

EPIDEMIC ALERT!

Beware the symptoms of **aliveness**. Many have already been exposed to the **aliveness** virus and it is highly probable that it will spread like an epidemic in their surroundings. This growing epidemic could seriously threaten what, up to now, has been a relatively stable condition of worry and resigned boredom on this planet.

Here are the most common symptoms of this **aliveness** condition:

1. A growing tendency to think and act spontaneously rather than referring to fears from the past.
2. A total loss of interest in judging others and in complaining about life.
3. An increased ability to fully enjoy the present moment as it unfolds rather than trying to control everything
4. A systematic refusal to put negative interpretations on events or on the actions of others
5. A pervasive feeling of being at one with others and with nature.
6. A total lack of interest for beating oneself up for mistakes (*oops!*).
7. An uncontrollable urge to take on significant projects, however unreasonable they may appear at first.
8. An increasing capacity to see upsets as opportunities to learn and grow.
9. A constant commitment to inquire how to improve one's life and how to initiate appropriate actions.
10. A profound belief that one can be in charge of one's destiny and succeed at anything one chooses to undertake.
11. Frequent, spontaneous attacks of smiling and laughter.
12. Loosing the ability to worry and live in anxiety (*very serious!*).

If you meet people exhibiting these symptoms, know that you risk contamination by staying around them. If you already have some of these symptoms, be very careful because there is no known treatment for **aliveness** and, if you are not careful, your condition could continue to escalate in spite of your best efforts.

If you have more than 6 of these symptoms, your state of **aliveness** has probably reached a critical point and may be irreversible. In that case, you might be a constant threat to those around you. Be very careful!

One of the sources of this epidemic is said to be the **Yoga du Bonheur** offered by **Pierre Bélisle** at Corps Esprit in Gatineau (Hull) starting in January 2006. It is a week-end workshop, followed by ten evening sessions that use yogic philosophy, yoga postures and breathing to give you conscious access to a more inspired, peaceful and happy life guided by your inner wisdom.

**For more information, contact Pierre at 819-827-0012
or check out details on www.flyogi.com**

BEWARE!