



THE Peace of Mind Center

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

April 2026

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344

Metaphysics 101 Workshop with Dr. Missy Duncan

Have you heard the term, “Metaphysics”, but are not certain what that means? Are you interested in finding out more about the principles of Metaphysics but wonder if it will be in opposition to your current belief system? You may be surprised to know that the philosophy of Metaphysics is not at all in opposition to religion; and for many people, adding Metaphysical practices compliments their religious and spiritual practice. Are you curious to learn more?

Join us as Dr. Missy Duncan, a PhD in Metaphysical Philosophy and published author, invites you to learn more about Metaphysics in her **three-week Metaphysics 101 Workshop, Thursdays, April 9, 16, & 23, from 6-8pm**

In this workshop, we will explore:

*What is Metaphysics, and what it is not

*The benefits of learning about Metaphysics

*The principles/tenets of Metaphysical philosophy

*The Universal Laws of Metaphysics

*Metaphysical tools, resources and practices

Students will receive handouts, note taking guides, and sample Metaphysical practices to try at home in each of the 3 classes during the workshop. Please **call 318-219-8344** to register, cost is \$90 prepaid (by April 6th) or \$35 per class. Students must attend the first class in order to attend the other classes.

♋ Skywatch April 2026 ♋

On the 1st of April there is a full moon in the sign of Libra, offering a major chance to bring balance and diplomacy into our lives. This full moon has four planets/points in Aries – Neptune, Saturn, the Sun and Chiron. This combination provides the ability to dissolve what is not working and a platform to build something more stable. Along with the Sun and Chiron together, giving the chance to release and heal old wounds and emerge a better human being. Three other planets/points remain in Pisces – the north node, Mercury, and Mars. The energy of Pisces helps us to remain unconditional and loving to our spirit. Do not degrade yourself about the past and past actions. As these were life lessons not life sentences, let it go and be free from the past. The second half of the month is much better than the first half. The new moon in Aries on the 17th has 7 planets in Aries, with so much fire in the heaven it is bound to be a booming second half of the month. Aries is the beginning of the zodiac wheel, and 2026 is the beginning of an amazing cycle for the planet and world at large. On the 15th, two days before the new moon, the moon will touch 5 different planets in 12 hours!! This is quite an anomaly. This is a day where global meditation for world peace is greatly needed to produce the results we need for a better planet and diplomacy. Best days are 6th, 10th, (13th to 20th best week), 24th, and 27th. Days to lay low are 2nd, 5th, 20th, 22nd, 25th and 30th. Be at Peace ~

Egg-Cellent Sale! Choose an egg and get 10-30% off your entire regular priced purchase! Limit one per customer.

Fri & Sat, April 3rd & 4th

Reiki Master Level Class of 5 Series

Tues & Sat in April (see calendar)

Happy 27th Birthday Peace of Mind Center! 25 – 50% off selected items!

Wed, April 17th & 18th

Featured Stone: Seed Crystal



Keywords: Mental enhancement, clarity, clearing

These crystals are a special variety of clear quartz. 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 programmed with Lemurian vibrations. Also, assists in helping one align with the Divine energy of the Creator. It is an awesome stone to use in meditation to connect with the higher self. This time marks the 25,000 years since the destruction of Atlantis. These crystals are said to be reactivating currently, on a higher level than usual. They help with remembrance of where we came from and the ancient knowledge that comes with it.

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