

# Reselecting Your Genetic Destiny

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Modern physics explains that interactions across time and space are possible. Shamans learned to put this into practice and employed imagery to program their genetic biocomputer, selecting genes from the gene pool for health and longevity.

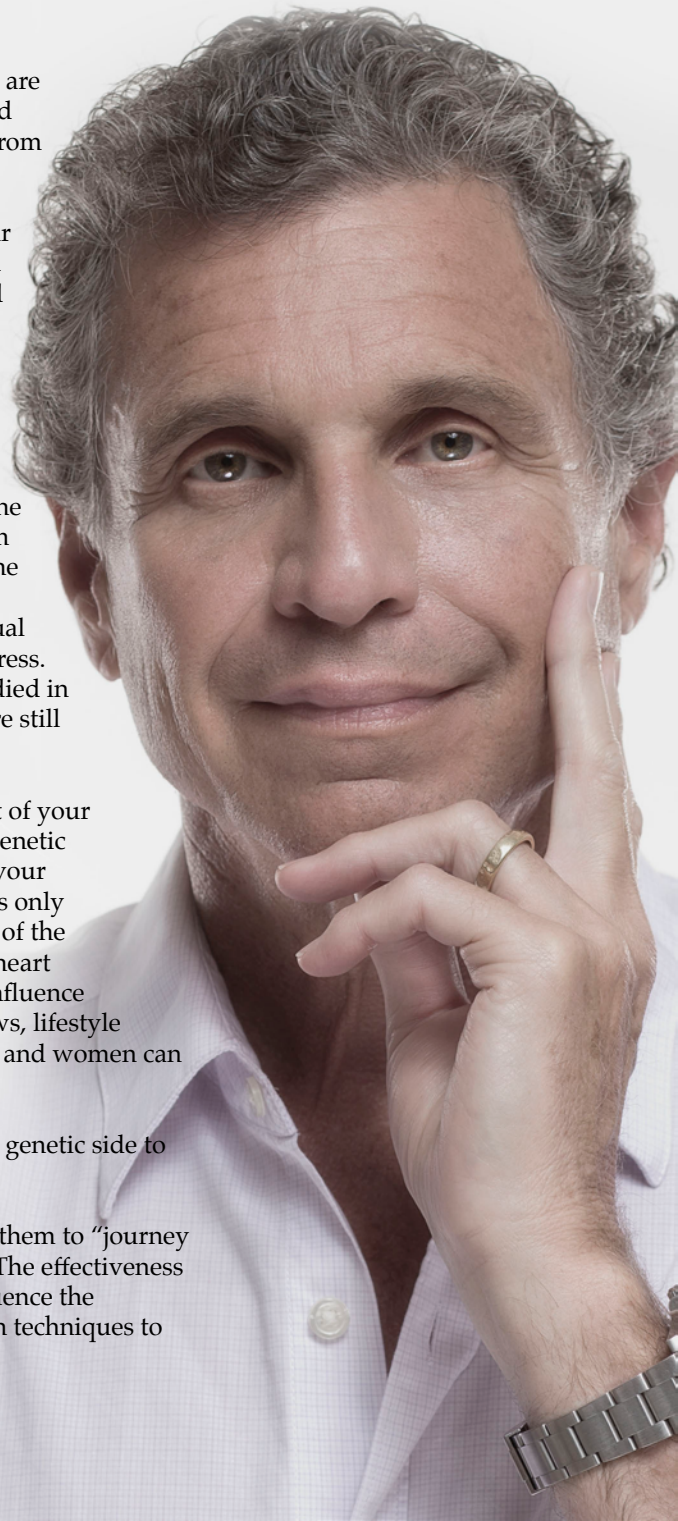
So imagine that you could go back in time to the moment of your conception and select the biological traits that you wish you had inherited from your mother and your father. Perhaps you would choose your father's heart because there was no incidence of heart disease in his side of the family. Or you might select your mother's brain because there was no Alzheimer's in her branch of the family tree. You likely would want the trait of longevity from either of them.

The Austrian monk and botanist Gregor Mendel discovered in the mid-1880s that plants inherit specific biological information from each parent. His observations led him to differentiate between the genotype, which is the sum of all genetic diversity in a member of a particular species, and phenotype, which comprises the actual properties and traits that individual members of the species express. Even though Mendel's theories were met with disbelief and he died in obscurity, his stature was later vindicated, and his discoveries are still relevant today.

You received the entirety of your genetic makeup at the moment of your conception. You also received one half of each of your parents' genetic code. This means that, while you received 50 percent of each of your parents' hereditary information, their genotype, you also express only some of those select traits, your phenotype. But that is only part of the story. While you may have inherited a predisposition for either heart health or disease, your beliefs, diet, and choice of lifestyle will influence your inherited risk factors. As the pharmaceutical industry knows, lifestyle modifications are often not enough, and seemingly healthy men and women can and do suffer heart attacks at a relatively young age.

So, what else can you do? You can look beyond your physical or genetic side to your spiritual side.

Ancient sages developed techniques that they believed allowed them to "journey back in time" to influence the effects of their ancestral heritage. The effectiveness of this exercise derived, at least in part, from their ability to influence the expression of their DNA. In other words, they used visualization techniques to modify genetic expression!



When skilled practitioners journey back to the moment of conception to consciously select the traits they want to express, they look at other factors—beyond genotypes and phenotypes—that may have influenced their genetic makeup. The father may have consumed too much alcohol. The mother may have been afraid of getting pregnant. The environment may not have been infused with love, peace, and tranquility. Stress hormones easily cross the placental barrier and inform the child of every mood the mother is feeling.

But now, from your current wisdom perspective, you can go back and visit the moment of your conception. You can bring a meditative and sacred feeling to the moment of the comingling of your genes. So, during this exercise, you can forgive your parents for any transgressions you believe they committed toward you, any hurt you feel they might have imposed on you. This is necessary for your journey into enlightenment because holding on to any residual anger or resentment toward your parents only perpetuates your role as a victim of their genetic signatures.

#### Exercise: The Moment of Your Conception

With your eyes closed, take a few deep, relaxing breaths. Count your breaths from one to ten, then back to one again, until you feel yourself entering a deep state of relaxation. You will notice that, at first, your mind will wander. You may find yourself counting past ten or chasing a thought about what you forgot to do yesterday or whom you must call still today. Let all of these thoughts go by like clouds that appear, then disappear, in the sky.

Now imagine your timeline, the chronological series of events in your life, poised in front of you. Perhaps you imagine a golden thread or a string with many beads or moments of time. Perhaps you simply see a road that leads in one direction to the past and another direction forward into the future.

Begin traveling backward along your timeline, briefly revisiting events of the past few days. Then go farther into the past, to your childhood, and to your earliest memories as a toddler. See the images as though they are in a movie that you can fast-forward or reverse at will.

When you are no longer able to recall events or situations, use your imagination. Imagine yourself as a baby in your mother's arms. Imagine being inside her womb. Imagine the instant of your conception, when your mother's egg is surrounded by your father's numerous sperm, all trying to fertilize it. Imagine yourself sitting inside that luminous egg. It is a peaceful bubble. Bring your stillness and grace into that space. Know that you are filling it with your peace and luminosity.

Now sense the egg selecting and inviting the finest sperm to fertilize it. Imagine that as it enters into the ovum, you witness the most extraordinary alchemy that is the conception of you. You see proteins cross-link with each other, making the matrix of the egg hard and impermeable to other sperm. The nuclei of the sperm and the egg dissolve, and the father's DNA and the mother's DNA fuse. The egg divides and forms two tiny, identical cells. They begin to replicate, doubling, quadrupling, and exponentially adding to their numbers at an extraordinary rate.

As you watch this amazing process, you hold steadfast to your intention of forming and shaping yourself into your desired being. You bathe these nascent cells with your great peace, your serenity, your light. You bless this holy union that is you regardless of what the "facts" of your conception may have been. And there, then, as the growing, forming you, you forgive your parents. You see them as the holy, glorious, innocent beings they are. You bathe them with your love, knowing that all is well.

You sigh. And smile.

Then, you return along your timeline to the present, bringing with you—into the here and now—your feelings of peace and luminosity, your joy and exhilaration, that you experienced at that moment of your conception.

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