



# THE Peace of Mind Center

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

July 2024

WWW.THEPEACEOFMINDCENTER.COM

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## “Unlocking Your Inner Power- The Chakras”

The concepts of the seven “Chakras” – (shah – kras) originated in the Eastern spiritual traditions but have been making its way into the Western culture since the 1970’s. Understanding the basics of the chakra system can help facilitate a better idea about how our bodies and energy work together. Each chakra corresponds to a different aspect of life and corresponds to four levels of existence. These four levels are physical, emotional, intellectual and subtle. There are seven classical chakras, and they begin at the base of the spine and extend to the crown of the head.

**Root: 1<sup>st</sup> chakra**, survival. Problems: Eating disorders, excessive worrying or negativity

**Sacral: 2<sup>nd</sup> chakra**, reproduction, creativity. Problems: Tension, sexual issues, lack of passion

**Solar Plexus: 3<sup>rd</sup> chakra**, will power, identity. Problems: Low self-esteem, indecisiveness, anger

**Heart: 4<sup>th</sup> chakra**, love, compassion, respect. Problems: Anger, paranoia, breathing issues, forgiveness

**Throat: 5<sup>th</sup> chakra**, expression, communication. Problems: Difficulty speaking and expressing ideas

**Third Eye: 6<sup>th</sup> chakra**, intuition, clarity. Problems: Headaches, poor eyesight, excessive forgetfulness

**Crown: 7<sup>th</sup> chakra**, pure consciousness, enlightenment, joy. Problems: Depression, loss of faith, mental disorder.

The chakra system corresponds with our physical health, emotional wellbeing, our beliefs about ourselves and others. When a chakra is out of balance a problem will arise in our life and our bodies. Making conscious efforts to strength the area of the body or changes in our attitude can help realign the chakra.

Join Holly Besha’s for this month’s “**Chakra Series: Unlocking Your Inner Power**”, beginning **Tuesday, July 16<sup>th</sup> for 3 consecutive weeks from 6:00 p.m. -8:00 p.m.** This Chakra Mastery Series offers an exploration of the chakras, providing practical techniques to balance and harmonize these vital energy centers. Each class delves into specific groups of chakras, ensuring a holistic approach to physical, emotional, and spiritual well-being.

## ☾ Skywatch for July ☽

July is packed full of interesting energy for the entire month. There is an air of DeJa’Vu present, as three major planets are in retrograde motion: Saturn, Neptune and Pluto. The theme here is stability, financial security, addictions, illusions, spirituality, death, birth and resurrection. Planets in retrogrades motion are not to be feared but embraced as an opportunity to reevaluate, reconstruction, analyze and simply just change your mind or direction. July offers up many opportunities to redirect what is not working currently. These days have many powerful alignments the 2nd, 6th, 8th, 11th, 16th, 21st., 25th, and 29th. Change is definitely happening in a BIG WAY so the more prepared the better. Neptune retrograde helps to unveil any mysteries, deception or delusions. Where have you been lying to yourself that keeps bringing up unpleasant feelings? Mercury moves in the fiery sign of Leo on the 3rd, watch out for explosions with words and over dramatizing events until the 25th. Use this energy instead for creativity, playing with family and friends, or revisit an old hobby. Use caution on the 15th as Mars and Uranus oppose each other, creating potential for a rebellious and a forceful push for change. Don’t push the limits the week leading up to the 15th, however, the Universe may propel you to make the necessary changes. Venus and Neptune do a nice slow dance together on the 11th, setting the stage for romance and pleasure!! Plans something for your sweetie!! Best days are 1st, 2nd, 5th, 6th, 7th, 8th, 11th, and 30th. Days to lay low are 3rd, 4th, 9th, 14th, 15th, and 23rd. Be at Peace ~

**Mens Healing & Drumming  
Circle with Visha**

**Wednesday, July 3<sup>rd</sup>  
6:00 – 8:00 p.m. \$15**

**Featured Artist: Janet Michel  
& Cadeaux Wax Candles**

**Saturday, July 13<sup>th</sup>  
1:00 – 5:00 p.m.**

**Pranayama: Cultivating  
Breath Control with Hollie  
Lloyd**

**Wednesday, June 17<sup>th</sup>  
6:00 – 8:00 p.m. \$45**

**Featured Stone:  
Calcite**



Calcites are among the most varied and abundant crystals on the planet, as they are found on every continent. Some of the different types of calcites are green, orange, blue, clear, red, honey, pink and elestial angel. If having to choose only one crystal to use for healing and spiritual work Calcite would be a tempting choice. Calcites do their work with gentleness offering a cleansing, refreshing, revitalizing influence. It opens blockages and activates the energy systems. Use green calcite to open the heart and sooth emotions, use blue calcite for communication issues, or use orange calcite to better connect to creativity, sexuality and playfulness. All of the calcites work well together but came be combined with Selenite and Danburite to strengthen the energies.

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