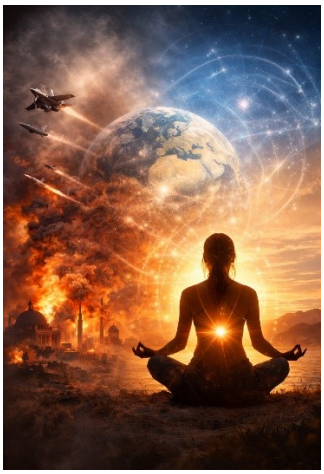
March 2026

Monthly Newsletter

March brings a turning of the seasons, awakening fresh inspiration, healing, and forward movement, guiding us toward fresh starts and brighter possibilities.



Collective Fear and the Energy of Conflict

How Our Thoughts Shape the World

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This Month's Benevolent Being

Archangel Verchiel

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An Astrological Overview

Pisces and Aries

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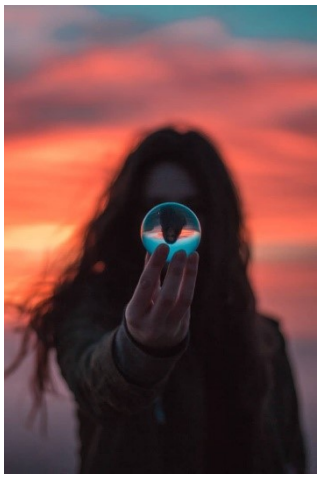

Secrets of Healing Blog

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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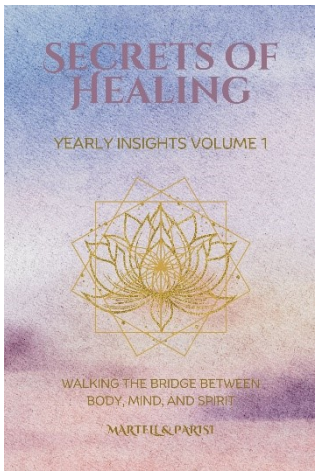

Our Book

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 ay in stock and on hand.

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 Finochio** 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:**

Spotify | Apple Podcasts | YouTube | Buzzsprout | Podcast Collective | Podcast Addict | Amazon Music | Castbox | rephonic

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.

Collective Fear and the Energy of Conflict

How our Thoughts Shape the World

By Amber Parisi

Over the past week, headlines about conflict between the United States and Iran have created a wave of anxiety across the world. Whenever global tensions rise, people begin to ask the same question: What is happening to our world?

From a spiritual perspective, moments like these invite deeper reflection. Beyond politics, military strategies, and international negotiations lies something less visible yet incredibly powerful: the collective emotional field of humanity. When millions of people focus on fear, anger, and division, that emotional energy spreads through society. But when individuals choose awareness, calm, and compassion, they help shift that field in a different direction.

Many spiritual traditions teach that thoughts and emotions are not isolated experiences that exist only within our minds. They are forms of energy. When shared by large groups of people, they contribute to what is often called the collective consciousness. In other words, humanity is not only connected through physical systems like communication, economics, and government, but also through the emotional and psychological atmosphere we create together.

When global conflicts dominate the news, fear becomes contagious. People worry about safety, economic stability, political decisions, and the future of the world their children will inherit. Social media and constant news updates can amplify this feeling, causing people to replay worst-case scenarios over and over again in their minds. The more attention and emotional intensity these fears receive, the more they ripple through the collective field.

This does not mean that any one person or group directly causes war simply by thinking about it. World events are complex and influenced by countless political, historical, and economic factors. However, the emotional environment surrounding those events does matter. Fear and hostility tend to reinforce division, while calm awareness can encourage more thoughtful responses and solutions.

Consider how emotions influence everyday interactions. When a room is filled with tension, people tend to become defensive and reactive. Misunderstandings increase, patience decreases, and conflict escalates more easily. On the other hand, when people enter a situation with calmness and respect, cooperation and clarity are far more likely to emerge.

The same principle can apply on a larger scale. When large groups of people focus on anger, fear, and blame, that emotional atmosphere can intensify existing tensions within societies and between nations. Leaders, communities, and decision-makers are not separate from the emotional climate of the world around them. They are influenced by it, just as we are.

This is why moments of global anxiety can also be invitations for spiritual responsibility. While we may not control world events directly, we do have influence over the emotional energy we contribute to the collective field. Each thought we repeat, each conversation we participate in, and each emotion we amplify becomes part of the broader atmosphere humanity is creating.

Fear is understandable during uncertain times, but remaining trapped in fear can keep that cycle alive. When people continuously expect disaster, conflict, or chaos, their attention becomes fixed on those possibilities. This can create a self-reinforcing pattern where fear feeds more fear, and anxiety spreads faster than understanding.

Spiritual awareness encourages a different response. Rather than ignoring the reality of difficult events, it invites us to observe them with clarity and intention. Instead of becoming consumed by worry or anger, we can choose to cultivate steadiness, compassion, and thoughtful reflection.

One powerful way to do this is by becoming more conscious of where we place our attention. News and information are important, but constant exposure to alarming headlines can overwhelm the nervous system and cloud our ability to respond with wisdom. Creating moments of quiet reflection, meditation, or prayer allows the mind and body to return to a state of balance.

Breathing slowly, grounding ourselves in the present moment, and reconnecting with the body can calm the emotional waves that arise during times of uncertainty. When we bring our awareness back to peace within ourselves, we help restore stability to the collective emotional field as well.

This may seem like a small contribution compared to the scale of global events, but collective energy is built from millions of individual moments of awareness. Every person who chooses calm instead of panic, compassion instead of blame, and understanding instead of anger helps shift the emotional atmosphere in a more constructive direction.

History has shown that humanity moves through cycles of tension and transformation. Each generation faces moments that test its resilience and its ability to respond with wisdom rather than fear. During these times, the greatest influence we can offer is the quality of consciousness we bring to the world around us.

Peace in the world does not begin with governments or treaties alone. It begins within human awareness. When individuals learn to regulate their thoughts, emotions, and reactions, they contribute to a more balanced and thoughtful society. In this way, inner peace becomes a quiet but powerful force that spreads outward.

As we navigate uncertain global events, it can be helpful to remember that we are not powerless observers of history. Each of us participates in shaping the emotional environment of our communities and our world.

The invitation during times of collective anxiety is not to withdraw from reality, but to meet it with deeper awareness. By cultivating clarity, compassion, and calm within ourselves, we contribute to a collective field that supports wiser choices and more peaceful possibilities for the future.

In moments when the world feels uncertain, the most powerful place to begin is always the same: within our own thoughts, our own hearts, and our own awareness.

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Archangel Verchiel

Angel of Pisces and Spiritual Compassion

Archangel Verchiel is traditionally known as the **angel associated with the zodiac sign Pisces**, which governs much of the month of March until the Spring Equinox. In some angelic traditions, Verchiel is also referred to as the **ruling archangel of the Sun in Pisces**, guiding the spiritual themes connected to compassion, intuition, empathy, and spiritual awakening.

Pisces represents the **final sign of the zodiac**, symbolizing completion, spiritual wisdom, and the dissolving of boundaries between the physical and spiritual worlds. Because of this, Verchiel's energy is often described as deeply **mystical, compassionate, and healing**.

During the final weeks of Pisces season, many people feel heightened sensitivity to the emotional atmosphere around them. Global events, collective fear, and the suffering of others can weigh heavily on the heart. Archangel Verchiel is believed to help humanity navigate these emotional waters with greater understanding, reminding us that compassion and spiritual awareness are powerful forces for healing.

In this way, Verchiel's presence during March encourages humanity to move from **fear toward empathy**, from **division toward spiritual connection**, and from **confusion toward intuitive wisdom**.

What Archangel Verchiel Teaches

Verchiel's teachings revolve around **spiritual compassion and emotional wisdom**. This archangel helps individuals understand that empathy is not weakness but a profound strength that connects humanity together.

Those who work with Verchiel often feel guided to:

• deepen their spiritual awareness
• listen to their intuition
• cultivate compassion for themselves and others
• release emotional burdens that no longer serve them
• see beyond illusion and recognize deeper truths

Verchiel also teaches the importance of **balance when feeling the emotions of the world**. Sensitive individuals, healers, and empathic people often absorb the pain of others. Verchiel's guidance reminds us to remain compassionate without becoming overwhelmed.

Signs of Archangel Verchiel's Presence

Angelic presence is often subtle, appearing through sensations, symbols, or meaningful coincidences. Those who connect with Archangel Verchiel may notice signs such as:

• a sudden sense of calm during emotional turmoil
• vivid dreams or intuitive insights
• feeling drawn toward water, oceans, or flowing streams
• repeating symbols related to Pisces or spiritual imagery

• heightened empathy and awareness of others' emotions
• flashes of blue, violet, or soft sea-green light during meditation
Many people also describe a feeling of **gentle warmth in the heart center** when Verchiel's energy is nearby.

Verchiel's Energy and Support

The energy of Archangel Verchiel is often experienced as **soft, soothing, and expansive**. Rather than pushing or forcing change, Verchiel encourages healing through understanding and emotional release.

Verchiel supports people who are:

• feeling overwhelmed by world events
• struggling with emotional sensitivity
• seeking spiritual guidance or clarity
• healing from grief, disappointment, or fear
• awakening to deeper spiritual awareness

When the collective atmosphere feels heavy or uncertain, Verchiel reminds us that **inner peace can ripple outward into the world**.

Colors Associated with Archangel Verchiel

Colors connected to Verchiel reflect the peaceful and mystical qualities of Pisces energy.

Soft Blue
represents calmness, spiritual communication, and emotional balance.
Sea Green / Aqua
symbolizes healing, compassion, and the flow of intuitive awareness.
Violet or Indigo
associated with spiritual insight and higher consciousness.

These colors are often used during meditation or spiritual work when inviting Verchiel's presence.

Symbols of Archangel Verchiel

Several symbolic elements are traditionally associated with this archangel:

• **Water or ocean imagery** – representing emotional flow and spiritual depth
• **Two fish** – the zodiac symbol of Pisces
• **Stars or cosmic light** – connection to spiritual wisdom
• **The rising sun** – illumination and spiritual awakening

These symbols remind us of the **interconnectedness of all life and the spiritual journey of the soul**.

How to Work with Archangel Verchiel

Connecting with angelic guidance can be a simple and personal practice. You do not need special rituals—only openness and intention.

You might begin by:

Meditation
Sit quietly, focus on your breath, and imagine soft blue or aqua light surrounding you. Invite Archangel Verchiel to guide your thoughts toward peace and understanding.

Prayer or Intention
Speak your request for clarity, compassion, or emotional healing.
Spending Time Near Water
Since Pisces is strongly connected to water energy, lakes, rivers, or even a bath can create a calming environment for reflection.
Journaling or Dream Reflection
Verchiel's guidance often comes through intuition, dreams, and inner insight.

A Message from Archangel Verchiel

Beloved soul,

You live in a world where waves of emotion move through humanity like tides through the ocean. At times those tides carry fear, uncertainty, and confusion. Yet beneath the surface of those waves there exists a deeper current — the current of divine compassion that flows through every heart.

Do not allow the storms of the world to close your heart. Instead, let your awareness become the calm waters that reflect the light of understanding.

Every act of kindness, every moment of inner peace, and every thought rooted in compassion becomes a ripple that spreads far beyond what you can see.

Remember that you are not separate from the healing of this world. Your awareness, your compassion, and your love are powerful forces.

When you feel overwhelmed, return to stillness. In that quiet space, you will hear the gentle guidance of your soul.

I walk beside you in the waters of transformation.

— **Archangel Verchiel**

The Moment Humanity Chose Peace

—A world reminded that compassion can shift the course of history —

In a time not unlike the one we are living in now, the world felt heavy with uncertainty.

Across continents and oceans, people woke each morning to the same troubling headlines. News reports spoke of rising tensions between nations, military movements, and the possibility that another war might soon unfold. Conversations everywhere seemed to circle around the same fears. People worried about the future, about their families, and about what kind of world was being created.

Though many were far from the conflict itself, the emotional atmosphere could still be felt. Fear traveled quickly through television screens, phones, and conversations. It moved from person to person like a ripple spreading across the surface of water.

Some felt angry.
Some felt helpless.
Others simply felt tired from the weight of it all.

Yet beneath the surface of this rising anxiety, something else was beginning to stir.

During the quiet hours of night, when the world slowed and the noise of daily life softened, many people began experiencing moments of unusual calm. Some noticed vivid dreams of oceans and flowing water. Others felt a gentle warmth in their chest during meditation or prayer, as if a comforting presence had drawn near.

Across the world, in different homes and different countries, individuals began feeling the same quiet message in their hearts.

Slow down.
Breathe.
Remember compassion.

Though most could not explain it, these moments of peace seemed to appear when they needed it most.

In the unseen realms of spiritual guidance, Archangel Verchiel had drawn closer to humanity.

As the guardian of Pisces energy, Verchiel carries the vibration of empathy, understanding, and spiritual unity. Where fear spreads through the collective mind, Verchiel reminds humanity of a deeper truth, that beneath every nation, belief system, and identity, all people share the same longing for peace and safety.

Verchiel did not appear in dramatic displays or loud miracles. Instead, the archangel worked quietly within the emotional currents of humanity.

A person who had been caught in endless worry suddenly felt inspired to **step outside and sit in silence** beneath the evening sky.

Another felt guided to **turn off the new**s for a moment and spend time with family instead of feeding the cycle of fear.

A group of friends who had been arguing about politics found themselves speaking with more **patience and understanding** than before.

Small moments of awareness began appearing everywhere.

One by one, people remembered that they had a choice in how they responded to the emotional tides of the world.

Instead of feeding the storm of fear, some began **focusing on compassion**.

Instead of repeating anger, they chose to **speak with calm**.

Instead of imagining only destruction, they began holding a **vision of peace**.

At first the shift was subtle. No headlines reported it, and no cameras captured it.

But in the collective emotional field of humanity, something important was changing.

Fear had been spreading like wildfire. Now calm awareness began to spread in the same way.

The emotional atmosphere slowly softened.

As more individuals chose understanding over hostility, the conversations happening across communities began to change. People became more willing to listen. Leaders who once reacted impulsively began hearing the voices of those calling for wisdom and restraint.

None of this happened overnight. Yet the shift was unmistakable.

The collective consciousness of humanity had begun to move from fear toward compassion.

Archangel Verchiel watched this change with quiet encouragement.

For the archangel knew something humanity often forgets: the emotional energy created by millions of hearts and minds can shape the direction of the world more than people realize.

Each moment of kindness creates a ripple.

Each peaceful thought softens the emotional field.

Each act of understanding becomes a seed planted in the collective consciousness of humanity.

In time, the tensions that once seemed destined to erupt into greater conflict began to ease. Dialogue replaced hostility. Possibilities for cooperation emerged where division had once dominated.

Many would later explain the shift through politics or diplomacy, and those factors certainly played their part.

Yet on a deeper level, something else had occurred.

Humanity had remembered its power.

The collective choice to move toward compassion had altered the emotional current of the world.

And quietly, like a gentle tide guiding the ocean back toward calm waters, Archangel Verchiel had helped remind humanity of the peace that already existed within their own hearts.

Message of the Story

The message of the story is that even in times when the world feels overwhelmed by fear, conflict, and uncertainty, humanity still holds a powerful influence through collective consciousness. Archangel Verchiel represents the gentle reminder that compassion, calm awareness, and empathy can shift the emotional atmosphere of the world. When individuals choose understanding instead of anger and peace instead of fear, those choices ripple outward into the collective field of humanity. In this way, the story teaches that global change does not only

come from leaders or events, but also from the quiet transformation of countless hearts choosing compassion over division

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Current Events in Pisces & Aries

March 2026 arrives as a turning point month, carrying momentum, renewal, and the unmistakable energy of transition. After February's emotional and intuitive deepening, March begins activating forward movement. With the Sun traveling through Pisces before entering Aries at the Spring Equinox, we move from reflection into initiation. This period asks us to honor what has been emotionally processed while preparing to step courageously into new beginnings. The energy encourages closure where needed and bold intention where readiness has emerged.

The early part of March holds a reflective and spiritually sensitive tone. Pisces energy heightens intuition, compassion, and creativity, inviting us to trust subtle inner guidance rather than forcing direction. Many may feel a desire to release lingering emotional weight, forgive past situations, or complete unfinished cycles. This is a powerful time for healing practices, artistic expression, and reconnecting with purpose on a soul level. Rather than rushing ahead, the first weeks support conscious surrender and emotional clarity.

As the Sun enters Aries and the Equinox arrives, the atmosphere shifts noticeably. Motivation increases, confidence rises, and life begins moving outward again. Aries energy sparks initiative, independence, and renewed vitality, encouraging action aligned with authentic desire. March ultimately serves as a **threshold between endings and beginnings**, blending spiritual insight with courageous momentum. The month supports decisive movement, fresh starts, and trusting that the seeds planted earlier in the year are ready to grow.

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

♓ Pisces

What It Brings: March begins with strong focus on your sign, amplifying intuition, emotional awareness, and personal reflection. A sense of completion or spiritual clarity may emerge.
How to Navigate: Honor rest and inner guidance. Release what no longer aligns before stepping into new cycles.

♈ Aries

What It Brings: As the month progresses, energy shifts into your sign, bringing renewed confidence, motivation, and personal momentum.
How to Navigate: Act with intention rather than impulse. Begin what truly excites your spirit.

♉ Taurus

What It Brings: Quiet reflection and subconscious insights arise, encouraging emotional processing behind the scenes.
How to Navigate: Slow down and listen inwardly. Preparation now strengthens future stability.

♊ Gemini

What It Brings: Social connections, collaborations, and future visions expand. New ideas may come through community interaction.
How to Navigate: Share ideas openly while remaining flexible with outcomes.

♋ Cancer

What It Brings: Career direction and public roles come into focus, inviting reassessment of long-term ambitions.
How to Navigate: Balance emotional needs with professional growth. Trust steady progress.

♌ Leo

What It Brings: Expansion through learning, travel, or spiritual exploration becomes prominent. Perspective widens.
How to Navigate: Stay curious and allow new philosophies to reshape old viewpoints.

♍ Virgo

What It Brings: Emotional depth and transformation themes surface, encouraging honesty around shared resources or vulnerabilities.
How to Navigate: Embrace healing conversations and release control where trust is needed.

♎ Libra

What It Brings: Partnerships and relationship dynamics take center stage, highlighting balance and cooperation.
How to Navigate: Communicate openly and seek harmony through mutual understanding.

♏ Scorpio

What It Brings: Daily routines and wellness habits ask for adjustment, supporting long-term vitality.
How to Navigate: Create sustainable systems rather than drastic changes.

♐ Sagittarius

What It Brings: Creativity, joy, and self-expression increase, inspiring passion projects or playful energy.
How to Navigate: Follow inspiration without overplanning. Allow spontaneity to guide you.

♑ Capricorn

What It Brings: Home and emotional foundations become important themes, encouraging grounding and inner security.
How to Navigate: Strengthen personal support systems before expanding outward.

♒ Aquarius

What It Brings: Communication and learning accelerate, bringing new conversations and mental clarity.
How to Navigate: Speak authentically and remain open to evolving perspectives.

Key Planetary Movements – March 2026

March 3 – Mercury enters Aries

Theme: Direct communication and decisive thinking
Brief: Conversations become faster and more assertive. Ideas move quickly, encouraging confidence but requiring mindfulness to avoid impulsive words.

March 10 – Full Moon in Virgo

Theme: Practical clarity and refinement
Brief: This Full Moon highlights organization, health, and daily responsibilities. Adjustments made now improve long-term balance and efficiency.

March 20 – Sun enters Aries (Spring Equinox)

Theme: Renewal and new beginnings
Brief: The astrological new year begins, bringing motivation, courage, and fresh momentum. Energy shifts from reflection into action and personal initiation.

March 22 – Venus enters Taurus

Theme: Stability in love and values
Brief: Relationships seek comfort, loyalty, and grounded connection. Appreciation for beauty, nature, and sensory experiences increases.

March 26 – New Moon in Aries

Theme: Personal intention and courageous starts
Brief: A powerful moment for setting intentions related to identity, leadership, and independence. Seeds planted now carry strong forward energy.

March (All Month) – Saturn in Pisces Influence

Theme: Emotional maturity and spiritual responsibility
Brief: Ongoing Saturn influence encourages boundaries within compassion, helping dreams become structured realities through patience and discipline.

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