

## Chapter 5

### DNA healing

So, we have a model that governs our healing intent. It is now time to take a look at what I believe is the final resting place of this healing – our DNA. This is the ultimate of all record keepers; it holds our genetical blueprint so that each new cell it generates maintains the core essence of ourselves and our unique attributes. However, it is no mechanical piece of factory equipment, it is an extraordinary piece of intelligent engineering that allows itself the freedom to regenerate our cells based on the various influences from our external environment, good or bad.

In this chapter, I want to take a brief layman's look at how science has arrived at its current view of DNA, how this understanding is limited by our inability to look beyond what can be seen or measured and then delve into the exciting world that lies beyond. This will allow us to explore the true causes of disease and the fallacies of our current understanding of the process of contagion. I ask you to take this journey with me because knowledge is power and if you truly understand yourself you are already on the healing path.

But first, a brief history of the accepted wisdom of today.

#### **DNA – the ruler of the roost – or is it?**

Science normally moves forward in tentative steps; first a discovery, then ridicule, then acceptance, then review. Even the basic principles of Pasteur's germ theory are still being hotly disputed outside the pharmaceutical industry. The concept of the germ holding the power is so fundamental to modern medicine that only small voices dare suggest that the environment is more important and that bacteria is the 'mopper upper' of disease rather than symptomatic of the disease itself. More on that later.

The current hot subject is DNA, or Deoxyribonucleic acid to give it its full name. This two stranded building block of life contains our genetical blueprint and about 5-10% of it is used to create new proteins when read by our RNA. The DNA, in conjunction with proteins, make up our chromosomes. Our chromosomes sit within the nucleus of our cells and our cells make up the structure of our organs and physical bodies. In simple terms, the evolving structural order looks like this:

DNA ⇔ chromosomes ⇔ cell nucleus ⇔ cell ⇔ organ ⇔ body.

In 1944 scientists first discovered that DNA contained hereditary information and the later work of Watson and Crick reinforced this central role by suggesting that DNA controlled its own replication, leaving us victims to our genetical inheritance. The Human Genome project was set up in the late 1980s to catalogue all human genes. The objective was to link a faulty gene to each of the major diseases and in doing so take a major step towards eradicating some of mankind's greatest enemies.

This is where the DNA bandwagon first started to lose its scientific impetus. We have 100,000 or so different proteins in the body, so must have the same number of different genes, or so the theory went – one gene, one protein. It was therefore a shock to the establishment to discover that there were only about 25,000 different genes. In effect, the mechanism that separates man from the beast is nothing to do with the complexity of our gene pool. In fact, we have the same number of genes as a common rodent and only a few percent more than a banana. Thankfully, there is much more behind our design than this.

This brick wall paved the way for the supporters of epigenetics to take hold. This branch of science suggests that the environment is more responsible for our health and happiness than our inherited genes. It proposes a control system of 'switches' that turn genes on or off, without altering the DNA sequences themselves. It also suggests that our life experiences, including our nutrition and stress levels, can control these switches and cause disease in the individual and heritable effects in future generations.

The emphasis within the scientific world has therefore shifted away from the power of the DNA within the nucleus to the proteins that surround it. Cells can only replicate when the protein sleeve detaches from the double helix allowing the RNA to read the exposed segment of DNA. This segment and the gene it represents can then reproduce.

The new thinking behind epigenetics has shown that this protein sleeve is governed by environmental influences, including toxins, emotions and nutrition. These outside influences allow us to create hundreds of different proteins from the same genetic blueprint stored in the DNA, much as we can create hundreds of different shades from the basic red, blue and green colours generated by a standard television set.

This explains why the human genome project could only find a fraction of the different genes anticipated – our bodies use environmental influences to modify the basic blueprint and create the rest of the different proteins in the human body. The lid was off and recent studies (Willett 2002) have shown that true hereditary factors account for only 5% of disease, including cardiovascular, diabetes and cancer. The rest is down to environment.

The suggestion of an environmental influence to our gene expression is controversial, as is the potential for these influences to be passed through the generations, but evidence is mounting. In the remote town of Överkalix in northern Sweden, parish registries of births and deaths and its detailed harvest records show that a famine at critical times in the lives of the grandparents can affect the life expectancy of the grandchildren.

After the tragic events of September 11th 2001, Rachel Yehuda, a psychologist at the Mount Sinai School of Medicine in New York, studied the effects of stress on a group of women who were inside or near the World Trade Centre and were pregnant at the time. Her results suggest that stress effects can pass down generations. Meanwhile, research at Washington State University points to toxic effects – like exposure to fungicides or pesticides – causing biological changes in rats that persist for at least four generations.

We are, in effect, walking biographies of our grandparents; we represent the air they breathed, the food they ate, even the events they witnessed, despite never experiencing these things ourselves. What we do in our lifetimes could in turn affect our grandchildren. I have often wondered whether the peace movement of the 1960's was an inevitable reaction by the next generation to two previous global conflicts; this new thinking suggests that it may well be, and may even have been encoded into their genes.

Two of the most pioneering thinkers in this field are Bruce Lipton - 'The Biology of Belief' and Dawson Church – 'The Genie in your Genes', both of which are essential reading if you are interested in the basic science behind epigenetics. Part of their groundbreaking work focuses on the role of the cell membrane rather than the cell nucleus in determining the day to day function and health of the cell itself. They have shown that the receptor sites in the membrane receive external stimuli that determine which aspects of our DNA replicate to produce the next cell.

This basic concept is supported by Candace Pert in her own research and we now have a reasonably clear and demonstrable understanding of the process by which our environment, including our emotional balance, affects our physical health.

In my own experiences, I have worked with many clients who seem to hold emotions that cannot be explained by their own lives. They talk of shame and guilt yet cannot name an incident that could justify such a deep negative belief. Even tracking back into the unconscious record of their life, or past lives, yields no clues as to the origin of this emotion.

On many occasions, they carry the guilt of their ancestors, passed on to them through epigenetic influences and stored in their DNA. They may even carry the foreign energy attachments that accompanied that previous life, especially within the amygdala, the centre of emotional response. More often that not, the trigger point is many generations back and by understanding the nature of the trauma, such as violence, abuse, adultery or illegitimacy, we can release the resonance that has been passed down the generations. What's more, in doing so, we heal the ancestral line as well as the client on the couch.

I have found a preponderance of triggers dating back to 5,6, or 7 generations. This takes us back over 100 years to a time when most layers of society had a strong code of acceptable behaviour and anything that did not comply was neatly swept under the carpet and kept within the family. This was reinforced by a strong church with clear views on the sin we carry. In a sense, hypocrisy ruled, but there was certainly not the 'laissez faire' attitude to adultery or illegitimacy that we see today and divorce was rarely an option.

This may explain why the emotions of guilt and shame are so predominant in our inheritance. Events may have been covered up, but our emotional health cannot be denied. It can only be compartmentalized, where it festers away, predisposing ourselves and our descendants to a heightened risk of disease.

It may also explain why certain trends pass from generation to generation. We hear much of the abused becoming the abuser, but perhaps this is not just learnt behaviour. It makes as much sense to recognize that both generations were afflicted by the same inheritance and were playing out the role encoded into their genes, passing on the hate or despair they were born with. When I tune into this facet in clinic the energy changes immediately and the sense of lightness after it has been released is palpable.

These facets can even pass across the genetical barriers to spouses and non-blood relatives. The process of entrainment draws people in close proximity into similar resonance, just as the pendulums of grandfather clocks and the timing of female menstrual cycles come into alignment over time.

One final thought on the subject. I have yet to find any epigenetic inheritance triggered that affects more than seven generations. Seven is a very powerful figure, we seem to live in seven year cycles, with echoes of earlier events repeating themselves at these regular intervals. It also has biblical implications. There are many controversial and often contradictory quotes in the old testament about 'the sins of the father' being passed on to the children. They support the concept but not the seven generations. The main reference to the seven generations is the curse applied to Cain for the slaying of his brother Abel. Perhaps this was the first example of epigenetic activity given in metaphorical form.

So, getting back to our primary question, we surely now have the answer; the DNA is just a stable blueprint that provides the building blocks for the creative design of the human body, the artist's palette of colours but not the painting itself. ....or is it.....?

The problem we have now is that this understanding, which I would not dispute for a second, can only cover what we can see and prove using scientific observation. It is also framed by our current awareness which inevitably falls short of a complete understanding of the mechanics behind the human being. There are two issues untouched by the science of epigenetics:

1. What is the purpose of the 90-95% of our DNA that is **not** used for protein manufacture? This mysterious element is inappropriately named 'junk' DNA - a very unflattering term as nature rarely allows wastage on this scale.
2. Spiritualists suggest that our 2 helix DNA represents only a fraction of its true potential. At our highest level of existence, we have a 12 helix DNA that exists in a multi-dimensional state.

If this is true, we are back where we started. I believe there is this extra element to our DNA which reinstates it at the centre of our existence. This is not to denounce any of this other work I have touched upon here, only to say that we may need to look deeper. I believe that these wider facets of our DNA hold the key to our true essence along with a detailed autobiography of our history in this life and beyond.

### **The hidden mysteries of our DNA**

To understand the true potential of our DNA, we must open our minds to possibilities beyond our normal understanding. It must surely be safe to say that nature would not allow 90% of our DNA to be 'junk', we just need to understand what that purpose is. There are some key references that I believe help us find the answer.

First of all, there is the work of the Russian microbiologist Pjotr Garjajev and his research team. Their assertion is that our DNA is a data storage and communication device. It is an organic superconductor whose long strands receive input from the outside world. The structure of the DNA strands is so similar to the syntax and grammar of language that this input does not even need to be interpreted or converted into a form that our DNA can hold.

They were even able to restructure the DNA strands and correct genetic malfunctions by using suitably modulated lasers that could transmit a signal directly into the DNA. This supports the key assertion that our health depends on our thoughts, words and beliefs. If this basic understanding can be taken forward, the future of DNA therapy could be so much more straightforward than the mechanical intervention of stem cell replacement. We need simply find the appropriate resonance and transmit it directly into the DNA strand to be repaired. When I try to stimulate the healing process with my clients, this is exactly my intent.

These scientific findings are supported in Book VII of the wonderful series of Kryon channeled works by Lee Carroll. He suggests that our DNA is a massive record keeper that exists in a multi-dimensional state, holding our entire soul or 'akashic' record. Specifically, it contains:

- details of all the events and emotions of this lifetime
- similar information for all our previous lifetimes
- the contracts we have agreed to honour
- the plans and challenges we have in place for the future

If we explore this thinking further, we are limited only by the breadth of our imagination.

I see the Universal world is one huge cog, of unlimited proportions, revolving around a Divine source at its centre. Attached to this is the cog of the planet Earth, tiny by comparison but still large enough to overwhelm our limited human perspective. As individuals, we attach to the planetary cog and looking to our left and right we see the mini cogs of billions of souls all engaging in their own personal lives and stories. Above us the light is hazy and we catch only a veiled glimpse of the future slowly turning in our direction. This larger cog turns very slowly, but to us as tiny attachments this seems quick enough and the complete revolution of our personal life cog barely registers as movement on the master reel to which we adhere.

Where we touch the larger reel, there is an interference pattern created representing the interaction between our personal story and the passage of time within the wider picture. The point of interaction is our DNA. As world events open up around us, so our DNA revolves, revealing the challenges and lessons we have chosen to experience in this particular attachment to the master reel.

The result is a like an early printing press, making temporary contact with the paper but leaving a permanent impression that can be read at any time thereafter. Our DNA is the same. On its own it is powerless, but when combined with the passing of time it leaves a pattern of our lives that forms our Akashic record i.e. the history of our soul's journey. In preparation for our lives we choose where to join the master cog and some of the impressions that will be made as our life revolves - pre-planned synchronicities to guide us on our way.

Of course, the ink we apply and the colours we create are up to us to determine as we live our lives. Will we create a masterpiece or a tangled mess? That's our challenge, but the DNA will record the impression we create as we touch the wheel of life and whether there are areas that need further work in a future attachment.

These interference patterns are the subject of the next chapter, but for now it is enough to say that our DNA stores and transmits all of this information. It emits photons, which are elementary particles travelling at the speed of light that carry electromagnetic charges of all wavelengths. These are picked up by the trillions of other DNA strands in our body, ensuring that each cell knows the status of every other.

Cells have specific responsibilities and are more affected than others by particular emotions. Our liver cell DNA may store and act upon the resonance of sadness whereas our kidneys may respond more to the energy of fear, but together they make an all knowing team.

This holographic understanding of the human body is essential knowledge. It explains why scientists struggle to attribute a particular memory to a particular part of the brain. Our bodies have billions of radio stations transmitting their signals through our DNA and any organ can tune into this signal if they wish. If we lose function through illness or

trauma, the brain may ask another organ to increase its own workload to take up the slack.

If we put these thoughts together, we have a small insight into the extraordinary power of the DNA within our cells and its potential to influence our lives and our health. This is not to deny the role of epigenetic activity. Both models share the core belief that our health is not pre-determined by the genes contained in the protein producing elements of our DNA, that our past and present environment have a crucial part to play.

The good news is that both models can be valid. Epigenetics explains how our environment affects protein production, suggesting that the cell membrane itself carries the real intelligence that dictates which proteins we produce and which genes we activate at any given time. All I am suggesting here is that the DNA itself has hidden depths that we cannot yet see or measure. It sits beneath the gene level rather than above it, with a capacity to act like an antenna and receive and transmit signals throughout the body and beyond. This explains its effectiveness as a record keeping and communication device. It is the building block behind the holographic nature of our bodies and ensures that each cell knows the status of every other.

In effect, our environment influences all aspects of our physical presence, from the measurable affects on our cells, through to the genes and then down to the DNA itself. Each level of our existence is influenced by the next level above and below it, so when the protein producing element of our DNA is copied as part of the creation process, it is receiving direction from both the subtle coding within its overall double helix and the cell membrane above it.

### **Healing through our DNA records**

If we accept the principles I have outlined above, we must recognize the enormous role we have in our own health and that of our offspring. We can no longer blame our genes or metabolism, we must accept that we can undo the external influences to our health and happiness with the same creative power that generated them in the first place. Our DNA is our personal autobiography, so to find true healing we must heal our DNA record.

This is not an easy proposition as there are so many influences on our health to consider. I believe they can be summarised into ten key headings that now follow. These are all covered directly or indirectly within the healing sections of 'Quantum K' but as understanding helps the healing process I make no apologies for briefly covering them now.

1. **Experiences from our current life** – physical imbalances and negative core beliefs resulting from the environment and traumas of this particular incarnation.
2. **Our physical environment** – electromagnetic and geopathic stress, pollution, poor nutrition, toxicity and lack of sunlight.
3. **Social programming** – law, religion, schooling, parental influences and other indoctrination that may take us away from pure truth.
4. **Our spiritual environment** – energetic attachments, curses, vows and low vibrational objects in our possession.
5. **Our spiritual history** – past life influences that affect our physical and emotional balance in this lifetime, raising symptoms and insecurities that seem inappropriate based on our upbringing and current circumstances. This includes pre-life contracts that may no longer be appropriate to our highest growth and soul loss/theft.
6. **Our spiritual family** – other aspects of ourselves enjoying physical form in another dimension, plus the influences of other soul group members, our guides and helpers.
7. **Ancestral inheritance** – the influence that the emotions and traumas of our ancestors may be having on our lives now. In effect, the epigenetic activity I have already described.
8. **Disease patterns** - the disease blueprints contained in the electromagnetic field around us that contain germs and diseases, including the coughs and colds of our nearest and dearest. More on this in the next chapter.
9. **The disease inheritance** - the disease profile of our ancestors, miasmatic taints that are core to classical homeopathy. As an example, syphilis in a distant relative may well predispose us to eczema or other skin diseases now.
10. **The collective unconscious** – Carl Jung’s archetypes that form the structure behind our individual personality types. We all have elements of the warrior, the child, the victim and the saboteur etc within us. The key is to keep them in balance so that their influence supports our growth rather than detracts from it.

In a sense, this unique complexity is what separates man from beast and it is the ups and downs of our soul’s journey that make us vulnerable to types of disease that are unseen in the animal kingdom. If we look after these 10 facets, we cannot fail to be happy, healthy and fulfilled.