



THE Peace of Mind Center

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

August 2026

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344

moMENTum - A Men's Group for today's Man

Men now is your time to broaden your social circle and learn more about yourself. Are you ready to connect with a community of like-minded men on a journey of self-discovery and personal growth, where there is no judgement and everyone is equal no matter your past or current situation? The Peace of Mind Center is launching a sacred space designed specifically for men to explore modern spirituality, share life experiences, create connection, and ground their inner strength. Whether you are new or deeply practiced in mindfulness, this group offers a supportive, judgment-free environment to discuss multiple topics, including connection, healing, trusting your gut, and personal growth.

Step into your authentic power and forge meaningful connections with others who share your path, opening a dialogue about balancing modern life, managing stress, building connection, and discovering personal purpose. Michael Welch, a former teacher, and one of our wonderful staff members, will be guiding the group for open discussions and deep dives into what a spiritual path entails.

— Session 1: The Five Levels of Attachment (by Don Ruiz, Jr.) Tuesday, Aug. 11th 6:00-8:00 p.m. \$15

What if the greatest obstacle to personal growth isn't what we believe—but how tightly we cling to false beliefs? In our first moMENTum Men's Group, we'll explore how our identities, roles, opinions, and personal stories can either empower us or keep us stuck. Through open discussion and self-reflection, we'll challenge ourselves to let go of limiting attachments, cultivate greater authenticity, and build the inner freedom to grow into the men we are meant to be. Join us as we begin building moMENTum—from awareness to transformation. Come exactly as you are, bring an open mind, and take the first step.

♊ Skywatch August 2026 ♎

This is a remarkably busy astrological month as all the personal planets move into new signs. Also, there is the Lion's Gate portal opening on the 8th plus a Solar and Lunar Eclipse. Get ready to ride an easy wave or possibly crash into a brick wall. Lovely Venus moves into her favorite sign of Libra on the 6th. This is a beautiful energy for balance in relationships, social gatherings, and financial matters. With Mercury moving into Leo on the 9th, this could help us express our creative side and want to be more playful and bolder. Beware of being too dramatic or pushy as some people will want to remain on the sidelines. On the 11th, Mars moves into Cancer, not a happy place for this fiery planet. People may be a bit on the lazy and whiny side complaining about how things are not working out. A better use of this energy is to go inward and listen to your intuition for answers, then get off your butt and do something productive. Best days are 3rd, 6th-8th, 11th, 12th, 16th and 17th. Days to lay low are 2nd, 9th, 14th, 18th, 23rd, 25th-30th. Be at Peace. ~

20% Rocks, Crystals, & Beads

Saturday, August 1st

Shadow Work Workshop with Dr. Missy Duncan

Tues, August 18th & 35th
9:30 – 11:30 a.m. \$45

Astro Forum “Explore the Current Astro Cycles” with Gena White

Wed. Aug 19th \$35
6:00 – 8:00 pm

Featured Stone:
Selenite



Selenite was named after the ancient Greek Goddess of the Moon, Selene. This stone is a mineral gypsum that occurs in transparent crystals or crystalline masses. The most common color is white or colorless, also found in a beautiful soft peach, and brownish orange. Selenite is one of the best stones for clearing one's aura, removing energetic blockages, and dispelling negative energies. Selenite can also be used for clearing and cleansing other stones, as selenite does not accumulate negative energy. The fine vibrations of this lustrous stone help to open the crown and third eye chakras, which in turn opens us to true clarity and peace. Selenite can create peaceful soothing energy and tranquility within our space. Meditation with Selenite can assist us in accessing angelic and higher guidance, enhancing intuition, and understanding. It works well with almost any stone, especially amethyst.

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