

THE OPEN MIND CENTER

New Creations



“If not me, who? And if not now, when?” (Mikhail Gorbachev)

At The Open Mind Center, we truly believe in those words. What better time than the beginning of a New Year to create something new? Whatever your passion, whatever your goal, we can help you realize it.

We are full to brimming with new classes, new instructors and new offerings while still maintaining our core purpose; A place to be, a way to be. For example, during February, we will be offering an “**uncooking**” class that will help you learn to make delicious and healthy raw soups, meals and desserts that heal the body from the inside out. We will offer a **financial information** class as well as a class on **Ayurveda**, a **Soul Retrieval Guided Meditation** and a class on **Transforming Space, Transforming Self**. We will help you learn to transform, transcend, connect and excel at life and living.

In fact, we have so many new classes this month that we have extended the list of classes included in this month’s newsletter. For more complete class descriptions, however, take a look at our calendar, catalog or website. Additionally, we’ve added teacher bios in our catalog so you can see additional information on the instructors.

While we’re creating many new and exciting things we definitely haven’t forgotten our classics. We continue with our **Hatha Yoga** twice a week, **Svaroopa Yoga** three times a week and **Belly Dancing** now twice a week. If you’ve never taken a yoga or belly dancing class at the Center before but you’ve been thinking about it, come in during February and attend your first class for free. With multiple offerings there is a time and a class for everyone.

We love our customers and look forward to seeing you and hearing your stories so stop in soon and see what’s new. Remember you can also follow us via the website (www.theopenmindcenter.com), Facebook (<http://tiny.cc/tomc> - fan page and/or <http://tiny.cc/tomcbus> - business page) and Twitter (<http://twitter.com/openmindcenter>).

Hope to see you soon and remember—create something wonderful this year.

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
going on in the month of FEBRUARY!**

(See [Calendar](#) for dates & times)

Ayurveda for Health and Longevity

Ayurveda is India's 5,000 year old "Science of Life." It is the art of living in harmony with nature, and when we learn about Ayurveda, we learn about ourselves. Ayurveda teaches us to live life in balance and since health is more than the physical, Ayurveda comprehensively addresses mental, emotional, and spiritual aspects as well. You'll learn the key principles of Ayurveda, focusing on the Doshas (Ayurveda mind/body types) and take a quiz to identify our primary and secondary dosha types- whether or not we are currently out of balance- and the key to restoring the balance.

Saturday, 2/20 from 1:00pm-4:00pm

**Transforming Space, Transforming Self
Get DeCluttered and Organized -- for Good!**

This class gives compelling reasons why our bodies--and our lives--work better when our home and work spaces function efficiently and smoothly. Learn how to let go of all that no longer serves you--and how to organize everything you keep! You'll receive a 35-page guide filled with secrets professional organizers & interior decorators use to streamline your closets, your kitchen, your paperwork, your memorabilia and more.

Saturday, 2/6 from 1:00pm-3:00pm

**Maiden, Mother, Crone- Exploring and Embracing the
Divine Feminine Within**

When we think of ourselves as women, we often think of some singular resource of womanhood that we use to exhaustion in order to face the daily challenges of our world. In this class we will discover the strengths of all sides of our feminine nature -- maiden, mother/goddess, and crone-- and regain a sense of feminine wholeness that restores us energetically, revives our femininity, and nourishes a soulful connection within ourselves and with other women.

Wednesday, 2/24 from 7:00pm-9:00pm

Transcend Your Mind | Expand Your Bliss

This one day workshop is designed for both beginners and those seeking a refresher course on their journey toward Enlightenment. Are you aware that the highest spiritual paths require that you transcend your mind? Only when your mind is still will you be able to know the ultimate state of Bliss -- Inner Peace! Inner Peace is only available to those who are masters of their mind.

Saturday 2/13 from 10:00am-4:30pm

Spirituality and Money

If you are a seeker on the spiritual path yet not interested in forsaking the joys of the material world, money may present a bit of a conundrum. How much is enough, maybe too much? Our society equates money with worth and power yet it's possible to develop the perspective that money is neither good nor bad, merely a tool and a form of energy. How does money bring us peace? What are the roots of our feelings about money? Do we need to heal our money karma? We'll discuss all of the components, the energy of money, explore the depths of our beliefs and benefit from take-home tools and practices.

Saturday, 2/13 from 1:00pm-4:00pm

*We are grateful
for your comments!*

*“Wonderful experience
and miraculous release of
back pain that hasn't been
released through exercise
or massage.”*

~M.B.

Product of the Month:

Clear Space



Clear Space clears toxins and energy from your space without the unwanted scent of sage. For example, if you've just had a meeting or conversation with a difficult co-worker and you'd like to clear the air, spray some Clear Space in your work area. This easy to use spray makes it perfect for home, work or travel.

Don't miss these CLASSES & EVENTS going on in the month of FEBRUARY! (Cont'd)

Are We There Yet? A Seeker's Guide To The Deeper Dimensions Of Our Being

Wednesday, 2/17 from 7:00pm-9:00pm

Finding Balance with your Savings and Investing Plan

Saturday, 2/11 from 7:00pm-8:00pm

Woman to Woman

Wednesday, 2/3 and 2/17 from 10:00am-11:30am

Parenting Connections—From Parenting Challenges to Parenting Joys

Saturday, 2/27 from 11:00am-2:00pm

Soul Retrieval: Guided Meditation

Tuesday, 2/23 from 7:30pm-8:30pm

The Dark Night of the Soul

Tuesday, 2/23 from 7:00pm-8:00pm

Cleansing Breath Work

Thursday, 2/25 from 6:30pm-8:30pm

Munay-Ki Rites

Tuesday, 2/2 from 12:00pm-1:00pm and 2/23 from 6:30pm-7:30pm

Holistic Healing & Body/Mind/Energy Balancing

Thursday, 2/18 from 7:00pm-8:00pm

Presentation Power: Actor's Secrets to Effective Speaking

Saturday, 2/20 from 9:00am-1:00pm



Honoring the Dark Night of the Soul

“Darkness and light are both part of our journey. Darkness is the depth of spiritual potential hidden in the void of infinite possibility. Light is the manifestation of that potential in the external dimension of time and space” (Beckwith, Spiritual Liberation 240).

Winter has already brought us the hard freezes that obliterates whatever may have been left of last year's growth, and February is bringing us even deeper into the shivery days of days of winter. For many of us, it seems like it has been ages since we have had a true growing season or a time of harvest. Our human nature is to wish away the dim light of winter and long for the first signs of spring. However, to do so is to throw away a precious prize that cannot be won without journeying through the Dark Night of the Soul, the dark wintry landscape of deep soul work.

What happens to a plant during the fall and winter is as important as the spring rains and summer sun. Likewise, as we find ourselves in the midst of troubled times, it is an invitation to open our hearts and minds to the nourishing opportunities being provided by the journey downward and inward. Though such times feel like trial and punishment, Michael Bernard Beckwith says “It is a gift to the soul that provides the teaching which becomes the cosmic doorway through which we take a closer step to spiritual awakening” (Spiritual Liberation 241)

“People are like stained-glass windows. They sparkle and shine when the sun is out but when darkness sets in; their true beauty is revealed only if there is a light from within.”

- Elizabeth Kubler Ross

Honoring the Dark Night of the Soul (Continued)

We are of a mind in the West that all that is good must grow without ceasing, yet that excess of growth is exactly what defines cancer and makes its “living” a destructive force. In nature, death and mulching are essential properties of life. We can try to ignore it or avoid it, but to be alive is to change, and all change involves a letting go of what was and the creation of what will be. The soul journey is like the mythic journey of the sun – moving across the sky during the day, then descending into the dark underworld at night, only to be reborn on the following dawn. Enlightenment, personal soul work, involve both the obvious teachings of the day and those mysteries of the night, of the shadow self. We cannot know ourselves without spending time in our own shadow.

Sometimes, recognizing that we are in this dark place is enough to give us some comfort, because just as we cannot stay forever in the light, we will not be stuck forever in the dark. However, by honoring the process, looking for the lessons, recognizing the issues that we need to shift or evolve for our ultimate benefit, can help us move along through the night and not get lost down dark and dangerous side paths. When we try to avoid the journey—the darkness, the change—and find instead some temporary reprieve that makes us feel comforted like the light of a lit match, we can bog down the process, delaying it and complicating it. And ultimately, when the match goes out, as it always does, we may find ourselves burned and standing right where we left off when we first lit the match.

Self-love and self-acceptance are critical to the healing process of the Soul Journey: meaning, loving not only what we show the world, but what lies hidden in the dark nooks and crannies of our soul. We cannot expect life to be so one-sided that there are never recessions, regressions, or set-backs, because those are critical to the process of life: no matter how much savings, insurance, legal support, medical know-how, political balance or other material resources we have. Now is a perfect time to do what one does in the winter to prepare for spring: prune, cull, rest, look inward, plan, reroute resources to self-support instead of productivity, honor our whole being, study, meditate, appreciate, hold hands, and hum by the hearth. The daylight will return, and then we will be too busy to rest and enjoy quiet reflection that is the primary gift of this Dark Night.

During February we will be offering an introductory class to help you learn more about the Dark Night of the Soul (see below):

The Dark Night of the Soul

Navigating the Dark Night to reach your Inner Light. Most of us are afraid of the dark. Maybe we haven't been afraid of a dark room since we were children, but we certainly don't embrace the dark side of life as we do the light, fun, and happy side. Ironically, it's that very fear that keeps us from being our best, most authentic self. Spend 60 quick and fascinating minutes understanding how your dark side ultimately becomes your wisest and most compassionate friend and why exploring it can help you shine your light even brighter.

Tuesday 2/23 from 7:00pm-8:00pm

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

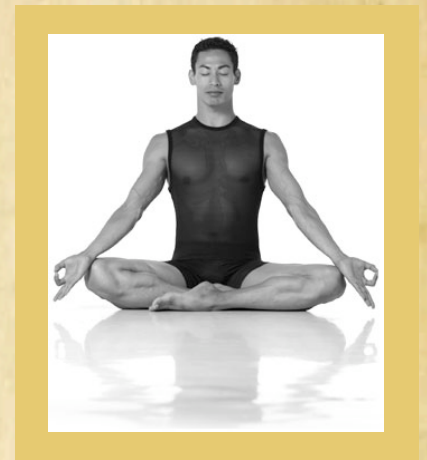
The Open Mind Center is looking for volunteers to help us grow. If you have been looking for meaningful ways to volunteer in the community and are interested in supporting 'our customers' health and well being, please contact us at (678) 243-5074.

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We're Having a Contest!!!

The Open Mind Center is having its first contest! Yeah! The person who refers the most new clients (minimum of three referrals) that attend a class or receive a service wins a \$150 Gift Card for use on classes, services and products at the Center. So get out there and get your friends and family in here.

But wait there's more, if your refer three customers (come on you know at least 3-people) who come into The Open Mind Center to make purchases, receive a service or attend classes you will receive a 20% discount on your next service or class (you are so worth it).



Our Special Guest

On February 6th, 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!

February Specials

- ❖ **30% Discount** on your first session with Dr. Ien van Bekkum-Body, Mind, Energy Balancing or Healing Touch
- ❖ **10% Discount** off Energy Healing Work with Gay Wolff when booked in February
- ❖ **20% Discount** off 100% Cashmere and Silk Scarves

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