

THE OPEN MIND CENTER

What is Reiki?



Reiki is an ancient healing art form. The word Reiki is derived from two Japanese words - Rei which means "Spirit" and Ki which means "Life Force". It is both a spiritual practice and a healing modality. It is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then they are more likely to get sick or feel stress. But, if it is high, they are more capable of being happy and healthy.

The benefits of Reiki include feelings of deep relaxation, better sleep, alleviated pain, and increased vitality. Long term Reiki practice is known to restore and maintain the general condition of the body. Another benefit of Reiki is its ability to restore clarity, as well as self esteem. For instance, people who have experienced Reiki tend to experience fewer negative thoughts and feelings, including anger, self degradation, and fear.

Upcoming Reiki Classes

During August, The Open Mind Center will offer *Advanced Reiki Training (Reiki 3)* on **Thursday, August 19th from 10:00am-5:00pm**. Pre-registration is required by Friday, August 13th. We will also offer *Become a Reiki Master* on **Friday, August 20th and Saturday, August 21st from 10:00am-5:00pm**. During September, *Reiki 1 and 2* will be offered on **Friday and Saturday, September 24th and 25th**. For additional details contact the Center.

Lunchtime at The Open Mind Center

Since opening, The Open Mind Center has focused on helping people achieve a "whole", healthy, happy, and inspired lifestyle. We have offered many classes and services to fulfill that goal. In order to help people achieve an improved lifestyle, we will begin offering healthy lunches. These lunches will include tasty wraps, salads and soups, with vegetarian and vegan options. Our first lunch offering will be on **August 4th from 12:00pm-2:00pm**, enjoy your lunch here or get it to go. Best of all, we will finally be able to answer one of the more frequent questions we're asked: Where can you get a healthy meal around here? If you plan to attend our first lunch, we'd love an RSVP by August 2nd.

Please come by and join us. Your interest and support will determine if this is a permanent offering.

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

1575 Old Alabama Road, Suite 213,
 Roswell GA 30076

WWW.THEOPENMINDCENTER.COM

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
in August!** (See [Calendar](#) for dates & times)

Open House

On **Saturday, August 7th** we are having an Open House from 11:00am-5:00pm. Please join us for free discussions and demonstrations by our instructors, discounted mini-sessions and tours. It's a great opportunity to find out more about what the Center has to offer.

The services will include:

- Reiki Healing Sessions for \$15 for 15 minutes
- Chair massage at \$15 for 15 minutes

The FREE discussions and demonstrations include:

- Upcoming Intuitive Development series
- Meditations
- Workshops
- Hatha Yoga
- Svaroopaa Yoga
- Hot Yoga
- Kundalini Yoga
- Pranic Bodies
- Grown Up & Me

Don't miss Christophe Le Metayer in the afternoon making food from his upcoming menu for you to try. He will be available for questions and to talk about his amazing cooking classes.

Trust Your Spiritual Self

We've all asked ourselves questions with the anticipation and desire of being able to trust that the answer we receive comes from a higher source. How do you know when you have your answer and, if you feel you do, how do you know it's coming from a higher source or your spiritual self? This class will help you understand the signs that come from a higher source and help you to formulate a process to develop a level of trust. **Tuesday, 8/17 from 6:00pm-9:00pm; Investment: \$45**

Introduction to Caring for the Chakra System

This class introduces the chakra system and the energetic body that connects us with others and teaches a variety of techniques related to self-balance, cleansing and protection, creating sacred space, and connecting energetically with others—coming together heart to heart. Participants will get an overview of the energetic body, and will experience seeing and feeling it for themselves, and learn some techniques for chakra system self-care.

Tuesday, 8/24 from 6:30pm-8:30pm; Investment: \$30

Introduction to Munay-Ki

The Munay-Ki are the 9 great rites of initiation of the shamanic medicine way that can help you heal and transform your energy field into one of greater luminosity. This class includes an introduction to the 9 Munay-Ki rites and a chance to experience the attunements for the first 2 rites. Please note, returning students may join at 7:30 and get rites. **Tuesday, 8/10 from 7:00pm-8:30pm; Investment: FREE**

*We are grateful
for your comments!*

*“Wonderful balance in
my life after 2 visits. I'm
learning about myself and
the Universe.”*

~L.

**Product of the Month:
Maroma Men's Products**



The Open Mind Center now carries soaps, fragrances, incense and candles for men. These scents are awesome and have caused more than one customer to say “I want the man that goes with this fragrance.”

These products are produced by Maroma. Maroma is an altruistic company that supports local farmers and businesses. They are energy conscious and use materials that have a minimal impact on the environment. Maroma also returns 40% of their annual profits back to the community. They are a great company that produces great products.

CLASSES & EVENTS (Cont'd)

(For a complete list of classes, see our calendar or catalog.)

Meditation for All

Making the choice to meditate brings many benefits- and is a simple, uncomplicated act of honoring your mind, body, and spirit. Meditating for half an hour provides more psychological rest than a full night's sleep. As you meditate on a regular basis, you will notice an increased sense of well-being as well as greater energy and creativity. On the 1st Wednesday in August the meditation class will consist of ½ hour discussion and ½ hour meditation. The discussion topic will be **Intuitive Hits**. Meditation on the 3rd Wednesday in August include a full hour of meditation.

**Wednesday, 8/4 & 8/18 from 7:00pm-8:00pm;
Investment: \$10**

What is Kundalini Yoga & Kundalini Energy Workshop

Kundalini Yoga utilizes movement, sound, breath and meditation to relax and restore your mind and body while improving strength, flexibility and endurance. This powerfully effective form of yoga stimulates the immune, nervous and glandular systems, helping to bring you back into true harmony. Learn how to wake up your Kundalini energy through pranayama (breathwork), asana (postures), mudras (hand positions), bhandas (energy/body locks), chanting and meditation. In this workshop you will experience good techniques for self-development to generate profound and lasting advancement.

**Saturday, 8/21 from 2:00pm-4:00pm;
Investment: \$50**

Cooking Classes

Join us every other Saturday evening (8/7 & 8/21) as chef Christophe Le Metayer creates amazing and creative 5 course meals. You will learn cooking techniques and menus that are unlike anything else. It is great food, great conversation and a great time for all.

**Saturday, 8/7 & 8/21 from 7:00pm-10:00pm;
Investment: \$38.**

**Hot Yoga now at TOMC**

Beginning **August 12th**, we are pleased to announce that The Open Mind Center will start offering Hot Yoga classes. These classes will occur every Thursday and Saturday.

What is Hot Yoga?

- A form of Hatha Yoga performed in a room heated between 90°F - 105°F
- Class formats vary but usually follow a system of 26 Yoga Postures
- Class duration: 90 minutes

Benefits of Hot Yoga

- Increases the chance of weight loss
- Cleanses both the mind and the body by releasing toxins
- Facilitates deeper stretching
- Improves flexibility and range of motion
- Aids with injury prevention, stress and tension relief
- Stimulates and restore health to every muscle, joint, and organ of the body
- Develops muscle tone and improves blood circulation

Join us on **Thursdays from 6:00pm-7:30pm & Saturdays from 4:00pm-5:30pm**

Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing.

~Mother Teresa~

Intuitive Development Beginning Series

All people have an ability to open psychically to receive answers. Psychic simply means to open to answers outside the sphere of scientific knowledge, to have sensitivity to non-physical or supernatural information.

This 10-week series will show you how to become more sensitive to psychic information. The classes will be taught through a balance of lecture, meditation techniques, and individual and inter-active activities. Through these classes, you can begin to let go of negative beliefs and inner fears and develop what you want in life.

During the Intuitive Development Beginning Series, you'll become familiar with:

- Meditation, Mastery of Thought, Transformation, Auras, Health and Spiritual Healing, Chakras, Dreams and Emotions

You will also learn how to:

- Take responsibility for your thoughts, discard the frustration and worry habit, use metaphysical tools to attract what you want and decrease dissatisfaction, open intuitively to easily receive answers, and recognize your spirituality

Offered: **Tuesday Evenings, 8/24, 8/31, 9/7, 9/21, 9/28, 10/5, 10/19, 10/26, 11/2 & 11/16 from 6:30pm- 9:30pm**

Investment: \$300

Intuitive Development Intermediate Series

This 10-week series will show you how to become even more sensitive to psychic information than you experienced in the beginning classes. The Intermediate classes will continue to be taught through a balance of lecture, meditation techniques, and individual and inter-active activities, yet you will be intensifying the look at yourselves, as well as looking at others by reading and healing each other.

In the **Intermediate Intuitive Development Series**, you will learn about:

- Owning your own space and super-cleaning; Emotions: what they are and letting them go; Guides: what they are, why have them, and how to recognize them; Givingness and Havingness: the ability to have, the first step toward creating; Visualization/Creation/Praying Correctly: how to get what you want in your life, how to let go of what you're creating, intuitive communication skills, foundation techniques for reading and trusting your intuition, more on auras, aura layers, chakra points, meaning of colors, how to separate your information from another's, organizing psychic information in your hands and fingers—learning to become more sensitive to psychic information in other people, shields and screens—what they are, why use them, how to use them; and Transmediums and their functions: protection for yourself and loved ones

Offered: **Thursday Evenings, 8/26, 9/2, 9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21 & 10/28 from 6:30pm-9:30pm**

Investment: \$300

Intuitive Development Beginning Series is a pre-requisite for Intuitive Development Intermediate series.

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>

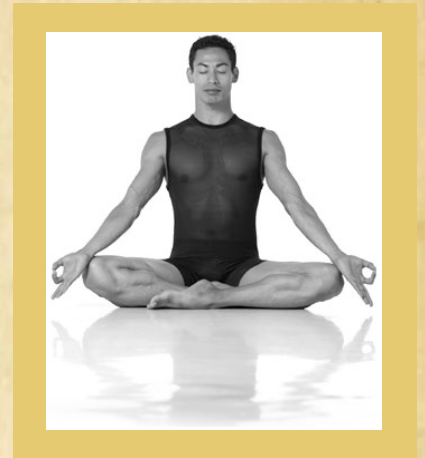
The Open Mind Center: A place to be, a way to be!

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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Our Special Guest

On **Saturday, July 31st**, we have a special guest visiting us from Cassadaga, Florida. **Matthew Sekunna** is a talented and accurate Psychic (Intuitive) who provides wise guidance to those asking life's key questions. Matthew has possessed highly attuned Psychic (Intuitive) abilities from a very early age. By the young age of 10, he was already giving psychic (intuitive) and palmistry readings. Matt further developed his gifts by participating in Psychic Development Circles, under the guidance of his father, Dr. Ernest Sekunna. Matt has done readings for people from all walks of life, including celebrities, royalty, CEOs, diplomats, and politicians. He has also lectured and given readings throughout the U.S. and Europe. For all his clients, Matthew ascribes to a high level of accuracy, professionalism, and a high standard of ethics, right along with a great sense of humor!



Sign up soon to ensure the time you want. **Saturday, July 31st from 10:00am-4:00pm.** Sessions are \$60 for 30-min, \$75 for 45-min and \$100 for 1 hour.

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. This effort aligns multiple locations each focusing on the same intention and prayer. It is an amazing and effortless step to take towards increasing peace.

Join us on Saturday, July 24th from 5:00pm- 6:00pm.

August Specials

- ❖ **10% Discount** on Maroma Men's products purchased in August
- ❖ **10% Discount** on Nepalese paper products purchased in August
- ❖ **20% Discount** off gift sets or gift baskets purchased in August

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