

# THE OPEN MIND CENTER

## The Attitude of Gratitude



*“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.” Anonymous*

Is this really a time to be grateful? The uncertainty we feel on any given day can seem overwhelming. As we are bombarded with less than happy news of our fellow Americans and the national economy, with the daily struggles of people in faraway lands to survive amid oppression and long standing wars that appear to have no end, do we have the ability to give thanks?

OF COURSE! Without thanks, the overcoming of our collective struggles would go unappreciated. The daily perseverance with which most of us ascribe to, no matter where we are on this earth, needs to be recognized for what it is, a continual triumph over adversity. No matter how bad things appear, we are always in a position to give thanks.

When we look at being grateful for all the things we do have, our ability to see more and more good is honed. Yes, there are many challenges we are facing, but there are also many opportunities for reflection, clarity and vision which will bring us successfully thriving into the future. Let’s not forget that!

The Open Mind Center is celebrating its second birthday this month with gratitude. With the thought of reflection, clarity and vision in our minds, we say thank you so much to people who supported us when the idea of the Center was just that, an idea. We appreciate the people who grace us with their presence at the Center every day, your energy and spirit reminds us why we are here. Your support of The Open Mind Center continually gives us ideas on how to improve the Center to better meet your needs as a place to relax, learn and grow. We are looking forward to our future, together, and for that, we are truly grateful.

### **JOIN US FOR OUR 2<sup>nd</sup> ANNIVERSARY CELEBRATION!**

We opened our doors on November 22, 2008 and we have loved every minute since then. Please join us as we celebrate our success and share our love of the neighborhood on Saturday, November 13, 2010 from 11:00am-5:00pm.

**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](http://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.*

**Circle of Light Discussion Group**

The Circle of Light is an intimate space for positive energy, encouragement, guidance and storytelling. It brings together like-minded people in a facilitated discussion to share their challenges, triumphs, frustrations and dreams. Each month brings a new topic centered on realizing personal prosperity in all forms. Jennifer McKenna will facilitate. Tools and materials are provided.

The topic for November is: **Get What You Want: Mastering the Art of Setting Intentions**

**Tuesday, November 16<sup>th</sup> from 7:00–8:30pm**

**Investment is \$30**

**Dancing Your Chakras- Rhythm of Your Soul**

Experience the empowerment of the music! Let the dance help increase your inner awareness of the connection between body and mind.

Together, let's move to the dance of the first two chakras. Allow the music be your guide as you embrace this energy and celebrate the goddess within.

**Saturday, November 13<sup>th</sup> from 1:00-3:30pm**

**Investment is \$40**

**Higher Vibrational Stones Workshop**

In this class, you will learn about stones considered to have a higher vibration, how to work with them to bring about change, and to speed up the healing or learning process. Some of the stones you will explore in this class are tektites, metallic, and ascension stones, among many more.

This class is recommended for those who have worked with crystals for some time or find themselves drawn to higher vibrational stones.

**Thursday, November 18<sup>th</sup> from 6:30-8:30pm**

**and Saturday, November 20<sup>th</sup> from 1:30-3:30pm**

**Investment is \$33**

**Reiki Circle**

You loved it, so we brought it back... The Reiki Circle is for Reiki Masters and practitioners to have the opportunity to get and to give healings. Now, this is open to customers, as well. It is an opportunity to have a 10- minute Reiki Healing Session for only \$15. This will be the perfect way to recharge and gear up for the season ahead. Future dates are December 11th from 9:30-11:00am.

**Saturday, November 20<sup>th</sup> from 9:30-11:00am**

**Meditation for All**

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 first Wednesday of November, meditation will consist of a half hour lecturette on Past Lives and a half hour meditation. The third Wednesday class will be a full hour of meditation.

**Wednesday November 3<sup>rd</sup> & 17<sup>th</sup> from 7:00-8:00pm**

**Investment: \$10**

**Restorative Yoga**

In Restorative Yoga, each pose or angle is approached in a way where students, with practice, begin to be able to release the muscles attached to the spine. This release begins a process of healing in the entire body/mind and opens a pathway to finding the deeper dimension of being; the true meaning of the practice (of yoga) in mind/body/spirit. Students suffering from pain will experience relief as you open your body and breath. This is an all levels class.

**Monday & Wednesday 7:00-8:00pm; Saturday 10:00-11:30am**

**Investment: \$15 drop-in**

*“Your massage therapist has healing hands and is definitely a gift to anyone coming for a massage.”*

*~R.L.M.*

**Product of the Month:  
Spa Products**



With the change in weather and the approaching Holidays, now is the perfect time to invest in some fabulous spa products and get in some “Me time”.

Our quality back brushes, loofa mitts and sandals take regular shower and bath time to a new level of healthy indulgence.

Too, we have a wonderful line of skin care products from Dani that are natural and free of parabens. In 3 scents, they will leave your skin soft and smelling great.

In addition, we have our TerraEssentials line of candles that are aroma therapeutic and the melted wax is an amazing body lotion.

### Something New and Wonderful Every Saturday in November!

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

#### Past Life Workshop

Through meditation, discussion, reflection, regression, and ritual, you'll experience other lifetimes which influence or inspire this life. You may begin to recognize yourself with new and more integrated wisdom. Join **Ricia Maxie** and **Gay Wolff** as they lead this enlightening 2 session workshop.

**Friday, November 5<sup>th</sup> from 6:00-9:00pm & Saturday, November 6<sup>th</sup> from 9:30am-5:30pm**  
Investment \$150

#### 2<sup>nd</sup> Anniversary Celebration

The party will include a variety of activities such as Tours, Reiki mini sessions, mini Angel Readings and Chair Massage of \$15 for 15- minutes, Yoga demonstrations and mini Angel Readings. All this and refreshments too. We will be raffling off some incredible products and services and hope you will be able to join us to celebrate.

**Saturday, November 13<sup>th</sup> from 11:00am- 5:00pm**

#### Thurs Gold in them Hills...Party

Get cash for your unused, broken or unwanted gold and sterling silver jewelry. It is fun, easy, and you don't have to wait for a check. Receive store coupons in addition to cash! Bring a friend and get more coupons. Who doesn't need cash for the Holidays and what better way to get it and clear your space.

**Saturday, November 20<sup>th</sup> from 12:00pm-3:00pm**

#### "Shop 'Til You Drop" Days

Shop, and then drop onto a massage table or a comfy chair for a cup of tea. Come in to relax and renew. We will have 30% off jewelry and many other specials throughout the store. Experience our best sale ever!

**Friday, November 26<sup>th</sup> from 10:00am-6:00pm**

**Saturday, November 27<sup>th</sup> from 10:00am-6:00pm**



**Please note that The Open Mind Center will be closed Thursday, November 25<sup>th</sup> for the Thanksgiving Holiday!**

#### Introduction to Shamanism by Gay Wolff

In this class, you will learn about the energetic body briefly, the nature of how energy healing works, and have some personal experiences with perceiving and influencing the energy body. You will also learn about the unique traits of the Shamanic heritage of healing, particularly the tradition practiced at The Open Mind Center.

Similar to North American Indian cultures, Shamanic Energy Therapy uses traditional tools including rattles, flower water, and stones to move and absorb energy, while drawing on divine guidance and inspiration to lead the way. You will learn about these tools, healing techniques, and some of the various processes including:

- \* Extractions: Extracting solid and fluid energy or entity imprints
- \* Soul retrieval: Finding and retrieving suppressed soul segments and divine gifts
- \* Deep luminous cleansing of all seven chakras, and various other healing techniques. In addition to gaining information about this healing technique, every participant will receive and learn to share healing energy in this class.

**Tuesday November 30<sup>th</sup> from 6:45-8:45pm**

**Investment: \$20**

#### Munay-Ki Rites

This session will NOT include introductory discussions, but rather we will go straight into the rites. Those attending need to have attended an introductory session. **This is the last Rites of the Fall**, so don't miss out.

**Tuesday, November 30<sup>th</sup> from 6:00-6:45pm**

**Investment: FREE**

However many holy words you read, however many you speak, what good will they do you if you do not act on upon them?

~ Buddha

## Universal Abundance

Universal Abundance is a way of life. It is a shift in our consciousness. It is our learned ability to move through our perceived obstacles to success, take ownership of our life experiences, find balance in our daily life, honor ourselves and others equally, and prosper as a result of all of these.

Every life in this vast universe *can* live harmoniously and abundantly though we often prevent ourselves from doing so because we don't believe this is possible. We have been conditioned to believe in a win-lose proposition instead. 'If I win, someone or something else must lose.' The byproduct of this belief is a self-sabotaging reality for all of us, individually and collectively.

The true reality is that we are all creating an existence from our belief system, and we are simply not conscious of it. We are only aware of the results – our experiences. And so we remain divided and out of sync.

Our beliefs become our reality simply because all of the thoughts we have – our perspective, our judgment, and our attitude are extensions of those beliefs. We make decisions and form behaviors because of them, and by doing so, we simply perpetuate our own vicious cycle. This is how we get in the way of ourselves emotionally, physically, spiritually, mentally, financially, romantically, and professionally. The real catch is that we aren't even aware of it!

By empowering ourselves to tap into our inner wisdom for guidance and by applying Universal Laws to our lives, we *can* live in harmony and abundance. We all *can* experience peace *and* prosperity. It doesn't simply have to be a wish on a holiday card at the end of the year. It is absolutely within our reach...as long as we *really* want it.

I look forward to seeing you in the Circle of Light Discussion Group on Tuesday, November 16<sup>th</sup> from 7:00-8:30pm, sharing insight, tips, and tools to make this vision your – our – reality. After all, Universal Abundance is something I hope to see and experience in this lifetime.

*By Jennifer McKenna  
Founder, Universal Abundance, Inc.*

## Stone of the Month: Carnelian

Typically pale orange to orange red in color, Carnelian is part of the microcrystalline quartz group known as Chalcedony. The name Carnelian is derived from the Latin word "cornum", meaning cherry. This stone is found in silica rich soil deposits cooled at a low temperature. Its orange red color is caused by inclusions of iron. Carnelian has a hardness level of 7 and can be found in India, Brazil, and Uruguay. References to Carnelian can be found throughout history, one of the oldest of which is the Egyptian Book of The Dead.

Carnelian affects the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> chakras. Carnelian helps us to release fear. It is an awesome stone for helping the body to feel comfortable in the here and now. Carnelian is a stone of optimism that helps us to move fearlessly onto new paths. It is a stone that helps one to embrace spontaneity and increase passion.

When feeling despondent or depressed, carrying Carnelian can help one to see the cup as half full, bringing about a warming sensation to the emotions and a certain air of vitality to one's aura. When meditating, Carnelian can help to bring lofty dreams into grounded reality. It pushes us out of states of passivity, allows us to speak up with truth, and go for what we want with vigor and passion. Because of this, Carnelian is also considered to be a prosperity stone.

*By Laura Ellis*

***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.***

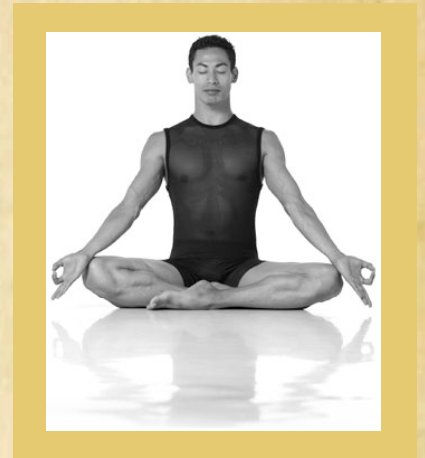
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## Past Life Workshop

You are invited to come and share in a workshop exploring reincarnation (the cyclic return of a soul to life another life), karma (the quality of this life as determined by behavior in previous lives), and past lives (lives you may have lived that have an influence on your experiences in this life).

Through meditation, discussion, reflection, regression, and ritual, you'll experience other lifetimes that influence or inspire this life. You may begin to recognize yourself with new and more integrated wisdom. Join **Ricia Maxie** and **Gay Wolff** as they lead this enlightening 2 session workshop.

- Discover how past lives may be affecting your current life. (A person had no logical reason why she had an aversion to wearing anything around her neck.)
- Explore the possibility of past life involvement with a spouse or lover. (Did you ever wonder why you had a strong feeling that you've loved this person before?)
- Begin to understand certain "unexplainable" fears. (One woman found out why she had an unexplainable fear of frogs.)
- Awaken latent talents from a former life. (Have you experienced or seen people with natural talents that have no rational explanation?)
- Participate in a past life healing rite that will deepen your appreciation of why we regress to heal.



The class is designed to accommodate any level (or none) of prior past-life experience or knowledge.

Please bring a lunch, a journal (we have journals for sale at the Center), and a pillow.

**Friday, November 5<sup>th</sup> from 6:00-9:00pm & Saturday, November 6<sup>th</sup> from 9:30am-5:30pm**  
**Investment \$150**

## November Specials

**Many specials throughout the store during the month of November!**

**Get a jump on your Holiday Shopping and join us at The Open Mind Center on Friday, November 26<sup>th</sup> and Saturday, November 27<sup>th</sup> from 10:00am-6:00pm. 30% off all Jewelry and other great discounts.**

Follow us via our website at: [www.theopenmindcenter.com](http://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>

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