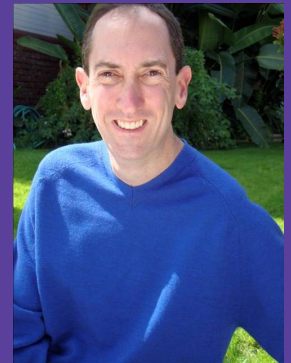




You're invited...

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.



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>

...It's a Playdate!

Join us at our next event:

Quantum Physics & Vitality

When: Saturday May 22nd 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

Marvelous May! Mayday, mayday, mayday we have a solution. This may not sound right to you, because we have been programmed with the idea of mayday indicating some sort of distress signal. Our programming forms a perceptual filter to show us the world we interact with. Where did this programming come from? There are many avenues from your parents, teachers, preachers, culture, TV and the internet to name a few. This programming is passed on in the form of a meme (rhythms with team). We are always being exposed to new memes (commercials are a great example). A good meme is easily spread from person to person. Note a good meme is not always a good idea, it just easily spreads.

A meme is a unit of information in a mind whose existence influences events such that more copies of itself get created in other minds (taken from *Virus of the Mind*). There are 3 types of memes according to Richard Brodie. Distinction-memes are ways of labeling things. Strategy-memes are beliefs about cause and effect. Association-memes are connections between memes. For more information about these 3 types of memes read *Virus of the Mind*, by Richard Brodie.



**FENG SHUI
FOR YOUR BODY**

(Continued)

I bet you have experienced this before. Ever buy a new car and all of a sudden you see them everywhere. You got a new meme and it changed your perceptual filter for cars. Now if a friend starts noticing your new car all over the place, you just passed your meme to someone else. It is that easy.

Once someone convinces you something is true or right or something you should do you are now programmed. If you begin to see your memes as half-truths (depends on the context they exist) you can begin to change your programming and install new memes that support you.

If you have a complaint or a fear pattern (both memes) and believe that to be true, then all you ever see is that complaint or fear pattern. At FENG SHUI FOR YOUR BODY you begin to open up to other possibilities, where your complaint or fear pattern does not seem as true as it was before. That opens the door for you to install a new meme which can then show up in your life. Believing that something will happen often makes it more likely to happen, also known as the self-fulfilling prophecy. ■

Upcoming Events

Quantum Physics & Vitality
May 22nd, 2010 3-4:30pm Free!



Oil of the month:

Harmony

Promotes physical & emotional well-being by bringing harmonic balance to the energy centers of the body. This blend helps to open new possibilities while contributing to an overall feeling of well-being.

Laughter Yoga

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

We give you more "Aha!" moments