



Monthly Newsletter

Welcome to February 2026, a month that gently invites us to open our hearts, deepen compassion, and embrace the quiet unfolding of healing and connection.



Aging Gracefully

Embracing Change with Grace, Presence, and Inner Light

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This Month's Benevolent Being

Archangel Muriel

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An Astrological Overview

Aquarius and Pisces

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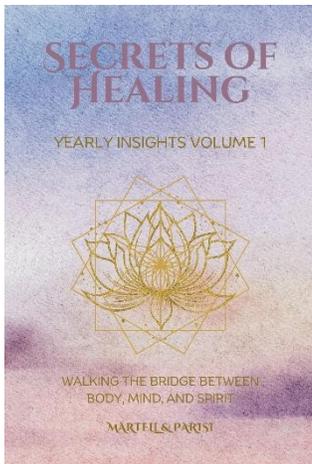


Secrets of Healing Blog

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 Finocchio 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](#)

Aging Gracefully

Embracing Change with Grace, Presence, and Inner Light

By Teresa Martell



When I turned 60, I began to notice something I had always feared. The world seemed to move faster while I was slowing down. Time felt different, almost as if it were rushing past me, while my body asked me to pause and listen in ways I never had to before.

My hips and knees ached when I stepped out of bed. Morning routines that once felt effortless now took an hour or more just to shower, dress, and prepare to start my day. Simple movements required intention and patience. But what frightened me most was not the physical change. It was the deeper fear of becoming less capable of continuing the career that I love, and the quiet worry of becoming invisible. I began to feel more like an observer than a participant in my surroundings, watching life happen rather than fully engaging in it.

As my walking became more limited, I realized I would not be able to travel the way I once did. That realization alone felt like a loss. I found myself asking, “Is this what it is now?” I caught myself hiding my limitations just to keep up with everyday life, a habit that continues even now as a 69-year-old woman. There was pride involved, but also fear. Fear of being judged, dismissed, or seen as weak.

I know I am not the only one who feels this way, and that knowing is what inspired me to write this article on aging gracefully. There is comfort in recognizing that these experiences are shared, even when they feel deeply personal.

I am blessed with many friends in my life. Now that I am 69, am I going to become just another statistic of old age? I don’t think so. I am not in denial. I am consciously choosing to change the dynamics of genetics by applying the holistic approaches I have taught my clients for many years. Still, I had to admit that I was mourning my youth, watching others move forward while I felt myself slowing down. That grief needed to be acknowledged rather than ignored.

I understand now that my life must change as I continue the journey of moving back into my celestial body. With that understanding comes acceptance. I have learned that I must adjust my expectations around my physical limitations while continuing to honor movement and vitality. I still teach Tai Chi, a practice I have followed for over 30 years, because it keeps me moving, balanced, and connected to my breath and body. Movement, in any form, remains essential to life.

I have also come to realize that I possess many other talents that deserve attention and expression. Painting, sewing, and creating allow me to channel energy in new ways and remind me that purpose does not disappear with age. I am not invisible. That belief was a distortion created by witnessing others older than myself struggling with loneliness, frailty, and dependence. Seeing their challenges planted fear within me, but it also taught me compassion.

I now understand that if I have a limitation, all I have to do is ask for help or pay for assistance when needed. Learning to be honest with myself, my friends, and my family has become an important

lesson in this stage of life. The word *redirection* often comes to mind. Life may not look the same, but it can still be rich and meaningful.

I am learning and growing into the new decade yet to come. Because I have asked Spirit to help and guide me, I have found myself researching, meeting people, and receiving insights that continue to support my growth. Food, in particular, became a great awakening for me and opened my eyes to how deeply nutrition affects aging.

One day, I went to the doctor and spoke with a young nurse practitioner. I shared how difficult it had been for me to lose weight, no matter what I tried. He reminded me of nutritional facts I already knew, such as eliminating processed foods, but he explained them in a way that truly resonated. He also educated me on historical and societal factors that have shaped modern eating habits and contributed to widespread weight gain.

I was grateful for the way he spoke to me, with genuine care and respect, taking the time to have a conversation at my level of understanding and intelligence. That interaction mattered more than he may have realized.

I went home and stopped eating pasta and bread. Over four months, I lost 15 pounds, and my pain level dropped significantly. I had energy again, almost as if I were in my fifties, and my mind felt clearer and more focused. Yes, I still had limitations, but I felt stronger, more capable, and more hopeful.

I continue learning how to improve my health physically, mentally, emotionally, and spiritually. Aging gracefully does not mean giving up. It means adapting with awareness, compassion, and intention. The greatest gift is that I am no longer living in fear. I am on a new adventure, learning, adjusting, and figuring it out one step at a time.

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Archangel Cassiel

Angel of Emotional Wisdom, Compassion, and Divine Intuition

Archangel **Muriel** is often known as the *Angel of Emotion, Empathy, and Sacred Sensitivity*. Muriel's energy is gentle yet deeply powerful. Rather than pushing transformation through force, Muriel works through **soft awakening**. This is the angel who helps people feel safely connected to their hearts again.

Muriel is traditionally associated with nurturing compassion, emotional healing, intuitive awareness, and the ability to understand both yourself and others without judgment.

Some traditions describe Muriel as feminine because of the nurturing vibration, while others see Muriel as beyond gender, expressing balanced divine compassion.



Why Archangel Muriel Aligns with February

February carries a **softer and more heart-centered energy**, inviting us to move from mental planning into emotional awareness and connection. While the world often focuses on relationships and outward expressions of love during this month, spiritually February asks us to deepen compassion, beginning within ourselves. It becomes a time of emotional integration, healing, and learning to listen to the quiet wisdom of the heart.

Muriel's energy aligns beautifully with February because this angel teaches:

- Compassion before judgment
- Feeling as a pathway to understanding
- Emotional healing through acceptance
- Gentle self-love instead of self-criticism

As Aquarius energy transitions into Pisces, the collective atmosphere shifts from intellectual awareness toward intuition and empathy. Muriel supports this movement by helping us soften emotional defenses, release lingering hurts, and reconnect with our capacity for kindness, both toward ourselves and others.

Muriel reminds us:

You do not grow by hardening your heart against the past.
You grow by allowing compassion to transform it.

What Archangel Muriel Teaches

Muriel's lessons are subtle but life-changing:

1. Emotional Intelligence

Understanding emotions as guidance, not weakness.

2. Compassion Without Self-Sacrifice

Loving others while maintaining energetic boundaries.

3. Sacred Sensitivity

Highly sensitive people are not broken. They are perceptive.

4. Heart-Based Discernment

Learning to *feel truth* rather than overthinking decisions.

5. Self-Compassion

Healing shame, regret, and inner criticism.

Muriel especially supports empaths, healers, counselors, and those doing shadow or inner-child work.

Signs of Archangel Muriel's Presence

People often experience Muriel quietly rather than dramatically.

Common signs include:

- Sudden feelings of emotional calm or relief
- Gentle warmth in the heart or chest area
- Pink or rose-colored light appearing in meditation or dreams
- Emotional clarity after crying
- Increased empathy or understanding toward someone you struggled with
- Repeated imagery of roses or soft pink tones
- Comfort during grief or vulnerability
- Music or memories that open emotional healing

Muriel's presence feels like being emotionally held rather than energized or activated.

Muriel's Energy and Support

Muriel's vibration is:

- Soft
- Reassuring
- Motherly yet wise
- Deeply accepting
- Non-judgmental
- Emotionally stabilizing

Muriel helps when you are:

- Healing heartbreak

- Processing grief
- Releasing resentment
- Navigating relationship wounds
- Learning boundaries
- Reconnecting with intuition
- Feeling emotionally overwhelmed

Muriel does not rush healing. This angel teaches **safe unfolding**.

Colors Associated with Archangel Muriel

Primary colors:

- Soft rose pink
- Pale blush
- Pearl white
- Gentle coral tones

These colors represent compassion, emotional openness, and heart healing.

Symbols of Archangel Muriel

Common symbolic associations:

- Roses (especially pink roses)
- Heart light or glowing chest center
- Water (emotions flowing and cleansing)
- Moonlight reflections
- Feathers in soft pastel shades
- Gentle rain or mist
- Open hands or embracing arms

Crystals aligned with Muriel:

- Rose Quartz
- Rhodonite
- Pink Opal
- Morganite

How to Work with Archangel Muriel

1. Heart-Centered Invocation

Speak simply and honestly:

“Archangel Muriel, surround me with compassion. Help me understand my emotions with love and wisdom.”

Muriel responds strongly to authenticity, not formal ritual.

2. Emotional Check-In Practice

Place a hand over your heart and ask:

- What am I truly feeling?
- What needs kindness right now?

Muriel strengthens emotional awareness through this practice.

3. Pink Light Meditation

Visualize soft pink light filling your chest and expanding outward. Imagine every breath softening tension.

4. Journaling with Muriel

Muriel works beautifully through writing.

Ask:

- What emotion am I avoiding?
- What would compassion say to me right now?

5. Compassion Practice

Extend understanding first to yourself, then others. Muriel's energy grows through acts of emotional kindness.

Muriel's Message (Essence Teaching)

If Muriel could summarize their guidance, it would sound like this:

Healing does not come from becoming stronger than your feelings. Healing comes from becoming kinder toward them.

A Quiet Presence

— *When the Heart Recognizes Divine presence* —

Sarah didn't think she was falling apart.

She was functioning. That was the word she used.

She woke up every morning at 6:30, packed lunches, answered emails before coffee, drove through traffic, smiled at coworkers, and came home exhausted but unable to rest. Her life looked fine from the outside. Stable job. Family. Responsibilities handled.

But inside, something felt heavy.

She cried in the shower sometimes, though she couldn't explain why. Nothing was *wrong*, exactly. She just felt disconnected from herself, like she had become a version of who everyone needed her to be.

One February evening, after a long day, she sat in her car in the driveway and didn't go inside right away. Snow fell quietly around her, soft and steady. For the first time in months, she allowed herself to do nothing.

No phone.

No music.

No fixing.

Just breathing.

And then something strange happened.



A warmth spread through her chest, gentle and calm, as if someone had wrapped a soft blanket around her shoulders. She felt an unexpected urge to cry, but not from stress. These tears felt different. Safe. Releasing.

A thought entered her mind, clear but quiet:

You are allowed to feel.

The words didn't sound like her usual inner voice, which was often critical and rushing. This felt compassionate. Patient.

She sat there longer than she planned, watching the snow. Memories surfaced, not painfully, but gently. Times she ignored her own needs. Moments she said yes when she meant no. Feelings she pushed aside to keep peace for everyone else.

Instead of shame, she felt understanding.

That night, she searched online for “angel of emotional healing” without knowing why. The name **Muriel** appeared repeatedly.

Angel of compassion.

Angel of emotional wisdom.

Helper of sensitive souls.

Sarah didn't suddenly believe or disbelieve. She simply noticed that when she read about Muriel, her breathing slowed.

Over the following weeks, small changes began.

She started journaling for five minutes each morning, writing honestly instead of perfectly. She paused before responding to people and asked herself what she actually felt. She stopped apologizing for needing rest.

Nothing dramatic happened.

But everything softened.

One afternoon at work, a coworker snapped at her. Normally she would have absorbed the tension and blamed herself. Instead, she felt a calm awareness rise inside her. Compassion, but also boundaries.

For the first time, she realized empathy didn't mean carrying everyone else's emotions.

That evening, while washing dishes, sunlight reflected through the window and briefly filled the kitchen with a soft pink glow. It lasted only seconds, but she felt the same warmth in her chest she experienced that night in the car.

She smiled without fully knowing why.

Life didn't become perfect. Stress still existed. Responsibilities remained. But Sarah no longer felt lost inside her own life.

She felt accompanied.

Muriel hadn't changed her circumstances. Muriel helped her return to herself.

And in that return, healing quietly began.

Message of the Story

The lesson of this story is that emotional healing rarely arrives through dramatic change. Most people believe they must push harder, fix themselves, or become stronger to move forward, yet true healing often begins when we allow ourselves to pause and honestly feel what has been buried beneath responsibility and routine. Sarah's experience reminds us that exhaustion is not always physical. Sometimes it is the soul asking to be acknowledged. Archangel Muriel's energy teaches that awareness and compassion toward our own emotions are the first steps toward renewal.

Another lesson is that sensitivity is not weakness but guidance. Many people learn to ignore their feelings in order to meet expectations or maintain peace with others, slowly losing connection with their authentic selves. Muriel's presence represents the return to emotional truth. When Sarah began listening inwardly instead of reacting automatically, she discovered healthier boundaries and a deeper understanding of herself. Emotional clarity allowed her to respond to life with calm rather than overwhelm, showing that empathy and self-respect can exist together.

Finally, the story teaches that spiritual support often appears quietly. Rather than grand signs, healing may come as a sense of calm, a gentle realization, or a moment of warmth that shifts our perspective. Muriel's guidance encourages patience with the healing process and trust in small, consistent changes. Transformation does not always look like a sudden breakthrough. Sometimes it is simply the gradual remembering that we are worthy of kindness, especially from ourselves.

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Current Events in Aquarius & Pisces



February 2026 carries a noticeable shift from contemplation into movement, blending visionary awareness with emotional integration. While encouraged reflection and internal alignment, February begins asking us to **apply insight in practical and relational ways**. With the Sun traveling through Aquarius for much of the month before entering Pisces, collective awareness and personal sensitivity intertwine. We are invited to think beyond old limitations while also honoring the emotional realities that shape our choices. This is a month of awakening perspective without losing compassion.

The early weeks of February emphasize innovation, communication, and social awareness. Aquarius energy encourages independence, authenticity, and forward-thinking ideas, yet it also reminds us that true progress happens through collaboration rather than isolation. Many may feel drawn to redefine personal roles within communities, friendships, or professional environments. Mental clarity increases, but patience is required as new visions may still be forming beneath the surface rather than ready for immediate execution.

As the Sun transitions into Pisces later in the month, the energetic tone softens. Attention moves inward toward intuition, creativity, and emotional healing. Sensitivity heightens, making this an important time to balance inspiration with grounding practices. February ultimately serves as a **bridge between intellect and intuition**, encouraging us to blend logic with empathy, planning with surrender, and personal freedom with spiritual awareness. The month supports gentle progress, meaningful connection, and listening to the subtle guidance that emerges when we slow down enough to feel it.

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

Aquarius

What It Brings: February highlights personal identity, innovation, and authenticity. You may feel a strong desire to redefine goals or express yourself more freely.

How to Navigate: Focus on clarity rather than rebellion. Choose changes that reflect growth, not reaction.

Pisces

What It Brings: As the month progresses, energy moves toward your sign, increasing intuition, emotional awareness, and creative inspiration.

How to Navigate: Protect your energy and allow quiet moments for reflection. Insight arrives through stillness.

Aries

What It Brings: Social connections and long-term aspirations come into focus. New collaborations or ideas may begin forming.

How to Navigate: Stay open to teamwork while maintaining personal direction. Listen as much as you lead.

Taurus

What It Brings: Career themes and public recognition may arise, encouraging reassessment of goals and responsibilities.

How to Navigate: Move steadily and avoid rushing decisions. Consistency strengthens progress.

Gemini

What It Brings: Expansion through learning, travel, or philosophical insight becomes prominent. Your perspective widens.

How to Navigate: Explore new ideas while staying grounded in practical application.

Cancer

What It Brings: Emotional depth and shared resources come into focus, encouraging healing around trust and vulnerability.

How to Navigate: Release control where possible and allow honest emotional exchanges.

Leo

What It Brings: Relationships and partnerships take center stage, highlighting balance and mutual understanding.

How to Navigate: Practice active listening. Growth comes through cooperation rather than dominance.

Virgo

What It Brings: Daily routines, wellness, and organization call for attention. Small adjustments lead to lasting improvement.

How to Navigate: Simplify systems and prioritize self-care alongside productivity.

Libra

What It Brings: Creativity, joy, and heart-centered expression increase. You may rediscover passions that bring genuine happiness.

How to Navigate: Allow playfulness and inspiration to guide you without overthinking outcomes.

Scorpio

What It Brings: Home, emotional foundations, and family dynamics become important themes. Inner security seeks strengthening.

How to Navigate: Create supportive environments and address emotional needs honestly.

Sagittarius

What It Brings: Communication and learning accelerate, bringing important conversations or realizations.

How to Navigate: Speak clearly and remain open to perspectives different from your own.

Capricorn

What It Brings: Financial awareness and personal values come into focus, encouraging practical reassessment.

How to Navigate: Align spending, energy, and commitments with what truly matters long-term.

Key Planetary Movements – February 2026

February 1–14 – Sun in Aquarius

Theme: Innovation and collective awareness

Brief: The first half of the month emphasizes independence, originality, and community connection. New ideas gain momentum when shared with others.

February 12 – Full Moon in Leo

Theme: Heart expression and personal recognition

Brief: This Full Moon highlights creativity, authenticity, and emotional courage. You may feel called to express something long held inside or step into greater visibility.

February 14 – Mercury enters Pisces

Theme: Intuitive communication

Brief: Thought patterns soften as Mercury moves into Pisces, encouraging imagination, empathy, and symbolic thinking. Listening becomes as important as speaking.

February 18 – Sun enters Pisces

Theme: Spiritual awareness and emotional renewal

Brief: Energy shifts toward compassion and inner reflection. Creativity and healing practices are especially supported during this transition.

February 26 – New Moon in Pisces

Theme: Emotional and spiritual intentions

Brief: This New Moon supports setting intentions connected to healing, forgiveness, and creative vision. Quiet reflection strengthens manifestation.

February (All Month) – Saturn in Pisces Influence

Theme: Structured spiritual growth

Brief: Saturn continues encouraging responsibility around emotional boundaries and spiritual maturity. Compassion becomes stronger when paired with discernment.

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