



THE Peace of Mind Center

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

December 2022

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344

“New Approaches to Holistic Health” With Holly Besha

What do crystals, chakras and health have in common? They all are expressions of energy. In fact, everything in the Universe is made of energy and has its own unique energetic signature. This means even you are a unique expression of energy. Recent scientific studies show how all living beings have energy radiating from different regions or centers of the body. These energy centers are connected to a field of energy that surrounds us. These concepts have been taught for thousands of years by ancient religions using different terminology. You may be more familiar with words like "Chakras" to refer to the energy centers in the body, and "Aura" to refer to the field of energy that radiates around the body.

Biofield Imaging is a new technology, that allows us to see the current state of our chakras, the aura, as well as the effects of their energies on our overall health. With this technology, we can assess where our energies may be blocked or scattered creating the feeling of being "stuck" and causing stagnation in many areas of our life. It is possible to identify traumas from decades past, lingering in our aura and negatively impacting our lifestyle and health. It can also help us identify tools and techniques that provide healing effects on the body, like eating different foods and working with crystals. Identifying the current state of our chakras and the auric field is the first step in bringing us into holistic health for the mind, body, and spirit.

The Peace of Mind Center is offering the following Energy Reading Services with Holly Beshea - Aura Readings, Chakra Readings, Customized Healing Solfeggio Frequencies and Energy testing to identify crystals to help you regain your optimal energetic state.

♈ Skywatch for December ♎

There is a heavy dose of earth energy this month with Venus, Mercury, Pluto, and the Sun in the sign of Capricorn along with Uranus in Taurus. This is a great time to work on practical issues, and maybe even giving useful gifts for the holidays. Beware of Mars being in retrograde causing low energy and confusion on which direction to go. The full moon in Gemini helps to release stress and scattered energies. This is a chance to move past any recent miscommunications. On the 20th, Jupiter will move back into the sign of Aries until May 17th, when it changes signs into Taurus, a very stable energy. Plant seeds for building a stable, solid future in areas of life where you want brand new starts. The new moon on the 23rd in Capricorn is perfect for new beginnings especially for career opportunities. Best days are 12th, 17th, 24th and 28th. Days to lay low are 5th, 7th, 14th, and 21st. Be at Peace. ~

**Yule Workshop Part of the
Paganism 101 Series with
Bre Garcia**

Wed, Dec. 14th

6:30 – 8:30 p.m. \$30

**Metaphysical Jesus with
Jackie Nevel**

Thurs. Nov 15th

6:30 – 8:30 pm \$10

Tarot Share with Brent

Fri. Nov 16th

6:30 – 8:30 pm \$25

***Featured Stone:*
Desert Rose Selenite**



Keywords: Clearing, joy,
eliminates toxins

Desert Rose, also known as Gypsum Rose or Sand Rose, is a type of Selenite formed from a combination of wind and sand. The sand becomes embedded in the selenite blades, while additions of water over time help to form the signature “rosette” formation. This mineral activates our root, crown, and sacral chakras that assist in mental clarity, focus, manifesting, and self-expression. It’s a perfect stone for cleansing the energy of any room or other stones and it cleanses one’s aura. Use this stone on crystal grids as it enhances smaller stones energy and assist in the transfer of energy between stones.

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