



THE Peace of Mind Center

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

September 2026

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344

“Reiki with Adrienne”

If you have been wanting to learn, experience Reiki, find a Reiki community, or take the next step into the refined energy of Reiki 2, then September is your month! For those who are new to the term, Reiki is life-force energy, as well as the practice of channeling this energy for the healing and growth of the self and others. It opens us up to balance, divine love and connection, and helps clear the path to peace. You can book a blissful **Reiki session** here at the Center with Reiki Master Adrienne Smith. In the session, you'll also experience the soothing tones of crystal bowls & tuning forks help you to release the heaviness of the day.

For the practitioner who feels a bit “out of practice”, it's time to reconnect with our level-specific immersive **Reiki Refresher Classes – Sept 8th, 15th, & 22nd, 6:00-8:30 p.m.** Each is designed to reestablish your connection with the divine energy of Reiki and the practice of this healing art. Whether it has been months or years since your attunement, you will step into a supportive space to review the principles, techniques, symbols and more specific to your level of training. Re-attunements can also be scheduled in addition to the class. Get ready to reawaken your practice!

For the **Reiki 1** practitioner ready to take the next step, Adrienne will be teaching a 4-class **Usui Reiki Level 2 course** each **Saturday morning from 9:30-11:30 a.m.** in September. Open to a higher, more refined vibrational energy. Coupled with power of 5 Reiki symbols, we can connect more profoundly to intuition, assist in balancing the mental and emotional bodies, and access distance healing.

Our **Reiki Share** is offered monthly, offering a space for Reiki practitioners to gather and practice their healing art so they can reset and recharge. Check our monthly schedule for dates and time.

♈ Skywatch September 2026 ♎

Most of us are happy to complete August, as it was packed with high energy with two eclipses and a load of void of course moon phases. September's astrological aspects shows promise of a much different vibe as three personal planets will change signs along with four outer planets in retrograde motion. This will be a month of continually releasing what is no longer necessary but taking the time to examine what to replace it with, if anything. The 10th ushers a new moon in Virgo, helping to establish balance in all areas. Also on the 10th, Venus moves into Scorpio, a very intense placement. Be prepared to dive deep into what's happening currently with love relationships and finances. Warning don't get too obsessive, jealous, or secretive, it could backfire! On the 13th there is an alignment of Mercury and Uranus creating opportunities for good communication and sudden solutions to long term problems. The 21st Mercury will then align with Jupiter creating expansion or movement forward on plans made earlier this month or this year. The equinox on the 22nd ingresses the Sun into Libra for the next 30 days helping to bring justice, balance, social interactions and grace back to the stage. Best days 3rd, 4th, 8th, 17th, 21st, and 26th. Mixed energy days 5th, 9th, 12th-15th, and 20th. Be at Peace ~

20% Jewelry Sale

Fri. & Sat, Sept 4th & 5th

Beginners Astrology with Gena

Wed, Sept 23rd

6:00 – 8:00 p.m. \$35
(\$360 entire course)

moMENTum Men's Group with Mike

Thurs, Sept 24th

6:00 – 8:00 p.m. \$15

20% Sound Department

Fri. & Sat, Sept 25th & 26th

Featured Stone: Smoky Quartz



Keywords: Grounding,
organization, manifestation

Smoky Quartz is a premier grounding stone and helps to cleanse the auric field. When working on the chakra system smoky quartz is helpful for aligning the upper chakra system. When trying to communicate or work with spirit guides or other spiritual entities this is a great stone choice. It can also transmute negative energies into positive energy. Need a stone for getting organized, or staying focused on tedious tasks, choose a smoky quartz. It pairs well with obsidian, black tourmaline and moldavite.

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