



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:

Quantum Physics & Vitality

When: Saturday, July 17th from 3-4:30pm

Saturday, Aug 14th from 3-4:30pm

Where: 2333 First Avenue, Suite 105

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

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

Aloha. I am still riding that quantum wave; grab a board and come along for the journey. "Still, it is all about the wave. Waves are this kind of unifying force in the universe. There are light waves, sound waves and ocean waves; ocean waves are the only form in which they're at a human scale. They move at a speed about as fast as we run. They're in this beautiful medium, the ocean. All it takes is just one wave - not even that, one turn. Just a moment that keeps pulling you back; to have another moment, and it never ends. There's a tribe a people around the world that feed off that energy. It's not part of this world. You're stepping into liquid. You're stepping off of concrete ground and into an element that is always changing, moving and surrounding you. And it feels good." - *Step Into Liquid, introduction.*

All the endless possibilities surround us as we go through our day. The possibilities are always changing just like the ocean. What you observe and perceive is what you get. Your expectations begin to form your reality. We simply can't just watch the universe happen around us. Quantum physics experiments show that the act of observation is an act of creation, and consciousness is doing the creating. For this reason, physicist John Wheeler, suggest that we shift from the idea of observer to participator.

We are always participating in creating our universe. We have a tendency to get stuck on what is not working or give excuses for why something is the way it is. The more excuses we have behind our current situation the more we are attached to it. These excuses support

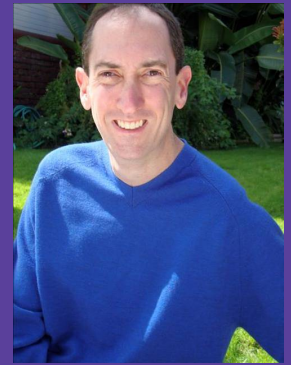
(Continued)

our current problem(s). For those of you who have experienced FENG SHUI FOR YOUR BODY, you know that your time in the office is not spent dwelling on your problem(s) and their attached excuses, but rather we begin to focus on what you are looking to create. By observing/participating what your body does when we enter that state of creation we can change and move around those unconscious road blocks that hold you back from experiencing what you want to create.

As you ride the waves in your life, enjoy the journey. Even if you wipeout, you can get back up and ride the next wave. Recently, I took up surfing, and for me the hardest part has been paddling. As I paddle in the ocean, it seems like I am not even moving; but sooner or later I am in position to catch a wave (the fun part). After your ride is over, it is back to paddling to catch the next wave. Making changes in your life is similar to learning to surf the ocean. Your experiences, excuses and your beliefs are the oncoming Quantum waves you get to Paddle through. As you are paddling to survive it seems like nothing is changing. But, as you participate and view things differently in this quantum ocean, the waves change around you so you can stop paddling and start surfing. ■

Laughter Yoga

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



Dr. Brian Perks DC, MPH

drperks@sbcglobal.net
(619) 238-0345
(858) 488-8655

www.FengShuiForYourBody.com

Visit us on Facebook!!

<http://www.facebook.com/FengShuiForYourBody>

Featured Event!

Enjoy an organic health and nutrition cooking class in your home!

Learn to cook healthy and delicious meals using the right equipment and techniques.

Sadie King from, *The Conscious Cook, LLC*, can help you host a cooking party at your home. There is no fee and no obligation.

If you are interested in hosting a cooking class in your home contact my office or Sadie directly at 858 204 7148; sadieking@san.rr.com; www.conscious-cook.com

Oil of the month:

Awaken

An inspiring essential oil blend that helps bring about inner awareness and awakening. True understanding of one's self is the first step toward making successful changes and desirable transitions; helping you reach your highest potential.

**FENG SHUI
FOR YOUR BODY**

We give you more "Aha!" moments