



THE Peace of Mind Center

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

April 2024

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344

Happy 25th Birthday Peace of Mind Center!!

Wow, it is hard to believe the center has been open for 25 years, but it is true! I would like to thank the awesome customers who have supported us from the beginning, who helped spread the word that we exist. Not only do people from the Shreveport-Bossier area shop here but others from miles away drive in to experience the center. It is such a gift for me and our staff to help these wonderful souls on their spiritual journey. Not only have I gotten to know them, but have been able to meet their children, spouses, friends, and others important people in their lives. 25 years later, I now help and counsel many of the children who once came into the shop in their stroller or gave crystals to for being so well behaved in the shop. It is an honor to be of service to help bring enlightenment to all who enter and to provide a safe space for practitioners and like-minded people of all walks of life who come here. I would also like to thank my wonderful staff, as it does take a village to build a strong community. Every staff person who has worked here leaves an imprint helping the center in so many ways. Our staff is dedicated to helping customers every day and go the extra mile to assist in every way possible. It has been a pleasure to be a part of helping to grow the “Light” in Shreveport. I look forward to continuing the journey at the center, by bringing in more practitioners, teachers and amazing products that help and educate our community. It may be hard to believe but, **The Peace of Mind Center** here in “Shreveport”, has one of the biggest and best “Metaphysical Centers” right in our own backyard. This would not have been possible if it were not for you! Join us in our celebration on **Friday, April 19th** and **Saturday, April 20th**, we will have a 25% discount on at least 25 items that we have carried since our grand opening in 1999. Refreshments and door prize drawings will be on **Saturday, April 20th from 12:00-5:00 p.m.** Hope to see you here!! ~ Love and Light, ~ Gena

♈ Skywatch for April ♉

The month starts off with the first full Mercury retrograde cycle of the year in the sign of Aries and lasts until the 25th. In fact, there is a heavy dose of Aries energy in the heaven, providing an extremely powerful punch for new beginnings. We are still in the intense fog of the last Lunar Eclipse on March 25th, but not to worry as the Solar Eclipse on the 8th will shine light on what needs attention. This is eclipse season, and everyone can expect big changes. The signs of Aries, Libra, Cancer and Capricorn, the cardinal signs of the zodiac, will most likely feel the shifts the most. Use the Mercury retrograde to ask yourself “What do I need to reevaluate in my life and bring change or a new beginning?” It’s best not to make major purchases, sign contracts or get married during this cycle. The Eclipses focus primarily on healing ourselves, especially around important relationships, and self-esteem/values. Chiron, the wounded healer, is very active during these eclipses and will bring to the surface what issues need to be addressed. It can be a very tough cycle for most, but the Aries energy along the balance and diplomacy of Libra’s influence can help us make the right choices making life easier and more fulfilling. Watch out for surprises the week of 15th-22nd as Uranus and Jupiter collide exactly on the 20th, expect the unexpected. This alignment happens only once every 12 years, be ready for changes that you thought may never happen! Best days are 2nd, 3rd, 6th, 7th, 10th, 19th and 20th. Days to lay low are 13th, 16th, 17th, 18th, 21st, 22nd and 27th. Be at Peace ~

Working With Dreams with Mark Thomas

Thursday, April 4th

6:00 – 8:00 p.m. \$40

Practical Tarot Workshop with Sam Cannon

Wednesday, April 24th

6:00 – 8:00 p.m. \$25

Herbal Medicines In Your Kitchen with Lee Ann Monat

Saturday, April 27th

9:30 – 11:30 a.m. \$50

Featured Stone: Lemurian Seed Crystal



Keyword: access to ancient knowledge, soul unification
Chakras: Crown 7th and Soul Star 8th ~ These crystals are a special variety of clear quartz mostly found in the Diamantina region of Brazil. The structure displays long grooves or lines in the formation, sometimes reddish pink in color. Lemuria is remembered as a civilization with a different kind of consciousness, with high psychic and paranormal abilities. These crystals are said to be a type of record keeper and are coded and programed with Lemurian vibrations. They also assist in helping one align with the Divine energy of the Creator. It is an awesome stone to use in meditation to connect to the higher self. These stones harmonize well with celestite, kunzite, Herkimer Diamond and all the synergy stones.

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