



THE Peace of Mind CENTER

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

October 2018

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344



Chakra Six "The Third Eye"

The third eye chakra is the center of inner perception and insight, and it helps to generate clarity with our thinking. It is also the center of our spiritual contemplation and authentic self. It is located in the center of the head behind the forehead. The third eye can be seen as the psychic organ of the sixth chakra, just like the eyes are the tools for the brain. The third eye sees beyond the physical world. A well balanced 6th chakra provides wisdom, intuition, and guidance which can be trusted with confidence. An over active 6th chakra can make a person intolerant, judgmental, and unsympathetic. An underactive chakra may result in lack empathy, reduction in common sense and difficulty in understanding all things spiritual. Third eye - Color: indigo, Sense: intuition, mind Musical Note: "A", Sound: "OM", Essential Oil: lavender, Crystals: lapis lazuli, sapphire, blue quartz.

Chakra Seven "The Crown"

Physically, the crown chakra relates to the brain, especially the higher brain, or cerebral cortex. The crown chakra represents pure consciousness and promotes the experience of mystical oneness. Within this profound knowledge lies the possibility of deep peace, serenity and joy. An over active seventh chakra may produce a sense of superiority and separation from others. A blocked crown chakra results in lack of purpose and a feeling of meaningless leading to depression and physical and mental disorders. Crown Chakra: Color violet to white, Personal function: understanding and enlightenment, Musical Note: "B", Essential Oil: frankincense, myrrh, neroli Crystals: amethyst, diamond.

☾ Skywatch for October ♍

October 1st ends the five and a half month retrograde cycle of Pluto. Pluto is the planet of extreme power and transformation. This change will help resurrect any plans/action needed to move forward with our career and assists with personal transformation on a major level. Scorpio and Taurus have the biggest roller coaster ride this month with four planets in Scorpio. Venus begins her retrograde motion on the 6th lasting until November 15th. Venus rules money, love, personal relationships and our values and possessions. Be prepared to uncover hidden secrets regarding these areas. Do not begin any new love relationship, make a major purchase, or have plastic surgery or have extreme beauty treatments. Scorpio is an intense energy and can become jealous, controlling and manipulative if operating on a negative level. Don't fall into this trap, try to remain focused, diligent and talk problems out before abandoning the relationship or giving up completely. Best days are the 3rd, 11th, 15th, 21st, and 29th. Days to have patience the 2nd, 5th, 10th, 19th and 31st. Be at Peace. ~

**"Circle of the One Heart"
New Moon Women's
Group**
Monday, October 8th
6:30 - 8:15 p.m. \$10

**Aura Tune-up workshop
w/John Cappello**
Saturday, October 27th
6:30 - 8:30 p.m. \$40

**Aura Pics & Private
Sessions w/John
Cappello (call for times)**
**Fri. & Sat. October 27th
& 28th**

**Featured Stone:
Aragonite Star
Clusters**



Keywords: balancing energy, emotional healing, renewed strength and confidence

Aragonite Stars are mostly found in Molina De Aragon, Spain and Morocco. These clusters blend the energies of all five elements creating a sense of balance and completion. Placing one of these stones on each of the chakra will allow the gentle openings of each chakra and release any blockages. It is an excellent stone for emotional release and healing. They can also help to regenerate bone tissue, making it an ideal stone to carry if one has broken bones. Cleaning the stone daily is necessary if used frequently, as it absorbs negative energy rapidly.

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