

THE OPEN MIND CENTER

FINDING YOUR TRUE PATH



What is your true path? More importantly, how do you find it?

Many people spend a great deal of time and energy trying to answer these questions. We have often made declarations like “I was born to be...”, “My mission in life is...”, “The Universe wants me to...”, and similar pronouncements. Finding our true path in life is more like gently waking up from a dream we don’t even realize we’re in. The truth is, we are all on our true path but are simply unaware of it.

We create many erroneous ideas, beliefs, and images of who we are based on the voice of our egos and other illusions. All of this can act as obstacles and energy blockages in our consciousness which can temporarily cloud our perception and prevent us from seeing the truth of who we really are and the real path we are already on. As a result we need to engage in practices that will help us to clear out this mental debris from the paths of our lives and allow ourselves to see clearly again.

Here are some guidelines that can help with this:

Accept the present moment fully.

The power of now is the only reality there will ever be. The past is gone. The future is only a projection (at best). So, embrace the moment! Do whatever is in front of you, whatever is next. So often, we convince ourselves that there is something else that we should be doing other than whatever is in front of us right now. In reality, this is only our egos trying to convince us that there is something better than the present moment. The ego compares whereas the spirit accepts.

We are as God created us.

By reminding ourselves that we are as God created us to be, we align with God’s vision and see ourselves (and our world) as God sees us. As *A Course in Miracles* reminds us “As God created you, you have all power. The image you made of yourself has none.” So, which one would you choose: reality or illusion? I choose reality. *(continued on pg. 4)*

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 JANUARY!**

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

Wellness & Rejuvenation Fair

The Open Mind Center is pleased to announce its second Wellness & Rejuvenation Fair on January 16, 2010. The Fair will include wellness services, discussions, tours and light refreshments. Come meet some of our practitioners and teachers. Peruse our retail area for your meaningful and unique gifts. We hope to see you there!

Saturday, 1/16 from 11:00am-3:00pm

Karma Boot Camp: A Playshop

Based on her forthcoming book, Karma Boot Camp, Caryn Colgan will show how to manage the Body's Mind and Busy Mind to manifest more of what you want. Caryn will also incorporate karma art based on the principles of Feng Shui and the Law of Attraction to attract more abundance, love, health, relaxation, and spiritual growth into your life.

Saturday and Sunday, 1/16 and 1/17 from 1:00pm-5:00pm.

Intro class on Friday, 1/15 from 7:30pm-9:00pm. Intuitive Coachings & Readings by appointment on Monday, 1/18 from 11:00am-4:00pm.

4C Your Future

This course is an exploration into the 4 specific areas of self-awareness and personal development, designed to serve as a blueprint for abundance. This course reveals the 4 pillars for balanced success – communication, creation, commitment, and charity. Included are course materials, group activities and a personal performance tracker.

Mondays and Wednesdays (1/4, 1/6, 1/11, 1/13, 1/18, 1/20) from 6:30pm-8:30pm

Creative Prayer: Wishes to Will

In the spirit of honoring the ultimate Will of the Divine, this class will teach techniques for turning your prayers, meditation, and contemplation into tools of creation and manifestation. This class explores various techniques for “putting legs on our prayers,” getting out of our own way, and gaining better access to the divine and human powers of creativity.

Tuesday, 1/12 from 6:30pm-8:30pm

Great Expectations Vision Board Class

The Law of Attraction states that what you focus on expands. In this class you will create a vision board for the year 2010. By taking time to put your desires “to work” on a vision board, you are increasing your power of attraction. What a wonderful way to start the New Year by setting powerful intentions for your 2010 life. *Please bring a pair of scissors and several magazines that contain ideas and images you wish to attract into your life.

Saturday, 1/9 from 2:30pm-4:30pm

*We are grateful
for your comments!*

*“She pours love and light
– a beautiful soul and
powerful healer.
Thoroughly enjoyed the
work and she was
absolutely on target
intuitively.”*

~L.B.

Product of the Month:

I Can Do It 2010 Calendar



Louise Hay's *I CAN DO IT 2010 Calendar* offers you positive thoughts, affirmations, and words of wisdom to encourage you to move forward with joy and confidence each day of the year. As you read the entries on these pages, you'll feel an upliftment of spirit and realize that *you can do it – no matter what "it" is!* This appealing calendar is the perfect gift for friends, family members- and of course, *you!*

A Healthy, Happy You!

As January is almost upon us, it is traditionally a time to refocus our efforts on getting healthy and happy for the New Year. Please keep us in mind as you set your goals and make your resolutions for 2010. Why not try some of our yoga classes? It might be a great time to learn to Belly Dance. We also have amazing energy workers that can help you heal from the inside out. Please check out our calendar for January and treat yourself to something fun and interesting. We look forward to seeing you soon!

Did You Know?

During the month of January, The Open Mind Center is offering free yoga classes for those who are unemployed.

When dealing with situations such as unemployment, the importance of stress relief cannot be overstated. Long-term exposure to stress can lead to many unwanted conditions, including depression, anxiety, suppressed immune system, increased risk of illness, not to mention the toll it can take on those around you.

The practice of yoga leads to improved health, increased energy levels, physical and mental stress reduction and an overall increase in self-awareness, self-confidence and well-being.

So, if you're unemployed please join us for free yoga classes during the month of January. These classes will be offered according to the following schedule:

Mondays:	6:15-7:15pm
Tuesdays:	9:00-10:00am
Wednesdays:	9:00-10:00am
	6:15-7:15pm
Saturdays:	10:00-11:30am



Looking for a Few Good Members!

The Open Mind Center is pleased to announce its brand new Membership Program. Remember that saying "Membership has its privileges"? Well that is definitely the case for people who choose to become members of the Center. What a great way to start the upcoming year by committing to raise your consciousness and improve your health. We will be offering 4 different levels of membership so everyone will be able to find an affordable plan that perfectly meets their needs.

Our lowest priced plan is called Explorer (\$29/month). At this level you will receive the following:

- 1 free class per quarter
- 10% discount on classes, workshops, wellness services, room rental fees and products
- Free participation in Weekly Discussion Group
- Free participation in Special Events
- 1 free t-shirt

(Continued on next page)

“Living is a form of not being sure, not knowing what next or how. The moment you know how, you begin to die a little. The artist never entirely knows. We guess. We may be wrong, but we take leap after leap in the dark.”

- Agnes De Mille

Finding Your True Path (Continued)

Happiness is just being.

To just "be" is to be truly happy. There is nothing more that we need to do. As *Abraham* (Jerry and Esther Hicks) reminds us, "There is only a Source of Well-being--which you are either allowing or not." Therefore, the only thing that can ever be lacking in any area of our lives is whatever we are not allowing.

Some concluding thoughts...

It has been suggested that the only way to find our true path is to realize that we are each already on our true path right now. We need to look no further. We need to do nothing more than that. We have everything we need right here and now in the present moment and everything is fodder for our best spiritual path. As *Abraham* (Jerry and Esther Hicks) concludes, "All the resources you will ever want or need are at your fingertips. There is nothing holding you back, other than your own contradictory thought."

The key is to allow it all in and be as God created us to be - now.

Looking for a Few Good Members! (Continued)

The next level is called Collaborator (\$44/month) and includes the following:

- 1 free class per month
- 10% discount on classes, workshops, wellness services, room rental fees and products
- Free participation in Weekly Discussion Group
- Free participation in Special Events
- 1 free t-shirt

At the Seeker (\$57) level you will enjoy the following:

- 1 free class per quarter
- 1 free wellness session per quarter
- 10% discount on classes, workshops, wellness services, room rental fees and products
- Free participation in Weekly Discussion Group
- Free participation in Special Events
- 1 free t-shirt

Our premiere level is called the Enthusiast (\$135/month) and offers the following:

- 1 wellness session per month
- 1 free class per month
- 10% discount on workshops, wellness services, room rental fees and products
- Free participation in Weekly Discussion Group
- Free participation in Special Events
- 1 free t-shirt

For more information on this great new opportunity, please call us at 678-243-5074 or stop in and see one of our Membership Coordinators.

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

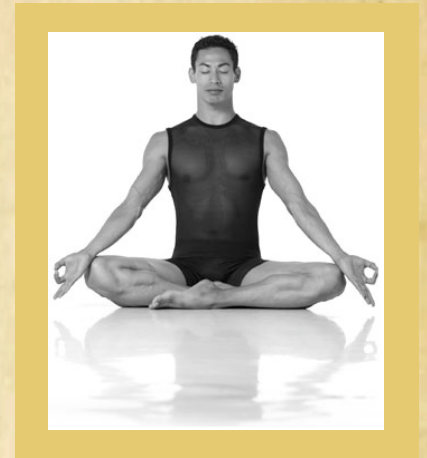
The Open Mind Center is looking for volunteers to help us grow. If you have been looking for meaningful ways to volunteer in the community and are interested in supporting 'our customers' health and well being, please contact us at (678) 243-5074.

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WHAT IS KARMA?

Karma, simply put, is that which keeps the universe balanced. It is nature's reactions to our actions; the constant cause and effect that we may or may not notice every moment of every day.

For most people, Karma was initially introduced to them as an example of crime and punishment given by authority figures. We were taught things like "What goes around comes around" and "You reap what you sow". In truth, however, Karma is not inherently a punishing force. It is neither positive nor negative. Karma is a universal mechanism of balance. Through free will and the control we wield over our own destiny, man's actions spark the karmic experience he feels. This is true for us as individuals and as a whole. Indeed the Karma that we allow the person to the left and right of us to create often has effect on us. This fact works conjunctively with the entire idea of Karma. What we allow or assist in occurring around us undeniably has an effect on our own lives.



This month The Open Mind Center is hosting Karma Boot Camp: A Playshop. This class, based on instructor Caryn Colgan's book Karma Boot Camp is a must try for those looking to bear witness to their own increased affect on the world around them. Focusing on the principles of the Law of Attraction and Feng Shui, this class will help you manifest more of what you want. Employing techniques in the Body's Mind as well as the Busy Mind, this class is one guaranteed to give you the tools you need to attract an abundance of more of what you want.

January 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 January
- ❖ **20% Discount** off 100% Cashmere and Silk Scarves

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