



THE Peace of Mind Center

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

October 2026

THEPEACEOFMINDCENTER.COM

318-219-8344

“John Cappello Returns To Shreveport”

John is a certified medium, award-winning author, lecturer, and radio talk show host. Since 1997, he has worked professionally in the field of metaphysics. He was voted number one in his field by many organizations in 2017. The work he does as a medium is to validate the continuity of life and give comfort to those grieving from a loss. John will be conducting a Spirit Gallery, which is a favorite among clients, while in Shreveport. This event provides a safe environment for John to attempt to connect with individuals who have transitioned. John delivers information and messages to people from their loved ones from the other side, in an informative and sometimes humorous way. The Spirit Gallery is Friday, October 23rd from 6:00 p.m. to 8:00 p.m. Space is limited please call 318-219-8344 to reserve a spot. Cost is \$45 in advance.

Another service John's will provide are “Aura Photo Sessions”. Clients have their picture taken with a special camera and he interprets the colors around the body, as well as how open or closed the chakras are when the picture is taken. If you have had an aura picture taken in the past, bring it in and compare it to a new picture. The aura does change colors/frequency, and it is very interesting to see how the picture is very different from previous ones. For more information about John go to www.johncappello.com.

Aura pictures and Private Session will be available from Thursday, October 22nd starting at 2:00 p.m. - 5:30 and October 23rd & 24th from 10:00 a.m. – 5:30 p.m. Aura pictures prices start at \$30 per picture per person. Private Sessions Cost - \$110 per ½ hour or \$215 for an hour. Call to book sessions.

♈ Skywatch October 2026 ♎

October is full of astrological influences, helping to create changes where it is most needed. Mars kicks off the month with a big bang. As it is in Leo for the entire month, bringing action and fun for creative adventures but watch out for being too arrogant or bossy. Venus and Mercury start the month in the sign of Scorpio, and both will turn retrograde this month creating tension and avoidance. Communication can be challenged in the realm of love and money in our relationships. It's best to be flexible and not make assumptions or be passive aggressive. The new moon on the 12th in Libra is a perfect time to bring balance and set new patterns in motion for bringing more joy and connection to relationships and our desires. Intense high energy can cause much tension and resistance from the 23rd to the 26th. It's best to take time out and regroup, as a large dose of Scorpio energy will be present, possibly creating jealousy, secrets, manipulation and control issues. A better use of this energy is to create a plan and stay focused on the outcome, not necessarily how it is going to happen. The veil is said to be the thinnest at this time, so many souls may choose to exit the planet, and it may happen suddenly. Remember there is no time like the present to reach out to our loved ones. Best days are 1st, 15th, 24th, 28th & 29th. Mixed days 2nd, 5th-7th, 10th, 16th and 19th. Days to lay low are 3rd, 4th, 8th – 12th, 20th, 23rd and 27th. Be at Peace ~

Broom Making Workshop with Dana

Sat, Oct 17th

9:30–11:30 a.m. \$65

moMENTum Men's Group with Mike

Tue, Oct 20th

6:00–8:00 p.m. \$15

Mala Making Workshop with Adrienne

Oct 29th & 30th

6:00–8:00 p.m. \$50

Featured Stone: Obsidian



Keywords: Protection, truth,
grounding & self-control

Obsidian is a natural glass which is formed from quickly cooling lava wherever there have been volcanic eruptions and it is found all over the globe. It has been used throughout history to fashion mirrors, blades and arrowheads. Obsidian is predominately found in black and brown, but the presence of iron, manganese or titanium can result in red, green, blue, gold, and or silver. Known for its grounding and protection properties, Obsidian can help shield negativity and dissolve unloving thoughts while helping to ground us through our Root Chakra. It readily absorbs the negativity in one's environment; it should be cleansed regularly. Working with Obsidian strengthens the mind, emotional connection and assists in strengthening self-control. Obsidian is a stone of truth, and working with it can activate the Root and Third Eye Chakras. It works well with black tourmaline, smoky quartz and moldavite.

Be sure to check out our online store @ thepeaceofmindcenter.com/shop