THE Peace of Mind Center

"Helping You Create a Better Body, Mind, and Spirit"

March 2026 WWW.THEPEACEOFMINDCENTER.COM 318-219-8344

Lightworker's Workshop with Holly Beshea

Are you feeling called to something bigger, something beyond the everyday world? You may be a Lightworker, here with a sacred mission to heal, grow, and shine your light into the world. This two-part workshop will help you understand who you are at a soul level, why you're here, and how to raise and protect your energy so you can live your highest purpose.

In this workshop we will:

- Explore the signs of being a Lightworker and the soul's mission through lifetimes.
- Learn how pivotal life events and soul contracts are designed to help you evolve.
- Learn how to manage your sensitivity without absorbing the energy of others.
- Practice shielding and grounding techniques to stay clear, balanced, and sovereign.
- Discover the art of discernment—when to share your light and when to hold your boundaries.
- Explore how self-mastery allows you to shine as a beacon and uplift others.

This isn't just a class—it's a sacred circle of Lightworkers learning to strengthen, heal, and elevate themselves first, so they can ripple light out into the world with clarity and power.

Lightworker's Workshop March 4th & 11th 6:00 -8:00 p.m. Cost $60

♓ Skywatch March 2026 ♈

This is a month of reflection and recalibration as Mercury and Jupiter are still in retrograde motion. Jupiter will turn direct on the 10th in the sign of Cancer. This will help us move forward on family issues, home projects or relocations, plus emotional breakthroughs. However, it will take some time to have the energy and drive to move forward, as many planets are in the sign of Pisces, not an action-oriented sign. The experience may be low energy, but daydreaming and creative ideas are flowing well. The Full Moon in Virgo on the 3rd can shine light on what needs to be addressed in practical ways, especially with everyday habits and the work environment. Venus moves into Aries on the 6th, blazing a path forward in relationships and financial matters, setting the tone for more adventure, romance and money if we are dedicated to the cause. Ask for what you want, go after the prize! Mercury turns direct on the 20th along with the Spring Equinox on the same day, these energies will help to align with your life purpose. This is a fresh new time for new beginnings, dream big!! Best days are 8th, 9th, 14th,17th, 18th. Days to lay low are 2nd, 11th, 16th, 25th and 30th. Be at Peace ~

Morning Reiki Share with Adrienne
Sat, March 14th
9:30 – 11:30 am $15

20% off Green Sale! Includes Green Stones, Green Jewelry, Books & Tarot decks with Green in the Title and more! (Check our Facebook page for list of items)
Fri & Sat, March 13th & 14th

Ayurveda Nutrition with Hollie Lloyd
Wed, March 28th
9:30 –11:30 a.m. $45

Featured Stone:
Fluorite

Keywords: Mental enhancement, clarity, clearing

Fluorite can be found in a variety of colors including green, purple, white, yellow, red, pink and black. A popular form is rainbow fluorite which contains a multi-layer of colors. It helps to contain scattered energies and thoughts and brings order to chaos, along with balance and harmony. It can assist in balancing both hemispheres of the brain. Its energy acts to reduce anxiety, fear, and worry. It is an excellent stone for retaining information. Fluorite helps to align all the chakras. It works well with calcite, lapis & jet.