



# THE Peace of Mind Center

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

July 2025

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344

## “The Seven Spiritual Laws of Success and Fulfillment”

At the current moment, the energy on the planet is extremely high vibrational. Those who are more sensitive to energy are experiencing high level shifts in their personal energy field - some good and some not so pleasurable. Those who are not so attuned may have noticed extreme changes in their lives and attitudes wondering what is happening. It is important for all of us to become more aware of our life's purpose and how we are expressing ourselves in the world. It is imperative to be more positive, joyful, happy, loving and grounding during this time. Connecting to our spirituality can help us to achieve our soul's purpose. Meditation, reading spiritual material, working with crystals, practicing mindfulness, and connecting to nature are good ways to connect positively to these energies.

“The Seven Spiritual Laws of Success” by Deepak Chopra offer some simple and easy steps to achieving our desires. Here is a simplified list of the laws to help manifest your desires:

**1<sup>st</sup> Law of Potentiality** – anything is possible. **2<sup>nd</sup> Law of Giving** – if you want to get something, give it. **3<sup>rd</sup> Law of Karma** – when you make a choice, you change the future. “As you sow so shall you reap.” **4<sup>th</sup> Law of least Effort** – Don't say no, go with the flow. Love expands, fear contracts. **5<sup>th</sup> Law of Intention and Desire** – Every time you wish or want, you plant a seed. What we put our attention on grows. **6<sup>th</sup> Law of Detachment** – Release the attachment to how you will achieve your desire. Detachment is to live in wealth consciousness, instead of lacking or resistance. **7<sup>th</sup> Law of Dharma** – We all have unique talents and a special way to express them. You are here for a reason. A vision without traveling the path is only a fantasy. Applying these seven laws of success can help one live and create a more fulfilling and meaningful life. Enjoy the journey!

## ☾ Skywatch for July ☿

This month starts off with a big bang with Venus, the planet of love, combining energy with Uranus, the planet of miracles, upheaval and surprise. Expect the unexpected regarding our love life and finances. Also, on the 4<sup>th</sup>, Neptune will turn retrograde until December 9<sup>th</sup>, regressing back into the sign of Pisces. It's best to examine any movement forward in all important issues, make sure you have all the facts and are not disillusioning yourself. Mercury will go retrograde on the 17<sup>th</sup> in the sign of Leo. This sign is noted for its passion, creativity, fun and drama. Playing nicely with others is recommended as not getting what we desire is possible. During retrogrades it's best to rethink our decisions and not make any major purchases, especially electronic devices, and automobiles. We will start to feel the effects of the Mercury retrograde as soon as the 1<sup>st</sup> and last until August 25<sup>th</sup>, as this is the shadow phase of this Mercury cycle. Best days 6<sup>th</sup>, 7<sup>th</sup>, 18<sup>th</sup>, 24<sup>th</sup>, and 27<sup>th</sup>. Days to lay low 4<sup>th</sup>, 8<sup>th</sup>, 18<sup>th</sup>, 23<sup>rd</sup>, and 31<sup>st</sup>. Be at Peace.

Peace of Mind Center will  
be Closed  
Saturday, July 4<sup>th</sup>

Henna by Reim Designs  
Saturday, July 12<sup>th</sup> & 19<sup>th</sup>  
1:00 – 5:00 pm \$10 and up

Christmas in July Sale!  
20% - 50% Selected Items  
Fri. & Sat., July 18<sup>th</sup> & 19<sup>th</sup>

Kundalini Yoga with Sierra  
Wed. July 30<sup>th</sup>  
6:00 – 7:15 p.m. \$25

*Featured Stone:*  
Hematite



Keywords: Grounding, mental discipline

Hematite is the most effective stone for grounding oneself in the body and the physical body. It can also help with spaciness and confusion. It can be used to balance the auric field and alignment of the chakras. It pulls the energy down through the meridian system to the root chakra. A balanced root chakra effects the ability to manifest abundance on all levels, making hematite a must stone for manifesting money, as it increases drive for ambition. On a health level it helps with circulation and headaches. It works well with black tourmaline, smoky quartz, obsidian and moldavite.