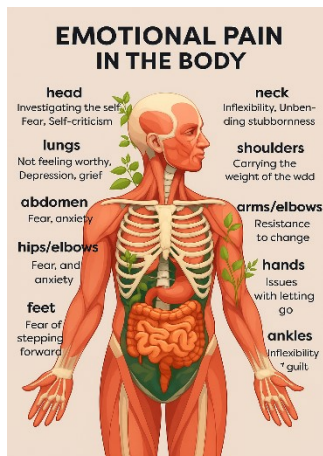




MONTHLY NEWSLETTER

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.

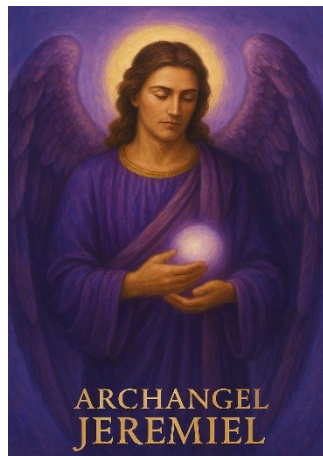


THE CONNECTION BETWEEN EMOTIONAL AND PHYSICAL PAIN

The Hidden Link Between Pain and Emotion

In this month's feature, I want to shine light on a topic many people never connect, the link between emotions and chronic physical pain. We are taught to separate the body from the heart, and the physical from the...

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THIS MONTH'S BENEVOLENT BEING

Archangel Jeremiel

Archangel Jeremiel's name means "Mercy of God." He is often called the angel of life review because he gently guides souls, both living and departed, through an honest, compassionate reflection of their life's journey...

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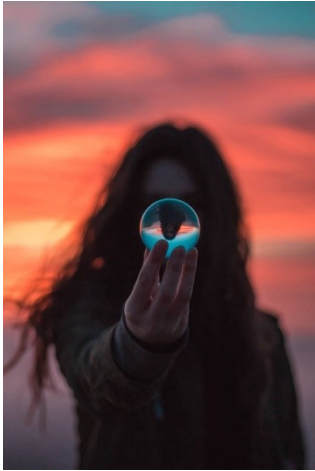


AN ASTROLOGICAL OVERVIEW

Scorpio and Sagittarius

November arrives with a powerful blend of fire and water energy, a dance between movement and introspection. The month begins under the deep influence of Scorpio season...

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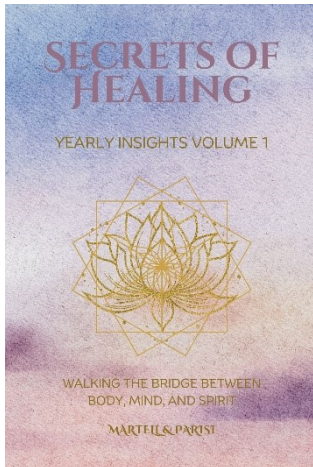


SECRETS OF HEALING BLOG

Stay Tuned for Upcoming Blogs

Our Blogs are great for exploring the deeper connections between the cosmos, spirituality, and personal transformation. We share our personal insights on astrology, holistic healing, and the energetic shifts that shape our lives. Whether you're seeking guidance, inspiration, or a deeper understanding of the universe's rhythm, you'll find reflections and wisdom to support your journey.

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INTRODUCING SECRETS OF HEALING YEARLY INSIGHTS VOL 1

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

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



EXPLORING THE DEPTHS OF HEALING

With Teri Martell & Amber Parisi

Check out our recent appearance on Across the Table Podcast! In this soul-stirring episode of Across The Table, we join host James Finocchio for a transformative conversation that weaves together the spiritual, energetic, and emotional layers of healing. Click on the link to watch: On [Amazon](#) * On [Spotify](#) * On [YouTube](#) * On [Apple](#)

SECRETS OF HEALING UPCOMING CLASSES AND WORKSHOPS

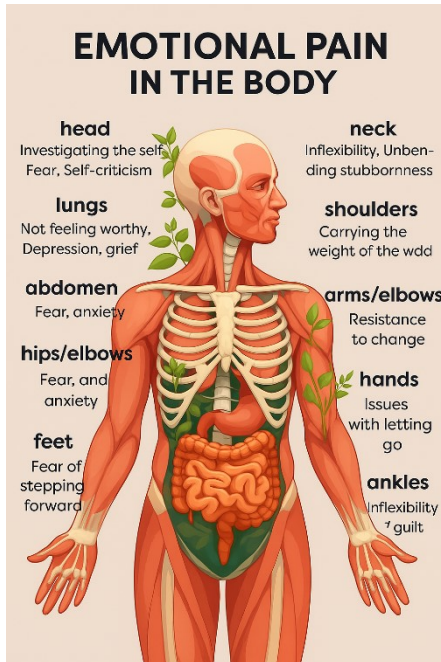
Please remember to check our Calendar as we Add and Update all month long.

[VIEW OUR CALENDAR](#)

The Connection Between Emotional and Physical Pain

The Hidden Link between Pain and Emotion

By Teresa Martell



The Connection Between Emotional and Physical Pain

For many of us, pain is not just something we physically *feel*, it becomes woven into our story. I have lived with physical pain for as long as I can remember. Some of that pain came from traumatic experiences, including being physically abused by a stepfather. Other pain came from structural issues in my body, such as scoliosis and eventually a spinal fusion.

And yet, throughout the years, something deeper revealed itself:

My emotional pain was not separate from my physical pain. They were interconnected. They mirrored one another.

When Pain Speaks from the Hips Down

For the majority of my life, the pain settled into my lower body, my hips, knees, ankles, and feet. At first, I thought it was simply

mechanical wear and tear. But when I reflect back now, I can clearly see that the timing of the most intense pain lined up with some of the most emotionally demanding chapters of my life.

Especially during the years I was a single mother raising two children, everything I did felt like a fight for survival. Keeping food on the table. Keeping us sheltered. Trying to stay strong and stable when inside I didn't always feel stable at all.

My lower body, the very part of us that represents forward movement, was where I felt my pain most.

The Body Has Symbolism, and the Hips Hold Meaning

Over time, I learned that different areas of the body often reflect specific emotional or spiritual themes. The hips represent movement, direction, confidence in stepping forward in life. When we feel blocked, weighed down, overwhelmed, or hesitant about the future, hip issues often appear.

My pain wasn't random.

It was a physical echo of the emotional weight I was carrying.

As the discomfort moved into my knees and ankles, it only confirmed that theme: the movement of life, literally walking forward, felt heavy, uncertain, and burdened.

When Family Stress Triggers Past Patterns

Even now, I see this pattern surface.

For example, my granddaughter has been struggling with her own choices, sleeping the days away, hiding in addictive games, avoiding responsibility. When I get pulled into worry, anger, or overprotective behavior, the pain comes back.

It is almost as if my body whispers:

“You’re stepping back into old roles. You’re carrying what does not belong to you.”

My natural personality is gentle, compassionate, supportive, not aggressive, angry, or exhausted. Yet when I over-function for others, trying to rescue or fix, I lose my balance, emotionally and physically.

And my hips remind me.

The Weight of Loss, When My Son Passed Away

When my son passed away, I experienced a level of grief I had never known before. Almost immediately, severe pain exploded in my hip, so intense that walking felt nearly impossible.

I thought it might have been an injury ... but my heart knew better.

Late one night, sitting quietly and barely able to move from pain, I felt his energy near me. I spoke out loud:

“Nicky, I will take your pain to help make it easier for you to go home.”

And in that moment... the pain became mine.

No physical therapy, no injections, no treatments made it disappear. It lingered for months, and still resurfaces at times.

That experience taught me this:

**Grief can anchor itself into the body.
Love can take on weight, and become pain.**

Freedom Returns When I Move in My Authentic Direction

There is another side to this story.

When I teach, coach, or support others in discovering their own healing paths, my pain loosens. When I step forward in my purpose, when I am aligned, my body relaxes.

When I am living *my truth*, not someone else’s burden, the pain eases.

My body responds to authenticity.

The Lesson

Healing is not just about managing symptoms.

It’s about listening to the messages within the body.

My pain taught me:

- that emotional burdens can lodge in bones and joints
- that grief can live in muscle and tissue
- that love can hold weight
- and that movement, physically and spiritually, must come from alignment, not obligation

When I move toward my own path, not someone else's, I feel lighter.

And perhaps that is the most powerful connection of all:

What we do with our emotions often becomes what we feel within our body.

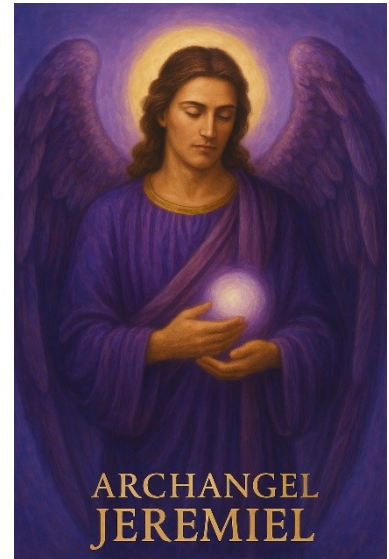
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Archangel Jeremiel

Angel of Life Review & Compassionate Insight

Archangel Jeremiel's name means "*Mercy of God.*" He is often called the *angel of life review* because he gently guides souls, both living and departed, through an honest, compassionate reflection of their life's journey. His purpose is not judgment, but understanding. Jeremiel helps us see our past choices and emotional patterns through the lens of Divine mercy so that we may move forward in greater wisdom and peace.

Archangel Jeremiel is associated with November because his energy perfectly mirrors the month's themes of reflection, transformation, and spiritual insight. November, ruled largely by Scorpio, invites introspection and emotional rebirth—qualities Jeremiel supports as the angel of mercy and life review. His violet light resonates with divine wisdom and forgiveness, guiding us to release the past and view our lives from a higher perspective. As the eleventh month, November carries a master vibration of spiritual awakening, making it an ideal time to connect with Jeremiel's compassionate presence for clarity, healing, and renewal before the year's close.



How He Appears

Jeremiel's presence is soothing yet deeply awakening. Many describe sensing him as a violet or deep indigo light, colors of intuition, transmutation, and higher truth. His energy often feels like a calm wave that clears confusion and brings emotional clarity after times of struggle or change.

When to Call on Archangel Jeremiel

- When you're seeking **closure** or understanding from past experiences.
- During times of **transition**, such as moving through grief, releasing guilt, or embracing forgiveness.
- When you want to perform your own "*life review*" to see where you've been, what you've learned, and how to align more closely with your soul's purpose.
- To **enhance clairvoyance** and strengthen your ability to receive Divine visions and prophetic dreams.

Jeremiel's Gifts

Jeremiel offers the gift of **compassionate self-evaluation**. He helps us transform regret into wisdom and fear into faith. By illuminating the bigger picture, he teaches that every challenge carries hidden blessings and opportunities for growth. His messages often arrive through dreams, intuitive flashes, or sudden understanding of why certain events had to unfold.

Signs of His Presence

- A sudden **violet or amethyst light** during prayer or meditation
- Powerful, symbolic dreams that bring understanding

- Emotional relief after long reflection or regret
- Feeling “guided” to review the past but without self-blame
- Waves of compassion and forgiveness toward yourself or others

Color & Symbols

- **Color Ray:** Violet / Purple (spiritual transmutation, higher perception)
- **Element:** Water (emotional purification and flow)
- **Crystals:** Amethyst, Charoite, Sugilite
- **Essential Oils:** Lavender, Frankincense, Myrrh

Affirmation

“With Archangel Jeremiel’s mercy and light, I view my past through love and transform my lessons into wisdom.”

Meditation or Journaling Prompt

- What moment or decision in my life still needs forgiveness or understanding?
- How can I honor the lessons I’ve learned and use them to guide my next steps?

The Violet Light of Clarity

— *A Story of Forgiveness, Transformation, and the Higher View of the Soul* —

For months, *Claire* had been haunted by memories she couldn’t shake.

After her divorce, she replayed every argument, every moment she thought she should’ve handled differently. She was exhausted, not just emotionally, but spiritually. No amount of journaling or talking it out seemed to bring peace.

One night, as she lay awake, she whispered a quiet prayer:



“God, I just want to understand why it had to happen this way.”

That night, she dreamed of standing before a vast mirror surrounded by violet light. A tall, calm angel appeared beside her, eyes filled with compassion, voice as soft as a whisper yet resonant like music in her soul.

“You are not being punished, child,” the angel said. “You are being shown what your heart has carried. Look again, not through guilt, but through mercy.”

As the mirror shimmered, scenes of her past replayed, but this time, she saw them differently.

Where she once felt shame, she now saw herself doing the best she could with what she knew at the time.

Where she once felt anger toward her ex-husband, she now sensed his fear and pain, too.

When she woke, Claire felt lighter, as if years of emotional weight had lifted. She didn't remember every word of the dream, only that the name *Jeremiel* echoed in her mind.

Later, while reading about the Archangels, she discovered his role as the *Angel of Life Review and Mercy*. Tears filled her eyes, she knew it had been him.

From that day on, whenever she felt guilt rising, she would close her eyes and breathe in violet light, saying:

“Through the mercy of Archangel Jeremiel, I see with understanding, not blame.”

That simple prayer became her healing mantra.
And slowly, the past stopped hurting, it began to teach.

Lesson from the Story

Archangel Jeremiel reminds us that life isn't meant to be judged, it's meant to be understood. Every experience holds wisdom waiting to be seen through love's higher lens. When you ask for Jeremiel's guidance, he won't erase your past, he'll illuminate it, helping you find the mercy that sets your soul free.

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Current Events in Scorpio & Sagittarius

An Astrological Overview

November arrives with a powerful blend of fire and water energy, a dance between movement and introspection. The month begins under the deep influence of Scorpio season, drawing us into emotional truth, shadow healing, and spiritual transformation. As we journey deeper into the month, Mars ignites Sagittarius on November 4, awakening the call for freedom, adventure, and purpose. This energy fuels new beginnings and the courage to take inspired risks, but the cosmos reminds us to move consciously, sudden changes are likely as Mars opposes Uranus retrograde in Gemini, sparking unexpected breakthroughs or disruptions that push us beyond our comfort zones.

Mercury turns retrograde on November 9 in Sagittarius, pulling our thoughts and communication inward. Plans may shift, messages may get crossed, and technology could falter, but this cosmic pause invites us to re-evaluate our beliefs and reconnect with our inner guidance. When Mercury slides back into Scorpio on the 18th, hidden truths and deep emotions rise to the surface, offering clarity through reflection rather than reaction. This is a time to listen more, speak less, and allow transformation to unfold naturally.

Venus moves into Scorpio early in the month, intensifying love, attraction, and emotional awareness. Relationships deepen as we face themes of vulnerability, trust, and empowerment. Healing from past pain and reclaiming our worth becomes a powerful focus. Meanwhile, Jupiter stations retrograde in Cancer on November 11, turning expansion inward. Growth now happens through emotional insight, by nurturing ourselves, tending to our roots, and finding comfort within rather than seeking validation outside.

As the Sun moves into Sagittarius in the latter part of the month, the energy begins to lift. We emerge from introspection with renewed optimism and higher vision. The key to navigating this dynamic month lies in balance, grounding the fiery urge to act with the watery wisdom of emotional truth.

This month reminds us that growth often begins in the unseen, in the quiet spaces where we confront our shadows and rediscover our light. Trust the timing of your journey, and allow both movement and stillness to serve your evolution.

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](#).



Continued...

Themes for All Zodiac Signs

Scorpio

What It Brings: This is your time. With Mercury, Mars, and the Sun activating your sign (especially later in the month), your voice, magnetism, and influence surge. Hidden parts of you want to emerge.

How to Navigate: Step into your power consciously, not by force, but through aligned intention, integrity, and vision. Share your truths. Transform what holds you back, and protect your energy so you don't burn out during your rise.

Sagittarius

What It Brings: Mars charges into your sign, lighting a fire under your dreams. You're craving freedom, exploration, and expansion, but Mercury retrograde in your sign reminds you to slow down and refine your message.

How to Navigate: Channel your enthusiasm wisely. Before leaping, review the map. Trust that reflection now strengthens the success of what's ahead. Your truth is evolving, speak it with clarity and heart.

Capricorn

What It Brings: You're in a period of deep restructuring. Jupiter's retrograde highlights emotional foundations, while Venus in Scorpio strengthens your connections and vision for long-term security.

How to Navigate: Revisit your goals with compassion, not pressure. Allow change to unfold slowly. A little vulnerability goes a long way in building the stability you seek, both materially and emotionally.

Aquarius

What It Brings: Uranus, your modern ruler, continues its retrograde motion, stirring inner restlessness and innovation. Group projects and social visions shift direction under Mercury retrograde's review.

How to Navigate: Stay flexible and visionary. Collaborations may change, but new allies appear when you stay authentic. Reimagine how you share your ideas and lead from inspiration, not rebellion.

Pisces

What It Brings: November calls for spiritual renewal. With Jupiter retrograde, you may feel more inwardly drawn to reflection and healing. Old emotional wounds could surface, asking for release.

How to Navigate: Trust your intuition, it's guiding your next evolution. Prioritize rest, prayer, and creativity. When you surrender to divine timing, clarity and peace flow back into your heart.

Aries

What It Brings: Mars, your ruling planet, ignites Sagittarius this month, infusing you with fiery momentum and the urge to move forward. Travel, learning, and expansion call your name. But with Mercury turning retrograde, you may need to pause and rethink your long-term direction.

How to Navigate: Don't rush what's meant to evolve. Revisit your goals and reconnect with what truly fuels your passion. Inspiration is strong, but patience will ensure your actions align with purpose, not impulse.

♉ Taurus

What It Brings: Venus, your ruler, dives into deep waters in Scorpio, illuminating matters of intimacy, trust, and shared resources. You're being asked to look at what you've been holding onto, emotionally and financially.

How to Navigate: Let go of what no longer serves your peace. Strengthen your partnerships through honesty and vulnerability. Healing and transformation await when you open your heart to change.

♊ Gemini

What It Brings: With Mars opposing Uranus in your sign, life may feel unpredictable. Old patterns are breaking apart, making room for innovation and new ways of expressing yourself. Mercury retrograde invites you to rethink your beliefs and communication style.

How to Navigate: Expect the unexpected, but stay flexible. Don't resist change, adapt and find your voice in the chaos. Journaling, writing, or teaching can channel your restless energy constructively.

♋ Cancer

What It Brings: Jupiter stations retrograde in your sign, turning growth inward. This month brings reflection on emotional safety, family, and self-nurturing. You may be called to redefine what "home" and "security" mean to you.

How to Navigate: Slow down. Focus on emotional replenishment and healing the inner child. Use this time to nurture yourself as deeply as you nurture others. The more you refill your cup, the more you can give from overflow.

♌ Leo

What It Brings: November fuels your creative and expressive spirit, yet Mercury retrograde challenges how you share your light. Miscommunication or shifting collaborations may test your patience, but they also clear the way for greater authenticity.

How to Navigate: Reclaim your creative spark by focusing on joy over perfection. Listen before reacting. Trust that temporary confusion is guiding you toward truer expression and stronger connections.

♍ Virgo

What It Brings: Mercury, your ruler, goes retrograde, pulling your focus toward reflection rather than action. Work, communication, and routines may need revision. It's a month of reorganizing your thoughts, goals, and energy.

How to Navigate: Simplify and streamline. Let go of unnecessary obligations and trust divine timing. This is a sacred pause for clarity, use it to realign your priorities and restore balance.

Libra

What It Brings: You're being asked to rebalance your give and take. Relationships, values, and financial boundaries come under a fresh lens. The New Moon in Libra offers a reset in how you relate and what you commit to.

How to Navigate: Set clearer boundaries. Focus your energy where it's truly reciprocated. Reboot your relational intentions with the New Moon, choose quality over quantity and stay centered in your worth.

Key Planetary Movements – November 2025

November 4 – Mars enters Sagittarius

Theme: Bold action and renewed motivation

Brief: As Mars moves into Sagittarius, the fire within reignites. You may feel driven to explore new paths, set adventurous goals, or pursue a cause that aligns with your beliefs. It's a time to act on inspiration, travel, or expand your perspective with courage and optimism.

November 6 – Venus enters Scorpio

Theme: Deepening passion and emotional truth

Brief: When Venus enters Scorpio, love and connection move beneath the surface. Relationships become more magnetic, healing, and transformative. Financial and emotional investments demand authenticity, choose what feels soulful, not superficial.

November 9 – Mercury turns retrograde in Sagittarius

Theme: Revisiting beliefs and messages of truth

Brief: Mercury's retrograde in Sagittarius urges you to rethink your philosophies and long-term visions. Miscommunications or travel delays can reveal where your beliefs or plans need refining. Use this period for introspection, journaling, and aligning your words with your deeper purpose.

November 11 – Jupiter stations retrograde in Cancer

Theme: Inner growth and emotional realignment

Brief: Jupiter retrograde in Cancer shifts focus inward. Growth now comes through emotional healing, nurturing family connections, and re-evaluating what "home" truly means. This is a time to expand your heart rather than your schedule.

November 20 – New Moon in Sagittarius

Theme: Fresh vision and higher learning

Brief: The New Moon in Sagittarius opens a new chapter of discovery and purpose. Set intentions around truth, education, travel, or spiritual development. What you begin now can grow into greater freedom and wisdom in the months ahead.

November 21 – Sun enters Sagittarius

Theme: Reawakening faith and vision

Brief: The Sun's move into Sagittarius lifts collective energy after Scorpio's introspection. Optimism, adventure, and spiritual awareness return. Celebrate how far you've come and set your sights on higher truths, freedom and learning are the guiding lights now.

November 27 – Saturn turns direct in Pisces

Theme: Building spiritual structure and emotional maturity

Brief: Saturn's direct motion brings progress after months of inner testing. You may feel ready to implement spiritual discipline or bring dreams into tangible form. Lessons learned through emotional resilience now become steady steps toward purpose.

November 30 – Venus enters Sagittarius

Theme: Expanding love and creative horizons

Brief: As Venus joins the Sun in Sagittarius, relationships take on a playful, adventurous tone. This is a time to connect through shared growth, travel, or study. Let curiosity and honesty guide your heart, you'll attract what aligns with your truth.

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