



THE Peace of Mind CENTER

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

April 2020

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344

“We are all in this together – be Mindful”

If there was ever a time to be “Mindful” it is now. So much of what we do is automatic, we don’t actually realize what we are doing or saying. Having to stay at home, practice social distancing, plus getting out of our everyday routines are confusing and stressful. But it is important to obey these new guidelines for our safety. But what if we actually did something constructive and productive to reconnect with our true self? How many times have you said something like “I never have enough time to write in my journal, cook healthy meals, be creative, exercise or spend time with family.” If we are staying in the present moment every day (a mindfulness practice) then the chances of actually accomplishing something wonderful is all the more possible. Begin each day doing something that brings joy, comfort, and happiness - go for a walk, journal, cook something yummy. Let go of fear – turn off the doom and gloom news, reconnect with a friend, start a new routine. Be mindful not only of your social distancing or hand washing but also of your thoughts and words spoken every day. Are you speaking positively or negatively? Words and actions have a serious effect of our daily moods, choose what energy you bring into the world. This too shall pass and hopefully as a nation we will have more compassion, understanding and love for all of humanity.

♈ Skywatch for April ♉

Astrological charts are most commonly cast for people or events. But a chart can be done for many things, including cities, countries and nations. This month’s focus is on the United States of America’s chart and the major planetary alignments that are occurring. Pluto, whose main function is to create major transformation and change over a long period of time, is doing a major overhaul in this country. Over the past few years, Pluto has been making a conjunction to the U.S.’s natal Pluto, also known as a Pluto return. This is actually the first time in history this has occurred in our nation’s chart. The trigger, however, was Jupiter (something very big) and Mars (aggressive) combining their energy with Pluto. All of these energies together at the same time has shown the country just how unprepared we are for disaster in our healthcare system and other areas. The 4th may show signs of the virus getting much worse, but hopefully this will mark the beginning of the curve starting to flatten out. On a happier note the week of the 4th – the 11th will bring money into our bank accounts. The new moon on the 22nd in Taurus will hopefully set the stage for new beginnings. As Mercury (communication) in Aries dancing with Chiron (healer) can possibly bring news of a vaccine or more supplies for our beloved healthcare workers. Looking ahead to May, from the 11th - 20th more favorable aspects with Pluto, while the Sun is in later degrees of Taurus, helping us to stay grounded. Best days are 1st, 6th in the evening, 7th, 10th, 18th, 19th and 21st. Days to lay low are 2nd, 8th, 9th, 14th, 25th, 27th, 29th and 30th. Be at Peace ~

There are no classes this month. We have been working diligently on the webstore and will continue to have weekend sales. On the calendar, weekly coupon codes are listed to use for 20% off the selected departments. April’s calendar will also highlight activities that correspond with the moon sign of the day. We are also offering curbside pick-up daily from 12:00 – 5:00 p.m. Monday-Saturday. Phone reading are also available Tuesday-Saturday, please call to schedule. Gift certificates can be purchased on the webstore. Remember to support local businesses. This April makes “21 years” in business for Peace of Mind Center!! It’s because of our awesome customers that we continue to thrive.

Featured Stone: Celestite



Keywords: angelic communication, access to higher dimensions, serenity

Most celestite is found in Madagascar and is blue in color and tends to occur in clusters and geodes. This stone offers a gentle, uplifting energy which can raise and expand awareness. It stimulates the third eye and crown chakra. It is an ideal stone to place in one’s bedroom, healing room or a mediation space. It encourages patience and helps with trusting in the power of the universe. Carrying celestite helps to dissolve fear, anxiety, and suspicion. It works with moldavite, danburite, tektite and lithium quartz.

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