



THE Peace of Mind Center

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

January 2026

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344

Psychic Journeys Development Series with John Cappello

This month John Cappella is offering a class that teaches the “purest” approach for those who want to learn how to use their psychic skill without any form of “divination tools”. This class will explain the different types of psychic senses such as clairsentience, clairvoyance, clairsentience, clair-cognizance, clairallience, and clair-gustance. Students will follow the book [Soul Exercises for the Open Mind](#), to help develop their psychic profile. Students will learn about the different genres of psychic ability, the terminology used by psychics, and how to create a personal psychic profile. You will also learn about the mechanisms of each major psychic ability with examples and demonstrations.

Clairsentience and Psychic Touch - This part of the workshop is divided into four sections: Psychic Touch ~ Psychic Imprinting ~ Receiving Energy ~ Understanding Energy
Clairvoyance, Psychic Sight - assistance in understanding the way this ability works to help determine the range of your talents as a natural gift. The various forms of clairvoyance will be explained, such as seeing auras, Deja Vu, remote viewing, prophetic dreams, and astral projections.
Dream Workshop - we will examine dreams and their hidden meanings.
Clairsentient Workshop (and other clairs) – The focus will be on how to recognize and trust your psychic hearing, smell, and taste abilities. These abilities are often overlooked because they occur naturally, and we use them without realizing their psychic nature
Intuition Workshop – The focus is about developing the psychic sense of clair-cognizance. Students will learn to recognize when this sense is activated and be able to practice in class.

Do not miss this opportunity Thurs, Fri, & Sat. January 15th to 17th Cost \$160, call 318-219-8344

☿ Skywatch January 2026 ☿

Hello 2026!! There are so many wonderful astrological aspects for January and 2026 that I cannot begin to list them all. The energy this month will be extremely high for focusing on new beginnings in all areas of life. The year 2026 is a one year in numerology plus with so many planets moving into Aries this year, expect the unexpected to manifest. Where are you ready to be open to possibilities you had not previously imagined? Let go of the old ways of seeing and doing things, with so many aspects to Neptune occurring letting your imagination fly in a positive way. The best days this month fall between the 12th – 23rd. The Full Moon in Cancer on the 3rd is the perfect time to release patterns, especially old generational programming, old wounds and deep-seated emotional trauma. This month is a wake-up call to your spirit to truly get into alignment with what is right for your highest good in all forms of life. You have a duty to yourself and humanity to walk in your highest good and to receive all the abundance and happiness life has to offer. Let's all move more towards joy, kindness and goodness for all. This is a year where we can quit measuring our accomplishments by how much money we have or how many “likes” we get on social media, but to reach for something much deeper and enjoyable in life. It's true “Life is Short”. How are you going to live it? These days can be more challenging, but we will survive - 2nd, 3rd, 6th, 10th, 14th, 25th, 26th and 30th. Be at Peace

20% Off Sage & Incense
Fri & Sat, January 2nd & 3rd

Private Sessions & Chakra
Pictures with John Cappello
Fri & Sat, January 16th & 17th
(call for times)
John's Pics start at \$30

Ayurveda Nutrition with
Hollie

Saturday, January 31st
9:30 a.m. – 11:30 a.m. \$45

Featured Stone:
Moldavite



Keywords: Rapid Spiritual
Transformation, Chakra Activation,
Protection

Moldavite is from the Tektite group, and came into existence 14.8 million years ago. It was a meteorite that fell and landed in the Czech Republic. Some say its material is of extraterrestrial origin. It is best used for rapid spiritual transformation and activation of all the chakras, especially the crown chakra. Many stories throughout history refer to moldavite being associated with the “Holy Grail”. Some say it was a stone in the chalice; others say the stone itself was carved into the holy chalice. Moldavite has an extremely high vibration, making the energy easy to feel when holding the stone. This high vibration helps to assist one in recognizing one's purpose in life. This stone harmonizes well with phenacite and Herkimer diamonds.

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