

THE OPEN MIND CENTER

Energetic Spring Cleaning



As spring begins to enliven our world, we are energized to clean-up and repair the areas of our lives that have become cluttered or in need of maintenance. In addition to spring cleaning our homes, we also turn to our bodies, relationships, careers, and general outlook on life. This season, consider cleaning your body and home with two alternative spring renewal techniques: Shower Chakra Clearing and Sage Smudging your home or office. Remember, energy follows intention, so be sure you set your intentions with each process.

The Shower Chakra Clearing technique, recommended by Deepak Chopra, can include a pre-shower rub down in good body oil as a bonus. When in the shower, imagine the locations of your seven chakras, and with your hand, "unwind" each chakra, beginning from the first. It is not necessary to have your hand in the exact position, as you may intuit your intention, but imagine that you are opening and backwashing each chakra, 1 to 7. As you move your hand counter-clockwise over each chakra, imagine that you are cleansing it, and then wash any "energetic sludge" in the water, so that the heavy energy is taken back to mother earth for mulching. Once you have backwashed each chakra and allowed it to remain open and discharging for a couple of minutes, then "rewind" each chakra, 7 to 1, by moving your hand in a clockwise movement and imagine the closing and spinning of each chakra. Clockwise and counter-clockwise are from the view of looking at your body from front. Looking down at your hand, it should be moving in a clockwise direction as you see it to close the chakra. Try to enjoy the release and cleansing as well as the recharging of the chakras.

To cleanse your home smudge it with sage or incense. Beginning outside the front door of your home, set your intention to cleanse any unhealthy energies and heal any wounds within your home environment. Also set the intention to bring in fresh energy and healing light. You may want to create a mantra for the process to trigger this intention; you may want to just do it silently or with an ongoing prayer process. However you choose to address it, take your burning sage or incense and begin smudging first the stoop, then step in and work your way around the home in a generally clockwise direction. If you have more than one floor, then move up or down and do each floor likewise. This helps give our supporting space an energetically fresh start for spring.

There are many things that can be done to support your life on the energetic level. Try classes like, **Discover Your Soul's Voice through Guided Journaling, Staying Sane in an Insane World and Hatha or Svaroop Yoga**. Or, you can attend our **Meditation for All** sessions which will focus on a different meditation style/ technique each month so that you may explore many paths. For the first time ever, we're also offering training to become a Reiki practitioner--take our 2-day workshop- **Become a Reiki Practitioner; Reiki 1 and Reiki 2** to begin your journey. Additionally, we're hosting a monthly Reiki Share group beginning on March 25th for those working on honing their skills. We've also added two new classes which focus on **Environmental Awareness; Intro to Permaculture** and **Meeting the Herbal Plant Spirits** taught by Isabel Crabtree who walks the walk. And, don't miss out on the opportunity for unique **Intuitive Sessions with Ricia L. Maxie** a one-day event featuring 30min, 45min or 60min readings.

The Open Mind Center:
A place to be, a way to be.
 678.243.5074

1575 Old Alabama Road, Suite 213,
 Roswell GA 30076

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THE OPEN MIND CENTER is a comprehensive holistic center offering programs intended to heal the body, nourish the soul, and awaken the spirit.

**Don't miss these CLASSES & EVENTS
for the month of April!**

(See Calendar for dates & times)

Soul Retrieval Guided Meditation

Sometimes in the struggles of life, we bury a part of our most precious being for protection. In this guided meditation, you will be guided on a visualization journey into the Underworld of your psyche, where you may retrieve a lost part of yourself and receive guidance and gifts from the divine. Deep Healing for those who feel a part of your Self seems to be missing or disconnected, or those who feel the need to connect with their Spiritual Guides.

Tuesday, April 6th from 7:30pm-8:30pm; Investment: \$15

Create the Life You Want

Have you ever thought that you just don't have the means or ability to create the life you want? If you want to change your thinking, move into action, and begin to create what you want in life, then this workshop is for you! This workshop will cover the steps necessary to develop a process you can use over and over to continue to create the life you want. Through a combination of lecture, discussion, meditation, and writing you'll learn or confirm the concepts of self-talk, goal-setting, affirming, and receiving.

Saturday, April 24th from 10:00am-1:00pm; Investment: \$70

Become a Great Communicator

Whether your stage is the work arena, the community, in front of an audience or one-on-one learn how to control presentation anxieties, gain and hold attention, express and present ideas more effectively. Learn how to create rapport, build trust and establish credibility. This highly interactive class will help you to improve your presentation, public speaking and interviewing skills. Learn how to improve your professional and personal success. This fun workshop includes theater exercises, discussion of actor's delivery techniques and an integration of the presentation and communication skills learned into a 1 to 2 minute impromptu presentation by each participant.

Saturday, April 24th from 9:00am-1:00pm; Investment: \$99

Experience the Joy of Spring

Springtime!! Renewal, reawakening, bursting forth with happiness and joy. What is the essence of the emotion we label as Joy? How does Joy differ from Happiness? Join us as we explore the more subtle aspects of Joy, work with a set of simple practices (some of which are a bit surprising) to bring more Joy to your life, and provide the tools for you to awaken your soul to the potential for making this season a time to truly experience Joy.

Saturday, May 1st from 10:00am-12:30pm; Investment: \$40

**Parenting Connections™ Turning Parenting Challenges
into Parenting Joy**

Bring an open mind to this groundbreaking seminar from an instructor who spent 15-years studying parent-child relationships and the human mind. Hear how your thoughts, which you created in your childhood, are the exact same ones that shape how you relate to your child today.

Saturday, April 17th from 10:00am-1:00pm; Investment: \$35

*We are grateful
for your comments!*

*“Love all of her (Gay
Wolff) classes and
sessions and the healing
today was loving and
nurturing, just what I
needed.”*

~L.M.F.

Product of the Month:

Bach Rescue® Remedy

Bach Flower Remedies offer a safe and natural method of healing. They gently restore the balance between body and mind by casting out negative emotions such as fear, worry, hatred and indecision. Bach Flower Remedies is especially beneficial when you find yourself in traumatic situations, stress, emergencies, after getting bad news, before an exam or job interview and all other kinds of situations. The Remedies quickly get you back in your normal balance so that you can calmly deal with any situation.

The Rescue Remedy contains:

- **Impatiens:** Found to be very fast-acting in alleviating an impatient attitude and lowering stress.
- **Star of Bethlehem:** For trauma and shock, whether experienced recently or in the past.
- **Cherry Plum:** Teaches trust in one's spontaneous wisdom and the courage to follow one's path.
- **Rock Rose:** For situations in which one experiences panic or terror.
- **Clematis:** For those who find their lives unhappy and withdraw into fantasy worlds.

April Events:

Spring Break Gently Used Book Fair

We've gathered gently used books for you to purchase at 50% off list price. Books of all genres will be available from children's books to romance to science fiction and non-fiction to self help. With Spring Break just around the corner and money a little tight it is the perfect opportunity to grab up some fresh reading materials. **Join us on Saturday, April 3rd from 10:00am-5:00pm**

Peace Ceremony

Join us and others as we gather for the prayer reading and blessing of the Shiva Lingam here at The Center. This ceremony is in cooperation with The Peace Across the Planet Project in an effort to spread peace throughout the World. **Join us on Saturday, April 3rd from 5:00pm-6:00pm.**

Book Club

The Seven Spiritual Laws of Success- A Pocketbook Guide to Fulfilling Your Dreams by Deepak Chopra. In this abridged edition of The Seven Spiritual Laws of Success, Chopra gathers the most powerful pearls of wisdom from his bestselling book, and offers a life-altering perspective on the attainment of success. Chopra distills the essence of his teachings into seven simple, yet powerful, principles that can easily be applied to create success in all areas of your life. **Join us on Saturday, April 10th from 4:00pm-5:00pm. The cost is \$5.**

Discussion Group

In the East people often wonder why Westerners "manage stress". Why manage something one doesn't want. Our discussion topic this month focuses on "Why we Stress". Is it our heritage, our culture, our desire, life? Join us and give your input. **Join us on Saturday, April 24th from 3:00pm- 4:00pm.**



Tiffany Bruce-Nixon, Hatha Yoga Instructor

We would like to introduce to you a new member of our team here at The Center. Tiffany Bruce-Nixon is our Hatha yoga instructor. Tiffany began exploring the Ashtanga Vinyasa style of Hatha Yoga in 1999 while living in Colorado. She always felt drawn to practice, especially because of the spiritual and physical benefits. She has studied at a variety of yoga studios across the country, allowing her teachings to portray a variety of styles. Tiffany feels each student should honor and give gratitude to their body, mind and spirit and reach individually to find their divine light.

Tiffany enjoys being with her family and is quite an outdoor enthusiast. She is often found running or biking with friends at the river or escaping off to the beautiful beaches of Florida or the mountains of North Carolina. Along with her compassion for yoga, Tiffany is a mother of two young boys, the owner of a pet-sitting service and recently began designing her own line of jewelry.

Tiffany's students all say what a wonderful teacher she is and several have brought in friends or family to enjoy her class. Her students tell us the classes are challenging but that Tiffany does a great job at adjusting the poses to all levels, beginner to advanced level. All say that the classes are so beneficial that they can't wait to return.

We would love to see you for one of Tiffany's classes soon so call or register online and see what all the talk is about.

"You, yourself, as much as anybody in the entire universe, deserve your love and affection."

~Buddha~

Brand New Classes

Join us for **Introduction to Permaculture, Design Science and Spiritual Perspective** a brief introduction to the subject of Permaculture- a system of creating sustainable sites, settlements and homesteads, its history, some of the many ideas it encompasses, and elements of focus. This class will also take a look at Permaculture from a more Spiritual or "Nature-ethics" point of view and cover some of the main teaching tools in Permaculture (Observation, Pattern, the Ethics and Principles of Permaculture), ALL of which can be used as a jumping off point to creating a personally sustainable Spiritual approach to life, that nourishes and sustains your Spirit! And, **Meeting the Herbal Plant Spirits- Getting to know a few common plants in a whole new way...** In this class you will be sitting as if in meditation, but instead of focusing on the breath, you will be tuning in deeply to some familiar plants. You will learn a little about each plant, observe, interact, and use our six senses. You will then travel to a place where you can meet the spirits of these plant people and hear the secrets they have to tell us. You are excited to be taking this look into such an important area of life and rounding out our offering.

Welcome Davida Goldberg who is bringing us **Discover Your Soul's Voice through Guided Journaling** throughout which, you will explore and express yourself creatively through the healing, creative, and transformative practice of journaling. Guided journaling exercises will assist you to see yourself in a more transparent and profound way, and to tap into and hear the "voice" of your soul. Through the class, you will become more introspective and have greater access to your thoughts, feelings and motivations. Gaining access to your subconscious motivations you are able to resolve "unfinished business" with self and others. By the end of the class you will have had the opportunity to discover a wellspring of wisdom and insight within yourself. This class may be taken once or enjoy all 4 classes.

You Don't Have to Have Your Act Together to Start Living Your Life- Ask, how many times you have put off pursuing your dreams, or even going for a job interview because you felt that you had to "have it all together" (i.e. be perfect) before starting anything? Many carry the belief that you have to put your lives on hold while you work on yourself; however, attempting new things and striving to reach your goals even when you feel that you don't have yourself "together" helps to strengthen you, adds character, and inspires others by your example. During this class you will learn how to take positive action towards achieving your goals, use rejection to strengthen yourself, and to appreciate this "moment" in your lives while embracing and acknowledging your fears and imperfections. The result: you transform yourself and become a gift to the world around you.

Become a Reiki Practitioner; Level 1 and Level 2 – This class helps you understand and teaches you how to use your healing ability as you allow this spiritually guided healing energy to flow through you. You are taught symbols that will power-boost the healing energy. You will be amazed after your first attunement how quickly you can "feel" the energy flow from your hands. Enjoy Reiki 1 as a standalone course or take Reiki 1 and Reiki 2 to further your journey. Reiki 1 is a prerequisite for Reiki 2.

Reiki Share- Reiki Practitioners are so busy "giving", that The Open Mind Center would like to give you the opportunity to "receive". Beginning March 25th we will be holding a monthly Reiki Share Group. Each practitioner attending will have at least 20-minutes 'table time'. What a great opportunity for healing in a sacred space and multiplying this profound spiritually guided healing energy with your fellow practitioners and Masters. Additional meetings will be Thursday: April 22nd, May 20th, June 24th and July 22nd

The Open Mind Center: A place to be, a way to be!

The Open Mind Center is looking for volunteers to help us grow. If you have been looking for meaningful ways to volunteer in the community and are interested in supporting 'our customers' health and well being, please contact us at (678) 243-5074.

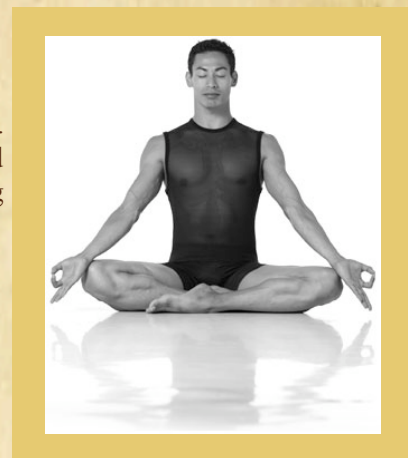
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Here at the Center

Did you know that we have a Massage Therapist on staff?

Tashawn Webb is available for massage Monday through Saturday, 10:00am-7:00pm. Tashawn offers Swedish massage, Deep Tissue massage, Maternity massage and Reflexology. She is certified and Licensed by the State of Georgia and is offering introductory rates and packages.

So, come in or call for an appointment soon.



Intuitive Readings with Ricia L. Maxie

On April 10th, we will have exceptional, shortened sessions available with Ricia L. Maxie. Ricia L. Maxie is a talented and accurate Psychic (Intuitive Consultant) who provides wise guidance to those asking life's key questions. Ricia possesses highly attuned Psychic (Intuitive) abilities and has had these abilities from a very early age. By the young age of 9, she was already providing intuitive messages to her grandmother and, later on, to friends. Ricia further developed her gifts by participating in Psychic Development and Healing Classes for several years under the tutelage of her instructors, as well as her Master Guide, Tame. Ricia has given readings for people from all walks of life, including celebrities, doctors, psychotherapists, CEOs, business owners, homemakers, and many others. She has also lectured and given readings throughout the U.S., Canada, and Europe. For all her clients, Ricia ascribes to a high level of accuracy, professionalism, and a high standard of ethics, along with a deep sense of compassion. Normally Ricia is only able to provide readings in blocks of 1.5 hours due to her method of information attainment so this one day event is a chance to meet with her one on one without the same time constraints.

Ricia will be available for readings Saturday, April 10, 2010 from 10:00am-6:00pm.

Follow us via our website at: www.theopenmindcenter.com or on Facebook at <http://tiny.cc/tomcbus> (group page), <http://tiny.cc/tomc> (fan page) and/or on Twitter at <http://twitter.com/openmindcenter>

April Specials

- ❖ **10% Discount** on the purchase of a Blessing Bowl in the month of April
- ❖ **10% Discount** off Reiki Energy Healing with Fena Gonzalez when booked in April
- ❖ **20% Discount** off gift sets or gift baskets purchased in April

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