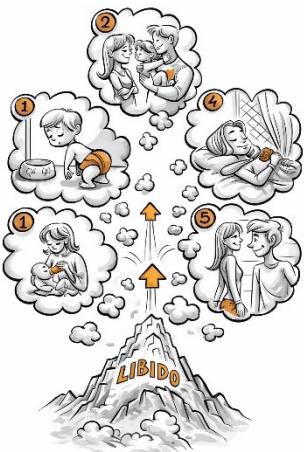




Monthly Newsletter

As January unfolds, we stand at the threshold between reflection and vision, grounded by the past and guided toward what is emerging.



The Building Blocks of Personality

Exploring Sigmund Freud's Stages of Psychosexual Development

Pursuing studies in hypnotherapy under the guidance of Teresa Martell, CHT. Throughout my studies, I have explored various psychological theories, including those of Sigmund Freud, which I find particularly intriguing.

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This Month's Benevolent Being

Archangel Chamuel

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An Astrological Overview

Current Events in Virgo

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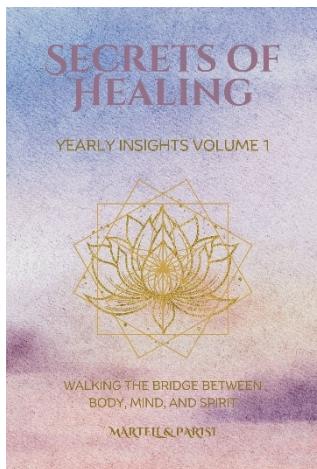


Secrets of Healing Blog

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 Finochio for a transformative conversation that weaves together the spiritual, energetic, and emotional layers of healing. Click on the link to watch: On [Amazon](#) * On [Spotify](#) * On [YouTube](#) * On [Apple](#)

SECRETS OF HEALING **UPCOMING CLASSES AND WORKSHOPS**

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

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The Building Blocks of Personality

Exploring Sigmund Freud's Stages of Psychosexual Development

By Amber Parisi

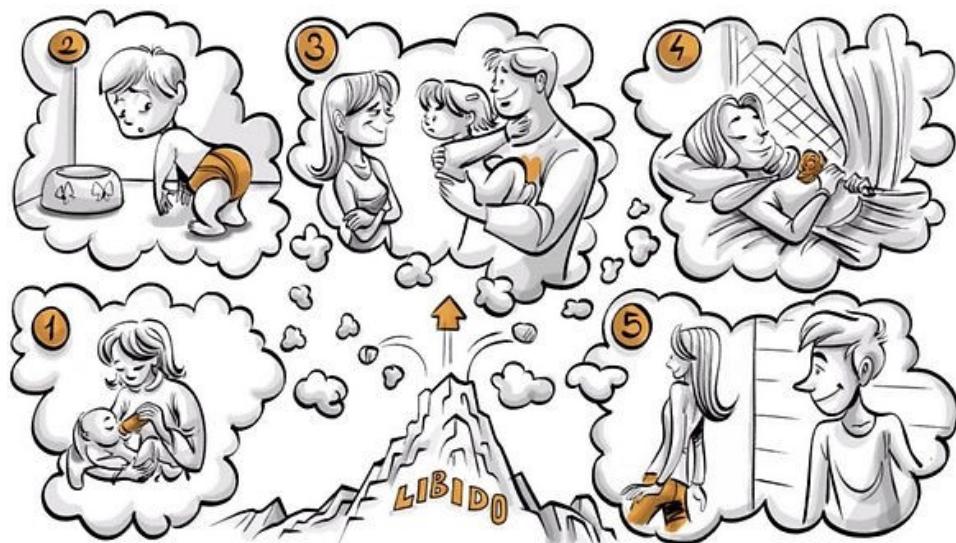
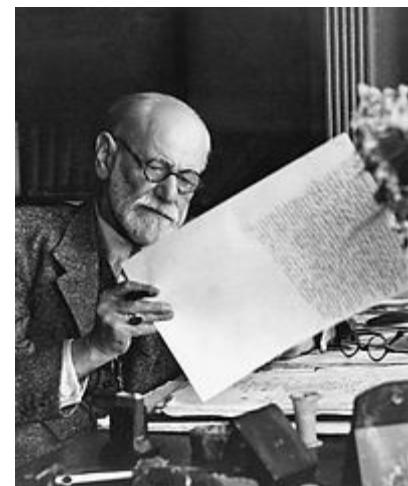
Pursuing studies in hypnotherapy under the guidance of Teresa Martell, CHt. Throughout my studies, I have explored various psychological theories, including those of Sigmund Freud, which I find particularly intriguing. This exploration led me to write about Freud's Stages of Psychosexual Development, deepening my understanding of human brain development and its complexities. This knowledge feels like a key unlocking a world of understanding, allowing me to better comprehend those around me.

Moreover, my journey into hypnotherapy has significantly contributed to my personal growth and healing. Through this practice, I have discovered how hypnosis can be a powerful tool in both my own development and in helping others on their journeys.

If you may be interested in studying and becoming certified in Hypnotherapy you may find more information [here](#).

Sigmund Freud was an Austrian Neurologist and founder of psychoanalysis. He theorized that the unconscious would remember and store all our experiences. Later they pop up from time to time through dreams and associative thoughts. By revealing traumatic memories and desires through conversation we can free ourselves from our neurosis and live a healthy and fulfilled life. He recommended that we should not strive to eliminate our complexes but to get into accord with them. They are legitimately what directs our conduct in the world.

Freud's theory of psychosexual development outlines five distinct stages—oral, anal, phallic, latency, and genital—that he believed are crucial in shaping our personality and psychological growth. He believed that experiences and conflicts during these stages significantly influence our behavior, character, and overall psychological health.



To understand Freud's theory, we need to see it in the context of his famous work on the unconscious. By acknowledging the existence of a subconscious, Freud implied that we store memories of early childhood and

other experiences without even realizing it. These past experiences unconsciously influence our behavior on a daily basis.

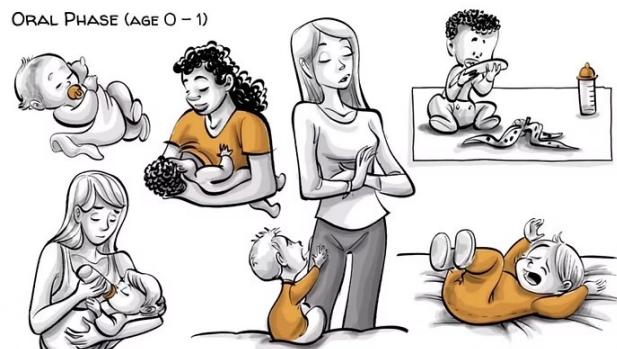
Freud claimed that our mind operates in three spheres. Imagine it as a submarine (as shown below): the unconscious level operates the Id, the preconscious level operates the Superego, and the conscious and preconscious levels together operate the Ego.



Lets explore the 5 phases and examples below.

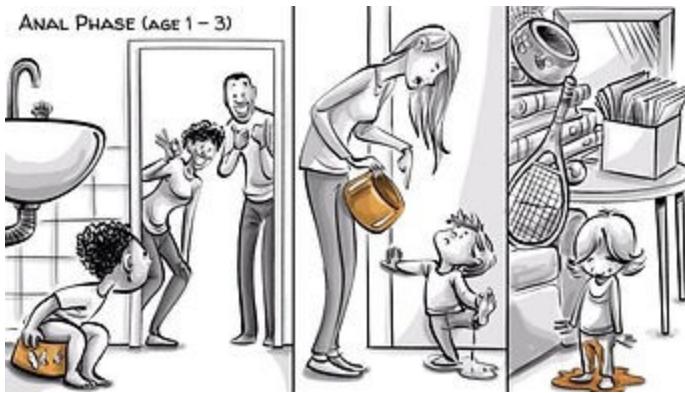
Oral Phase (Age 0-1)

In the first year of our lives, we discover the world through our oral senses. Freud called this the oral phase. Our main pleasure comes from sucking our mother's breast or a bottle. The conflict that occurs now is the weaning from our primary caregiver.



Hans	Ernst	Ida
Hans is weaned off his mother's breast without trauma.	Ernst's mother stops feeding him within 4 months of birth, which is too early.	Ida is often left alone crying when she is hungry.
Hans becomes a healthy and independent adult.	Ernst suffers from trauma and develops an oral fixation. He tries to compensate for it by chewing gum all the time.	Ida spends her entire life looking for the oral stimulation she was denied as an infant and therefore develops a manipulative and addictive personality.

ANAL PHASE (AGE 1 - 3)



Anal Phase (Age 1-3)

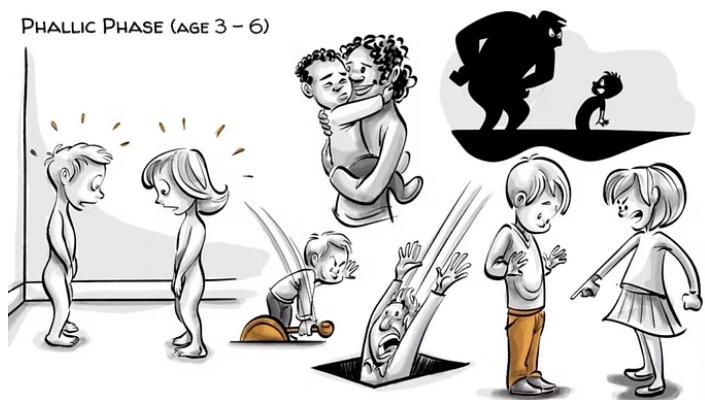
The primary focus of our libido during the anal phase is the control of the bladder and bowel movements. We have to learn how to use the potty.

Hans	Ernst	Ida
Hans' parents praise his attempts to use the toilet and encourage him to learn at his own pace.	Ernst's parents force potty training on him too early and punish him for mistakes.	Ida's parents neglect any efforts at potty training entirely.
Hans develops a competent personality and a good and balanced relationship with authority.	Ernst develops an anal-retentive personality: he becomes an over-controlling and stingy adult, with disgust for his own body and a tendency to obey authority.	Ida develops an anal-expulsive personality: she becomes messy, disorganized, inconsiderate of other people's feelings, and rebellious against authority.

Phallic Phase (Age 3-6)

During the phallic phase, our libido turns to the genitals as we discover the differences between the female and the male gender. The boys' conflict in this phase occurs as a rivalry with their father. Also called the "Oedipus complex".

PHALLIC PHASE (AGE 3 - 6)



Hans	Ernst	Ida
Hans and Ernst Desire to possess their mother and fantasize about getting rid of their father. But they know that their father is stronger and fear being punished for the desire. Note: this desire does not necessarily mean in an inappropriate manner. Freud calls this "castration anxiety"	Ida experiences "penis envy". She believes that a penis is the key to power and domination and wants one.	
Hans' father was very present during that phase. Later Hans resolves this conflict by identifying strongly with him. He learns to take on a male role. As an adult, he respects both genders.	Ernst, whose father was absent during that phase, fails to develop a strong sense of manhood. He has a mother fixation and is not sure about his sexuality. He also tends to be aggressive towards women and constantly needs to compete with other men.	Ida, maintains her penis envy for the rest of her life, which in her case causes an inferiority complex towards men.



Latent Phase (Age 7-13)

In the latent phase, our libido is suppressed as our sexual energy is being sublimed into developing life skills. Our superego strengthens and we strongly identify with social values, same-sex heroes, and friends.

Hans	Ernst	Ida
Hans follows many hobbies.	Ernst loves learning at school.	Ida makes lots of new girlfriends.
There is no real conflict in this phase. All three benefit for the rest of their lives from the skills they developed during latency.		

Genital Phase (Age Puberty - Death)

Once we reach puberty our libido starts to become active again and we develop an interest in sexual partners. We enter the so-called genital phase which lasts until we reach the end of our lives



Hans	Ernst	Ida
Hans, Ernst, and Ida face the challenge of balancing the sexual desires of the id and the needs of the “superego” to obey social norms. The development of a strong “ego” helps to find a compromise between the two.		
Hans, who has experienced a childhood without much trauma, succeeds in building a strong ego. He is disciplined at work, has a loving relationship, and a fulfilled sex life.	Ernst’s ego is weaker than his superego. He obeys norms and authorities and as a result suppresses his desires which leads to the development of perversions.	Ida has a weak ego and a weak superego. Her sexual needs are more important than social norms or other people’s feelings. She is egoistic and feels no guilt for breaking the law or hurting others.

Examples and Images resourced from <https://sproutsschools.com/psychosexual-development-theory-freud/>

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Archangel Chamuel

Angel of Love and Peace



In the realm of angels, Archangel Chamuel stands out as a radiant beacon of love, compassion, and divine peace. Often known as the Angel of Pure Love, Chamuel carries a soft yet powerful energy that gently guides the heart back to harmony. His presence is deeply comforting and nurturing, especially for those who feel emotionally overwhelmed, disconnected, or wounded by past experiences. Chamuel reminds us that love is not something we must chase, but something we are meant to remember within ourselves.

Archangel Chamuel's energy resonates strongly with those seeking emotional healing, inner peace, and a deeper connection to unconditional love. He helps soothe heartbreak, dissolve resentment, and bring clarity to relationships that feel strained or confusing.

Whether the pain comes from romantic relationships, family dynamics, friendships, or even the relationship you have with yourself, Chamuel works quietly behind the scenes to restore balance and understanding.

For those navigating challenging relationships, Chamuel encourages compassion over conflict and understanding over judgment. He helps soften hardened hearts and opens pathways for honest communication and forgiveness. When old emotional wounds surface, Chamuel's loving presence supports the healing process, allowing buried pain to rise gently and be released without fear or shame.

If you are simply wishing to invite more love into your life, Archangel Chamuel assists in aligning you with love in all its forms. This includes self love, divine love, and the ability to both give and receive love freely. He teaches that true peace begins within the heart, and as inner peace grows, loving experiences naturally flow outward into your life.

Connecting with Archangel Chamuel can be a deeply transformative experience. His energy wraps around you like a warm embrace, reminding you that you are never alone, never unworthy, and always deserving of love. Through his guidance, many find renewed hope, emotional clarity, and a profound sense of calm that lingers long after the moment of connection.

Attributes and Symbolism

- **Unconditional Love:** Chamuel embodies the purest form of love, helping individuals to love themselves and others without judgment or conditions. His energy promotes self-love, compassion, and empathy, fostering healthy relationships.
- **Peace and Tranquility:** Chamuel's presence brings a sense of calm and serenity. He assists in resolving conflicts, easing tension, and helping individuals find inner peace even during turbulent times.
- **Compassion and Forgiveness:** Chamuel guides people toward understanding and forgiveness, both for themselves and others. He encourages letting go of grudges and embracing a compassionate mindset.

- Emotional Healing: Chamuel is a powerful ally in healing emotional wounds. Whether you're dealing with heartbreak, grief, or unresolved pain from the past, Chamuel's loving energy can help soothe and mend your heart.
- Guidance in Relationships: Chamuel helps to strengthen and nurture all types of relationships—romantic, familial, friendships, and even professional connections. He promotes harmony, understanding, and mutual respect.
- Life Purpose and Direction: Chamuel aids those who feel lost or uncertain about their life path. He provides clarity and insight, helping individuals align with their true purpose and divine mission.
- Pink Light or Flame: Chamuel is often associated with a soft pink light or flame, symbolizing love, warmth, and compassion. This pink light is said to envelop those who call upon him, filling them with unconditional love and peace.
- Heart Symbol: The heart is a powerful symbol of love and is often connected with Chamuel's energy. When you see hearts, it can be a sign of Chamuel's presence, reminding you to focus on love and compassion.
- Dove: The dove, a universal symbol of peace, is also linked to Chamuel. It represents his role in bringing calm and harmony to troubled situations, as well as his ability to help individuals find inner peace.
- Rose Quartz: This crystal, known for its loving and healing properties, resonates strongly with Chamuel's energy. Rose quartz is often used to enhance love, compassion, and emotional healing, making it a fitting symbol for Chamuel's work.
- Pink Roses: Pink roses symbolize grace, admiration, and gratitude, all qualities associated with Chamuel. They also represent the gentle, loving nature of this archangel and can be used as an offering or a visual reminder of his presence.
- Open Hands: Chamuel is sometimes depicted with open hands, symbolizing his readiness to offer love, support, and healing to anyone in need. This gesture also signifies the importance of giving and receiving love openly.

The Story of Archangel Chamuel

The Angel of the Lost and Found

In the heart of Heaven, Archangel Chamuel, known as the angel of love and peace, watched over the Earth with compassion. His mission was to help humanity find what they had lost—not just physical items, but also lost love, hope, and purpose. Chamuel's heart swelled with love for every soul, and he devoted himself to guiding those who had wandered off their path back to the light.

One day, Chamuel noticed a young woman named Lily, who was struggling with a deep sense of loss. Lily had recently gone through a painful breakup, leaving her heart shattered and her spirit dimmed. She felt lost, not only because of the love she had lost but because she no longer knew who she was or what her purpose was. Every day, she walked through life feeling like a shadow of her former self, unsure of how to heal.

Chamuel saw Lily's pain and knew he needed to help her. He descended gently into her life, though unseen, and began to surround her with his loving energy. One morning, as Lily sat by her window, staring blankly at the world outside, she suddenly felt a warmth in her heart—a sensation she hadn't felt in a long time. It was as if a soft, pink light was filling her from within, wrapping her in a comforting embrace.

That evening, as she lay in bed, a thought came to her—unexpected but clear. She remembered a childhood dream of becoming an artist, a passion she had forgotten over the years. The memory brought a small smile to her face, the first in weeks. The next day, she found herself wandering into an art store, something she hadn't done in years. She purchased a set of paints and a canvas, feeling a faint spark of excitement.

As she began to paint, the world around her seemed to fade away. For the first time since the breakup, Lily felt a sense of purpose, a connection to something greater than herself. The more she painted, the more she healed. Her brushstrokes became bolder, more vibrant, as if her soul was pouring out onto the canvas.

Chamuel watched over her, knowing that she was beginning to find what she had lost—not just her love for art, but also her love for herself. He gently guided her to places and people who could nurture this newfound passion. In the weeks that followed, Lily's paintings caught the eye of a local gallery owner, who offered her a chance to display her work. This opportunity rekindled her confidence and opened new doors in her life.

As Lily's spirit blossomed, so did her relationships. She reconnected with old friends and made new ones, people who appreciated and supported her. The love she had once searched for in others, she now found within herself. The heartbreak that once seemed unbearable faded, replaced by a sense of peace and self-worth.

One evening, after a successful gallery showing, Lily sat down with a journal, reflecting on her journey. She realized that losing her relationship had led her to find something far more precious—her true self. As she wrote, a soft breeze flowed through the window, carrying with it the faint scent of roses. She smiled, feeling a deep sense of gratitude, as if thanking the unseen forces that had guided her.

Lily never knew that it was Archangel Chamuel who had helped her on this journey, but she often felt his presence—especially when she painted or found herself surrounded by the color pink. She knew in her heart that she was never truly alone, and that love, in all its forms, was always within reach.

And so, Chamuel continued his work, helping others like Lily find what they had lost—love, purpose, hope—knowing that with every soul he guided, the world became a little brighter, a little more filled with love.

How to Connect with Archangel Chamuel

Connecting with Archangel Chamuel can be a deeply comforting and uplifting experience. Here are several ways to connect with Chamuel and invite his loving, peaceful energy into your life:



1. Prayer and Invocation

- Direct Prayer: Speak to Archangel Chamuel directly, asking for his guidance and support. You might say something like, "Archangel Chamuel, I invite you into my life to help me open my heart to unconditional love and compassion. Please guide me toward peace, healing, and harmony in all my relationships."
- Formal Invocation: If you prefer a more structured approach, you can use a specific invocation. For example, "Beloved Archangel Chamuel, I call upon your divine presence. Surround me with your pink light of love, and help me to see the beauty and love in all things. Guide me in healing my heart and fostering loving relationships."

2. Meditation

- Visual Meditation: Find a quiet place, close your eyes, and visualize a soft pink light surrounding you. Imagine this light coming from Chamuel, filling your heart with warmth, love, and peace. As you breathe deeply, feel the light expanding, enveloping you entirely, and bringing a sense of calm and harmony.
- Guided Meditation: You can also listen to a guided meditation specifically designed to connect with Archangel Chamuel. These meditations often include visualizations and affirmations that align with Chamuel's energy.

3. Affirmations

- Daily Affirmations: Use affirmations to align your thoughts with the loving energy of Chamuel. Examples include:

"I am surrounded by love and light."

"I open my heart to unconditional love and compassion."

"I invite peace and harmony into my life with the guidance of Archangel Chamuel."

- Writing Affirmations: Write these affirmations down and place them somewhere visible, like on your mirror or desk, to remind yourself of Chamuel's presence throughout the day.

4. Use of Crystals

- Rose Quartz: This crystal is strongly associated with Archangel Chamuel and is known for its loving and healing properties. Hold a piece of rose quartz during meditation, carry it with you, or place it in your living space to invite Chamuel's energy.
- Other Crystals: Rhodonite and pink tourmaline are also connected with Chamuel. These stones can help enhance love, compassion, and emotional healing.

5. Lighting Candles

- Pink Candle: Light a pink candle as a symbol of your intention to connect with Archangel Chamuel. As the candle burns, focus on inviting Chamuel's loving energy into your space.
- Candle Ritual: You can perform a simple ritual by lighting the candle and saying a prayer or affirmation, asking Chamuel to bless you with love and peace.

6. Surround Yourself with Symbols

- Hearts and Roses: Incorporate symbols like hearts and pink roses into your environment. These symbols are closely associated with Chamuel and can serve as gentle reminders of his presence and love.
- Art and Imagery: Display images or statues of Chamuel in your home. These visual representations can help keep his loving energy at the forefront of your mind.

7. Journaling

- Expressing Gratitude: Keep a gratitude journal where you write down things you are thankful for each day, focusing on love and relationships. This practice helps to align your energy with Chamuel's loving presence.
- Letter to Chamuel: Write a letter to Archangel Chamuel, expressing your desires, concerns, and intentions. Pour your heart out, and then release the letter (you can keep it, burn it, or place it on an altar) as a way of offering your intentions to Chamuel.

8. Look for Signs and Synchronicities

- Awareness: Pay attention to signs that Chamuel is near. You might notice an increase in pink colors, hearts, or doves in your surroundings, or feel an overwhelming sense of peace and love.
- Dreams and Intuition: Chamuel can also communicate through dreams or sudden intuitive insights. Be open to these experiences and trust that they are Chamuel's way of guiding you.

In conclusion

Archangel Chamuel is a powerful and loving presence, offering guidance in areas of love, peace, and emotional healing. His attributes and symbolism, such as the pink light, heart symbols, and rose quartz, are reminders of the deep compassion and unconditional love he brings into our lives. By connecting with Chamuel through prayer, meditation, and surrounding yourself with his symbols, you can invite his calming energy to help heal relationships, find inner peace, and discover your true path.

Thank you for exploring the divine essence of Archangel Chamuel with me. May his loving presence continue to guide and support you on your spiritual journey, bringing peace, harmony, and love into every aspect of your life.

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Current Events in Capricorn & Aquarius

An Astrological Overview

September is a month of transition and transformation, as the energies of the zodiac encourage introspection, renewal, and the pursuit of balance. With the change of seasons, the cosmos prompts us to align our inner world with the external shifts.

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](#).

Planetary Movements and Virgo

Sun in Virgo:

At the beginning of September, the Sun will be in Virgo, shining a light on qualities associated with this sign: attention to detail, organization, and a focus on health and service. It's a good time for setting personal goals and improving routines.



Tip: Use this time to set clear, achievable goals for yourself. Focus on personal development and streamline your daily routines. It's a great period for organizing your space and your life, as well as addressing any health or wellness issues.

Mercury in Virgo:

Mercury, Virgo's ruling planet, will also be in Virgo for part of the month. This alignment enhances communication skills, analytical thinking, and problem-solving. It's an excellent period for making detailed plans or tackling tasks that require precision.

Tip: Take advantage of enhanced analytical skills and attention to detail. This is an excellent time for planning, scheduling, and tackling any complex tasks. Pay attention to communication and make sure to double-check your work to avoid errors.

Venus in Leo:

Venus will be in Leo for the first part of September, which can bring a dramatic flair to relationships and aesthetics. While this might not directly influence Virgo, it could bring a sense of creativity and warmth to interactions.

Tip: Embrace creativity and warmth in your relationships and personal style. While Venus in Leo may not directly affect Virgo, you can use this influence to bring a touch of flair and fun into your social interactions and express yourself more confidently.

Mars in Libra:

Mars will be in Libra, influencing energy levels and drive in areas related to partnerships and collaborations. This could mean a push towards balancing efforts in work and personal relationships, with a focus on harmony and fairness.

Tip: Focus on creating balance in your partnerships and collaborative efforts. Channel your energy into working harmoniously with others and finding fair solutions to conflicts. It's a good time to address any issues in relationships with diplomacy.

Full Moon in Pisces (September 17):

The full moon will be in Pisces, which is opposite Virgo in the zodiac. This might bring a sense of culmination or illumination regarding emotional and spiritual matters. It could be a time to balance practical concerns with intuitive insights.

Tip: Use this full moon to reflect on your emotional and spiritual needs. Take time to meditate or engage in activities that help you connect with your inner self. Balance your practical concerns with intuitive insights and consider letting go of anything that no longer serves you.

New Moon in Virgo (September 2):

The new moon in Virgo marks the start of the month and can be a powerful time for setting intentions related to personal growth, health, and organization. It's a great moment to start new projects or make changes to existing ones.

Tip: Harness the energy of the new moon to set intentions for personal growth and improvement. Start new projects or establish new habits that align with your goals. This is an opportune time to create a plan for achieving your ambitions and making positive changes in your life.

Embrace the energies of the cosmos, and use them to bring more peace, order, and beauty into your life.

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