



THE Peace of Mind CENTER

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

March 2019

WWW.THEPEACEOFMINDCENTER.COM

318-219-8344

Biggest trend of the 21st Century: Crystal Healing!

Whether you're a beginner, or have been collecting crystals for years, there's always a wealth of information to discover when utilizing crystals. Anyone who enjoys crystals should add a visit to Tucson to their bucket list. Every year Tucson hosts 40 or more gem and mineral shows during late January and early February. This event lasts three weeks and is one of the largest gem and mineral shows in the entire world. We were lucky enough to have attended this past February. Over 300 pounds of handpicked stones, minerals, fossils and amazing jewelry of the most exceptional quality were brought back to Shreveport. There is a huge new selection of semi-precious gems and minerals in many shapes and sizes to choose from. If you're looking for uncommon pieces or specialty items for healing now is the time to check out our inventory. Crystal jewelry is an awesome way to wear crystals to facilitate the use of crystal energy for positive energy and well-being. For the most optimal use of the stones energy they should make direct contact with the skin. However, carrying the stones or having them nearby also improves the energy field. Come shop with us, and choose your own personalized piece of the planet. Some of our “bestselling” books on crystals include: *The Book of Stones & Pocket Book of Stones* by Robert Simmons and *Crystal Prescriptions* by Judy Hall, which offers a plethora of healing options for everything under the sun from clumsiness to thyroid imbalances.



Check out our “Beginner’s Guide to Crystals” class
Wednesday, March 13th 6:30 to 8:30 p.m. \$25
with Lucas Mayes

♊ Skywatch for March ♋

If “go with the flow” is your motto, this month it will be put to the test. March 6th - the 28th begins the first of three Mercury retrograde cycles for 2019. Mercury resides in the sign of Pisces, a very sensitive, emotional, unconditional, spiritual and intuitive sign of the zodiac. The Sun, Mercury, Neptune and asteroid Vesta will also be in Pisces, amplifying these themes. Best ways to spend the month include getting creative, writing music or poetry, keeping a dream log, making contributions to a favorite charity or cause. Things to avoid doing during the retrograde cycle: making major purchases such as a car, computer or any electronics, reframe from signing contracts and making major life decisions like getting married or starting a new job. It may be one of the hardest retrograde cycles we have seen in a long time, especially for Pisces, Virgo, Sagittarius and Gemini's. Please be conscious when speaking to others about any problems, as hurt feeling will arise quickly and it may be hard to retract statements made. Compassion, understanding, unconditional love, and empathy should be practiced daily for an easier flow of energy this month. Best days are the 10th, 11th, 17th and 20th. Days to lay low the 1st, 15th, 23rd – 26th. Be at peace ~

Friday, March 1st &
Saturday, March 2nd
John Cappello Private
Session & Aura Pictures
(See calander for times)

Saturday, March 2nd
“Astral Projection
Workshop” w/John
Cappello
6:30 – 8:30 \$40

Wednesday, March 13th
“Beginner’s Guide to
Crystals” w/Lucas Mayes
6:30 – 8:30 \$25

Featured Stone:
Peacock/Bornite



Keywords: Happiness, heals emotions
Peacock Ore is a beautifully colored stone, displaying a variety of iridescent colors such as blue, purple, rose, turquoise and red. This mineral can facilitate the balancing of all the chakras. It is called the “Stone of Happiness” as it helps to connect to one’s joy. It is an excellent stone to use while grieving the loss of a loved one or a beloved pet. It protects from negative energy bombardments and assist in finding the source of the negativity. It is quite useful with cellular metabolism imbalances and with calming of the nerves. Carry this stone (below the waist) to help elimination of swelling, gout, and fever in the body.

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