

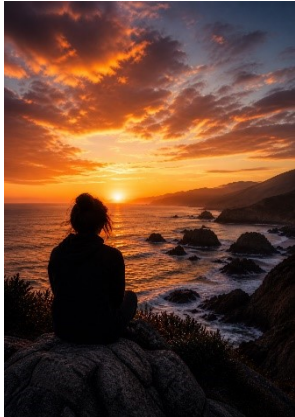
Grand Opening
This Month

May 2026



Monthly Newsletter

May arrives with a powerful blend of grounding and transformation, inviting us to slow down, reconnect with ourselves, and find steadiness as emotions, change, and new beginnings unfold around us.



When Emotions Rise

Understanding the Energy Behind Human Reactions

There are times in life when everything seems to be happening at once. Moments of growth... Moments of stress... Moments that stretch us emotionally in ways we didn't expect. Right now feels like one ...

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This Month's Benevolent Being

Archangel Sandelphon

Archangel Sandalphon is known as one of the most grounding and stabilizing archangels, often described as the bridge between Heaven and Earth. ...

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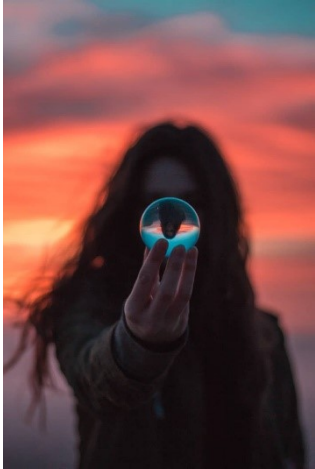


An Astrological Overview

Taurus and Gemini

May begins under the steady and grounding influence of Taurus, encouraging a slower pace after the emotional intensity and movement of recent months. Taurus energy reminds us ...

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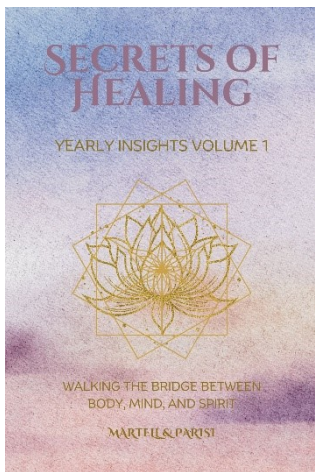


Secrets of Healing Blog

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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Our 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.



Grand Opening

Secrets Of Healing & Whispers of Light Healing

We are beyond excited to open our doors to a shared sacred space where transformation meets compassion, where healing is honored, and where every soul is welcome.

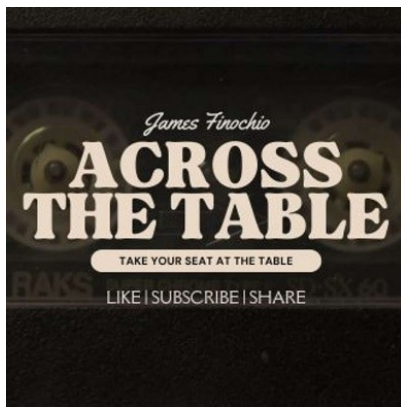
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SECRETS OF HEALING

UPCOMING CLASSES AND WORKSHOPS

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

[VIEW OUR CALENDAR](#)



Listen to Our Conversations on Across the Table:

We're excited to share that we joined **James Finocchio** on the *Across the Table* podcast for two insightful conversations exploring healing, hypnosis, and the deeper workings of the mind.

These episodes offer a chance to go beyond surface-level discussions and dive into the powerful ways our thoughts, beliefs, and subconscious patterns shape our lives.



In **Episode 3: *Exploring the Depths of Healing***, Teri and I discuss our personal journeys into healing work, the spiritual and energetic dimensions of transformation, and how people can begin reconnecting with their own inner wisdom.

Later, in **Episode 22: *Hypnosis, the Subconscious Mind, and Rewiring Beliefs***, Teri returns to explore the fascinating world of hypnosis and how working with the subconscious mind can help release limiting beliefs and create lasting change.



If you're curious about healing, consciousness, or the power of the subconscious mind, these conversations offer both inspiration and practical insight.

 **Click and Listen to the episodes here:**

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Thank you for reading and for being part of this journey of healing and self-discovery. Your presence in this community truly means more than you know.



GRAND *Opening*

A SHARED SACRED SPACE FOR
SECRETS OF HEALING
&
WHISPERS OF LIGHT HEALING




TWO HEART-CENTERED PATHS.
ONE BEAUTIFUL PURPOSE.

*Healing. Growth. Light.
Together.*

We are beyond excited to open our doors to a shared sacred space where transformation meets compassion, where healing is honored, and where every soul is welcome.

This is more than a space...
it's a sanctuary for the heart.



We invite you to join us as we celebrate this new beginning filled with love, light, community, and connection.



HEALING
SESSIONS



SPIRITUAL
GUIDANCE



WORKSHOPS &
EVENTS



COMMUNITY &
CONNECTION



SUPPORT FOR
MIND, BODY
& SOUL

Come as you are. Leave more you.

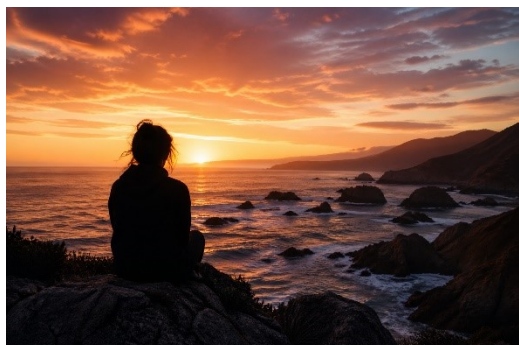


LET'S RISE, HEAL, AND SHINE TOGETHER.

When Emotions Rise

Understanding the Energy Behind Human Reactions

By Teri Martell & Amber Parisi



There are times in life when everything seems to be happening at once.

Moments of growth...

Moments of stress...

Moments that stretch us emotionally in ways we didn't expect.

Right now feels like one of those times.

We are seeing new beginnings unfold, like exciting transitions and fresh starts. At the same time, we are also witnessing deep emotional experiences rising to the surface... grief, frustration, overwhelm, and uncertainty.

And when all of this energy exists at once, something important happens:

People begin to react from emotion instead of awareness.

Why Emotions Feel Stronger Right Now

As life shifts and expands, it naturally stirs what has been sitting beneath the surface.

Change, even when it is positive, can bring:

- Fear of the unknown
- Loss of what once felt familiar
- Emotional exhaustion from constant adjustment

This is especially true during transitions.

For some, it may look like stepping into something new, like a new space, a new role, or a long-awaited chapter finally opening.

For others, it may feel like letting go... of routines, identities, or ways of life that have been held for years.

Even when the change is right... it can still feel heavy.

Understanding How People Process Emotion

One of the most important things to remember during emotionally intense times is this:

Not everyone processes feelings the same way.

Some people turn inward and reflect.
Some seek peace and understanding.
And others... express their pain outwardly.

When emotions become overwhelming, they can come out as:

- Anger
- Control
- Blame
- The need for things to feel “fair”

This doesn't always mean someone is thinking clearly.

It often means they are feeling deeply... and don't yet know how to hold those emotions in a grounded way.

Grief, Stress, and Emotional Overflow

Grief is not always quiet.
Stress is not always logical.

Sometimes pain looks like:

- Reacting instead of responding
- Holding tightly instead of allowing
- Wanting resolution in a way that feels immediate and intense

But underneath all of it is something very human:

The need to feel safe, understood, and in control again.

When those needs aren't met internally, they often get projected outward.

Holding Your Center When Others Are Not

During times like this, one of the most powerful things you can do is stay aware of your own energy.

You don't have to absorb what others are feeling.
You don't have to match their reaction.
And you don't have to lose your peace to understand their pain.

Instead:

- Stay grounded in your breath
- Observe rather than immediately react
- Allow others their process without taking it on as your own

This is not about disconnecting...
It is about staying centered.

The Role of Grounding in Emotional Times

This is where the energy of Archangel Sandalphon becomes so important.
Sandalphon reminds us of something simple, but powerful:

You don't need to rise above your emotions...
You need to ground through them.

When emotions rise without grounding:

- They spiral
- They project outward
- They create reaction

But when emotions are grounded:

- They settle
- They become clearer
- They move through instead of taking over

How to Ground Yourself When Emotions Are High

These are simple, real-life ways to work with your energy in the moment:

1. Pause Before You React

When something triggers you, take a breath before responding.
Even 10 seconds can shift you from:

reaction → awareness

2. Bring Your Energy Back Into Your Body

Emotions pull us into the mind or outward into others.

Grounding brings you back to *you*.

Try:

- Placing your feet flat on the floor
- Taking slow, deep breaths
- Placing a hand on your heart or stomach

Ask yourself:

“What am I actually feeling right now?”

3. Connect to the Earth (Even in Small Ways)

Sandalphon’s energy is strongly tied to the Earth.

You don’t need anything complicated:

- Step outside for a few minutes
- Stand barefoot if you can
- Even visualizing roots from your feet into the ground works

This helps release excess emotional energy.

4. Let the Emotion Move, Not Build

Grounding is not suppression.

It’s allowing emotion to move *without letting it control you*.

Healthy release can look like:

- Crying
- Writing it out
- Sitting quietly and feeling it without reacting

5. Choose Response Over Reaction

Once grounded, ask:

“How do I want to respond... instead of react?”

This is where your power is.

The Deeper Message

What we are experiencing right now is not random.

As new beginnings unfold and life expands, it also brings forward what needs to be felt, processed, and released.

Light and shadow rise together.

And in that space, grounding becomes the difference between:

- Chaos and clarity
- Reaction and awareness
- Overwhelm and stability

Teri's Astrological Insight

From an astrological perspective, part of what many are feeling right now can be traced back to the presence of a **stellium**, a concentration of multiple planets in one area of the chart.

When several planets gather together, their energy doesn't just add... it **intensifies**.

It creates a kind of pressure point in our lives where themes become louder, more emotional, and harder to ignore.

For some, this may show up as:

- Feeling overwhelmed or emotionally stretched
- Being pulled in multiple directions at once
- A deep sense that "something has to change"

How This Is Affecting Transitions and Responsibilities

For those moving through major life transitions, like stepping into new roles, taking on responsibility for others, or shifting into a new phase of life, this stellium energy can feel especially heavy.

It can create:

- A sense of emotional responsibility for everyone
- Difficulty letting go or stepping back
- The feeling of being needed everywhere at once

This is where the lesson becomes clear:

Not everything is yours to carry.

Even when your heart wants to help... even when it feels like your role to hold things together... this energy will keep pushing until boundaries are acknowledged.

If not, it often shows up as:

- Emotional exhaustion
- Frustration
- Feeling unappreciated or taken advantage of

The Deeper Meaning Behind It All

What we are experiencing right now is not random.

As life opens new doors and creates new opportunities, it also brings forward what needs to be acknowledged, processed, and released.

Growth and emotional intensity often happen side by side.

Light and shadow rise together.

And in that space, we are given a choice:

React... or respond with awareness.

A Gentle Reminder

If you find yourself feeling more emotional than usual... or noticing it in others... take a moment to pause.

There is nothing wrong with feeling deeply.

The work is not to avoid emotion...
It is to understand it.

And when we begin to understand what we feel, we regain something powerful:

Clarity, balance, and the ability to move forward with intention.

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Archangel Sandalphon

Angel of Grounding, Earth Connection, and Answered Prayers

Archangel Sandalphon is known as one of the most grounding and stabilizing archangels, often described as the bridge between Heaven and Earth. While many angelic beings are associated with higher realms and spiritual expansion, Sandalphon's energy is unique in that it brings that divine awareness down into physical form. He is believed to carry prayers from the Earth upward, while also anchoring divine guidance back into the body, the present moment, and everyday life. His presence is calm, steady, and deeply supportive, helping individuals feel rooted and secure even during times of emotional intensity or change.

Sandalphon is closely connected to the Earth itself, working through nature, the body, and the energetic systems that keep us balanced and grounded. He is often associated with the root chakra and the Earth Star chakra, both of which govern stability, safety, and our connection to the physical world. Rather than encouraging escape from challenges, Sandalphon teaches the importance of being fully present within them. His guidance reminds us that clarity and peace are not found by avoiding emotions, but by learning how to move through them with awareness and strength.

In many spiritual traditions, Sandalphon is also known as the angel of music, rhythm, and vibration, representing the harmony between the spiritual and material worlds. This connection highlights his role in helping us find balance—not just energetically, but emotionally and physically as well. When working with Sandalphon, individuals often experience a sense of calm, a return to center, and a deeper connection to the moment they are in. His message is simple yet powerful: true stability comes from grounding yourself in the here and now, allowing life to move through you without losing your sense of self.

What Archangel Sandalphon Teaches

Sandalphon's presence reminds us that spiritual growth is not about escaping life...

It is about **fully being here within it.**

His teachings center around:

- Grounding emotional energy
- Bringing awareness into the body
- Finding peace within physical reality
- Creating balance between the spiritual and material worlds

Where other energies may feel expansive or elevated, Sandalphon's energy feels:

- Steady
- Calm
- Supportive
- Deeply stabilizing

“You are safe to feel... when you are grounded within yourself.”

Signs Archangel Sandalphon Is Near

Sandalphon's presence is often subtle but deeply calming.

You may notice:

- A sudden sense of calm during emotional overwhelm
- Feeling drawn to nature, especially the ground, trees, or water
- Tingling or heaviness in the feet or legs (grounding energy)
- A desire to sit, rest, or be still
- Feeling more centered after being outside or breathing deeply

His energy does not rush or push...

It **settles**.

Colors, Symbols, and Associations

Sandalphon's energy is deeply connected to the Earth and grounding frequencies.

Colors:

- Earth tones (brown, deep green)
- Soft gold
- Copper
- Warm amber

Symbols:

- Tree roots
- Stones and crystals
- Flowing water over rock
- The Earth itself

Chakra Connection:

- Root Chakra
- Earth Star Chakra (below the feet)

How to Work with Archangel Sandalphon

You don't need anything complicated to connect with Sandalphon.

His energy responds best to **simple, present-moment awareness**.

1. Ground Through the Body

Sit or stand with your feet flat on the ground.

Take slow breaths and imagine your energy moving downward into the Earth.

Feel yourself being supported.

2. Step Into Nature

Even a few minutes outside can shift your energy.

Stand in the grass, touch a tree, or simply breathe fresh air with intention.

3. Release Emotional Energy

Instead of pushing feelings away, allow them to move.

Let yourself:

- Cry
- Reflect
- Sit quietly with what you feel

Sandalphon helps emotions move *through* instead of building up.

4. Use Physical Anchors

Hold a stone, place your hand on your heart, or focus on your breath.

These simple actions bring you back into your body.

5. Call on Him Directly

You can speak to him in your own words or silently.

There is no right or wrong way.

Grounding Prayer with Archangel Sandalphon

Archangel Sandalphon,
I call upon your steady and grounding presence.

Help me return to my body,
To the Earth beneath me,
And to the calm within me.

Release what is not mine to carry,
And guide me back into balance and clarity.

Allow me to feel without becoming overwhelmed,
And to move through my emotions with strength and awareness.

Thank you for anchoring me in peace,
And supporting me in this moment.

Final Reflection

In a world that often feels fast, reactive, and emotionally intense...

Sandalphon reminds us of something deeply important:

**You do not need to escape your feelings.
You need to be supported within them.**

And when you are grounded...

You are no longer controlled by what you feel.

You are **guided through it.**

A Message from Archangel Sandalphon

“Slow down and return to the ground beneath you. Not everything you are feeling is yours to carry. Let the emotions move without taking hold of you, and come back into your breath, your body, and this present moment. In stillness, you will find your balance... and in grounding, your peace.”

The Weight We Carry

—Grounded through Greif—

A family sat quietly in a courtroom waiting area after losing their daughter in a tragic DUI accident. In a single moment, life had changed for everyone involved. The grief that followed settled into every corner of the family's lives. The mother cried herself to sleep most nights, replaying memories and wishing for one more conversation with her daughter. The father buried his pain beneath anger because anger felt easier than helplessness. Other family members became consumed with the need for justice, believing that if the punishment was severe enough, maybe somehow the pain would feel smaller.

Across town, the young man responsible sat alone in a jail cell.

He had once been outgoing, careless in the way many young people sometimes are, never imagining one bad decision could destroy so many lives in a matter of seconds. Now the silence of the cell was unbearable. Every night he replayed the accident in his mind. He barely slept. The guilt became its own prison long before sentencing ever came. While the public saw someone who caused unimaginable pain, inside he was collapsing beneath the realization that he could never take back what happened.

The emotional energy surrounding the situation became overwhelming for everyone. Court hearings reignited anger and grief. Conversations between family members became emotionally charged. Social media comments fueled blame and hatred from people far removed from the actual pain. No one seemed able to breathe without carrying the heaviness of it all.

One evening after a difficult hearing, the girl's mother stepped outside behind the courthouse feeling emotionally drained. She sat down near a small patch of grass and removed her shoes without even



thinking about it. As her feet touched the cool ground, she closed her eyes and cried harder than she had allowed herself to in months. Then something shifted.

The racing thoughts slowed.

Her breathing deepened.

The pressure in her chest softened just enough for her to feel the Earth beneath her instead of only the pain within her.

She later described it as though something steady and calming had wrapped around her, holding her upright when she felt like collapsing. For the first time since the accident, she felt a small moment of peace move through the grief.

That is often how the energy of Archangel Sandalphon works.

Not by taking pain away... but by grounding people enough to survive it.

Meanwhile, inside the jail, the young man had begun falling apart emotionally. One night he couldn't stop shaking after another nightmare about the accident. Unable to calm his mind, he sat on the floor beside the small window in his cell and stared out at the dark sky. Somewhere in the distance, he noticed the tops of trees moving gently in the wind outside the prison walls.

It was such a simple thing, but in that moment his breathing began slowing.

Over the next several weeks, he started paying attention to small grounding moments like that. The feeling of his feet against the concrete floor. The warmth of sunlight through the window during morning lockdown. The sound of rain hitting the building at night. Little by little, those moments pulled him back from the edge of emotional collapse.

Instead of constantly trying to escape his guilt, he slowly began facing it.

Not with self-hatred alone... but with remorse, accountability, and the painful understanding that one terrible choice had permanently changed many lives, including his own.

This is one of the deeper lessons of Archangel Sandalphon.

He reminds us that grounding is needed not only for those grieving a loss... but also for those drowning in guilt, regret, fear, or emotional destruction.

Sandalphon's energy often appears quietly:

Through nature

Through stillness

Through the feeling of being held by the Earth during overwhelming moments

Through the sudden urge to stop, breathe, and come back into the body

He does not erase consequences.

He does not remove grief.

And he does not excuse harmful choices.

Instead, he helps people remain steady enough to move through intense human emotion without becoming completely consumed by it.

Over time, the family and the young man each began experiencing moments where the emotional storm loosened its grip just enough for healing to slowly begin. The grief was still real. The loss was still devastating. The consequences still remained.

But beneath all of it, there were moments where anger softened into sadness... where guilt became accountability... and where broken people slowly remembered how to breathe again.

And sometimes, that first breath back into life is where healing truly begins.

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Current Events in Aries & Taurus



May begins under the steady and grounding influence of Taurus, encouraging a slower pace after the emotional intensity and movement of recent months. Taurus energy reminds us to reconnect with what feels stable, nourishing, and real. There is a strong focus on security this month, not only financially and physically, but emotionally as well. Many may feel the need to simplify, protect their peace, and create stronger foundations within their personal lives.

Taurus season encourages patience and presence. Rather than rushing ahead, this energy asks you to pause and examine what is truly worth your time, energy, and attention. Emotions may still feel heightened beneath the surface, but Taurus teaches the importance of staying grounded while processing them. There is wisdom in slowing down enough to listen to your body, your intuition, and your deeper emotional needs.

At the same time, this energy may also reveal where you have become too emotionally responsible for others, too attached to outcomes, or too focused on carrying burdens that are not entirely yours. Themes surrounding boundaries, self-worth, stability, and emotional exhaustion may become more noticeable throughout the month. Taurus asks: *What truly supports your peace... and what is draining it?*

As May progresses, the energy begins shifting into Gemini, bringing movement, mental stimulation, and a noticeable increase in communication. After the heaviness and emotional grounding of Taurus, Gemini introduces curiosity, conversation, and new perspectives. Thoughts begin moving faster, ideas expand, and social energy increases.

This transition may feel refreshing for some, but scattered for others. Gemini energy can create mental overload if there is too much external noise or distraction. The challenge becomes finding balance between staying informed and staying centered.

The movement from Taurus into Gemini guides us from:

- Emotional heaviness → Mental clarity
- Stillness → Movement
- Grounding → Expansion
- Internal processing → External communication

This month reminds us that healing and growth are not always found in extremes. Sometimes the greatest transformation comes from learning when to slow down... and when to begin moving forward again.

“Ground yourself first... then allow your mind and spirit to expand.”

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

Taurus

What It Brings:

This is a powerful month of personal renewal and self-reflection. You may feel more aware of your emotional needs, boundaries, and desire for peace and stability.

How to Navigate:

Trust yourself enough to slow down. Focus on nurturing your mind, body, and emotional well-being while allowing growth to unfold naturally.

Gemini

What It Brings:

As Gemini season approaches, your energy begins increasing. Communication, ideas, and opportunities may move quickly, bringing excitement and fresh perspective.

How to Navigate:

Stay mentally organized and grounded. Not every thought or opportunity requires immediate action. Prioritize clarity over overstimulation.

Cancer

What It Brings:

Emotional healing and inner reflection continue to unfold. You may feel more sensitive to the energy around you and drawn toward protecting your peace.

How to Navigate:

Create space for rest and emotional processing. Ground yourself before reacting to outside stress or emotional tension.

Leo

What It Brings:

Friendships, community, and long-term goals become highlighted. You may feel inspired to reconnect with supportive people and future plans.

How to Navigate:

Surround yourself with those who uplift and encourage growth. Stay focused on what aligns with your long-term vision.

Virgo

What It Brings:

Career matters, responsibilities, and long-term direction may demand more attention. You could feel pressure to make important decisions about your future.

How to Navigate:

Take practical steps instead of overanalyzing every possibility. Consistency and patience will create steadier progress.

Libra

What It Brings:

Expansion, learning, and spiritual growth become stronger themes this month. You may feel drawn toward new ideas, teachings, or personal exploration.

How to Navigate:

Stay open to new perspectives while remaining grounded in your own truth. Growth comes through balance and curiosity.

Scorpio

What It Brings:

Deep emotional themes surrounding trust, vulnerability, and transformation continue surfacing. You may feel called to release emotional heaviness or unhealthy attachments.

How to Navigate:

Allow yourself to process emotions honestly rather than suppressing them. Healing begins when you stop carrying everything alone.

Sagittarius

What It Brings:

Relationships and communication become important areas of focus. Conversations may bring clarity about partnerships, support systems, or emotional dynamics.

How to Navigate:

Practice patience and active listening. Honest communication creates stronger and healthier connections.

Capricorn

What It Brings:

Daily routines, responsibilities, and physical well-being come into focus. You may feel motivated to create healthier structure and balance within your life.

How to Navigate:

Focus on manageable changes instead of trying to fix everything at once. Steady progress creates lasting results.

Aquarius

What It Brings:

Creativity, joy, and emotional expression begin flowing more freely. You may feel inspired to reconnect with hobbies, passions, or meaningful connections.

How to Navigate:

Allow yourself moments of lightness and enjoyment. Not everything needs to feel serious or emotionally heavy.

Pisces

What It Brings:

Home, family, and emotional security become stronger themes this month. You may feel called to reconnect with what truly brings comfort and peace.

How to Navigate:

Ground yourself emotionally before taking on the stress of others. Focus on creating calm and stability within your personal space.

Aries

What It Brings:

May encourages you to slow your pace and focus on stability rather than constant movement. Finances, personal values, and emotional grounding may become stronger areas of focus.

How to Navigate:

Avoid rushing into unnecessary conflict or impulsive decisions. Focus on creating consistency and building something meaningful over time.

Key Planetary Movements – May 2026

May 1 – Full Moon in Scorpio

Theme: Emotional release and transformation

Brief: May begins with an intense Scorpio Full Moon, bringing hidden emotions, truths, and unresolved situations to the surface. Themes surrounding trust, healing, vulnerability, and transformation become amplified. This energy encourages release and helps reveal what is no longer aligned with your growth.

May 2 – Mercury Enters Taurus

Theme: Grounded thinking and practical communication

Brief: Communication slows and becomes more thoughtful. Mercury in Taurus encourages patience, planning, and conversations focused on stability, finances, long-term goals, and practical solutions. This energy helps bring steadiness after the emotional intensity of the Full Moon.

May 6 – Pluto Retrograde Begins in Aquarius

Theme: Internal transformation and reflection

Brief: Pluto begins its retrograde journey, encouraging deeper reflection around personal empowerment, control, long-term change, and collective evolution. What has been happening externally now begins shifting inward as we examine deeper truths beneath the surface.

May 16 – New Moon in Taurus

Theme: Stability, security, and new foundations

Brief: This Taurus New Moon encourages fresh starts involving finances, self-worth, personal values, security, and long-term stability. It supports creating stronger foundations and planting seeds that can grow steadily over time.

May 20 – Sun Enters Gemini

Theme: Curiosity, communication, and mental expansion

Brief: Gemini season begins, bringing movement, learning, social interaction, and fresh perspectives. Energy becomes lighter and more mentally active as conversations, ideas, networking, and opportunities begin increasing.

May 31 – Full Moon in Sagittarius

Theme: Expansion, wisdom, and new perspectives

Brief: The month concludes with a powerful Sagittarius Full Moon, the second Full Moon of May, creating a rare Blue Moon month. This lunation highlights growth, learning, truth, exploration, spiritual insight, and seeing the bigger picture. What began earlier in the year may now reach an important point of completion or understanding.

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