



THE Peace of Mind CENTER

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

April 2019

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344



Happy 20th Birthday Peace of Mind Center!!

It is hard to believe it has been 20 years since the center opened, but how time flies when you are having fun! In January of 1998, my family was relocated to Shreveport (a town I had never even heard of) from San Antonio, Texas. I had no clue how my life would take a 180 degree turn from my previous career path of a stained glass artist for the previous 10 years. My husband was starting a new career field at the Air Force base, I was pregnant with our second child, and I had no clue how I was going to contribute financially after being injured in a car accident in April. It's a long wonderful story of how I ended up opening the center, but I can assure you that everything happens for a reason and my new reason was to create a spiritual center in a city that was starving for products and services to help bring enlightenment and peace of mind to everyday living. I would like to thank all the people near and far who supported our small little business, which has grown so much over the past 20 years. Without the help and generosity of all our patrons, and amazing staff members who continue to support us it would not have been possible. This month we are offering 20 different products, all of which we have carried for 20 years at a 20% discount. A complete list will be featured on our Facebook page and on the white board at the center. Join us **Saturday, April 13th from 1:00 - 5:00 p.m.** for our birthday celebration including prizes, discounts and refreshments. Thank you Shreveport – Bossier for welcoming me, my family and our business into your hearts. ~ Be at peace ~ Gena White

♈ Skywatch for April ♉

Mercury just finished the last retrograde cycle on March 28th, but it still feels like we are recovering from lack of energy and direction. In fact, it may take until April 17th, before we begin anything new or even have the motivation to do so. With Venus, Mercury and Neptune all in the sign of dreamy Pisces our heads are still in the clouds or on our pillows. It's a little unusual for Mercury to reside in Pisces this late in April. The longer duration will cause colder, wet weather to linger, so keeping the plants inside and the jackets handy is a good idea. Mercury will move into Aries on the 17th and the full moon in Libra on the 19th brings a much needed shot of adrenaline to boost energy and moods into high gear. The weekend of the 20th and 21st brings promise for an awesome spring season full of new beginnings for relationships, personal growth and new financial ventures. Most weekends in April are full of good alignments, especially on Sundays, with the exception of the 28th. Best days are the 7th, 14th, 21st and 29th. Days to take it easy are 1st, 2nd, 13th and 27th.

Level 1 Reiki Workshop & Attunement w/Adrienne Smith
Wed., April 17th & 24th
6:30 – 8:30 p.m. \$200

“How to do a Solar Return Reading” w/Gena White
Tuesday, April 23rd
6:15 – 8:15 p.m. \$25

“Wicca for Beginner’s” w/John Highland
Thursday, April 25th
6:30 – 8:30 p.m. \$25

Featured Stone:
Rose Quartz



Keywords: Love, release of stress, emotional healing

Rose Quartz is the quintessential stone of love, for oneself and one's life partner, children, family and friends. This stone facilitates healing of the heart and meditating with this stone increases personal love and universal love. It also can help with forgiveness and dissolving mistrust and old wounds from past relationships. This stone is one of the most important stones to wear and to keep in one's environment creating the energy of love and gentleness all around. Rose quartz harmonizes well with morganite, emerald, pink calcite, and garnet.

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