

Libra

What It Brings: Home, family, and emotional foundations come into focus. January invites you to strengthen your sense of security and belonging.

How to Navigate: Create balance within your personal space. Nurture what grounds you before extending energy outward.

Scorpio

What It Brings: Communication, learning, and perspective shifts shape the month. Important conversations or realizations may emerge.

How to Navigate: Speak thoughtfully and listen deeply. Clarity comes through mindful dialogue and patience.

Sagittarius

What It Brings: Financial priorities, values, and self-worth themes surface. January asks you to reassess what truly sustains you.

How to Navigate: Make practical choices aligned with long-term security. Confidence grows when actions reflect true values.

Key Planetary Movements – January 2026

January 3 – Full Moon in Cancer

Theme: Emotional truth and internal security

Brief: This Full Moon highlights what your heart truly needs. Emotional patterns and home-life priorities come into sharper focus, prompting healing conversations or inner reflection on what nurturing really means.

January 8 – Mercury enters Aquarius

Theme: Clarity with future-focused thinking

Brief: Mercury shifts into Aquarius, enhancing objective, forward-leaning communication. Ideas feel

more inventive and teamwork conversations become easier. Insight is supported when thinking beyond old paradigms.

January 11 – Venus enters Pisces

Theme: Compassion, intuition, and relational sensitivity

Brief: Venus moves into Pisces, softening relational dynamics and encouraging empathy, creative expression, and deep emotional connection. Artistic inspiration and spiritual receptivity rise.

January 18 – New Moon in Capricorn

Theme: Intentions with discipline and purpose

Brief: This New Moon supports setting grounded goals that matter long-term. Focus on structure, integrity, and realistic planning. Ambitions feel stable when rooted in inner values rather than external pressure.

January 19/20 – Sun enters Aquarius

Theme: Visionary focus and community awareness

Brief: As the Sun switches signs, energy shifts from personal responsibility to collective insight. Group ideals, innovation, and future thinking move into the spotlight, inviting broader perspectives.

January 26 – Neptune enters Aries

Theme: Dream-to-action transformation

Brief: Neptune begins a long transit through Aries, blending imagination with initiative. Intuition can inspire direct pursuits, but clarity around motivations and confidence in creative risk-taking is important.

January (All Month) – Mars in Cancer (Retro or Early)

Theme: Emotional motivation and inner recalibration

Brief: Mars continues in Cancer early in January, encouraging you to slow down and reflect on emotional drivers before taking action. Focus shifts from outward force to understanding deeper needs.

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