



THE Peace of Mind Center

“Helping You Create a Better Body, Mind, and Spirit”

May 2024

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344

“The Seven Spiritual Laws of Success and Fulfillment”

At the current moment, the energies on the planet are extremely high vibrational. Those who are more sensitive to energies are experiencing high level shifts in their personal energy field - some good and some not so pleasurable. Those who are not so attuned may have noticed extreme changes in their lives and attitudes, wondering what is happening? It is important for all of us to become more aware of our life purpose and how we are expressing ourselves in the world. It is imperative to be more positive, joyful, happy, loving and grounded during this time. Connecting to our spirituality can help us to achieve our soul's purpose. Meditation, reading spiritual material, working with crystals, practicing mindfulness, and connecting to nature are all good ways to connect positively to these energies.

“The Seven Spiritual Laws of Success” by Deepak Chopra offer some simple and easy steps to achieving our desires. Here is a simplified list of the laws to help manifest your desires: **1st Law of Potentiality** – anything is possible. **2nd Law of Giving** – if you want to get something, give it. **3rd Law of Karma** – when you make a choice, you change the future. “As you sow so shall you reap.” **4th Law of least Effort** – Don't say no, go with the flow. Love expands, fear contracts. **5th Law of Intention and Desire** – Every time you wish or want, you plant a seed. What we put our attention on grows. **6th Law of Detachment** – Release the attachment to how you will achieve your desire. Detachment is to live in wealth consciousness, instead of lacking or resistance. **7th Law of Dharma** – We all have unique talents and a special way to express them. You are here for a reason. A vision without traveling the path is only a fantasy. Applying these seven laws of success can help one live and create a more fulfilling and meaningful life. Enjoy the journey!

II Skywatch for May ♈

The month begins with Mars moving into the adventurous, fiery, and bold sign of Aries. This is the time to really turn up the volume, connect to your higher self and set BIG GOALS. Aries is the beginning of the zodiac wheel, setting the stage for planting new ideas and plans for the next cycle. Mars will reside in Aries until June 10th. However, guard against outbursts of anger or operating from the ego or too much aggressive energy. Be willing to see both sides of a situation, before making a judgment call. Mercury will also ingress into Aries on the 16th, allowing for a more boisterous style of communication, be mindful of the words used, as words can either uplift or hurt feelings. On the 19th and 20th, expect some karmic situation needing to be resolved, avoidance is not an option, as Mars aligns with the North Node (path of destiny point) in the sign of Aries. It's time to move forward in positive ways, get ready for MAJOR changes, primarily in relationships. The month ends with Jupiter the planet of optimism, growth, luck and long-distance travel moving into the sign of Gemini for a yearlong stay, beginning on the 26th. Gemini is an air sign, be prepared for more communication, travel, educational pursuits, and just a genuine curiosity to try new things. Best days are 3rd, 7th, 8th, 12th, 25th, and 27th. Mixed energy days 13th, 17th, and 23rd. Days to lay low are 6th, 11th, 16th and 30th. Be at Peace. ~

Crystals & Stones

Fri & Sat, May 3rd & 4th

Mid-Day Sound Bath with
Adrienne Smith

Saturday, May 18th

3:00 – 3:45 p.m. \$25

Intro into Hermetic Kabbalah
with Sam Cannon

Tuesday, June 4 – July 9th

6:00 – 8:00 p.m. \$200

Beginners Meditation Series
with Hollie Lloyd

Wednesday, June 5th – 12th

6:00 – 7:30 p.m. \$105

Featured Stone:
Orgonite



Orgonite was originally invented by Dr. Wilhelm Reich an Austrian psychologist. He observed when mixing resin, metal, and crystals he was able to attract positive ions and transmute them into negative ions. Orgonite is excellent for protecting the physical body from electromagnetic fields. It also helps facilitate deeper dream states, increased physical energy and spiritual growth. Orgonite helps the body in numerous ways: including increased production of collagen, improved immune system, and strengthening the function of autonomic nerves. It is best to place orgonite close to internet routers, on bedside tables, or anywhere in an office. Due to its intelligent design orgonite never needs to be cleansed or charged; however leaving it in the sun or moon light for short periods of time helps improve its function. Everyone can benefit from carrying or wearing a piece of Orgonite.

Be sure to check out our online store @ thepeaceofmindcenter.com/shop