



THE Peace of Mind CENTER

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

July 2018

WWW.THEPEACEOFMINDCENTER.COM

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Chakras are the primary mediators of all the energy with the body, including the energy coming into the body as well as out of the body. The chakra system distributes the flow of energy into the physical, emotional, mental and spiritual functions of the body. Chakras are connected to the functions of the physical body primarily through the endocrine glands and the spinal system. When a chakra is blocked or overactive problems arise in the body and other areas of our life.



Chakra One - “The Root”

The first chakra is also known as the “Base or Root Chakra”, is located at the base of the spine and includes the coccyx, legs and reproductive organs. It is tied to the circulatory system and is our life force chakra. Some key words associated with the root chakra are earth, grounding, survival, security, will to live and kundalini energy. If this chakra is balanced the body/person will feel grounded, stable and secure in life. If the root chakra is out of balance the body/person may have problems with aggression, manipulation, inability to recognize limits, needing constant approval, obsessive sexual appetite or lack of sexual drive. Other physical problems may include weight problems, constipation, sciatica, degenerative arthritis, and knee problems. Each chakra responds to a different sound, color, crystal, food, and exercise. By using different tools and being more aware of what chakras are out of alignment in our body we can improve our health in amazing ways. Root Chakra – Color: red Sense: smell Musical Note: C Foods: proteins, meat Essential Oils: patchouli, cedar Crystals: lodestone, garnet, bloodstone. For more information about all the chakra’s check out Peace of Mind Centers books, charts, chakra oil kits and stone kits.

**Reiki Share
w/Adrienne Smith \$10
Wednesday, July 25th
6:30 – 8:00 p.m.**

Peace of Mind Center welcomes our **new massage therapist “Tara Taylor”**. She specializes in trigger point therapy and has over 16 years of experience. She also offers deep tissue massage, Swedish (lighter touch), hot stone, and reflexology.

Featured Stone: Lithium Quartz



Keywords: Inner Peace, stress relief, aura healing

Lithium quartz is a member of the quartz family with inclusions of lavender and pinkish gray matter. It is only found in the remote mines of Minas Gerais, Brazil. This stone can be used to safely activate any of the chakras. This stone can be surprising strong given the gentle energy of lithium. They have powerful healing energy, promoting emotional peace and releases tension. It also benefits those who are seeking harmony in all relationships. Putting a lithium quartz in a potted plant or a garden stimulates growth. It works will with Satyaloka Quartz, Danburite and Natrolite.

♋ Skywatch for July ♎

July begins with five planets in retrograde motion (moving backwards), which means do not begin any major project or look for new relationships this month. In fact, proceed with extreme caution and do not take unnecessary risk, as trouble and danger looms. Mars is the biggest trouble maker for July and August. Mars is retrograde in the air sign of Aquarius, causing scattered energies, low energy level, overthinking, and saying things one may regret. It may feel like one step forward and two steps back during this retrograde cycle. The Solar Eclipse – new moon in Cancer on the 12th, brings some positive nurturing energy along with Jupiter finally moving forward on the 10th. Jupiter helps to expand and grow, this combination makes the 11th and 12th two of the best days of the month, along with the 15th and 22nd. The Lunar eclipse – in Aquarius on the 27th, along with the Sun opposing Mars the same day calls for extreme caution. Watch out for burns, cuts and dehydration. Be at peace. ~



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