



# THE Peace of Mind Center

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

February 2024

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344

## Spirit Guide Workshop with Mark Thomas

If you have been wanting to connect with your Spirit Guides, then this is a workshop, not to be missed! Learn to shift your reality and have a deep, abiding relationship with your higher Spirit Guides and Spirit Helpers. Did you know that we incarnate with an entourage of higher dimension Spirit Guide teams? Our limiting beliefs may be blocking their assistance, for the fullest capacity. They have a unique perspective, higher understanding, and wisdom to share. Learn to free yourself and improve your relationship with your personal team of Spirit Guides. When we do our best, they do the rest!

A series of three Workshops cover all aspects of Spirit helpers and their realms. These are the Spirit Guides of the Universal, Earthly and our Soul realms:

- The Universal realm includes Angels, special purpose spirits, teacher guides.
- The Earthly realm includes fairies, animal spirits and indigenous peoples guides.
- The Soul realm includes souls that we incarnated with but are now in spirit form (loved ones helping us from a higher plane).

Handouts, visual aids, sound, and humor will set the mood throughout the time you are having fun! All with like-minded people, connect with others and make new friends!

**Thursdays, February 15th, 22nd & 29th a 3-class series 6:00-8:00 pm**  
**Class series ~ \$90 or \$75 if pre-paid by 2/14/24**

## ♊ Skywatch for February ♋

Happy Birthday Aquarius!! There are five planets moving in or through the sign of Aquarius this month, be prepared for anything, as Uranus, the ruling planet of this air sign, will bring significant change this month. The biggest planetary news is Pluto residing in this sign until January of 2044!! We can expect major changes in technology, space exploration, scientific discoveries, and social uprising demanding more personal freedom and transparency with our government. Those born from January 19<sup>th</sup> -24<sup>th</sup> or July 22-26<sup>th</sup> will be affected the most, as Pluto will be making a conjunction to your natal Sun or opposing it (if late Cancer or early Leo sun sign). Not everyone will experience this alignment during their lifetime as Pluto takes 248 years to orbit through all 12 zodiac signs. However, Pluto is traveling somewhere in your chart and will create major changes in your life in some areas. Other planets traveling through this air sign this month are the Sun, Mercury, Mars, and Venus. If you are tired of your “Ground Hog Day” life, now is the time to make serious changes. These energies allow for outside the box thinking, DO NOT BE AFRAID to take a risk or gamble this month, especially if it brings happiness. Now is the time to let go of what is not working and replace it with a new plan of action and new people. Best days are 3<sup>rd</sup>, 7<sup>th</sup>, 11<sup>th</sup>, 21<sup>st</sup>, and 29<sup>th</sup>. Days to lay low are 8<sup>th</sup>, 14<sup>th</sup>, 19<sup>th</sup>, 21<sup>st</sup>, 24<sup>th</sup> and 27<sup>th</sup>. Use extra caution on the 14<sup>th</sup> as Mars and Pluto collide causing tension, chaos, and sometimes violence. Be at Peace. ~

## Women’s Empowerment Group with Shaeleigh

**Friday, February 16<sup>th</sup>**  
**6:00 – 8:00 p.m. \$25**

## The Wheel of the Year: Imbol Ostarra with Bre Garcia

**Friday, February 21<sup>st</sup>**  
**6:00 – 8:00 p.m. \$35**

## “Plants for Heart Healing”

**Saturday, February 24<sup>th</sup>**  
**9:30 – 11:00 a.m.**

## Featured Stone: Rose Quartz



Keywords: Love, release of stress, emotional healing

Chakra: Heart (4<sup>th</sup>)

Rose Quartz is the quintessential stone of love, for oneself and one’s life partner, children, family, and friends. This stone facilitates healing of the heart and meditating with this stone increases personal love and universal love. It also can help with forgiveness and dissolving mistrust and old wounds from past relationships. This stone is one of the most important stones to wear and to keep in one’s environment creating the energy of love and gentleness all around. Rose quartz harmonizes well with morganite, emerald, pink calcite, and garnet.

Be sure to check out our online store @ [thepeaceofmindcenter.com/shop](https://thepeaceofmindcenter.com/shop)