



THE Peace of Mind Center

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

July 2026

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344

“Why Am I Feeling So Emotional?”

June and July are traditionally the season when the Sun (and other planets) are in the sign of Cancer. This sign of the zodiac is known for its emotional sensitivity to its environment, other people's words, and moodiness. Yes, there are two other water signs in the zodiac wheel, Pisces and Scorpio, but Cancer energies can have us clinging to the past far too long. This month the planet Mercury will be moving through Cancer during the retrograde period (June 29th-July 23rd) and will not ingress into the sign of Leo until August 10th. During this past year Jupiter was also traveling through the sign of Cancer. This combination has been challenging individuals to release the past and create a bigger, brighter future. Currently, what is surfacing is a need to rid ourselves of old family grievances and emotional traumas, ingrained patterns and programming. The retrograde cycle in Cancer will open wounds that need to be addressed. The new placement of Jupiter, moving into a fire sign of Leo will help us have strength and courage to change the narrative and focus on self-care. Be bold and speak your truth and emotional needs. You are not in charge of other's feelings, only your own. There is no need to be defensive, dramatic, or feel guilt. The heart needs to be open, and words need to be expressed. You cannot remain in a shell of silence or hibernation. If you feel uneasy about talking about the issue, then journal the words. Journaling can be a tremendous way to release what needs to be expressed and can be the first step towards healing. If the people you need to make peace with are deceased, healing can still take place on an energetic level and spiritual level. Getting in touch with nature is very important during this cycle. We are all connected to Mother Earth, and she too is going through a release and healing cycle as well. This is why we are all feeling so sick and tired of the way things have been in the past and are currently repeating patterns of the past. The Schumann resonance is the Earth's natural global electromagnetic “heartbeat” and it is currently at an all-time high. This energy shows just how much mankind is ready to vibrate at a higher frequency level and the earth is supporting this change. You have all the power and tools to make this ascension possible. Getting in touch with nature will help you connect with your higher state of being. Now is the time, wait no more. Do your own work as no one can do it for you. Be the light. ~

☾ Skywatch July 2026 ☿

The month begins with the intense energy of the full moon in Capricorn on the 29th of June, also the same day as the Mercury retrograde started. Don't despair as Jupiter, the planet of good luck, growth and expansion, entered the fiery sign of creative Leo on the 1st. This is a time to be optimistic about the future and let creative ideas, and fun flow!! Use this retrograde to explore something from the past that you really miss and want to integrate back into your life. The new moon in Cancer on the 14th is a great time to begin this venture. Summer is a time for family gatherings and vacations. Be mindful of miscommunication and delays with travel. Be sure to double check schedules and be gentle with communication. Remember Leo does it big but it doesn't have to be dramatic. Best days are 5th, 6th, 11th, 14th, 15th, 18th, 19th, and 24th. Days to lay low are 1st, 4th, 13th, 17th, 21st, 26th and 30th. Be at Peace ~

Closed for the Holiday
Saturday, July 4th

Basic Bead and Wire
Bracelet Workshop with
Adrienne
(supplies included)
Sat, July 25th
9:30 – 11:30 a.m. \$45

20% Off Rocks, Crystals, &
Beads Sale!
Fri & Sat, July 31st & Aug 1st

Featured Stone:
Moonstone



Moonstone comes in several different colors such as Rainbow, Peach, Black and Grey. Moonstone has been used in jewelry for over 2000 years and is a very sacred stone. It has been associated with Mother Earth's energy to provide strength and divine insight. In Europe, it is given as a wedding gift to bring in harmony. This stone is a good choice for bringing in nurturing, as it is the motherhood stone. It also initiates the kundalini energy and promotes psychic abilities. Moonstone evokes patience and appropriate action. It teaches one the value of working with divine timing instead of trying to force the pace to move quicker. It works well with amethyst, amber, moldavite, and golden labradorite.

Be sure to check out our online store @ thepeaceofmindcenter.com/shop