



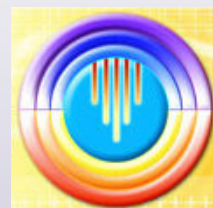
You're invited...

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 events:

Matrix Energetics Group Sessions



When: Monday Evenings at 7pm
(November 1st, 8th, 15th, 22nd & 29th)
Where: 2333 First Avenue, Suite 105

Each person will get to experience Matrix Energetics.
Suggested Donation \$20.00

Happy Thanksgiving. As we approach this holiday season, let's play with joy and enjoyment from the inside. Whatever situation you are in, play and have fun. When you are in a state of joy and enjoyment things appear to be different. I want to revisit a concept I introduced last July, called quantum surfing (click here for the July newsletter <http://www.fengshuiforyourbody.com/july-newsletter/>).

As you paddle through the ocean currents in your mind, different thoughts pop up that can keep you stuck in a current situation or point towards the next great wave. What are you expecting to see? Do you ignore the thoughts that point towards a great wave? Like I mentioned before, I felt paddling was the hardest part of surfing. You are constantly moving your arms to move your body and surfboard against the waves so you can get into a position to catch a wave back to shore, and start all over again. We do the same thing when we try to think our way out of a situation. Some things may work and some things don't.

The idea here is to shift the probability so it becomes a stronger possibility. The quantum waves are just probability waves and as you paddle through them and notice what you notice; you get more things to notice. As this happens you are increasing the probability to shift your reality. The more you do this the better at it you get. You can get to the point where you do not have to paddle anymore; like big wave surfers. I would recommend watching Step into Liquid to expand the surf concept. In this surfing movie they also show big wave surfing, where surfers surf waves 60-100 feet high. When you attempt to surf these moving mountains you do not have to paddle, you get towed out to the wave with a jet ski.

As you increase the probability of the possibilities showing up you can just ride the wave and feel the joy and enjoyment. If this concept seems too weird for you, I would start with attending a Monday night Matrix Energetics group session or a Laughter Yoga group (there are many free Laughter Yoga groups in San Diego). In Laughter Yoga you begin to laugh for no reason, like when you were a child. As a child, you experienced joy and enjoyment from the inside. You were not aware of a conscious problem to think about you just played. How would your current situations change if you just added 10% more joy and enjoyment? Try it; see and feel what happens. ■

FENG SHUI FOR YOUR BODY

We give you more "Aha!" moments



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>

Matrix Energetics Meetup

<http://www.meetup.com/matrixenergetics>

Upcoming Events

Matrix Energetics Group Sessions

November 1st, 2010 7pm
November 8th, 2010 7pm
November 15th, 2010 7pm
November 22nd, 2010 7pm
November 29th, 2010 7pm



Sacred Mountain

promotes feelings of strength, empowerment, grounding and protection that are a result of being close to nature.