October 2025

Monthly Newsletter

While October unfolds, we are reminded that even in darkness, light is born again, a season of transformation, balance, and renewal begins

At the Threshold of Libra & Scorpio Season:

A Journey Through the Thinning Veil

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This Month's Benevolent Being

Persephone

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An Astrological Overview

Libra and Scorpio

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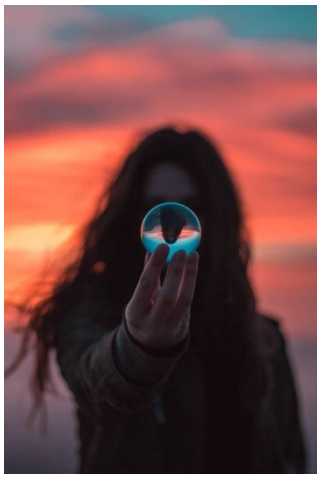

Secrets of Healing Blog

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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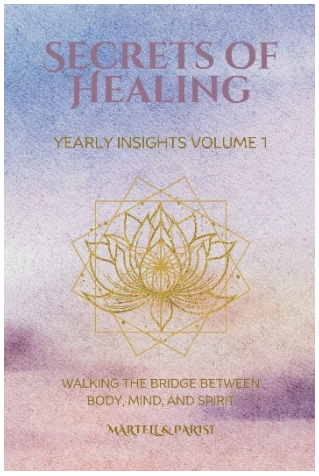

Introducing

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 and begin your journey of self-discovery and transformation! Also check with Teri if we have ay 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.

VIEW OUR CALENDAR

At the Threshold of Libra & Scorpio Season:
A Journey Through the Thinning Veil

As we move through mid-to-late October, the entire planet enters a sacred energetic threshold known as the **Thinning of the Veil**, a time when the energetic barrier between the physical and spiritual worlds becomes lighter, more permeable, and more receptive.

This phenomenon is not just astrological; it's deeply **spiritual and cyclical**. In the Northern Hemisphere, the Earth begins its descent into darkness, shorter days, longer nights, and nature's slow exhale after summer's intensity. On a soul level, this seasonal turning invites all of us to slow down, reflect, and listen. The veil thinning simply mirrors what nature is already doing: releasing, resting, and returning to source.

When the veil thins, **Spirit becomes easier to hear**. The whispers of intuition grow stronger, synchronicities multiply, and the messages of ancestors, guides, and dreams come through with clarity. You may feel:

- Heightened sensitivity, intuition, or empathy
- Emotional nostalgia or déjà vu
- The presence of loved ones who've passed
- Powerful dreams or symbols appearing in repetition
- A stronger urge to reflect, cleanse, and release

These are all signs that your soul is responding to the energetic shift of the season. **It's not something to fear**, it's an invitation to deepen your awareness of the unseen.

What Exactly Is the Veil and What Happens When It Thins?

The concept of the *veil* is a poetic, metaphysical way to describe the boundary or barrier between the physical world (what we see, touch, hear) and the spiritual or non-physical realms (ancestors, spirit guides, subtle energy, other dimensions). The veil is like a curtain: sometimes opaque, sometimes sheer.

When we say "the veil is thinning," we mean that barrier is becoming more permeable, the worlds are drawing closer. This doesn't necessarily mean dramatic visions or ghost sightings (though it can), but rather subtler shifts in perception, energy, and inner awareness.

Origins & Traditions

- Many pagan and nature-spiritual traditions regard **Samhain** (late October / early November) as the time when the veil is at its thinnest, allowing easier communication with the ancestors and the spiritual realms.
- Over time, this idea has been woven into folklore, ancestral honoring practices, Halloween traditions, and magical thinking.
- The veil is also thought to be thinner during *liminal times* such as dawn, dusk, eclipses, transitions, and certain seasonal thresholds.

When the Season Starts with Sickness

Sometimes, as Libra yields to Scorpio and the veil begins to thin, our bodies speak the language of Spirit before our minds can catch up. If you've entered this season feeling under the weather, fatigued, or energetically drained , know that it may not be random. It's often a sign that you're in **energetic realignment.**

Libra's lesson of *balance* and Scorpio's call for *transformation* meet within the body first. Illness at this threshold can mean your system is releasing built-up tension, emotional residue, or outdated frequencies that no longer match your rising vibration. Your body becomes a sacred vessel of purification, grounding the intense energies of change.

Instead of resisting, **listen.** Rest. Hydrate. Breathe with intention. Let the stillness of recovery become its own ritual of rebirth. Spirit is gently pausing you, asking:

"Will you allow yourself to shed before you soar?"

When you honor the body's wisdom, you cross the threshold lighter, aligned with both Earth and Spirit, ready for the transformation that Scorpio season brings.

To Read or Learn more on this topic check out Amber's Blog The Sacred Meaning of Seasonal Sickness.

Signs & Symptoms of a Thinning Veil

When the veil thins, many people report subtle (or sometimes intense) shifts in how life feels. Here are common markers:

Sign / Symptom	Description / What to Notice
Vivid, surprising, or troubling dreams	Dreams become more symbolic, dense, emotionally charged, or strange.
Disrupted sleep	Trouble falling asleep, waking up in the night (often around 3 a.m.) or early morning, restlessness.
Heightened intuition & synchronicity	You may sense messages, feel drawn to take actions without "reason," or notice unusual patterns.
Feeling watched or present energies	Some people feel there's "someone else there" in the room, strange sounds, cold spots, or fluctuations in energy.
Emotional intensity, sensitivity	Emotions may feel more raw, memories may surface, empathy and compassion can deepen beyond usual bounds.
Perceiving smells, whispers, or glimpses	Scent triggers, phantom sounds, half-seen forms, or odd visual flickers.
Physical sensations / temperature shifts	Feeling hot or cold without cause, tingling, a sense of pressure, or itchiness in energy field

These are not guaranteed or consistent for everyone, some might feel most of these, some few, some none at all. Also, sensitivity plays a big role: people already tuned into energetic life tend to feel these shifts more strongly.

What the Thinning of the Veil Means for Everyone

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Spiritually Speaking

The thinning veil is like a doorway to deeper consciousness. It asks us to *turn inward*, to listen to what we've avoided hearing all year long. The spirit world is not separate — it's layered within this reality. When the veil thins, those layers overlap.

This is why during October:

- **Meditation feels deeper** , you may reach insights faster.
- **Divination tools** (like tarot, oracle cards, or pendulums) become more accurate.
- **Healing work** — Reiki, hypnosis, regression, or energy clearing — penetrates to the root cause of pain.
- **Manifestation** can quicken — your thoughts and emotions have more creative power because the energetic field is more responsive.

For healers, empaths, and sensitives, this can feel intense. You might pick up collective emotions or energetic "noise." Protecting your energy with grounding rituals, crystals, and prayer is essential.

Every sign experiences the thinning veil differently, yet the collective invitation is the same: **to release the old and reconnect to what's eternal.**

Element	Signs
Air (Gemini, Libra, Aquarius)	The veil opens your mind to downloads and intuitive insight. Pay attention to new ideas or inspiration from higher realms. Meditation, journaling, and breathwork help filter truth from noise.
Water (Cancer, Scorpio, Pisces)	You feel the veil most strongly through emotion. Your empathy heightens , use it for compassion and healing, not self-absorption. Ancestors may speak through dreams and feelings. Water rituals and baths soothe your sensitivity.
Fire (Aries, Leo, Sagittarius)	You may feel restless or inspired. Spirit stirs your inner fire to act or create. Channel this energy into sacred movement, dance, or lighting candles for transformation. Fire signs can serve as beacons during dark times.
Earth (Taurus, Virgo, Capricorn)	You ground the collective energy. As the veil thins, you anchor the light. Focus on stability, protection, and ritual acts , cooking, tending altars, working with herbs or stones. You remind others that spirit lives in the physical.

Each element holds a sacred role in this seasonal balance: air translates spirit, water feels it, fire enlivens it, and earth grounds it.

The Purpose of the Thinning

At its core, the thinning veil is about **remembering the connection between life and death, spirit and form, seen and unseen**. It teaches us that endings are part of beginnings, and that our loved ones never truly leave , they transform.

October becomes a mirror reflecting that truth: leaves fall, light fades, but everything returns again in new form. We are reminded to release what no longer serves us, to make peace with cycles of loss and rebirth, and to open our hearts to the subtle beauty of change.

This is a sacred time to:

- Forgive the past
- Honor your ancestors
- Heal lineage wounds
- Invite spiritual clarity
- Reconnect with your higher self

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Persephone

Goddess of Transition & Rebirth

Myth & Origin

Persephone (pronounced *per-SEF-uh-nee*), also known as **Kore**, meaning *the Maiden*, is the **daughter of Demeter**, the Greek goddess of harvest and fertility, and **Zeus**, king of the gods.
Her myth begins with **her abduction by Hades**, the god of the Underworld. While gathering wildflowers in a sunlit meadow, Persephone was taken into the depths of the Earth by Hades, who desired her as his queen.

Demeter, consumed by grief, searched endlessly for her daughter. Her sorrow caused the Earth to wither , crops died, animals starved, and winter fell upon the world. Moved by compassion, Zeus ordered Hades to return Persephone. But before she left, Persephone had eaten **six pomegranate seeds** , binding her to the Underworld for six months each year.

Thus, the **cycle of the seasons** was born:

- **Spring and Summer:** Persephone's return brings life, light, and renewal.
- **Autumn and Winter:** Her descent represents death, rest, and transformation.

Titles & Epithets

- **Queen of the Underworld**
- **The Maiden (Kore)**
- **Bringer of Spring**
- **Lady of the Pomegranate**
- **She Who Transforms Darkness into Light**

Symbolism

Symbol	Meaning
Pomegranate	Cycles of death and rebirth; sacred feminine mystery
Torch	Illumination through darkness; inner guidance
Flowers (especially Narcissus)	Innocence, beauty, and fleeting joy before transformation
Dark and Light Duality	The balance between innocence and wisdom, life and death
Butterflies	Soul transformation and resurrection

Spiritual Meaning

Persephone's story is a powerful **metaphor for initiation** , the descent into the shadow self to retrieve wisdom, healing, and empowerment.
She embodies:

- **Transition:** Moving between worlds , light and dark, youth and maturity, life and death.
- **Rebirth:** Every ending holds the seed of a new beginning.
- **Shadow Integration:** True power comes when we embrace, not fear, our darkness.
- **Sovereignty:** Though taken, Persephone becomes a queen , symbolizing reclaiming one's power through transformation.

Connection to October

October mirrors Persephone's descent , nature sheds its outer beauty, and the veil between worlds thins. This is a sacred time to honor:

- **Letting go** of what has completed its purpose.
- **Journeying inward** to face hidden emotions.
- **Trusting the rebirth process** that follows stillness and decay.
  Persephone's energy calls us to **step into the underworld of our own soul**, to release fear, and to re-emerge renewed.

Colors, Crystals & Offerings

Aspect	Association
Colors	Deep plum, burgundy, black, emerald green, gold
Crystals	Garnet (rebirth, grounding), Obsidian (shadow work), Moonstone (intuition), Amethyst (spiritual guidance), Carnelian (inner strength)
Herbs & Flowers	Pomegranate, marigold, mugwort, rose, cypress
Offerings	Candles, autumn fruits, seeds, wine, handwritten prayers for transformation

Working with Persephone's Energy

1. **Meditation:** Visualize descending into a peaceful underworld , a sacred cave or garden , guided by Persephone's torch. Ask what wisdom awaits you in your current transition.
2. **Ritual:** Write down what you're releasing this season. Burn or bury the paper, symbolizing the shedding of your "surface self."
3. **Affirmation:**

   "From darkness, I am reborn. I trust the cycle of transformation within me."

4. **Seasonal Reflection:** Ask yourself:
   - What parts of me are ready to rest or transform?
   - Where am I being invited to embrace both light and shadow?

Modern Metaphysical Insight

In holistic and psychological terms, Persephone represents the **feminine awakening** , the journey from innocence into empowerment. She is the archetype of **the woman who transforms pain into purpose**, teaching that descent is not punishment but initiation.

She is a **protector of empaths, mystics, and healers**, especially those drawn to shadow work, mediumship, and emotional alchemy. Her presence brings comfort to those navigating grief, endings, or identity shifts.

The Descent of Persephone

— A Story of Darkness, Love, and Rebirth —

The last days of sunlight glimmered across the golden fields.
Persephone, the Maiden of Spring, walked barefoot among the wildflowers, her laughter rising with the hum of bees. The air smelled of ripened fruit and soft earth , the world itself seemed to breathe in rhythm with her joy.

She was the daughter of Demeter, goddess of grain and harvest, and every petal she touched bloomed brighter. Her very presence was a hymn to life. Yet in the depth of her heart, Persephone felt a pull , a whisper beneath the wind , calling her toward something unknown. Something shadowed.

As she reached for a flower unlike any she had seen before , a bloom as dark as midnight , the ground trembled. A chasm opened, and from its depths rose Hades, the Lord of the Underworld. His eyes gleamed not with cruelty but with ancient longing , a yearning for balance, for light to enter his realm of silence.

In one swift moment, he reached out and took her hand. The earth closed above them, and the meadow fell silent.

Demeter searched the earth, her torches burning day and night. When she could not find her daughter, the fields withered. Leaves curled and fell, rivers slowed, and winter crept across the land. No seed dared break the soil.

The gods on Olympus watched in despair as famine spread. Even Zeus could no longer ignore the cries of mortals.

“Send her back,” he commanded Hades. “The world cannot live without her light.”

But below the earth, Persephone had changed.
At first, she wept in the darkness, her tears birthing ghostly white flowers on the cavern walls. Yet over time, she began to see the beauty hidden in shadow , the quiet souls, the ancient roots, the sacred stillness.

Hades, ever patient, offered her a throne beside his own, not as captive, but as Queen.
He gifted her a **pomegranate**, each seed shimmering with forbidden light.

“Eat only if you wish to stay,” he said.
Persephone hesitated , and then ate six seeds.
Not in defiance, but in understanding.

For she had learned: life cannot exist without death, light without darkness, joy without sorrow.
She would no longer be only the Maiden , she would be **Queen of the Underworld**, a bridge between two worlds.

When she rose again, the earth awakened.
Demeter’s tears turned to rain, and flowers bloomed in Persephone’s footsteps. Yet six months of each year, she would descend once more, carrying her torch into the depths to comfort the souls below.

And so the **seasons were born** , the eternal dance between mother and daughter, light and dark, life and rebirth.

The Eternal Lesson

Each autumn, when the veil thins, Persephone’s story whispers through the falling leaves:

“Do not fear the darkness. It is the womb of your becoming.”

She teaches that every descent , every heartbreak, every loss, every shadow , holds the promise of renewal.

For from darkness, light is born again.

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Current Events in Libra & Scorpio

An Astrological Overview

October 2025 is a potent month for both Libra and Scorpio, filled with shifts in communication, relationships, and inner dynamics. For Libra, the month begins under your sun-sign, which naturally turns attention toward themes of balance, self-identity, and recalibrating partnerships. But as the month unfolds, changes in planetary placements (especially Mercury, Venus, the Moon) invite you to speak more honestly, reexamine what you value, and open space for new relationship energy via the New Moon in Libra. This is your "birthday month", a time to realign with your goals, shed any relational patterns that no longer serve you, and prepare for the incoming cycle as the Sun transitions into Scorpio.

Scorpio enters the spotlight more forcefully in the latter half of October. With the Sun moving into your sign around October 22, you gain more visibility, power, and intensity. Mercury's transit through Scorpio amplifies your voice and magnetism, but also demands emotional transparency. It's a time of stepping into greater authenticity and influence. Meanwhile, the backdrop of Pluto's retrograde/direction and shifting lunar energies makes this a month of psychological transformation, spiritual reckoning, and intensified relational dynamics.

What makes October especially significant is how these transits intersect with the luminaries (Sun, Moon) and inner planets (Mercury, Venus, Mars). For Libra, the New Moon in your sign on October 21 acts as a "reset button" for your personal and relational intentions. For Scorpio, the mid-to-late month shifts give you more leverage to act, speak, and manifest what you truly want. July's slower undercurrent gives way to more visible momentum and pressure: you're being asked to claim more of your identity, your voice, and your boundaries.

Especially in this month, the tension between openness and intensity becomes a central theme. Libra's natural diplomacy and desire for harmony will be challenged to dig deeper, while Scorpio's desire for depth and transformation will need to temper its force with vulnerability and transparency. The sky is asking both signs to evolve: Libra to raise its standards in partnership, Scorpio to lead with integrity rather than control.

Together, Libra and Scorpio are being asked to bridge relational harmony and transformative power. October is a threshold month: you're shedding what is no longer aligned, reactivating your voice, and preparing for the next cycle. The cosmic energy encourages both signs to lean into authenticity, communication, and the courage to be seen.

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

♎ 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. Stay centered in your own worth.

♏ 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 by aligning your intention, integrity, and vision. Share your truths. Transform what holds you back. Care for your emotional backbone so you don't burn out in your rising.

♐ Sagittarius
What It Brings: The undercurrent of rest, endings, introspection, and preparation surfaces. You may feel drawn inward or sense that something is culminating behind the scenes.
How to Navigate: Honor periods of rest, dreamwork, or reflection. Use this quieter energy to integrate lessons from earlier transits. Resist the urge to distract yourself, lean into the wisdom in the stillness.

♑ Capricorn
What It Brings: Relationships, partnerships, and co-creation are spotlighted. The dynamics of give and take, compromise, and mutual support may undergo scrutiny and transformation.
How to Navigate: Listen deeply to what your closest alliances need, and what *you* need. Speak honestly and foster fairness. Reinforce boundaries. Let balance (not control) be your guide.

♒ Aquarius
What It Brings: Subconscious depths, healing, and spiritual themes come alive. You may feel drawn to explore dreams, past life patterns, or inner archetypes. Secrets want release.
How to Navigate: Trust your intuitive hits. Use therapy, dream journaling, or somatic work to bridge your inner and outer worlds. Be gentle but courageous in releasing what no longer aligns with your highest path.

♓ Pisces
What It Brings: Finances, self-worth, value exchange, and what you bring into the world are

illuminated. The interplay between your spiritual gifts and material reality comes into sharper focus.
How to Navigate: Reassess where you've undervalued yourself (or overextended). Negotiate from worth, not desperation. Align income and resources with purpose. Be discerning about who and what deserves your energy.

♈ Aries
What It Brings: A Full Moon in Aries (October 6) heightens your sense of identity and emotional needs, pushing you to release what no longer serves. With Mercury entering Scorpio and aligning with Mars later, communication becomes sharp and magnetic. The Sun will shine on your path to self-assertion by month's end.
How to Navigate: Use the Full Moon to let go of old patterns and reclaim your authenticity. Speak your truth with care (not aggression). By mid-month, lean into what empowers you, set bold goals, take decisive action. Stay aware of impulse; slow down occasionally to reflect.

♉ Taurus
What It Brings: Subtle shifts in your internal world get spotlighted. Hidden feelings, subconscious patterns, and your connection to stability or security may come under scrutiny. The Aries Full Moon and Scorpio's communicative fire push you to examine what anchors you.
How to Navigate: Be gentle with yourself as old emotional material surfaces. Use journaling, therapy, or solitude to process. Focus on creating a stronger inner foundation before making big external moves. Release what drains you.

♊ Gemini
What It Brings: Your social world, friendships, and collective goals become more active. You may feel pulled between fulfilling group expectations and honoring your inner voice. Conversations take on weight and reveal deeper truths.
How to Navigate: Speak up about your needs within your circles, but don't lose your identity in consensus. Use this month to filter which friendships and networks serve your growth. Vulnerability can deepen bonds, but only when it's authentic.

♋ Cancer
What It Brings: Career, reputation, and life direction are illuminated. The Full Moon in Aries stirs a need for boldness in how you're seen. Scorpio's energy pushes emotional undertows to the surface. You may feel tension between staying safe vs stepping into authority.
How to Navigate: Let your work and vision speak for you. Don't shy away from claiming a bigger role or voice. But be patient, build step by step rather than rushing. Anchor yourself through supportive practices (ritual, rest, grounding).

♌ Leo
What It Brings: Expansion, learning, travel, or creative expression get stirred. You may sense new openings or feel restless in routine. Relationships with home, family, or emotional roots call for attention as Scorpio energy intensifies.

How to Navigate: Lean into inspiration, take a class, plan a trip, explore new ideas. Don't neglect inner work even when external doors open. Check in with what feels emotionally steady before leaping.

♍ **Virgo**
What It Brings: Communication, deep conversations, research, and mental clarity come into focus. You're more attuned to the undercurrents in your relationships and inner world. Money, resources, and self-worth also get stirred by Venus and the New Moon.
How to Navigate: Speak your truth with kindness. Dive into what feels unresolved. Track where you undervalue yourself and begin shifting that. Use this time to clarify what you actually want and need.

Key Planetary Movements – October 2025

October 1 – Juno enters Sagittarius
Theme: Expanding commitments, truth in relationships
Brief: Juno shifting into Sagittarius encourages growth in how we commit and relate. It can bring more freedom, honesty, or exploration into partnerships. You may feel pulled to expand your relational boundaries or seek a more authentic contract (so to speak) in your alliances.

October 4 – Pallas turns direct
Theme: Strategy awakens, clarity in inner wisdom
Brief: Pallas Athena (the asteroid of wisdom, strategy, pattern) turning direct suggests earlier confusion or internal blockages around creative insight, planning, or inner knowing begins to clear. You're better able to see patterns, solve problems, and act from a more integrated strategy.

October 6 – Mercury enters Scorpio
Theme: Deep communication, uncovering truth
Brief: When Mercury moves into Scorpio, conversation becomes more probing, intuitive, and less surface-oriented. Secrets, motivations, and hidden subtleties come more into view. This is a time when speech, messaging, investigation, and mental processing deepen.

October 6 – Full Moon in Aries (14° Aries)
Theme: Illumination, emotional climax, releasing
Brief: The Full Moon in Aries is a time of culmination, releasing, or bringing to light emotional friction, desires, or tensions that have been building. This lunation often calls for boldness, clarity, or letting go of what no longer serves your independence or self-assertion.

October 13 – Venus enters Libra
Theme: Beauty, harmony, relational ease
Brief: With Venus entering Libra, the relational, aesthetic, and social tones soften and harmonize. It's

easier to express love, attract beauty, negotiate, or cooperate. Partnership energy is favored, and you may feel more diplomatic or graceful in relating.

October 13 – Pluto stations direct (in Aquarius)
Theme: Collective transformation resumes, power resurfacing
Brief: Pluto's direct motion lifts some of the retrograde shadow, bringing collective issues, power dynamics, and deep transformation back into more visible flow. What was held in dormancy around systems, control, or underlying structures may now begin to move or transform outward.

October 21 – New Moon in Libra (28°22' Libra)
Theme: Reset in relationships, balance, new relational seeds
Brief: This New Moon is one of the main highlights for the month. It invites you to plant seeds around fairness, relationship vision, contracts, or values. Because it is in Libra, the emphasis is on equality, partnership, aesthetics, and mutual harmony. It's a fresh start moment in how you relate and what you commit to.

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