



# THE Peace of Mind CENTER

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

September 2018

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344



## Chakra Four "The Heart"

The central chakra is the heart, and it is the bridge between the upper and lower chakras. This chakra supports the energies of love, compassion, generosity, kindness, and respect for others and oneself. An imbalanced heart chakra may cause extreme jealousy, fear of intimacy, suspicion, and paranoid isolation. Physical illnesses include heart disease, lung issues, high blood pressure, and breast issues are connected with heart chakra blockages. A balanced heart chakra allows easy communication, and interaction with others as goodwill and compassion are effortless. Heart chakra -Color: green, Sense: taste, Musical note: D, Essentials Oils: lavender, jasmine, marjoram, Crystals: jade, emerald, green aventurine, rose quartz.

## Charka Five "The Throat"

The throat chakra is associated with self-expression and communication. The subtle realms of non-verbal connections such as ideas, inspiration, and creativity are also related to the throat chakra. A blockage may lead to lack of verbal control, such as inability to listen, fear of speaking, shyness, and lying. A balanced throat charka brings easy communication, personal authenticity, creativity and truthfulness. Throat chakra - Color: blue, Sense: sound, Musical note: G, Essential Oil: frankincense, benzoin, Crystals: lapis, turquoise, aquamarine, blue topaz.

## ♊ Skywatch for September ♎

September offers up some awesome aspects for shifting the energy into a positive state. On the 6<sup>th</sup>, Saturn moves into a forward motion, creating opportunities to start new projects and plans. Starting school, getting a new job and making changes in the home or office will flow with grace and ease. Saturn and Uranus form a trine in the heaven increasing the chances of sudden changes and personal freedom, helping us reach our goals. The first two weeks are best for riding this wonderful wave of energy. Jupiter and Pluto are also dancing nicely together creating opportunities for wealth, personal power and transformation. The 12<sup>th</sup> is a powerful day for important changes. Don't be afraid to move in a new direction, let go of what is holding you back from success. Take a gamble on yourself this month. Best days are the 9<sup>th</sup>, 12<sup>th</sup>, 15<sup>th</sup> and 28<sup>th</sup>. Days to lay low are the 6<sup>th</sup>, 18<sup>th</sup>, 23<sup>rd</sup> – 26<sup>th</sup>. Be at Peace. ~

**Reiki Level 1**  
w/Adrienne Smith  
**Wednesday,**  
**September 5<sup>th</sup>**  
**6:30 – 8:30 p.m.**  
**\$200 4 week series**

**Beginner's Astrology**  
**Tuesday, Sept 18<sup>th</sup>**  
**6:15 – 8:30 p.m.**  
**\$25 or \$275 prepaid 12**  
**week series**

**Beginner's Guide to**  
**Crystals w/Lucas Mays**  
**Thursday, Sept. 20<sup>th</sup>**  
**6:30 – 8:30 p.m. \$30**

*Featured Stone:*  
**Turquoise**



Keywords: communication, wholeness, spiritual awareness

Turquoise means Turkish stone. The name came from the trade routes in which turquoise reached Europe from the mines in Asia connecting through Turkey. This stone is one of the oldest stones used, beads dating back to 5000 B.C. were discovered in Iraq. The Egyptians mined turquoise as early as 3200 B.C. Turquoise is said to be an excellent stone for aiding in communication and finding truthfulness and wisdom. Happiness, compassion and forgiveness can increase when meditating or carrying this stone. It works well with chrysocolla, malachite, shattuckite and azurite.

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