

July 2026



Monthly Newsletter

Welcome to a month of reflection, renewal, and remembering that the greatest transformation begins with the choices we make for ourselves each day.



The Great Shift Within

How Choosing Yourself May be the Most Powerful Spiritual Awakening of All

Many spiritual traditions believe humanity is moving through a great cycle of transformation. While different teachings describe this shift in different ways, the common theme is a movement away from...

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This Month's Benevolent Being Archangel Hamaliel

Archangel Hamaliel is one of the lesser-known archangels in many modern spiritual teachings, but in esoteric and angelic traditions, he is often associated with the zodiac sign of Cancer ...

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An Astrological Overview

Cancer and Leo

July carries us through two very different, yet beautifully complementary, zodiac energies. We begin the month under the nurturing influence of Cancer, a water sign ...

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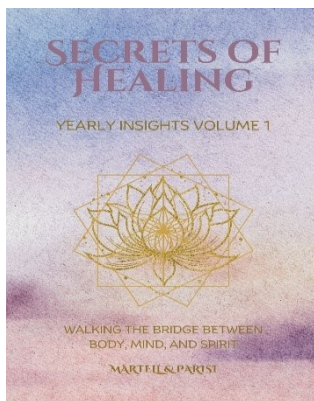


A New Chapter Begins

Honoring a Lifetime of Service While Embracing the Future

After decades of helping others discover their gifts, heal emotional wounds, and deepen their understanding of themselves, Teresa Martell is preparing to enter a new season of life. While retirement is often viewed as an ending, Teri sees it as the beginning of a different kind of journey, one that allows her to slow down, focus on her health and well-being, and continue sharing the wisdom she has gathered over a lifetime in a way that offers greater flexibility and balance...

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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 in May

Secrets Of Healing & Whispers of Light Healing

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

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Mystical & Mysteries Podcast

Teri joins Olivia for a deep dive into Past Life Regression and the incredible places a single session can lead. Together, they explore how past life experiences may influence our present lives, the healing and insight that can emerge through regression, and the profound transformations that often unfold when we open ourselves to the journey.

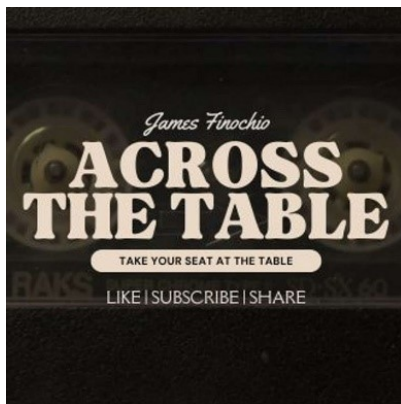
[LISTEN HERE](#)

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.

The Great Shift Within

How Choosing Yourself May be the Most Powerful Spiritual Awakening of All

By Teri Martell



Many spiritual traditions believe humanity is moving through a great cycle of transformation. While different teachings describe this shift in different ways, the common theme is a movement away from fear, division, and struggle and toward greater awareness, compassion, and personal responsibility.

Whether we call it a new age, a consciousness shift, or simply human evolution, many people are feeling called to examine their lives more deeply than ever before. We are being encouraged to heal old wounds, release unhealthy patterns, and make choices that support our physical, emotional, mental, and spiritual well-being.

This means nourishing our bodies with wholesome foods, reconnecting with nature, caring for the Earth, creating healthier lifestyles, and walking away from relationships, habits, and beliefs that keep us stuck in pain or limitation. It means choosing growth over comfort, authenticity over approval, and peace over constant conflict.

One of the most important lessons of this time is self-love. How we treat ourselves often becomes the blueprint for what we accept from others. When we criticize ourselves, neglect our needs, or believe we are unworthy, we may unconsciously attract relationships and experiences that mirror those beliefs. When we cultivate self-respect, self-compassion, and healthy boundaries, we become more likely to attract people and opportunities that reflect those qualities.

Loving others begins with learning to love ourselves. Yet the opposite is also true: if we carry deep self-judgment, we may project that judgment onto the world around us. This is why inner healing is so important. As we become more accepting of ourselves, we naturally become more accepting of others.

The focus of this new era is not perfection. It is conscious living. It is learning to create a life that reflects our highest values—kindness, integrity, creativity, gratitude, forgiveness, balance, and love. By tending to our own healing, we contribute to the healing of the collective, one choice, one relationship, and one act of compassion at a time.

Whether you view this as 5D consciousness, spiritual awakening, or simply becoming the best version of yourself, the invitation remains the same: live intentionally, care for yourself, care for others, and become a conscious steward of the life you have been given.

A Closer Look

Imagine a woman who has spent years caring for everyone around her. She is compassionate, loyal, and always willing to help. When someone is struggling, she steps in. When someone needs support, she gives it. Yet somewhere along the way, she stops giving that same care to herself.

She finds herself in a relationship that leaves her feeling exhausted rather than supported. The same arguments repeat. The same unhealthy patterns continue. Promises are made, but little changes. Years pass, and she begins to realize she has spent so much time managing other people's crises that she has neglected her own dreams, goals, and well-being.

The activities that once brought her joy begin to fade into the background. The books remain unread. The spiritual practices that once nourished her soul become occasional memories. Her creativity diminishes. Her confidence weakens. She watches others around her move forward, build businesses, improve their health, strengthen relationships, and pursue their passions while she feels stuck carrying burdens that were never hers to carry alone.

This is where many people find themselves today.

Reflection

The lesson is not that we are being punished, nor that we somehow deserve our circumstances. The lesson is that life eventually asks us to look at where our energy is going. Are we investing in our own growth, healing, and purpose, or are we spending all of our time trying to rescue others?

Self-love is not selfish. It is the recognition that we matter too.

When we begin setting healthy boundaries, making choices that honor our well-being, nourishing our bodies, pursuing our passions, and reconnecting with our purpose, our lives begin to change. We reclaim energy that has been scattered. We rediscover creativity. We remember who we are.

The shift many people are feeling today may not be about escaping the world. It may be about finally choosing ourselves enough to create a life that reflects our worth.

The question is not, "Why is this happening to me?" The question becomes, "What would happen if I gave myself the same love, support, and dedication that I have spent years giving everyone else?"

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Archangel Hamaliel

The Grace of God

Archangel Hamaliel (pronounced ha-MAH-lee-el) is one of the lesser-known archangels in many modern spiritual teachings, but in esoteric and angelic traditions, he is often associated with the zodiac sign of Cancer and the qualities of nurturing, emotional wisdom, intuition, and the sacred feminine. His name is commonly interpreted as "The Grace of God" or "Mercy of God," reflecting his gentle, compassionate nature. Rather than bringing dramatic change through force or upheaval, Hamaliel's presence is said to inspire healing through kindness, patience, and emotional understanding. He encourages us to slow down, listen to our inner voice, and recognize that true strength is often found in compassion, vulnerability, and the willingness to care deeply for ourselves and others. For those who feel overwhelmed by life's demands or disconnected from their emotions, Hamaliel is often viewed as a comforting guide who reminds us that healing begins when we allow ourselves to feel, process, and grow.



Hamaliel is traditionally connected with the season of Cancer, a time of year that emphasizes home, family, relationships, emotional security, and inner reflection. Just as the crab carries its home wherever it goes, Hamaliel reminds us that our greatest sense of safety is not found in external circumstances but within ourselves. His energy encourages us to create lives that feel emotionally nourishing by cultivating healthy relationships, establishing supportive environments, and honoring our need for rest and renewal. Many people believe his influence is especially comforting during periods of grief, transition, or emotional uncertainty, helping us release old wounds while gently guiding us toward forgiveness, resilience, and inner peace. Rather than avoiding difficult emotions, Hamaliel teaches that acknowledging and understanding them is an important step in personal and spiritual growth.

While Archangel Hamaliel is not as widely recognized as archangels such as Michael, Raphael, or Gabriel, he holds a meaningful place within mystical traditions that explore the relationship between the angels, the zodiac, and the rhythms of nature. His symbolism reminds us that spiritual growth is not always about reaching higher or doing more, it is also about creating balance within ourselves. Hamaliel invites us to reconnect with the quieter aspects of life: spending time in nature, strengthening family bonds, practicing self-care, and developing emotional intelligence. Whether viewed as a literal angelic presence or as a symbol of divine compassion and inner wisdom, Hamaliel's message is one of gentleness, reminding us that lasting transformation often begins with a single act of self-love, an open heart, and the courage to embrace our authentic selves.

What Archangel Hamaliel Teaches

Archangel Hamaliel teaches that true healing begins within. He reminds us that by nurturing ourselves with compassion, honoring our emotions, and living in harmony with our authentic nature, we create the foundation for a balanced and meaningful life.

His lessons include:

- Practicing self-love without guilt
- Honoring your emotions instead of suppressing them
- Creating healthy emotional boundaries
- Trusting your intuition and inner wisdom
- Finding strength through gentleness and compassion
- Nurturing yourself before trying to heal others
- Building emotional resilience through self-awareness
- Creating a peaceful and supportive home environment
- Living in harmony with nature and its natural cycles
- Letting go of unhealthy relationships, habits, and beliefs that no longer serve your highest good
- Embracing vulnerability as a source of courage rather than weakness
- Cultivating patience and trusting divine timing
- Recognizing that caring for yourself allows you to better care for others
- Developing gratitude for life's simple blessings
- Choosing love, kindness, and emotional balance each day

Hamaliel reminds us that the greatest transformation rarely begins with dramatic change—it begins with one loving choice at a time. By caring for our hearts, honoring our worth, and living authentically, we create a life that reflects peace, compassion, and the grace that already exists within us.

Signs Archangel Hamaliel Is Near

Archangel Hamaliel often makes his presence known through gentle moments of comfort, emotional clarity, and a deep sense of inner peace. His guidance is subtle, encouraging you to slow down, reconnect with your heart, and trust the quiet wisdom within.

You may notice:

- Feeling an unexpected sense of emotional peace after a difficult time
- A growing desire to care for yourself and prioritize your well-being
- Feeling called to spend more time in nature, especially near water
- Increased intuition or stronger "gut feelings" about people and situations
- Repeated reminders to establish healthier boundaries
- Feeling drawn to create a more peaceful, nurturing home environment
- Becoming more compassionate toward yourself and others
- Emotional breakthroughs that allow old wounds to finally begin healing
- Vivid dreams that provide comfort, guidance, or emotional insight
- Feeling inspired to reconnect with family or strengthen meaningful relationships
- A renewed appreciation for quiet moments, rest, and reflection
- Repeated encounters with symbols associated with the Moon, oceans, seashells, or the Cancer zodiac sign
- A sense of calm replacing feelings of anxiety, overwhelm, or emotional chaos
- Feeling supported during periods of grief, transition, or personal growth
- An inner knowing that it is finally time to choose yourself without guilt

Many people describe Hamaliel's presence as warm, nurturing, peaceful, and deeply comforting—like the gentle embrace of a trusted friend. His energy encourages emotional healing, self-acceptance, and the quiet confidence that comes from knowing you are worthy of the same love and compassion you so freely give to others.

Colors, Symbols, and Associations

Colors

- Gold
- Pearl White
- Soft Silver
- Moonlight Blue
- Seafoam Green
- Gentle Lavender

These colors symbolize divine grace, emotional healing, intuition, compassion, inner peace, nurturing energy, and spiritual renewal. They reflect Hamaliel's calming presence and his gentle guidance toward self-love and emotional balance.

Symbols

- Crescent Moon
- Full Moon
- Seashells
- Ocean Waves
- Flowing Water
- Lotus Flower
- White Lily
- Sacred Heart
- Cradling Hands
- The Cancer Zodiac Symbol ()

These symbols represent intuition, emotional wisdom, nurturing, protection, inner reflection, divine feminine energy, healing, and the ever-changing cycles of life.

Crystal Associations

- Moonstone
- Pearl
- Selenite
- Rose Quartz
- Aquamarine
- Lepidolite
- Clear Quartz
- Rhodonite

These crystals are believed to support emotional healing, self-love, intuition, inner peace, compassion, stress relief, and spiritual growth, complementing Hamaliel's gentle and nurturing energy.

Chakra Associations

- Heart Chakra
- Sacral Chakra
- Crown Chakra

These chakras support unconditional love, emotional healing, creativity, intuition, spiritual connection, and the ability to both give and receive love in healthy, balanced ways.

Areas of Assistance

- Emotional Healing
- Self-Love
- Inner Peace
- Intuition

- Family Relationships
- Home and Domestic Harmony
- Compassion
- Healthy Boundaries
- Grief and Loss
- Forgiveness
- Personal Growth
- Nurturing Relationships
- Stress and Emotional Overwhelm
- Spiritual Renewal
- Living in Alignment with Your Authentic Self

How to Work with Archangel Hamaliel

Working with Archangel Hamaliel begins with creating space to reconnect with yourself. His gentle presence encourages you to slow down, quiet the noise of everyday life, and listen to the wisdom of your heart. As the Archangel of emotional healing, nurturing, and inner peace, Hamaliel helps guide you toward greater self-love, compassion, and authentic living.

You may wish to:

- Ask Hamaliel to help you open your heart to healing and self-acceptance.
- Invite his guidance when you are feeling emotionally overwhelmed or uncertain.
- Spend quiet time in nature, especially near water, while asking for his presence.
- Meditate on areas of your life where you need greater balance and emotional peace.
- Journal about emotions, relationships, or old wounds that are ready to be released.
- Practice daily affirmations that strengthen self-love, confidence, and inner worth.
- Ask for help establishing healthy boundaries that honor both yourself and others.
- Create a peaceful home environment that supports rest, reflection, and renewal.
- Work with crystals such as Moonstone, Rose Quartz, or Selenite during meditation or prayer.
- Express gratitude for the blessings already present in your life, no matter how small.
- Make time for activities that nourish your soul, such as creative expression, gardening, or quiet reflection.
- Trust your intuition and allow your heart, not fear, to guide your decisions.

When calling upon Hamaliel, remember that his guidance is rarely loud or dramatic. More often, it comes as a gentle feeling of peace, a quiet inner knowing, or a growing desire to care for yourself with the same kindness you freely offer others. His greatest gift is helping you remember that healing is not about becoming someone new—it is about returning to the loving, authentic person you have always been.

Prayer to Archangel Hamaliel

Beloved Archangel Hamaliel,

Thank you for surrounding me with your gentle presence and the grace of Divine love. Open my heart to receive the peace, wisdom, and compassion that are always available to me. Help me quiet the noise of the outside world so I may hear the loving guidance of my own soul.

Teach me to care for myself with the same kindness and devotion that I so freely offer to others. Help me release guilt, fear, and self-judgment, replacing them with self-acceptance, confidence, and unconditional love. Give me the courage to establish healthy boundaries, honor my needs, and trust that caring for myself allows me to better serve those around me.

Guide me through times of emotional healing and remind me that every challenge carries an opportunity for growth. Help me let go of relationships, habits, and beliefs that no longer support my highest good. Fill my home, my heart, and my life with harmony, gratitude, and a deep sense of inner security.

May I walk through each day with compassion, patience, and grace. Help me trust my intuition, embrace life's natural rhythms, and remember that I am worthy of love, joy, and peace simply because I exist.

Thank you for your loving guidance, your gentle encouragement, and your constant reminder that true healing begins within.

And so it is.

Amen.

A Message from Archangel Hamaliel

"Beloved soul, remember that you are worthy of the same love, compassion, and care that you so freely give to others. Release the need to carry every burden alone, and allow yourself the gift of rest, healing, and renewal."

Trust the quiet voice within your heart, for it is gently guiding you toward a life of greater peace, balance, and purpose. Every loving choice you make for yourself creates space for new blessings to enter your life.

Know that I walk beside you always, surrounding you with grace, comfort, and gentle encouragement. Believe in your worth, honor your journey, and remember that your greatest transformation begins the moment you choose yourself with love."

~ Archangel Hamaliel

A Gentle Reminder

—*Choosing Yourself Without Guilt*—

Sarah had always been the person everyone could count on. She was the first to answer the phone when someone needed advice, the one who stayed late to help a coworker, and the family member who put everyone else's needs ahead of her own. She loved deeply and gave generously, believing that if she could just do a little more, everything would eventually fall into place.

Over time, however, she began to notice something had changed. She was constantly exhausted, her stress was affecting her health, and the hobbies that once brought her joy had quietly disappeared from her life. She couldn't remember the last time she sat down with a good book, went for a peaceful walk, or simply enjoyed a quiet moment without feeling guilty that she should be doing something for someone else.



One evening, after another emotionally draining day, Sarah sat alone on her porch and asked herself a simple question: **"When was the last time I cared for myself the way I care for everyone else?"** The answer brought tears to her eyes. She realized she had spent years pouring from an empty cup, hoping that if everyone else was okay, she would somehow be okay too.

Instead of trying to change her entire life overnight, she made one small decision. She began setting aside just fifteen minutes each day for herself. Sometimes she journaled. Sometimes she sat quietly in nature. Other days she simply enjoyed a cup of tea without answering emails or solving someone else's problems. She also began saying "no" when she truly needed to rest, even though it felt uncomfortable at first.

Little by little, something beautiful began to happen. She felt lighter. Her anxiety eased. She laughed more often. She rediscovered interests she had forgotten and found the courage to make decisions that honored her own happiness instead of living only to meet everyone else's expectations. The people who truly loved her respected her new boundaries, and those who didn't revealed relationships that needed to change.

Reflection

This is the quiet work of Archangel Hamaliel. His guidance doesn't always arrive through dramatic miracles or life-changing events. More often, it comes as a gentle whisper reminding us that we matter too. He teaches us that self-love is not selfish, boundaries are not unkind, and caring for ourselves allows us to show up more fully for the people and purpose we cherish.

Perhaps Sarah's story feels familiar. If so, let it serve as a reminder that you don't have to wait for the perfect moment to begin healing. Sometimes the greatest transformation starts with one simple choice—the choice to finally believe that you are just as worthy of love, compassion, and care as everyone else.

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Current Events in Cancer & Leo

July carries us through two very different, yet beautifully complementary, zodiac energies. We begin the month under the nurturing influence of **Cancer**, a water sign ruled by the Moon that encourages us to turn inward. Cancer invites us to reconnect with our emotions, strengthen our relationships, create a sense of security, and care for the people, and the dreams, that matter most. It reminds us that before we can confidently step into the world, we must first feel at home within ourselves. This gentle energy aligns beautifully with this month's featured archangel, **Hamaliel**, whose message centers on emotional healing, self-love, compassion, and finding peace within.



As the Sun enters **Leo** around **July 22**, the energy begins to shift. Leo, a fire sign ruled by the Sun, inspires confidence, creativity, courage, and authentic self-expression. After Cancer helps us strengthen our emotional foundation, Leo encourages us to step into the light and share our unique gifts with the world. It asks us to embrace our passions, lead with our hearts, celebrate our individuality, and remember that we were never meant to hide our light. Together, Cancer and Leo create a beautiful journey, from nurturing the soul to expressing it with confidence and purpose.

July also invites us to reflect on where our energy is flowing. Are we investing our time in relationships, habits, and goals that support our highest good, or are we giving so much of ourselves that we have little left to nourish our own hearts? Whether you view life through a spiritual lens or simply as an opportunity for continual growth, this month offers a chance to slow down, listen to your intuition, and make conscious choices that honor your well-being. Small acts of self-care, healthy boundaries, gratitude, and creative expression can create lasting ripples of positive change.

As you journey through July, allow Cancer to soften your heart and Leo to strengthen your spirit. Together they remind us that true confidence doesn't come from proving ourselves to the world—it grows from knowing who we are, embracing our worth, and having the courage to live authentically. May this month inspire you to heal what needs healing, celebrate all that makes you unique, and move forward with both compassion and confidence as you continue creating the life you were meant to live.

Secrets of Healing offers Online Astrological Counseling.

To schedule an appointment or get more information please contact [Teri Martell](#) or to learn more click [here](#).

Themes for All Zodiac Signs

Cancer

What It Brings: July shines a spotlight on you. The first part of the month encourages emotional healing, self-discovery, and strengthening the foundations of your life. Home, family, intuition, and personal well-being become major priorities. As the month progresses and the New Moon arrives in Cancer, you may feel inspired to begin a new chapter that reflects your authentic needs and long-term happiness.

How to Navigate: Honor your emotions without allowing them to control your decisions. Trust your intuition, practice self-care, and don't be afraid to create healthy boundaries that protect your peace.

Leo

What It Brings: Your energy begins building as Cancer season prepares you for your birthday season. Once the Sun enters Leo later in the month, confidence, creativity, leadership, and personal visibility increase. Opportunities to express yourself, pursue passions, or step into new roles may naturally appear.

How to Navigate: Lead with humility as well as confidence. Let your heart guide your decisions and remember that authentic leadership inspires others rather than seeks approval.

Virgo

What It Brings: July encourages quiet reflection, planning, and evaluating long-term goals before taking major action. You may feel drawn toward spiritual growth, self-improvement, or working behind the scenes to prepare for future opportunities. Your intuition becomes a valuable guide.

How to Navigate: Give yourself permission to slow down. Rest is productive when it allows clarity to emerge before your next season of growth.

Libra

What It Brings: Friendships, networking, community, and shared dreams become highlighted. You may find yourself connecting with people who inspire your personal or professional growth. Collaborative efforts are likely to feel more rewarding than trying to accomplish everything alone.

How to Navigate: Stay open to new relationships and ideas. The people entering your life now may help shape your future in meaningful ways.

Scorpio

What It Brings: Career matters, leadership opportunities, and long-term ambitions take center stage. You may receive recognition for previous efforts or begin reassessing what success truly means to you. New responsibilities may also arise.

How to Navigate: Stay focused on your long-term vision. Small, consistent progress will create lasting success.

Sagittarius

What It Brings: Expansion, education, travel, and spiritual exploration call your attention. July encourages you to broaden your horizons through learning, teaching, or experiencing something completely new. Fresh perspectives may open unexpected doors.

How to Navigate: Remain curious and flexible. Sometimes your greatest opportunities arrive through experiences you never planned.

Capricorn

What It Brings: Emotional transformation, shared resources, trust, and deeper relationships become important themes. You may feel called to release fears, strengthen important partnerships, or heal emotional patterns that have been limiting your growth.

How to Navigate: Be honest with yourself and others. Vulnerability often becomes the doorway to lasting transformation.

Aquarius

What It Brings: Partnerships and relationships become major teachers throughout July. Whether personal or professional, your interactions with others help you better understand yourself. Cooperation, communication, and compromise become valuable skills.

How to Navigate: Listen as much as you speak. Healthy relationships flourish through mutual respect and understanding.

Pisces

What It Brings: Daily routines, health, work-life balance, and personal organization move into focus. You may feel inspired to simplify your schedule and create habits that support your physical, emotional, and spiritual well-being.

How to Navigate: Don't try to change everything at once. Small improvements practiced consistently will have the greatest long-term impact.

Aries

What It Brings: Creativity, romance, joy, and self-expression become brighter themes this month. Your confidence grows as opportunities arise to share your talents or reconnect with activities that bring genuine happiness.

How to Navigate: Allow yourself to enjoy the present moment. Creativity flourishes when you stop trying to be perfect.

Taurus

What It Brings: Home, family, communication, and emotional security become increasingly important. You may feel called to strengthen relationships, improve your living environment, or spend more quality time with loved ones.

How to Navigate: Focus on creating stability both inside and outside yourself. Honest conversations can strengthen important relationships.

Gemini

What It Brings: Finances, personal values, confidence, and long-term security become stronger themes. You may reassess how you earn, spend, or invest your energy while building a stronger foundation for the future.

How to Navigate: Trust steady progress over quick results. Building lasting security begins with consistent, intentional choices.

Key Planetary Movements – July 2026

July 7 – Neptune Retrograde in Aries

Theme: Re-evaluating dreams and personal identity

Brief: Neptune begins its retrograde journey, encouraging reflection on your long-term dreams, spiritual path, and personal direction. This is an excellent time to separate genuine inspiration from unrealistic expectations and reconnect with what truly matters.

July 14 – New Moon in Cancer

Theme: Emotional renewal and new beginnings

Brief: This New Moon encourages fresh starts involving home, family, emotional healing, and self-care. It supports setting intentions that create greater security, peace, and balance in your personal life.

July 15–21 – Powerful Supportive Planetary Alignments

Theme: Growth, innovation, and inspired opportunities

Brief: A series of harmonious alignments between Jupiter, Uranus, Neptune, and Pluto creates an atmosphere supportive of creativity, innovation, collaboration, and long-term growth. While astrology cannot predict specific events, many astrologers view this period as one that favors inspired thinking, meaningful connections, and positive momentum.

July 22 – Sun Enters Leo

Theme: Confidence, creativity, and authentic self-expression

Brief: Leo season begins, shifting attention from emotional reflection toward confidence, leadership, creativity, and celebrating your unique gifts. It is a wonderful time to express yourself more boldly while remaining true to your values.

July 23 – Mercury Direct in Cancer

Theme: Forward movement and clearer communication

Brief: After several weeks of Mercury retrograde, communication gradually becomes clearer. Delays begin resolving, conversations move forward more easily, and decisions made after this point may feel more grounded and confident.

July 26 – Saturn Retrograde in Aries

Theme: Reviewing goals and personal responsibility

Brief: Saturn's retrograde invites reflection on your commitments, responsibilities, and long-term goals. This period encourages patience, maturity, and making adjustments that support lasting success.

July 29 – Full Moon in Aquarius

Theme: Community, authenticity, and future vision

Brief: This Full Moon highlights friendships, community, innovation, and the balance between individuality and working together. It encourages releasing outdated beliefs while embracing new ways of contributing your unique gifts to the world.

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A New Chapter Begins

Honoring a Lifetime of Service While Embracing the Future



After decades of helping others discover their gifts, heal emotional wounds, and deepen their understanding of themselves, **Teresa Martell** is preparing to enter a new season of life. While retirement is often viewed as an ending, Teri sees it as the beginning of a different kind of journey, one that allows her to slow down, focus on her health and well-being, and continue sharing the wisdom she has gathered over a lifetime in a way that offers greater flexibility and balance.

For many years, Teri has been a trusted teacher, mentor, and guide to countless students and clients. Through her work in hypnosis, Reiki, astrology, spiritual development, and the Quantum Awareness Practitioner Series, and much more, she has inspired others to look beyond the surface, trust their intuition, and recognize the incredible potential that exists within every

person. Her passion for teaching has never been about simply sharing information, it has always been about empowering others to discover their own truth and walk confidently along their unique path.

Although Teri plans to gradually retire from full-time, in-person work over the coming year, this is certainly not goodbye. She will continue offering select workshops, classes, and educational opportunities while expanding her online presence, allowing students from near and far to continue learning from her experience. This transition reflects her desire to make her teachings more accessible while also creating the time and balance she has so generously encouraged others to cultivate in their own lives.

As this next chapter unfolds, we celebrate not only Teri's remarkable career but also the lasting impact she has made on so many lives. Every class she has taught, every conversation she has shared, and every person she has encouraged has helped create a ripple effect that will continue for years to come. While her role may evolve, her dedication to teaching, learning, and serving others remains as strong as ever.

On behalf of everyone whose life has been touched by your kindness, wisdom, and unwavering commitment, **thank you, Teri**. We are deeply grateful for all you have shared and are excited to continue this journey with you as you embrace this well-earned new chapter. We look forward to the workshops still to come, the online community that will continue to grow, and the many lives you will undoubtedly continue to inspire for years ahead. Wishing you abundant joy, good health, and every blessing as you step into this exciting new season of your life.