



THE Peace of Mind CENTER

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

January 2019

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344

“The Seven Spiritual Laws of Success and Fulfillment”

“The Seven Spiritual Laws of Success” by Deepak Chopra offer some simple and easy steps to achieving our desires. Here is a simplified list of the laws to help manifest your goals for 2019. There is one law for each day of the week, beginning with Sunday. **1st Law of Potentiality** – anything is possible. **2nd Law of Giving** – if you want to get something, give it. **3rd Law of Karma** – when you make a choice, you change the future. “As you sow so shall you reap.” **4th Law of least Effort** – Don’t say no, go with the flow. Love expands, fear contracts. **5th Law of Intention and Desire** – Every time you wish or want you plant a seed. What we put our intention on grows. **6th Law of Detachment** – Release the attachment to how you will achieve your desire. Detachment is to live in wealth consciousness, instead of lack or resistance. **7th Law of Dharma** – We all have unique talents and a special way to express them. You are here for a reason. A vision without traveling the path is only a fantasy. Applying these seven laws of success, can help one live and create a more fulfilling and meaningful life. Enjoy the journey.

For further information and material read Deepak’s book, available for purchase at Peace of Mind Center.

♊ Skywatch for January ♊

You have to “Believe it, to achieve it, to receive it.” Whatever “it” is for you, define what you truly want to achieve in 2019. The planets are providing powerful alignments for achieving our desires and goals beginning in January. Four planets are traveling in their home sign, creating more potential to move forward in 2019. Mars in Aries offers up the energy, adventure and spark for the desire. Jupiter in Sagittarius creates good luck, optimism, and knowledge to expand the desire. Saturn in Capricorn provides the structure and maturity to handle any problem and finances with the desire. Neptune in Pisces offers intuition, flexibility and vision bringing the desire into fruition. Let the fun/work begin! Mars at zero degrees of Aries on the 1st and the new moon solar eclipse on the 5th in Capricorn, present the perfect fertile ground for planting seeds/goals for the New Year. The 13th has Mercury and Saturn joining together creating either a strong commitment or a stale mate, you choose. The 21st – 25th has many promising great alignments for big business, big love and big money so dream BIG. Days to lay low are 13th, 20th and 27th. Be at peace. ~

“Circle of the One Heart”

Mon, Jan 7th

6:30 – 8:30 p.m. \$25

Reiki Level 2 Workshop & Attunement (4 classes) w/Adrienne Smith

Thursday, Jan 17th

6:30 – 8:30 p.m. \$200

20% off Crystals, Stones, and Bead Sale
Fri & Sat, Jan 25th & 26th

Featured Stone:
Lepidolite



Keywords: Emotional healing, stress relief, relaxation and balance

Element: Water

Chakras: All, especially the heart and third eye

Lepidolite is a high lithium stone, mostly purple but can be grey or whitish in color. In the USA, the best mines are located in Maine and California. It’s very useful for balancing the emotional body, by calming frayed nerves helping to reduce stress. It helps with anger issues, financial woes, loss of a relationship and most major life changes. It encourages the release of the ego and acceptance of the present moment, offering a more spiritual connection. Carrying this stone reduces hyperactivity and ADD tendencies and is an excellent for helping sleep disorders.