



Monthly Newsletter

As the veil of Scorpio season thins and the fire of Sagittarius begins to rise, November awakens our courage to face the shadows, embrace change, and step forward with renewed spiritual purpose.



Multi-Dimensional Reality

Understanding Our Shift into Higher Consciousness

Since the energetic turning point of 2012, humanity has been experiencing a profound shift. This was not merely a symbolic date on the Mayan calendar, it represented a cosmic recalibration. The Earth's frequency elevated, and ...

[READ MORE](#)



ARCHANGEL HANIEL

This Month's Benevolent Being

Archangel Haniel

Archangel Haniel is known as the Angel of Grace, guiding humanity through emotional transformation, intuition, and spiritual awakening. His presence is gentle yet deeply empowering, helping us reconnect with our inner wisdom...

[READ MORE](#)



An Astrological Overview

Sagittarius and Capricorn

December 2025 brings a powerful blend of clarity, movement, and grounding, making it a potent time for inner reflection, spiritual awakenings, and practical realignment. The month begins under the lingering ...

[READ MORE](#)

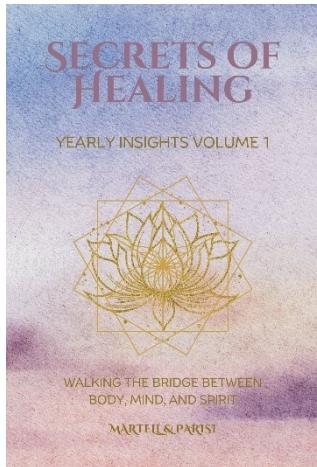


Secrets of Healing Blog

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.

[READ MORE](#)



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](#)

Multi Dimensional Reality

Understanding our Shift into Higher Consciousness

By Teresa Martell (*Expanded by Amber Parisi*)



Imagine, for a moment, that you are living in a **multi-dimensional reality** right now. Many people hear this phrase spoken in spiritual communities, but few pause long enough to explore what it means personally. Yet today, more and more individuals are beginning to *feel* it, not as a theory, but as a lived truth.

Since the energetic turning point of **2012**, humanity has been experiencing a profound shift. This was not merely a symbolic date on the Mayan calendar, it represented a **cosmic recalibration**. The Earth's frequency elevated, and those already awakened before 2012 sensed a surge in their personal evolution and intuitive knowing. We entered a new cycle, and consciousness began accelerating.

So, what does it truly mean to live in a multi-dimensional reality?

It means that we are simultaneously perceiving and navigating **multiple layers of existence**, each holding a different understanding of life, identity, spirituality, and truth. We interpret these dimensions through the **ego mind**, the part of us that filters divine wisdom into the physical experience.

On Earth right now, there are **three major dimensions of consciousness** active:

3rd Dimension — Physical Reality & Fear Consciousness

→ Density • Duality • Survival

In the 3D state of consciousness, we believe:

- We are separate — from each other, from God, from nature
- Resources are limited, and life is a struggle
- Power lies outside us — in governments, systems, institutions
- Emotions like anger, fear, judgment, guilt, anxiety, and resentment define our choices

This paradigm has dominated humanity for **over 26,000 years**, reinforcing war, control, ownership, and hierarchy. From a scientific standpoint, the 3D brain is focused on **fight-or-flight**, producing stress hormones that keep the nervous system trapped in survival mode.

3D says:

"I must fight to survive."

"I am what I own, what I do, and what others think of me."

4th Dimension — The Awakening & Observer State

→ Presence • Healing • Self-Awareness

The 4th Dimension is the **bridge of transformation**.

Individuals shifting into 4D begin questioning the programs they once accepted without doubt.

They become aware of:

- Their thoughts and emotions
- The energy around them
- Patterns that no longer align with truth
- The collective influence of media, politics, and belief systems

Here, one learns to *observe* without immediately reacting. Science refers to this as **metacognition** — awareness of one's own consciousness.

4D says:

"There must be more than this... and I choose to grow."

"I can change my reality through awareness."

Synchronicity increases. Intuition gets louder. Healing becomes essential. Humanity begins shifting **from fear to empowerment**.

5th Dimension — Christ Consciousness and Unity Awareness

→ Unconditional Love • Oneness • Co-Creation

The 5D consciousness emerges when love overpowers fear.

We realize:

- Everything is energy
- We are divinely interconnected
- The Universe supports our growth
- Even challenges contain blessings and purpose

This is the realm of **collective enlightenment** — where compassion, peace, collaboration, and joy lead. Quantum science supports this: at the sub-atomic level, all particles communicate and respond to **belief, intention, and coherence**.

5D says:

"We are one family — all are worthy, all are divine."

"I am a conscious creator of my reality."

This consciousness opens the door to what some describe as the **New Earth** — a kinder, more advanced human species awakening on the planet.

Living All Dimensions at Once

A Practical Daily Example

Each day, we fluctuate between these dimensions:

Morning peace + gratitude → 5D
Observing drama without engaging → 4D
Reacting with fear or judgment → 3D
Choosing kindness and service → 5D again

We are not failing when we dip into 3D — we are learning to *Master the Shift*.

The Divine Gateway Chakra

Connecting to Higher Dimensional Light

As humanity ascends, new energetic pathways activate — including the **Divine Gateway Chakra**, located above the Soul Star.

This chakra:

- Connects us to Divine Source consciousness
- Allows access to higher realms and interstellar communication
- Activates astral travel and universal wisdom
- Expands spiritual gifts and inner sight

Its colors — **iridescent white and gold** — reflect unity with the cosmic Divine. Its frequency often resonates around **963 Hz**, the vibration of full spiritual awakening.

When activated, divine light flows:

From the celestial realms
Through the higher chakras
Down the spine into Earth's core
Then cycles back upward, completing the ascension circuit

We become **living stargates**, transmitting peace, harmony, and collective upliftment.

These Are Extraordinary Times

As more awaken into 4D and anchor into 5D:

We dissolve the old paradigm of fear
We heal generational and planetary trauma
We embody the God-Essence within
We co-create Heaven on Earth

We are entering a new era, a merging of **Atlantean and Lemurian remembrance** with a futuristic Space-Age consciousness. Humanity is evolving into a more loving, compassionate, collaborative species.

Imagine it!

We are living the prophecy.
We are the shift.
We are the ones we have been waiting for.

Signs & Symptoms of Shifting Dimensions

People often move between 3D, 4D, and 5D throughout the day. As you awaken into higher states, you may notice:

❖ 3D Awareness

- Feeling stuck, overwhelmed, or in survival mode
- Reacting emotionally without understanding why
- Fear, judgment, and comparison dominate thoughts
- Focus on problems and external control

❖ 4D Awakening

- Increased self-awareness, inner reflection
- Feeling disconnected from old habits or relationships
- A stronger pull toward healing and personal growth
- Noticing synchronicities (111, feathers, repeating themes)
- Questioning belief systems and societal influence

❖ 5D Embodiment

- Deep peace even in chaos
- Heightened intuition and inner knowing
- Recognizing the divine in everyone and everything
- Compassion over criticism
- Manifestation occurs faster with intention
- Feeling guided and supported by the Universe

If these shifts feel like a rollercoaster — that's normal. The nervous system is learning to **upgrade its operating frequency**.

How to Strengthen and Stay Anchored in 5D

Practical ways to ground into love, unity, and conscious creation:

Daily Practices

- **Begin with gratitude** — trains the brain to see abundance
- **Meditate or breathe consciously** — signals safety to the nervous system
- **Limit news and drama exposure** — choose your energetic inputs
- **Practice non-judgment** — observe instead of reacting
- **Spend time in nature** — harmonizes your energy with Earth

Relationship Practices

- Respond with compassion, even when triggered
- Speak your truth with love
- Surround yourself with uplifting influences
- Choose collaboration over competition

Spiritual Expansion

- Journal your insights — track your evolution
- Set intentions daily — creation through thought is faster in 5D
- Connect with angels, guides, and higher realms
- Visualize positive timelines for yourself and humanity

A helpful mantra:

“I choose love, I choose expansion, I choose the highest version of me.”

The more we consciously choose peace, gratitude, and unity —the more time we spend in **5th-dimensional alignment**.

We are not just witnessing the shift...

We are becoming the shift. 

“May we rise together as creators of Heaven on Earth.”

[Back to Top](#)

Archangel Haniel

Angel of Grace

Archangel Haniel is known as the Angel of Grace, guiding humanity through emotional transformation, intuition, and spiritual awakening. His presence is gentle yet deeply empowering, helping us reconnect with our inner wisdom, creativity, and the natural rhythms of life. Haniel supports us in remembering that true strength often comes through compassion, sensitivity, and emotional awareness.

Haniel is closely aligned with the Moon and the planet Venus, governing cycles of emotional flow, beauty, love, and harmony. Because of this lunar connection, Haniel is often associated with periods of heightened intuition, especially during full moons, seasonal shifts, and moments of inner reflection. His energy helps illuminate what has been hidden, bringing clarity to feelings and truths that are rising to the surface.

Spiritually, Haniel assists in transforming fear into confidence and doubt into trust. He helps us stay centered during change, encouraging us to listen to our hearts and honor what feels authentic. His guidance invites us to step forward with grace, embracing both our light and shadow as part of our soul's evolution.

Working with Archangel Haniel fosters emotional healing, increased intuition, peaceful relationships, and a stronger connection to divine love. He reminds us that our feelings are sacred messengers, and that by honoring them, we step into deeper harmony with ourselves and the Universe.

How He Appears

Archangel Haniel often appears with an aura of soft lunar light, shimmering in shades of pearl white, silver, and pale blue that resemble moonlight reflecting on calm water. Their presence brings an immediate sense of peace. Haniel's wings are expansive and luminous, with a gentle iridescent glow that shifts like the changing phases of the Moon.

Haniel's form can appear either masculine, feminine, or a graceful blend of both. The energy is balanced and elegant, reflecting divine harmony. Their clothing is often seen as flowing robes of light, similar to starlit mist or shimmering silk that moves in fluid waves.

People who sense or see Haniel may feel a cool calming breeze, soft tingling around the heart or third eye, or a bright glow in their inner vision. Their eyes carry deep emotional understanding and ancient wisdom. The feeling that comes with Haniel's presence is gentle reassurance and unconditional acceptance.

Haniel's appearance always expresses the same message: serenity, inner healing, and the beauty of divine grace.

When to Call on Archangel Jeremiel

Call on Archangel Haniel whenever you are moving through emotional change or seeking deeper spiritual understanding. Haniel is especially helpful during Full Moons, moments of heightened intuition, or anytime you feel guided to reflect and look within.



ARCHANGEL HANIEL

Reach out to Haniel when you need:

- Emotional healing and calm
- Support during life transitions or closure
- Guidance in listening to your intuition
- Strength to release old habits or fears
- Comfort during sensitive or overwhelming moments
- A stronger connection to divine love and inner peace
- Confidence in sharing your gifts and authentic truth

Haniel also assists when relationships need harmony or when you want to feel more beauty, joy, and grace throughout your day.

Signs of His Presence

- A soft cooling breeze or tingling around the heart or third eye
- A sudden feeling of peace after emotional stress
- Heightened intuition or vivid inner knowing
- Increased sensitivity to beauty, music, nature, or moonlight
- A silver, pearl, or soft blue shimmer in your mind's eye
- Strong emotional release followed by calm clarity
- Moonstone or other crystals glowing or drawing your attention
- More harmony in relationships and communication
- Frequent synchronicities around the Moon or Venus

Color & Symbols

Archangel Haniel is closely connected with soft, luminous colors that reflect lunar and emotional energy. His most common colors are:

- **Pearly white** for purity, divine guidance, and clarity
- **Silver** for lunar wisdom and intuitive insight
- **Pale blue** for emotional calm, peace, and spiritual communication

These colors often appear during meditation or in your surroundings when Haniel is working with you, especially around the Full Moon.

Haniel's symbols are gentle reminders of inner beauty and emotional flow. They include:

- **The Moon** and its cycles
- **Water**, tides, and ocean waves
- **Feathers** that bring a feeling of grace and protection
- **Moonstone, selenite, and labradorite crystals**
- **Doves or swans**, representing peace and elegance
- **Roses** and soft floral scents connected to Venus energy

These symbols appear when Haniel is encouraging you to trust your heart, honor your emotions, and move through change with confidence.

Affirmation

With Haniel's light, I embrace my true beauty and purpose.

Meditation or Journaling Prompt

- What emotions have been rising for me lately, and what are they trying to teach me?
- What am I ready to release so I can enter the new year with peace and confidence?
- Where is my intuition guiding me, even if I have not fully trusted it yet?

Touched by Moonlight

— *Discovering Peace Under the Light of the Moon* —

Pauline had been struggling for weeks. The holidays were approaching, and instead of feeling joy, she felt overwhelmed. Her heart was heavy from a recent breakup, and she questioned if she would ever feel whole again. Every night she told herself to be strong, but her emotions kept rising like waves she could not control.

One evening, after a long day at work, Pauline noticed the Full Moon shining brightly through her window. The silver light caught her attention, almost as if it were calling her outside. She wrapped herself in a blanket and stepped into the cool night air. Tears filled her eyes as she whispered, "I just need some peace. Please help me understand why I feel so lost."



In that quiet moment, a soft breeze moved around her, even though the air had been still seconds before. Pauline felt a calmness wash over her chest. Her breathing slowed, and a gentle warmth filled her heart. She sensed a presence, comforting and kind, as if someone had wrapped her in invisible wings.

A thought came to her mind, clear and soothing.
"Your feelings are not failures. They are guiding you back to yourself."

Pauline placed her hand over her heart and closed her eyes. The moonlight seemed to glow brighter. She felt seen, supported, and no longer alone. A wave of understanding flowed through her. She suddenly realized that ending her relationship was not a sign of weakness. It was an act of courage. She deserved honesty, love, and someone who valued her.

The next morning, Pauline woke up with a sense of renewed strength. She made herself a warm cup of tea, cleaned her space, and even smiled at her reflection in the mirror. Life was not immediately perfect, but she could feel something shifting within. She had hope again.

Pauline later learned about Archangel Haniel, the angel of the Moon and emotional healing. Everything she experienced that night aligned with Haniel's loving presence. The soft breeze. The calming energy. The clarity. The feeling of being lifted out of darkness and reminded of her inner strength.

Pauline now looks at each Full Moon with gratitude. It reminds her that healing does not always come through noise and action. Sometimes it arrives through grace. And sometimes it arrives through Haniel.

Lesson from the Story

Sometimes healing does not come through action or answers. It comes when we allow ourselves to feel and be supported. Archangel Haniel reminds us that our emotions are not burdens. They are guides that lead us toward deeper truth, self-love, and a life we are meant to grow into.

[Back to Top](#)

Current Events in Sagittarius & Capricorn

An Astrological Overview

December 2025 brings a powerful blend of clarity, movement, and grounding, making it a potent time for inner reflection, spiritual awakenings, and practical realignment. The month begins under the lingering energy of Sagittarius season: a time of expansion, truth-seeking, and visionary ideas. As the month unfolds, we shift gradually into more steady, grounded energy with the Sun entering Capricorn, helping anchor all the higher-mind dreams into real-world structure, focus, and manifestation.

Spiritually and energetically, December invites us to release old illusions and confusion, reclaim inner clarity, and take bold steps toward our purpose. The alignment of multiple planets offers a “cosmic clean-up,” opening space for higher wisdom and intuitive guidance. Simultaneously, the grounding influence enables us to take inspired visions and begin shaping them into tangible realities.

In short: December is both a transition month and a new-beginnings launchpad. It’s ideal for reflecting on what no longer serves, tuning into inner truth, setting aligned intentions, then building toward them with commitment, clarity, and heart.

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

Sagittarius

What It Brings: Mars fires up your sign with passion and drive. Your confidence rises and new paths call you forward, but Mercury retrograde encourages reflection before bold leaps.

How to Navigate: Focus your fire. Rework your goals instead of rushing them. Let your evolving truth guide you more than impulse.

Capricorn

What It Brings: The Sun moves into your sign, renewing discipline, ambition, and focus on long term success. You are ready to restructure what is outdated.

How to Navigate: Make grounded plans and honor your inner leader. Celebrate the progress you have already made before pushing into the next big goal.

Aquarius

What It Brings: Hidden ideas turn into breakthroughs. You are stepping into a new phase of

innovation and community impact. Reflection may reveal what needs release before the year ends.

How to Navigate: Honor solitude and inner knowing. Connect only with people who support your authentic evolution.

Pisces

What It Brings: Your dreams and intuition expand. Friendships, collaborations, and soul aligned connections support your mission. This is a month of divine networking.

How to Navigate: Stay grounded in reality while chasing dreams. Set clear boundaries so others do not drain your magic.

Aries

What It Brings: Career momentum builds, and your courage shines. Recognition is possible as Mars supports your unstoppable spirit.

How to Navigate: Trust your leadership but avoid burning out. Delegate, pace yourself, and align your actions with your highest purpose.

Taurus

What It Brings: Growth. You crave wisdom, travel, or deeper meaning. Financial and energetic investments start shifting into long term rewards.

How to Navigate: Stay open minded. Release rigid expectations and explore what truly lights your heart and soul.

Gemini

What It Brings: Emotional rebirth. The spotlight shifts to intimacy, shared resources, and personal transformation. Old fears lose their power.

How to Navigate: Communicate your needs openly. This is a month to heal trust wounds and embrace vulnerability courageously.

Cancer

What It Brings: Relationships take center stage. You are redefining what partnership means and who deserves a place in your life.

How to Navigate: Honor your needs instead of over giving. Seek balance, mutual effort, and emotional safety in all connections.

Leo

What It Brings: Health, routines, and personal responsibility come into focus. You are clearing clutter physically and mentally.

How to Navigate: Choose nourishment, movement, and mindfulness. Small changes create powerful renewal by the month's end.

Virgo

What It Brings: Creativity returns. Love, joy, passion, and inner child healing support your heart opening.

How to Navigate: Let yourself play. Release perfection and create for pleasure rather than performance. Your light attracts love.

Libra

What It Brings: Home and emotional foundations are highlighted. Family cycles transform as you claim your right to peace and stability.

How to Navigate: Create sacred space. Protect your peace and let comfort be your teacher. Your heart knows where it belongs.

Scorpio

What It Brings: Your voice gains strength as you step into a more visible role. Communication, learning, or business ideas move forward once Mercury shifts direct again.

How to Navigate: Share your message with power and purpose. Express what you once hid. Your story inspires transformation in others.

Key Planetary Movements – December 2025

December 4 – Full Moon in Gemini

Theme: Illumination, clarity, inner truth surfacing

Brief: The Full Moon highlights revelations, emotionally or mentally, prompting closure, insight, or clarity in situations or within yourself.

December 10 – Neptune stations direct (in Pisces, ~29°)

Theme: Confusion dissipates; intuitive clarity returns

Brief: After Neptune's retrograde fog lifts, long-term visions, creativity, spiritual and psychic insights tend to stabilize; allowing clearer emotional and intuitive understanding.

Also December 10 – Mercury (still in Scorpio) opposes retrograde Uranus in Taurus

Theme: Surprising thoughts, awakenings, shifts in perception or unexpected communication

Brief: This tension may bring sudden insights, news, or emotional awakenings. Expect inner stirring or external surprises prompting rethinking.

December 11 – Mercury enters Sagittarius (~end of Scorpio to Sagittarius ingress)

Theme: Mental expansion, truth-seeking, open communication, adventurous thinking

Brief: Mercury's shift into Sagittarius opens the mind toward higher learning, philosophical thoughts, honesty, communication tends to become freer, bolder, and more forward-looking.

December 15 – Mars enters Capricorn (exaltation point, ~19-20° Sagittarius → early Capricorn)

Theme: Drive becomes disciplined, ambition stabilizes, energy becomes focused toward structure, structure, and long-term goals

Brief: With Mars in Capricorn, you're able to harness determination, stamina, and practicality, ideal for finishing projects, committing to long-term plans, or stepping into leadership and responsibility.

December 19–20 – New Moon in Sagittarius (~28° Sagittarius)

Theme: New beginnings, planting seeds, intentions for expansion, truth-seeking, inner vision

Brief: This lunation invites you to set intentions for the coming cycle, to initiate plans around growth, truth, freedom, learning, and personal transformation. A final push of Sagittarian energy before the shift into Capricorn season.

December 21 – Sun enters Capricorn (Winter Solstice)

Theme: Shift into grounding, maturity, structure, focus on legacy, responsibility, long-term vision

Brief: The move of the Sun from Sagittarius into Capricorn marks the annual turning point: the expansive fire of Sagittarius gives way to the sober, building, stabilizing energy of Capricorn. It's a natural reset toward ambition, discipline, and taking practical steps for the future.

December 24 – Venus enters Capricorn (after square to Neptune)

Theme: Love, values, finances, relationships grounded; prioritizing commitment, integrity, and long-term worth over impulse and fantasy

Brief: With Venus now in Capricorn, relationships and personal values take on seriousness and depth. It's a time for clear boundaries, realistic assessments of what (or who) deserves your energy, and committing only to what resonates with your core foundation.

[Back to Top](#)