



# THE Peace of Mind Center

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

February 2026

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344

## It's Time for Galentine's Day!

Celebrate friendship and self-devotion as this month is focused on **Love** with our Galentine's Event, an evening for women designed to nourish the heart and soften the spirit. Gather with us on **Thursday, February 12th, from 6:00 PM to 8:00 PM** for a restorative women's sanctuary. This intentional gathering weaves together gentle yoga and breathwork – perfect for all levels, even beginners. It is designed to let you connect with your inner landscape, and the soothing healing of a sound bath helps you unwind. Reconnect with your inner self and feel the strength of a supportive community.

Through mindful movement and shared presence, you are invited to cultivate deep self-care and forge meaningful new connections. Our journey will also include a beautiful Red Thread Ritual, created to usher in the energy of connection, illuminating the thread of Sisterhood that all women share, which corresponds itself all the way back to The First Mother. Our evening will conclude with conversation, fresh flowers, dark chocolate, and a celebratory toast to honor the bonds we share. Come as you are, and leave feeling grounded, cherished, and deeply restored.

Space is limited and cost is \$50 per person or \$45 when you sign up with a friend, call 318-219-8344

## ☯ Skywatch February 2026 ☯

It may seem like you are waking up from a very long dream as Neptune has just finished a 14-year cycle through Pisces. As of January 27<sup>th</sup>, Neptune entered the fiery sign of Aries, the first sign of the zodiac. It has been 165 years since we have experienced this energy. In a nutshell, no one on the planet has experienced this energy in their life. Neptune is the planet of illusions, spirituality, addictions, artistic endeavors, and oil. The veil has been lifted, and people are starting to wake up, not only to the disillusionment in our government but also to the illusions and false hopes in their own lives. On the 14<sup>th</sup>, Saturn will also be moving into Aries, and the last time Saturn was in Aries was in 1996. This is a very powerful planetary change in the heaven, and it will not go unnoticed in our lives and with our country. The weekend of the 21<sup>st</sup> and 22<sup>nd</sup> these two planets will be closest to each other. Use this time to get serious about what is needed in your life and what needs to be eliminated. If no choices are made the Universe will do it for you. This month is absolutely a high energy month offering great opportunities for major growth for the positive. We have the first solar eclipse of the year on the 17<sup>th</sup> in the sign of Aquarius, the sign of the humanitarian and groups of people joining together for the greater good. Expect to see more uprising with the people not only in our country but globally. It is a great time to pick a cause or a group of like-minded people to align with. The powerful full moon in Leo on the 1<sup>st</sup> of February will help us to release the foggy reality we have been experiencing and make way for a new perspective and a new way of living. Best days are 6<sup>th</sup>, 10<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup> & 18<sup>th</sup>. Days to lay low are 1<sup>st</sup>-5<sup>th</sup>, 8<sup>th</sup> and 26<sup>th</sup>. Be at Peace ~

**20% Jewelry Sales**  
**Fri & Sat, February 6<sup>th</sup> & 7<sup>th</sup>**

**Come in wearing Mardi Gras Beads and get 10% any item not on sale!**

**Tuesday, February 17<sup>th</sup>**

**Reiki Share with Adrienne**  
**Wed, February 25<sup>th</sup>**  
**6:00 – 8:00 p.m. \$15**

*Featured Stone:*  
**Kunzite**



Keywords: Love, Joy, Emotional & Heart Healing

Kunzite is a beautiful high vibrational crystal occurring in palest pink to light violet hues. Mined primarily in Pakistan, Afghanistan, Brazil, Madagascar, California, and Maine. A stone of emotion, Kunzite opens the heart to the energies of love and teaches us to fully experience joy and celebration. Kunzite is a powerful healer of the emotional body, particularly for those who have closed themselves off from the full experience of life to protect themselves emotionally. As it brings healing, it helps to release blockages around the heart. Carrying this stone helps one to move through the day with kindness, gentleness, and serenity, and helps facilitate stress relief. It works well with moldavite, rose quartz, emerald, and pink tourmaline.