

THE OPEN MIND CENTER

Warm Thoughts



You may feel as many did when they were young and loved winter because it provided snow days and long nights with great TV viewing. Or, you may have disliked winter as some do because of the short days, frigid temperatures and bulky clothes. Either way, winter is a wonderful time that contains its own special magic. It is the time when the trees are bare but the roots are busy digging in, the days are short but the nights are long and cozy. Though you may long for the spring and all of the color and warmth that accompany it, you should not forget to appreciate the winter cycle that is essential to life.

Whether we gain this perspective from personal experience, maturity, or an assertive search for wisdom, gaining such a shift in outlook quite often comes because of the influence of others. Maybe it's your friends or family that has helped you see things from another perspective, a great class you've attended, or an experience you've benefited from. Whatever the reason, always remember to look at things from more than one perspective. It can save you from wasting your time waiting for something to end and instead help you see the value and beauty of what is, such as winter's wonder and magic.

Despite the hard cold of this record-breaking winter, we at The Open Mind Center are still here, with doors open, offering a cozy place to warm your heart and nourish your spirit with delicious teas, insightful classes, healing support, and good company.

One new class starting in March is our *Intuitive Development Series*. This is a 10-week series that will help you develop your intuition. See page 4 for further details.

Our warm and nourishing menu of classes for this month also includes *Transcend Your Mind: Explore Your Bliss, Spirituality and Money, The Soul's Journey and a Pendulum Workshop*. As always we offer a variety of services such as *Massage, Intuitive Consultation, Reiki, Chakra Balancing, Acupuncture* and more. Most services are offered in increments of 30 min, 60 min or 90 min. We've added snacks to our tea bar, a great place to hang out and warm up!

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>).

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 the month of March!**

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

**Transforming Space, Transforming Self:
Get DeCluttered and Organized -- for Good!
& Using Feng Shui to Up-Level your Life**

These two classes give 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, 3/6 from 10:00am-12:00pm & 1:00pm-3:00pm;
Investment: \$20 each or both for \$35**

How to Create a Soul Driven Business-Fast Track Session

Would you like to bring your spiritual, community-focused or creative business idea to life with an innovative approach to business planning? To develop a comprehensive business plan, reflecting the joy in your heart and the desire of your soul? This is time well spent if you are contemplating a career change, starting or expanding a business, or seeking to balance spiritual service with sound business basics. The course is designed to benefit those considering a potential business idea as well as those ready to launch.

Saturday, 3/13 from 10:30am-4:30pm; Investment: \$120

Caring for Your Chakra System I, II & III

Caring for Your Chakra System is a three-part class that 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.

In Part I, 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. In Parts II and III, participants will look more closely at the individual chakras and their care, learn about the energetic web that connects us with others, and practice feeling, touching, and communicating energetically with one another.

Tuesday, 3/16, 3/26 & 3/30 from 7:00pm-9:00pm; Investment: \$30 for Part 1; \$55 for Part 2 & 3 or &75 for the series

Past Life Workshop

Discover how past lives may be affecting your current life. Explore the possibility of past life involvement with a spouse or lover. Begin to understand certain "unexplainable" fears. Awaken latent talents from a former life.

You're invited to come and share a day exploring reincarnation, karma, and past lives. You may begin to recognize yourself with a new and more integrated wisdom.

Saturday, March 27 from 10:00am-5:00pm; Investment: \$95

****Please bring a light lunch, a journal, and a pillow****

*We are grateful
for your comments!*

*“First time I've ever done
anything like this. Ricia
was wonderful. I'll
definitely return.”*

~A.F.

Product of the Month:

Terra Essentials Candles



Terra Essential Scents are created with a sense of reverence for the earth, mind, body, and spirit, to enhance the space with both aroma and vibration. All candles are infused with essential oils and stones that promote the desired intention.

The aromatherapy candles provide a synergistic aroma therapeutic effect as each is created with premium grade essential oils, crystals and organic soy wax to ensure a clean, long-burning aromatic experience.

The lotion candles are made with a silky grade organic soy wax and essential oils; a warm and luxurious alternative to massage oils and lotions. To use: burn candle then extinguish when desired liquid pool is achieved and either dip fingers into wax or use a ladle/spoon and massage onto skin.

For March we have:

Discussion Group

The first day of spring is March 20 which is also called the Vernal Equinox. With such a pleasant event just around the corner we would like for you to start thinking about **“What helps you grow”**. We will explore the resources, materials, groups that we all need and use to grow spiritually, emotionally and physically. Join us on Tuesday, March 9 from 6:30pm-7:30pm.

Book Club

This month's book is **Anastasia** by Vladimir Megre. It is book one in The Ringing Cedar Series. It tells the story of entrepreneur Vladimir Megre's trade trip to the Siberian taiga in 1995, where he witnessed incredible spiritual phenomena connected with sacred 'ringing cedar' trees. He spent three days with a woman named Anastasia who shared with him her unique outlook on subjects as diverse as gardening, child-rearing, healing, nature, sexuality, religion and more. Join us on Thursday, March 25 from 6:15pm-7:15pm. The cost is \$5.

Energy Healing Sessions

Energy Healing is a form of complementary therapy. This means that it complements and supports other methods of healing. Energy Healing is based on the belief that our body, or life force, creates energy fields that become unbalanced during emotional or physical dis-ease. By using gentle therapies that work with the energy fields, dis-ease and imbalance can be brought back into balance and harmony.

We offer **Reiki, Shamanic Healing, and Chakra Balancing**. These services help with everything from allergies to muscle or joint pain, from depression to addiction.



Intuitive/Psychic Ricia L. Maxie, M.A.

We would like to introduce to you a new member to our team here at the Center. Ricia Maxie is an internationally renowned Intuitive Consultant/Mystic, a gifted Healer and Reiki practitioner, and a sought-after Speaker. Having studied with master teachers and practicing numerous approaches to meditation from several traditions, Ricia has been providing intuitive consultations/readings, leading spiritual retreats, and teaching classes and meditation for more than 20 years.

Proud of her dual career in both the business and spiritual disciplines, Ricia is also a professional business woman, Organization Development Consultant, and Trainer.

Ricia earned a Bachelor of Arts in Psychology from Dominican University and a Master of Arts in Counseling Psychology from the University of San Francisco.

Ricia will be available for intuitive/ psychic readings and past life regressions. Additionally she offers hypnosis which may be used for weight loss or to stop smoking. Book your appointment soon.

“What sunshine is to flowers, smiles are to humanity. These are but trifles, to be sure; but, scattered along life's pathway, the good they do is inconceivable.”

~Joseph Addison~

Ricia L. Maxie (cont'd)

In March, Ricia will begin a series on **Intuitive Development**. This will be a 10-week series on Mondays beginning March 15th from 6:30pm-9:30pm.

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

- + Meditation
- + Mastery of thought
- + Transformation
- + Auras
- + Health and spiritual healing
- + Chakras
- + Dreams
- + 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
- + Recognize your spirituality

Classes are a balance of lecture, meditation techniques, and activities. In this series, you can begin to let go of negative programming and inner fears and open to what you want in life.

Ricia will also be teaching "**Communicate with Your Guides and Angels**". This class will help you learn to acknowledge, listen to, and trust the whispers that come to you from the spiritual realm.

Those on the "other side" are here to protect and guide us in our lives. Some of us are aware of them and some are not. Many of us wonder who our guides are and how we can communicate with them. Through this process you will be able to connect with them for guidance and support whenever you want.

Guided meditations are used to take you into a comfortable, relaxed place so that you may contact and ask questions of your guides and angels. All you need is an open, trusting mind. You may meet one or several guides or beings who are supporting and helping you in this lifetime.

Course Objectives:

- + Meet your guides and angels through guided meditations
- + Recognize how your guides and angels communicate with you and fine-tune this connection
- + Learn how to ask for and receive guidance for major and minor decisions/problems
- + Learn how to open up and receive inspirational thought for creativity
- + Examine the classic types of intuitive abilities

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

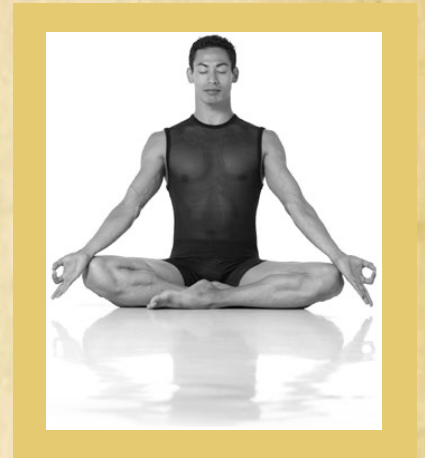
The Open Mind Center is looking for volunteers to help us grow. If you have been looking for meaningful ways to volunteer in the community and are interested in supporting 'our customers' health and well being, please contact us at (678) 243-5074.

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Here at the Center

We hear time and again how our stones and crystals “feel so positive” and how they “work so effectively”. We have many customers who return bringing a friend or family member because of the positive effects of the stones purchased at the Center.

The stones we offer at the Center are infused with positive energy when they arrive because they are ethically harvested. They are acquired by asking the Earth for the release of the stones and taking only that which is granted. These stones are not strip mined ensuring that when you come in to select the stones and crystals they are ready to do positive things in your life.



Yoga and Belly Dancing

Here at The Open Mind Center we offer a variety of activities but among our more popular are our yoga and our belly dancing. We offer two types of yoga; Hatha and Svaroopaa.

Hatha Yoga is a traditional yoga and focuses on core strengthening and lengthening of muscles. The classes are taught by Tiffany Nixon who students refer to as “**the best**” and her class “**challenging and worth it**”. Classes are 1 hour and 15 min long on **Monday and Wednesday evenings from 6:15pm-7:30pm**. In March, we are adding a **Saturday morning class from 9:45am-11:00am**. Don’t miss out!

Svaroopaa Yoga is a gentle yoga which focuses on meditative breathing and the opening and relaxation of the spine. This class is perfect for anyone who holds stress in their back or shoulders and anyone with scoliosis. Check out our web-site for dates and times.

Our Belly Dancing is an ongoing practice wherein the students spend class first learning the steps then practicing the steps as a series. The instructor has a loyal following and the class has a lot of fun. Drop ins are always welcome. See online schedule for days and times.

March Specials

- ❖ **10% Discount** for new students who purchase a yoga series in March
- ❖ **10% Discount** off Energy Healing Work with Gay Wolff when booked in March
- ❖ **20% Discount** off gift sets or gift baskets purchased in March

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