



# THE Peace of Mind CENTER

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

June 2019

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344

## “Change It’s Good for the Soul”

How often do you speak of something that needs to change? Probably at least once a day, maybe even more. But how much energy do you actually spend putting effort into what needs to change? We may believe we have good reasons just to remain in the status quo. The biggest reason why we don’t actually change is fear of the unknown or maybe judgement from others or even our self. What if there was a guaranty the changes we made would turned out perfectly? Would you then put time and effort into the changes? Just by changing your mind and attitude towards achieving the goal will make all the difference in the world. Most of us are programmed to limit our desires, telling our self “I cannot achieve my goal it’s hard, too expensive, or I’m too weak. Everyone is given free choice to think either negatively or positively about any situation. By choosing to reprogram your mind positively, you are claiming the power of choice to actually change your life. Our mind is like a computer and what programs and thoughts we are downloading into it reflects what we manifest in our life. By releasing all judgement and projections revolving around the situation is the first step into making positive changes. Setting intentions and focusing on replacing fear with confidence and courage will set the changes in motion. The universe will align with your desires and create more opportunity to manifest the life you deserve. Remember “The only constant is change”, it is going to happen no matter what, don’t be afraid to go boldly towards your best life.

## II Skywatch for June ☾

The planets are spread out nicely in the heaven, with each element being represented. Mars and Mercury are traveling through the extra sensitive water sign of Cancer, speaking sweetly can help manifest positively. Venus remains in earth sign of Taurus until the 9<sup>th</sup> marking an excellent time to get married or engaged. Venus moving into air sign of Gemini on the 9<sup>th</sup>, changes the mood socially. Take a vacation, spend time with siblings, attend a concert are all good ideas, enjoy this wonderful energy. The 18<sup>th</sup> is a stellar day with Saturn and Neptune, creating an alignment to make “Our Dreams Come True”. Don’t be afraid to speak your desires out loud, helping to bring them into fruition. Jupiter in Sagittarius a fire sign will challenge Neptune in Pisces on the 16<sup>th</sup>. Be cautious of over drinking, excessive drug use, escaping responsibilities, and unwanted legal issues. The full moon on the 17<sup>th</sup> in Sagittarius can intensify any negative issue or increase optimism and luck for a positive outcome, your choice. Best days are 1<sup>st</sup>, 2<sup>nd</sup>, extra great 7<sup>th</sup>, 18<sup>th</sup>, and 27<sup>th</sup>. Days to lay low are the 9<sup>th</sup>, 10<sup>th</sup>, 16<sup>th</sup> and 19<sup>th</sup> (use extra caution). Be at peace. ~

### “Circle of the One Heart”

Wed. June 5<sup>th</sup>  
6:30 – 8:30 p.m. \$10

Reiki Share  
Thurs. June 20<sup>th</sup>  
6:00 – 8:00 p.m. \$10

~ Coming in July ~

John Cappello Sessions  
and Aura Pictures  
July 12<sup>th</sup> & 13<sup>th</sup>  
Call for more info

Featured Stone:  
Kyanite



Keywords: telepathy, connecting with nature, past life recall

Kyanite has a high vibration and can transfer energy quickly. It is one of the best stones for chakra activation, because it helps all seven chakras, especially the 3<sup>rd</sup> eye and heart. Black Kyanite connects us to the earth energy and past life recall. Green Kyanite helps to connect to the truth and open the heart, allowing one to speak from the heart. Indigo or Blue kyanite stimulates the pineal gland and helps with psychic abilities, lucid dreaming and astral travel. All types of kyanite harmonize well with each other and it is highly recommended to work more than one color. Kyanite helps in negotiation, diplomatic missions, and other forms of communication, as it helps to bridge the gap for finding a solution.