



# THE Peace of Mind Center

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

June 2026

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344

## Energy Clearing & Protection Basics

This month lightworker and Reiki Master Holly Beshea is teaching her new course about “Energy Basics”.

Do you ever feel emotionally drained after being around certain people? Overwhelmed in crowds? Heavy, anxious, overstimulated, or “off” for no clear reason? If so, this is a class for you.

Everything carries energy — people, environments, emotions, thoughts, music, even the spaces we live and work. In this 3-class series, we’ll explore how energy affects us and how to intentionally clear, protect, and strengthen your energy field so you can function from a more grounded, balanced, and empowered state.

**This series combines practical spiritual tools with everyday applications and will include discussion and experience with: Energy fields & Energetic overload ~ Crystals & crystal grids ~ Salt baths & smoke cleansing ~ Pendulums & muscle testing ~ Healing techniques ~ Visualization & shielding techniques ~ Cord cutting & energetic boundaries ~ The power of intention, emotion & focused attention**

You’ll learn how thoughts and emotions influence energy, how environments impact your nervous system, and how to intentionally shift your energy using grounded, practical techniques that can be applied in everyday life. No matter if you are an advanced practitioner of energy work or simply tired of having your energy drained, this course will give you tools to clear, protect and strengthen your energetic field. Come learn how to clear the heaviness, protect your peace, and strengthen your energy during challenging times.

**Join us Thursdays — June 11th, 18th & 25th from 6:00 to 8:00pm to register:  
318-219-8344 \$75 for the series**

## II Skywatch June ☾

The month begins with the flow of energy from the Full Moon in Sagittarius on the 31<sup>st</sup> of May. The last planet the full moon connected with was Saturn. This energy will help us to ground and stand tall in the truth of situations. It’s time to take off the blinders and be bold with honesty and integrity. The first week of June is a bit stressful, new plans may not take off until after the 7<sup>th</sup>. Venus, the planet ruling love and money, will shift gears and move into the fiery sign on Leo on the 13<sup>th</sup> and residing here until July 9<sup>th</sup>. Enjoy this wonderful change as it is conducive for passion, creativity, spontaneity, risk taking, romance and just downright FUN!! On the 15<sup>th</sup> and 16<sup>th</sup> we have great alignments with both Uranus and Neptune offering a chance to step outside your comfort zone and live your dreams and fantasies. Beware of over thinking or you may talk yourself out of something that is a once in a lifetime opportunity. These best vacations times occur during the 12<sup>th</sup>-18<sup>th</sup>, if you are traveling. Beware of the Mercury retrograde beginning on the 29<sup>th</sup> through July 23<sup>rd</sup>, as this can cause delays, miscommunications, car accidents and computer challenges. The shadow phase of this Mercury retrograde begins on the 13<sup>th</sup>, so it may feel like the retrograde has already started. Mercury moves into Cancer on the 2<sup>nd</sup> and will stay in Cancer until August 10<sup>th</sup>!! People will be more moody, sensitive, intuitive, emotional and introverted. Best days are 4<sup>th</sup>, 5<sup>th</sup>, 9<sup>th</sup>, 10<sup>th</sup>, 13<sup>th</sup>-15<sup>th</sup> and 21<sup>st</sup>. Days to lay low are 6<sup>th</sup>, 19<sup>th</sup> 20<sup>th</sup>, 24<sup>th</sup>, 29<sup>th</sup> and 30<sup>th</sup>. Be at Peace ~

**Reiki Level 2 with Adrienne**  
**Every Saturday**  
**9:30 – 11:30 am &**  
**Every Tuesday**  
**6:00 – 8:00 pm**

**Silly Summer Sale!**  
**Fri & Sat, June 19<sup>th</sup> & 20<sup>th</sup>**

**New Moon Sound Bath at**  
**Agora Borealis**  
**Mon, June 15<sup>th</sup>**  
**6:00 – 7:00 p.m. \$35**

*Featured Stone:*  
**Opal**



Keywords: creativity, passion,  
purification, calming

There are many types of Opals. The most common form is the “Common Opal”. It is found in multiple colors and does not have the “fire” like precious opals. Other types of opals include white, black precious, fire, Oregon, Louisiana, Owyhee Blue, and many more. Depending on the type of Opal, this stone has many different energetic signatures. These energies include manifesting, purification, calming the mind, releasing wounds, passion, creativity, and joy. All opals connect on some level with the water element of the emotional body.

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