



# THE Peace of Mind Center

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

March 2023

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344

## “The Spring Equinox brings Growth.”

The vernal Spring Equinox arrives on March 20<sup>th</sup>, bringing with it equal hours of light and darkness. In this time of balance, we are reminded that we too are light and shadow, and both are equally important. Also known as Ostara, this is a time of transformation as we embrace the cycle of birth, death, and rebirth. As the Earth wakes from her slumber during the cold, the Spring Equinox is a perfect time to focus on our intention for the seeds we have planted during the winter months.

There are many rituals we can implement to honor the season and embrace the energy of rebirth.

1. Plant a garden or seeds. Pour your intention and love into working with the soil and mindfully placing the seeds in the Earth.
2. Wake at sunrise. Rise in the dark and watch as the sun fills the Earth with its light and energy. Journal your hopes for the coming season/day.
3. Have a bonfire. Take time to watch the flame consume its fuel, the embers crumble, and the smoke rise, acknowledging the rise and fall of its energy.
4. Create space with Spring cleaning. Weed out what is no longer serving and create a new space.
5. Create an altar dedicated to your intention or the season. Connect daily by lighting a candle.
6. Begin a new project. Visualize the birth, growth, and completion of the project.
7. Spend time in nature. Connect with the world around you, walk barefoot, lay down and star gaze.
8. Practice Gratitude. Tapping into gratitude creates abundance and growth. Create a ‘Gratitude List’.

## ♈ Skywatch for March ♋

There are major planets changing zodiac signs this month, bringing big changes in many different areas of life. The most significant is Saturn moving out of the fixed sign of Aquarius and into the mutable sign of Pisces. Saturn will ingress into Pisces on the 7<sup>th</sup> and stays here until February 2026. Pisces rules hospitals, prisons, mental health, addictions, maritime matters, the film industry, and spirituality. Saturn likes to restrict or restructure areas in a more positive way. Expect changes in our health care facilities, with mental health and pharmaceutical industries. Possibilities of bringing in more ways to heal people using alternative medicines, are very likely. People will want to connect more to their lives in a spiritual way, living a more meaningful life with purpose. Pluto will also move into Aquarius on the 23<sup>rd</sup>, a more liberal sign than Capricorn, where it has just spent the last 15 years. Transformation is the keyword for Pluto. It can be slow transformation, but change does occur eventually. Even if you are not ready for major change, Pluto does not care. It will transform whatever is needed. Venus will move into one of her happiest placements on the 16<sup>th</sup> into Taurus. Get ready for either stability or stubbornness in both relationships and financial matters. Venus loves the slow dance regarding romance but is worth the wait if you are looking for a new relationship. The 2<sup>nd</sup> offers up a big dose of love and luck, be very specific with your manifestation list this month, as the rewards can be huge. Best days are 11<sup>th</sup>, 12<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, and 30<sup>th</sup>. Days to lay low are 14<sup>th</sup>, 15<sup>th</sup>, and 16<sup>th</sup>. Be at Peace ~ Call 318-219-8344 for more personal information on how these planetary changes may affect you.

**Ostara Workshop with Bre Garcia**

**Mon, March 6<sup>th</sup>  
6:30 – 8:30 p.m. \$30**

**Positive Passages  
Navigating End of Life with Ellen**

**Wed. March 8<sup>th</sup>  
6:30 – 8:30 pm \$30**

**Angels 101 with Brent**

**Wed. March 22<sup>nd</sup>  
6:30 – 8:30 pm \$30**

**Featured Stone:  
Jade**



Keywords: serenity, harmony,  
luck, protection

The history of Jade is ancient and rich, particularly in Asian lore. Jade is associated as a green stone, but it comes in a wide variety of colors, including brown, lavender, black, blue and red. Jade is used to bring in energies that are calm, peaceful, and harmonic. This soothing stone is helpful in reducing stress. It has been used as a dreaming stone and said to open one up to vivid and accurate dreams. Green Jade helps with the heart chakra. It is a balancer of the yin/yang energies within us and is said to attract love in our lives and encourages healthy relationships on all levels. It is excellent for abundance and luck; green is the color of growth and renewal. It is also considered a protection stone, particularly for the traveler. Jade works well with moonstone, rose quartz, jasper, tourmaline, and kunzite.

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