



THE Peace of Mind CENTER

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

August 2018

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344



Chakra Two "The Sacral Chakra"

The sacral chakra is located above the pubic bone and below the naval, its main function is the expression of feelings and emotions. Physically, this chakra governs reproduction. Mentally it governs creativity. Emotionally it governs joy. Spiritually it governs enthusiasm. Imbalances with the 2nd chakra include tension, inner conflict, fertility issues, lack of creativity and instability. Sacral Chakra – Color: orange, Sense: taste, Musical Note: D, Foods: liquids, Essential Oils: jasmine, gardenia, Crystals: moonstone, carnelian and coral.

Chakra Three "The Solar Plexus"

The solar plexus is sometimes called the "Power Chakra", as it governs willpower and identity. It supports confidence, personal warmth, self-discipline and self-esteem. An open healthy solar plexus balances all aspects of a person into a steady, positive stream of positive energy and self-confidence. An overactive or unbalanced 3rd chakra manifests in obsessive behavior, uncontrolled emotional outburst and depression. Other problems may include weak decision making and stagnation. Solar Plexus – Color: yellow, Sense: sight, Musical Note: E, Foods: starches, Essential Oils: ginger, cinnamon, sandalwood, Crystals: citrine, imperial topaz.

For more in depth information on Chakra's read "Wheels of Life" by Anodea Judith, PhD or "The Complete Book of Chakra's" by Cyndi Dale. Both are available at the center and are on discount the August 24th and 25th

♋ Skywatch for August ♎

Double trouble fills the heaven this month with six planets in retrograde motion!! Mars is the biggest culprit, along with trickster Mercury causing weird and crazy energy, along with strange moods, unexpected resistance and low energy levels lasting until the 27th. Hold off on implementing brilliant ideas until after September 5th, for best results. The 11th brings the final Solar Eclipse of 2018. This new moon energy in Leo is less powerful than normal, so it's best to wait until the 12th for any new moon rituals. The 19th is an awesome day for creativity, romance and musical events. Plan a date with your sweetie and have some fun, as Jupiter and Neptune dance nicely in the sky together. Mercury also moves forward on the 19th as well. Mars remains retrograde until the 27th, but moves into Capricorn on the 13th. This change may help our low physical energy and weird moods, but now brings stress at work. We may want to quit our current job and move to Canada. To say the least it's a wild and crazy August, lay low. Days to avoid 1st, 9th, 11th, 23rd and 26th. Best days are 17th, 18th, 19th, 31st. Be at Peace ~

20% off Jewelry Sale
Friday, August 3rd &
Saturday, August 4th

Wire Wrapping for
Beginners w/ Adrienne
Smith

Wednesday,
August 8th & 15th
6:30 - 8:15 \$35 series

20% off Rocks, Crystals
& Beads

Friday, August 31st &
Saturday, September 1st

Featured Stone:
Citrine



Keywords: manifestation,
personal will, creativity

In Greece since 300 B.C., citrine has been used in rings and pendants. Natural citrines are mostly a pale yellow color. However, most commercial citrine on the market is baked amethyst, creating a very rich brown or orange color. This stone helps to increase creativity, focus, imagination, and is helpful during test taking. Citrine is also known as a great abundance stone and can be placed in a cash register to increase wealth or carried to promote good luck with money. Third chakra imbalances like anxiety, low self-esteem, kidney issues and thyroid problems can be balanced by working with citrine.

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