



You're invited...

Come to play and join the many others who have found the exciting way to relax and shift your consciousness with **FENG SHUI FOR YOUR BODY!** This is your chance to empower a personal change while having fun and gaining support from new friends.

...It's a Playdate!

Join us at our next event:

Release Your Fear Pattern

When: Wednesday, April 21st from 6:30 - 8pm

Where: OB People's - 4765 Voltaire Street

Free!! However, seating is limited -- RSVP today!!

Call (619) 238-0345 or Email drperks@sbcglobal.net

Did you know that phobias were noted from the days of the Greek physician Hippocrates about 2400 years ago? At the time, Hippocrates and his peers thought that fear was sent down from the heavens. According to Greek mythology, the Greeks would call upon their gods for help and to blame them if they were suffering. The word phobia comes from the Greek word phobos meaning intense fear or terror.

So why is public speaking so frightening? What is the worst that could happen? Considering how much power we let these fears have over us, it is amazing how vague and general they can be. Most people can't identify exactly what makes public speaking so terrifying. Many experts tell you to practice, practice, practice until the fear diminishes. I know from personal experience that practice alone was not going to release my fear of speaking. It is hard to practice something that terrifies you and it is not much fun. Yes, I could have forced myself to do that, but why not make it fun in the process? Looking back at what I have done and knowing what I know now, the process of changing that fear pattern can be done rather quickly. For some of you just reading this article can start the change process, for others you might need some private sessions. I am not saying you do not have to practice. But it is much easier to practice and prepare once you change that old fear pattern into something else.

Traditionally acting classes, speaking groups and other public speaking tools approach this subject from preparation; so that you can perform without thinking about it and be in the moment. I view this as taking the creative process and making it very linear. You see your left and right brain do not function the same way. Your left brain is controlling in nature. It tries to rationalize, judge, reason and interrupt what is going on. It gathers information from your five senses and processes that information in a linear fashion. Kind of like a movie. It does this very

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quickly so you perceive this as one continuous image. Researchers say the left brain process information at 10-15,000 bytes per second.

Trying to memorize your speech or count ums and ahs is very analytical and your left brain loves to do this and it does it well. I found doing this just added stress and kept me in my head, and thus out of the current moment.

Your right brain is much more powerful. This is the part of you that uses images and emotions to gather information and it works as a parallel processor. Meaning that, it can process several different things at the same time. The same researchers estimate that the right brain process information at a rate of 10-15 million bytes per second. The key is to use both sides and have them play nicely together.

I still prepare but do not try to memorize my speech, but rather know the information and however it gets presented is just dandy. If I teach the same class and every time it will be different. I use whatever pops into my head during the presentation to get the information across to that audience. This might sound harder to someone who is normally very analytical, but I just ask that you play with this concept and see what happens. Why not use to the parallel processor of your right brain? After all, what you are currently doing is not working so well. Isn't time you release your fear patterns? You be you, and let the Greek gods play with fear and phobias.

In a fun and playful way FENG SHUI FOR YOUR BODY can help you change your fear pattern to give you more "Aha" moments! For more information, come to my next event about "Releasing Your Fear Pattern" on April 21, or to get started now call the office for a session.

12th Annual World Laughter Day!
Sunday, May 2nd
Free Event from 1-3pm
Marina Village - Coral Room



Dr. Brian Perks DC, MPH

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Upcoming Events

Feat. Artist: Jessica Lerner
April 10, 2010 6-10pm Free!
With her red guitar and keyboard, Jessica's music is emotional and driven by personal experiences. Come out to the Ray at Night Art Walk and enjoy an evening of music & art.
www.rayatnightartwalk.com/music.php

Release Your Fear Pattern
April 21, 2010 6:30-8pm Free!

Laughter Yoga

Be sure to check out the FREE Laughter Yoga classes in the San Diego area:
www.LaughingInSanDiego.com



Oil of the month:

Transformation

Transformation empowers and upholds changes you want to make in your belief system. By replacing old beliefs with revitalizing new thought patterns, a transformation in behaviors, emotions and attitudes is possible.



FENG SHUI FOR YOUR BODY

We give you more "Aha!" moments