



## **The Details of Universe's DNA Code Written Captured You**

Discover the rich history of what the universe has hidden within your genes. This e-guide covers the different wealth-creating expressions of your DNA and the gifts you've inherited from the past. In this section, you'll look into what's unconsciously causing 'self-sabotage,' inhibiting your creation of wealth.

## **Inherited Generational Trauma Written inside you.**

We all have the intrinsic potential for happiness, success, health, well-being, intuition, unconditional love, beauty, inner calm, and creativity hidden deep inside our DNA.

How can something intrinsic to us, a part of our actual being, be so difficult to achieve? Why are we unhappy if we were born with it? Why are we impoverished when we are born with the ability to succeed?

Why do we feel unwanted despite being surrounded by unconditional love? The answers to these issues are still within our genetic makeup.

Almost every trait and illness has a genetic component that can be inherited or altered by behavior, experiences, or environment. These genetic variables can also impact how you react to environmental elements such as pollutants, pathogens, other toxins, and stress.

Each person's genome has tens or hundreds of millions of genes, 90% of which may be impacted both favorably and adversely.

Because we inherit from both parents, most human cells contain two sets of chromosomes. There is a lot of potential hereditary damage caused by stress, malnutrition, and physical trauma, but it can also be directed to go the other way to create resilience, good health, and prosperity. If you come from a troubled family/culture, you are more likely to inherit qualities that

will impede you from creating the life and results you desire if you do not identify and redirect this impact.

This explains why we usually hold our parents' fear about a particular thing to heart even though the fear is not ours. If you are wondering if the reason why you're poor, not being loved right, or achieving things you want in life is related to your gene, it might be important to understand that it might not be directly from your parents. Instead, you may need to explore further back in your family's history. Women are born with all of the eggs they will ever generate. This implies that the egg that created you and included part of your DNA was created by your grandmother while she was pregnant with your mother, and the egg that created your mother was created by your great-grandmother. What type of lives did these women lead? Were they wealthy and successful? Or were they impoverished, persecuted, mistreated, or otherwise devastated? The genes they pass down prepare their children (you) to live similar lives.

While this may appear to be a dire situation, it is far from hopeless. On the contrary, it is a promising sign! Remember, you have the intrinsic power to overcome and endure everything. It is entirely up to you to channel the fear of the worst-case scenario that you unconsciously, or perhaps consciously, expect based on genetic memory and age-old experience into confronting your problems and breaking the family cycles. These genes are not curses; they are adaptations that help you deal with stress and provide you with more power and vitality if used carefully and effectively to achieve your greater purpose and calling. The universe wishes for you to prevail and break the cycle.

You can accomplish this because your DNA strands are constantly being repaired and replaced. They are renewed every

60 days. Some things allow for favorable genome reconstruction, whereas others cause problematic genome reconstruction. You have the same genes, but your expression varies. Each gene offers advantages and disadvantages, but it is your decisions that make the difference. Ways to produce positive expressions will be covered later, so stay tuned. A lifetime process necessitates a lifelong commitment, but the benefits are well worth it, and the possibilities are limitless.

### **Captured Trauma: and how it is written inside you as emotions**

Even if it is uncomfortable or ineffective, a "little" part of ourselves is linked to the familiarity that comes with our parent's genes. It may appear strange, but our self with a small "s" actually enjoys the poor life and all the negativity that comes with it: feeling unworthy, being invalidated, judging others and ourselves, being inflated, always "winning" and being "right," grieving the past, fearing the future, nursing our wounds, craving assurance, and seeking love rather than giving it. We cling to that familiarity because it provides us comfort. When that small part of ourselves enjoys being poor, we don't have to step out of our comfort zone to try to become wealthy, right? Wrong! The goal here is to let go of that mentality and embrace the happiness, success, health, well-being, intuition, unconditional love, beauty, inner calm, and creativity hidden deep inside our DNA

The first step for every one of us is to recognize that we have bad sentiments due to our human state and be willing to examine them objectively. Our objective may be to achieve a high level of non-dual consciousness. But how can we deal with the continuous dualistic "little self" that encourages us to perceive ourselves as "better than" or "worse than" someone else? It's

straightforward. It is done by admitting the presence of the little self. We must begin where we are in order to progress!

If we want to travel from here to there, we won't get there any faster if we deceive ourselves into thinking we're starting from somewhere close. Only through acknowledging the negativity that we have acquired from the human state will we be able to submit and be free of it. We must be willing to recognize and accept that aspect of our human existence. We may transcend it by accepting it.

If we fail to acknowledge this small self that is holding us back, we will remain stagnant. It reduces our self-worth to nothing. When our self-esteem is needed in dire situations, it is usually absent because there is a progressive increase in anxiety and negative emotions, and there is more and more need for escapism via drugs, alcohol, entertainment, and excessive sleep. Consequently, there is a decrease in vitality, energy, presence, and well-being, with less efficient and less functioning in all areas.

This kills opportunities that might take us out of the same poverty and lack of unconditional love that we fear. Because the lack of vitality, energy, and efficiency stops us from taking action. This typically gives the flight response to such a dire situation. Ultimately this causes us to stop taking risks and even doing the necessary things in life that will lead to our progress. This pattern is what keeps you from finding or attracting fulfillment, happiness, and prosperity because you're out of flow with the energies of abundance and vitality.

Our lifestyle choices, experiences, and mentality are what govern this output as genes repair and rebuild themselves. That is, just because your family expresses a gene negatively does not imply you have to. You may make decisions and modifications

that will allow the gene to express positively instead, including genes associated with abundance and success. You can genuinely make magical things happen in sixty days by investing in cultivating a cascade of positivity in your life, which begins in mind and spreads throughout the body and mind. We are adaptive, and everyone is programmed for success, regardless of our background or family history. You can't succeed if you don't know what you're capable of. Fortunately, here you are to learn the truth.

### **Gaining awareness of these fears**

Abuse and other traumatic situations, such as major accidents, can cause psychological damage that can impact your health psychologically, physically, and spiritually. The cycles of abuse may induce frozen fear, sadness, and even fury, which generates illness and negative cycles throughout your body and life and harms your self-esteem, which hurts your soul and capacity to develop your dream and vision and can cause you to freeze up in the long term.

We have gotten terrified of our inner feelings because they contain so much negativity that we are worried we will be overwhelmed if we dig deeper. We are afraid of these sensations because we lack a cognitive strategy to deal with them if we allow them to arise within us. Because we are reluctant to face them, they continue to pile up until we secretly begin to look forward to death to stop all of the misery. It is the sentiments that follow thoughts and facts that are hurtful.

Negative attributes of an unwell mind are anxiety, grief, depression, doubt, and low self-esteem. They create a lack of will, determination, focus, and vision. Your negative thought patterns

and physiological cascades keep your ability to manifest the life that suits you weak. It blinds you to the changes you need to make, your own ability to transform, and opportunities that would bring you success. We often inherit these interferences through genetic trauma and epigenetically through adverse life experiences.

Some situations can make you freeze up, which is not normal. Examples of situations that can cause you to freeze up include when you are going through substantial stress, when you need to take a major risk, when you have flashbacks about bad memories, when you have a financial setback, or other things that haven't been mentioned.

When someone has the freeze response to an experience, there is physical immobility, a drop in heart rate, and muscle tension. And along the way, there is suppression and repression as the feeling is shut down. In repression, the shutdown happens unconsciously; in suppression, it happens consciously. We don't want to be troubled by the feelings and are also at a loss for what to do with them. We tend to suffer through them and do our best to keep going. The feelings we choose to suppress or repress are in accordance with the conscious and unconscious codes that we carry inside us due to societal and family conditioning.

The pressure of suppressed feelings manifests as impatience, mood swings, tightness in the muscles of the neck and back, headaches, cramps, menstruation problems, colitis, indigestion, sleeplessness, hypertension, allergies, and other bodily ailments. That is why performing the deep work necessary to recover from these prior experiences is critical. Your past does not dictate your future; you do.



We repress feelings because they are associated with so much guilt and anxiety that they are not even consciously experienced. It is immediately shoved into the unconscious as soon as it threatens to surface. The repressed sensation is then dealt with in several ways to keep it suppressed and out of consciousness. Denial causes significant emotional and maturational barriers. It is frequently accompanied by a projection mechanism. We suppress the urge or sensation out of shame and dread and reject its presence within us. We project our emotions onto the world and others around us instead of feeling them. We experience the feeling as though it belonged to "others."

The mind then hunts for and finds reason to strengthen the projection, and "they" become the adversary. People, locations, institutions, food, weather, astrological occurrences, social conditions, fate, God, luck, the devil, immigrants, ethnic groupings, political opponents, and other factors outside of ourselves are blamed. The primary method used by the world today is projection; it explains all the wars, turmoil, and civic unrest. We protect our own self-esteem at the expense of others, which eventually leads to societal collapse. The projection technique underpins all forms of attack, violence, hostility, and societal ruin.

### **Releasing these fears**

You will probably have a lot of work to do on the mental aspect because it truly dictates everything in our lives and is the most easily influenced thing without the right brain training, which most people don't have. It might not be what we're taught, but the mind has the most control over everything in our lives. It is a mysterious and wondrous thing with more power than we can



fathom. Our minds don't know their own strength. They need our care, attention, and cultivation in order for us to heal and thrive. You have to let go and heal from the experiences.

Letting go is being aware of a feeling, allowing it to flow, sticking with it, and allowing it to run its course without attempting to change it or do something about it. It just means to acknowledge the sensation and work on releasing the energy that accompanies it. The first stage is acknowledging the emotion without rejecting, venting, fearing, judging, or moralizing. It means letting go of judgment and recognizing it is only a feeling. The strategy is to stay with the feeling and abandon any attempts to change it in any manner. Let go of the desire to reject the sensation. The emotion is sustained via resistance.

When you stop resisting or attempting to change the emotion, it will transfer to the next one, accompanied by a lighter experience. An emotion that is not resisted will disappear as the energy that fueled it disappears. As you begin the process, you will discover that you are afraid of experiencing feelings and feel guilty about them; you will also be resistant to sensations in general. Allowing feelings to surface makes it simpler to let go of the reaction to experiencing the sensations in the first place. Fear of fear is an excellent example of this. First, let go of whatever anxiety or shame you have about the emotion, and then dive into it.

For example, let's say you have fears concerning money. When it comes to taking a huge risk concerning a lot of money, you freeze up because you fear the money might never return to you. You fear becoming poor because of this decision. Ignore all thoughts before letting go. Concentrate on the feeling rather than the ideas flowing through your head. Thoughts are limitless and

self-perpetuating, and they produce new thoughts. Thoughts are only mental rationalizations attempting to explain the occurrence of a feeling. The true cause of the feeling is the accumulated pressure behind the feeling, which is driving it to surface in the present instant. Thoughts or external events are only excuses produced by the mind.

As we gain experience with letting go, we will realize that all bad feelings are tied to our basic survival fear and that all feelings are simply survival programs that the mind feels are vital. The letting-go procedure gradually undoes the programming. The fundamental cause for the sentiments becomes clearer as the procedure progresses. To surrender means being emotionless about something: "It's alright if it occurs, and it's okay if it doesn't." in this case, "it's fine if I lose the money, I'll learn better, and it's fine if I make profits making me richer."

When we are free, we let go of our attachments. We can enjoy something but don't need it to be happy. We may observe that it returns or persists when we let go of a feeling. This is because there is yet more to be relinquished. We've stuffed these sentiments our entire lives, and a lot of energy has to come up and be recognized. When you surrender, you immediately feel lighter and happier, almost like you're on a "high." It is possible to maintain that sense of freedom by constantly letting go. Feelings come and go, and you finally learn that you are not your feelings but that the true "you" is just watching them. You no longer identify with them.

## **Moving up with the courage to dare and to try.**

Letting go of unpleasant feelings is the ruin of the ego, which will resist at every point. This might lead to cynicism about the approach, "forgetting" to submit, a sudden burst of escapism, or releasing feelings through expression and acting out. The key is just to continue letting go of your sentiments about the entire procedure. Allow for the opposition, but do not oppose it. You are now liberated, and you don't have to let go. Nobody is pushing you. Consider the source of the resistance: fear. What are your concerns about this process? Are you willing to let go of that? Continue to let go of any fear that emerges, and the resistance will fade.

Let us not forget that we are releasing all of the programs that have kept us as enslaved people and victims for so long. These programs have obscured the truth about our true identity. The ego is losing momentum and will use tactics and bluffs to gain ground. When we begin to let go, its days are numbered, and its influence is diminished. One of its tactics is to become unaware of the method itself, for example, to suddenly determine that the mechanism of surrender isn't functioning, that things are still the same, that it is complicated, and that it is too difficult to remember and practice. This is an indication of actual development! It signifies that the ego is aware that we have a knife to cut ourselves free and is losing ground.

The next thing after letting go of the fear is to replace it with courage, and there is a simple way to become more courageous in facing the underlying emotions behind any fear through the use of the question, "What for?" With each answer, "What for?" is asked repeatedly until the basic feeling is uncovered. An example would be the following. A man wants to invest in a business. His

mind gives all the logical reasons, but logic doesn't really explain it. So he asks himself, "What do I want to invest?" "Well," he says, "it is to achieve status, recognition, respect, and make more money." Again: "What do I want status and money for?" "Respect and approval from others," he might say, "and to ensure I afford what I want." Again: "What do I want respect and money for?" "To have the feeling of security." Again: "What do I want security for?" "To feel happy." The continual question, "What for?" reveals that there are feelings of insecurity, unhappiness, and lack of fulfillment.

Every activity or desire reveals that the ultimate objective is to obtain a specific experience. There are no other goals except overcoming fear and achieving happiness. Emotions are associated with what we feel will secure our survival, not with what will really ensure our survival. Emotions are the root source of the underlying dread that motivates everyone to seek security all the time.

As we let go of negative emotions, we go up the scale to courage and then beyond, with growing effectiveness, success, and effortless wealth. We are drawn to such people. We say they are "high." They emit life energy to all living creatures in their vicinity. Animals are drawn to them. They have a green thumb and benefit the lives of everyone with whom they come into contact. The bad sensations have not completely vanished at the Courage level, but we now have the energy to deal with them since we have reclaimed our strength and self-adequacy. Telling the truth to ourselves and others is the quickest way to rise from the bottom to the top.