

THE OPEN MIND CENTER

What is Intuition?

By Ricia L. Maxie, M.A.



Intuition is a knowing, a sensing that is beyond conscious understanding, a gut feeling when you know—in the pit of your stomach—that something is going well or about to go poorly. It's actually a form of psychic radar used in an attempt to "feel" out the situation or sense something about another person.

The dictionary defines intuition is "quick and ready insight" and "the act or process of coming to direct knowledge without reasoning or inferring." The word intuition is derived from the Latin word *intueri* which means "to see within." It is a way of knowing, of sensing the truth without explanation. Someone may not consider him/herself to be particularly spiritual or metaphysically adept yet may be excellent at following gut instincts.

Intuition communicates through symbols, feelings, and emotions. It usually doesn't speak to you in a clear, formal language. Pay attention to how you receive your messages.

You have intuition—we are all born with it. As children, we use it without thought and rely on our instincts or gut response. But as we grow older and our rational and reasonable mind develops, we lose touch with our intuition. We ignore it, throw it to the side, and forget about it. But like an out-of-shape muscle, intuition can be strengthened and exercised back into shape.

By following through on your everyday hunches, you are actually honing your "listening" skills. Everyone is somewhat intuitive, but many people just have sagging extrasensory muscles. When you learn to listen to your inner dialog you actually tone and strengthen this intuitive muscle. The more you use your intuition the better you get at it. When we choose to ignore our gut instincts, we are only hurting ourselves.

You can use intuition to help sense danger, to receive a precognition about something that's going to happen in the near future, or to help you know when a loved one is ill or even dying. Think about how you've used intuition and how it came in at just the right time to keep you from harm's way or to guide you in the right direction.

You'll continue to be pleased the more you pay attention.

The Open Mind Center:
A place to be, a way to be.
 678.243.5074

1575 Old Alabama Road, Suite 213,
 Roswell GA 30076

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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

Hot Yoga

Hatha Yoga performed in a room at a temperature between 90F- 105F. While class formats will vary, Hot Yoga follows a system of 26 Yoga Postures. Hot Yoga cleanses the mind and body by releasing toxins. It facilitates deeper stretching, improves flexibility and range of motion, develops the immune system and increases the chances of weight loss. This is an all levels class.

When: Thursdays 6:00pm-7:30pm & Saturdays 4:00pm-5:30pm

Hatha Yoga

Yoga is an ancient practice designed to prepare the body for meditation. 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.

When: Mondays & Wednesdays 6:15pm-7:30pm, (NEW) Tuesdays 10:00am-11:15am & Saturdays 9:45am-11:00am

Svaroop@ Yoga

Excellent For Back Pain - In Svaroop (Svah-roo-pah- sometimes referred to as bliss yoga) the focus is on alignment and muscles attached to your spine. By holding a pose a little longer muscle tension is released to heal your body and spirit. Svaroop is especially helpful to those who suffer from physical pain.

When: Mondays (NEW) 9:30am-11:00am & 7:00pm-8:30pm, Wednesdays 6:30pm-8:00pm, Saturdays 10:00am-11:30am

Kundalini Yoga

Utilize movement, sound, breath and meditation to relax and restore your mind and body while improving strength, flexibility and endurance. This powerfully effective form of yoga stimulates the immune, nervous and glandular systems, helping to bring you back into true harmony. This class is for all levels.

When: (NEW) Tuesdays 6:15pm-7:30pm & Fridays 10:00am-11:15am

Grounded Yoga (for kids)

In Grounded classes, we share the transformational benefits of yoga with children & teens. Each class is based on a theme that will inspire them to manage their physical and emotional responses to life. We empower students with breathing techniques that help energize, calm, cleanse, and balance their body and mind and show them how to practice yoga anytime.

When: Mondays 6:15pm-7:30pm

(NEW) Grown Up & Me Yoga (for ages 2-4)

Grown up and Me Yoga classes offer a chance for families to bond in a safe and fun environment. Yoga can be practiced at an early age. Parent and child will benefit in many ways through Yoga music, singing, basic Pranayama (breath work), coloring mandalas, asanas (yoga poses), mixing dance movement with Yoga, drawing with crayons, storytelling, yoga games while focusing, relaxation techniques, meditation, and lots of fun fun fun...

When: Wednesday 10:00am-10:45am

(NEW) Pranic Bodies Yoga

This is perfect for anyone who desires an exuberant sense of well being. This dynamic 75 minute class integrates principles from Hatha yoga, Kundalini yoga, and Laughter Yoga to align and rejuvenate your pranic, physical and emotional bodies. The Pranic body controls the breath, the life force energy of the Universe. Light meditation and relaxation (savasana) conclude each class to deepen your experience. This is an all-levels class that will leave you feeling recharged, refreshed and centered.

When: Wednesdays 12:00pm-1:15pm

*We are grateful
for your comments!*

*“What I needed. Very
relaxing, comforting,
compassionate and
caring”*

~C.F.

Product of the Month:

Yoga Mats, Bags & Accessories



Did you know that The Open Mind Center carries a variety of yoga products?

- Y Yoga Mats
- Y Blocks
- Y Straps
- Y Mat Slings
- Y Mat Bags
- Y Yoga videos
- Y Yoga books

We have all of your yoga wants and needs!

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 1st Wednesday in September the meditation class will consist of ½ hour discussion and ½ hour meditation. The discussion topic will be:

Communication After Death: Real or Illusion?

Meditation on the 3rd Wednesday in September includes a full hour of meditation.

Wednesday 9/1 & 9/15 from 7:00pm-8:00pm;

Investment: \$10

Communicating with Your Departed Loved Ones

Have you ever wanted to communicate with a loved one after experiencing his/her death but have felt that it's impossible? Do you sense that you're getting messages but think they're not real? What about the dreams you've had...do you feel like your loved one is actually with you and then you wake up and find that it was "just a dream"? This class will teach you to understand and be more receptive to messages. **Saturday 9/25 from 10:00am-3:00pm; Investment: \$75**

Introduction to Shamanism

This powerful healing system will help you to clear energetic imprints at the source of undesired patterns or conditions and to bring healing energy and balance back to your chakras and luminous body. In this class we will talk about the energetic body briefly, and the nature of how energy healing works.

Thursday 9/30 from 6:30pm-8:30pm;

Investment \$30

**NOTICE:**

**We will close by 1:00pm on Saturday 9/4
and we will not be open on Monday 9/6
in observance of Labor Day!**

**Become a Reiki Practitioner
Reiki 1 & Reiki 2**

Reiki 1 helps you understand and teaches you how to use your healing ability as you allow this spiritually guided healing energy to flow through you. You are taught symbols that will power-boost the healing energy. You will be amazed after your first attunement how quickly you can "feel" the energy flow from your hands.

Friday, September 24th from 2:00pm-6:00pm for \$100

Take both Reiki 1 & Reiki 2 for \$250

Reiki 2 helps you understand and teaches you how to use your healing ability as you allow this spiritually guided healing energy to flow through you. You are taught symbols that will power-boost the healing energy. You will be amazed after your first attunement how quickly you can "feel" the energy flow from your hands.

Saturday, September 25th from 10:00am-6:00pm for \$200

Take both Reiki 1 & Reiki 2 for \$250

"What the world really needs is more love and less paper work."

~Pearl Bailey~

Introducing Laura Ellis

Laura Ellis was trained in the energetics of the human body including Aromatherapy, Massage and Polarity Therapy and Acupressure. She went on to further her education in healing and intuitive arts training with Patricia Bankins, owner of the Crystal Matrix Healing and Learning Center in Los Angeles. There Laura studied and was certified in various subjects such as Master Crystal Formations, Transcrystal Therapy, Medicine Wheel, stone oracle reading and advanced channeling. Laura is a certified Crystal Therapist and Teacher, Reiki Master, and Multimodality Healing Practitioner.

Attracted at the age of 15 to crystals, Laura started her work with the mineral kingdom. After 20 years of practice, training and teaching about the benefits and uses of crystals, minerals and gems, she has formed a special bond with these healing and spiritual tools. Through experience as a Reiki Master and an intuitive channel working with personal spirit guides, her bond with the mineral and plant kingdom expanded exponentially. Laura's healing sessions with clients now include channeled information on stones, flower essences, oils, herbs, foods and much more that help the client to use nature's tools to expand the health of their mind, body and spirit.

Personal Crystal Mini Sessions with Laura Ellis

Combining her long time understanding and relationship with crystals and her intuitive channeling skills, Laura is able to sit with a client and give a reading on which crystals and minerals would benefit a client. 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.

Saturday 9/18 from 11:00am-4:00pm

Investment \$15 for 15 minute sessions

Crystals 101: An Introduction to the many uses of Crystals, Gems and Minerals, Part 1

Crystals have been used for healing and amulets for protection and prosperity since the dawn of time. Lately, many people have been finding themselves attracted to minerals, gems and crystals. Are you one of these people? With hundreds and hundreds of different kinds of stones being sold and tons of reference books available, many people find themselves overwhelmed with all that's out there to learn. In this class, you will learn the basics of working with crystals. Learn simple methods on how to choose, use, charge, clear and program your crystals. Crystals are amazing life altering spiritual tools that can help in so many areas of our lives.

Saturday 9/25 & Wednesday 9/29 from 6:30pm-8:30pm;

Investment \$22

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>

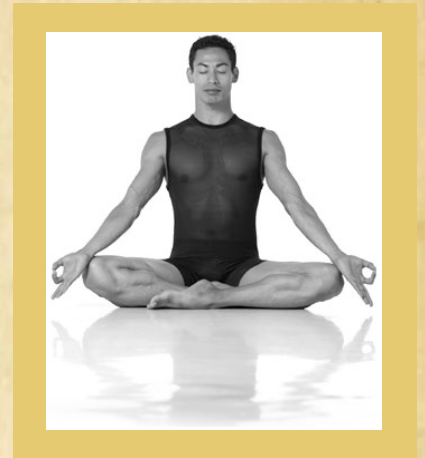
The Open Mind Center: A place to be, a way to be!

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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Our Special Guest

On **Tuesday, August 31st**, we have a special guest visiting the Center from Cassadaga, Florida. **Matthew Sekunna** 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. By the young age of 10, he was already giving psychic (intuitive) and palmistry readings. Matt further developed his gifts by participating in Psychic Development Circles, under the guidance of his father, Dr. Ernest Sekunna. Matt has done readings for people from all walks of life, including celebrities, royalty, CEOs, diplomats, and politicians. He has also lectured and given readings throughout the U.S. and Europe. 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!



Hurry and call for an appointment as several times are already booked

Tuesday, August 31st from 10:00am-4:00pm

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

Cooking Classes

Join us Saturday evening 9/11 & 9/25 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 9/11 & 9/25 from 7:00pm-10:00pm; Investment: \$38.

September Specials

- ❖ **10% Discount** on Terra Essentials candles purchased in September
- ❖ **10% Discount** on Nepalese paper products purchased in September
- ❖ **10% Discount** on Blessing Bowls purchased in September

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