



Monthly Newsletter

"As we step into the month of November, we are invited to embrace a season of reflection, gratitude, and personal growth. This time of year often brings with it a gentle reminder to pause and appreciate the blessings in our lives—whether big or small. As the days grow shorter and the crisp autumn air settles in, it's a perfect opportunity to slow down, reflect on the year so far, and begin to turn inward."



Reiki:

A Journey Of Healing, Awakening, and Transformation by Teri Martell

Having studied and taught Reiki since 2003, my perspective on this beautiful healing art has evolved significantly. When I first began teaching, I saw Reiki primarily as a healing tool—a method for alleviating physical and ...

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This Month's Benevolent Being:

Archangel Jophiel

Archangel Jophiel is one of the most beloved figures in angelology, often associated with wisdom, beauty, and illumination. His name, which means "Beauty of God" in Hebrew, reflects his divine mission to help individuals find beauty in themselves, their lives, and the world around them. Jophiel is ...

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An Astrological Overview

As we move deeper into November, the energy shifts from the intensity of Scorpio into the optimism of Sagittarius, bringing a powerful opportunity for transformation and adventure. The month begins under the deep, transformative influence of Scorpio. With the Sun in this water sign until November 21 themes of emotional intensity, personal reflection, and ...

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Uranus in Retrograde

Blog by Teri & Amber

In this blog, we explore the positive and chaotic emotions and experiences that have emerged during this retrograde period. Please note that there is an important message at the end of this post offering support and reassurance. Remember, you are not alone in the challenges we are collectively facing.

Join us in upcoming blogs as we collaborate and explore the interconnected aspects of body, mind, and spirit. Together we'll dive into a wide range of topics and events that influence our physical, mental and emotional well-being. We hope to share knowledge, experiences, and wisdom that can help guide and empower you on your own path.

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Secrets of Healing Upcoming Classes & 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](#)

*“As we move through the transformative depths of Scorpio and into the expansive energies of Sagittarius, **we thank you** for joining us on this journey. Together, let’s embrace the power of transformation and release that Scorpio invites, while welcoming the adventure and optimism of Sagittarius. This month, we explore how embracing change and seeking new horizons can lead to growth, freedom, and a deeper connection to our true selves.”*