

# THE OPEN MIND CENTER

## *Stone of the Month: Chrysoprase*



So many of you are interested in stones, crystals and gems and we have an amazing assortment. In our effort to educate you on all of our wonderful stones, we are starting a series of articles that will feature a "Stone of the Month". Chrysoprase is our stone for October, which is typically apple-green to yellow-green in color and is part of the microcrystalline quartz group known as Chalcedony. This mineral forms in cavities of lava and gets its green color from nickel. It has been found in Brazil, Australia, California, Russia, Poland and Germany. The word Chrysoprase means "golden leek". Chrysoprase has been used since 400 BC and historically was used for protection and to ward off infection.

On a physical level, it is said to aid in stomach and digestive issues. It also helps to strengthen both the physical and energetic heart. On a mental level, Chrysoprase soothes anxiety and brings hope to seemingly hopeless situations. Emotionally, this beautiful green stone brings a sense of well-being and helps one to forgive oneself and others for past hurts. Chrysoprase helps those new to healing work to be more receptive to the energy.

After an illness, Chrysoprase helps to stimulate new life force energy. It is a premiere stone for new beginnings, a great stone to bring to a new job or when starting any new endeavor. It is also said to be beneficial to use when trying to attract a new love or relationship, maybe because of its spring like color.

The element associated with Chrysoprase is Earth. It has a very goddess-like energy and helps one to connect with the heart and spirit of the Earth. This stone would be of great assistance when working to heal earth energies (especially with the traumas and changes our planet has recently been experiencing). Although one would typically use more grounding type stones to connect with the planet, Chrysoprase assists greatly in connecting to nature spirits. Meditating outdoors with this stone will bring a new vitality to the auric field. As an elixir, Chrysoprase helps one move through the emotions surfaced through difficult relationships with others, bringing a light of compassion for both the self and others.

Chrysoprase would be best cleansed in a natural type of way, such as in a stream or left out in a light rain.

Join us for **Crystals 101 Part 2** on Oct 6<sup>th</sup> from 6:30pm-8:30pm or Oct 9<sup>th</sup> from 1:30pm-3:30pm and learn aspects of crystal formation, shape, and place of origin. Topics to be covered are manmade vs. natural, Tumbled vs. Raw, levels on the hardness scale, different locales. And how to substitute crystals you might have for stones you might not be able to afford or acquire. **Cost is \$22.**

Also, we have **Crystals and the Chakras- using crystals to clear, stimulate and enliven the charkas** on October 16<sup>th</sup> and 30<sup>th</sup> from 1:00pm-3:30pm for \$44 per class or both classes for \$80. **10/ 6 will cover Chakras 1, 2, 3 & 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](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.*

**Something New and Fun every Saturday in  
October**

**Saturday, October 2<sup>nd</sup> from 10:00am-3:30pm** join us for **An Ashram Experience** with Gay Wolff and Barbara Kumara. You will experience:

1. Mantra Meditation
2. Ayurvedic Health
3. Yoga Philosophy
4. Chakra Balancing

Class is \$115 for the whole day (\$15 off if you register by 9/27) and includes a full lunch.

**Saturday, October 9<sup>th</sup>** from 10:00am- 4:00pm brings a special guest **Matthew Sekunna**. Matthew 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 and over the years developed his skills. Matt has done readings for people from all walks of life, including celebrities, royalty, CEO's, diplomats and politicians. 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!

**Sessions are \$60 for 30-min, \$75 for 45-min and \$100 for 1 hour.**

**Saturday, October 16<sup>th</sup>** from 10:00am-4:00pm; join us for our **Fall in Love with Books Gently Used Book Fair**. We've gathered gently used books for you to purchase at 50% off list price. Books of all genres will be available from children's books to romance to science fiction and non-fiction to self help. With cooler temps just around the corner and money a little tight it is the perfect opportunity to grab up some fresh reading materials for the winter to come.

**Saturday, October 23<sup>rd</sup> from 10:00am-4:00pm** make an appointment for a **Personal Crystal Mini Session, with Laura Ellis**. Combining her long time understanding and relationship with crystals and her intuitive skills, Laura will sit with you and give a reading on the crystals and minerals that would be most personally beneficial. Laura does this by listening to her guide's messages and also finding which areas of the energetic body has blocks, are out of balance or may need a boost. Come meet and join Laura for an informative and personalized journey through mini channeled stone readings. **Investment \$15 for 15 minute sessions**

**Saturday, October 23<sup>rd</sup> from 10:00am-5:00pm**, we will have exceptional, shortened sessions available with Ricia L. Maxie. She is a talented and accurate Psychic (Intuitive Consultant) who provides wise guidance to those asking life's key questions. Ricia possesses highly attuned Psychic (Intuitive) abilities and has had these abilities from a very early age. As she got older, Ricia further developed her gifts by participating in Psychic Development and Healing Classes for several years under the tutelage of her instructors, as well as her Master Guide, Tame. For all her clients, Ricia ascribes to a high level of accuracy, professionalism, and standard of ethics, along with a deep sense of compassion. Normally Ricia is only able to provide readings in blocks of 1.5 hours due to her method of information attainment so this one day event is a chance to meet with her one on one without the same time constraints.

**Sessions are \$60 for 30-min, \$75 for 45-min and \$100 for 1 hour.**

*Take a look at our  
NEW website*

*New Colors.....  
New Format.....*

*All designed with you in  
mind!*

[www.theopenmindcenter.com](http://www.theopenmindcenter.com)

*Check it out and  
let us know  
what you think!*

**Product of the Month:  
White Tara**



We feel blessed to have this one of a kind, museum statue of White Tara on display at The Open Mind Center. Tara, sitting on a white lotus flower, with her right hand lowered and her left hand over her heart, symbolizes her supreme benevolence and a place of safety.

A team of Nepali artisans worked for more than a year, with recycled copper, to craft this White Tara. She stands nearly 6 feet tall and weighs 409 pounds. Tara is adorned with paint made from real gold, turquoise and coral.

Please come in and spend time with her and feel the peace, wisdom and compassion she offers you. White Tara is on consignment to the Center and is available for sale, please inquire for details.

**CLASSES & EVENTS (Cont'd)**

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

**Meditation for All**

Making the choice to meditate brings many benefits- and is a simple, uncomplicated act of honoring your mind, body, and spirit. Meditating for half an hour provides more psychological rest than a full night's sleep. 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 October the meditation class will be a full hour of meditation. The third Wednesday in October meditation will consist of a half hour lecture on Auras and Energy Vampires and a half hour meditation.

**Wednesday October 6 and 20, from 7:00-8:00pm**

**Investment: \$10.00**

**Authentic Movement**

At the core of Authentic Movement is the bodily sensation of moving and being moved - the conscious awareness of what is happening in your body. The experience is in contrast to everyday habitual, unconscious movements, done automatically for mundane living. Authentic Movement is used as a vehicle for personal development in a similar way to meditation by accessing the inner world and the messages of the body and how it communicates.

**Saturday 10/23 from 4:00pm-5:30pm**

**Investment: \$20; Teacher Melba**

**Cooking Classes**

Join us Saturday evening October 9 & 23 as Chef Christophe Le Metayer creates amazing and creative 5 course meals. You will learn cooking techniques and menus that are unlike anything else. It is great food, great conversation and a great time for all.

**Saturday 10/9 & 10/23 from 7:00pm-10:00pm;**

**Investment: \$38.**



"Some days are meant to be counted,  
others are meant to be weighed."

— Elizabeth Gilbert, Author, *Eat, Pray, Love*

**An Ashram Experience:****A taste of the Eat-Pray-Love Journey**

Two Chopra Center certified instructors bring a sampling of Vedic concepts immersing participants in the philosophies and practices of the culture. The day will include teachings and experiential activities, including Indian cuisine for lunch. Join us for a day of Mantra Meditation, Aurvedic Health, Chakra Balancing and Yoga Philosophy with light practice.

**Saturday 10/2 from 10:00am-3:30pm**

Check in is at 9:30, registration is required

Lunch will be provided

**Investment: \$115;**

**\*\$15 discount when you register before 9/27\***

Courage is the ladder on which all the other virtues mount.

~ Clare Boothe Luce

## Finding Balance

*"To find the balance you want, this is what you must become. You must keep your feet grounded so firmly on the earth that it's like you have 4 legs instead of 2. That way, you can stay in the world. But you must stop looking at the world through your head. You must look through your heart, instead. That way, you will know God." — Elizabeth Gilbert ([Eat, Pray, Love](#))*

In Gilbert's journey, she travels the world to find something she's lost and something she's dreamed of but never had. In the holistic healing world, three terms are used extensively: grounded, intuitive, and balanced. Some people focus on helping us become more grounded in our lives, while others help us develop our intuition, and others focus on helping us achieve balance. But what do these mean, and which one should we seek? Gilbert's words from *Eat, Pray, Love* encapsulate the issue for us.

Grounding, such that we stay in this world is what we need to be part of the physical world and to manifest our dreams in the world. If we focus only on intuition, transcendence, other-worldly and after-life benefits, we lose our footing in the manifested world, which includes careers, relationships, and manifesting dreams.

Intuition brings us above and beyond the limitations of the physical world. Joseph Campbell would tell the story of two stone masons working on a large cathedral. One stone mason, when asked what he was doing, said he was laying stone. Another stone mason, when asked, said he was building a cathedral. How we view our physical world depends on our ability to transcend the physical and impart meaning to what we do and experience. Intuitively connecting with our deepest selves, the depths of others, and the divine gives us the ability seek the healing and meaning that can be experienced in this world.

Balance is sometimes interpreted as a tight rope walker who is balancing twirling plates on the ends of sticks. This kind of balance is about keeping as many things in the air as possible, which is really hyper-performance, more than balance. True balance is something that allows for the natural cycles of life, allowing for flow, flux, seasons, weather, and orbital rotations. Balance allows for being grounded, active, and manifesting as well as being visionary, receptive, and intuitive.

Balance is that place where we honor ourselves, who we are, what we need, when we need it, and when we truly befriend who we are inside and out. When we learn to love ourselves is when we're ready to be loved by others.

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>

*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.*

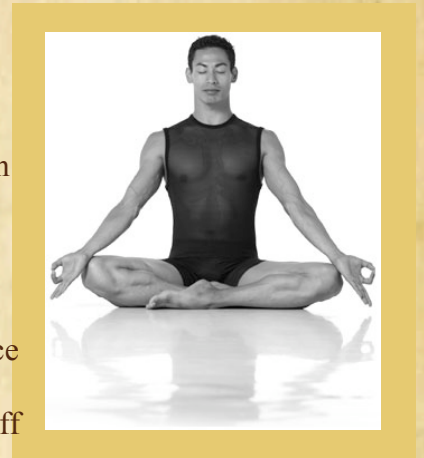
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## Save the Date.....

### Past Life Workshop

You are invited to come and share a day 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 a new and more integrated wisdom. Join Ricia Maxie and Gay Wolff as they lead this enlightening 2 session workshop.



- 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.

Bring: Please bring a lunch, a journal, and a pillow.

Friday, November 5<sup>th</sup> from 6:00 to 9:00 p.m. & Saturday, November 6<sup>th</sup> from 9:30 a.m. to 5:30 p.m.  
Investment \$150

### October Specials

- ❖ 10% Discount on Jewelry
- ❖ 10% Discount on all Tea products

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