

expression THE OPEN DOOR WELLNESS CENTER & LINDSAY DUFF ART GALLERY

lifestyle

expression

The Art and Soul of Wellness By Jeanne Bellezzo

You may overhear a stranger talking in yoga class or a friend mentions it during coffee, but if your circle hasn't been visiting The Open Door Wellness Center & Lindsay Duff Art Gallery, you may never know it's in the heart of downtown Encinitas. And you might never experience this beautifully designed space and its welcoming embrace of serenity, spirituality and healing.



Lindsay Duff's expressive paintings line the walls of her new gallery space.

Tucked away on the corner of Second and J Streets, the center combines wellness and healing services with works by Cardiff artist and intuitive healer Lindsay Duff. Duff founded The Open Door Wellness Center in February of 2005 with the intention of creating a sacred space in which to work. The center's mission is to inspire and support every person's awareness of their innate potential to create, in each moment, new experiences of joy, love and self-appreciation.

you. I believe that ultimately, you heal yourself. But as healers, we can provide the inspiration."

One of Duff's goals is to create a community center that supports each individual's best possible well-being by

offering many different healing services.

"Everybody is unique and everybody has a different need, and the more diversity there is, the more powerfully we can step into our own ability to heal ourselves," she

says. The center's expert practitioners offer preventive and restorative therapies including various energetic and spiritual healing modalities, medical intuitive readings, Reiki, massage therapy, craniosacral therapy, astrology and

spiritual counseling. In addition, a 600-square-foot studio features educational and experiential seminars, workshops, lectures and music. Events include free meditation sessions, Reiki workshops, dance therapy, Angel Training weekends and guest speakers from around the world.

This past spring, Duff added an art gallery to the space. Her colorful, inspired works are displayed throughout the center and on the studio walls. "The reason I decided to put an art gallery in a wellness center is that they are synonymous," Duff says. "Think about the word 'create.' We are always creating our lives, and my job is to help people create new realities."

As an intuitive artist, Duff's work leans toward the spiritual aspects of life. As long as she can remember, her interests have centered around love and healing and well-being, and it all comes through in her artwork. She is a sculptor, painter, photographer and multi-media artist.

"I feel my art is transmittal, it transmits energy for people," Duff says. "When I'm painting, I'm actually channeling source energy and just kind of listening to the 'music' of whatever is going on around me. I just let it flow through me and it comes out." continued on pg



Photos: Sam Wells

This past spring Lindsay added the tranquil art gallery to her wellness center.

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out and it's like, 'Wow, look what I just painted!' It's fabulous, it's really fun."

She also does custom paintings. Recently, some people came by the gallery in search of artwork for a book cover. Duff offered to do a custom painting, but they said that wasn't necessary; they loved her work and would choose one of her existing paintings. Duff set an appointment with them for the following month to review paintings, and in the meantime, she created a custom painting for their book. When they came back she placed all of the paint-

ings on the table, without mentioning the custom work. Their choice? The one she

had painted especially for the book cover. An expressive arts therapist, Duff taught art for several years in Illinois, and currently offers ongoing "Intuitive Art Workshops" at the center to help others experience the healing power of art.

"Painting is an amazing way to have people channel their emotions and what is going on inside," she says. "I've seen some very powerful transformations."

For more information on art workshops and other events and services at The Open Door Wellness Center

and Lindsay Duff Art Gallery, call (760) 942-4422 or visit www.opendoorwellness.com

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The Open Door Wellness Center Practitioners

Ed Kohout	760.644.5461	Astrology for Self Liberation
Diane Minnis	760.477.7868	Reiki Master - Teacher
Mary Ellen Welch	760.710.7392	Therapeutic Bodywork & Spa Treatments



Duff's paintings are the evolution of channeling source energy and soaking up surrounding vibes.