

THE OPEN MIND CENTER

Improving Body, Mind & Spirit



We are inundated daily with images of how our lives should be. We should be wealthy and thin and happy. What if we aren't those things? What if we are sad and lonely, struggling and worried, overweight and confused? These are issues that most people struggle with and here at The Open Mind Center we want to help you.

We offer **Hypnotherapy** to help stop smoking, aid in weight loss or other issues. We have **Reiki** sessions which are great for healing at the physical, emotional or spiritual level. **Intuitive Readings** for those who have questions or are seeking direction and clarity.

We have two types of yoga to work on the physical and spiritual self from the inside out. **Hatha Yoga** is the practice of awareness: the process of being totally involved with the body while practicing various postures, breathing exercises and relaxation techniques. **Svaroopa Yoga** is a gentle yoga that creates a deep opening in the muscles around the spine which radiates change throughout the whole body.

We also have two classes this month that focus on self image: **The Psychology of Successful Weight Loss** and **Make Peace with Your Body and Self**.

By popular demand we are continuing several classes this month: **Discover Your Soul's Voice through Guided Journaling, Communicate with Your Guides and Angels** and **How to Create a Soul Driven Business**.

Take charge and create changes in your life and environment with classes like, **Caring for Your Chakra System Part 1, Meditation for All or Become a Reiki Practitioner; Reiki 1 & Reiki 2**. **Caring for Your Chakra System Part 1** participants will get an overview of the energetic body, will experience seeing and feeling it for themselves and learn some techniques for chakra system self-care. **Meditation for All** sessions will focus on a different meditation style/ technique each month so that you may explore many paths (May is Guided Meditation). For the first time ever, we're 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 May 20th for those working on honing their skills.

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.

OM Newsletter

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

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

Communicate with Your Guides and Angels

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.

Saturday, May 8th from 10:00am-5:00pm; \$95

****bring food as there will be a lunch break****

Experience the Joy of Spring

Springtime!! Renewal, reawakening, is 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; \$40

The Psychology of Successful Weight Loss

Almost everyone knows the right foods to eat, that exercise increases longevity and quality of life, and have read at least 4 diet books in their adult life. Then why is there is an obesity epidemic? Learn how our emotions and thoughts create barriers and sabotage your success. You will learn how to identify sabotaging behavior and learn self care and self empowerment tools that will support your weight loss success. Let's get real about weight loss.

Saturday, May 15th from 10:00am-12:00pm; \$30

Attend both Make Peace with Your Body and Self & The Psychology of Weight Loss for \$55

Make Peace with Your Body and Self

An inspiring class detailing the importance of positive self-esteem and body image. This experiential model builds on body awareness through meditation and an interactive group setting. Discover limiting beliefs about why we often stay in toxic situations and relationships based on past relationships, societal influences and our own unconscious thoughts.

Saturday, May 15th from 1:00pm- 3:00pm; \$30

Attend both Make Peace with Your Body and Self & The Psychology of Weight Loss for \$55

Discover Your Soul's Voice through Guided Journaling

Throughout the Guided Journaling Workshop, participants will explore and express themselves creatively through the healing, creative, and transformative practice of journaling. Guided journaling exercises will assist the writer to see themselves in a more transparent and profound way, and to tap into and hear the "voice" of their soul. The classes are structured around exploring questions that elicit self-exploration and heightened insight into self.

Monday, May 3rd, 10th, 17th & 24th from 7:00pm-8:30pm; \$20

*We are grateful
for your comments!*

*"I love coming to the
Center for just a break in
my day. It is so peaceful
and tranquil that I am
refreshed and revived
when I leave"*

~B.S.

Product of the Month: Rishi Tea and our Tea Room



We sell loose tea in canisters in a variety of delicious flavors, from Rishi Tea. Rishi has a wonderful clean flavor and a rich aroma. The rich experience carries through the entire cup making it a treat to be savored. We offer Rishi Tea for individual purchase and enjoyment in our Tea Room at the Center. In addition, we carry beautiful and unique tea pots and tea cups that make a perfect Mother's Day gift for the tea lover in your life.

Rishi Tea has been at the forefront of Fair Trade Certified tea production for years. In addition, Rishi Tea has been a leading importer of Organic Certified tea under the USDA-NOP regulations since the start of the program in 2002, and prior to that, under strict European Union standards.

May Events:

Memorial Day, Monday, May 31st: The Open Mind Center will NOT be open so that our Instructors and Employees may spend the time with their friends and family in memoriam.

Book Club

Women Who Run with the Wolves by Clarissa Pinkola Estes. Within every woman there lives a powerful force, filled with good instincts, passionate creativity, and ageless knowing. She is the Wild Woman, who represents the instinctual nature of women. But she is an endangered species. In this book the author unfolds rich intercultural myths, fairy tales, and stories, many from her own family, in order to help women reconnect. **Join us on Wednesday, May 19th from 6:00pm-7:00pm. The cost is \$5.**

Discussion Group

Join us to discuss those things that you do for you. How do you care for yourself? How do you make changes that you feel you need? It is so easy to stay caught up in the day to day activities, to let time fly by and forget to take time for yourself but we hope that you will find time to join us and give your input.

Join us on Saturday, May 15th from 3:00pm-4:00pm.

Reiki Share

Our Reiki Share on April 23rd was such a success and we can hardly wait for the next date. 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. Bring your friends and family for this wonderful time!

Join us on Thursday, May 20th from 6:30pm-9:00pm



When the Soul Speaks: How to Listen

Daily life is a symphony created by the melody of our conscious living and the harmonies and cacophonies of our unconscious living. Despite our intentions and will power, much of what happens in our lives seeps up from some uncontrollable place, and often yields chaos. While it is natural to choose who we want to be, Carl Jung warns us against completely denying our shadow parts and says that our unconscious seeks to communicate even when we try to ignore them. He advises that we embrace the parts of our psyche that we bury in the shadows, so they do not start pushing their way into our lives uncontrollably. By bringing them out into the light of our conscious acceptance, we honor and balance them.

Our unconscious frequently reaches out through our dreams, but it also reaches out in our waking life. We are living a personal myth, and with a little help, we can read the bleeps and burps of our unconscious to understand its cryptic messages before it must scream out in big ways to get our attention. Have you noticed certain patterns, like

“And so, my fellow Americans, ask not what your country can do for you; ask what you can do for your country”.

~John F. Kennedy~

When the Soul Speaks: How to Listen (cont'd)

repeatedly losing or breaking things, seeing similar shapes, hearing similar sounds? Did some image catch your attention? Those weird repetitions and oddities that draw our intense awareness are Soul Speak: essentially a divine code. When you begin to take notice of patterns and attention-catchers, then you can begin to hear what they want to say.

The same kinds of archetypes and symbols that show up in dreams will also show up in life and for many Soul Speak situations, symbol dictionaries and dream tending techniques can be applied, as well as familiar meditation or active imagination techniques, or you may want to try the techniques suggested below. Remember this is a symbolic, energetic, and intuitive process. Seek insight rather than answers.

1. Become aware of repetitive patterns or potent images. When something arouses unusual interest or confusion for us, we want to target that for a dialogue.
2. Dialogue with the pattern or image (suggestions):
 - Journal writing (or meditation): begin a conversation with the pattern or with yourself or your guides by asking simple questions. Write whatever seems to flow, over one or more sittings.
 - Artistic expression: paint, draw, play music, write a story, or any other form of artistic expression that you love. Set your intention and then enjoy your art.
3. Devise a healthy and safe ceremony or act that allows you to interact with your insights. This may be a one-time or periodic ritual, or it may need to be a regular part of your life.
 - Write or draw something on a piece of paper and burn it in a flame.
 - Make an altar, just a small space on a shelf can work, where you honor the archetype. Use similar techniques as for a sand painting, opening sacred space and checking in periodically.
4. Express self-love: Honor yourself in a small but significant gesture, embracing your wholeness.
5. Go to an energy therapist and work the issue on the energetic level, in addition to working through it mentally and physically.

By Gay Wolf

Gay is the owner of Sage Foundations

She practices Shamanic Healing, writes, and leads personal growth events

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.

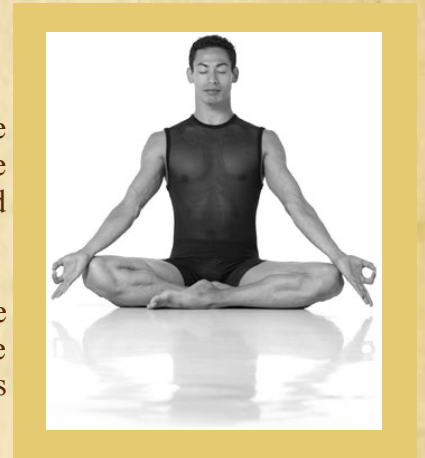
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Here at the Center

The Open Mind Center offers Dream Interpretation.

A dream is a succession of thoughts, images, sounds or emotions which the mind experiences during sleep. Dream Interpretation is a wonderful service that answers those questions buried in your deep subconscious and revealed through your dreams.

The best part is that the appointments may be done over the phone. We have 30 minute sessions (via phone only) for \$45 and 60 minute sessions (via phone or in person) for \$80. Call for an appointment and learn what your mind is telling you!



Reiki and Angel Therapy Day with Fena Gonzalez

On Saturday, May 8th, we will have exceptional, shortened sessions available with Fena Gonzalez. In her sessions Fena integrates reiki and angel therapy. Reiki is a holistic modality that promotes an overall sense of well being through energy healing. Spiritual energy is channeled to support you in achieving balance on a physical, spiritual, emotional and mental level. Through intuitive guidance, and the aid of the angels and Ascended Masters, Fena supports you in connecting to your innate ability to heal.

Fena also offers Angel Readings and written messages. We are reminded that angels are all around us to comfort us and to provide us with any help we need if we but only ask. Angel readings deliver loving messages that support us in feeling grounded, uplifted, and clear. They provide guidance that supports us in having greater self-awareness, and in making decisions that are aligned with spirit.

Sessions will be \$60 for 30 min, \$75 for 45 min and \$100 for 60 min.

Fena will be available for sessions on Saturday, May 8, 2010 from 10:00am-5:00pm.

May Specials; Great Mother's Day Gifts

- ❖ **10% Discount** on the purchase of Terra Essentials Candles in the month of May
- ❖ **10% Discount** off Angel Therapy with Fena Gonzalez when booked in May
- ❖ **20% Discount** off gift Tori Hartman Malas purchased in May

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