



THE Peace of Mind Center

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

December 2025

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344

“A Time of Spiritual Awakening”

This is a very challenging time to be alive, but it is also the most exciting time to be alive. If we believe everything we see on our electronic devices about doom and gloom, then we will be afraid to even walk out of our house. The planet is a living energy field that we live on, and we are energy bodies connecting to our planet. At the current time, we are experiencing an extreme amount of electro-magnetic energy hitting the planet. The energy that is bombarding the Earth is coming from massive solar flares coming from the Sun. The existence of 3i/Atlas in our solar system is linked to triggering these massive solar flares and solar winds. 3i/Atlas is an interstellar object that was detected in our solar system in July. Some scientists thought it was a comet, but it's not showing many of the classic comet-like activities and the material it is composed of is very different than other comets. Regardless of what it is, we are experiencing some unusual energies on the planet and within our own bodies. People in the spiritual community are saying this energy is helping us to awaken to our true spiritual self. We will be experiencing these energies for the rest of the year and into 2026. Do not be afraid, as much will be destroyed, but only to be replaced with something much higher in vibration. We are also experiencing many ascension symptoms: fatigue, headaches, dizziness, ring in the ears, change in appetite, and sleep disturbances. We can help to lessen these symptoms by connecting with nature, drinking more pure water, grounding ourselves plus releasing old emotional blocks and toxic energy out of our life. We are spiritual beings in human bodies, and we are connected to the energies of the planet. The planet is purging now, and we need to purge as well, to bring our highest/spiritual self to our consciousness. We are all in charge of raising or lowering our vibration. Make the conscious choice to do the work to raise your frequency, as the very existence of mankind is at critical point during this transition. Do you want it to get better or worse? Be aware of what you are watching, the people you are interacting with, how you are communicating and what energy you are sending out into the world. This is a time of great awakening, and we will get through this together collectively as we are “ALL ONE”. Let us see our similarities not or differences. Be at Peace. ~

✈️ Skywatch for December ♏

Wow 2025 is almost over, in a blink of an eye! In numerology this is a 9 year, which brings ending. The year 2026 will be a 1 year, which brings new beginnings. There is a tremendous amount of Sagittarius energy in the sky. The Sun, Venus, Mercury and Mars will all spend time in this optimistic sign. Use this month to ask the question – What do I need to release out of my life and what do I want to manifest that is better? This is a powerful time of transformation and rediscovery, as the frequency of the planet is extremely high. Neptune the planet of escapism, spiritual awakening and disillusion will be turning direct on the 10th. Get ready for some major epiphanies to surface, wherever you have been turning a blind eye, get ready for your third eye to open (metamorphically speaking). If we all rise to meet the occasion, not only will we raise our vibration collectively, but we can shift our planet and our nation into a much-needed resurrection into stability, enlightenment, joy and happiness. Many major planets Uranus, Neptune, and Saturn are traveling through the last degrees of a sign before entering the next sign of the zodiac, these shifts will bring major changes. Neptune and Saturn will be moving into Aries, the first sign of the zodiac in early 2026, casting new beginning in many areas of life. Use this last month of the year to put an end to struggle, lack, co-dependency and replace it with anything that is more productive for your highest good. Best days are 3rd, 7th, 17th, 22nd, 25th and 26th. Days to lay low are 5th, 6th, 10th, 14th, 19th, and 27th. Be at Peace ~

The Mystic Heart of Faith with Sam Cannon

Thurs, December 11th
6:00 – 8:00 p.m. \$45

“Finding Balance & Harmony” with Hollie

Saturday, December 13th
9:30 – 11:30 a.m. \$45

Rocks, Crystals, & Bead Sale 20% off our entire stock!

Fri/Sat December 12th & 13th

Featured Stone: Charoite



Keywords: Transformation, emotional
healing, spiritual guidance

Charoite is an incredibly beautiful and rare stone with swirling colors that range from translucent lavender to purple, often having inclusions of black, white, and gray as well. The name Charoite is from the Chara River located in the Kodar Mountains of Russia, where it was discovered in 1940. Charoite assists with transformation on a spiritual level and helps heal emotional wounds, whether they have occurred in this lifetime or a past lifetime. Connecting with the energies of Charoite can help one to recognize and work through fears by releasing them, and clearing the way for inner vision, positive energy, spiritual growth, and creativity. Charoite provides a union of the crown and heart chakras, inviting unconditional love. Working with Charoite can also assist in the areas of dream recall, decision making, insomnia and stress reduction. It works well with moldavite, amethyst, blue apatite and kunzite.

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