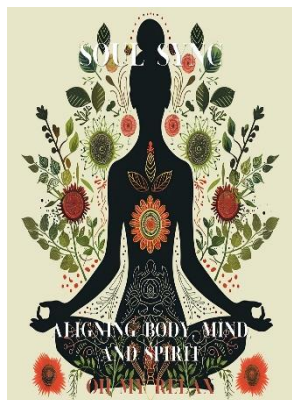




MONTHLY NEWSLETTER

As we step into 2025, we are greeted by fresh opportunities for growth, healing, and transformation. January is a time of renewal, where we can align ourselves with the energies of new beginnings and set intentions that guide us through the year ahead. This month, we focus on embracing the clarity, wisdom, and transformative energy that the Universe has to offer.



ALIGNING BODY, MIND, & SPIRIT:

Embracing Balance and Renewal in 2025

As a hypnotherapist, my role is to guide individuals in accessing the subconscious mind, helping them harness the natural abilities we all possess. Through hypnosis, I assist clients in enhancing various aspects of their...

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THIS MONTH'S BENEVOLENT BEING:

Archangel Uriel

Archangel Uriel is one of the most revered and powerful archangels, often associated with wisdom, enlightenment, and divine illumination. His name means "God is my light," which reflects his role as the bearer of divine...

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AN ASTROLOGICAL OVERVIEW

Moving into January 2025, the energy of the new year is infused with fresh opportunities for growth, reflection, and transformation. This month marks the beginning of a new cycle, where we can set intentions and lay the...

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HOW YOUR SOUL GUIDES YOU TO A NEW CAREER

Blog by Amber

As we step into the new year, it is only fitting to embrace the fresh opportunities for growth and transformation that await. Whether you're feeling drawn to a new path or seeking deeper fulfillment in your current work, your soul's whispers can provide the clarity and direction you need. By listening to your inner guidance, you can align with a career that ...

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COSMIC SYMPHONY: NAVIGATING THE PLANETARY ALIGNMENT OF JANUARY 2025

Blog by Teri

On January 25, 2025, the cosmos will put on a rare and mesmerizing display as all the planets align in the night sky. This celestial phenomenon, visible to the naked eye shortly after sunset, offers a unique opportunity for reflection, growth, and wonder. Ancient astrologers believed such alignments amplified planetary energies, and modern observers can use this extraordinary ...

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SECRETS OF HEALING UPCOMING CLASSES AND WORKSHOPS

Please remember to check our Calendar as we Add and Update all month long, not only for Secrets of Healing but also our Community Members.

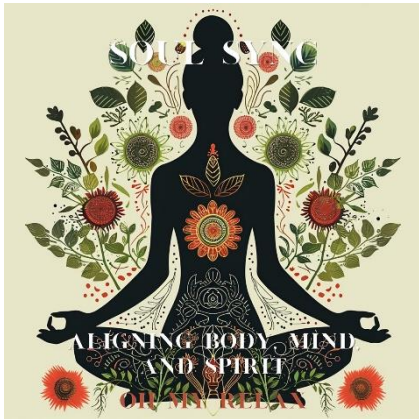
[VIEW OUR CALENDAR](#)

*Wishing you a month filled with growth, healing, and transformation.
Until next time, may your journey be guided by light and love.*



Aligning Body, Mind, & Spirit

Embracing Balance and Renewal in 2025



As a hypnotherapist, my role is to guide individuals in accessing the subconscious mind, helping them harness the natural abilities we all possess. Through hypnosis, I assist clients in enhancing various aspects of their lives—whether that's improving performance in activities like golf, breaking habits such as nail biting, building self-esteem, or overcoming challenges such as depression, anxiety, and stress. Additionally, I help people stop smoking, manage pain, lose weight, and gain a deeper understanding of themselves to live more fulfilling, productive lives.

One of the key concepts I often explore with my clients is the idea of **holistic healing**—a term that refers to addressing the "whole self," including the mind, body, and spirit. True balance requires attention to all three of these aspects. When two of these elements are in alignment, the third will often follow naturally. Let's explore each of these components in greater detail.

The Mind: A Powerful Healer

The mind is an incredibly powerful force that plays a crucial role in healing. For any change to occur, however, it requires the individual's desire to make that change. We function through two distinct parts of our mind: the **conscious** and the **subconscious**.

The conscious mind is logical and rational—it understands right from wrong, weighs options, and makes decisions based on facts and reasoning. On the other hand, the subconscious mind is driven by learned experiences, deeply held beliefs, and habitual patterns. Unlike the conscious mind, the subconscious does not discriminate between helpful and harmful behaviors—it simply reacts based on past programming.

Take smoking as an example: Your conscious mind knows the health risks of smoking and can list all the reasons why you should quit. Yet, despite this knowledge, your subconscious mind has developed a strong habitual response—lighting a cigarette before you even realize it. This automatic behavior is driven by patterns formed over time, often without conscious awareness.

The same concept applies to health issues, weight control, phobias, and pain. The subconscious holds the key to many of these challenges. Hypnosis works by bypassing the conscious mind and accessing the subconscious to uncover and address the root causes of these behaviors. Through awareness and suggestion, clients can often make profound changes that bring about lasting transformation. In many cases, the process is straightforward and highly effective.

The Body: Nurturing Physical Health

When we fall ill, we often seek medical help. A doctor may diagnose a condition, prescribe medication, and offer advice, but not all individuals heal in the same way. While some respond well to conventional treatments, others may struggle to recover, despite following all the prescribed guidelines.

In many cases, these individuals may need additional support to uncover why their bodies are not healing. The body, like the mind, has its own innate ability to heal, but this process requires the right conditions—nutrition, hydration, exercise, and, most importantly, a mindset geared toward wellness.

Unfortunately, modern society has created a culture of co-dependence, where we often look to external sources for our health and happiness, neglecting the importance of self-reliance. It's vital that we take responsibility for our own well-being, as we are the most important person in our lives. Only by caring for ourselves can we truly be of service to others—our families, friends, and loved ones. Remember, when you take care of your physical health, you are not only benefiting yourself but also enhancing your ability to care for others.

The Spirit: Nourishing the Soul

The spirit is the core of our being—it is what gives life to the body and animates all that we do. Without the spirit, the body is an empty shell. It is the spirit that enables us to experience emotions, engage with the world, and connect with others on a deep level.

Feeding the spirit is essential to overall well-being. If we nourish our spirit with positive thoughts, affirmations, and actions, we create an environment for growth, healing, and fulfillment. Conversely, negative thoughts and beliefs will return only negativity. In essence, we become what we think and believe.

Regardless of the faith or belief system you follow, it is essential to feed your soul with positivity, love, and compassion. When we live from the heart, we transcend divisions and come together as one. There is immense power in love and forgiveness—not only for others but for ourselves as well. These are powerful tools for healing both the mind and the body, fostering a sense of unity and peace within.

Holistic Therapies for Healing

Holistic approaches such as **hypnosis**, **meditation**, **regression therapy**, **touch therapy**, and **Reiki** are all invaluable tools for releasing blockages that hinder personal growth and well-being. These therapies work by addressing the mind, body, and spirit, helping to release negative emotions and thought patterns. When these blockages are cleared, greater harmony and balance can settle in, allowing the individual to heal and thrive.

Through hypnosis, we access the subconscious mind to uncover and release the underlying causes of issues. Through meditation and regression, we can explore past experiences that may be influencing present behavior. Touch therapies and Reiki promote relaxation and energy flow, enhancing the body's natural healing abilities. Together, these modalities create a comprehensive approach to personal healing and growth.

Conclusion

The journey to healing and self-improvement is deeply personal, and it involves the integration of mind, body, and spirit. As a hypnotherapist, I am honored to guide individuals on this path, helping them unlock their potential and achieve the balance they seek. Whether you are seeking to break a habit, overcome a challenge, or simply gain a deeper understanding of yourself, holistic therapies provide a powerful means to transform your life.

Remember, true healing comes from within. By nourishing the mind, body, and spirit, you can unlock your fullest potential and create a life of greater health, happiness, and fulfillment.

Archangel Uriel

Wisdom, Divine Light and Illumination

Archangel Uriel is one of the most revered and powerful archangels, often associated with wisdom, enlightenment, and divine illumination. His name means "God is my light," which reflects his role as the bearer of divine knowledge and understanding. Uriel helps bring clarity, insight, and guidance, especially during times of confusion or when a deeper understanding is needed. Known for his calm and nurturing energy, Uriel provides comfort to those in need of answers, offering practical solutions and a sense of peace.



Whether you're seeking guidance on personal matters, spiritual growth, or intellectual pursuits, Archangel Uriel is a powerful ally in helping you unlock the light of divine wisdom and navigate the journey ahead with clarity and purpose.

Secrets of Healing offers Angel Therapy and Angel Workshops. To schedule an appointment or get more information please contact [Teri Martell](#) or to learn more [click here](#).

Why Archangel Uriel?

Wisdom and Clarity: Uriel is the "Light of God," providing illumination and insight as you set intentions for the year ahead. He helps with clear thinking, decision-making, and manifesting goals.

Fresh Starts: Uriel's energy encourages letting go of past burdens and embracing new opportunities with confidence and wisdom.

Inner Peace: He promotes emotional healing and a calm, centered mindset, helping you align with your highest purpose.

How to Work with Archangel Uriel for the New Year:

Set Intentions: Call on Uriel to guide your New Year's resolutions and goals, asking for his light to illuminate your path.

Meditate with Light: Visualize Uriel's golden or ruby-red light surrounding you, symbolizing divine guidance and creativity.

Release and Renew: Use Uriel's energy to reflect on lessons from the past year and release anything holding you back.

Roles and Purposes of Archangel Uriel

Wisdom and Illumination: Archangel Uriel is known as the "Light of God," offering divine wisdom and insight. He illuminates solutions to problems, brings clarity to confusion, and helps individuals see the bigger picture in challenging situations.

Divine Guidance: Uriel acts as a guide for spiritual growth, helping individuals align with their highest purpose. He offers inspiration for making wise decisions and encourages self-reflection to uncover inner truths.

Emotional Healing: Uriel supports emotional release and healing, helping individuals process and let go of anger, resentment, or fear. His calming energy restores peace and encourages forgiveness and understanding.

Transformation and Renewal: As an agent of transformation, Uriel assists with letting go of the old and welcoming the new. His presence encourages personal evolution, renewal, and the courage to embrace change.

Connection to Divine Wisdom: Uriel is often associated with epiphanies and "aha" moments. He bridges the gap between human understanding and divine knowledge, helping people grasp spiritual lessons and universal truths.

Attributes of Archangel Uriel

Wisdom and Clarity: Uriel embodies divine wisdom, offering insight and solutions to life's challenges. His guidance illuminates the mind, helping individuals make informed and enlightened decisions.

Peace and Calm: Uriel radiates a soothing energy that fosters emotional stability and inner peace. He helps release fears and negative emotions, promoting a sense of balance and tranquility.

Transformational Power: As an agent of change, Uriel supports personal and spiritual transformation. His energy inspires courage and resilience, encouraging individuals to embrace growth and renewal.

Divine Illumination: Uriel's presence is associated with divine light and knowledge, often bringing sudden moments of clarity or spiritual understanding. He acts as a bridge to universal truths and higher wisdom.

Symbolism of Archangel Uriel

The Flame or Fire: The flame symbolizes Uriel's role as the "Light of God," representing divine illumination, wisdom, and transformative energy that burns away ignorance and negativity.

The Scroll or Book: Often depicted with a scroll or book, Uriel symbolizes knowledge, wisdom, and divine guidance, representing his role as the bearer of God's truth and understanding.

The Sun or Light: The sun symbolizes Uriel's connection to clarity, enlightenment, and the illumination of the path ahead. It reflects his ability to shine light on difficult situations and reveal hidden truths.

The Story of Elena and Archangel Uriel



Elena had always been a seeker. After years of feeling lost in her career, relationships, and even her own heart, she reached a point of exhaustion. She had tried everything—therapies, self-help books, and even distant spiritual practices—but nothing seemed to bring her the clarity she desperately needed.

One evening, after another restless night of overthinking, Elena decided to meditate before bed. She closed her eyes and asked for guidance, not knowing exactly who or what she was calling on, but desperate for any kind of help.

As she began to quiet her mind, a warm, golden light surrounded her. It was soothing and peaceful, and yet there was something incredibly powerful about it. Suddenly, in the center of the light, a presence emerged—an angelic figure with radiant wings and a calming, yet undeniably strong, energy. She felt an overwhelming sense of peace and protection.



The angel spoke in a voice that felt like it echoed not just in her ears, but deep within her soul. "I am Uriel, the Light of God. You have been searching for answers outside of yourself for so long, but now, it is time for you to look within. Your path is illuminated, but you must trust that the light has always been with you."

Elena felt a wave of understanding wash over her, as if Uriel's words cleared away the fog that had clouded her thoughts for years. She saw in her mind's eye the moments of her life where she had doubted herself, moments where she chose fear over trust, where she neglected her own inner wisdom. Uriel's light began to dissolve those doubts, revealing a path she hadn't been able to see before.

"Trust your intuition," Uriel continued. "You already know the answers you seek. The wisdom is within you. Now, allow yourself to receive it and move forward with confidence."

Uriel then extended his hand, and in that moment, Elena felt a surge of energy—peace, strength, and clarity flooding her heart and mind. She understood that it was time to let go of her old fears and to embrace the wisdom that had always been with her, but which she had not fully allowed herself to trust.

When she opened her eyes, the golden light was gone, but Elena felt different. She no longer felt the weight of uncertainty. The path ahead was clearer. She felt empowered to make decisions that aligned with her true self, guided by a newfound wisdom she had not realized she possessed.

From that day forward, Elena began to trust herself more. She made decisions based on intuition rather than doubt. When faced with challenges, she would call on Archangel Uriel, knowing that the light of wisdom would always be available to guide her forward. With each step, she felt more connected to her higher purpose, and her life began to flow in a direction that felt more authentic and fulfilling.

To Conclude:

Archangel Uriel is a beacon of divine wisdom, peace, and transformation. Known as the "Light of God," Uriel offers guidance that illuminates life's challenges, helping individuals gain clarity and insight. His calming presence fosters emotional healing, while his transformative energy inspires personal and spiritual growth.

Uriel's connection to divine knowledge and truth makes him a powerful guide for those seeking wisdom, renewal, and alignment with their higher purpose. Whether through moments of enlightenment, the courage to embrace change, or the peace to let go of past burdens, Uriel's influence encourages us to step confidently into a brighter, more fulfilling future.

By connecting with Archangel Uriel, we invite his light to guide our path, offering hope, clarity, and the strength to evolve.

Current Events in Capricorn and Aquarius

An Astrological Overview

Moving into January 2025, the energy of the new year is infused with fresh opportunities for growth, reflection, and transformation. This month marks the beginning of a new cycle, where we can set intentions and lay the groundwork for the year ahead. The astrological landscape in January encourages us to align with the powerful forces of change and expansion, providing the chance to refine our goals and deepen our understanding of ourselves and the world around us.



January is marked by significant planetary transits and cosmic alignments, including the powerful influence of the Sun in Capricorn, urging us to focus on discipline, structure, and long-term planning. Mercury's movement invites a period of reflection and introspection, while Venus and Mars highlight the need for balance in both our personal relationships and our pursuit of passions. These energies create a supportive foundation for personal and collective growth as we look to the future with renewed clarity and purpose.

This astrological overview for January 2025 provides a roadmap to navigate the energies of the month, offering insight into how the planets can guide our path and help us manifest the life we desire. Whether you are focused on professional aspirations, deepening personal connections, or expanding your spiritual journey, the cosmic influences of January offer the tools and support to help you create meaningful progress and transformation.

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

Aries: Embracing Emotional Depth

The Cancer Full Moon highlights home and family matters, encouraging Aries to balance their ambitious drive with emotional needs and nurturing relationships. Uranus turning direct offers fresh insights into financial matters.

Taurus: Breaking Free

With Uranus turning direct in Taurus, it's time for breakthroughs in self-expression and personal growth. Themes of freedom, security, and innovation dominate. Focus on new opportunities in career and partnerships.

Gemini: Revisiting Foundations

Mars leaves Gemini on January 10, easing tension and offering clarity. The Aquarius New Moon inspires fresh ideas, travel plans, and expanded horizons. It's a month for intellectual renewal and exploring new avenues.

Cancer: Emotional Empowerment

The Full Moon in Cancer (January 13) empowers you to prioritize self-care and emotional stability. Mars entering Cancer encourages assertiveness in personal matters and emotional boundaries.

Leo: Strengthening Partnerships

The Sun and Pluto's alignment in Capricorn emphasizes responsibilities and relationship dynamics. The Aquarius New Moon (January 29) encourages collaboration and forging new partnerships.

Virgo: Focus on Health and Routine

Capricorn energy this month aligns well with your disciplined nature. It's an excellent time to reassess health routines and professional goals. The Cancer Full Moon adds emotional clarity to work-life balance.

Libra: Creative Vision

Venus in Aquarius sparks creativity and inspires new hobbies or projects. The Aquarius New Moon fosters optimism and opportunities in love and friendships, encouraging personal expression.

Scorpio: Deepening Roots

Mars moving into Cancer amplifies emotional depth and intuition. The Cancer Full Moon brings insights about home, family, and emotional security, prompting decisions that enhance inner peace.

Sagittarius: Expanding Connections

The Aquarius New Moon inspires dynamic new social connections and innovative ideas. Focus on communicating your truth and building relationships that support your aspirations.

Capricorn: Empowerment and Growth

The Sun, Mercury, and Pluto in Capricorn at the month's start amplify self-confidence and transformation. The Cancer Full Moon encourages balancing personal ambitions with relationship nurturing.

Aquarius: Fresh Starts

The Sun moves into Aquarius on January 20, and the New Moon in your sign on January 29 sets the stage for personal reinvention. A month to focus on authenticity, innovation, and goal-setting.

Pisces: Inner Wisdom and Vision

With Saturn in Pisces and Venus entering your sign late in the month, this is a time for introspection and strengthening emotional boundaries. The Cancer Full Moon brings inspiration for creative and spiritual growth.

Planetary Movements in Capricorn and Aquarius

Sun in Capricorn – Until January 20

The Sun remains in Capricorn, emphasizing structure and discipline, before transitioning to Aquarius, which brings progressive and innovative energy.

What It Brings: Structured Focus: Encourages goal-setting and practical planning.

Reflection on Legacy: A time to consider long-term impacts and responsibilities.

Preparation for Change: Building solid foundations before the shift to Aquarius.

How to Navigate:

- Stay Grounded: Prioritize tasks that align with long-term ambitions.
- Embrace Discipline: Stick to schedules and focus on steady progress.
- Open to Innovation: Prepare for a forward-thinking shift starting January 20.

Mercury in Capricorn – January 8 to January 24

Mercury enters Capricorn, enhancing clear and practical communication, before moving into Aquarius, promoting forward-thinking ideas.

What It Brings: Practical Thinking: Encourages logical and goal-oriented discussions.

Professional Focus: Improves clarity in work-related matters.

Transition to Creativity: Prepares for inventive thinking as it moves to Aquarius.

How to Navigate:

- Plan Thoroughly: Use this time for careful planning and professional communication.
- Be Clear: Avoid misunderstandings by being direct and precise.
- Welcome New Ideas: Embrace innovative thoughts as Mercury enters Aquarius.

Venus in Aquarius – Until January 27

Venus stays in Aquarius, promoting unconventional relationships and friendships, before shifting into Pisces, enhancing romantic and compassionate energy.

What It Brings: Unconventional Connections: Encourages unique and meaningful bonds.

Creative Freedom: Fosters innovation in artistic or relationship dynamics. Transition to

Compassion: Prepares for a deeper emotional connection in Pisces.

How to Navigate:

- Be Open-Minded: Explore new ways of relating to others.
- Embrace Individuality: Celebrate what makes you and others unique.
- Lean Into Compassion: Welcome Pisces' soft energy starting January 27.

Mars in Cancer – January 10

Mars transitions from Gemini to Cancer, shifting actions from intellectual motivations to emotional drives.

What It Brings: Emotional Action: Decisions and energy driven by feelings and intuition.

Focus on Home: A pull toward domestic matters and personal comfort. Heightened

Sensitivity: Increased emotional awareness in interactions.

How to Navigate:

- Trust Your Intuition: Let feelings guide your actions.
- Prioritize Self-Care: Focus on nurturing yourself and loved ones.
- Balance Emotions: Avoid overreacting by staying grounded.

Uranus Direct in Taurus – January 27

Uranus ends its retrograde phase, sparking innovation and unexpected changes in material and financial matters.

What It Brings: Financial Shifts: Opportunities for growth and unexpected changes in money matters. Innovative Ideas: Fresh perspectives on stability and resources. Release of

Stagnation: Forward momentum after retrograde delays.

How to Navigate:

- Be Adaptable: Welcome change and think outside the box.
- Reassess Finances: Look for innovative ways to improve stability.
- Stay Open: Unexpected developments can lead to breakthroughs.

Full Moon in Cancer – January 13

This Full Moon highlights emotional security and home-related themes.

What It Brings: Emotional Intensity: A time of deep feelings and vulnerability. Focus on Home: Emphasis on family and creating a safe space. Release of Old Patterns: Letting go of emotional baggage.

How to Navigate:

- Create Comfort: Spend time in nurturing environments.
- Journal or Reflect: Process emotions and identify areas for growth.
- Connect With Loved Ones: Strengthen bonds and offer support.

New Moon in Aquarius – January 29

This New Moon focuses on innovation, social connections, and setting new visions for the future.

What It Brings: New Ideas: A surge of creativity and progressive thinking. Social Opportunities: Building networks and fostering collaborations. Visionary Goals: Setting intentions for future growth.

How to Navigate:

- Embrace Change: Be open to unconventional solutions.
- Set Big Goals: Dream boldly and plan for impactful projects.
- Build Community: Engage in social or group activities to spark inspiration.

This month balances Capricorn's practicality with Aquarius's vision, blending structure with the freedom to innovate. This month's transits encourage a balance of Capricorn's structure with Aquarius's progressive energy, making it ideal for setting resolutions and forging ahead.