



Monthly Newsletter

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



A SPIRITUAL LOOK AT OUR HUMAN SELF

Exploring four Parts of us that Help Shape Human Existence

From a spiritual perspective, our human self is an intricate blend of the physical and the ethereal, transcending mere flesh and bone. At the core of our existence lies the spirit, an eternal essence that connects ...

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THIS MONTH'S BENEVOLENT BEING

Archangel Uriel

Archangel Uriel's name means "God is My Light" or "Fire of God." He is considered one of the most powerful archangels, embodying the divine qualities of illumination, inner wisdom, and truth. His presence ...

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AN ASTROLOGICAL OVERVIEW

Current Events in Leo

Astrology enthusiasts are always keen to understand how planetary movements affect different zodiac signs. As we navigate through 2024, let's explore the current astrological events impacting Leo and ...

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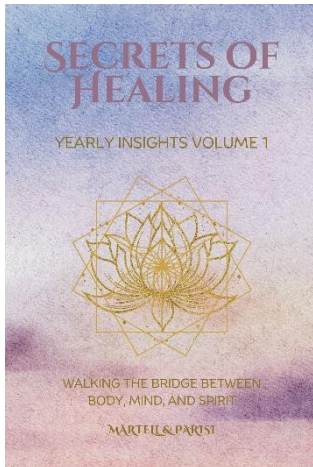


SECRETS OF HEALING BLOG

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 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.

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A Spiritual Look at our Human Self

Exploring Four Parts of us that Help Shape Human Existence

We are composed of four unique components that shape our human existence.

SOUL - Primary among these is our SOUL, the divine essence within us. The soul is often described as the life force of an individual, the storyteller and creator of our journeys. It recognizes recurring patterns throughout our lives, guiding emotional and behavioral growth to elevate the soul's experiences and foster personal development.

SPIRIT - The SPIRIT is the unseen part of us where emotions and character reside. It embodies qualities like wisdom, understanding, counsel, fortitude, and knowledge. Think of it as the Soul's closest companion, accompanying it through every incarnation as if they both emerged from the same cosmic source. The Spirit is pure Unconditional Love, devoted entirely to supporting the Soul and its journey. It inspires and calls upon benevolent forces to create meaningful connections, ideas, and guidance that resonate with the higher Mind.



HIGHER MIND - Referring to the higher Mind as the HIGHER SELF is a crucial aspect of self-awareness. It involves learning to distinguish between the Higher Self and the Ego self. You might recognize the Higher Self through qualities like peace, quiet, softness, or calmness. For some, it manifests as intuition or a distinct inner voice guiding them during pivotal moments. Others receive intuitive insights through mental images that provide understanding about a situation. The higher Mind acts as a guide for the Spirit, helping us navigate challenges and discover our true potential. It supports us in finding our purpose and growing personally and spiritually.

EGO - The ego is like a set of beliefs and limitations that can block our ability to love fully. It's shaped by our beliefs, culture, and life experiences—everything that makes us who we are. But it's not something we're born with; we develop it as we go through life. Some say the ego's main job is to cause us unhappiness and suffering, pushing us to try and change the world and others around us. Eventually, though, it nudges us to look inward and consider changing ourselves instead.

The soul enters life to experience it fully, accompanied by its faithful companion, the spirit. The higher mind, linked to both soul and spirit, works to heal the ego. Throughout life's journey, the soul, spirit, and higher mind gather wisdom and understanding, carrying these lessons beyond earthly existence. In contrast, the ego, which is shaped by our interactions and environment from birth to death, remains tied to the physical body, reflecting the influences of our worldly experiences.

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Archangel Uriel

Wisdom and Illumination



Archangel Uriel is often considered the embodiment of wisdom, enlightenment, and transformation. Known as the "Light of God," Uriel is believed to shine a light on humanity's path, guiding us toward greater understanding and clarity. Whether navigating life's challenges or seeking inspiration, Uriel's presence is thought to offer profound insight and support.

Attributes and Symbolism

Wisdom and Knowledge: Archangel Uriel is regarded as a source of profound wisdom and knowledge. He is often depicted holding a book or a scroll, signifying his connection to intellectual pursuits and the quest for understanding. Uriel is believed to inspire individuals to seek truth, make informed decisions, and solve complex problems.

Illumination and Insight: Uriel is known as the bringer of light, symbolizing clarity and insight. His presence is thought to illuminate the mind and soul, helping people see the bigger picture and gain a deeper understanding of their life's purpose. Uriel's guidance is akin to a beacon, providing direction and dispelling confusion.

Transformation and Change: Associated with personal growth and transformation, Uriel encourages individuals to embrace change and overcome challenges. His influence fosters resilience and adaptability, enabling people to evolve and become their best selves. Uriel's role in transformation is often symbolized by a flame or a ray of light, representing the spark of change.

Emotional Healing: Uriel is also linked to emotional healing and inner peace. He is believed to help individuals release negative emotions, find tranquility, and move forward with a renewed sense of purpose. Uriel's calming presence promotes emotional well-being and supports personal growth.

How to Connect with Archangel Uriel

Connecting with Archangel Uriel can be a meaningful and enriching experience. Here are some ways to invite Uriel's guidance and wisdom into your life:

Meditation: Spend time in quiet meditation, focusing on Uriel's attributes of wisdom and illumination. Visualize a warm, golden light surrounding you, bringing clarity and insight.

Journaling: Write down your thoughts, questions, and concerns, and ask for Uriel's guidance. Reflect on your entries and be open to any insights that come to you.

Nature Walks: Take walks in nature, allowing the beauty and tranquility of the natural world to inspire you. Pay attention to any thoughts or feelings that arise, as they may be messages from Uriel.

Creative Expression: Engage in creative activities such as painting, writing, or music. Uriel's influence can spark inspiration and help you express your inner wisdom.

Uriel's Influence in Daily Life

Incorporating Uriel's qualities into your daily life can bring about positive changes and a deeper sense of fulfillment. By seeking wisdom, embracing illumination, and welcoming transformation, you can navigate life's journey with greater ease and purpose.

In essence, Archangel Uriel represents the pursuit of knowledge, the quest for clarity, and the embrace of transformation. By inviting these qualities into your life, you open yourself up to a world of possibilities and a brighter, more enlightened future.

In conclusion

Archangel Uriel's presence serves as a beacon of light and wisdom. By embracing his qualities, we can navigate life's challenges with greater ease, clarity, and purpose, leading to a more meaningful and enlightened journey.

Thank you for joining us in this exploration of Archangel Uriel. May his enlightened presence be with you always, illuminating your path with wisdom and transformation.

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Current Events in Leo

An Astrological Overview

Astrology enthusiasts are always keen to understand how planetary movements affect different zodiac signs. As we navigate through 2024, let's explore the current astrological events impacting Leo and what they mean for those born under this versatile and intellectual sign.

Secrets of Healing offers Online Astrological Counseling. To schedule an appointment or get more information please contact Teri Martell.



Planetary Movements and Leo

Venus Retrograde in Leo (until September 3, 2024): This retrograde, which began in late July, is a major influence during Leo season. It's a time for reevaluating relationships, self-worth, and creative projects. You might find yourself revisiting past loves or old passions, but it's essential to avoid making impulsive decisions during this time (Astrostyle).

Sun and Mercury in Leo: The Sun is in its home sign, Leo, which amplifies themes of self-confidence, leadership, and pride. With Mercury also in Leo until early August, communication tends to be more dramatic and expressive, encouraging bold conversations and the sharing of creative ideas (Astrostyle) (Cafe Astrology).

Jupiter in Taurus: This transit encourages us to ground our big ideas into practical plans. It's a favorable time for manifesting tangible results from our creative efforts, especially with Leo's energy fueling our drive for recognition and success (Astrostyle).

Lunar Nodes in Aries/Libra: The nodes' placement highlights a collective focus on balancing personal desires with the needs of others. This can bring to light issues of fairness, justice, and the redefinition of relationship dynamics, which are intensified during this time of self-focused Leo energy (Astrostyle).

Key Themes for Leo in 2024

Self-Expression and Confidence

Leo, ruled by the Sun, shines brightly when it comes to self-expression. In 2024, this theme is emphasized, encouraging Leos to step into the spotlight and share their creativity with the world. Whether through art, leadership, or personal projects, Leos are called to embrace their confidence and let their true selves be seen.

Creative Ventures and Passions

With strong influences from Venus and the Sun, 2024 is a year for Leos to pursue their passions with vigor. This is an ideal time to start new creative projects or invest more deeply in hobbies and interests. Leos will find joy and fulfillment in activities that allow them to express their unique talents and vision.

Relationships and Love

Venus' influence in Leo highlights the importance of relationships, particularly romantic ones, throughout the year. Leos may experience a deepening of existing connections or the arrival of new, exciting partnerships. This is also a time to focus on self-love and understanding the dynamics of give-and-take in relationships.

Personal Growth and Reflection

The retrograde periods in 2024 serve as crucial times for Leos to reflect on their personal journey. These phases encourage introspection, allowing Leos to reassess their goals, values, and the direction of their life. This reflection is essential for personal growth and aligning actions with true desires.

Leadership and Influence

Leos are natural leaders, and 2024 offers opportunities to step into roles of influence. Whether in career, community, or personal circles, Leos can take charge and inspire others. This year, they are encouraged to lead with generosity and courage, using their natural charisma to make a positive impact.

Tips for Navigating 2024 as a Leo

Embrace Creativity: Engage in activities that allow your creative talents to flourish. This will bring you joy and recognition.

Prioritize Relationships: Invest time in building and nurturing meaningful connections. Focus on love, both giving and receiving.

Reflect During Retrogrades: Use retrograde periods to reflect on your life's direction and make necessary adjustments for personal growth.

Lead with Confidence: Step into leadership roles with confidence and inspire those around you. Trust your instincts and vision.

Practice Self-Care: Balance your busy life with self-care routines that replenish your energy and keep you grounded.

As 2024 unfolds, Leos are poised to experience a year full of creativity, love, and leadership. By embracing these themes, Leos can navigate the astrological influences with grace and strength, making it a year to remember.

What is the Lion's Gate

The Lion's Gate is a spiritual and astrological event that occurs annually on August 8th (8/8). It is associated with a powerful alignment between the Earth, the star Sirius, and the Sun in the astrological sign of Leo. This event is believed to open a "gateway" or "portal" of heightened energy, offering opportunities for spiritual growth, transformation, and manifestation.

Key Aspects of the Lion's Gate

Sirius Alignment: Sirius, known as the "spiritual sun," aligns with the Earth and the Sun in Leo. Sirius is the brightest star in the sky and is often associated with spiritual wisdom and higher consciousness.

Numerology: The date 8/8 is significant in numerology, where the number 8 represents infinity, balance, and cosmic order. This is believed to amplify the energy of the Lion's Gate, making it a potent time for setting intentions and manifesting goals.

Leo Energy: The Sun's position in Leo during this time adds the qualities of courage, creativity, and self-expression. This is a period where people are encouraged to tap into their inner power and take bold steps toward their desires.

Spiritual Significance: Many believe that the Lion's Gate opens a portal to higher dimensions, allowing for an influx of light codes and spiritual downloads. This is seen as a time for personal and collective ascension, where individuals can elevate their consciousness and connect with their higher selves.

How to Work with Lion's Gate Energy

Meditation and Reflection: Use this time for deep meditation and connecting with your higher self. Reflect on your spiritual journey and set intentions for growth.

Manifestation: Focus on what you want to manifest in your life. The energy of the Lion's Gate is believed to enhance your ability to attract and create.

Gratitude and Self-Love: Embrace the qualities of Leo by practicing self-love and gratitude. Celebrate your strengths and acknowledge the progress you've made.

The Lion's Gate is seen as a powerful opportunity for spiritual awakening and aligning with your true purpose. It encourages embracing your personal power and taking action toward your highest potential.

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