



FOUNDATION FOR MIND BEING RESEARCH

presents:

**YOUR HAPPY GENE: THE SCIENCE OF INDUCING
SPIRITUAL STATES OF HEART**

by Dr. Dawson Church

A series of groundbreaking studies of gene expression has identified groups of genes, primarily regulatory genes that regulate the activity of organs or entire body systems, that are expressed differently as our psychological, emotional and spiritual states change. What's more, there are tools of consciousness that we can use to change those states, and deliberately trigger the expression of these genes at will. I call these your "happy" genes, and this presentation presents the results of this research, along with demonstrations of some of the popular new techniques that trigger happy gene expression, such as heart coherence (HeartMath) and EFT (Emotional Freedom Techniques). This lively and engaging presentation is guaranteed to leave the audience buzzing with a gene-induced natural "high"!

TIME: Friday, 8:00 p.m., October 23, 2009

PLACE: Christ Episcopal Church 1040 Border Road, Los Altos, CA

SPEAKER: Dawson Church, PhD, has edited or authored many books, and collaborated with leading authorities including Larry Dossey, MD, Bernie Siegel, MD, Caroline Myss, PhD, and others. His book, *The Genie in Your Genes*, (www.GenieBestseller.com), pioneers the field of Epigenetics, (control of genes from outside the cell), explaining the remarkable self-healing mechanisms now emerging from this science. He has authored several scientific studies of Energy Psychology, and through EFT Power Training (www.EFTPowerTraining.com), teaches groups how to apply these breakthroughs to health and athletic performance.

A \$15 donation is asked of non-members, at the door

Students with ID, a \$5 donation is asked

www.FMBR.org