Changing Our Genetic Heritage
Creating a New Reality for Ourselves and Future Generations

ARIANN THOMAS
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By

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Acknowledgements

I first began this journey of healing family genetic heritage almost 20 years ago as a result of the history of ill health, poverty, abuse, addiction, mental illness and unhappiness in my own family. It has been my honor and blessing to have made this journey of discovery to find we have the ability to change our lives, our families and those around us through our own personal, spiritual and conscious development. Having begun this voyage through the Shamanic path, I have been delighted to learn that my chosen spiritual teachings are now supported by science and medicine.

I am grateful for the support of my spiritual community, particularly my dear friend, heart sister, and co-founder of the New Dream Foundation now speaking through Sacred Feminine Awakening. Thank you to Misa Hopkins and her husband Jeff Burger, for their love, support, insight and mentoring through the years. I also appreciate the other members of our community, the Elders, the Water Keepers, the women and men who are dedicated to awakening the Sacred Feminine in the world today.

I thank my family who have given me much love, support and a rich background for my life and work, even when they haven't understood me, or I, them. We all lived through our childhoods and survived, particularly, my sisters, Julie and Dolores, who listened to my frustration while writing.

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I am tremendously grateful to my students and clients for their courage, dedication and commitment to their healing and the healing of their families. I have seen awesome changes in their lives through this work. Without them, this work would not have evolved and grown.

I am fortunate to have friends like Helen Sherry Ph.D., who wrote the beautiful Forward, and Krystalya Marie’ for her advance review. My heartfelt thanks.
Disclaimer

None of the healing modalities and the Ancestral Lineage Clearing process discussed herein have been evaluated by the FDA and are not intended to diagnose, treat, cure or prevent any disease. Continue seeing all medical and mental health care, or other health care practitioners and taking prescribed medications while reading this book, having sessions or practicing any of the techniques described in this book.
Forward

In this latest book from Ariann Thomas she tells us, “I now know with absolute certainty that each one of us has the ability to change and heal our lives in every area we desire.” Health, relationships, careers, abundance – can they all improve? As a licensed psychotherapist for over 37 years with a Ph.D. in Clinical Psychology, of course I believe in change. I have seen clients transform their lives to break free from trauma. We understand the effects of family dysfunction, and the Nature versus Nurture controversy has raged for years. But my graduate training and nearly 40 years of Continuing Educational Units never discussed how patterns inherited through ancestral DNA could sabotage a client's efforts at change.

I have known the power of Ariann’s work as a teacher and healer for over ten years. We are both Elders and Keepers of the Ceremonies in the Path of the Sacred Feminine. Ariann taught my transformative Elderhood preparation class for a year and offered us future Elders an Ancestral Lineage Clearing before we embarked on our three-day Elderhood Vision Quest. For over ten years we Elders have sat together every Friday in a Prayer Circle, taking turns leading the ceremony and providing meditations. Ariann’s meditations are always deeply grounding and healing.

A year ago, as a psychotherapist I learned the Emotional Clearing Technique, and discovered the importance of clearing maternal and paternal DNA. As I began explaining and using this technique with clients, suddenly there were new insights as they began pondering the patterns inherited from their parents and grandparents. In my own life, I began to look much
further back, wondering if my Irish ancestors’ experience of the Potato Famine could have unconsciously affected my beliefs about abundance. I began reading about the cutting-edge science of Epigenetics, which Ariann explains so clearly in this book. I realized that it was not only possible, but very likely probable that my ancestors were influencing me. Rather a discouraging thought, but Ariann tells us, “Our DNA is not our destiny. We create our reality daily by the choices we make.”

What I was stunned to realize in reading her book was that not only can we make different choices in our lives with what we’ve learned and the tools that Ariann provides, but that it is possible to go back to the ancestor whose life pattern most affects us now. He or she actually can rewrite history by making different life choices. Through Shamanic Journeying, Ariann goes back in time with a client to find that ancestor and engage his or her help. Over and over in the powerful case histories in this book, Ariann documents what would seem impossible—when the ancestor makes different life choices way back when, a new energetic pattern is set. Healing then comes down the line to his or her descendent. Ariann says that she has never had an ancestor refuse to help.

I think the reader will be as moved as I was by this ancestral link that moves both forward and backward in time. Ariann gives us the hope that we not only can change our lives but pass this on to our own children. What a gift!

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Introduction—Basis for Changing Our Genetic Heritage

When I began writing my first book, *Healing Family Patterns*, in 2011 and finished it in 2012, I knew how the Ancestral Lineage Clearing method worked. During one of those “dark nights of the soul” all adults experience at one (or more) points in our lives, I received a meditation and a journey from Spirit that took me back in time to one of my female ancestors who cursed the men in our family. They participated in the persecution and burning of the women of the village as witches where they lived. The irony of the curse played out over many generations, when no female child was born. The curse twisted and turned back on the female members of the family and manifested in sexual abuse of the women and children.

Powerlessness leads to abuse of power in many different forms and needs healings wherever it arises.

As I continued to practice "Ancestral Lineage Clearing," the term for this healing modality, I discovered more and more that it is consistent with the new discoveries in science and is now being explained to non-scientists. I cannot in all fairness call this a new scientific discovery, since the basis for most of it lies with Albert Einstein and his theories of relativity and its later developments. But I must confess the most recent developments are being "translated" without the math that is so foreign to most of us non-physicists, to make it understandable. I broached these subjects lightly in my first book. As these new awarenesses have come about, I have sought to explain and apply them in non-technical terms to the healing patterns we all use in our lives, not just ancestral lineage clearing.

I now know with absolute certainty each one of us has the ability to change and heal our lives in every area we desire. We can have vital health, optimal energy, wonderful relationships, fulfilling careers, abundance and prosperity in our lives and strong relationships with our
families. These changes will benefit your children, grandchildren and all those who come after too. It will take dedication and commitment to your own well-being but these are all within your grasp. I know, because I have made these changes and my life reflects them.

These scientific theories and the spiritual beliefs accompanying them have been critical to my success. I hope they will help you bring a better understanding of healing the family heritage that limits your life and the lives of other family members. Set out in this book are practical actions everyone can take in their daily life to heal any damaged genes and reinforce healthy genes to improve our lives and the lives of future generations.

Science now has evidence showing that if we do not heal the wounds we suffer in this life, our wounds will directly affect the health and welfare of our descendants for generations. For years I heard the saying: “Heal yourself and you heal the world.” Scientific and spiritual principles prove these statements are true. We must heal the world now or our wounds will continue to destroy the planet.
Chapter 1—Creating Our Reality

Family is our greatest gift and our greatest challenge. Past generations exert a formidable influence on life patterns. The shortcomings in our families — illness, failed relationships, poverty and unhappiness, create incredible stresses in our lives. Can we walk with confidence and pride in our lives when we come from a background of broken bodies, crushed lives and shattered dreams? Does this mean we are destined to repeat the same unwanted patterns? The answer is a resounding "NO."

I invite you to consider whether you are happy. How do you define happiness? Is it having a big house, a luxury car and lots of money? An attractive partner? A well-paying job? A satisfying career? Or is happiness a peaceful, serene life with friends, family and compatible co-workers? Or do you define it in more abstract terms, like having a meaningful life, being stimulated intellectually, emotionally stable, healthy in mind and body, loving and being loved, having a deep spiritual connection? No matter how you define happiness, know that happiness is within your grasp. This is the message of this book.

As I grew older, I gained a greater self-awareness of my body, mind and spirit. I considered how and why I made some of the decisions in my life and the consequences. Still there were huge chunks of life that seemed out of my control. Eventually, I learned about the influence of genetics and our DNA heritage and how it can affect lives in so many unconscious ways. Since the advent of commercially available DNA testing kits (and advertising), most folks can now send in a saliva sample or cheek swab and discover the origins of their ancestors.

We inherit genes from our parents and the environment they (or substitute parents) provided. From a spiritual viewpoint, we chose these basic building blocks prior to birth so we
could learn in this lifetime and grow. We also chose our own experiences and patterns in our lives.

At birth we were given a blank story book which was a manual for creating the life we want. The Universe wants us to write our wonderful life story filled with happiness, love, abundance, friendship and great adventures. The problem is no one has given us instructions on how to create our story. Here are some basic instructions on to how to create a wonderful Life Story.

**The Gifts and Burdens of the Past**

Everyone needs to know their past. We all need an anchor for our identity. We may not like or want what we have, but we crave a connection to a history we can call our own.

Just ask a foster child, an adopted person, or a young displaced refugee without knowledge of his/her background and you will find a gaping void that longs to be filled with history. We need a link to the past to know how we fit in the world, where our place is in the story of humanity. Without such a link there is a lack of foundation, and a person has greater difficulty creating a meaningful present.

In the Western culture of the United States where many immigrants arrived from diverse places, speaking a variety of languages, many people have lost the connection with their non-continental past. Second generations may not have learned the parents’ original language and couldn’t read documents from home. Wars and internal conflicts often destroyed rural villages and home-staying relatives. Postal services were erratic, if available at all. Therefore, our sense of continuity is often limited to two or three generations.

Even those of us with Native American roots, whose relatives inter-married with main society, lost our links with our native cultural past because of persecution in prior generations.
Birth and death records were lost or unrecorded for the protection of the parents and/or children, so tracing lineages is difficult. We cannot find lost relatives and heritage, even if we search. Our only link is through our DNA.

In other countries and cultures, people can trace their ancestry back thousands of years. They may even know the names of their ancestors for multiple generations and be named in accordance with a family tradition that honors the past ancestors. This gives a sense of permanency and connection to a place, culture and community which is lacking in newer lands. This connection may cause constraints in the younger generation desiring to break free of the traditional roles and expand into new lifestyles, but they at least have an anchor to home.

Even knowing one or two generations gives a person a sense of home, family, place, community and tradition. “My family is from ….” establishes a certain fixed point of reference for a first meeting with a stranger. So too, if you have a mother and father, you have a specific genetic history as a reference. This may be good or bad, but at least it is a starting point when you want to refer to health, finance, intelligence, career, relationship and spiritual history in relation to the rest of the world. Without such an awareness, you are at a loss to know who you are compared to others with these links. Our genetic codes are indeed our roadmaps to life.

**Inheritance of Foundations**

In the past there was an ongoing debate between the scientists and the behaviorists about whether our genes or our environment was the most important influencing factor in who we are and what we become. The outcome has been decided: we are what we choose to be!

The latest scientific developments have clearly shown our DNA does not determine who we are, what we become, our health, our financial situation, or our mental or emotional
condition. Neither does our upbringing. We cannot dismiss either factor out of hand but we can understand now how we can control our reality. Our destiny is in our hands.

**The Foundation**

**Forming Our Life — Our Genetic Heritage**

Conception: Our lives begin with conception — the merging of the female egg and the male sperm. This is basic, but not simple biology. Many, many factors come into play when an embryo forms that affect our lives and the lives of future generations. These factors include:

- The DNA of the mother and father;
- The physical health of both parents;
- The vitamin and mineral nutrition available to the mother during gestation;
- The purity of the mother’s environment — air, water, and electrical pollution;
- The quality of food, medication, smoking, alcohol consumption, drug use;
- Exercise and mental stimulation;
- The emotional connection and well-being of the mother and father;
- Whether the child is desired by both parents;
- The stress and mental well-being of both parents or the people in the mother’s environment; and
- The happiness and well-being of the parents.

Every one of these factors influence the development, growth and the life of the embryo, baby, child and person from the moment of conception. As we will see, the genes of the parents, are only one of a multitude of factors impacting our future lives.
Other Factors Influencing DNA Expression

**Past Life Karma:** In addition, if you believe we live multiple lives, we also bring in our karma or unfinished lessons from previous lives to complete during this lifetime. If we ended our last life unexpectedly, tragically or abruptly, we may not have been at peace with our loved ones or left unresolved conflicts. These emotional or spiritual burdens are carried with us into this life for resolution. *(Biogenealogy: Decoding the Psychic Roots of Illness, Patrick Obissier, 2003)*.

We also carry embedded memories from our ancestors of trauma; personal, cultural and collective. When generations of trauma are repeated, our bodies incorporate the trauma and its effects into our genetic memories and pass them down to our descendants. *(Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health, by Deepak Chopra M.D. and Rudolph E. Tanzi Ph.D. 2015; https://newrepublic.com/article/120144/trauma-genetic-scientists-say-parents-are-passing-ptsd-kids by Judith Shulevitz, November 16, 2014).* We also have to include that we have inherited DNA for happiness. All of life is not tragedy. Many lives have been lived filled with love, joy, connection and fulfillment. Those genes are with us too. *(Happiness Genes: Unlock the Positive Potential Hidden in Your DNA, by James D. Baird, PhD and*
Laurie Nadel, 2010). A newborn baby inherits its mother’s immune system in its thymus gland. If the mother has a strong immune system, so will the child. If the mother’s DNA has a weak immune system it is passed along to the child.

**Birth Trauma:** From the formation of the embryo and the growth of the fetus in the mother’s womb, and all the accompanying information and factors listed above, we encounter our first trauma in life — birth.

**Birth:** For millennia, birthing a baby was a natural event, taking place with family surrounding the mother in a warm, nurturing home or village, sometimes even in a field if the mother was strong enough. With the onset of civilization, wealthy upper-class women were sheltered and cosseted and childbirth became a major event, subject to fear of death in bearing the child. Eventually, childbearing became a high-risk occasion in many parts of the world, rather than the natural experience it was meant to be.

In indigenous tribes the birth of a child was very different. The mother was nurtured and cared for by other women during her labor. Herbs and lotions were used to ease the muscles and soothe the labor pains. The mother was positioned so gravity helped with the birthing process instead of having the child wrenched from the mother. The child was welcomed into a warm, dark area and placed naked directly on its mother’s breast immediately, giving it tactile and loving association with the world it entered. The trauma of the child’s experience was greatly minimized by the welcoming of the mother’s community.

In the industrial world, until recently, birth took place in a cold, sterile room with relative strangers surrounding the mothers, administering drugs designed to dampen and distance the effects of the child bearing experience. There was no welcome for the child other than a slap, a cleaning, a weighing, and then perhaps, a quick introduction to the mother before being whisked
away to a nursery where the father could view it through a glass window. This was no loving welcome.

The child’s experience of this type of birth was highly traumatic. It was taken from a warm, nourishing womb with its mother’s heartbeat, sometimes forcibly with forceps, and thrust into a bright, harsh, cold setting with its first experience being pain. This trauma is one of the first layers covering the epigenetics of the genomes in its cells. Its first-hand introduction to this world.

**Early Childhood, Gestation to Age Six:** In the early stages of our growth, we are like a sponge unconsciously absorbing all information, intaking all food, air, water and input around us without filters. We have no way to understand or filter the data we learn. This information forms the core beliefs of our mental, physical, social, cultural and spiritual lives.

We absorb this material from those around us, our parents or primary caregivers, other family members, early teachers, playmates, doctors, nurses, TV, music, cars and the world around us. We see, taste, touch, sense, feel and observe the world to figure out how it works. We store all this data in our subconscious to use as needed without conscious recall. If we want food, we cry and our mommy comes. Later we learn to ask. We know not to touch a hot stove because it hurts.

We adopt the input fed into our bodies from our surroundings. We have no judgment and no concerns about whether the input is consistent with the language we hear. For example: We may be told we are loved and wanted but we sense the conflict between our parents where one or both resent a child. A parent is abusive, tells us we are stupid, lazy and worthless while professing to love us. These messages are recorded in our subconscious and stay with us throughout our lives, unless altered and released. A child has no means of filtering or analyzing
the information at these ages. These become layers of epigenetic cushions on the genomes awaiting triggering later in life. They lie in our subconscious mind, controlling our behaviors unbeknownst to us. (The Biology of Belief, Unleashing the Power of Consciousness, Matter and Miracles, Bruce Lipton, Ph.D. 2005).

**Adolescence: 6-16 years:** In these formative years, we begin to learn how to form judgements about the world around us. These judgments are influenced by the data we picked up from our primary caregivers in our first six years. In the later years we are affected by teachers, peers, the media, celebrities, the news, rhetoric from persuasive speakers or causes, interests in subjects which catch our attention, and of course, food, sex, drugs, alcohol and money. Emotional or physical trauma caused by peers, such as bullying, rejection by peer groups, shunning, abuse, brain trauma from sports, or injury or accidents can also cause permanent damage.

These can be dangerous years from an epigenetic viewpoint. It is during these formative years of development that damage to reproductive cells affecting future generations may occur. In boys it is generally between the ages of 9-13 and girls between the ages of 8-14 years of age. This is when reproductive organs are being formed.

Activity from multiple sources can cause permanent epigenetic changes that will affect the 3% of the genomes passed down to the next generations in reproductive organs that are not stripped of their genomic tags.

An important study emerged from well-kept, historical records of annual harvests from the small, isolated Swedish community of Överkalix, in the late 1800s and early 1900s when scientists tracked the nutritional records of the men, women and their descendants.
These records showed food availability between the ages of nine and twelve for the paternal grandfather affected the lifespan of grandchildren. Researchers knew almost immediately how the nutrition of parents affected the health of their children. This study made some surprising discoveries about the relationship of the health of grandchildren.

Shortage of food for the grandfather was associated with extended lifespan of his grandchildren. Food abundance, on the other hand, was associated with a greatly shortened lifespan of the grandchildren. Early death was the result of either diabetes or heart disease. During this critical pre-pubescence period of development of the grandfather’s reproductive organs, epigenetic mechanisms are "capturing" nutritional information about the environment to pass on to the future generations. When there is a food shortage, lean dietary habits are established and built into the DNA programming. If there is an excess of food and the grandfather overeats during these formative years, then the DNA for the diabetes and heart disease is expressed (or activated) in the memory of the cells.

Another study showed bullying during this period affected certain genomes carried forward making permanent changes in cortisol levels that control anxiety and depression. These genomes can be passed to future generations. (Inheritance: How Genes Change our Lives and Our Lives Change our Genes, Sharon Moalen, MD, Ph.D. 2014). Children caught in war zones, raised in refugee camps, suffering starvation and deprivation, subjected to slavery during this period pass these epigenetic changes on to future generations. This is a critical period of development for children.
Additionally, the biochemical changes made during this time period in the brain through the use of drugs, pharmaceuticals, alcohol, sleep deprivation and poor-quality food has an enhanced impact on reproductive gene development. There are very good reasons for prohibiting teens from smoking, drinking and using recreational drugs at these ages. They affect not only their lives but the lives of their children, grandchildren and into future generations.

An experiment was performed at Emory University where mice were shocked every time a scent of cherry blossoms was sprayed in their cage. After a time, the mice showed signs of fear whenever they smelled cherry blossoms, even if there was no shock. Subsequently, their 2nd and 3rd generation mice also feared the scent of cherry blossoms even though they never experienced the shocks. This was true of the offspring of both the male and female mice and whether the mice were raised with the parents or separated from them. (https://www.scientificamerican.com/article/fearful-memories-passed-down/). Another Spanish experiment with genetically engineered nematodes traced epigenetic changes through 14 generations. (http://www.collective-evolution.com/2017/05/01/scientists-just-observed-epigenetic-memories-being-passed-down-for-14-generations/).

**Young Adults, aged 16-25**: The body and minds of young adults is still forming at this stage. Although we consider 18 adulthood in the US, in some areas, adulthood is considered at a much younger age, some older depending on the culture. However, our physical bodies and minds are not fully formed until the age of 25. *(Magnificent Mind at Any Age: Treating Anxiety, Depression, Memory Problems, ADD, and Insomnia*, Daniel G. Amen, 2008).

Without adequate nutrition, mental, emotional, and societal support, many young people lose their way. Judgment and adequate mental formation are not fully functional as a matter of brain formation until age 25. Ask any insurance actuarial. Insurance companies have kept long
term statistics on accidents, liability claims and risk assessments for over 150 years by age range.

Now brain research shown by brain scans tells us the way the brain develops as we age. *Magnificent Mind at Any Age,* (above). Amen’s research has also determined that being overweight lessens the overall volume of the brain by 8% and obesity lowers brain volume by 16%.

**Adulthood:** Our development does not stop at adulthood no matter what age we define it. Most people are now familiar with Richard Maslow’s Hierarchy of Needs Theory. He basically proposed all adults address the primary needs of life in order of their priority:

1. Survival — food, water, shelter, warmth, rest
2. Safety — safety and security
3. Relationship — belongingness and love
4. Esteem — prestige and feelings of accomplishment
5. Self-Actualization — achieving one’s potential, creativity, life purpose

Everyone wants these needs met in life in order to feel happy, loved, content and fulfilled. Until we accomplish these goals, we are incomplete. If we die and leave life unfinished, we may pass these needs and desires on to future generations. The need for fulfillment resides in our DNA.

The cushions layering our DNA determine which genes get expressed in our life and which lie dormant. Most of us share common DNA for many of the genes for the undesirable health factors such as arthritis, cancer, diabetes, heart disease, Alzheimer’s and other so-called genetic diseases. However, our DNA is not our destiny. We create our reality daily by the choices we make.

**Environmental Factors**
During the last century, many psychologists argued that genetic inheritance was secondary to environmental factors in the development of a person’s life. There were many studies of normal, healthy people, and research into patterns of heart disease, the causes of cancer, serial killers and mental illness. Serious studies looked at parental behavior, environmental aspects of nutrition, family dynamics, stress, education, and social-economic influences and came to various conclusions.

Since the discovery of the double helix form of our DNA by Watson and Crick, science has ventured deeply into the cellular makeup of our bodies. We have learned our DNA does not control our destiny and neither does our environment. We have the ability to change which genes are activated by choosing our environment and a healthy lifestyle to support how we want to live our lives as fully fulfilled and happy human beings. And we can pass these positive aspects on to the future. Combined with the science of Quantum and Field Theory, it is clear we came to Earth to master our destiny.

Chapter 2—The Science Behind the Reality

Quantum Mechanics — The Effect of the Invisible on Our Lifetimes — The Present Can Influence the Past and the Future

Before we delve into the science of the micro world of our bodies, I want to first begin to talk about the greater world of time and the inner space of quantum mechanics theory. This may seem like a strange divergence, but it truly is not.

When I began to work with the ancestors, I wanted a rational explanation, not only for myself but also for my clients, on how and why I could use Shamanic journeying to travel in time and space to other eras and make genetic changes in our lives. I knew this Ancestral Lineage Clearing technique worked because I had seen the results. I needed a "real world" basis
to back up the spiritual Shamanic belief and anecdotal reports I had. So, I began to research the science and physics behind the process. Following are the conclusions I reached. If you are not interested in the physics involved in time/space travel, you can skip to the next chapter, but you will miss some interesting concepts that bear on our journey.

Quantum Mechanics Theory shifted our whole world view in the 20th century. Einstein’s theories at the beginning of the twentieth century revolutionized physics and particularly our notions of time. His theories of time and space have had scientists working to explain and expand his notions for the past century. Einstein's final words on time in 1955 were, "the distinction of past, present and future is only a stubbornly persistent illusion . . ." I personally know this is true every time I visit an ancestor to shift a present issue that began in a past generation.

We think of time as the duration of time, such as a minute, an hour, a day etc., progressing in a linear fashion. However, when I discuss time in connection with Genetic Heritage, I am talking about time in terms of past, present and future.

The new physicists have reinforced that Einstein’s original theory of time is an objective reality and the future can influence the past. So, when we go back in time to our ancestors' past (according to Einstein and present physicists' theory) we can indeed influence the past.

Therefore, if the past is not linear, and past, present and future are illusions, how can we think about time? If we consider time as fluid, then we can move through the time from one point to another, almost anywhere, as if it were a river. At this point in our technical progress, it is not physically possible to do so, but it is energetically possible to move through time. Indigenous peoples have done so throughout the ages.
If you watch any of the science programs on the Discovery Channel, Public TV, the Science Channel or elsewhere, you will see discussion of the ongoing explorations of the theories of the time/space continuum. Time has fascinated man for centuries. H. G. Wells wrote his famous novel The Time Machine in 1895. Numerous movies continue to explore the notion of time travel and capture our imagination. Science, indigenous cultures, and many beliefs say time travel is real. Let’s explore this possibility in our lives for better health, happiness and longevity.

**Probability Theory and Multiple Dimensions**

All of us make multiple decisions every moment of our lives called probabilities. We do not necessarily think of them as alternate probabilities in this way. Otherwise we would probably go mad without constantly and automatically making small everyday choices.

We actually choose our reality every moment of each day by choosing our thoughts, our attitudes, our words, our companions, our jobs, our actions, our emotions and the outcomes we desire in our lives. Many readers will scoff at these notions but science is reinforcing the ideas that mystics, philosophers and indigenous peoples have known for millennium.

When you look back on your life, you can see certain pivotal decisions you made that changed the course of your future. These are your Choice Points. If you ever wondered what your life would have been like if you had made the alternate choice, you can explore that alternative reality by several methods. There is a Hypnotherapy Method called Quantum Selves Therapy™ developed by Dr. LJ Rose. She suggests most people make at least three major decisions or choices in their lives. Consider your own life and the major turning points in it.

These choices generally involve the decisions to marry, a career or job selection and perhaps a choice to move away from your original family home. There is no right or wrong
answer. At times there is family or societal pressure for one choice or another. Do you ever wonder what would have happened if you had chosen differently?

In physics the concept of a multiverse is now gaining wider acceptance than before. Until the advent of quantum mechanics theory, which studied the smallest particles in our world, no one even considered another universe could possibly exist (unless you consider heaven and hell another universe). Then along came quantum mechanics theory exploring the world of subatomic particles, quarks, particles and waves. This theory was at odds with Newton’s view of a mathematically stable view of the world.

When physicists and mathematicians started trying to reconcile these two worlds, they came up with various theories to explain the difference in the physics and math. One theory is the string theory. In developing this theory, it led to the discovery of potential parallel and multi-universes. Brian Greene, the noted author, teacher, and physicist explores the new frontier of multiverses and their potential in his book, *The Hidden Reality: Parallel Universes and the Deep Laws of the Cosmos*, (2011).

If we accept the multi-universe theory, one theory of probability is there are infinite universes in infinite dimensions where all our choices can play out. For example: as a teenager you might have a choice to go to college and become a teacher or to travel the world and be a photographer. In this reality, you choose to become a teacher, then your life proceeds here from this choice. You get your degree and begin teaching in your hometown. You may get an advanced degree, marry your sweetheart and have children. You could travel, have some health issues, send your kids to college and have a stable life. This reality was rich, full and comfortable.
In another reality, e.g., you chose to travel and be a photographer, learning as you traveled, meeting a variety of people all over the world. You were caught up in natural disasters and war-torn areas and photographed death and destruction. You heart became heavy and often you despaired of the devastating conditions you encountered. You came home to your family occasionally but couldn’t stay because they seemed so far removed from the rest of your world. You never married although you had several stimulating relationships throughout your life but your work was more important. Your photographs were shown throughout the world and made an impression on governments and organizations to change lives and policies. Your life was important and meaningful although difficult.

Was one life better or worse than the other? The choices and the challenges were different, as well as the benefits and gains. Both lives were lived out in different dimensions so the energy could be fully explored, examined and played out for the lessons to expand our soul experience.

Sometimes we tap into these other lives in the other dimension/realities. In my earlier years I was an attorney. After my health collapsed, I quit practicing law. I spent 15 years healing my body, learning energy work and the science behind how life actually works. I do not regret leaving the law, since it taught me a lot. However, even now I have dreams where I am meeting with clients, am in a courtroom trying a case, appearing before a judge arguing a legal issue or other matter. I know in some other reality, I am still practicing law.

Through hypnotherapy like the Quantum Selves Therapy or other hypnotherapy types, dreams, meditation and other modalities, we can explore these other dimensions and determine the outcome of those other choices. Particularly for those who find they have regrets they cannot
let go of, exploring the alternate lives will help them release those regrets. We learn lessons from whatever choice we make, as you will see when you read the case studies in Part II.

Quantum Mechanics at Work

There are several other theories of Quantum Mechanics that are necessary to an understanding of how this aspect of physics plays into changing your genetic heritage and energetically healing your family legacy.

Prior to the discovery of the world of quantum particles, physicists thought matter was solid. We could feel, see, taste and hear the objects around us. The atom was the smallest solid particle thought to exit. Then along came quantum physics. The world as we know it changed overnight. Quantum physics showed the world matter was not solid but varied between solidity and waves and only became fixed when observed. All material matter in the Universe was, in fact, resonating in a harmonious whole. Atoms are all made of quantum particles.

According to quantum theory, atoms of every type consisting of waves and particles make up the essential elements called quantum particles. Quantum matter can be either waves or particles at any given time and can shift between waves and particles at will. These quantum particles and waves surround us responding to our subconscious desires and intentions.

The three theories I consider applicable for our purposes are:

All matter vibrates or resonates at a given frequency and fluctuates between matter and energy. An observer changes the outcome of the experiment observed.

When a related particle is changed, all other related particles, regardless of time and place, are altered in the same manner.
The result of a hypothesis has a solution once the observers agree upon an outcome; when the observers do not agree upon an outcome, the outcome remains uncertain until a consensus is formed.

Quantum theory (in a very generalized way) states we draw to us what we truly desire and that which reinforces our belief systems. This theory is, in fact, the basis of the Law of Attraction.

The first theory on the variability of an experiment, that the outcome of an experiment is influenced by observation, made Quantum Mechanics hit the public headlines, not just the scientific journals.

In the prior Newtonian world view, every experiment had a logical, reasonable, permanent solution which was replicable by any other scientist. Newtonian physics said all matter was solid. The physicists experimenting with quantum mechanics discovered that particles and waves existing in the same time and place, depending upon who was observing the experiment. This finding shook the scientific world. This was proven in the now-classic double slit experiment.

There are many YouTube videos and articles that fully explain the experiment and I encourage you to view one, as it is a little difficult to explain in words without pictures. Simply described, it demonstrates that small particles of matter at the quantum level can sometimes be a wave and sometimes a particle and demonstrates the very act of observing the particle changes its behavior.

When light waves are tossed at a wall with two slits, they form a distinctive pattern on the wall behind it, since the light waves are broken up by the interference of the barrier of the wall as
the light passes through the two slits. It makes two distinctive patterns of light on the back wall as one would expect.

Scientists then threw particles of solid matter at the wall with two slits with another wall behind it. They observed the pattern of the particles as they struck the farthest wall. They expected some particles to go through each slit and some particles to be deflected off the closest wall. However, the result was a pattern similar to the pattern of the light waves, not solid particle matter, that is, none deflected off to the sides.

When they looked at why this happened by examining the point of impact of the particles on the first barrier, the particles behaved simply like solid matter and the result was totally different from when they were not observing the impact. When they did not view the impact, the result was a pattern similar to the light wave pattern and when they were actually observing the

The implications for our lives in the so-called real world are enormous. Even though these experiments involve very, very tiny quantum particles, we have trillions of these particles active in our bodies every second of every day. We influence them by our thoughts, intentions, energy and actions at every moment on a conscious and unconscious level. This is called a feedback loop. Our actions create a response from the matter we are observing.

In the true world of the spirit we create our own reality on a quantum level. If we are the observers of our own lives and self-aware, then it follows we control the outcome of our lives. If we blithely wander through life thinking we are moved about by fate and have no control over what happens to us, then random actions will act upon us.

If my belief system says I will die of heart disease, then I will draw quantum particles which will stimulate the atoms and molecules in my DNA genetic coding for heart dis-ease. If my environment and early upbringing reinforces the belief, I will die of heart dis-ease then more quantum particles will activate the DNA coding to make the chromosomes active instead of dormant. I will ignore my heart health by drinking, smoking and eating unhealthily, thereby perpetuating heart dis-ease in the family. *The Spontaneous Healing of Belief*, Greg Braden 2008); *The Self-Aware Universe*, Amit Goswami, Ph.D. with Richard E. Reed and Maggie Goswami, 1995).

On the other hand, if I clear heart dis-ease energy through actively maintaining a healthy lifestyle, practicing heart healthy activities, engaging in epigenetic clearing and energetic ancestral genetic clearing, then I am no longer drawing quantum particles to me or my family.
The belief system draws the quantum particles to the atoms and molecules of the DNA coding for heart dis-ease has been altered. I won’t draw these types of particles in my reality.

My mental, emotional and spiritual focus is no longer a magnet for the quantum waves and particles of the configuration for heart dis-ease in my chromosomes and cellular material. The majority of cells in the body reproduce every seven years. Within seven years these cells will be replaced.

The second theory answers the most insistent questions about changing our genetic heritage. How can this affect relatives that are not in our proximity or with whom we do not keep in contact?

There have been multiple long-distance experiments with quantum particles. These experiments have shown connection when related particles are separated by thousands of miles (one in the Houston, Texas particle accelerator, the other in the CERN, Switzerland particle accelerator). Scientists changed the spin on one particle from positive to negative, the other connected particle automatically and simultaneously changed. (Fabric of the Cosmos: Space, Time, and the Texture of Reality, Brian Greene Ph.D. 2007; The Elegant Universe: Superstrings, Hidden Dimensions, and the Quest for the Ultimate Theory, Brian Greene Ph.D. 1997). This was done without the knowledge of the CERN physicists as to when or how the particle would be changed.

This explains the many studies done of identical twins separated at birth whose lives have followed similar paths in health, relationships, careers and families without contact or knowledge of each other. We have all heard the stories of identical twins separated at birth who were discovered in their 40s to have similar jobs, marriages to partners with the same name and the same career, with the same number of children, the same health history and similar lives.
Sometimes, their lives diverge because of education, environmental factors and location but they are pretty consistent unless there is some mitigating factor. (Identically Different: Why We Can Change Our Genes, Tim Spector 2012).

To me, this answers the questions of why family members with the same genetic background can be affected by the change in the client’s genetic and energetic field when we make positive genetic changes in our lives. The quantum field is altered; therefore, any related quantum field is automatically changed too. (The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles, Bruce Lipton, 2005).

Initially, any change we make is on an energetic level. It can be felt in our body, emotions and spirit, but physically the DNA will not be altered immediately. When the epigenetic energy field is cleared of the negative pattern from the past and new energy is reset in the energy field, all related energy fields are changed. Once the changes move from the energetic field into the physical form, we see physical change occurring. Then the waves and particles resonant outward to everyone in our field, i.e. everyone related to us.

In the third theory, one group of researchers studied other scientists, who were conducting experiments. The researchers studying the scientists during the experiments discovered an outcome of an unknown experiment was only reached when the experimenting group reached a consensus concerning the result.

A fascinating experiment was concluded by CERN in 2012 at the LHC—Lucerne Hadron Collider, in Switzerland. An international assembly of particle physicists came together for several years after the world’s largest particle accelerator of 27 km was built to study the effect of the collision of electrons at speeds approaching the speed of light. This was important since
several quantum critical elements can only be created in this manner such as the so-called “god” element — the Higgs boson. After many failed attempts, a Higgs boson was finally discovered.

During this experiment, there were two groups of physicists holding different theories of the outcome of the discovery of the boson particle. One group hoped the boson would verify that supersymmetry theory was valid — supersymmetry is defined as a hypothetical symmetry among groups of particles containing fermions and bosons, especially in theories of gravity (supergravity) that unify electromagnetism, the weak force, and the strong force with gravity into a single unified force. Discovery of the Higgs boson failed to support this theory, as proposed, though a modified theory has now been developed.

A competing theory held by other physicists during the experiment was that the discovery of the boson would prove the existence of the long-held string theory — a theory that basically provides that all elementary particles are actually made up of a bunch of tiny vibrating strings. Reference https://www.physicsforums.com/threads/does-the-discovery-of-the-higgs-boson-disprove-string-theory.618596/. The Higgs boson did not totally support this theory either.

In fact, the boson energy was found to hold an energy force contained directly between these two expectations. The outcome was independently verified and has been retested several times. No theory has been confirmed because there has been no consensus on the outcome. Since neither set of physicists were satisfied, this has generated more questions to answer.

The implication of this result is that group consciousness can influence the outcome of actions or events. Group consciousness is a powerful force in the world and in our lives. We, as a nation, world and collective unconsciously create the world we live in unless we take conscious control of our lives. (The Field: The Quest for the Secret Force of the Universe, Lynne McTaggart, 2009).
If a council gathers for a peace conference to settle a violent conflict and the people attending the conference do not want or believe peace is possible or probable, the peace conference will fail. If we, as a people, do not fully believe humanity can live in peace, we will never see peace.

In 1978, what is known as the “Maharishi Effect” took place when a group of 7000 individuals over the course of three weeks were meditating in hopes of positively affecting the surrounding city. This meditation group reduced global crime rates, violence, and casualties during the times of their meditation by an average of 16%. Suicide rates and automobile accidents also were reduced with all variables accounted for. In fact, there was a 72% reduction in terrorist activity during the times at which this group was meditating. Read more at: http://www.social-consciousness.com/2014/01/scientific-proof-that-group-meditation-can-change-the-world.html. Lynne McTaggart, author of The Intention Experiment: Using Your Thoughts to Change Your Life and the World, 2007), has been conducting intention experiments since 2003 across the planet promoting peace and reducing terrorism and violence with astounding results, comparable to the Maharishi Effect.

Our beliefs and agreements create the results we seek. These belief systems are our boxes; our picture frames of life. If we cannot see outside our boxes or outside the frames forming our life, then our lives cannot change. This is why advisors tell us to “think outside the box.”
Chapter 3—Epigenetics

Remember, our bodies are chemical factories. Everything we think, feel, do, eat, drink, emote and live throughout our day translates in our bodies and cells as chemical reactions to create proteins, amino acids and nutrients to fuel our bodies and produce the energy we need to live and thrive in life. How we use this energy determines whether we are healthy, happy, abundant, free, joyous and long-lived. *The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles*, Bruce Lipton (2005); *Molecules of Emotion: Why You Feel the Way You Feel*, Candice B. Pert (2010).

When DNA was first identified, scientists considered these molecules the chemical foundations to determine the bases of our physical and intellectual characteristics. DNA was supposedly the fixed building block of the body we inherited and could not be altered. DNA was thought to determine the physical, mental, and emotional content of our lives such as our appearance, IQ, health, psychological make-up and career adaptability. This thinking was adopted by science and the medical profession for decades.

Then epigenetics was discovered. ‘Epi’ from the Greek meaning ‘upon’ since epigenetics is the study of the fluid, uncertain, flexible and cumulative sheath of proteins and amino acids that cover and alter DNA throughout our lives. **Epigenetic tags coat the outside of the DNA strand with our life experiences.** These chemical reactions activate and deactivate the DNA like turning on and off a light switch or a bank of lights depending on which genes are ‘triggered’ or ‘expressed’ at a given time.

Scientists have now agreed **we are individually at the control panel of our DNA through epigenetics.** Think of DNA as the hardware of our life system. It merely sits there, inactive until someone turns on the switch. The epigenetics of life’s accumulations of
experiences tell the hardware which DNA chemicals to activate or express, like the various DNA strands are the wiring to a giant switchboard to combinations of genes. Epigenetics are the switches we use to turn on and off the various triggers to allow each DNA strand to ‘express’.

We have billions of genes operating in various combinations in our bodies every day. We tell those genes how and when to act and what we want by our thoughts, emotions, our environment and how we live our lives. This is our control panel for our genetic expression.

How does epigenetics work? If the science is not of interest to you, you can just skip the technical material and go to the application section.

**Simple Technical Explanation of Epigenetic Expression:**

First, I will define certain terms so we can understand the importance of epigenetics and how it influences our genetic heritage. ([https://ghr.nlm.nih.gov/primer/basics/gene](https://ghr.nlm.nih.gov/primer/basics/gene))

**DNA,** or deoxyribonucleic acid, is the hereditary material in humans and almost all other organisms. Nearly every cell in a person’s body has the same DNA. Most DNA is located in the cell nucleus (where it is called nuclear DNA), but a small amount of DNA can also be found in the mitochondria. The information in DNA is stored as a code made up of four chemical bases: adenine (A), guanine (G), cytosine (C), and thymine (T). Human DNA consists of about 3 billion base pairs, and more than 99 percent of those bases are the same in all people. The order, or sequence, of these bases determines the information available for building and maintaining an organism.
A genome is an organism’s complete set of DNA, including all of its genes. Each genome contains all of the information needed to build and maintain the organism. In humans, a copy of the entire genome is contained in all cells that have a nucleus.

A gene is the basic physical and functional unit of heredity. Genes, which are made up of DNA, act as instructions to make molecules called proteins, amino acids and enzymes. In humans, genes vary in size from a few hundred DNA bases to more than 2 million bases. The Human Genome Project has estimated humans have between 20,000 and 25,000 genes.

Methylation is the addition of a single carbon and three hydrogen atoms (called a methyl group) to another molecule like a gene. The removal of a methyl group is called demethylation.
Think of billions of little on/off switches inside your body that control everything from your stress response and how your body makes energy from food, to your brain chemistry and detoxification. That's methylation and demethylation. Methylation is the mechanism that turns the gene on or off.

Although all our cells contain identical DNA strands, when we begin to grow our cells begin to differentiate. One cell becomes a nerve cell, a muscle, an organ, a skin cell, a lung cell etc., but the DNA remains the same in each cell. The stem cells allow for the generation of the individual cells that transform into each separate body part.

In 2005, in a study of rats it was shown certain chemical influences on the fertility of mother rats were passed down to future generations by chemical tags known as methylation—a non-DNA shift, i.e. an epigenetic change. This did not take an evolutionary shift over thousands or millions of years, merely a generation. This was a chemical change not affecting the underlying DNA. Since then, multiple animal studies have followed advancing our knowledge of epigenetics.

The impact of the discovery of epigenetics has been incalculable on medicine, psychology, gerontology, archeology, paleontology and every physical and scientific area if research. Four countries, France, United States, Germany and the United Kingdom, funded a research project called the Human Epigenome Project has published over 41 papers since, with the participation of over 200 researchers, which ‘identified, catalogued and interpreted’ genome-wide DNA methylation patterns in all human genes in major tissues. More papers are being released regularly on various genes affecting other cells.


**How Epigenetic Applies to Changing Our Genetic Heritage**
These studies demonstrate our everyday experiences affect our genomes and the genomes react to the world around us. Every action, thought, breath, emotion, visual, auditory or tactile experience we have impacts our genes and creates chemical reactions in our bodies. We are a living breathing chemical reaction. The epigenome reacts to everything in our environment every moment of every day, switching our genes on or off depending on the signals it receives.

Smells like cherry blossoms associated with fear, continue to generate fear in 2\textsuperscript{nd} and 3\textsuperscript{rd} generation mice. Memories of warmth pass down through 14 generations of newts.

Trauma from the Holocaust is felt in the emotional responses of the grandchildren of the survivors. Grandchildren of overeaters after famines in Sweden suffer from diabetes and heart disease. Children suffer a mother’s neglect, physical, sexual and emotional abuse evidence epigenetic changes early on lead to psychopathic behavior. \textit{(Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health} by Deepak Chopra M.D. and Rudolph E. Tanzi Ph.D. 2015). Lack of essential minerals, vitamins and nutrients in gestating mothers can lead to many of the so-called genetic dis-eases such as cerebral palsy, multiple sclerosis, sudden infant death syndrome, cleft palate, cystic fibrosis and a host of other maladies. \textit{(Epigenetics: The Death of the Genetic Theory of Disease Transmission}, by Dr. Joel D. Wallach, Dr. Ma Lan, Dr. Gerhard Schrauer, 2014). These changes are all due to epigenetic markers placed on the genes.

The more we are aware of our inner and outer world the more switches we can choose to turn on or off in our genes. Simply because we have a negative experience early in life, doesn’t mean we cannot change its effect on our life. We must first become aware of what influences are affecting us. Our conscious and subconscious messages may be sabotaging our happiness. Once we recognize the source of the discomfort and pain, we can discover the remedy.
How Epigenetics Applies to Changing Our Genetic Heritage

These studies demonstrate how our everyday experiences affect our genomes and how the genomes react to the world around us. Every action, thought, breath, emotion, visual, auditory or tactile experience we have impacts our genes and creates chemical reactions in our bodies. We are a living breathing chemical reaction. The epigenome reacts to everything in our environment every moment of every day, switching our genes on or off depending on the signals it receives.

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Chapter 4 — Our Belief Systems and How They Affect Our DNA Triggers

When we come into this life, we contain some physical, emotional, and mental tendencies as a result of the DNA codes contained in our cellular memories from our ancestors. The 3% of the DNA codes that are not stripped away during the conception phase pass down some cellular memories from mother to child, generation to generation. Some of these remain inactive unless triggered by other events in our lives. Others manifest as we reach certain ages such as puberty.

Our group consciousness has created our world. Look at our nearest generations over the last 100 plus years. Major traumas occurred affecting everyone in the world directly psychologically, if not physically. World War I was the war that was supposed to end all wars and the first war to engage the entire planet in conflict. The Great Depression followed, leaving millions jobless, starving, homeless, hopeless and desperate. World War II saw devastation on a grand scale with genocide being committed around the world and millions murdered, displaced, disillusioned, starving and helpless for decades.

Following the traumas of the Great Wars, there was the continuing repression of women and minorities, the Cold War, outbreaks of numerous conflicts around the world, continuing political uncertainty, civil unrest in various countries, social, cultural and political changes that have left many countries and peoples unsettled in their beliefs, cultural identities and familial structures. The generations born during these times have had little stability in their lives to pass on to their children and grandchildren.

We begin to form our beliefs from what our parents, other adults, authority figures, children, social groups, and the media tell us and what we see, hear, smell and feel around us from the time of conception to age six. Most of those beliefs become a part of us unconsciously as we absorb our culture, language and the emotional environment without specific direction. We are never directly told: “This woman is your mother. This man is your father.” You live in a
house with a female and a male you learn to call Mama and Papa. Every other child has a Mama and Papa. You assume these are your parents and the other children’s Mama and Papa are their parents until you are told otherwise.

We learn other things about our world from our experiences. Cars drive on streets. They must have fuel to run. Planes fly in the sky. You can talk to people far away on the phone and sometimes on the computer or tablet. You see and hear music, pictures, movies, cartoons, and news on TV, computers, tablets, and phones (if you are wealthy enough to afford one or more of them). In other eras all these things would be considered magic or witchcraft. None were available a mere 100 years ago in the formats we have today.

So, what does that have to do with our genes? Our beliefs form our outlook, our expectations and our reality. Our group consciousness includes the notions that violence is inherent in humanity, war is inevitable, peace is tentative, abundance is only available for a few, the poor will always exist, abuse is extensive and hidden and no one will stop it, health is temporary and life is fragile. By accepting these beliefs, we create them. We limit our lives, our world and our happiness by accepting these beliefs. We can change the world by creating a different belief system. (The Spontaneous Healing of Belief; Shattering the Paradigm of False Limits, Greg Braden, 2008).

Robert Keegan Ph.D., a Harvard psychologist, proposed a theory of five stages of adult development:

- Stage 1 — Impulsive mind (early childhood)
- Stage 2 — Imperial mind (adolescence, 6% of adult population)
- Stage 3 — Socialized mind (58% of the adult population)
- Stage 4 — Self-Authoring mind (35% of the adult population)
• Stage 5—Self-Transforming mind (1% of the adult population)

In Stages 1 and 2, in children and adolescence the focus is on self and one’s needs, feelings and desires. Others are only important as they relate to what they can do for us, and the consequence of our actions and theirs.

Stage 3: Socialized mind — The sources of your beliefs are from institutions, friends and families. The most important things are the ideas, norms and beliefs of the people and systems around us (i.e. family, society, ideology, religion, culture, etc.) One totally accepts the concepts and beliefs of the outside world unchecked by critical thinking which leads to fundamentalism and fanaticism.

Stage 4: Self-Authoring mind — Adults evaluate information and the adult recreates itself based on sorting and internally checking the truth of what is seen, heard, felt, taken in, and told, upon independent investigation of truth; sorting and rationalizing what is truth to me.

Stage 5: Self-Transforming mind — One’s sense of self is not tied to particular identities or roles but is constantly created through the exploration of one’s identities and roles and further honed through interactions with others. (https://medium.com/@NataliMorad/how-to-be-an-adult-kegans-theory-of-adult-development-d63f4311b553).

Note that the majority of adults form their beliefs from the world around them without critical thinking or evaluation. Our beliefs are formed by the world and we form the beliefs of the world. These beliefs trigger changes in our DNA by triggering our genomes to react in positive or negative ways. Let’s look at some of the messages we have gotten in our Western culture about our most important life choices events.

**Finances and Abundance**
Probably the most frequent subject clients want to heal in their lives and their families is the lack of money. Often, it not just having enough money to pay the immediate bills but prosperity and abundance in general. The ability to have sufficient assets to survive and be free for themselves and their family with a place to live, to have enough for today and in the future. This comes down to the freedom to choose. This is the first developmental need humans face — the need for food, water, shelter, warmth and then the need for safety and security as set out by Maslow.

This lack of abundance is deeply rooted in the need for survival and safety for food, shelter, warmth and security. Although I have never seen it written or spoken of by experts, I believe we all have a "disaster gene" imbedded in us from the Great Flood related in the Bible and other mythic stories from around the world. In almost every culture and myth I have studied, there is a story of the earth being flooded and the people of the world being wiped out. Geologists and anthropologists have evidence the waters of the earth rose after the last ice age and flooded most of the habitable land.

I believe that we all carry this fear of disaster deeply within us. This fear combined with the losses from wars, economic depression, job loss, genocide, slavery and other oppression form a mentality of a lack of trust in the Divine and in ourselves, that the world is a safe and abundant place. The media reinforces the fear of disasters with daily reports of floods, earthquakes, volcanoes, plane and car crashes, fires and other disasters from around the world. Once this fear is faced and released, the abundance that is our destiny is free to flow into our lives.

Here are the most common messages I hear from clients from all over the world learned from their families growing up and incorporated into their belief system:

- Money is the root of all evil.
• A rich man can never enter the gates of heaven.
• The rich get rich and the poor get poorer.
• You have to work hard for everything you want.
• Another day another dollar.
• You have to fight for every dime.
• I can’t have more than anyone around me.
• Money doesn’t grow on trees.
• Only the strong survive.
• The rich are selfish and uncaring.
• You can’t be spiritual and wealthy.
• You can’t have love and wealth.
• Money can’t buy you happiness.
• If I am wealthy, I must be selfish.
• I have to have a job in order to have money coming in to pay my bills.
• I do not deserve to have financial freedom.
• I will never get ahead. I am not smart enough.
• I cannot hang on to money. Someone will take it away from me.
• You have to be born rich to be rich.
• The deck is stacked against me.
• Every time I get ahead something always happens.
• Tomorrow will always be worse.
• I will fail no matter what I do.
• Never give money away. There’s never enough to go around.
• Banks, the government, con men or employers will take away what I have no matter what
I do.

Sound familiar? I was raised in a lower middle-class family of eight children after World
War II when the men were supposed to be the sole breadwinners. This meant we had very little
money for necessities, much less luxuries. My father was always stressed trying to earn enough
to provide for ten people in a post-war economy. We were taught to be very conscious of money
and hold on tightly to it.

The concept that this is a Universe of Plenty and everything we need or desire is at our
command was so totally foreign to me the first time I heard it, I thought the speaker was crazy. I
thought he was a scam artist trying to bilk money from the crowd. Over the years, as my spiritual
development grew, I learned how the Universe actually worked on a quantum level. I began to
understand abundance in all its forms is ours for the asking.

Now, this doesn’t mean you can simple sit down and write out a check for a million
dollars, take it to any bank and the bank will give it to you. There is a process to making this
happen.

To begin, we must clear all the negative beliefs that have been programmed in our DNA
over multiple generations; not only those beliefs we heard and incorporated as children from our
parents and grandparents like those listed above, but beliefs incorporated from previous lineages
from their experiences. For example: No matter what your background or where your forbearers
came from, everyone has a history of oppression in their DNA. All of us have come from people
oppressed by conquerors throughout history. Very few of us have all our ancestors derived from
a surviving ruling class. These conquered peoples of history include —
• The Greeks conquered by the Romans, Persians, Turks
• The Romans conquered by the Vikings, Germans, British and Americans
• The Britons conquered by the Picts, Vikings, Saxons, Normans, Romans
• The Europeans conquered by the Vikings, Saxons, French, Spanish, Huns, Prussians, Ottomans, Russians, and internal civil wars
• The East Indians conquered by many tribes, Persians, Ottoman Empire, British
• African nations conquered internally by tribal warfare then by Europeans
• China torn apart for centuries by warlords, then civil wars, ruled by emperors, dictators
• Japan ruled by warlords, emperors, the Americans, and by finally an independent government
• South America conquered by the Spanish and Portuguese, controlled by the Catholic Church, invaded by the German remnants after WWII, now some run by drug cartels
• Australia, Canada, New Zealand conquered by the British
• The Middle East in a constant state of warfare by tribal war leaders, Arabs, Jews, Persians, Syrians for centuries
• Indigenous peoples all over the world nearly wiped out by Europeans

Over the millennia, the world has seen millions (if not billions) of peoples murdered, enslaved, with families torn apart, and cities, towns and villages destroyed after hundreds of years of stability when outsiders invaded and decimated the countryside. Our very survival was taken away without our choice. These tragedies left imprints on the survivors passed down to their descendants. This trauma and devastation may often be the core cause of the lack of belief in the safety and security necessary to trust in the abundance of the Universe.
A current scientific study has shown the effects of such trauma on the children of the survivors of the holocaust. A research study conducted by a team led by Rachel Yehuda at Mt. Sinai Hospital concluded in 2015 that survivors of the holocaust had passed on trauma to their children through their genes. They studied the genes of the children of the holocaust survivors, who are known to have an increased likelihood of stress disorders, and compared the results with Jewish families who were living outside of Europe during the war. “The gene changes in the children could only be attributed to Holocaust exposure in the parents,” said Yehuda.

This study is the clearest example in humans of the transmission of trauma and memory to children via “epigenetic inheritance” — the idea that environmental influences such as trauma, smoking, diet and stress can affect the genes of your children and even grandchildren. They found epigenetic tags on the very same part of this gene in both the Holocaust survivors and their offspring. The same correlation was not found in any of the control groups or their children. This trauma gene caused stress and anxiety in the children unaccounted for by outside influences.

Although genetic research has not studied the effects of slavery, servitude, genocide, natural disasters and other mass trauma, I believe these, too, are passed down to us through our genetic heritage. These traumas influence our outlook even though we no longer live under those conditions.

In the US, consider the racial discrimination against the Native Americans, Jewish people, African-Americans, Orientals and Latinos in the United States. The African-Americans, Orientals and Latinos were originally brought into this country as slave labor to work on the plantations, railroads or in mines. The Jews emigrated to escape slaughter and persecution in other countries only to experience discrimination here. The Native Americans were killed en masse since they were not amenable to slavery and died wholesale from white man’s diseases.
Hundreds of years later these ethnic groups still face discrimination and prejudice from white society. These "soul wounds" are constantly being reinforced by the continuing re-traumatization of discrimination. This trauma has been embedded in their DNA and triggered by the long-term emotional environment of hatred, fear, prejudice and discrimination faced daily by their heirs. The same holds true of the prejudice against women facing violence, rape, abuse and oppression around the world. In other countries, immigrants and minorities are facing the same hurdles.

This fear affects our ability to trust in the abundance of the Universe. When we see the power, money, control, business, banks and government all run by white men or the upper class it is hard to envision we have the right to ask for wealth, money, abundance and prosperity to come to us.

Before we can believe we have the right to manifest and attract money, we need to clear the triggers of the old patterns inherited from our ancestors that say we do not deserve to survive and succeed, we are inferior, and we are not good enough. These are emotional and mental blocks to clarity and manifestation buried deeply within our DNA from generations of oppression. They must be cleared away before we can fully step into our Divine right to manifest abundant finances.

Let’s now look at other limiting beliefs before we go to the next step in the process.

**Relationships/Marriage**

I recently saw the statistic of 46% of adults in the US are single, which is the highest percentage ever recorded of non-married adults. The statistics are about the same for the UK. Europe has a slightly lower percentage depending on which country is considered. What does this mean? Are we no longer interested in long-term committed relationships? Considering the number of clients who come to me with issues concerning relationship challenges, I think most
people are still looking for deep, meaningful, intimate connections. In terms of personal
development, the need to find "belongingness" and love is essential to our growth as adults once
our survival and safety needs are met.

Humans are social creatures. We live in tribes and communities not only for security but
for emotional, mental and spiritual support. We are designed to be social creatures and love is
part of our nature. So, why are relationships so difficult to find and maintain in our so-called
advanced world?

Part of the reason is we no longer live in close-knit circles where extended families are
the norm. People used to live together for the majority of their lives with a limited number of
familiar people around them from birth to death. Often, they grew up in the same community
with a circle of friends, neighbors and relatives knowing the fabric of their lives. There was a
continuity and conformity to lives that no longer exists in most of the industrial world today.
People had strong connections and ties to multiple other people throughout their lives to support
them through the good times and difficult times.

Consider the blocks holding us back from forming intimate relationships. The deep-
seated beliefs we have absorbed from our early environment, culture, family and friends about
relationships, marriage and long-term relationships hold us back from making these connections.

**False Beliefs about Love**

Love is never having to say you’re sorry. Love is blind.

Love at first sight. Love means sharing everything.

Love is forever. Love is constant and Unchanging.

Love means you can forgive anything. Love is your first priority.

Always thinking about the other. Never being lonely.
Constantly having sex available. Putting the other first always.
Always being happy with the other. Having fun, being playful together.

**Negative Images of Marriage and Commitment**

The old ball and chain. Loss of freedom — marriage is a trap.
The loss of identity. The burden of another.
Constant compromise or arguments. Not being able to do what you want.
Being responsible for another’s needs. Sexual constraint and boredom.
Career limitation because of partner’s needs. Jealousy and infidelity.
Lack of trust. All work and no play.
Partner ignores your sexual needs. Children get all the attention.
Physical, mental or emotional abuse. Divorce is always an out

With these misperceptions, no wonder people have difficulty finding and creating lasting, loving relationships.

We often form our initial concept of love by those fairy tales we watched in the Disney Movies where the Handsome Prince rescues the Beautiful Princess from danger and disaster to live happily ever after in the castle of their dreams. These wonderful, romantic, dream images are totally unrealistic since there is little if no interaction between the Prince and Princess that would lead to an actual relationship. The boy and girl have no real personalities, they have little opportunity to get to know each other, and rely only on external beauty to support their idealistic love.

Our real experience of love is generally formed from our parents, friends’ parents and the media. If our parents have a loving, strong relationship then we have a good basis for forming a realistic expectation of love and relationships.
Many of us see at an early age the damage caused by relationships gone wrong. We experienced the arguing, fighting, yelling, disruption and ultimate destruction of what was supposed to be a secure, stable love. Even if our parents had a good relationship, odds are one or more of our friends came from a divorced household.

Our other false impressions of love in our early years come from most of the great romantic stories we are exposed to as we grow up — *Romeo and Juliet, Paris and Helen of Troy, Antony and Cleopatra* as well as the contemporary films like *Titanic, Doctor Zhivago and The English Patient*. All, of course, end in tragedy since we never hear of the day to day details of their lives together, working through finances, children, housework, career issues or conflict resolution.

Therefore, our expectations of love are based on two divergent views: a sometimes dark and dismal experience of unhappy and disastrous marriage and divorces we have actually seen around us and the opposite fictional, unrealistic romantic view of love in fiction.

The third block we have to creating healthy relationships in our lives, is the ancestral issue of past generations and their views and marital conflicts.

Depending on our cultural backgrounds, views on marriage diverged drastically from views on romantic love over the millennia. In very early nomadic cultures, there was no marriage as we know it today. The women and community took care of the children. Arrangements between women and men were short-term, sufficient to care for the offspring until the children were old enough to be self-sufficient. Then the men were free to move on and the woman could choose another partner for her next child if she chose. When humans became more settled, then permanent relationship took on a more formal arrangement.
In the lower classes, relationships were still pretty informal, called common law marriages. Marriage was not necessary until religion became prevalent and it became an issue of morality. In the wealthier echelons, when land and property were at stake, marriage became a property issue. Marriages were made to keep the wealth within families, combine property, make political alliances and create dynasties. The desires of the parties were ignored. In many cultures, the parties to the marriage did not even meet until the wedding took place.

The result of this type of marriage resulted in several attitudes about marriage that can affect our DNA heritage:

- Marriage is a duty and obligation without emotional commitment.
- It is a social responsibility for children.
- Sexual pleasure is found outside marriage.
- Love and affection are not essential for marriage.
- Fidelity is not an obligation of marriage.
- Wedding vows are not binding since they are not meant to be kept.
- Adultery is socially acceptable.
- Marriage is not a viable institution in today’s world.
- Marriage is only meant for the protection of children and property.
- Women are property and should accept the benefits of marriage without complaining.

Over the centuries many forms of marriages developed. Often, the wealthiest, strongest or highest-ranking males had several wives to cement alliances, increase the wealth of the noble class, and to ensure the spread of the healthiest genes. All parties understood the practice and often no affection, romance or love was expected. No fidelity, commitment or loyalty (usually by
the man) was made. The woman was usually a pawn in the power games of the times, but she was raised and trained in her role. She was expected to produce the heirs for the males. The benefits of these marriages for women were wealth, social standing, power through their children, protection and security. Romance was deemed a hindrance to social order.

Occasionally, in some indigenous tribes, women took multiple husbands to ensure genetic diversity, for protection and to increase tribal wealth. In those tribes, the women were the property holders since the men were most frequently killed in hunting accidents or warfare. Having multiple husbands ensured the safety of the children, having a hunter for food and protection from outsiders. The men often had their own homes or lived in separate dwellings and visited their wife as invited. Where there were limited men in the tribe or area, this was a way to resolve conflicts over access to fertile women. (Guns, Germs and Steel, Jared Diamond, 1997)

In other cultures, marriage and children are the accepted norms. During most of the time in today’s world, marriage vows have contained a commitment of fidelity until death or divorce, and often with the expectation of children for younger heterosexual couples, although not always. Many couples today are opting to forego children.

In some societies, it is common for men to have mistresses outside of the marriage. Wives are expected to accept this as normal. This attitude has existed for hundreds of years. This means the breaking of vows of fidelity, lying and deceit, and the acceptance of those lies as normal. The children of these marriages unconsciously know and adopt these lies. The religious institutions in many of these countries condone or ignore the socially acceptable norms. This inconsistent behavior, thought pattern and soul breaks influence the DNA of the present-day descendants, causing difficulties in establishing long-term, faithful, committed relationships in this cultural environment.
Marriage as a sacred commitment between two loving partners dedicated to each other’s welfare, the loving and caring of children, and the benefit of the community is the highest form of devotion that can be formed in relationships. It takes a tremendous amount of spiritual, emotional, and mental strength, devotion and awareness to continuously honor and respect another’s life energy and path. As we each change, grow, develop and form throughout life, walking alongside a partner in love, passion, truth and dedication is the greatest form of love on this planet. When you find your life mate, soul partner, lover and spouse, or whatever name you choose to call him/her, cherish the relationship. Putting in the time and effort to develop the relationship will create a beautiful harmony that will resonate to all the lives you both touch and be an example to your children and descendants.

Most cultures and societies recognize marriages consisting of loving and dedicated partners as the highest form of spiritual and social achievement. Such relationships are honored and respected, and often envied. Those on the outside, desire the closeness, the commitment, the intimacy and trust that forms over the years in such a loving environment. We can achieve such loving relationships if we are willing to be vulnerable and accept the other partner for who he/she actually is and not the idealized, fantasy person we wish for them to be. It takes time, a desire to communicate, understand the other, compromise when necessary, and lots of compassion to create a bond that flexes with the stresses of life.

However, as you can see, with thousands of years of conflicting marital standards, requirements and attitudes, even if we have a clear understanding of love, our genetic history of marriage brings levels of complications difficult to comprehend. Were your ancestors trained to marry for wealth and power? Do you have ancestors treated as helpless pawns and power pieces?
Did your ancestors come from a culture of multiple marriage partners where each found purpose and fulfillment in their roles?

After clearing the historical and ancestral triggers to the attitude of personal, emotional and love relationship issues, we must clear the culturally unrealistic expectations we absorbed during this lifetime before we can move on. In some instances, being single is less challenging. Then we must clear the DNA of the genetic challenges that may be distorting our views of marriage and the part we are projected to play in today’s world. Once our past is cleared, we can live in the present fully and completely open to love and all its potential. Then we can create whatever form of relationship is right for us in the moment and in the future. Singlehood, partnerships, marriage, community living or some other style is open for consideration once we are free from the past.

Health Issues

Attitudes and beliefs about our health and our ability to heal shape our lives every day. Some of these attitudes and beliefs arise from our historic past as humans moved from their nomadic roots into crowded, confined cities where sanitation, contaminated water supplies, decaying foods and unsanitary corpse disposal resulted in wide-spread diseases and plagues of epidemic proportions we all know about even today.

Most of us have heard of the bubonic plague or Black Death. Usually we associate the Black Death with the Middle Ages since beginning in about 1347 it killed nearly 50 million people, about half the population of Europe in less than a decade before finally dying out without a remedy. The last plague began in 1885 and was spread worldwide throughout six continents because of the available international travel of the shipping trade. It began in China and spread
throughout the rest of the world, killing 15 million people before the source of the plague was finally identified in 1894. (https://www.history.com/news/history-lists/6-devastating-plagues).

The Europeans could not have conquered North and South America and Africa without the help of small pox, syphilis, chicken pox, mumps, measles and other European diseases. The indigenous population of millions was wiped out in a matter of decades and rendered helpless by diseases allowing the Europeans to restrain the native populations and take control of vast resources of the New World. The Catholic Church gained a great following promising salvation when the local shamans and medicine people were powerless to stop the epidemics. (Guns, Germs and Steel, Jared Diamond, 1997).

Other diseases have affected large population centers throughout history, such as smallpox, cholera, typhus, typhoid fever and yellow fever. The influenza epidemic of 1918-1919 was estimated to have killed between 30-50 million people worldwide. Over 25 million people have died of the AIDS virus and 35 million are currently living with HIV infection. Cholera killed over 10,000 people in Haiti in 2010 following the deadly earthquake when clean water was not made available on a timely basis. SARS was a potentially deadly outbreak that frightened public health workers before being stopped in 2003. The 2014 epidemic of Ebola hemorrhagic fever in West Africa was the largest Ebola outbreak on record. It emerged again in 2016 in Africa. The virus killed more than 11,300 people before it was declared cleared in 2018.

With this history, I’m sure we all have a fear of disease and death in the cellular memory of our ancestors’ DNA. They all must have watched their family and friends dying around them feeling helpless, hopeless and lost. These are not genetic dis-eases but the fear of death from disease has been passed down in our genes.
We hear about these health warnings and risks on the news. The media always hype the worst-case scenarios about how terrible the latest dis-ease is. These facts may not always be true but they pander to our worst fears because of the historical background we all have of epidemics in our past.

Again, in the present time in our lives we also get messages about our bodies and our health from our families of origin or original caretakers as small children on a subconscious level. We are told to fear illness and injury at an early age.

If you watch small children begin to walk, they all fall down. If no one is around they pick themselves up and start again. If they land hard, they may cry first, then get up and try again. They never consider being hurt or stopping. It is only when some adult rushes over, makes a fuss, picks them up and keeps asking if they’re hurt, they get anxious and afraid. Many of us are programmed to fear our body. We are told implicitly our bodies will be sick and get injured at some time, generally soon.

As a child grows, the adults may instill fear that the minor hurts, colds and general illness and injuries of childhood will not heal on their own. This is not to say they should not be treated carefully and adequately. If the parent or caregiver treats illness and injuries as a natural order of life to be handled and dealt with as any other problem to be resolved, then the child will not be afraid of their body and will seek solutions when their body is out-of-balance.

The human body is designed as a self-healing organism. Most life systems on earth are built this way. There are no doctors for lions and tigers and bears. Birds and bees and butterflies heal on their own. Generally, the only dis-eases that adversely affect wild animals they don’t recover from are humanity’s toxic poisons from fertilizers, pollution in the water and air, and the
introduction of foreign matter in the natural environment. Otherwise, if an animal is sick or injured it simply hides until it heals itself.

Our bodies will actively self-heal if we allow them to and support them with cleanliness, good food, adequate hydration and, if necessary, mineral and herbal support. The plant and mineral world contain many natural remedies supporting good health and speed healing. Louise Hay wrote her ground-breaking book, *You Can Heal Your Life* in 1984 identifying the emotional factors behind physical illnesses after she cured herself of cancer within six months.

At early ages in many Western cultures, we are saturated with multiple misconceptions about healing. Here are a few I know I grew up with:

- Our bodies are fragile.
- We need help to heal all but the most minor injuries.
- Only an expert doctor, nurse or health professional knows the best remedy.
- We don’t know what is good for our body.
- What a doctor tells us is absolutely true. We must believe him/her.
- Have faith in a professional’s decisions. They know best. We do what the doctor tells us.
- Our bodies need to be "treated" when something goes wrong.
- Pain is bad and must go away immediately.
- Symptoms should be treated even if we don’t know the cause.
- Physical illness is unrelated to the rest of our life, e.g. our marriage, our job, stress, children, mental state, pressures.
- Pharmaceuticals are the best medicine since there is science behind them.
• We cannot assess medical information on our own even if we do research about a disease.

• Nutrition is unrelated to illness and health.

• I can’t make good decisions about my health — I’m not qualified.

• I can’t heal myself. Who do I think I am?

Science has come a long way in extending life and creating a healthier environment for us. Everyone will agree the most significant health benefits of the last century have come from the introduction of public sewers, waste management systems and the availability of clean water to the public. These two public-health changes have eliminated the majority of diseases that caused widespread epidemics in cities in past centuries such as cholera, typhoid and typhus.

An uncle had tuberculosis and was hospitalized for over a year and couldn’t have visitors. Yes, in the past, children and adults recovered with the aid of medical remedies available at the time but many perished because of poor sanitary and water conditions and the lack of quarantine. Consider the wildfire effect of the spread of the annual flu through the country and the world, even though we have vaccines for some strains. Although it doesn’t kill many, the cost in terms of loss of productivity, wages, time, over-the-counter remedies and general illness ranges in the billions of dollars. If vaccines weren’t utilized for other illnesses, children and adults would be more at risk for many more common epidemics than we see now. In high risk situations, there are now vaccines for shingles and pneumonia.

Vaccines and antibiotics have their place in the general health care regime. As we have seen in today’s news and reports, the overuse of antibiotics has rendered them useless against new strains of smart bacteria. Various dis-eases such as new strains of tuberculosis have become
antibiotic resistant. Our bodies have forgotten what we once knew — we are self-healing organisms.

Many of the so-called genetic dis-eases have been determined to be merely lifestyle related. With the advancement of epigenetics, it is now predicted that many so-called genetic dis-eases will soon become preventable and reversible. In (Epigenetics: The Death of the Genetic Theory of Disease Transmission, Dr. Joel D. Wallach, Dr. Ma Lan, Dr. Gerhard Schrauzer, 2014), Dr. Wallach proposes many of the present diseases such as Type 2 diabetes, heart disease, cystic fibrosis and other disease thought to be genetically transmitted could be treated and reversed through mineral and vitamin supplementation as well as dietary and exercise regimes.

Other recent books give people with health challenges hope that epigenetic changes can alter life-long conditions. (Inheritance: How our Genes Change Our Lives and Our Lives Change Our Genes, Sharon Moalem, MD, Ph.D. 2014); (Outsmart Your Genes: How Understanding Your DNA Will Empower You to Protect Yourself Against Cancer, Alzheimer’s, Heart Disease, Obesity, and Many Other Conditions, Brandon Colby, MD, 2010). Advancements in medicine are capitalizing on epigenetics research knowing our health is now in our hands to change.

Careers

As we reach adulthood we search for our identity and many of us look to our jobs and career for that identity and life satisfaction. Later in life, we know what we actually seek is our life purpose. This meets the fourth developmental need for self-esteem — prestige and feelings of accomplishment. In our society, this need is generally met through our career goals.

Most people settle into a job or career at a young age when their brain and bodies are still developing and their interests are uncertain. Sometimes they simply follow the family business
because that decision is easy or because it is expected of them. Often, they have an inclination or a particular skill for the job or a calling because of their genetic background.

A common issue which arises in clients' lives and in their ancestors' lives too, is the decision to follow a career in order to satisfy the family’s expectation, not their own needs or desires. When people enter a career, profession or a calling because of someone’s else desire, then often life is at odds with their heart. This is particularly true in religious or medical fields.

We have spent generations upon generations at the mercy of the hierarchy of emperors, kings, nobles, warlords, generals, landowners, corporate giants, national, educational and religious organizations and government employers dictating our lives, our work and our thoughts. We were raised to be submissive worker bees taught "they" not only knew better, but "they" had the right, power and authority to tell us what to do, how to do it, what to think and how to live while they profited from our labors. Centuries and millennium of slavery, serfdom, and subjugation have taken much of our power of decision-making away from our career choices.

Moreover, in certain cultures, the first-born son inherited the property, the second son went into the military and the third son went into the church, without regard to their inclination, desire or talent. This pattern went on for centuries and led to great unhappiness and incompetence.

These days, we hear many people, both young and old, say, “I don’t know what I want to be when I grow up.” They end up in professions because a teacher, counselor, father, uncle or mentor said they were good at something like math, fixing things, painting or sales whether they had any interest there or not.
I know I became a lawyer because my mother always wanted to be a professional (and I wasn’t about to become a doctor with all that blood) and my father always wanted to be a court reporter or be in the justice system. I didn’t realize for years I had unconsciously tried to fulfill their dreams to please them and not myself.

Here are some unconscious beliefs that make people choose unsuitable careers:

- If I don’t have a job, I will be a bag lady/man and homeless on the streets.
- I am worthless and have no value without the identity of a job/career.
- I need a job to have a secure future.
- I want something safe to do with a retirement plan and benefits.
- I need someone to tell me what to do because I don’t know myself.
- I need a stable income to have a family.
- I can’t make enough money with my own business.
- I can’t afford school to learn to be __________.
- I’m not smart enough to be a ____________.
- They would never let me be a [Financial Advisor, Stockbroker, Banker etc.] ____________.
- I don’t know any (doctors, lawyer, dentists, computer programmers, Marines, celebrities) so how can I be one?
- I have to do what my family has always done.
- I am good at …… so I should do ……
- I have always been a klutz so I can’t be an athlete.
- I could never be an (artist, musician, singer, playwright, actor, film maker, dancer)
I have never sailed a boat so how can I be a sailor?

I want to travel but my Mom, Dad, family needs me at home

Some are excuses so people don’t have to take risks, but others are beliefs unconsciously adopted from families limiting their perspectives about the possibilities for the future. In the past most people lived in tribes within communities with limited possibilities because survival was the primary concern. Now, we have a global community where almost unlimited potential exists if we are willing to let go of fear and embrace our destiny and reach for our life purpose. In this global world of today, it is likely that a young person starting out will have three to six careers in their lifetime, because of changing technology and the world-wide economy. Many retirees are choosing to pursue their life purpose once freed of a job.

Vincent Van Gogh once said, “If you hear a voice within you say "you cannot paint," then by all means paint and that voice will be silenced.”

**Personal Well-Being and Spiritual Beliefs**

The next category covers the general area of our self-worth and those messages we received affect our mental, emotional and spiritual well-being. This is the last developmental stage in Maslow’s Hierarchy of Needs where as adults a person attains self-actualization through achieving their potential, creativity and fulfilling their life purpose.

When we are children, we absorb many unconscious messages from the world around us about ourselves. Whether we were desired as a child, our birth order, our sex, our education experience, our experience with peers, teachers and other authority figures help shape our self-concept and self-confidence. We are taught there are limits to what is available to us in the world as to intelligence, money, beauty, romance, partners, creative paths, travel, opportunities and a
host of other restrictions. Sometimes, those limits were set by our caregivers for our protection to keep us safe. At times, the messages we receive come from the authority figures' own wounds and lack of self-confidence, fears, worries, feelings of inadequacy or pain.

Our relationship with the Universe, God, All That Is, Great Spirit and the concept of what lies in and beyond this world and this life is shaped unconsciously before we are six years old and continues to be influenced by others as we mature. This history shapes our image of self, our minds and the resilience to life’s challenges.

Many of the world Western religions were developed in prior centuries when people lacked the ability to read or write and were concerned with survival needs. Many of those institutions took a paternalistic and dogmatic approach, giving structured rules that gave the masses a sense of security in a simplistic faith with all the answers to the basic questions of life.

In the East and in the Shamanic traditions, mysticism took a different approach. The individual’s relationship with the Divine was held to be paramount. Finding an individual connection to spirit to empower your life was the ultimate goal in order to discover life’s meaning and the answers to daily questions. Rituals and ceremonies to pacify angry or unsettled spirits could be purchased.

During our pre-adolescent, adolescent and young adult years we seek to find our place in the world. We seek an identity. We learn to discover the mystery of the world and the universe we live in. This is influenced by messages we receive about ourselves from others, trauma we experience, health challenges, and our relationship to the greater world at large. What type of messages did you receive in your early formative years about your value, beauty, worthiness, lovability, intelligence, etc.? These messages influence your self-image and your image of the world and your ability to trust.
Negative Personal Well-Being Messages

- You are stupid, lazy, ugly, and worthless.
- You’ll never amount to anything.
- I never wanted you in the first place.
- You’re no good.
- I couldn’t give you away if I tried.
- You’ll always be a failure.
- You are such a disappointment.
- You will never be as pretty as ….
- You will never be as smart as your father (mother) (brother).
- You are such a weakling.
- You’re as dumb as a post.
- You’ll never make anything of yourself.
- You better find yourself a man since you can’t take care of yourself.
- You are such a burden.

Traumas that Influence Us

- Death of a parent, grandparent or other beloved caretaker at a young age
- Severe illness of extended period that frightened us of death
- Near death experience
- Severe accident involving us or a loved one
- Disability of us or a loved one
- War, violence, street shootings
- Addiction of loved one
• Mental illness of loved one in home
• Mental, emotional, physical or sexual abuse
• Extreme religious persecution
• Homelessness
• Forced immigration
• Continuously moving
• Loved one in prison

Images of God, Creator, Great Spirit, All That Is

• Loving, caring, present, abundant.
• Judging, angry, punishing, damning.
• Benevolent, kind, comforting, nurturing.
• Distant, uncaring, rule-making, watching.
• Lives within each of us, accessible to me,
• Lives in Heaven, needs intervention by pastor, priest or devotee.

These early influences and the influences of our ancestors have incredible impact on our adult lives even once we decide that many of the opinions of others are not our own truths. They still carry emotional weight until we release the energy behind them. The physical traumas of accidents, illness, abuse, war, and violence reside in our cellular memories until they too are freed. These are epigenetic triggers for ill health, mental illness, bad decision-making for finances, addiction, poor relationships and other unwanted genetic material we would rather have lie unexpressed. If they have been expressed, then we want to release these triggers and change these markers. It can be done. We can all change our negative thinking patterns.

(https://chopra.com/articles/retrain-your-brain-how-to-reverse-negative-thinking-
Read the following chapters and the Case Studies in Part II to see how to clear the genetic triggers.
Chapter 5—External Actions to Clear Genetic Triggers

Simply because we have these epigenetic markers compiling toxic pollutants from our environments and negative beliefs we subconsciously adopted from our surroundings and traumatic events that occurred in our lives, doesn’t mean our DNA is permanently doomed to be damaged.

The good news is we are at the control panel of our DNA and we can change our reality every day. We can switch our DNA triggers on or off with our thoughts, behaviors, actions and energy shifts. We can change our environment, our beliefs, release the effects of past trauma and heal damaged DNA. This chapter will address some practical daily methods known to help prevent or repair genetic damage to cells. The following chapters will address our ancestors’ role in clearing our inherited DNA issues.

A. Clean Air and Water

Pollution builds up in our bodies to create chemical reactions to trigger negative DNA and block effective protein and amino acid processing.

Many large cities around the world have extreme air and water pollution. London, Beijing, New Delhi, Mumbai, Karachi, Los Angeles and Mexico City are some of the cities with the world's worst air quality. Pollution causes allergies, asthma, respiratory distress, heart disease and is linked to Alzheimer’s. ([http://www.sciencemag.org/news/2017/03/here-are-some-worlds-worst-cities-air-quality](http://www.sciencemag.org/news/2017/03/here-are-some-worlds-worst-cities-air-quality)). The dense air pollution in Beijing has been linked to low birth weights for years. Higher birth weights in babies were reported after the 2012 Beijing Olympics when the government lowered the pollution level for the games.

A recent research project published at the University of Southern California (USC), found pollution of particulate matter increased older women's risk of dementia by over 90
percent. Another study linked 1.6 million deaths a year in China to pollution according to Berkeley Earth, a research organization.


**Breathe Clean Air as Much as Possible**

According to the Environmental Protection Agency (EPA), indoor air pollution is among the top five environmental health risks. Indoor air may be anywhere from two to five times as polluted as outdoor air — a huge problem, given that the typical individual spends as much as 90 percent of his or her time indoors. Don't be discouraged. There are some simple steps everyone can take to clear indoor air.

In 1989 NASA did a study of common household plants that clear the most indoor toxic chemicals from our household environments. (https://www.lovethegarden.com/community/fun-facts/nasa-guide-air-filtering-houseplants). Here are some of the most effective and inexpensive plants offered in most areas: Aloe Vera, Gerbera Daisy, Dracaena, Areca Palm, Ficula, Ivy, Spider Plant, Snake Plant, Holy Basil.

If you are more Earth-based oriented, crystals can help clean the environment. Himalayan salt lamps are claimed to remove pollution and positive ions from the air and absorb them into the salt.

Other crystals are wonderful to have around the house on a continuous basis. Smoky quartz, obsidian, black tourmaline and apache tears are well-known for absorbing, reflecting, deflecting and transforming negative energy. Put these crystals near doorways, on windowsills, in your kitchen and by stairwells to flush energy brought into the house from outdoors. If there is
a lot of chaos, disruption, arguments and negative energy in the house, then the crystals will need to be cleansed regularly.

Salt absorbs negative energy which is why we feel so good next to the ocean and salt water because of the negative ions generated by the salt water. You can place bowls of salt around the house so long as you don't have pets or children who are likely to eat from them. Otherwise, make a salt water spray — 1 teaspoon of (preferably) sea salt in 1 quart of filtered water (do not let drops spill on furniture or wood floors, it will water spot). Walk around the house and lightly mist the air, including corners. You will be amazed at how much better the air feels.

A Native American technique is to use sage and/or a sage and cedar mix and smudge the house with the smoke. Sage and cedar are natural purifiers of energy. This is an ancient method of clearing used for hundreds, if not thousands, of years. Sage bundles can be purchased at many bookstores specializing in alternative books, crystals, rattles and Native American items. Even some health food stores and co-ops carry them. Simply light the end of the stick or bundle, blow out the fire and waft the smoke gently around the room. Be careful not to generate enough smoke to set off smoke alarms. If possible, open a window in each room to dissipate any excess smoke.

**Allergy alert:** If you have never used sage or cedar, you may want to test a small amount outside with the family members to ensure no one is allergic to the ingredients before smudging. If they are, then use another method.

If you live in an area with an extreme pollution factor such as near a steel mill, a manufacturing plant, or if there is a high pollution index on a particular day and you have lung or respiratory issues, then commercial air cleaners with HEPA filters may be an optimal solution. I live in an area with forest fires in the summer. During the time of fires in the area, I found only a
home air cleaner is sufficient to clean the air to make breathing comfortable. Always use the best furnace filters available and clean the return vents regularly.

**Water — Pure Drinking Water**

Most cities use chemicals to clean the municipal water system. This clearly makes the water potable, which means it is drinkable and doesn't contain bacteria, chemicals or pollutants in sufficient quantities to make you sick. It doesn't necessarily mean it is healthy. Even in the USA, the water contains contaminants like heavy metals, pharmaceuticals and known carcinogens but in lower dosages than the EPA recognizes as harmful. Some municipal water systems are better than others, depending on their sewage systems, their proximity to agricultural and industrial wastes and other factors. In order to ensure clean water for your body, it is best to purify the water you and your family drink.

The easiest and quickest way to purify water in our busy lives is to filter water to remove chemicals, heavy metals, pharmaceuticals, and particulate impurities. These are commercially offered in most stores for on or under the counter use and are relatively inexpensive. Reverse osmosis systems are the most highly recommended but also the most expensive. If you cannot afford a reverse osmosis system, there are other carbon-based or other systems obtainable to eliminate most of the impurities. They are less expensive than buying bottled water and avoid the massive use of plastic bottles that clog our rivers, trash our oceans and use fossil fuel products.

Energetic cleansing is very powerful and useful. Dr. Masuru Emoto's research demonstrated sending positive energy such as love, healing, gratitude, purity and health actually changed the crystalline structure of water. Placing his symbols on your water pitcher or water bottles will affect the water. They can be obtained through his website or through other commercial dealers. Other healers offer symbols, such as Krystalya Marie's Krystagraphs™
infusing your water with purity and love, and the internet has a myriad of healing methods to purify water.

If you happen to be traveling or you left your bottled water at home, a sincere blessing from your heart to the water will shift the energy to purity. It is always a good practice to bless the water in your house, your body, your community and everywhere for health and purity with your love.

Air and water are essential to life. The quality of the air we breathe and the water we drink are part of the chemical reactions that fuel the DNA reactor of our cells and lead to positive or negative gene expression — i.e., whether we have positive, healthy genes active in our body or whether the unwanted genes get triggered. These simple actions can make a huge difference.

**B. Exercise — Our Bodies Were Made to Move**

Most people in the West in modern life are sedentary. We work in offices, factories, or at jobs that require little to no aerobic activity. We drive home at night and watch TV, play computer games, check our Facebook, Instagram, Twitter, Pinterest or other computer accounts. We are then surprised when our bodies don't respond with health and vitality.

Babies and children naturally are active most of the day. They constantly are moving, kicking, crawling and exploring, stretching their muscles and limbs as they grow. Haven't we all watched a bunch of two-year-old’s and thought, "If only I could bottle all that energy to use," because they seem to have a boundless supply. Children are constantly in motion until it is time to sleep. Then they sleep deeply and well because their bodies are ready for sleep. Many adults complain of difficulty sleeping, generally because of a lack of sufficient activity.

Our bodies need activities to maintain our normal DNA health.
**Yoga** — long term yoga practice has been shown to repair DNA. That's right, not just enhance the good stuff, but to actually fix genes that may have been compromised in the past. Multiple studies have confirmed this result over the last 20 years. This doesn't mean taking one yoga class will do it. A sustained practice of yoga, Tai Chi, Qigong or other mindful movement that balance mind and body, have preventative as well as repairing effects on genetic health issues. ([https://www.sciencedaily.com/releases/2017/06/170615213301.htm](https://www.sciencedaily.com/releases/2017/06/170615213301.htm)).

Thirty minutes of exercise like walking three times a week has reversed the effects of heart disease. Aerobic exercise of any type will increase circulation, stimulate oxygen and blood flow to the brain and heart, and improve energy. Although our brain is only 2% of our body's mass, it uses 20% of the blood flow and oxygen supply. This will also help stave off dementia and Alzheimer's disease. ([https://www.sciencealert.com/just-30-minutes-of-nature-a-week-reduces-the-chance-of-depression-and-heart-disease](https://www.sciencealert.com/just-30-minutes-of-nature-a-week-reduces-the-chance-of-depression-and-heart-disease)).

Dancing is great exercise since it not only gives us aerobic activity, it increases hand-eye coordination. Rhythm, beat and sound are stimulation for the ear and involve brain stimulation if you are learning new steps and social skills with interacting with others.

Walking in nature three times a week has been found as effective for relieving clinical depression as any medication. Green is a soothing color for the eyes and mind. The sights and sounds of nature around us tend to soothe our over-active minds with the regularity of our steps. It also changes our brain activity in the area of anxiety and depression. Our bodies are adapted for outdoor living, not the confinement of the indoors. Breathing fresh air refreshes our lungs (try to walk in a park with trees, grass and flowers) and increases oxygenation. ([http://www.cchrflorida.org/psychiatric-drugs-replaced-by-a-walk-in-the-woods/](http://www.cchrflorida.org/psychiatric-drugs-replaced-by-a-walk-in-the-woods/)). Nature is a

Swimming is terrific exercise for those with joint issues. It involves whole body movement, strengthens heart and muscles, increases lung capacity and the oxygenation of the blood supply. Look for a salt water pool and try to avoid chlorinated water. Best of all, swim in a safe area of a lake or ocean with a lifeguard.

Hiking and bicycling are great exercises and can be done almost anywhere. Most cities now have parks or recreation areas nearby where hiking and biking areas are specifically set aside for families and sports enthusiasts. Cities and corporations are getting the message that healthy and happy citizens and employees are more productive and cost less than ones suffering from chronic illness and dis-ease. (https://news.stanford.edu/2015/06/30/hiking-mental-health-063015/). Hiking improves mental health.

Exercise and strength training are best if you do it regularly and incorporate it into your lifestyle. Find something you enjoy doing and include your whole family. You are more likely to continue exercising in the long term if you enjoy it and there is a social component.

C. Healthy Foods

Our cells and the DNA within them are a chemical processing system. What we breathe, drink, eat, inhale and ingest are all converted into chemicals that can be used by our cells as fuel to create new muscles, blood cells, organs, nerves and bones. Garbage in = garbage out.

The biggest challenge to our healthy mind, body and spirit is the culture of self-destruction prevalent today. It is imperative to our healthy lifestyle to reset our mindset to cancel
out the commercially-driven destructive foods, drinks, drugs and other body negative messages we are inundated with daily.

Please avoid: smoking and all nicotine products, alcohol in excess, narcotics, pharmaceuticals when possible, refined sugars, all processed foods (wheat, corn, farm raised fish, hormone and anti-biotic injected red meat and poultry and caged eggs, etc.). Dairy is also an issue for most people. These foods are, in effect, poisons to our systems. I can hear the screaming now! What are you talking about, I can hear folks saying. sure, we know about smoking and drug use, but bread, milk and cheese, you have to be kidding!

Our commercially grown food is now so contaminated by genetically modified organisms they are sometimes no longer recognizable as the original sourced seed or plant. Some of the original modifications were minor but done in the days when the science of genetics was in its infancy. Genetically modified foods (GMO), foods contaminated with pesticides and foods grown with agricultural fertilizers are common in today’s marketplaces. These contaminants have been linked in multiple medical studies with ADH, ADHD, Alzheimer’s, heart disease, cancer, asthma, obesity, and a variety of other medical conditions. Pure foods have the optimum chemical composition to provide for a genetically healthy body. The packaged food industry has deliberately added addictive ingredients to ensure we continue to buy their products and this has led to the epidemic of obesity in this country and around the world. (https://www.the-healthy-diet-paradise.com/anti-aging-nutrition.html).

In order to increase the productivity in the animal industry, it is common knowledge that widespread use of antibiotics and hormones were introduced decades ago into our commercially raised animals. This has led directly to the antibiotic-resistance bacteria the medical industry is encountering today. Hormones are regularly used to increase the size and bulk of meat on beef,
sheep, pork and increase milk production. Cows used to produce 600 gallons of milk a year. Now they regularly produce 6,000 gallons of milk. The milk contains the residue of hormones fed to the animals producing it. No wonder our bodies are battling hormonal imbalances and the medical profession can’t determine the source.

Locally grown organic food is best for our bodies. Organic foods locally grown in season meet the food needs of our bodies, giving us the best nutrients available. Sufficient protein is necessary for the development of bodies and brains in infants and children, particularly in infants and later, in the 8-13-year age group, when their reproductive systems are maturing and will influence future generations.

Vitamin and mineral supplements are essential for pre-natal mothers and fetuses.

The natural foods grown in proper soil without pesticides generally contain all the vitamins and minerals our bodies need to fuel our cells and create the chemical reactions for positive epigenetic activity. (https://www.eatthis.com/foods-reverse-dna-damage/).

The Mediterranean diet filled with fresh vegetables, beans, legumes, fruits, olive oil, minimal red meat and lots of uncontaminated seafood has been shown in multiple studies over the decades to promote heart health, lower diabetes, encourage brain activity and increase longevity. (https://www.priushealth.org/what-does-research-say-about-mediterranean-diet).

**D. Meditation, Music and Beauty**

Mental chaos and stress are major triggers to the expression of negative genetic traits linked to harmful aspects of our lives, in addition to our physical health. Avoid the major triggers of ill health, financial disaster, bad relationships and poor decision making in life. Some of these emotional factors are fear, guilt, worry, chronic stress, pessimism, mental and physical abuse, depression, anxiety and other chronic negative attitudes.
Again, beginning in 2003, research in clinical and non-clinical studies verified regular practice of meditation, Thai Chi and Qigong shows a range of genetic and molecular differences, including altered levels of gene-regulating machinery and reduced levels of pro-inflammatory genes, which in turn is associated with faster physical recovery from stressful situations. Meditation has a positive effect on your body as well as calming your mind and spirit, letting you get in touch with your inner self. This reduces your physiological reaction to the emotional factors stated above. It allows you to cope with the emotional stresses and alter your perspective on life and solve problems. (https://www.naturalnews.com/2017-07-03-stunning-research-finds-that-yoga-and-meditation-literally-repair-your-dna-to-eliminate-disease-and-depression.html).


A 2017 study suggests meditation and yoga can 'reverse' DNA reactions which cause stress.

I began meditating in 1978 when I was taking daily medication for severe migraine. Luckily, I found a progressive MD who recommended meditation when I asked what I could do to get off the drugs. I have been meditating ever since. When I had a critical health crisis in the 1990s, I was disabled and virtually house-bound for about 15 years. Meditation was a live-saver. I got in touch with my healing energy and my ability to tap into my own inner resources. Without meditation and my inner knowing, my life would not be as healthy and happy as it is today.

Music resonates with the waves of our brain and can calm stress, soothe nerves and may be helpful in slowing cognitive degeneration in the brain according to some recent Italian researchers. (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5267457/). Music therapy is a
potential intervention for cognition of Alzheimer’s Disease. 


If we take the time to release our past stories and pain and avoid living in the future "what ifs," concentrating our energy in the present makes our lives open to opportunities and experiences that will enrich us daily. We will see the beauty of the people, places and things around us, our perceptions will shift and positive enzymes and hormones will flood our body to boost our immune system. These chemical reactions will positively affect the gene expressions of our bodies.

**E. Sleep is an Essential Component of a Healthy Life**

Another significant element in supporting long life, good health and a strong brain and positive outlook is adequate sleep on a regular basis. Numerous reports reliably show sleep is necessary to repair and replace damaged cells. In 1900, Americans averaged nine hours of sleep a night. In 2000, we averaged six hours a night. (Magnificent Mind at Any Age: Treating Anxiety, Depression, Memory Problems, ADD, and Insomnia, Daniel G. Amen, 2008). Lack of sleep can cause psychotic episodes, depression, car accidents, unclear thinking, irritability and other difficulties. The average adult should get six to nine hours of good sleep a night. Children and teenagers need more to sustain growth.

Stress is a common interrupter of sleep. Reduce your stress level through meditation, music, exercise, sex and contact with nature. Keep your bedroom free of toxins, cell phones, TVs and their distractions. Dream of a happy and prosperous life. And have a good night.

**F. Happiness and Our Connection to Others.**
The number one most critical factor in changing our genetic heritage is our outlook on life. In study after study, the pivotal element is the patient’s/client’s positive or negative attitude about their life. If you are an optimist and feel life is good, good things will happen to you, and the Universe is a benevolent place. You are then more likely to have positive relationships, financial stability, good health, mental alertness and longer life.

Social connections to family, friends, community organizations or humanitarian causes increase brain activity and physical exercise. By engaging people in activities, motivating them to explore new ideas and solve physical, emotional and mental challenges, all levels of life are involved. Older people who became isolated tended to deteriorate, both physically and mentally, when less occupied. Teenagers who are solitary are more likely to be depressed, anxious and prone to suicidal tendencies.

Studies have shown people are actually happier now than they have been in the past. There is actually a happiness movement in progress, based in positive psychology, leading to positive emotions, positive attitudes and positive traits in your life. This is based on Martin E. P. Seligman’s book (Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment, Martin E. P. Seligman, 2004). Being grateful for the little things in life can lead to a sense of greater happiness, satisfaction, love, beauty and contentment by focusing on the positive. There is even a Science of Happiness study showing that 500,000 people who have taken their course report significant increases in their happiness and decreases in their levels of stress and loneliness. 24 positive traits, such as gratitude, optimism, altruism, humor, etc., plus eight core virtues, (wisdom, courage, love, humanity, justice, temperance, spirituality and transcendence), can lead to an increase in well-being and longevity. (https://ggsc.berkeley.edu/what_we_do/online_courses_tools/the_science_of_happiness).
Spirituality also gives people meaning and direction in life, a sense of purpose and a sense that the Universe, God, All That Is has a reason for placing you here, and that you have a destiny. Fulfilling your life path helps answer some fundamental questions of existence. (Happiness Genes: Unlock the Positive Potential Hidden in Your DNA, by James D. Baird, Ph.D. and Laurie Nadel, 2010). Every culture and civilization in the history of the world has supplied the answer to the question: Why am I here? The last stage in Maslow’s Hierarchy of Needs is the need for recognition, for creativity and to fulfill your life purpose. If a person finds happiness in creativity, service to others, then he/she is likely to live a longer, happier and healthier life.

This doesn’t necessarily translate to a religious doctrine of any specific type. Spirituality merely relates to a consciousness and mindfulness we are all connected to in the energy field of the universe. We all influence each other in group consciousness. However, we influence our own consciousness the most.
Chapter 6—Asking Our Ancestors to Help:

Energetic Ways to Change Genetic Traits

In my last book, Healing Family Patterns: Ancestral Lineage Clearing for Personal Growth, I discussed how our ancestors are always available to help us heal those genetic traits we inherited from them. The ancestors recognize the shortcomings in their lives and the impact their mistakes had on their descendants when we point them out. They are anxious to change their lives for the better, especially knowing the consequences their actions had on the future generations. Our ancestors love us.

Shamans and indigenous people know the veil between the worlds is permeable to those who seek to contact those in other times and places. Physicists only recently concluded the time/space continuum is not linear but is a constantly flowing energy field. According to the theories of Quantum Mechanics as discussed in Chapter 2, time is an illusion. Space itself is in a constant state of flux. We can influence our reality with our thoughts and beliefs. The future can influence the past, and as we have seen, the past definitely has influenced us in many ways.

I have used the analogy of a time stream to take my clients on Shamanic journeys to the past to meet their ancestors to resolve generational family patterns that interfere with their present life.

When we inherit DNA strands from our parents, we inherit the genetic traits from multiple generations. The genomes passing through the mother’s reproductive system causing genetic expression in her children and grandchildren can be repaired and healed by 1.) Ancestral Lineage Clearing, 2.) Any or all of the External Healing Factors listed above, and 3.) Living a healthy lifestyle including positive mental attitudes and loving relationships. If any of the 97% of
the other genetic materials become expressed as the result of epigenetic triggers, they too, can be healed with a variety of the methods stated in this book.

Ancestral Lineage Clearing is an advanced healing technique I have been using and teaching for over 15 years. It is effective in clearing deep-seated generational genetic patterns which have been resistant to other methods or for traits for which people cannot identify the roots.

As I discussed in the Introduction, I was given the Ancestral Lineage Clearing technique in a meditation by Spirit when I was deeply depressed by a family crisis over the discovery of generational sexual abuse in my family. Multiple family members were involved. Of course, this was tearing the family apart. The ripple effect went into the next generation with several girls in the family being raped by outsiders. I asked to be shown a solution.

Spirit sent me on a journey to an ancestor living 450 years in the past when men controlled the lives, property and bodies of women. Although her husband loved her, the men of the village decided the women were becoming too independent and decided to burn one as a witch in order to control the others and "show them their place." The women, in retaliation, called upon the Goddess to curse the men in the only way they knew would hurt them — with their sexual power. The Goddess granted their wish. Unfortunately, the curse rebounded over the centuries. The protective curse twisted into one of sexual abuse and control, another form of power over women. When I traveled back in time and showed my ancestor what had occurred, she was shocked. The women called on the Goddess to release the curse, and it was released. Since that time, there has been no sexual abuse, no rape or sexual problems among my family. It has been cleared from our lineage.
As you will see in Part II, our ancestors did the best they knew how in their lives, as we do. Sometimes their choices didn’t turn out for the best. This is how unfavorable genetic traits tend to get triggered or expressed in our family genomes. As I reported in *Healing Family Patterns* my family had a history of heart disease. This dis-ease related back to an ancestor who saw his family slaughtered by a neighboring tribe. His heart was broken so he decided he didn’t want to live. He let his heart break until he died. When he learned how it affected his descendants, he made a different choice in his life, and our family is now cleared of heart disease.

The Ancestral Lineage Clearing process is a Shamanic-type of healing. The process is profound and powerful at shifting genetic heritage patterns that have been deeply seated in our DNA. The essence of the process is:

- The healer and client first uncover what essential core belief is causing the underlying issue in the client’s life. Not just the “I need to make more money” problem but the core belief behind the lack of money. Is it an issue of lack of trust in the Divine, an issue of worthiness, historical genocide issue of a people to take away their lands and power to render them helpless, self-belief etc.?
- The healer guides a client on a journey through time and space to his/her ancestor who originated the issue in the family lineage, whether decades, hundreds or thousands of years ago. The journeying process is the essence of the Shamanic healing that moves through the barriers of time and space to connect to the genetic energy in the DNA we are searching for.
- The healer and client then explore the ancestor’s life to determine how the issue arose.
• The client then offers the ancestor the choice to change their probability dimension and live this life over, choosing a different life path. The ancestor always agrees to choose another life path. The new life always offers a positive solution and outcome to the underlying issue in the client’s life. This actually changes the genetic pattern in the family heritage. This lifetime then plays out the new probability stream with the favorable energy patterns.

This is not the end of the process by any means. Simply by shifting the energy in the past doesn’t completely resolve hundreds of years of epigenetic shifts. Then we must clear the negative energy of the first lifetime through a variety of clearing methods, my favorite being sound energy.

Clearing the negative energy of the first lifetime is an essential element of the Shamanic process. If we simply recognize the life energy of the ancestor and have the ancestor choose another life path, the energy associated with this DNA sequence is unchanged in this dimension. The energy must be released and cleared from the lineage and the "field" of energy surrounding this family. As we all know, all particles, elements, thoughts and life vibrate with energy. In order to shift the patterns made by the genomes in the lineage, we must change the vibration.

Since we know the energy of the old vibration as seen in the ancestor’s first lifetime, this is the energy, the healer and the client release in the session. I set out various methods to clear the energy field in *Healing Family Patterns: Ancestral Lineage Clearing for Personal Growth*. I usually use sound to dissipate the old energy pattern since it is very effective in breaking up negative energy.

Once cleared, we then set the vibration of the genomes of the second positive lifetime into the client’s energy field through a series of exercises practiced over a 30-day time period.
Again, a complete discussion of the process is found in *Healing Family Patterns: Ancestral Lineage Clearing for Personal Growth*, Ariann Thomas (2012).

Part II contains a series of case studies of actual clients' Ancestral Lineage Clearing sessions over the last several years with the names and identifying information changed for privacy purposes. There you can explore how this process has changed actual clients' lives.

The beauty of this process is with changing your genetic heritage, it changes not only your body, mind and spirit it also affects your children, grandchildren, siblings, living parents, aunts, uncles etc. Remember when I discussed the Quantum Physics principles, saying if you change one related particle, other related particles change the same way? This is the principle behind the ripple effect of the energetic changes made by Ancestral Lineage Clearing or other such ancestral practices.

All those relatives in your family line that resonate in your family’s energetic genetic field will be affected. There is a caveat with this however: Everyone has free will. If you have a relative who doesn’t wish to change, then your change may have no impact on their life. However, don’t give up hope. If everyone around you changes, the changes in the energy field surrounding you get positively stronger and stronger and perhaps that field may eventually influence the hold-out to alter their behaviors too.

If this method appeals to you, I invite you to visit my website at https://ancestrallineageclearing.com/ to sign up for my newsletter, for a private session, or if you are interested in learning to practice Ancestral Lineage Clearing. You can follow me on Facebook under Ariann Thomas or Instagram under Ariann_Thomas.

I would also invite you to leave a review on Amazon or on my website if you enjoyed this book. Thank you for your support.
Part II Changing Our Genetic Heritage—Case Studies

In this part of the book, I will share with you specific Ancestral Lineage Clearing Sessions with actual clients who have contacted their ancestors to resolve current issues in their lives that have come down through their families’ heritage. The names, places and identifying markers of their issues have been changed to protect the clients’ privacy.

These are actual case notes from sessions with clients. In an Ancestral Lineage Clearing Session, I discuss the issues the client is having in their life relating to particular family patterns they wish to clear. We then narrow down the issue and develop an intention to find a specific ancestor who set the specific matter in motion in the family. Then I take the client on a Shamanic-type journey in time to locate the original ancestor who first encountered the issue and reacted to it. With the client’s help, we see the choice the ancestor made and the negative impact the choice had on the ancestor’s life.

While in the past, we ask the ancestor to choose a different probability stream from the actual one that was chosen in the first lifetime. The ancestor knows the choice moment, relives it and makes a new choice. We follow the ancestor’s life and review the impact of the new probability. It is always a better outcome. Then we carry the energy of the new probability stream forward into this lifetime. This new energy is the perfect energy for the client to change their life. This ancestor has a causal effect on the client’s issue. When the ancestor shifts the energy, it results in happiness. Then the client’s life is open to receive greater understanding and acceptance of the reality of the new energy. I have never had an ancestor refuse to try a different choice.

I have arranged these case studies in chapters involving the major issues most people consider challenging in their lives — Finances, Relationships, Health, Career and Personal Well-
Being/Spiritual issues. As you will see, Finances encompass the ability to make money, keep it and our relationship with it. Relationships include our relationships between parent and child, spouses and family conflicts. Career issues deal with how we choose our life’s purpose and know when we are on the right path. Health issues arise when we fail to consider our lives holistically not merely physically. The Personal Well-Being/Spiritual Chapter contains the cases where clients deal with issues of self-esteem, abuse, disconnection from others, self-worth, death, and lack of trust in the Divine. These selected case studies raise the essential questions of life we all face at some point on our journey as adults. Our ancestors have great wisdom to impart from their lives for us in all these cases.

I have included discussion points after each case for your consideration. The client’s ancestor gave each of them a gift by choosing to live a different life and shift their DNA for their descendants. These discussion points allow you to consider how the change the ancestor made affected the issue(s) raised by the client in their present life. You can consider the questions yourself to gain a greater understanding of how changing your life can affect your descendants. Or you can use these Discussion questions in a Book Club or in a class to discuss how Changing Your Genetic Heritage can change your life and the world.
Section 1 — Financial Sessions


Present Issue: Client’s family has a history of poor financial decisions, how to handle and make choices about money. They lack a sense of self-responsibility and an ability to receive. There is a lack of focus around money, and a resistance to self-responsibility about money choices.

Journey: First Life — Client saw a young woman in a medieval village. She had run away from a boring and predictable life at home to encounter bandits, men who threatened her. She found only hardship and fear on the road. She decided to return home.

Her parents were happy to have her back but felt they could no longer trust her judgment. She also felt uncertain of her own judgment so she decided to defer to her parents’ decisions. They arranged a marriage for her to a man for wealth, position and land. She had no contact with her family after her marriage.

The marriage was a disaster for her. She lived in a castle but her husband was abusive and neglectful as was common in arranged marriages. He felt no affection or concern for her. She had two children, a boy and girl. She had no freedom to leave the grounds or speak to anyone outside the household. Her servants spied on her and reported to her husband. She directed the household and domestic affairs but her husband controlled the money, the children’s education and beliefs. When her young daughter died, she died shortly thereafter of an illness, having nothing to live for. At her death she felt betrayed, tired and outraged.

Second Life — The Ancestor went back to when she was a child. Her aunt and cousin came to visit. They offered her an opportunity to go to school at a convent and be educated. At school, she learned reading, writing, healing skills and self-esteem. She got the opportunity to
travel to other villages and help to educate others in surrounding villages. She occasionally visited her family but she was independent and self-sufficient by the time she grew up.

While she was traveling to the villages, she met a man who was intrigued by her intelligence and ability. They married and had several children. Her husband was a merchant. She became the village healer and teacher, instructing about hygiene so everyone stayed healthy. The women learned how to count and keep track of their crafts. She and her husband lived long, prosperous and happy lives. She died shortly after he did, surrounded by her children and grandchildren, happy and fulfilled.

**Discussion:**

How did her ancestor’s first life relate to her issue of lack of financial responsibility?

Did this lifetime affect her relationship with the Universe and her trust in the abundance of the Divine?

How did the choices in the second lifetime alter these issues in this ancestor’s life?

How did the shift in energy change Cheney’s relationship with finances?
Evan Financial Instability Session.

Present Issue: The family has a history of being poor, financial instability, and financial stress. These financial matters lead to issues of abandonment, lack of trust in self, in others, and in the Divine.

Journey: First Life — Client sees an adolescent boy (14 or 15) feeling lost with no connection to parents who forced him to leave their farm and migrate to the city since there was no work in the countryside. He felt quietly resentful of his parents but felt he had no choice and with deep sadness, went.

He finds a labor job making little money working and struggling. After a few years, he has a wife and several children. He scraps by to support them, struggling to make ends meet, feeling trapped with no real loving connection to his wife or children. Later he has ten children living in a small apartment. His wife leaves him with the children because the life is too hard. He continues at the same laboring job, which is hard on his aging body and still struggles to meet his children’s basic needs without any other support or education. There is no pleasure or relief just hard, physical labor. After ten more years, the older children are leaving. He feels so tired, lonely and fed up, unsupported and resentful that he is still supporting children who are 19 or 20. He is always tired. At his death, some of his children are there but he still feels lonely, unfulfilled, disappointed that his life was all about working hard and getting nowhere. He had a deep sense of longing and feels he had no choice in his life.

Second Life — Evan watches his ancestor as a small child at school where he gets excited looking at a map at places he would like to go. Although his parents don’t understand, he talks to his teacher. His teacher sees his excitement and encourages him. Instead of skipping
school and playing with his friends, he studies. He gets excited about learning. He goes to school regularly, studies more, is happy and content.

When farming goes bad, his teacher helps him get a place in a religious school. His parents are not opposed as long as they don’t have to support him. He later goes to University and gets funding to research, study and travel the world. He feels supported and encouraged by his teachers at University. He writes and teaches. He feels in control of his life. He has a wife and a couple of children he loves and enjoys. He has time to spend with them and take care of them. He has money and a house. He is prosperous and happy. At his death, he is surrounded by his wife and children. He is happy, fulfilled and prosperous.

**Discussion:**

How is Evan’s family’s poverty related to leaving home and his abandonment issues? He has a choice as to where he goes and what he does.

How does unhappiness relate to poverty and stability?

What is the major life difference between Journey 1 and Journey 2?

How is finding your life purpose related to trust in Divine abundance?
Gregory Losing Money Session.

Present Issue: The family has a pattern of making lots of money and then losing it all. He has done this several times in his life. Abundance is not an issue. There is saving and planning but then they spend with a lack of control and an inability to clearly see when the money is dissipating. There has also been a history of betrayal by partners and trusted associates.

Journey: Client sees green grass and lots of people, Indians and Africans, men squatting down or on knees, feathers on head, and women. Then a large white Angel or bird comes down.

Next vision: People are preparing a travois that an Indian with black skin is lying on. They take it to the river and leave it with a woman. His white spirit gets up, leaves his body and walks away. Two cloud people come out of the sky and lift the travois into the sky.

Next vision: Client approaches a beautiful city/town in the mountains sparkling with lights. The people greet him as an honored guest. They welcome him from a boat at the ramp to the city. They take him to the Indian king who is sitting on a throne in a castle with a wall behind him. He asks why he is there. The king answers he wanted to see him. Then the king is rocking him in his chair in his lap as a small person. His name is Roddha?/Rocha? Then he is big again and gets off his lap and bows to him and walks out a door.

When he walks out the door, he is in a long tunnel with a light far away at the end of the tunnel. He is not afraid as he continues for a long, long way. When he emerges from the tunnel, he sees a beautiful white modern house on the water. It is his grandmother’s house.

Then his father comes into the yard and says: “Come on let’s go. Get into the truck and let’s go into the cornfield.” Ariann tells him to ask his father for a message. He says: “I always have more to give you. Don’t worry about it. Daddy’s got money.”
Next Vision: He is in the boat paddling back to the city with the lights in the mountain. The people are greeting him in a celebration and ushering him in a procession. It is his wedding day. There are lots of lights and there is a bridegroom’s suit but the face of the bride is blank.

Next Vision: We come back to the present time in the time stream. As we reach the present, he steps onto the stream bank. He turns around and is presented with a huge ball. It is violet, blue and lavender. It gets bigger and bigger until it fills the sky.

The king hovers above the mountain city but he is twenty times larger than he appeared before in the sky. He is dressed in gold and armor; he has gold feathers and a crown and carries a gold wand. He gives him the ball of colored light and energy to live in. He falls to his knees crying tears of gratitude and joy as the king dissolves into the sky of violet, blue and lavender.

Then he is back in the boat traveling to the future back to the mountain city of lights. The people again greet him in celebration of his wedding. He is in his bridegroom’s suit and his best man is there this time. The bride is behind him but there is still no face or hands.

The word “Glow” appears and two equerries pick up the word and fly it around in the sky and then drape the word Glow around his shoulders. He walks to a beautiful fountain and the bride comes up behind him. He sees a ladder with the word "months." There are 16 rungs on the ladder with the word "month" on each rung.

The Client then comes back to the present.

It appears from the visions there is no issue concerning money. His “father/Heavenly Father” has assured him there will be money. He merely needs to release the worry (fear) and money will flow. The King has given him a wonderful bubble to live in full of angelic light and is obviously watching over him. Love is clearly on the way also.
Discussion: This is clearly not a usual Ancestral Lineage Clearing Session. There are multiple visions of various times and places. Some are of healing, some are of messages, the last are of positive visions of the future.

How does this relate to his issues of finances?

How does this heal his issue of dissipating his financial resources?

Consider the issue of fear as the basis of his loss of financial resources until he learned to trust.
Paul — Business Sale Resolution Session.

Present Issue: There is a blockage of current payout of a forced sale of his business. It feels like it may cause trouble with his brothers. Some family members think he is too dependent on what others think, and he is too hard on himself. The family pattern is external success in business, but not personal relationships. His present issue is resolution of this sale of his business buyout. He is feeling anxious, stressed and fearful.

Journey: First Life — Client sees old man with white beard living in a cave behind a waterfall in a meadow. He seems to have lived there alone a long time. When he was a young man (teenager?), he and three other boys who were mates went with an older man (one of the other boy’s father?) herding the sheep and goats of the village to market. It was a three to four-day trip. On the way, the older man died after an accident. The boys took the herd on to the market and bartered or sold them as they should.

On the way back with the goods, they started to argue about what to do with the proceeds. Some of the boys wanted to skim some of the proceeds and keep some of the profits for themselves. One boy wanted to steal the money and run off. The ancestor wanted to do the right thing and take the goods back to the village. One night, one of the boys stole part of the money and goods and left.

When the rest of the boys got back to the village, the villagers were outraged. The older man was dead and part of their profits were stolen. They blamed the rest of the boys for the theft and not stopping the other boy. They were shunned thereafter; the girls would not talk to them or let them court. They were labeled "bad" and worthless until they, too finally ran away together.

They traveled together for a while but their reputations followed them. They couldn’t get decent work. One was killed in a tavern fight. Another drifted away after that. The ancestor
finally found an older man who took him in and taught him herbal remedies and some healing but he was not accepted in the village. After the old man died, the ancestor moved into the cave behind the waterfall and became a hermit. The villagers would come to him on occasion when there was a fever or a disaster for help, but they generally left him alone. He died unsatisfied and lonely.

**Second Life** — The ancestor went back to when he was a child. One of the other boys tried to bully him and knocked him down while the other four boys were tending the village sheep. The bully (in the earlier life, the thief) wanted to run off and play and leave the sheep untended. In this lifetime the ancestor stood up to him. He told him they should do their job and protect the sheep. He then became the leader of the boys and set the tone for doing the right thing.

When it came time to herd the sheep and goats to market, they again went together with the older man. There was an accident but they rescued the older man and took him on to the market where he received care. They sold the sheep herd and went back to the village without any dispute over stealing the goods. They were heroes when they went back for rescuing the man and saving the herd and bringing the goods back to the village. Afterwards they all became respected members of the village. The ancestor became chief, married and had several children. He led a happy and fulfilled life with friends and family in the village.

**Discussion:** Why was standing up to others so important in the first life?

Discuss the impact it had on the ancestor’s emotional and mental well-being.

What beliefs are passed down when the emotional and mental patterns are shifted?

How does this influence business and personal decisions?
Section 2 — Health Case Studies

Caroline Inflammation in Joints Session.

Present Issue: Client has major health issues — inflammation, swelling, pain, weakness in joints affecting the knees, ankles, feet and toes making it difficult to walk. Other joints are involved too — hands, knuckles, fingers, arms, and elbows. She is unable to straighten her arms. She is disabled, unable to leave her home and limited in her ability to meet people, hold a job, get around or maintain relationships. She is emotionally stressed, depressed, anxious, and afraid of the future.

Journey: First Life — Client saw a mountainous area and a tall, strong, muscular man with a band around his forehead holding a circular emblem in the center. He is wearing a red cape like a Hawaiian Kahuna with a bare chest and a short skirt or waist covering and soft moccasins. He opens his arms and embraces Caroline and she hugs him back, feeling very emotional as she senses him smiling down at her. She asks if he can heal her. He leads her to a stone temple, up the steps and through pillars to a room with a stone slab altar. He gestures her to lie upon the altar. When she is on the table, he stretches out his arms over her and prays. She receives a healing. When he is done, she gets off the table, he escorts her back to the beach by the Time Stream. His message to her is: BE WELL.

We enter the time stream again to search for another ancestor to seek more answers.

Second Life: Caroline is feeling emotional again and sees a flat grassy land. A native Indian man watches her coming and greets her. He takes her to an Indian village with teepees. She sits down on a wooden box by a fire pit as the women of the village come out in native ceremonial dress with long fringed leather dresses. They start the fire and others come with drums and rattles and begin a ceremony to meet the ancestors and begin to dance around the fire.
There is a man dancing in the center with a Buffalo Headdress on. This feels familiar to Caroline.

She asks: Why is she at this ceremony? Answer: It has the power to heal.

How can she heal? He answers: Have Faith. We will help clear negativity. He creates smoke (smudging with sage?).

When will I heal? Answer: As fast as you choose.

Is there another ancestor I need to meet? Answer: There are so many…

Caroline thanks him and goes back to the Time Stream.

Third Life: A tall man with blond hair with a band around his forehead in a silver skin-tight spacesuit comes forward. He is clearly an ET. They move to a series of white domes.

Colleen enters a dome alone and it is filled with bright, white light all around with nothing inside. She senses this is a healing room and the light permeates her body changing and shifting her until the white light dims. She walks out and the ET is waiting for her. He goes with her back to the Time Stream, bows and she thanks him, bows and leaves. She knows she has been healed.

Discussion: This is an unusual session since it doesn’t follow the normal pattern of one lifetime changed into a better lifetime after a different choice is made.

Why is this session valid?

Do you think the session is effective as an ancestral healing for this client? Why or why not?

Does it serve the needs of the client even if it does/doesn’t qualify as a traditional ancestral lineage clearing session?
**Cora Sinus Blockage Session.**

**Present Issue:** Health issues — Client has sinus difficulties including trouble with ears and nausea. She has moderate dysplasia. She continuously gets negative messages from her family, experiencing deep sadness and loneliness. She fears her own power and that knowledge fragments her energy. Her need for healing may be connected to her father’s lineage which had issues with a lack of intimate relationships or bad relationships.

**Journey: First Life** — Cora initially got some disconnected images of light/dark sky, antlers, snow, Mongolia, people and confusion. After focusing, she felt someone lying on the ground in the snow surrounded by several people in front. There was a fire behind these people (healers) with a tribe of people observing behind the woman on the ground. This was her ancestor.

There was a shadow moving to the right, then left of the ancestor. The man in front was making motions with his hands. There were others with him apparently helping. He grabbed the shadow form or in some way forced it back into her body and she sat up. Then she got up and appeared to be fine.

A year later when we visit her, she has a child. She is living with the tribe and raising her child in a normal happy way. Ten years later, she is with her two children living with the tribe. Now she is clearly a respected healer with a place in the community. At her death she is surrounded by her two children and other tribal family members with flowers in her hair. She is grounded, earthy and happy. When asked how she felt about this life, she says it was rich and abundant, filled with emotions, purpose and being happy. There was so much healing in this lifetime there was no need to proceed to a second life.
**Discussion:** This was not a typical session since it did not follow the usual pattern of finding an ancestor and changing a difficult life.

Do you think this was an effective session for the client? Why/why not?

Did the ancestor respond to her call and shift the energy for the necessary healing?

What is necessary for her to determine if healing is complete in the session?
**Lexi Eating Disorder Session.**

**Present Issue:** Client has an eating disorder from childhood that is now affecting her son. Her father and grandfather had the same issue. Her mother and grandmother had issues with alcohol and drug addiction. She is an emotional eater while bored, anxious, depressed, angry or emotionally distressed with feelings of fear, rejection and abandonment by her mother as a result of drug and alcohol abuse.

**Journey: First Life** — During time of Pharaohs in a small village a woman is at a well in a desert area. She is reserved and keeps to herself. She lives in a small house where she has a young son. Her husband is at work. She loves her son but is unhappy. She has no love or support. She takes care of the house, cooks and cleans. When her husband comes home, he criticizes her and beats her when he is drunk. One day she bakes bread and sweet rolls and decides to sell them in the market. She also takes the bread to the sick and needy. When her husband comes home, he is furious and beats her for using the household food and daring to think she could go to the market. He sweeps the food off the table and stomps on it. She picks it up and later the son offers to take it to the market.

This continues until the son is older and stronger. One day he confronts his father when he tries to beat his mother. The son stops him and forces the father to stop the beatings. The son eventually leaves but cannot take the mother with him. She stays and gradually fades away for she has nothing to live for. On her death bed, the son and his wife are there while the father is drunk in the tavern. She feels her life was sad and useless.

**Second Life** — Her mother dies when she is about five years old and she is given a choice to live with her father (which she did in the first life) or stay with her mother’s sisters. This time she chooses to stay with her aunts. They raise her in a village instead of as a nomad as
her father had. The aunts teach her women’s skills, to be proud of her femininity and to be her own person. When it is time for her to marry, they choose a young man who will be good to her, love her and care for her.

She comes to love her husband. They have a son (the boy from the first life) and two daughters. They are happy and have many friends. She becomes a baker and sells her bread and sweets in the market. She stays connected with her aunts until their deaths. They are respected members of the community. The children grow, marry and are happy. She is close to her grandchildren. She grows old with her husband and dies with her family, grandchildren and friends surrounding her. She was content, happy and fulfilled in this lifetime.

**Discussion:**

Discuss how the ancestor’s first lifetime related to the client’s eating disorder and the addiction issue in the family.

Why has her son continued with this issue?

Discuss the factors that changed the pattern in the second lifetime.

What three major influences have changed in the ancestor’s life that have altered the DNA for her descendants?
Nina Child Unstable Blood Sugar Level Session.

Present Issue: Client’s young daughter is having difficulty regulating and managing her blood sugar, life and health. She is strong, willful, excited, contrary and tends to spin out from logic to behavior that doesn’t serve her. She has high cholesterol and unstable blood sugar. She gets difficult to deal with when her blood sugar is low but refuses to hear the message. Daughter has issues relating to people and doesn’t know her own strength.

Journey: First Life — There is a gladiator preparing for a contest who is the ancestor. He calls Nina over and greets her. He had a head injury from a battle. He holds Nina’s head and does energy healing on her head. Then he aligns, manipulates and adjusts her daughter’s body for better health and healing. This has a domino effect on the succeeding generations from his time.

Second Life — The ancestor goes back to when he was about four. There was a choice to live with his aunt or uncle. In this second life, his soul chooses to live with his uncle who is a politician. He is educated at home with tutors but additionally learns a lot from his uncle and all of the powerful and influential people that come in and out of the uncle’s home.

When he is older, he manages his uncle’s estates growing, selling and shipping wine and other products. He is intelligent, successful and personable. He enjoys his life, the people he meets, and his work. He travels frequently with business. He marries and has several children. He takes his oldest son on his travels with him and is very proud that his son is following in his footsteps.

At his death bed he is surrounded by his family. He considers this a good life where he was happy and healthy.
**Discussion:**

Discuss how the ancestor actively manipulated the client’s physical and energetic fields. Although this doesn’t generally happen, why is this helpful in this particular situation?

Consider why the choice to live with the uncle changed his life in such profound ways.

Identify the factors that made this a positive choice and affected his genetic future.
Ramona Multiple Health Issues Session.

**Present Issue:** Client has multiple, severe, family health issues including eye difficulties that may lead to blindness, joint issues making her body unstable, chronic pain, depression, varicose veins, tremors, smoking, suicidal thoughts, fear of dependency, helplessness, abandonment at being left alone and never having an intimate relationship, fear of living.

**Journey: First Life** — Client heard lots of noise and only saw haze and dust. Noise was from a battle of wood and metal (no guns). When she got closer there were bodies everywhere on the ground and the soldiers in leather armor were kicking the dead. Her ancestor was wounded and afraid they would discover him. The other army finally left and he crawled away.

He found a hole in a rock and curled up there crying. He felt desperate, alone, confused and helpless. He had mixed feelings: he felt like a coward because he had survived; he felt rage against the enemy; he wanted to kill himself; he wanted to go home but he felt like a deserter since he hadn’t died. He was a young professional soldier in the army like everyone in his family. He was doing his duty and this fight wasn’t personal. He died in the rock hole feeling full of regret for his life.

**Second Life** — He went back to his boyhood where he lived in a village and was sweet on a young girl. He was expected to go into the army like everyone in his family but he just wanted to marry his girl and live in the village. So, he eloped with his girl very young (eight or nine?) and they ran far away. They sought refuge in a temple where they could live as long as they worked there.

They stayed there the rest of his life and built a house next to the temple. They had four children but took care of all of the children in the temple who had no parents or who came to the temple when they lost their parents in the war. He was very happy with his wife, children and the
temple children who considered him a father. He died young with his wife and lots of children at his side. He was happy and fulfilled in this life even if it was short.

**Discussion:**

Relate how the client’s multiple health issues have come down through the family originated from the soldier who died on the battlefield.

Would it have been better (relatively speaking) if he had been killed outright?

List three or four factors influencing the positive outcome in the second lifetime that shifted the DNA for his descendants to improve their health.
Section 3 — Relationship Cases

Alanna Abandonment and Loss Session.

Client’s husband left home after having surgery and 20+ years of marriage with three children. She also has a friend who is going through the same issues — after a successful marriage of several decades, the husband got treatment for cancer and left her and the family. The client is adopted. Her primary issue involves undermining the foundation of life and love, and abandonment.

Journey: Client emerged from the time stream on a battlefield in southern Europe, perhaps Greece or Italy in World War 1. She was immediately drawn to this soldier in the midst of chaos. There was noise, dirt and movement all around. He was getting ready to sacrifice himself to save the rest of the soldiers on the battlefield. He felt like he had no choice, if he didn’t do this then everyone would be killed. He knew only his death could save them. So, he sacrificed himself.

He left behind a wife and three children. He assumed his wife could adequately care for the family but the war made it nearly impossible. They were huddled in the corner of a building starving. His wife couldn’t take care of the family. The oldest boy was too young to fight or to find a way to support the family. Starvation overtook them for a while. Afterwards, they barely managed a subsistence living until the children left home. She eventually died broken and poverty stricken.

Second Journey: After being given the choice to go back and change probabilities, the soldier and several other families moved away from their village further up into the hills. They avoided the worst of the fighting during the war. He survived and supported and loved his family. He had a deep and abiding love for his wife and children. He saw his children grow up
and marry happily. They did not do anything special but were a loving and somewhat prosperous family. On his deathbed he was surrounded by his wife, children, grandchildren and friends in the community.

**Discussion:** Client’s abandonment issues may arise from the fact she is adopted as well as her husband’s abandonment. Her ancestor’s honor-bound sacrifice to save his men, requires an abandonment of his family and their subsequent hardships.

Discuss the implications of this choice on his descendants.

Could he have chosen any differently in the circumstances?

If so, then what would the implications have been if he had run away?

Was a sacrifice truly necessary or could the battle have turned out differently?

The subsequent hardship on the family also causes issues of abandonment, hardship and lack of trust to follow the descendants.

Discuss the ways the choice to avoid the war changes the energy in the family now.
Leta’s Marrying Unfaithful Men and Financially Insecure Session.

**Present Issue:** On the Client’s mother’s side of the family, women tend to marry men who are womanizers and cheat on their wives. The women cannot handle money and go through all their resources. Her mother was cut off by her father for marrying a man her father disapproved of. Her mother was bad with money; her grandmother always told her mother how ugly she was even though she was beautiful. Leta inherited her mother’s lack of self-esteem issues and difficulties with money and relationships.

**Journey: First Life** — Client sees an orange pattern of a tribal-like shawl of an old man with long hair who is living alone in the woods. He tells her: “You are worthy.” Although he didn’t always feel that way. He made mistakes, it cost him a lot and now he is dying alone. He didn’t believe people could care for him no matter who he was or what he had done. He wants it to be different for her and all his family. He is sorry. He didn’t realize the impact his life had and he loves all the family and wants to change things for the better. He knows how bright and happy things can be.

**Second Life** — He goes back to when he was a young man. His family wanted him to go into the family business which he did and he hated it. Eventually he rejected everything and everyone and ran away to the woods to live alone to escape from the family and all the responsibilities.

In this second life, he refuses to let the family coerce him into the family business and take care of everyone. He wants to travel and see the world. He signs up with a caravan. He works for a trader and learns all there is to know about goods, markets and trading. Traveling to many lands he learns about money, different goods and cultures, languages, peoples and
customs. He discovers he can trust people and himself. He is likable and trustworthy and becomes wealthy.

He falls in love with a foreign woman and brings her home to meet the family. They disapprove because she is foreign. They still want him to come home to stay and take care of everyone but he knows that is not his path in this lifetime. He goes back to his home in her land. They have several children. He is accepted as a respected member of the community. He dies happy, loved and fulfilled. On his deathbed he describes his life as: Wondrous, joyful, amazing, serene.

**Discussion:**

How does the ancestor’s first life relate to the client’s issue of unfaithful spouses and lack of ability to control her finances?

How does his unhappiness with his first life contribute to the descendants’ difficulties in their lives?

How does it influence their beliefs about love and money, particularly their need to take care of everyone else?

How does taking care of others substitute for love?

How is this belief shifted in the second lifetime?

Why does this change the genetic heritage in the family?
Malone Violence and Murder Session.

Present Issue: There is a family history of violence, murder, suicide, mental illness. His mother and father were at Pearl Harbor in World War II. There were ripples of unresolved conflict and violence in his parents’ lives. He believes his father murdered his mother although it was never proven. There is a male pattern of repressed, distant and unconnected emotions, that is fear based. His wife was murdered and he was a suspect and his reputation has been haunted by this for years.

Journey: First Life — Client saw a trapper living in the forest killing animals in traps and eating them, seemingly without remorse and sometimes with pleasure. He killed other trappers for their pelts. He was dirty, unpleasant, unkind and basically a sociopath. He went into town and sold his pelts, went to the bar and got drunk. Then he got a bath, cleaned up and found some young women and raped them without thought or care. This pattern continued for years. He was so frightening no one would stop him.

He saw a woman who was his ancestor. She became pregnant after being raped by the trapper. When she found out she was pregnant from the rape, her parents threw her out; the church shunned and disavowed her, and she was thrown out of the community. She had the child whom she loved and went wandering, living the best she could in the surrounding farm country.

After about a year another man found her. She thought he was kind and would take care of her. He turned out to be married and was sexually and physically abusive. She had another child by him. She and her children continued to live basically as slaves in his home being constantly abused. His wife was kind and a friend to her as much as she could be. The ancestor died young of TB, feeling her life was ruined and useless.
Second Life — As a young girl she gets an opportunity to leave her abusive father’s home and live with her aunt (her mother’s family) in another town. There she is loved as a part of her aunt’s family with other children. She is connected to the village life and church. Her aunt teaches her how to keep house and how to knit and sew. She grows up happy and loved.

She meets a boy from a neighboring town when she is a young woman and they fall in love. They marry and he adores her. He gets a small part of his family farm. They have a family on the farm. She continues with her knitting, selling it at fairs for extra money. They have three children, two boys and a girl. The oldest boy helps out at the farm but the youngest loves the sea. When he is young (13 or 14 years old) he wants to go to sea and although it breaks their hearts, they let him go. The other children marry and stay in the area. She and her husband live long, happy and fulfilled lives on their little farm with their family around them. Her husband dies first and she follows shortly after. At her deathbed, she says she has had a happy life.

Discussion:

Discuss how the chance encounter with the trapper changed the ancestor’s first life and the subsequent lives of her descendants.

How could that life have turned out differently, despite the rape?

Would a more positive outcome of the first life have shifted the epigenetics of the father’s DNA of violence? Why/why not?

Discuss how the energetics of the session alter the genetic pattern of this client’s DNA.
**Mathias Emotional Abuse/Criticism Session.**

**Present Issue:** Client has difficulty with mother’s side of family always criticizing him. He was mistreated as a child and suffered a great deal of emotional abuse. His much-older sister always treated him badly, resulting in low self-esteem. No one ever shared information with him on the family history. He felt excluded. His parents divorced when he was seven and his father was absent afterward. He had a difficult relationship with his father. The father was jealous when the client got married and didn’t want him to succeed.

**Journey: First Life** — Client started at a waterfall in a rainforest and walked down a stream. Mathias met his mother but she didn’t seem to have a message or directions for him.

He went down to the ocean where the ancestor was a young man fishing in a boat with an older man who was verbally abusing him for not being fast enough, smart enough, strong enough. When they went back to the small fishing village, the ancestor went home to his mother who lived in a thatched hut. She was tired and worn, a widow with a daughter as well as the son. She berated him for not being better. He felt useless, battered and worthless and all he could think of was running away.

Years later he ran away feeling guilty for leaving his mother and sister behind. He didn’t know where to go since he had never left the village. He went up the coast, then inland. He rapidly discovered other villages were distrustful of strangers. He learned to hunt and carve bones to barter with his fish in villages along his travels. Eventually he came to a village that let him stay and he married a widow with two children. He didn’t know how to be a father but he took care of her and the children. Then she died in childbirth and he was regarded with suspicion again. He left and lived in a cave above the village so he could stay near his son whom he loved. His son was always considered different since his father was the outsider.
He was always lonely as an outsider with no friends and no family. He didn’t know how to create a family among strangers. He died unfulfilled and unhappy.

**Second Life** — He was about seven when he had the opportunity to go on a voyage with his father. Previously, he stayed home because his mother didn’t want him to go. This time he chose to go on a long trip to a northern island. On the way home, a storm hit and he saved his father’s life by untangling a rope and his father saved the ship. His father lived and taught him how to fish. He grew up in a loving and supportive home. He stayed in the village. When he was older, he married a girl from a northern village and built a house in his home village. He had a family. His parents lived to be old and happy. He died happy and fulfilled, loved and loving.

**Discussion:**

Discuss the effect the lack of a father had on the ancestor’s life and well-being in the first life.

How did the mother’s fear create the situation for the ancestor that generated the issues throughout his life?

Was there some way he could have changed the story in the first lifetime?

How did the ancestor affect the change in the client’s DNA in shifting the energy in the second lifetime?

Is changing belief systems, seeing and feeling the life purpose and the knowingness that comes from this energy shift sufficient? Why/why not?

What else is needed? Discuss.
Suha Domestic Abuse/Abandonment Session.

Present Issue: Client is getting a divorce and her husband refuses to give her child support for her two children. She also wants healing for her relationship with her parents. Her parents separated 15 years ago. Recently she met her estranged father again. He still holds a grudge against her to the extent he has become a party to the divorce with her estranged husband. He plans to testify against her and in favor of her husband against giving her child support, knowing she was in a physically abusive marriage. Her father physically abused her mother during their marriage.

She is living with her mother who has turned against her and is treating her and her children in an abusive manner. Her mother did the same when her brother and his children were living with her. She no longer has faith in the Divine to help her.

Journey: First Life — There is a woman with a small child who leads her (as a boy — ancestor) through a small village of mud huts in Australia as aborigines (?) or natives to a smaller hut at the edge of the village. There they meet the woman’s husband who is the boy’s brother. He is delighted to meet his brother who wants him to stay and live with them. His wife doesn't want him to stay because she wants her husband and family to herself. The boy wants to escape the village and go off to see the world and have adventures. After a few days, he leaves over his brother’s protests. His wife is happy he has gone.

He takes a small boat and goes to sea. Later, on the mainland, he is in the military wearing a uniform (British?) working and living around a big manor. It is about the 1830s. He is happy and productive working with horses.

Ten years later, he goes back to the island to his brother’s home a broken man. He has a horse but he is shabby, disheveled and has nothing left. He was either injured in a battle or
deserted the army. His brother has died and his widow throws him out, saying, “You were not here when you were needed. So, get out now.” No one else in the village takes him in.

He goes back to the mainland. He can’t believe he was turned away. He is lost and has no place to go, so he wanders. In a village, he sneaks into a house for shelter and there is a woman. He considers her to be a princess or queen, who takes him in and helps him. He is very sick and she nurses him through a long illness. Her husband, the equivalent of a king, is jealous and hates him and the attention his wife gives him. He wants to throw him out but the good-hearted queen won’t let him. The king is like her abusive husband.

He recovers but his spirit is broken. He stays at their estate and works with the horses. At his death at 53, the queen is at his side. He feels he has not achieved anything, he regrets the way his life has failed. He doesn’t understand why everyone wanted to hurt him when he did not intend harm to anyone. He feels no one loved him and he didn’t understand what he did that went wrong.

Second Life — The village where he and his brother lived with his parents was divided after a natural disaster from a fire. One part of the village went to the island. This lifetime, when the boy was young, about seven or eight, he had an opportunity to go to a missionary school on the mainland. Although he didn’t want to leave his brother, he went because he didn’t like island life.

He thrived at the missionary school. He liked learning and was good at math. He got a job at a warehouse taking care of the books for a merchant who received cargo from ships from all over the world. He saw all these fascinating objects coming into the warehouse. He made good money as the financial officer. He bought a horse and a small house at the edge of town. He taught math at the missionary school. The children liked him and his horse.
When he was in his late 20s or 30s, he met the daughter of one of the traders. They loved each other, married, and were happy together. They had four children, one boy and three girls. The boy went to the missionary school and the girls went to the finishing school. All married well. He became the head financial manager at the warehouse and was a prosperous family man. His brother, wife and family visited but they preferred to live on the island. They were happy for him.

He was well regarded in the community. At this deathbed, he was surrounded by his wife, children and grandchildren. He was content with his life, he did well, nurtured and achieved much in his life on his own without being dependent on others, and loved and was well loved.

**Discussion:**

What fear caused the abandonment and rejection of the ancestor by his brother’s family in both instances in the first life?

Discuss how fear affects other’s life paths and the generations to follow.

Discuss how choices made when young change our lives and the lives of our descendants.

How does abuse and abandonment reflect choices and fears from the past?
Sadira Unfaithful-Abusive-Abandoning Men Session.

Present Issue: Women in her family from multiple generations marry men from lesser educational and professional levels who are unfaithful, abandon them, abuse them, fail to support them and their children, disrespect them, and in general treat them badly. The women seem to feel they deserve these bad relationships. Their children, including the girls and boys, pick bad marriages, and some have difficulty conceiving children. No one in the family is financially secure. Although the women are intelligent and well educated, they cannot seem to get the jobs they deserve, they get passed over for promotions or do not get hired for positions they are qualified for so they are all struggling financially. The men who abandon them do not support them or their children and continue to harass, try to control their lives and stalk them even after they leave them.

Journey: First Life — A person completely covered in a robe met her holding a lantern and escorted her to a huge, multi-level house with glass windows with beautiful furniture. She takes off her robe and she is young and beautiful. She married an older man and although she has everything she desires and all the worldly wealth, she has no happiness and it is meaningless.

Five years later, she is walking in the marketplace with her daughter shopping and having a good time. She is happy even though she is just an ordinary woman with her child, no one special. She left her wealthy husband and is in her 30s and is happy with her decision.

Now ten years later: She is very poor and she and her daughter are living in a small room and barely getting by not able to make ends meet. The daughter is grown now. She hasn’t been able to make a living or to make a way in life to take care of herself and her daughter.

At her death in her 60s, she regrets her decision to leave her wealthy husband because she had nothing to leave her child and she was unable to take care of herself and her child. She
apologizes to her daughter for not taking care of her. She thought things were going to work out. She is filled with guilt and regret. She is unhappy with the Universe for not helping her and making her and her daughter suffer.

**Second Life** — When asked to choose again, the ancestor goes back to when she was a carefree girl. She sees she chose to marry to be safe, to please her parents and because that was the expected thing to do. This time she chooses to study and make thoughtful decisions for herself and what will make her happy. She takes her chances in turning down the rich man’s offer of marriage. The wealthy man and his big house fades away.

She devotes herself to her career and she is successful and happy. In her 30s she is comfortable financially and meets a colleague in a garden. They are in love. He adores her and they marry. He treats her well and they have a daughter. He adores their daughter and delights in playing with her. They both have good careers and are stable financially, not wealthy but solid middle class. On her death bed, her husband has already predeceased her and her son and daughter are by her side as she is an old woman. She looks at her life filled with love.

**Discussion:**

Identify the factors that made the second life a positive choice for the ancestor and shifted the genetic factors for the descendants.

Discuss why choices made for other people have adverse consequences for us.
Section 4 — Career Sessions

Stacy Job-Loss-Illness Session.

Present Issue: Client lost her job in 2011 at age 53 and became depressed. She did not handle the loss constructively and treated it like a trauma, then a loss, and experienced great fear. Her father was a pilot who lost his job at age 53 when a large corporation came in and bought the company he worked for. Her father was working with attorneys to get his job back. Then he was diagnosed with a fast-growing cancerous brain tumor. He died nine months later. His grandfather died early and his grandmother had to run a boarding house to survive.

Journey: First Life — The ancestor is a hunter on the way back to his village from a scouting trip looking for a new location to move to since their present home was getting too cold to sustain the community.

When he and the other scout got back, he found the village had been overcome by an illness that had wiped out 40% of the people, including his wife and child. He was shocked and grieved by his loss. He felt guilty for having left them. An elder spoke with them about their journey and called the village together. They decided to move now in the fall instead of waiting for spring because so many were weak.

They left and found caves in a cliff before a storm hit. They had to stay temporarily but there were limited resources. On the journey to the next place, several more people died and he felt responsible. Finally, they arrived at a plain with a river and some trees. They settled there and scraped enough food to get by.

In the spring another clan arrived at the plain and although they welcomed them as neighbors, they became competitors for the resources. The ancestor married a young woman of the other clan and they had two children. Eventually, there was a fight between the clans and the
ancestor was injured and disabled. He was bitter and depressed. He could never love his wife deeply because he was afraid of being hurt again if he lost her and the children. He died young, sad, withdrawn, injured and unhappy.

**Second Life** — The ancestor is a young boy and gets in a fight with another who accuses him of being arrogant which will cause him to make mistakes and harm others. He takes it to heart and goes to the Medicine Man. The Medicine Man encourages him to become a medicine man himself. Then he begins to learn about the plants, animals and nature as well as connection to Spirit.

Later he sees how the encroaching ice age and increasing cold will affect the sustainability of the village. He has a vision of the plain and river as a new resource and home. He and the elder Medicine Man call the village together to discuss moving. The younger members decide to marry and move about half of the village to the new location.

They leave in the spring, he with his new wife, and other younger members of the village. They establish themselves on the plain five or six years before the other clan arrives. At this point, the new clan recognizes their right to the place and there is no competition. They become neighbors and trading partners and eventually the villages merge.

The ancestor is happy with his wife and their two children. He is the Medicine Man and is a respected and loved community leader. He helps with integrating the other clan. Upon his death, his wife having passed beforehand, he was surrounded by his children, grandchildren and friends. He felt his life was happy. He felt connected to Spirit and his people. He had a rich and full life.
Discussion:

Why was the information about his arrogance and his propensity to make mistakes an important factor in changing his life in the second lifetime?

Was there anything you would have wanted to know in your early life that would have helped you make a better choice in your later life? If so, what was it?

Was the burden of responsibility for the deaths in the village a realistic one for the ancestor in the first life?

Are you carrying unrealistic burdens from the past in your life?
Vivian Job Ceiling Limit Session.

Present Issue: Client keeps hitting a ceiling on her career. She has no upward mobility; she gets so far, then there is only lateral movement. Her father had the same issue, he couldn’t get ahead in his career above a certain point although he was respected and liked. His father died when she was 13 so she doesn’t know about any prior family limitations. In her mother’s family, her uncles and cousins seem limited in their upward mobility too, some by limiting beliefs, some don’t want the responsibility or think they don’t deserve the better jobs.

Journey: First Life — Client sees a woman in her 30s by the stream in a forest with a five to seven-year-old boy and a nearby house. There is a group of women doing laundry in the river. Next, a vision of an older woman (the wife of the head priest?) who is serving lunch to the students studying at a temple or monastery. When asked, her ancestor is a young man in his 20s studying at the monastery. He is closed down emotionally and is studying there, since it is his family duty not from any personal desire. The headmaster is an overbearing teacher.

A year later he has finished his studies and is back home with his widowed mother in a rural village. He is getting clients for his practice as a priest and doing what is expected but without his heart in his work, just earning a living. Five years later, he has more clients but they are mostly poor laborers. He is still living in the same house with his frail mother.

Ten years later, he is in a different house and his mother has passed. He is no longer practicing as a priest and earning a living. He has lost his purpose and focus. He does some work around this communal house where he lives in exchange for a place to stay, but he is poor and lost. Later on, his circumstances are further reduced. He is living in poverty with a few other men in a small place with others caring for him. He is depressed and withdrawn.
Later in life, he has changed and becomes a monk with saffron robes and a shaven head, dedicating his life to a spiritual path. He comes out of the river clean and with a sense of purpose and intent with more vigor than he has had in years. At the end of his life he is living in a school/monastery he established where he is a guru. His disciples are around him and he is an important figure as an old man in flowing robes.

He thinks of this life as a long journey. He agrees to go back and redo this life for the benefit of his descendants.

Second Life — He goes back to when he is a young man and he is in love with a young woman. He decides to marry her instead of going to study. He doesn’t care what his family wants him to do. He knows it is right for him to marry his love. She may have had some money or else they begin to make money immediately because there is no concern about finances. They have a house and prosperity. His heart is open and he is lighter. He is deeply in love with his wife. They have a son. He has land, is a farmer, a trader(?), and an overseer. His wife has beauty, elegance and grace with an artistic sense. Their house is full of color, arts and crafts. They may trade craftsmanship articles, artistic works and other beautiful things.

Twenty years later, they are both respected members of the community. She is a leader in the women’s circles and he is on the "city council" of the times. Their son is grown and has a girlfriend he wants to marry and is in the family business. They benefit the community and the community likes and respects them.

At this deathbed, his wife, son, his family and grandchildren are there with family friends. When asked, he said he was happy and content in this lifetime.
Discussion:

Discuss the effect his compliance with his family’s wishes had on his first life?

Should children conform to parents’ wishes and desires when they are young?

Discuss when young people should/not conform.

How do we know when to follow our desires and when to comply with the wisdom of our elders?
Margaret Lack of Recognition of Talent Session.

**Present Issue:** Client has an inability to receive compliments, lacks recognition of talents in her career. Her finances have always been limited because of the lack of recognition of her talents.

**Journey:** Client followed her heart to a cottage with a woman named Amanda, her ancestor, who was stitching outside and took her into her garden. Amanda was taught the healing properties of flowers and plants by her old servant woman. They had to keep the knowledge hidden for fear of the witch hunters. She went to school in the convent where she learned traditional embroidery and patterns but she now uses new patterns and colors of her own non-traditional design.

She married a man she fears but she desperately wanted a child, so she makes a bargain with Spirit to no longer use color or new patterns in exchange for a child. She has a boy, which pleases her husband because now he has an heir. All her work from then on is in white and very traditional. She no longer embroiders healing plants or flowers. Her life is colorless and her son and husband do not see her or recognize her worth. She dies before age 40 with only a young servant girl with her. Her husband has completely taken over their son’s life and he feels nothing for his lifeless mother. She dies unhappy and with regrets.

**Second Life:** Amanda marries but chooses not to bargain with Spirit for a child but to trust the Divine and right timing. She continues to embroider using color and new patterns and she has a son in due course. He loves his mother despite his father and recognizes her worth.

She continues to sew the healing plants and flower combinations and her work is recognized and appreciated because it changes and heals those who receive it. She has women friends outside the convent who love and appreciate her work. She gets commissions for special
projects since her work is well-known and loved. She still dies before age 40 but she has had a happy life being loved and fulfilled.

**Discussion:**

Why did her bargain with the Divine backfire on Amanda?

Didn’t she obtain her wish? Explore why abandoning our life purpose leads to unhappiness although we may gain other benefits.

Discuss how you can increase your trust or faith in right timing and the abundance of the Universe and wait for fulfillment when life seems to have let you down.
Andrea Lack of Direction, Career Session.

**Present Issue:** Client has ongoing issues as an adult in her 40s with: 1. Self-worth and confidence; 2. Self-love, attracting a partner; 3. Procrastination/finance; 4. Undisciplined in unstructured time; 5. Lack of clear direction. She grew up with an alcoholic father and domineering mother. She has one brother who wanders from job to job with no real focus in life.

**Journey:** First Life — Client sees a young girl living in a mansion with her family. She is a part of the family but feels isolated and alone. When her father dies, she is sent to a convent without her choice or consent. She feels isolated and in servitude with the rigid structure and rules of the convent. Later she comes to accept her place and develops a deep connection with Spirit and is content in her life. She has no regrets.

Second ancestor is a farmer who is married with four children and desperately poor. He takes what money is there and goes to town to drink, whore and party. His wife is distant and withdrawn and the children can’t wait to leave home. His wife dies before him. When he dies, his children are around him with love and compassion but he feels like he let them down. He wasn’t a good provider or father.

**Second Life** — This ancestor chooses not to marry young as expected but to go to sea which he loved. He does very well, rising to midshipman, then to officer. The ship goes all over the world. He accumulates money and treasures. He meets his wife at a party when he returns several years later from the sea after he has bought a house. He invests wisely in real estate and other investments. They have several children whom he adores. He teaches them to treat others with generosity and kindness. He also considers the future and feels confident he can achieve whatever he desires. He is kind, generous and wise and gives money, food and kindness to his
neighbors and the town. He dies happy and content knowing he has loved and provided well for his family.

**Discussion:**

Why is the client first shown a lifetime where she is in a convent where she dies happy and content before she is shown a second ancestor?

Is this preliminary life necessary to the healing journey? If so why/why not?

Why is the ancestor’s choice to go to sea an essential element of the healing?

Why are our dreams so critical to our happiness?
Section 5 — Personal Well-Being/Spiritual Relationship

Lily Fear of Authority, Pain, Rape Session.

Present Issue: Client has a generalized fear particularly at night, fear of authority, men, the unknown, police, no sense of safety or security, fear of pain, rape, hurt, loss, constant fears, feeling vulnerable.

Journey: First Life — Client sees a young, small, beautiful Native American woman standing with others around a fire in a clearing on a warm day. When she approaches, the people are aware of her and they leave her alone. The ancestor takes her hand, knows why she has come and what has drawn her there. Lily feels a pain like something has hit her in her upper left shoulder but it quickly fades.

Her ancestor takes her through the forest to a clearing to see what comes but stops and says she is not ready so they have to wait. Then a young handsome Buck comes and takes her left hand and smiles at her.

The first time the tribe encountered white men they rushed through the village shooting all the men and boys, screaming and shouting. They were making so much noise, although the natives were quiet as they shot the people and horses, raped and beat the women and girls. It was a small tribe of only 20 or so. The women were fierce in defending themselves, their children and families but they could do nothing to stop the terror. After it was over the whites took the remaining three young women hostage and began traveling, making them walk behind. Their feet were cut up and torn and they suffered from the raping and beating. Her ancestor was still strong in spirit and trying to make plans to escape while the other two were losing hope. After the first died she knew she couldn’t escape until her other friend died too. Then she escaped and
fled into the woods, running and running until no one followed. She didn’t know where she was but she eventually found a stream where she bathed her feet and rested.

Then she went looking for help and a place to stay. Eventually she found another native village. She was so happy to find someone to help. She rushed in only to be rejected. She was an outsider. They threw rocks at her and coals from the fire and told her to go away. She left and finally sat down at the base of a tree and died, hopeless and despairing.

**Second Life** — The ancestor knows the white men are coming. She goes out to greet them and welcomes them to the tribe. She invites them to eat with the tribe. She notices one of the men has a sore foot and removes his boot and puts a poultice on a sore and heals it. The men of the tribe follow her lead with these new people. This is hers to do. She tells the whites: “There will be no fear or violence in your dealings with us. Come only in peace.” The men leave the next day.

She counsels the tribe: “I just experienced this otherness. Create nothing with fear or violence. We know Creator works through us. I have the power to scry a different way.”

They know she is right. She recognizes her power and her responsibility. She takes the opportunity to script a life with it and claims the power to do so. Five years later, she has a union with a man and has a son and is honored by the tribe for her wisdom. By the time she is 35, she and her husband are still happily together. She is recognized and respected as a matron of the tribe. On her death her son is a tribal leader. She is surrounded by her loved ones. Her tribe is one of the most numerous and connected of the native tribes alive today. She said she has no fear of death, she trusts in the Creator, she had a good life and this is a good day to die.
**Discussion:**

Discuss how the destruction of the tribe and her death created a legacy of fear, vulnerability and the fear of pain and rape that transfers into the genetic heritage of the family.

Are there any unrealistic fears manifesting in your life from your family’s past you can relate to?

How did standing in her power shift her life and her heritage?

Is there anything in your life you can change today that can change the fear in your life?
Cathy Sexual Abuse/Incest Session.

**Present Issue:** Client is suffering from child sexual abuse by a family member (father). She lives with constant anxiety, fear, stress, feelings of helplessness and desperation.

**Journey:** Client saw a man in clerical robes — brown monk’s habit(?) walking near a walled area in what looked like a monastery or church yard. He goes into a chapel and there is a small boy. He chastises the boy, reprimanding him for something. The young boy feels bad and the monk wants to comfort him so he draws him into his arms. Client knows what is going to occur (sexual abuse) and doesn’t want to watch. The monk goes into the garden area afterward feeling shameful and disgusted with himself, hopeless and despairing. He hangs himself in the garden.

**Second Life** — When offered the opportunity, the man goes back to a time when he had the choice to marry or enter into the church. He decides to marry a young woman and become a farmer. They have a happy and fulfilled life with several children (two boys). He loves his wife and kids. At his death, he is surrounded by his family and his grandchildren are with him. He is happy and satisfied with this life.

**Discussion:**

Client was traumatized at any early age by incest. Ancestral Lineage Clearing is not meant to be a therapy to address psychological trauma that impacts such deep and lasting areas of a person’s life. However, this session gave the client relief when she discovered the horror the monk felt about the abuse he inflicted upon the child.

Discuss the impact the clearing of the negative energy of the first lifetime and the resetting of the energy of the life path of the monk’s life may have on her ability to go forward in her healing.
Ursula Ritual without Heart Session.

**Present Issue:** Client is from a family whose religious practice is ritualistic, attending shrines, doing forms for show without heart-based spirit connection and is based in fear.

**Journey:** First Life — She saw desert (possibly around 800 BCE?) with a small grass cottage at the top of a hill. A small, dark-skinned boy and his family were there, mother and older sister. Other people were below making fires for a ceremony of some type with others around dancing (worshiping?). The boy doesn’t want to go; he is frightened and hides out in the cottage. Someone comes by later and takes him by the hand, leading him down to the fire for an initiation. They remove the shawl covering leaving him in his underclothes. He gets on a stand close to the fire. He is hot and scared. He doesn’t know what is happening. They pull him down off the stand by the fire and kill an animal (unclear?). He gets so scared he runs away back to the cottage.

His parents are angry and ashamed of him because of the fuss made at the ceremony. They treat him strictly. They don’t understand him and don’t really care he is different. He is a free spirit and a day dreamer and doesn’t fit with the other children. He is isolated and always alone, shy and timid. As he grows older, he becomes a hunter like the other men of the tribe in order to stay with the tribe and contribute to the tribal food source and welfare but never fits in. He is slender, not very muscular, odd to everyone else and still a day dreamer.

He eventually marries and has two children. He is strict with them since that is what he learned from his family. As he matures, he loves his wife but still feels lonely and isolated. His wife dies five years before he does. At his death he hopes his life changes in heaven because he never met God in his life and he wanted God to save him. He felt there was a better life somewhere.
**Second Life** — He went back to when he was a child and told his parents he didn’t like to do something dangerous (hunting?). He wanted to study with the Medicine Man and learn to do something different. He wanted to learn the way of the spirits and healing. He grew up apprenticed to the Medicine Man and was happy learning about Spirit and healing people. He was respected even as a boy for his healing and connection to Spirit. He became a part of the community early on and his parents even listened to him.

He married and had at least three children. He was a leader in the tribe because he was confident in his place in the community and was respected as a Medicine Man and for his connection with Spirit and he deeply cared for the people.

He loved his family. At one point he told his family he needed to go away to talk to God alone. He went away to meditate and speak to God. He sees God and asks Him to take care of his family, tells Him how much he appreciates his life and simply communes with God. He then goes home to his family and community and happily lives his life.

**Discussion:** The client was clearly distressed her family only paid attention to form, not substance, in their religious observations.

Discuss how this plays out in our society and how this affects individuals, particularly children, in their internal belief systems and the stress it causes.

Discuss the implications of following your life purpose, whatever it may be, and the impact on family, friends and your descendants.
Jenny Death, Lack of Trust Session.

**Present Issue:** Client feels like she is waiting for death. She lacks purpose and direction and has no soul mate/partner. She feels rage/guilt? She feels like she deserves constant suffering/pain and is constantly running away from life. There is no joy and pleasure in life in this world. She doesn’t want to be on/in this world. There is a lack of abundance and trust in the Divine.

**Journey: First Life** — Jenny sees a young peasant woman with a scarf on her head dressed in brown with a broom in a dark, cold, dank, damp, old place with fallen trees like an old forest around. There is an older man around and everything is old, dirty and damp. They are cold, hungry and desperate with a sense of futility. They know the plague is coming and there is nothing they can do, no food, and no place to go. They are father and daughter; the father cannot protect his daughter, feed her, hunt, work, move or take any action. A month later they are both dead. At his death he considers this lifetime a life of hardship, struggle and all for nothing.

**Second Life** — Jenny sees a young boy living with his mother and father. His father beats his mother during the father’s lifetime and when the boy was eight, the father was hung. In his previous life, he stayed with his mother and was trapped in that poor village in a life of poverty. His mother wasn’t willing to leave and she eventually married another abusive man.

During this life, he chose to run away and joined a ship for a while. It was a violent life there too, but he got to travel and he learned about trading goods. Then he left the ship, got some education, and opened a general store on land. He loved having a store and having people buy goods from him. He was well-liked and no one messed with him because he could take care of himself because of his background on the ship. He also knew how to trade to get the best goods.
He became wealthy and well-respected in the community. He found a beautiful and charming woman he loved. They married. He decided he wanted to help the community so he became politically active, created a local government and was elected mayor. His wife was also service oriented and between the two of them they helped build a local school and other community organizations. They helped create a whole town. They built a big house, had two children who were happy and healthy and had healthy grandchildren.

He was surrounded by his wife, children and grandchildren on his deathbed. He was proud of this lifetime. He felt accomplished and blessed. I did it! His message to Jenny is to trust what makes you feel happy.

**Discussion:**

Discuss the heritage of hopelessness and lack of trust based on the ancestor’s first lifetime influencing the client’s present lifetime.

Then discuss the major factors that changed in the second lifetime altering the DNA of his descendants’ attitudes toward life, love and the Divine. Many people feel a lack of trust in God, the Divine, the Universe, Creator.

Discuss how this lack of spiritual connection feeds the emotional disconnection to people and self.
Megan Overwhelming Grief and Fear of Loss Session.

**Present Issue:** Client has a strong irrational fear of her children dying, her mother and grandmother also had same fear. This affects her relationship with her husband and children even though she wants to fully love them in spite of the fear.

**Journey:** Client saw a woman chopping wood behind a lighthouse with green grass around. She is profoundly sad because of the loss of two children, even though she has several children alive. She is a good mother, physically taking care of their needs but she is afraid to let them into her heart for fear of them dying and leaving her. He husband is cold, distant and cannot understand her grief at the loss of the babies. He disapproves of her show of grief as unacceptable in front of others in the community. He will not tolerate her crying and emotions. She represses her grief and loss and therefore can never work through her sorrow.

As her children grow up, she feels she can love them more since there is less likelihood of them dying. By that time, the children are not emotionally attached to her. She does develop a reasonable relationship with her two sons but not with the daughters. She feels she wasted a lot of her life on her grief and could have been a better mother if she could have released it.

**Second Journey:** When given a choice, the ancestor married a different man who wasn’t so emotionally distant. He truly loved her and their children. When she lost a child, he supported her in her grief and she moved through it to acceptance. She lavished love and attention on her remaining children and was a good mother. At the end of her life, all her children and grandchildren surrounded her. She lived a full, happy and rich life.

**Discussion:**

Discuss how the ancestor’s inability to face her grief contributed to her unhappiness in her family and the subsequent generations.
Have you had any experience with someone demanding you repress your emotions?

What was the outcome?

What are the four stages of grief?

If someone gets stuck in an emotional gridlock, what is the effect on their energy field?

Discuss the impact of her husband’s love and support on her grief and her life in the second lifetime.
**Conclusion**

We are influenced in our lives by our families, ancestors, our environment, friends, the media, our work, our thoughts and attitudes about life. We can choose to write our own life story of great love, adventure, health, abundance and joy. All we need do is trust ourselves and take the right steps to a healthier, happier and more positive life. I hope the information in the book has given you some assistance and information to choose that path. My very best to you.

Blessings for Health, Happiness, Joy, Peace and Love,

Ariann
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Foods can repair damaged DNA.

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Ariann Thomas, B. S., J. D.

For the past 35 years Ariann Thomas, has studied metaphysics, spiritual teachings and healing. She is the author of the book: *Healing Family Patterns: Ancestral Lineage Clearing for Personal Growth* (2012) and is an international speaker, healer, teacher, ceremonialist, Shaman, hypnotherapist, and an ordained non-denominational minister. Ariann is co-founder and a Trustee of New Dream Foundation, a non-profit organization dedicated to healing and awakening the Sacred Feminine.

Coming from a family with 7 girls, and 1 boy, Ariann has always been interested in family dynamics. She initially studied to be a teacher but found that wasn’t her calling. Then, in the public arena as an attorney she dealt with a variety of cases and clients; later it became more spiritually and personally directed in meditation and ceremony.

Ariann primarily carries the profound subtle energy of an elder, advisor and wisdom carrier in her spiritual tradition. She is part Cherokee by heritage and is a ceremonialist, an intuitive reader and healer.

She presently lives in the Northern CA area with her cat, Gigi. She loves to read, travel, visit family and explore the nature of the Divine Feminine. Her interests extend to women’s empowerment, quantum mechanics theory, genetics, anthropology, archeology, the cosmos, as well as myths, psychology, history and sociology.

Ariann is available as a speaker for events, workshops, and retreats on the material in *Changing Our Genetic Heritage: Creating a New Reality for Ourselves and Future Generations.* Check out her website for current classes and contact information at [https://ancestrallineageclearing.com/] or at [https://ariannthomas.com/].