



# THE Peace of Mind Center

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

October 2025

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344

## Lightworker's Workshop with Holly Beshea

At the Peace of Mind Center, we are honored to feature Holly Beshea, a gifted healer and transformational life coach who brings both wisdom and compassion to every session and class. Holly holds certifications as a Reiki Master, Integrated Energy Therapy Healer and Master Teacher, and Biometric Energy Reader.

Since childhood, Holly has been intuitively aware of energies around the body, angels, and spirits. Even as a toddler, she recalled past lives and knew she had guides assisting her mission in this lifetime. Today, she shares that lifelong connection by helping others release blockages, gain clarity, and reconnect with their soul's true purpose. Don't miss Holly's upcoming **'Lightworker Workshop: Heal · Evolve · Shine', a two-part series beginning October 16th**. In this sacred circle, you'll explore the signs of being a Lightworker, the soul's mission through lifetimes, and how pivotal life experiences shape our growth. The second class focuses on sovereignty and service, offering practical tools to manage sensitivity, protect your energy, and step fully into your purpose as a Lightworker. This is more than a workshop—it's a chance to connect, grow, and shine your light.

Holly offers private sessions on Saturday's from 12:00-4:00 p.m. If you would like to book an Energy Reading, Angelic Healing Session call **318-219-8344**.

## ♊ Skywatch for October ♏

The month is filled with opportunities and challenges, offering a greater perspective into our shadow self and insight into our desires for the future. Do not plan important meetings and events on the 1<sup>st</sup>-4<sup>th</sup>, as most of the astrological aspects are a little wonky or the moon is in a void of course cycle for long periods of time. The full moon on the 6<sup>th</sup> in Aries offers an opportunity to address where you may be compromising yourself into a sense of false harmony. Aries is the first sign on the zodiac offering new beginnings especially concerning the ego and identity. The full moon offers a period for release. It's time to "let go of" what is no longer serving your soul. Mercury will move into the sign of Scorpio on the same day, helping to dive deep into the psyche to examine what we are hiding from ourselves. Venus begins the month in the sign of Virgo but moves into the sign of Libra on the 13<sup>th</sup>. Venus is content in this placement, bringing more balance to relationships and our finances. Don't be afraid to discuss what is working and what needs improvement in these areas. The 8<sup>th</sup> and the 14<sup>th</sup> are fantastic days for brainstorming, transformation and romance in our personal relationships. The new moon on the 21<sup>st</sup> in the sign of Libra is the perfect time for a fresh new start. Be bold and take the leap for a brighter future!! Best days are 14<sup>th</sup>, 23<sup>rd</sup>-25<sup>th</sup>, 28<sup>th</sup> and 30<sup>th</sup>. Days to lay low are 1<sup>st</sup>, 7<sup>th</sup>, 11<sup>th</sup>, 16<sup>th</sup>, 21<sup>st</sup>, and 26<sup>th</sup>. Be at Peace ~

**"Finding Balance & Harmony" with Hollie**  
**Saturday, October 4<sup>th</sup>**  
**9:30 – 11:30 a.m. \$45**

**Samhain Broom Making Workshop**  
**Sat, October 18<sup>th</sup>**  
**9:30 – 11:30 a.m. \$65**

**Kundalini Yoga with Sierra**  
**Tues, October 21<sup>st</sup>**  
**6:00 – 7:15 pm \$25**

*Featured Stone:*  
**Quartz Crystal (Clear)**



Keywords: Programmable, amplification of one's intention, healing, memory enhancement

Clear Quartz crystals are the most common and versatile tool in the mineral kingdom. Some call it the "aspirin" of the crystals, as it can be programmed for anything. This is done during meditation by sitting with the crystal and visualizing one's intention and desire. Continuing to carry or wear the crystal helps to increase the frequencies along with daily meditations with the stone. Clear Quartz is a stone of light, bringing heightened spiritual awareness, increasing dreams and transmutes negative energy into positive energy. It amplifies the properties of other crystals, making it an excellent stone for crystal grids. Most clear quartz comes from mines in Arkansas, Brazil, and Madagascar. Quartz crystals can work with any stone, especially other stones from the quartz family such as amethyst, rose quartz, and smoky quartz.

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