



# THE Peace of Mind Center

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

June 2025

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344

## Explore our Super Summer June class lineup!

We are exploring many different subjects this month!! Start the summer off with expanding the mind. Here is a compact list of most of the classes offered for June. Each Tuesday evening this month, join **Dr. Sam Cannon** as he begins his immersive **Hidden Workshop series** where we'll develop the practices of Mystical Awareness. We'll explore topics including magical thinking, symbolism, the Tarot, visualization, breathwork, shadow work & so much more. Join us Wednesday evening, June 4th as **Hollie Lloyd** guides us in the ancient healing tradition of Ayurveda in **Cooling & Calming in the Pitta Season**. We will explore dietary guidance, lifestyle routines, self-care rituals, & mindfulness practices to stay cool, calm, & grounded during this fiery time of year. Saturday, June 14 brings us the rare opportunity to host author & tarot reader **Julia Gordon-Bramer** for her master class: **Tarot Life Lessons Workshop**, focusing on technique, layouts, & the best reading practices. With more than 46 years of tarot experience, she'll answer your questions, demonstrative readings, & help you understand how tarot is a toolbox to answer questions & help with life direction. She will be available for private sessions after the workshop. Come experience a powerful 75-minute yoga practice like no other on Wednesday, June 18th. By incorporating simple poses, chanting, meditation and breathwork, **Kundalini Yoga** can facilitate changes to the brain and body in as little as 3 minutes, releasing toxins & trauma, creating stress reduction, mental clarity, and elevating mood. Celebrate the Summer Solstice with our **DIY Bell Wreath Workshop!** Bring a friend, sip something lovely, & create a piece imbued with light & intention to celebrate the turning of the wheel. Be ready to weave some beauty. All materials provided! Finish out the month with a weekend of **classes, private readings & Chakra/Aura pictures with the one and only John Cappello!** Attend workshops for subjects you've always wanted to know about such as **Palmistry: June 26, Numerology: June 27, & Chakras: June 28**. Book a reading with John and come by for an enlightening Chakra/Aura pic! For more information on these classes and to register call 318-219-8344.

## II Skywatch for June ☾

The planets are offering many astrological gifts by aligning in so many powerful ways this month. For starters the only planet in retrograde motion is Pluto, so its full steam ahead for manifesting a wonderful life. There is a major focus is on relationships, finances, personal growth, family time, and epiphanies on how to live a fulfilled life. Jupiter will move out on the sign of Gemini and into Cancer on the 10<sup>th</sup>. Jupiter loves this placement, as it is exalted in this sign. Now is the time to decide what brings you the most joy. Let go of fear, move forward as these fears are just an illusion. The end of the month's alignments offers great promise of the pieces coming together with grace and ease. Allow the Universe to provide what is needed, place your order and focus only on positive thoughts for the outcome you desire, but let go of how you think it should happen and when. Best days 5<sup>th</sup>, 6<sup>th</sup>, 11<sup>th</sup>, 22<sup>nd</sup>, 26 to 28<sup>th</sup>. Days to lay low 9<sup>th</sup>, 15<sup>th</sup>, 18<sup>th</sup> and 29<sup>th</sup>. Be at Peace ~

**20% off Sage & Incense Sale**  
**Fri. & Sat., June 6<sup>th</sup> and 7<sup>th</sup>**

**Private Tarot Sessions with**  
**Julia Gordon Bramer**  
**Saturday, June 14<sup>th</sup>**

**20% off Rocks, Crystals and**  
**Beads**  
**Fri. & Sat., June 27<sup>th</sup> & 28<sup>th</sup>**

*Featured Stone:*  
**Carnelian**



Carnelian is an orange-colored variety of Chalcedony, which is from the Quartz family. In ancient times, it was worn when going into battle to bring courage and to help timid speakers become eloquent and bold communicators. Carnelian activates the first, second and third chakras. It strengthens the life forces, especially the sexual and creative energies while also feeling grounded and stable. A timid person can find this stone especially helpful as it aids in attaining what was once difficult to achieve, easier to accomplish. It blends well with quartz, jasper, and chalcedony. By combining it with rose quartz, blue lace agate, and amethyst it can bring about a harmonious activation of all seven chakras.

Be sure to check out our online store @ [thepeaceofmindcenter.com/shop](http://thepeaceofmindcenter.com/shop)