



The History of Your Prosperity DNA.

Discover how DNA testing has been a common practice – and has been one of the strongest predictors of success across all successful individuals who've been able to live the life that they've desired.

This goes into detail on how your DNA is the most overlooked and powerful factor when it comes to creating wealth.

Discovery of DNA – and when it came into the mainstream.

Almost every trait and illness has a genetic component that can be inherited or altered by behavior, experiences, or environment. In terms of genes, we are all 99.9% identical to humans, and certain nonhuman species, such as pigs and mice, have virtually entirely the same genome as us.

This indicates that, despite their similarities, we have equal power over how these genes are expressed and appear in our lives. Your cells require instructions to work effectively, but they must be used selectively.

Because these instructions are guided by your unique DNA sequence, one of the most essential things you can do is boost good gene expression. Things may go wrong if they are not used appropriately.

DNA from all species, including you, is made up of the same biochemicals: adenine, thymine, guanine, and cytosine, abbreviated A, T, G, and C.

Genes are precise sequences of these biochemicals that include instructions for how many of your body's tasks should be performed.

Your unique DNA sequence is formed by the arrangement of these biochemicals along the DNA strand. Each strand switches between sugar and phosphate groups. Each sugar contains one of the four biological bases we discussed earlier: A, C, G, and T. Only complementary bases can link via chemical bonds, A with T and C with G. However restricted all of this appears to be, it is far from the case.

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

The human genome is made up of chromosomes, which are groups of base pairs of genes. We typically have 23 pairs of chromosomes, which means that each chromosome has a significant impact.

Because we inherit from both parents, most human cells contain two sets of chromosomes.

Because each DNA molecule has two connected strands that wrap around each other, the physical DNA sequence is arranged in what is known as a "double helix." A "helix" is only a spiral, similar to a corkscrew.

Because it has been duplicated in this example, it resembles a ladder but in the form of a spiral staircase.

How DNA started to cause different traits

Your unique double helix explains things as simple as eye color, height, IQ, skin tone, nose shape, or hair color - even which hand you write with. It also affects your chance of contracting certain diseases.

This diversity can take two forms: mutations and polymorphisms.

The disease is generally related to mutations. Polymorphisms, on the other hand, are more widespread, but science understands them less well. Mutation of the MTHFR gene is a frequent example of genetics that might influence your potential to manifest good fortune.

According to statistics, over 40% of people have some amount of mutation in this gene, which might impair the body's capacity to break down and absorb what it receives.

The MTHFR gene instructs the body to produce the enzyme methionine, which is involved in the digestion of amino acids, which are the building blocks of proteins and other substances, as well as in the breakdown of many of the items we ingest.

The body requires proper MTHFR gene guidance for chemical processes involving vitamins, proteins, chemicals, acids, and enzymes. There are several types and combinations of MTHFR gene mutations, which can be epigenetic or "activated."

MTHFR gene mutations can cause persistent toxicity in the body, leading to disorders such as rheumatism (metabolic waste) and a slew of others. Because of the mind-body-spirit link, when your body is toxic, your mind, personality, and manifestation talents become poisonous as well.

Because you're out of sync with the energies of plenty and vitality, this pattern prevents you from obtaining or attracting satisfaction, pleasure, and wealth. MTHFR gene mutation can be inherited on both sides, which is more difficult to deal with, or it can be inherited on one side, which is less destructive and may never appear as an issue.

When it is active, which can happen through epigenetics, complications might emerge. If you notice that you have toxic personality qualities such as worry and sadness, that you are locked in a terrible cycle, that you lack the energy to thrive, or that manifestation is elusive, you should try eating enough apples, coconut, asparagus, peanuts, and chickpeas.

They are widely accessible and include methionine and other vitality-enhancing elements. This makes it simpler for your body to execute its essential function, and as long as you do it thoughtfully with optimistic intention and good expectations, it will be easier for you to create the abundance you desire.

People who get ill as a result of radiation, water, and air pollution, carcinogens, and other toxins become toxic because their bodies do not operate and heal themselves properly. A poisoned body results in a toxic mentality.

A bad mind produces a toxic soul, which contaminates your entire life. Protect yourself to the greatest extent possible, and you will be able to repair yourself down to the DNA level and use your history to construct a better future.

Exposure to poison, suffering and other negative factors does assist your body get stronger in the future. It now understands how to handle issues, protect itself, and renew more robustly.

Perspective, mentality, and vision are all critical. Stressful occurrences may be destructive if you don't nurture your mind, vision, and vibration, but the potential damage can be lessened rather quickly with the correct mindset, attitude, and rewarding feeling of success if you don't allow anything to hold you back from progressing and accomplishing your goals.

It might be difficult not to let disappointments and turmoil harm your self-esteem, vision, and confidence, but keep in mind that blocked emotions get established epigenetically in your DNA as weak links. Change your thinking and focus on your future vision rather than the past so that your DNA can be restored.

Toxic individuals are also contagious, so while you can protect yourself and your surroundings, you will find it more difficult to heal

if you do not also protect yourself from toxic people. If you wish to produce health and wealth in the future, you must cull out toxic individuals who live harmful lifestyles.

You will attract what they have if your vibration matches theirs. Do you really desire what they have? They can't fathom your vision, but you can because you know the reality. When people say hurtful things to or about you, your inner voice will be inclined to belittle you. These individuals transmit their worldview to you, and it gets ingrained in your mentality.

Do you think these folks would be supportive if you told them you were attempting to avoid such negativity by rebuilding your life from the ground up to achieve the life of your dreams? Almost certainly not. Instead, surround yourself with individuals who want the best for you and believe in your future vision.

The Emerging Science of PNI (Psychoneuroimmunology)

The field of psychoneuroimmunology (PNI) studies the connections and interactions between the immune system, endocrine system, and central and peripheral nervous systems.

PNI research has shown that chemicals called neurotransmitters, hormones, and neuropeptides and their related emotional manifestations can regulate or dysregulate immune response, which is able to communicate with the nervous system through the cytokine secretion and inflammation.

To make this easier to understand it helps to break it down into parts of the word itself.

“Psycho” refers to the mind. 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.

You will probably have a lot of work to do on the mind 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 simply don’t know their own strength. They need our care, attention, and cultivation in order for us to heal and thrive.

“Neuro” refers almost directly to spirit. It is our sensitivity to the world around us, showing up as our intuition, feelings, and needs. It is what tells us we are hungry, in need, tired, hurting, and even in love.

Love is the energy of healing and abundance. If we are feeling these other things we cannot heal, grow, or thrive. Darkness, sickness, and destruction cannot root where love is.

It is okay to get hungry, be tired at the end of the day, or stub your toe – these are not what will harm you. It is when these things are chronic that the body becomes drained and begins to function improperly. Since your DNA is always restructuring, if you go too long under one of these negative influences it begins to alter the development in your body and changes occur. But remember – these changes can also create resilience to help you overcome. You just want to be sure to cultivate and encourage revitalization after temporary distress so that you can rebuild stronger than before.

“Immun” refers to the body’s response to stimuli. Responses that commonly surface from adverse experiences include inflammation, allergies, and autoimmunity. If you are highly reactive emotionally or mentally you are likely highly reactive physically, too. Cytokines are what create this inflammation and most of the symptoms associated with sickness. It is worth noting that what we often consider “symptoms” are the ways our body tell us we are fighting.

A fever, for example, is your body fighting infection. While it’s uncomfortable, it is necessary and a good sign your body is doing the hard work to get you well again. Taking fever reducers at the first sign of a fever keeps your body from doing the job. If you keep the mindset that your body is taking care of you and you will heal, it is remarkably helpful and you will get better faster than if you

resist a fever. It is the same with any healing, physical or spiritual. Do not resist the healing and do not give in to the temptation to wallow in despair and discomfort. Allow yourself to feel love, strength, and peace, even when times are tough. You will heal and overcome.

This does not mean feeling emotions is bad for your health, it means that getting stuck in negative emotions creates a cascade of reactions in the body that eventually cause harm and can alter your body's responses in an adverse way, creating disease. Love is the antidote. Love your life, love your self, love your body, and love what you have, however far from what you want it is. If you don't love what you have you block the way for more and better things and hinder the healing your body wants to do so that you can fulfill your mission in this life.

A great example of how PNI works is the so-called hyperbrain/hyperbody correlation. In a 2015 study, Mensa, an organization for the smartest in the world, did a health and wellness survey of members in the top 2% of intelligence. They had theorized that cognitive "over-excitabilities" might be a precursor to certain psychological and physiological conditions involving sensitivities or altered immune and inflammatory responses. Prior study on this concept was virtually non-existent, but their basis was new research in psychoneuroimmunology. The results were incredible – disharmony in the PNI system in these intelligent people was statistically out of proportion with the rest of the population.

It seems that having an active, or overactive, brain sensitive to stimuli can indeed cause other disorders due to excessive inflammatory response. Often times, intelligence is hereditary, and so are many of the disorders the participants reported. These superbly intelligent people are not usually thought to be at any kind of disadvantage, but are they really creating the life they desire? Are their souls really free to prosper? It seems they may not be, and that they might actually be distracted by all the things they cannot change and stuck in a life that does not suit their needs or desires.

Meditation helps to put an overwhelmed brain at ease. It can relieve, if only temporarily, the surging of input and output, allowing the distractions and reactivity to subside so that focus can be given to the desired outcome and physical healing instead of inflammatory response and the negative cycles and cascades. Meditation is one of the best times for manifestation because your body is finding balance, your mind is finding peace, and your soul is finding its path to fulfillment all at once. The trick with this is to carry on the inspiration you find during meditation into the rest of your life if you really want to reap the rewards.

Does this mean meditation and reining in the over-excitability and sensitivity of your being will make you less intelligent? Absolutely not. It will actually help you do use your gifts more freely and productively, in a way focused on your goals instead of expending energy harmfully and being distracted by feeling unwell, unhappy, and dissatisfied. Spirituality thrives in a bright mind and healthy body.

This is helpful to know in general, but how do you know where to start in resolving your issues? It helps if you know your family's predispositions, but often there is more to the story. You need to be aware of your cascades. These can be innately inherited or acquired by epigenetics.

A helpful way to understand how this impacts your ability to overcome setbacks and circumstances standing in your way from attracting the life and results you desire is to think about where you feel your emotions in your body. Start off by listing the three to five emotions you feel most often. Then, one by one, think about where you feel them in your body when they occur.

For example, if you are often angry, you may feel this in your midsection, like your stomach or liver. If you are sad, you likely feel it in your heart. Fear tends to be lower in the abdomen and in the heart. Likely, if you are overly emotional you will have digestive tract and heart conditions, which are usually inherited like acid reflux and hypertension. Toxic behaviors tend to stem from the liver or kidneys, your detoxifying organs.

It is well known that abuse is an example of hereditary behavior. This is for a few reasons. The first most recognized reason is that we learn behaviors from observation and experience. However, it doesn't end there. It is also ingrained in the DNA and manifests in physical predispositions. In angry people, the liver and stomach or heart are often culprits in this emotion. In some schools of medicine they would say these people have "too much fire" but this is also present in the DNA responsible for these organs and certain bodily functions, like methylation. Again, these

physiological predispositions tend to go hand-in-hand with the behavioral predispositions and are often hereditary.

If you are angry too often, you cannot make the progress you need to change your life and break your family's cycle. You are better off seeking balance and repair so that you can heal and change course to better things than allowing yourself to behave that way because it's what your past has taught you to expect. You cannot heal and move forward with creating a healthy body and prosperous life if you are stuck in the past.

Chakra work can help to facilitate homeostasis, manifest abundance, and encourage healthy DNA restructuring. Temping though it may be to burst open all your chakras at once, it is best done one-by-one over the course of the two months your DNA is restructuring under your new mindful and loving guidance. Good things always happen slowly. Rushing it will leave the work incomplete and ultimately true balance will be unlikely. Nurture yourself and look deep inside to weed out the damaged strands and rebuild them anew.

When a body is homeostatic, each strand of DNA is working properly allowing the body to function as it should. When the body functions as it should, the mind functions as it should. When the mind is healthy, the soul can flourish and your ability to manifest and create positive change is amplified. Each step toward homeostasis reveals more and more promise to this end.

Sometimes, however, this can be a stressful experience. Stress is reputed as the biggest killer of humans, but the reality is that

stress only kills you if you think it does. Instead, it prepares you to put up a good fight, giving you the tenacity and grit to face adversity and overcome anything life (or transformation) can throw your way. It only does this if you let it and channel it productively. If you let it fester or resist the waves of change and don't allocate your energy into healing and meeting goals, it will consume and destroy you. The mind brings about what you seek, whether it is conscious or subconscious. Taking control of your consciousness brings about positive expression of genes, which leads to positive expression of the soul. From there you can manifest all the greatness you seek.

You are able to heal from the most minute level, your DNA, in a way that echos throughout your life and the world we live in, but you must choose. Are you going to oppose your change or are you going to trust the universe to bless and heal you mind, body, soul, and life? Certainly, it is best to choose the blessing of revival.

Optimizing Your Prosperity DNA

To facilitate the body's cooperation in creating positive gene expression and create homeostasis, we need to understand a deeper level of the genes, mitochondria. Mitochondria are membrane-bound cell organelles that generate the most chemical energy. This energy is necessary to power the cell's chemical

reactions. This energy is kept in a specialized molecule called ATP.

ATP is necessary for endurance, strength, and vitality. If your ATP and mitochondria are dysfunctional or out of harmony or balance, your endurance, strength, and vitality will be compromised and you won't have the energy to achieve your goals and vision – or maybe even establish goals or create a vision at all if your vibration is so low you are too depressed, feel too hopeless, and believe you are too defeated to imagine change is possible.

What does this have to do with genetics and epigenetics, though? Mitochondria, like us, each have their own chromosomes. The countless mitochondria in your body and their unique DNA are inherited from your mother's side, like most of your own genes. It is as important to cultivate positive expression in your mitochondria's DNA as it is your own genes because ATP is used in your own DNA synthesis process. In essence, it is ATP that assists in determining epigenetic gene expression. If you aren't healthy, high-vibrational, and energetic both your mitochondrial and your own gene expression will be negative.

Fortunately, there are a lot of things you can do to facilitate positive expression and proper beneficial functioning of mitochondria and ATP. Exercise is one fundamental way to signal to your body you've got things to do and need lots of energy and vitality to keep going. It convinces your whole body to help you achieve what you need to do, thereby creating gene expressions that enable you to do so, even if those goals aren't physical but related to success and abundance. In this way, exercise creates

positive epigenetic changes in gene expression that will help you align with your abundance and manifest the bright new future you envision.

Another way to encourage positive expression of the mitochondria is the use of mitochondrial optimizers. These are specialized formulas with herbs, fatty acids, electrolytes, phytochemicals, and trace minerals that help to nourish, protect, and support epigenetic influences on the mitochondrial DNA and the cascade that therefore influences your own epigenetic gene expression.

Quite often, these optimizer formulas include tonic herbs like astragalus, Japanese knotweed, ginseng, rhodiola, and ashwagandha. Tonic herbs are wonderful high-vibrational aids if you are engaged in building positive momentum. However, if you are not mindful of creating positivity and think the herbs will do all the work, you are in for a sore surprise. If your spiral is downward and you are not actively working to improve things, these herbs will generate more downward momentum. They are only to be used to support your mindful efforts toward cultivation of positive expression.

Tonic herbs are powerful healers in those who are already trying to heal. They are full of nourishing and vitality generating nutrients and chemicals. Their influence can be almost miraculous. That said, their power needs to be respected. Here too, as with food, mindfulness and positive intention is the key to unlocking their power and seeing the full benefit of what they can offer for the improvement of your health and life overall. Their spiritual benefit is age-old and will work for you as it has for people and animals

for all of time. Having gratitude for their assistance will help to boost positive momentum.

If you are overwhelmed by genetic or epigenetic negative expressions homeopathic Platinum metallicum can help to create positive expression. It is a powerful supporter of healthy DNA in just a one-drop dose as part of your daily routine. Platinum is a heavy metal, so the ultra-diluted homeopathic dose is the only way to consume it that is safe. For this reason, finding a safe source of homeopathic Platinum metallicum is necessary and many people do not require its intervention. Only in extreme cases, such as chronically ill patients or those with PTSD, is it potentially necessary.

Cultivation & Manifestation

Regular practice of cultivation and manifestation of positive expression over the course of sixty days will show huge results. Routine will be key to unlocking your paradise. Your mind and body's expectation will be shifted toward helpful things, not dread, fear, stress, and uncertainty. A positive routine generates homeostasis and lowers stress through predictability of knowing needs will be met and positive change gives you energy. Regularity regulates the nervous system, eases the mind, soothes the soul, and comforts the body. Negative expectations are reduced, and so are negative gene expressions. PNI confirms this will reduce inflammation, disease, and poor mental health.

Make your routine easy to maintain. Pace yourself so you do not burn too much energy too quickly, stress yourself out unnecessarily, or try to change too much at once in a way that is

overwhelming. Being sure to include things that are enjoyable as well as necessary will help to create positive change and growth, as well as support positive expectations. We should enjoy life, it shouldn't be a burden.

Understand that genetic expression boils down to health – it's the very terrain of your body. A healthy body and mind has positive gene expression. A sickly body and poor mental health is a manifestation of negative gene expression. You can manifest either with your actions, thoughts, and intentions.

When you take positive action, think positive thoughts, and have positive intentions, you are signaling to your mind, body, and soul to produce the desired outcome. If you have negative emotions, little faith, or lack desire regarding healthy things and healing, or too concerned with doing unhealthy things or being defeated, you are blocking your healing and potential to see the best results. You are telling your body, and the universe, you are not ready to receive the rewards.

If you have trouble with this, your ego may be standing in your way. You are not weak for needing to change your lifestyle, habits, or routine. You are an exceptional being who deserves the best things in life, even if your past makes you think otherwise. The ego is an odd beast, in the fact that it can show up as grandiosity, while really signaling weakness. It is a psychological mechanism that seemingly protects you from attracting harm, while really it breeds negativity and is parasitic to your energy and ability to transform, heal, grow, and enjoy life to the fullest. Be

cognizant of where thoughts and emotions come from to be sure you are not struggling with your ego.

Becoming cognizant of why you are drawn to somethings and averse to others will also help guide you. Think critically. It's a skill that will help you heal, grow, and achieve throughout your life. Ask yourself, why do you like the things you like? Why do certain things make you feel good while you have an aversion to other things? There are a number of reasons this could be but the really goal is to establish if you like these things because they lift you up or if you like them because they keep you where you are. For example, an alcoholic likes to drink but not because it is really helping them, but because it is familiar and does not take them out of their comfort zone.

Another interesting thing to ask yourself is are these things your relatives enjoy? You are likely programmed to like the same things. Try things your relatives enjoy and see what works for you, too. It's not to say they like them because they are beneficial, so a little critical thinking can help here, too.

Mindfully cease things that don't make you feel good. Instead, focus on and revel in the good feelings of doing things your mind, body, and soul appreciates. Be thankful for everything that helps and makes you feel good, no matter how small it may seem. Every little opportunity to express love and gratitude helps program your DNA for positive expression. Remember to never underestimate the ripple effect.

Think about and actively envision the good these things do for your body. Visualizations “create” your reality. If you envision things going wrong, things will go wrong. If you imagine positive outcomes, you attract positive outcomes. You may not know your destiny, but you can visualize concepts you want to attract. Tap into your soul and the energy of the universe through meditation.

Meditation means accessing expanded states of mind and simply equates to slowing down your thoughts so you can think more clearly, process information thoroughly, and give better attention to possibilities. This state of mind is like that when you are about to fall asleep, but haven’t yet. When you meditate, you stay awake but allow your mind to drift in the same way. Emptying your mind of conscious thought like this allows you to evaluate and consider your subconscious thoughts in a way we do not when we are actively awake.

It is a common misconception that meditation means not thinking. In reality, this is far from true. It is a more passive thinking that comes from easing the nervous system into relaxation and letting the soul flow as it will in a way we don’t do in our normal state, but this flow heals the mind, body, and soul. Use this special state of mind to navigate your barriers, understand yourself better, and create your own identity and reality.

Visualize love, healing, gratitude, and abundance – whatever it means to you – when you are meditating and with time and effort it will come into your waking life. Imagine supportive people around you and yourself healing on the intangible levels invisible to us, but no less powerful. Focus on creating feelings of

confidence, finding inspiration, and the satisfaction of your accomplishments. Have faith that the ideas and images you receive as you practice this will move you closer to your ultimate goal of deep healing and prosperity. It helps to also try to develop a habit of soothing yourself with these visualizations even when you are not meditating for best results, but if you meditate with them they become clearer, more tangible, and easier to access in a normal state of mind.

There does not need to be absolute silence, just find a place you can sit still and rest. You can even meditate laying down if it's more comfortable for you. Close your eyes and act like you're going to fall asleep, but instead of falling asleep just let your mind wander. Think positive thoughts. Remember to disarm your desperation and fear. Whatever puts your mind at ease, go with it until you are deeply relaxed with flowing thoughts. From here, you can choose what to meditate on or just let your soul guide you. Whatever comes up, address it. This is when you think most clearly so it's actually the perfect time to solve problems without the ego being attached. If it helps to gesture removing barriers, freeing yourself, or anything else it is perfectly fine to do that. Do what you feel moved to do.

To visualize receiving your abundance you can imagine anything that symbolizes abundance to you. You might imagine money falling from the sky like a slot machine. Imagine its sounds, the way it feels in your hands. Feel it getting heavier and heavier, its weight in your pockets. Alternatively, you could imagine each star in the sky is a gold coin. Pick them one by one, reaching into the dark sky, to harvest your birthright of prosperity. For you, this

might also be money growing on trees, or something more literal like finding a huge stash of money. Whatever appeals to your mind as the epitome of striking it rich is what you should envision. You can even do this more symbolically. Symbolic visualizations can be anything that makes you think of healing, success, and abundance. For example, thinking of trees covered with flowers or bushes covered with berries is symbolic of productivity, abundance, and vitality.

Most beneficial for igniting major change and healing from the deepest level, though, is zero point field activation. This field, ZPF for short, is where all things are created. Zero point energy is present in everything and is the very essence of the universe's infinitely abundant energy. Since the wonder of the universe is that it all seemingly came from nothing, you can harness this potential to turn what you imagine into reality. Electrical impulses caused by thoughts and the things you imagine create energy in the brain. Imagining of new things is the zero point field energy and it makes thoughts become reality.

To do this zero point field meditation, ease into a meditative state. Visualize a portal into the cosmos opening. You can gesture this, too. Envision or gesture pulling the double helix from your heart, obviously much bigger than it really is, from your heart. What does it feel like coming out of you? What does it feel like in your hand?

Put it into the ZPF portal – what do you feel when you reach inside? Watch it glow brighter and brighter inside the womb of the cosmos until it glows golden in color. Step through the portal into

the ZPF. Allow yourself to be made anew, relieved of your burdens, and filled with the love and healing of the universe. Take the double helix back into your hands feel its warm glow with a grateful heart. What feels different? Place it back into your chest like the key to a door, knowing it will heal you. Breathe deeply to help it fill all of you inside. Envision its golden glow surrounding you now. You are glistening with miraculous healing. Say “thank you, I love you” and step out of the portal back into the waking world. Open your eyes. Stretch, take a few deep breaths, and say it again before going back to your life.

Alternatively, you can do another double helix meditation. Once you are in your meditative state, envision your double helix growing, twirling inside of you. What does it look like? What color is it? Is it bright or dark? Glowing or drab? Imagine it slowly rising up from your core out the top of your head. It is turning there, but now above you are also your guardians. Are they angels? Past spirits of friends or family? Do you recognize them at all? They now take your double helix and are braiding it. They work patiently and with love to repair, restore each harmed strand with love, light, and abundance. Do they say anything to you? Take heed if they do. Once they have finished – no need to rush – let them offer it back to you as they may. They might hand it to you, put it back inside you, or simply leave you to figure it out. Follow their lead and follow your heart.

Mantras and affirmations help to reinforce positive thought patterns and instill new thinking and confidence. Mantras and affirmations in both statement or question form can help. Statements help to instill certainty, where questions help to open

the mind and do not trigger feelings of doubt if you struggle with that. Instead, questions encourage the mind to receive new possibilities and potentials and consider how the idea can come to be. This is especially helpful if you lack self-esteem or don't have a firm grasp on how to accomplish your goal of prosperity or find a source of abundance.

Examples of affirmation include "I am healing" or "I am healthy" but if you feel unwell this is hard to say with enough conviction for it to work well. If you don't feel good saying something if will not help you. Your conscience needs to be clear. For the sixty days of this process, you could try saying "I am healing deeply more and more every day" as your mantra. Alternatively, you could say "vitality and abundance are my birthright" to help you get to a place where you can believe you are healing and being healthy is imaginable. Say what feels good to you.

This is why asking questions to yourself is different and more effective if you struggle with self-esteem or subconscious influences of negativity. Questions you might try instead include "why am I healing so beautifully?" or "why am I made brand new each day?" If you feel robust and healthy, but still struggle to attract your dreams you can ask yourself questions about your specific goals like "why do attract success with grace and ease?" This helps your mind's eye find what you are looking for without self-deprecating retort.

Another way to visualize, practice mantras and affirmations, and do deep introspection on your likes, dislikes, and hangups is writing, as well as thinking, speaking, and typing. Each uses

different parts of brain to express the details you perceive in different ways, emotions and all. Trying out each helps you to heal on many levels and draws out stuck emotions that evade the mind's eye and mouth's grasp. See what works best for you. You might be surprised at the things that come up with each form of communication and expression.

Knowing anything good is possible regardless of the past, believing you can heal any wound whether it is literal or metaphorical, trusting in the process of healing and transformation are always the first things to work on. It gets easier in due time, depending on where you are starting from. Sixty days of mantras, affirmations, introspection and intentional action will work magic on your well-being and progress toward achieving your wildest dreams.

Desperation, however, is counterproductive. True faith and trust relieve desperation. The process may be challenging, but desperation at its root is doubt. It's okay to understand that your situation may be severe, but know you are doing the work and it will pay off. Let this give you peace. Good things take time, but are worth waiting for.

Remember that chakras are more closely tied to epigenetics and PNI than one might suspect at first. However, balanced chakras regulate the nervous system and create homeostasis, which is the main goal if we want to create positive gene expression and manifest prosperity. Not only is this balance in the soul for chakras, but balance in the mind, body, and soul. Think back to when you considered your most prevalent emotions, reactions,

and feelings and their organs. What chakra do you need to work on? Can you feel the block? Can you feel a surging or another reaction? Be sure to continue work on your chakras throughout your spiritual journey, and ideally your whole lifetime.

To help focus your chakra work into deeper manifestation of positive gene expression more readily, envision the double helix spiral glowing the color of the chakra you are focusing on and its perfection. This helps to activate chakra energies and reinforce homeostasis and spiritual balance within the DNA structuring. You will be channeling universal energies to heal the broken, negatively expressed, or mutated strands.

To reinforce your transformation on all levels, envision your expectations for what is to come. You can do this with symbolic visualizations or literal. If you know what you want, being specific is advised. See yourself taking the actions required. Feel your willpower, focus, determination. Imagine the flow of love, light, and abundance you aim to attract.

Meditative Regressions

To help you release past troubles, the benefit of meditative regressions cannot be overstated. They are truly necessary if you have inherited negative expressions of your ancestor's traumas, hardships, or scarcity or experienced these things for yourself. There are many types of regressions you can do. They include trauma regression, childhood regression, womb regression, and familial regression. You may also need to do a past-life regression

if you are an old soul with a troubled past. These past lives can follow your mind, body, and soul for an eternity if you do not heal them. These each will help to heal different aspects of your psyche that keep you from making the progress in this life that your soul desires and you know deep inside is your birthright and purpose.

Each person's soul has a purpose and mission in each lifetime to grow, evolve, and progress. Meditative regression helps to achieve that through positivity. Allowing yourself the freedom and strength to work toward that creates vitality and spiritual power necessary to achieve those wild dreams to desire on the deepest level to obtain. To work on this, you need to practice raising your vibration and freeing your mind through meditation before you can expect a successful regression, and eventually a tangible progression in this life.

Every type of regression requires you to open up. This next piece might be the most important thing to do: let down guard, take down the barriers holding you back, and break the defensive mechanisms you've acquired to protect yourself. They do not protect you without a great price – blocking the bad also blocks the good. The first step to any regression is to meditate. Once your mind slows down, you can practice letting your guard down and opening up to messages.

Trauma Regression

Think back to the first trauma that comes to mind. Whatever memory is impacting you most will likely be the first to surface. There is a lesson to be learned from whatever happens in life –

even things that seem to be innocuous or trivial, so be certain there is something to be learned from major life events.

It is not all bad if you choose to see the good. Seeing the good fades the bad and makes room for more good things. Be proud of yourself - you survived and are choosing the higher road. Thank yourself, say "I love you" to yourself, either mentally or verbally.

It's okay to feel whatever emotions come up, but do not hang on to them anymore. Visualize setting them free. Drive them into the earth or sky. Physically pull them from yourself if you must.

Remember that everything happens for a reason, so there is never no hope left. The past does not dictate the future, so envision stripping the past of the power it holds over you, whatever is hanging on to you holding you back from the abundant future you deserve. Forgive whatever or whoever caused you harm and forgive yourself for staying hurt. You deserve release and renewal.

Thank the cause of your harm for ultimately showing you your strength and giving you a model of what not to be. This offers you the chance to reframe the experience so you can now allow the deepest parts of yourself, the soul and DNA, to heal and become wiser, more confident, and more compassionate to others.

You will probably have to do this more than once, depending on your unique experience and healing process. If you have had multiple traumas, you will need to do it for each.

Childhood Regression

Everyone has had adverse childhood experiences, whether it was an insensitive comment from a sibling, classmate, or parent, or a truly intense traumatic experience. Something hurt you, no matter how good you had it and this memory might live on doing more subconscious harm than you are aware. If you were not able to come to understand and release the experience healthily it can linger in the body and time after time of DNA restoration it does not get healed, but becomes part of you. You can always release and heal this.

Once you have achieved your meditative state, imagine yourself going back in time. Search your subconscious for a time you were hurt as a child. Likely, what comes up first is the memory causing you the most pain. It is what you should work on first. It might not seem “bad enough” but children are easily influenced and take a lot to heart that they might shake off as adults. It could even be as simple as hearing your parents worry about paying the bills that’s keeping you from attracting prosperity and abundance so keep an open mind. There is always a lesson to be learned.

Take whatever the lesson may be you needed to learn from the experience – if only your own strength or how to let go of the past – and be proud of yourself for making it this far. Say “thank you, I love you” to yourself for being willing to do this hard work and break the negative cycle in your mind, soul, and body. It might still hurt today, but it doesn’t have to hurt tomorrow.

What have you been hanging onto about the situation and why?
What keeps you here? Let it go.

Forgive the cause and thank it for showing you your strength and giving you a model of what not to be or do to others. Reframe the experience – what good has come? Likely, if you hadn't experienced this you would not be working on such brave renewal and would not be here now reading this ready to take on the world and this major healing.

Allow your deepest self, your soul and DNA, to heal and become stronger, more resilient, and more virtuous. Feel the healing. Feel the release. Feel the lightness. Take a deep unburdened breath, letting it all go. Visualize this however it flows into and out of your mind.

Like the other trauma regression, you will probably have to do this more than once. It's amazing the things that start to surface with regular practice of doing this exercise. The essential thing is to not grow upset with people you care about who accidentally hurt you. Now is the time to move on and not let the past hold you back any more.

Womb Regression

What do you know about your birth and time in the womb? Ask if you don't know. You might be surprised what you find out that had never come up.

Once you are at ease in the right mindset, imagine your gestation. What would you have heard in the world outside of the womb? What would your mother have been feeling as she carried you all those months? What would she have thought about? What were

her emotions like? Was she worried about having a baby? Was she confident and excited to have you or was it scary to her? What kind of concerns did she have? Did she have to push herself to work through the pregnancy, or was she able to rest and on producing a healthy, happy baby?

Imagine your birth. What kind of world did you believe you were coming into? What did your consciousness expect from life? How does that align to what you've experienced so far? Who greeted you? How did they feel about bringing a life into the world? Were they excited? Nervous? Ready for the responsibility? How did that effect you?

Go back further. Put yourself in your mom's mom's womb as your mother's eggs were formed. Ask the same questions about when your mother was in the womb and her birth.

Forgiveness for the things that were not perfect will help you to heal. You may have picked up negative expressions, but remember almost all of these expressions can be changed. Imagine the alchemy – hurt transforming into healing. Feel love for your small, innocent self and your mother and her mother before. They did their best, whatever that was. Feel compassion for yourself and for them. Forgive the cause of any harm. Give gratitude for all that went right and the healing you are creating now.

Moving back into the womb and to birth may also need to be repeated. While your memories may not be conscious, they are present as energy and feelings. This can be more abstract, but

working through it is no less important. If you feel called to do it again, do not ignore this calling.

Familial Regression

What do you know about your family history? Sometimes negative things aren't shared to protect the family "legacy" but adverse events exist and carry on outside of consciousness – rooted in the DNA. Whether or not you know anything harmful, you can do this. The energy is still there.

Clear your mind to the meditative state. Allow your mind to wander back through the years. Imagine old relatives over the generations. Some one will come to you. What are they going through in your mind's eye? Even if you don't see it, you can likely sense it. Memories are not always vivid. Sometimes they are emotions, feelings, whispers of thought that linger.

Put yourself in their shoes. What can you learn about the cause and effect? What is the root of the problem? Take the lesson you need and recognize how it has carried down through the generations. Be proud of your ancestors for surviving, and be compassionate for them. People are often too close to their own problems to see and fix them. Set them free, gesturing if you must, and say "This can no longer hold me back. I am free."

Say "Thank you. I love you." Forgive the cause, whoever or whatever it may be. The past can only follow and hurt you as long as you let it. Thank the cause for showing your family its strength and giving you a model of what not to be and how to overcome.

From here you can reframe the experience and turn it into a learning experience, not a prognosis for generations to come. Allow your soul and DNA to heal. Offer it strength, encouragement, and lightness. Let the experience determine you to do better and be better than what hurt you. Offer the world and yourself what you would have wanted offered to you and your family in the past. Envision releasing the family “curse” and envision new light, hope, and destiny. Imagine redirecting yourself and your family line to a new beginning and reception of your inherent familial birthright of prosperity and abundance. You can change the course for the generations to come.

Since family lines run back throughout the course of all human history, you can do this as much as you want. Regressions are like peeling back the layers of an onion. One regression can lead to major healing, but more regressions offer ever deeper healing.

Past-Life Regression

Focus your intention on receiving whatever past life memory your mind wills. Whatever your mind pulls up in its freedom is what you need to work on. It may seem unrelated, bizarre, or unlikely but it is something weighing on your mind and soul that needs to be addressed. Take the lesson, recognize how it has affected you in this life and others. Be proud of yourself for being here today loving yourself enough to do this work to free your soul and allowing your soul to transform to the next level of its journey. Think of where you may carry this experience in your mind and body. Say either in your mind or out loud, “Thank you. I love you. I am proud of you.” Feel gratitude, love, and confidence grow inside of you.

This feeling is the feeling of the positive feedback loop that will allow positive gene expression to form. Remember to feel this every time you think back on the regression. Forgiveness of the cause of your negative cycle that you've uncovered is also important. It came up because your soul no longer wants to carry that burden. Release the harm, thank the cause for showing you your strength and giving you the lesson. Now knowing, you can reframe the experience and allow your deepest self, your soul and DNA, to heal and become stronger, more resilient, and more virtuous.

Envision releasing the burden and envision new light, hope, and destiny redirecting yourself and your soul to a new beginning. End the regression with reception of your rebirth and eased mind, body, and soul. Accept your abundant birthright with gratitude and appreciate the lightness of your unburdened soul. This will make room for amazing things to come into your life, but you may have to do this more than once to heal all of the lingering wounds from your past lives.

How to alter and bring out the best in your genes.

DNA is not destiny. We can alter our genes and bring out the best in them by changing the expression of the gene without changing the DNA. Once changes are made to the gene expression, no matter how small, the change must be nurtured and cared for. The nurturing of the change in our gene expression will help us understand the effects of our behavior and beliefs and the role they play in our health and longevity.

There are undoubtedly lifestyle variables that have a significant impact on our health and lifespan. A BMI of 25 or below, a diet rich in fruits and vegetables, frequent cardiovascular activity, and avoiding smoking and excessive alcohol use all contribute to living to a ripe old age. These are visible bodily habits. However, metaphysical elements that we cannot see, such as awareness and intention—expressed in our ideas, sentiments, prayers, and attitudes—play a vital part in the epigenetic regulation of genes by enhancing our emotional state and lowering stress.

It's taken hard science a long time to understand that something as intangible as a belief may manifest as good or negative alterations in our cells. However, it has been discovered that these characteristics can have a significant impact on health and lifespan. What we think about ourselves changes the realities. While attitudes like optimism and positivism were originally thought to be accidents, they are now recognized as taught qualities. They are cultivable. Knowing that we have substantial hereditary influences on the creation of healing proteins in our bodies gives us great motivation to acquire ways to alter our attitudes, a therapeutic tool that can outperform most conventional therapies.

What you think, feel, and believe changes the genetic expression and chemical composition of your body on an ongoing basis. So, by employing attitude, belief, nurture, self-talk, and spirituality to de-stress, we are influencing which instruments in our genetic symphony predominate. This understanding offers you a world of self-healing possibilities as broad as the number of minutes left in your life. When you realize that you are doing epigenetic engineering on your own cells with every sensation and thought, you suddenly have a level of control over your health and happiness that can make a significant impact.

