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**Robert Gerard - Change your DNA, change your life**

UDC 615.851 BBK 53.57 D40 **Gerard Robert W.**

Change your DNA, change your life! Ways to improve your physical, emotional and social well-being / Perev. from English. - M .: LLC Publishing House "Sofia", 2006. - 192 p.

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More than 30,000 people around the world have already experienced the DNA Activation process, which aims to heal and rejuvenate the body, as well as expand consciousness. The composition of human DNA includes, in addition to the known two nucleotide chains, ten more “virtual” ones. When "activated", these additional stores of genetic information provide a person with healing from diseases, spiritual enlightenment and a "cosmic connection" with the universal life force. The book describes the function of the new DNA strands, their connection to the chakra system and the breath, and practical "DNA healing techniques" that can change your body, mind, and life for the better forever.

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**Preface to the Russian edition**

The International DNA Activation Program came to Russia in the spring of 2001 and immediately attracted the attention of our spiritual audience. Against the background of many spiritual teachings that have flooded our country in recent decades, it stands out in that it combines spiritual techniques with a strictly scientific approach. And of course, the one through whom such knowledge comes into the world plays a huge role. Dr. Robert Vincent Gerard - Healer, Writer, Philosopher, Esotericist, Founder and Presenter of DNA Activation Seminars - Has a broad interdisciplinary background (from a civil engineering degree to a Ph. spiritual literature and, finally, the founder of the International Foundation for Spiritual and Educational Programs "Outen House Foundation".

But the main work of his life came to him when in 1997 he received DNA Activation and his ability to activate DNA strands inside chromosomes and heal others by triggering cellular and psychological mechanisms of healing was discovered. Since then, his mission has been to transfer this knowledge and techniques to the world. And he does it brilliantly, using the latest achievements of modern science to substantiate his work, which surprisingly combines biomedical and spiritual aspects.

Now science is on the verge of the final completion of research on the human genome and the discovery of the key to life. Scientists are interested in identifying a clear structure of DNA and deciphering the sequence of individual elements that make up human genes. But who laid this key of life in us, and what guides DNA in fulfilling its most complex role in the body? Dr. Gerard's research shows that DNA - this divine matrix embedded in us - contains all the information necessary for the healing of each person and the human race as a whole. We just have to learn to consciously communicate with it. They scientifically confirm that we are indeed Divine Beings and that we are naturally capable of self-healing. During his seminars, powerful healing techniques are given:

* First DNA Activation - Activation of Youth and Vitality;
* Second DNA Activation - Diffusion and Rejuvenation;
* Third DNA Activation - Revealing the Healing Image of our Uniqueness embedded in the DNA;
* Fourth DNA Activation - Integration of Masculine and Feminine in us;
* The Fifth DNA Activation is the Activation of the Royal Consciousness in us.

Our biological DNA today is known to have only two strands. DNA healing occurs as a result of our conscious communication with it coming from the heart, which allows us to restore the functions of the other ten helixes that we once lost. And this is achieved as a result of the above DNA Activations.

Since April 2001, Dr. Robert Gerard has been teaching DNA Activation workshops in Russia and Ukraine. First, seminars on the First, Second, Third and Fourth DNA Activation were held in Moscow, Kyiv, St. Petersburg, Ufa, Yekaterinburg and Togliatti. Then, during his next visit to Russia, he was given a revelation about the need for subsequent Fifth, Sixth and Seventh DNA Activations. He has been developing their methods recently. In particular, the Fifth DNA Activation in the spring of 2005 was first held in Moscow, arousing great interest among its participants.

Over 25,000 people have already activated their DNA, and they are reporting the changes that have taken place in their lives, which humanity has long dreamed of.

Processing the feedback from people who have undergone DNA Activation allows us to divide the observed effects into 4 main groups:

* improvement of the physical condition (cleansing the body, good sleep, rejuvenation, energization of the body, etc.);
* changes in the psychological and emotional state (increased self-confidence, reduced stress, improved memory, etc.);
* improving relationships with people (a deep sense of love for others, attracting like-minded people, etc.);
* self-disclosure (a better understanding of the meaning of life and awareness of one's path, a sense of self-respect and self-love, etc.).

The most remarkable thing in this work is that here a person is not engaged in self-activity - all the finest work on DNA Activation is carried out by higher spiritual plans, which we ourselves first call for this.

Considering the huge worldwide interest in DNA Activation Workshops, and the desire of many activated participants to conduct such workshops themselves, Dr. Gerard developed a 120-day training program for DNA Activation Eligible Practitioners.

The first, second and third courses of this program were already held in Russia in 2001 and

2002

Recently, Dr. Robert Gerard has been conducting all his seminars together with his wife, a healer from Croatia, Zelka Roksandich, with whom the Universe connected him in 2003. We are even proud that their engagement took place in Russia, as if emphasizing the important role of Russian energy in the life of this spiritual Master. When a man and a woman are harmoniously connected as spiritual halves, which are Robert and Zelka, they are given new spiritual revelations in the form of new programs and seminars, which they will definitely bring to Russia. These are such amazing new workshops that are a big hit with our spiritual audience, such as The Palette of Healing Methods, Chakra Healing Techniques, The Art of Peaceful Confrontation, The Temple of Human Relations, The Spiritual Foundations of Intimacy, and finally, unique author's method "Healing using zero point technology - ZERO Technique". The word "ZERO" (ZERO) simultaneously means a zero point - a point of initial purity and perfect health with which a person comes into the world, and at the same time is an abbreviation of the first syllables of the names Zhelka (ZE) and Robert (RO). Healing sessions according to the ZERO technique include the following phases: diagnosis and awareness of the causes of the disease; cleansing and healing; maintaining and enhancing the healing effect. The most surprising thing is that the ZERO technique sessions also have a healing effect when conducted remotely, since boundaries and distances are not an obstacle for these energies. and at the same time is an abbreviation of the first syllables of the names Zielka (ZE) and Robert (RO). Healing sessions according to the ZERO technique include the following phases: diagnosis and awareness of the causes of the disease; cleansing and healing; maintaining and enhancing the healing effect. The most surprising thing is that the ZERO technique sessions also have a healing effect when conducted remotely, since boundaries and distances are not an obstacle for these energies. and at the same time is an abbreviation of the first syllables of the names Zielka (ZE) and Robert (RO). Healing sessions according to the ZERO technique include the following phases: diagnosis and awareness of the causes of the disease; cleansing and healing; maintaining and enhancing the healing effect. The most surprising thing is that the ZERO technique sessions also have a healing effect when conducted remotely, since boundaries and distances are not an obstacle for these energies.

We congratulate you that through this book you too will be able to get acquainted with the amazing spiritual techniques of DNA Activation. These techniques are not just given to heal our physical body, as it might seem at first glance. Each DNA Activation is a Spirit-led and consciously undertaken attempt by us to cleanse the distorted system of our beliefs and beliefs, which leads to the emergence of diseases. In general, DNA Activations give you further impetus to move towards the full realization of the Divine potential inherent in each of us. As Robert Gerard says, “To be healed is to return to wholeness, to a pure reflection of the Source.” And we sincerely wish you this!

*Irina Sutokskaya,*

President of the Educational and Peacekeeping Center "Flower of Life", candidate of biological sciences

**Mission Statement**

The mission of our Foundation is to promote the dissemination of ways and techniques for achieving perfect self-mastery, enlightenment and gaining strength through self-healing through modern educational programs, lectures and publications.

An important component of our mission is the dissemination of basic information of the Fund on a global scale through a specially created "Genetic Network".

The main goals of our work:

* improving health and promoting alternative methods of mind-body healing;
* activation of the genetic code;
* physical and emotional cleansing;
* inspiration and enlightenment;
* Consciousness of Unity in relationships;
* Connection of science and metaphysics;
* Basic aspects of perfect self-mastery.

Once you realize that you are on the path to enlightenment and are ready to do the God-given work, it is time to reach out to the community that truly is waiting and needing you.

**God, the Genetic Web and the Followers of Light**

Dr. Gerard was channeled with new information. It goes back to ancient Egypt, then was passed on to the Essenes, and this line must be continued. A hugely important undertaking of the Outen House Foundation is the Genetic Network, a community of loving people who have undergone DNA Activation and are determined to walk the path of Light. They connect the "breath of the world" and communicate with each other, forming working groups, "bushes" and regional centers. Through the "Genetic Network" it is planned to distribute educational programs offering author's tours and seminars, information for individuals and groups, as well as feedback.

"Breath" to our Fund is given by each "activated" participant. As they all spread this knowledge in their communities, the Divine Plan will unfold. The Fund intends to do everything possible to promote this.

**Thanks**

First of all, heartfelt gratitude to the Source, our Divine Creator, for the materials presented in this book and for the development of the DNA Healing Project. Without the constant inspiring vigil of the Spirit, the DNA Healing techniques would not have been able to reach the people of the world so quickly.

I would like to thank the members of the Outen House Foundation whose support made this publication possible. And of course, to all those humble souls who acted as pioneers by going through DNA Activation. The Foundation thanks you for your feedback, for your words of encouragement and continued support.

**dedication**

To my little daughter Samara Rose, who has seen Healing Angels during my sessions and who constantly reminds me of innocence and play.

To my Goddess Wife, Zhelka, who connected with me, bringing her love, energy and wisdom to enable you to bring this sacred information to you. This book is also dedicated to each of you who have heard your inner voice, applied these techniques, and taken responsibility for your own health and well-being.

**Warning**

This is an alternative method of healing, especially healing and rejuvenation of the mental, emotional and spiritual body of a person.

It does not claim to treat adverse medical or psychological conditions. If you have any of the symptoms described here, you should consult a doctor or psychologist. Please also do not meditate while driving a car or while working with complex machinery.

We strongly recommend that individuals with known mental or acute emotional problems should not perform DNA Activation on their own. Such activations should only be carried out under the guidance of highly qualified certified Practitioners, psychiatrists or psychologists.

If we do not include the freedom of medicine in the Constitution, then the time will come when medicine will become an underground dictator ... The Constitution of our Republic should specifically stipulate the freedom of medicine, as well as the freedom of religion.

***Benjamin Rush,***

***"Father of American Psychiatry"***

***one of 56 delegates who signed the Declaration of Independence***

**perspective**

At present, scientists and physicians have achieved results that were considered impossible half a century ago. However, the more discoveries are made, the more "white spots" are found. Our research has taken us only to the outer limits of the universe and has shown that there are at least 250 million suns in our galaxy.

When studying our body, no less depths are also revealed. According to ancient hermetic principles, the dynamic processes occurring in the cell of a living organism are identical to the dynamic processes occurring in galaxies. The vast space between the electrons and the nucleus of each atom in different molecules is consistently explored by quantum physics. But even the most powerful electron microscope cannot detect the basis of life—the wonderful organization of DNA within our own cells. How does DNA arrange itself to contain the specific genetic code for our body? What causes disease and aging? Will we ever know all this? The answer is YES!

The invisible mechanisms of our CELLS and their DNA govern all the biological and psychological processes of our body. Every moment our body electrically, chemically or psychologically processes trillions of bits (units) of information. It's time for the Cellular Mind. It is time for us to recognize this great gift and use it.

From the moment of conception, our internal DNA computer begins to register literally any event that occurs outside of its original structure. All emotions experienced, whether they are generated by our senses or received from the external environment (observations, beliefs, traumas, events, conventions imposed on us by parents, social scenarios, etc.), are recorded and accumulated in our cells and DNA. In terms of our physical and basic psychological characteristics, we are nearly perfect at birth. And then our senses begin to absorb everything around us.

The American Journal of Natural History states that "the majority of the human race shares 99.9% of the same DNA codes, indicating approximately 0.1 percent variability among individuals." Thus, out of three billion pairs of possible genetic codes, only three million pairs determine our structural differences from each other. “Along with this, much of our inner world has nothing to do with genes, but is determined by our own unique life experiences.” Most importantly, our psychological belief apparatus and perceptual cognitive functions were already ready to operate. This is how our unique life began, filling the empty bins of our beliefs with what we experience and perceive. Every emotion and every feeling we generate and experience

Francis Collins, head of the American National Branch of the Human Genome Project, stated in November 1999 that "it is necessary to identify one billion of the three billion chemical base pairs in the genetic material, establish their sequence and publish all this in the form of an accessible database." Most of this work has now been completed.

This research is ongoing, and thousands of scientists around the world are trying to understand our DNA from a scientific, medical and psychological point of view. Mapping chromosomes made of DNA requires 80,000 genes to be deciphered. Every day more and more of them are identified and thus the "key" of life is revealed. But let's take it one step further and ask, "Who has planted this key in us?" and “What kind of mind guides DNA in the most complex and advanced tasks that mankind has ever seen?”

In fact, we are our environment. At the cellular level, we, consciously or unconsciously, absorb all environmental influences through protein cellular receptors. These receptors serve as antennas for the cell. They receive external information. Pioneering research by cell biologist Dr. Bruce Lipton has clearly established the role of these cellular receptors and how proteins are built from amino acid chains in a living cell, which in turn influence the cell's behavior and its ability to adapt to its environment. Proteins perform countless tasks, from communicating between cells to transporting molecules. Our DNA sends messages (called mRNA) to the cell through the process of transcription. The cell adapts by translating the mRNA message into appropriate proteins, which in turn change the behavior of the cell. If you want to,

As you grow older, you create your past and future. You consciously and unconsciously fill your life with past memories and expectations of the future. In this constant process of trial and error, we learn and collect information, some useful, some not. We not only become what we eat, but also what we perceive and experience. Experiences that do not serve our highest good must be discarded. But how? If these experiences are permanently registered in our DNA, how can we remove them from there?

According to Dr. Lipton, awareness and perception are genetically determined determinants (indicators). He demonstrated that environmental information influences cell behavior through the cell membrane. Lipton gives a description of how evolution can be clearly demonstrated in the structure of the cell membrane, and this happens with the participation of consciousness. The results of Lipton's research show that positive perceptions indeed promote healing, vitality, and fulfillment at the cellular level and beyond.

Since 1997, I have observed increased psychological effects as a result of the DNA Activation methods I have developed. These simple, safe and effective methods have been proven to improve the lives of thousands of people around the world. DNA Activation uses a specific speech method that integrates your intent, imagination, and heart-driven emotion. This technique allows us to stimulate communication between our consciousness and the physical body with permanent results. DNA activation serves as a unique tool for empowerment. Once carried out, it leaves a permanent imprint*[[1]](#footnote-1)* and thanks to this, an automatic catalyst for change appears in us. The result is a constant and natural cleansing and renewal of our physical, mental, emotional, social and spiritual bodies. This is a completely harmless natural biological and psychological process, which within a few years allows us to make spontaneous and subtle transformations for the better in us.

How can we get rid of unwanted beliefs, conventions imposed on us by society, incorrectly working scenarios, emotions and, of course, diseases? How to change the behavior of cells inside your body? The answer is obvious - change the mechanisms of your perception and thinking and give yourself the joy of gaining strength and self-healing. We must understand that our cells absorb their external environment, change themselves and allow us to adapt.

"The fact that the primary structure of DNA actually changes is generally accepted in the scientific community, but unknown to most people" (Hartman, 1975; Wintersberger, 1991). Research compiled by Dr. Glenn Rein suggests that "We are not necessarily bound by the genetic matrix we receive from our parents... Our imagination and our intent have also been shown to be critical components of a state of consciousness capable of producing biological effects." Modern information scientifically confirms that in the implementation of the principle "consciousness is higher than matter" these two factors must act in concert. They are not separated from each other, and this old idea, shared by many, has finally waited in the wings! So change is real! The biological nature of the human body guarantees this. Your mind-and-heart can do it!

The key challenge here is even more difficult: to understand how cells communicate with their DNA. As soon as this is understood, the secret of life will begin to unfold before us - we will listen to what will be said to us. Or maybe our DNA will start listening to us. After you use the techniques in this book, your DNA will change and your life will change accordingly.

From the point of view of healing and renewal of the body, it is very important to assume that the principle of "mind over matter" begins to work when the DNA is instructed to do something. Bestselling author Dr. Deepak Chopra devoted an entire section of his book Ageless Body, Timeless Mind to the topic of DNA and Destiny, showing that "awareness" is influenced by certain hormones involved in the molecular processes of DNA. He further notes, "The responsibility for changing this awareness lies with each individual."

The highest form of intelligence is the ability to communicate. Communication requires us to be aware of our intention. And when we raise our intention to the highest levels of understanding, we begin the process of creation.

An idea and the intention associated with that idea are the highest forms of creation. And intention coming from the heart is faith in action. The key to a successful life lies in our ability to use our intention and influence changes within ourselves.

Andrew Weil promotes alternative approaches to healing in his bestselling book Spontaneous Healing. He makes the following several conclusions regarding the activities of our DNA:

* Healing is a natural ability of life itself.
* The healing system works all the time.
* Healing happens spontaneously.

In the book Solar Legacy, Paul Van Ward talks about the key role of consciousness in the process of morphogenesis, such as the development of body structure. He and other scientists believe that subtle energy fields exist throughout the known universe. Van Ward succinctly suggests that when "conscious intention" unites with these "subtle energies", the process of creation begins in both stellar and atomic space.

According to Dr. Lipton, "how we perceive our environment directly controls the activity of our genes."

DNA seems to be a complex structure, but it is mainly made up of monosaccharides and four nitrogenous base molecules. How do they know how to act? Our life depends on how these molecules think, act, influence and reproduce, but does our word play a role in this process? And again the answer is yes!

The world and our lives are changing rapidly. It seems to us that time is disappearing right before our eyes. All “end times” predictions are predictions about us, and we ask ourselves the question: what is really happening and why?

It is time for humanity to take the quantum leap for itself. Our mental and physical health has become too dependent on others. We are faced with the fact that we are being led somewhere and even taken aside by what “they” say. There is always "they". You yourself play a vital role in what you do with your health when you say what you think and create in your life what brings you joy. The time has come! Take responsibility for your life - go deep into yourself. Understand that becoming the master of yourself is your gift. You have the conscious intention and subtle energies to change your reality, including your DNA. Activate yourself, recognize your Divine essence. Become all that you can be! It's time to change your DNA and change your life.

*In Love and Service to Humanity,*

*Outen House: Members, Staff and Volunteers*

**Some food for thought**

* 60% of all people who use medicines prescribed by a doctor have problems with their side effects, resulting in 9 million people being hospitalized... 28% of hospital admissions in 1992 were due to side effects of drugs and about 200,000 people died from prescription drugs.

*"Electrical Nutrition"*

* 82% of the population is unhappy with their current situation: 75% of Americans are unsure about their financial future and 85% of Americans would like to have better control over their time. These stressful situations affect the immune system and block the healing energy of the creative process.
* Four out of ten Americans used alternative medical treatment in 1997; The total number of visits to alternative medicine practitioners has increased by 50% since 1990. By some estimates, Americans have paid $21 billion for services provided to them by alternative medicine.

*The Journal of the American Medical Association*

* More than 85% of deaths in the West are due to degenerative diseases: mainly heart disease, diabetes and arthritis.

*Peter Knopfler*

* According to some estimates, approximately 2,216,000 patients annually experience serious consequences of the harmful effects of drugs.

*The Journal of the American Medical Association,*April 14, 1998

* It is important to understand that the food we eat never enters our cells: 99.9% of it passes through the intestines ... Our body needs a change in digestive enzymes and bacteria that regulate the acidity (pH) of gastric juice to carry out the digestion process. This command chain is an electrical process. The slow destruction of the electrical functions of the intestinal lining often results in the cell's inability to electrically interact with the DNA code. In essence, the cell loses contact with the source of instructions given to it, which can later manifest itself as a disease that we call cancer.

*"Electrical Nutrition"*

* At least 34% of Americans use alternative therapies such as chiropractic, herbalism, and megavitamin therapy. The number of visits to doctors using non-traditional methods of treatment now exceeds the number of visits to doctors working in the primary health care sector.

*Harvard Medical Institute report in the New England Journal of Medicine*

* Self-healing is our future.

*"The Popcorn Report"*

* The chemical reactions of fat metabolism are controlled by enzymes, which are proteins encoded by a specific gene. Violation of the sequence of elements in the DNA that makes up this gene can lead to the fact that the body will synthesize a defective enzyme, which causes metabolic disorders and further obesity and other problems.

*Health & Fitness, December 7, 1999*

* Preventable harmful effects are the leading cause of death in the US. Analyzing data on 33.6 million hospital admissions in 1997, it was concluded that at least 44,000, and possibly as many as 98,000, Americans die in hospitals as a result of medical error ... This is the eighth leading cause of death .
* The number of deaths due to preventable harmful effects of treatment exceeds the number of deaths from car accidents (43458), breast cancer (42297) or AIDS (16516).

*From a National Academy Press report, 1999.*

* Money and medicine:

$50 billion - weight loss industry;

$27 billion alternative healthcare industry; $33 billion self-medication industry;

$23 billion - supplement industry.

*"Nutrition Business Journal"*

**Purpose of this book**

This book is a guide to self-healing based on evidence-based results. Techniques are given here that promote individual and global healing. If these techniques evoke a resonant response in you, then use them to your advantage. If not, then pass this book to your friend or put it aside until better times.

The DNA Activation techniques presented in this book are powerful yet simple methods for exploring your inner spiritual space. Perhaps for the first time in your life you will be able to see spontaneous healing, relieve yourself of pain, let go of oppressive emotions and feel that you are not limited by your physical body.

Going through the DNA Activation is the first step towards the overall integration of the physical body, mind and soul, a moment you will remember with joy for the rest of your life. As you become more familiar with these techniques, you will become more familiar with your human body and discover its vast inner world. Imagine the transformation of pain and illness into Love. Represent the power of healing and a deep understanding of how it all really works. Most importantly, imagine, use your imagination.

This book is about transformation. It is a reference guide that will hopefully inspire you to do DNA Activations. And if so, we advise you to purchase the special 120-Day DNA Activation Program Resource Kit, which contains all the necessary information on how to perform the First and Second DNA Activations yourself.

After going through positive changes (after the first two DNA Activations), you will be ready for the Third and Fourth DNA Activations, which are briefly mentioned in this book and for which there are also special Material Kits.

This edition of Change Your DNA, Change Your Life! significantly expanded, it provides new information about cellular consciousness and its biological functions. It offers the reader more complete guidance and advice on how to get the most out of DNA Activation. Using the suggested techniques, you will be able to continue the work of releasing emotions and self-healing. And this will allow you to better understand the relationship between your expanding healing consciousness and the spiritual nature of your being.

We recommend that serious readers use the 120-Day DNA Activation Program Resource Kit and, subsequently, the Third and Fourth DNA Activation Resource Kit. Those who prefer to receive more confidence and personal guidance from a trained healer may contact their nearest Certified Practitioner.

The book consists of four parts.

Part I, The Divine Matrix Within Us, explains how cells, chromosomes and DNA work. It provides specific and detailed information about the complexities and wonders of this matrix of life. Co-written by our medical consultants and editors, it covers the ins and outs of DNA and describes some of the latest discoveries in the field of DNA science.

Part II introduces the philosophical, physiological and psychological aspects of the DNA Healing Project. Here you will find a general overview of DNA Activation techniques, as well as some preparatory instructions and excellent visualization techniques. More detailed instructions for using visualization and meditation exercises have been added. In this section, the expression "spiritual over material" begins to come to life as you see the miracle of Life unfold based on the Divine plan within us and the Divine feminine energy that surrounds us, and how the proposed healing techniques will empower humanity. However, it must be emphasized that the successful mastery of these techniques requires the highest purity of intention and love in the heart.

Part III provides a basic understanding of the activations themselves. You will know the true power of conscious intent, spoken commands, trust and imagination. A description of this process is given with sufficiently detailed texts of the activations themselves. However, we strongly recommend that you use the 120-Day Program Resource Kit, which provides an even more detailed description of the activation process and provides specific instructions.

Part IV has been redesigned to better cover the many possibilities and techniques to help you get more out of the transformation process through DNA Activation.

This book will show you the way to better health. It will take you to the limits of your imagination, unlock the doors of existing limitations, and expand your creativity beyond your wildest dreams. We advise you to re-read this book, check it out and decide for yourself whether you are ready to be a co-creator of Life - in the image and likeness of the Creator (however you perceive the beauty of all this).

Our Organization truly believes that DNA Activation and healing is given to you by birthright. They are a universal gift to each of us, although underused by many people. You can enhance these healing processes in your life and restore your mental, physical and emotional state to a state of perfect well-being. You can change your DNA and thereby change your life.

Our intention is to promote self-healing leading to empowerment. As a creator-healer, you will benefit from better health and experience the joy of universal service. So please take it with an open mind and give these techniques a chance to work. You can do it!

We advise those who are interested in this and want to go even deeper into healing, to receive appropriate training and certification within the framework of the Education Program of our Organization. We have a range of training programs, our staff and professional consultants ready to help you master these healing techniques.

Every day we receive more and more feedback from the Activations that have already passed, about which we will inform you later. So please register with us and we will keep you up to date with the latest news. You can use the email and postal addresses provided at the back of the book.

In order for the whole world to benefit from our discovery, this information must be studied and applied in practice. This is where your work begins. Please join us and help us spread this knowledge. We thank you.

**Benefits of DNA Activation**

The potential benefits of First and Second DNA Activations are described in part below. Positive results vary for each person, but thousands of people have recorded significant, consistent, and reproducible benefits.

During activation, spontaneous healing can occur, mainly in cases of acute physical and emotional disturbances. It appears that the First DNA Activation allows the physical body to realign itself towards a healthier state. The reports and evidence available to date show that those who have undergone activation undergo significant detoxification on both a physical and emotional level. This very important cleansing process, which begins immediately upon activation, may continue for several weeks and is repeated periodically for several years until complete.

The second DNA Activation results in an acceleration of psychological awareness and more subtle changes. The results show that a person finds more harmony with himself and gets a clearer idea of ​​​​his destiny and the purpose of life.

Although most of the recorded changes, apparently, relate to the physical condition, however, the liberation from negative emotions, the clarity of thinking and the improvement of relationships with other people come to the fore. The amazing thing is that this happens literally automatically!

DNA activation does lead to a clearer orientation in life and a better understanding of one's mission. It enhances self-mastery and helps you realize who you really are. You are on this planet to feel, create and share with others what you have achieved. Looking inside yourself to find the obstacles that stand in your way is a bold challenge. Self-realization is the key to your freedom. DNA activation helps you get to the bottom of these truths about yourself.

The following are summarized reports of observed effects in many thousands of people. These constantly observed positive changes can be divided into four main categories:

***Physical state****:* body detoxification

* rapid growth of hair and nails
* feel younger and look younger
* increase in energy level
* lucid dreaming
* desire to eat better
* better communication with your body
* increased water consumption
* strengthening the body's ability to heal itself

***Psychological and emotional state:***

* increased self-confidence
* improved perception
* improving the ability to recognize
* clearer speech
* less stress and anxiety
* sharper memory and faster manifestation
* increased sense of competence

***Human Relations:***

* the emergence and acceptance of new feelings and sharing them with others
* liberation from all obsolete
* clearer vision of relationships
* a deeper sense of love for others
* attracting “soulmates” and “members of your spirit family”

***Opening yourself:***

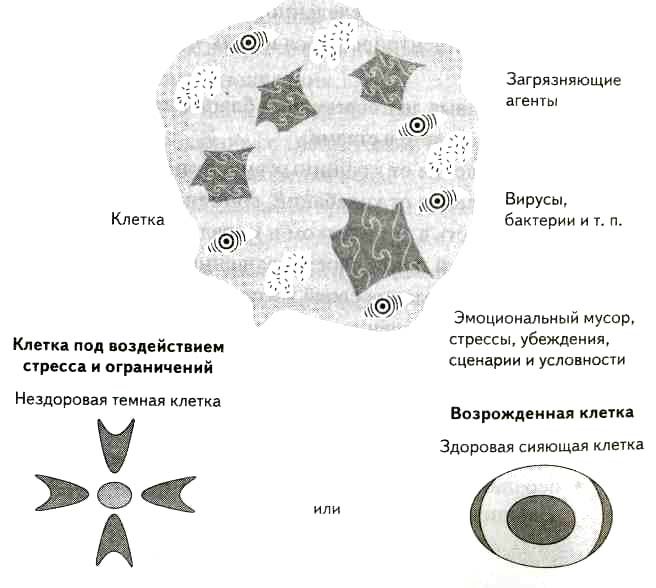
* the automatic ability to face the truth about oneself
* finding answers that bring meaning and clarity to your life
* turning uncertainty into accuracy and truth
* the ability to concentrate and be "here and now"

**Pronounced long-term beneficial effects, supported by evidence:**

* release from deep emotional stresses
* freedom from hesitation, doubt and fear
* the need for physical and moral cleansing
* a more explicit search for one's sacred path
* better understanding of your life purpose
* a clearer vision of the uniqueness of each person
* realization of love and respect for oneself
* the realization that the Universe, as in a mirror, shows us our problems in order to identify and solve them
* awareness of the changing time and conditions around us The diagram below shows: a) an unhealthy cell, the life of which is disrupted by such harmful factors as emotional stress, dangerous microorganisms and environmental pollution; b) a dark cell that is already dead; and c) a bright and joyful healthy cell that radiates light.

DNA activation serves as a catalyst to return the cells of our body to their original state of purity and health, which will bring joy and lightness to the whole body. The process of cleansing the cell begins with the release of stress. There can be quite a lot of stress and negative emotions, but it can be the easiest to get rid of them. A sudden shock to our psychological state can change our attitude to life and perception so dramatically that it will free us from years of stress and negative emotions. An unexpected death in the family or the birth of a child can often affect us so strongly that our very behavior in the family and society changes. After DNA Activation, stress and other emotional problems automatically disappear.

**sick cell**



Many environmental pollutions of industrial origin are considered socially acceptable, but they are alien to the body's immune defense system. They enter our body through cosmetics, plastic packaging, pesticide residues and, of course, tobacco smoke. Let's also not forget about the influenza virus and other dangerous viruses that surround us.

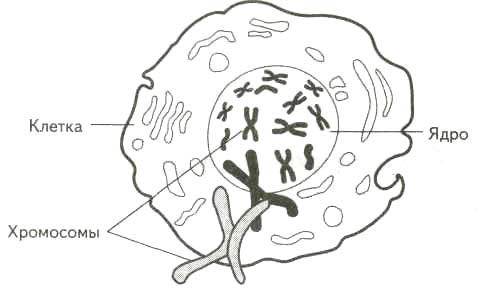
Improper use and digestion of food, its incomplete assimilation, the inability to completely eliminate pathogenic microorganisms and the accumulation of toxins and other by-products of metabolism in the body significantly overload our body.

An organism that is under stress and in need of detoxification is most susceptible to disease. Therefore, every effort must be made to keep the body in a clean and efficiently functioning state. In his latest book, Radical Wellness, Dr. Rudolf Ballentine explains the process of cleansing and detoxing in detail. The book contains excellent schemes and recommendations for your health and your own experimentation in this area.

We all love to eat well and put a lot of effort into preparing and consuming gourmet meals, but remember Ballentine's wise saying, "Cleansing is just as important as eating."

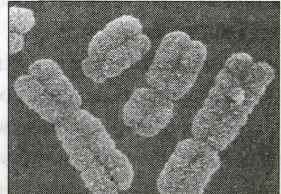
**Part I**

**DNA - Divine Matrix within us**

In this section, you will learn about the work of the Divine Matrix that exists within you - about your DNA. First general provisions, and then some details.

The complete genetic matrix that specifies the instructions for creating all possible variants of a particular organism, protection is called the genome of this organism. The genome is the complete gene set of an organism, and it is contained in its entirety in the nucleus of every cell in that organism.

The genome is subdivided into chromosomes, and chromosomes are built from DNA. Every cell in your body contains DNA, and all cells are controlled by DNA. There are more than 10 trillion cells in the human body, and through the most complex and large-scale processes, all of them are strictly organized and are in constant communication with each other. Each cell is endowed with consciousness, is aware of itself and other cells and performs its specific function in a single ensemble with other cells.

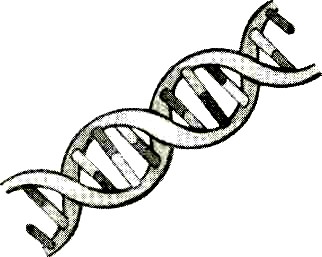
The genome contains hereditary and cultural imprints and codes that determine skin and eye color, blood type, height, hair color, and every conceivable human trait. This is what makes a fingerprint unique and specific to that individual. It is also responsible for birth defects and other hereditary abnormalities.

*Chromosomes at high magnification*

Much less known is that DNA can be influenced by intention.

The DNA within each cell nucleus forms linear strands known as chromosomes. Each human cell contains 46 chromosome strands, which most of the time exist as 23 pairs of chromosomes. Each strand of chromosomes is made up of many genes, each responsible for one distinct biological function.

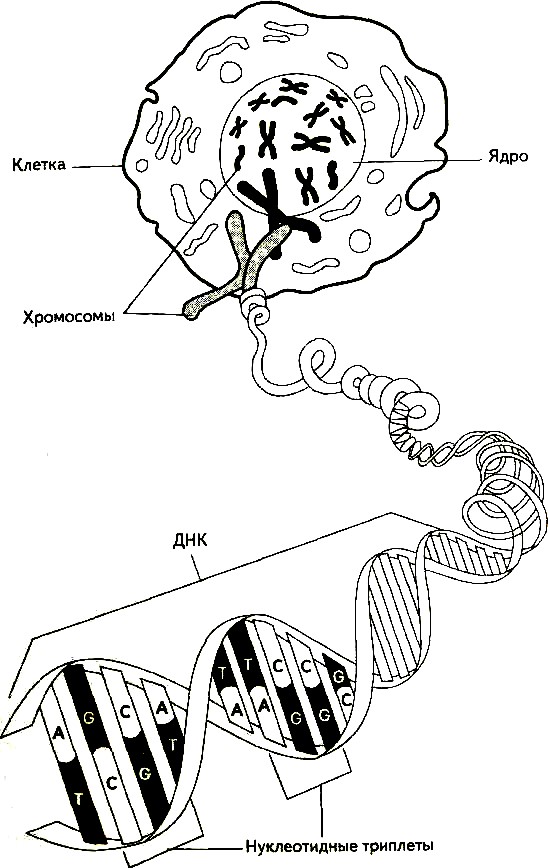
Being a small subunit of a chromosome, a gene is also made up of DNA.

If you think of a chromosome as a long passenger train, each train car would be a long strand of DNA, and each passenger would be a gene that codes for the synthesis of one particular protein. DNA stands for deoxyribonucleic acid. (Recent discoveries show that DNA is actually a salt, not an acid, but let's not

change the power behind the DNA code.)

It is best to imagine the DNA molecule as a twisted ladder with rungs. It consists of two parallel linear molecules built of repeating sugar and phosphate molecules, held together in between by basic molecules (bases) called nucleotides (the rungs of the ladder). This double helix structure is coiled like a telephone wire. And then rolled up again, like the same telephone wire twisted into a tight ball.

Four base pairs (adenine, thymine, cytosine, and guanine) make up each rung of the ladder-like double helix structure of DNA. Thus, each crossbar consists of two paired bases: [adenine + thymine] or [cytosine + guanine].

 These basic nucleotides (the rungs of the ladder) make up the DNA code, and each one is exactly aligned with the Divine Matrix. We can say that each cell has its own purpose and consciousness, and, having consciousness, it is capable of communication. Our ability to communicate with cells is vital aspect self-healing, allowing you to regain strength.

Let's look at some of the details of the operation. The power of DNA lies in its ability to control cell function, behavior, and structure. It gives instructions, uses its own language and, in a sense, is the "text" or "script" that the entire organism follows at the cellular/molecular level. The code, or "alphabet", of this "script" can be described in terms of the sequence of rungs of the DNA helix-ladder.

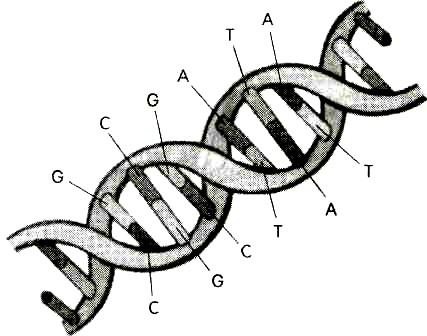
The genetic traits of individuals and the entire species are conserved, or

"archived" from generation to generation in the form of DNA. DNA controls cell growth and ensures that every cell in the body is healed, renewed, and terminated. Thus, DNA acts as both a physiological regulator of the cell and a chronometer, since it keeps track of the biological clock of each cell, and hence its longevity. Increasing the lifespan of cells (and the whole organism) comes down to learning how to rearrange the biological clock controlled by DNA.

*The nucleus of every human cell contains twenty-three pairs of chromosomes.*

The chromosome contains long strands of DNA nucleotides. There are four different kinds of nucleotide bases: guanine (G), cytosine (C), thymine (T), and adenine (A). A set of three nucleotides makes up a triplet.

The ability of written English to store and communicate information is due to how the 26 letters of the alphabet are put together into words. Genetic information in DNA is actually determined by the sequence of four nucleic acids (or nitrogenous bases): adenine, thymine, cytosine and guanine, respectively denoted by the letters A, T, C and G. It is from these "letters" that the information-containing "text" in DNA is formed. Just as the 26 building blocks of the English language obey certain rules of combination and sequence, the 4 building blocks of DNA obey their own set of rules (CG, GC, A-T, T-A) (see Figure 1).

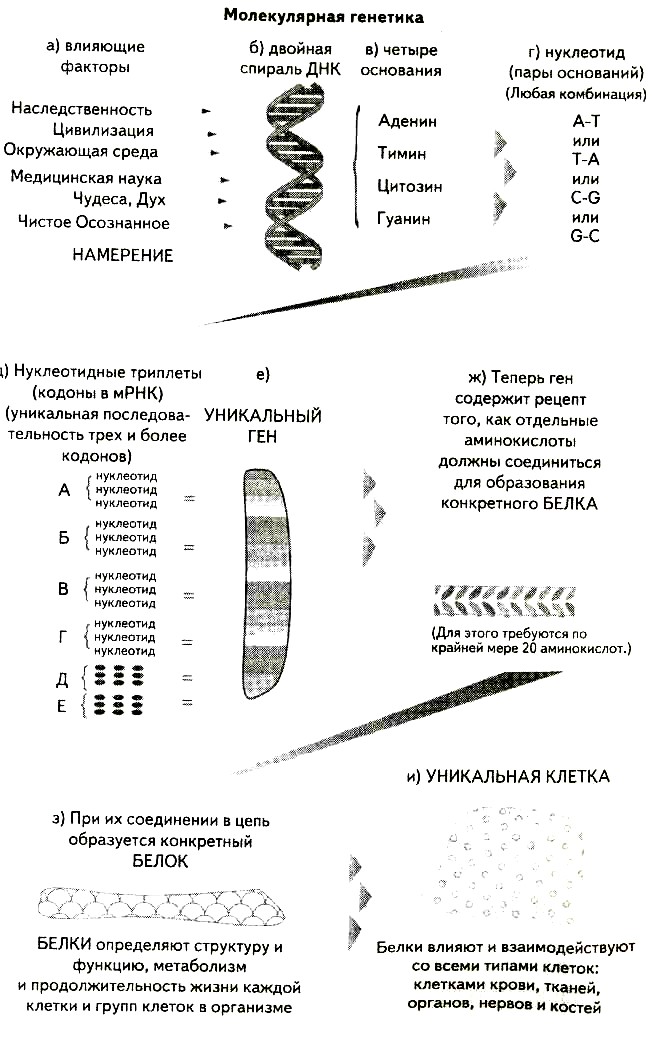


Each rung of a ladder consists of a pair of bases. Each load-bearing segment of the ladder projects one base into the center of the spiral. The four bases pair up in a very specific way. Adenine always pairs with thymine, while cytosine pairs only with guanine. So when you see a T on the DNA crossbar, you know that A will be opposite, and G will be opposite C. For example, if the sequence on one side of the strand is A-TAGCG, then its partner on the other side of the strand is TATCGC.

The essence of the Divine Matrix is ​​consistent accurate information, and the power of this DNA lies in our ability to communicate our intention to these bases and their combinations. This is precisely what science will confirm the validity of the thesis about the prevalence of consciousness over matter. On April 5, 1990, Dr. Ryan Drum and Len Wisnesky presented the results of their research at the American Holistic Medicine Association. Dr. Drum, a specialist in electron microscopy, found that intention has molecular implications, and Wisnesky, a microbiologist, proved that intention serves as a stimulus for receptor synthesis. According to Peter Knopfler's research, “in all cells that have receptors and memory, intention can send a vibration or stimulate these receptors. Therefore, if you are thirsty and you think about water, mentally synthesize, and thousands of cellular activities are physically metabolized. Even before you start drinking water, your intentions and thoughts have already launched activity at the cellular level so that your brain, stomach, kidneys and rectum are ready to receive water, in other words, intentions are metabolized by the physical body. Can you imagine what chocolate does?

The DNA code is interpreted, or "read", in a certain direction. Information in one chain is read in the opposite direction from the other chain. The nature of the sequence in DNA strands determines which parts of the DNA must be selectively read and in which direction.

Each combination of three consecutive nucleotide bases (called a codon) conveys the specific required biochemical instructions to the cell. Since there are 4 different bases, the number of sequence combinations of 3 bases is 4x4x4, or 64. Thus, 64 different codons regulate the chemistry and function of cells.

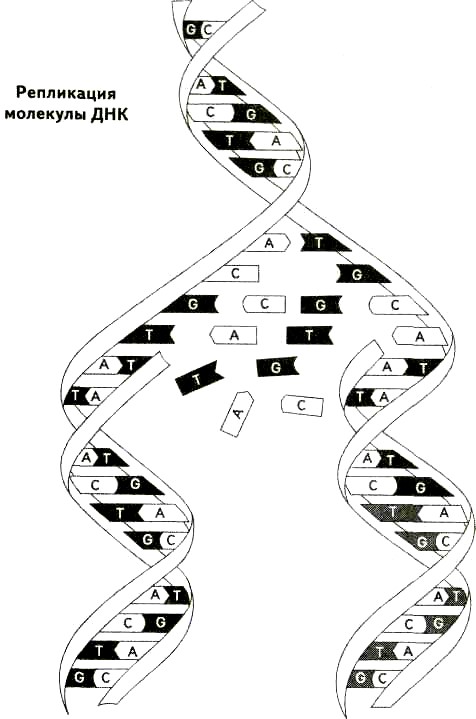
A gene is the entire sequence of codons that contains the synthesis code one functional protein. A protein is a complex molecule made up of a chain of simpler building blocks called amino acids. The structure of a particular protein is determined primarily by its a unique sequence of DNA codons (base triplets) contained in a particular gene. Each DNA codon (triplet of bases) contributes to protein synthesis as one instruction for the synthesis of a given protein molecule. The codon command may look like one of the following instructions: (1) start building a new protein chain; (2) add a specific amino acid to the chain; and (3) complete the synthesis of the protein chain at exactly that position.

Through this process, the genetic material of the cell nucleus (DNA/genes) determines the activity, structure and behavior of both individual cells and functional groups of cells.

(i.e. organs). The "Molecular Genetics" diagram (p. 42) is a graphical representation of how the DNA instructions for cell activity are created and formulated.

**DNA replication**

The DNA molecule replicates (reproduces itself) by making an exact copy of its two strands. In order for the process to begin, the two chains are split in the middle, as in "unzipping" (see Fig. 2). The structure of each of the opened double helix halves attracts its complementary (complementary) set of nucleotide bases to form two new whole ladders. So chain 1 separates from chain 2; strand 1 attaches a new copy of strand 2 to itself; and strand 2 attaches a new copy of strand 1 to itself. With this mechanism, where there was originally one double helix, two identical double helixes eventually appear. It should be noted that many models of DNA sequences have remained unchanged since the birth of life on our planet. '

Figure 2. In the DNA double helix, adenine (A) always binds to thymine (T) and cytosine (C) always binds to guanine (G).

In order for a gene to carry out the process of producing a particular protein, it must undergo transcription. First, the piece of DNA that makes up a particular gene is unfolded. Then the "zipper unzips" (splitting occurs). open split molecule

DNA attracts the required number of nucleotide bases. This creates a new extra single strand, which then breaks off from the paternal DNA (gene). This new single unpaired strand is called "messenger RNA" (mRNA, or mRNA[[2]](#footnote-2)).

Once this process is completed, the original DNA closes again, folds up, and waits for the next call to action. Meanwhile, the unique and detached mRNA moves to another location within the same cell or outside the cell in order to finish the job of making the protein.

When the environment is biochemically suitable, the unpaired nucleotide bases of this unique mRNA

begin to attract specific amino acids to build a new protein (chain of amino acids). For every three unpaired nucleotide bases (codons) of an mRNA molecule, one specific amino acid is added to the new strand.

Once all amino acids are in place and in the correct sequence, a new (protein) chain breaks off from the mRNA. Now this unique protein begins to function in the capacity for which it was created. This process is very fast, precise and precise, and it happens millions of times per second throughout your body.

The Human Genome Project is trying to decipher the sequence of bases in all human DNA. This extremely voluminous task of analyzing and collecting data was taken on by a multinational team of scientists, where each is responsible for the study of the sequence in the piece of DNA assigned to him. It is believed that within a short period of three years, the entire human genome can be mapped completely.

The complete set of human DNA is a huge database of approximately 3 billion base pairs. Many genes related to specific chromosomes have already been mapped. Other genes have been identified from these results, but their exact chromosomal address has not yet been established.

**Telomerase and telomeres**

Telomerase is a newly discovered enzyme with unique anti-aging properties. Telomerase is synthesized in the cell and is directly responsible for the stability and strength of the telomere, a structural protein found at the ends of DNA strands (these are like caps that seal the ends of chromosomes). During cell division, telomeres can be lost or damaged, which disrupts cell division, causes abnormal cell replication, or even completely stops cell division.

Inside the chromosome, DNA is in a "supercoiled" state. During cell division, the ends of the DNA can become tangled as all the chromosomes separate. The ends of the chromosomes have a special sequence that is repeated many times to maintain the integrity of the chromosomes during division. Telomerase restores telomere strength and increases the chance of proper cell division.

Unfortunately, cancer cells also produce their own telomerase, which can stimulate excessive or endless cell division. For comparison, a normal cell usually stops reproducing after a certain number of divisions. In a sense, cancer cells are immortal, that is, until they destroy the organism that nourished them. Research continues to find ways to inactivate telomerase in cancer cells to signal them to stop dividing.

The researchers also want to figure out how to turn on telomerase activity in normal cells. Once this is discovered, we will be able to slow down or reverse the aging of healthy cells. Restoring telomeres to their full length will reset the biological clock. The result of this can be the extension of human life.

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| *Man does not weave the web of life, he is but one thread in it. All,* |
| *what he does in relation to this network, he does in relation to* |
| *to himself.* |
| ***Chief Seattle*** |
|  |

**Some DNA data to think about**

Space exploration is fully commensurate with the study of DNA and consciousness. Here are some proven data regarding DNA:

1. The diameter of the DNA double helix is ​​about 10 atoms wide, or, in other words, 2 nanometers (one nanometer L (nm) is one billionth of a meter).
2. The distance between nucleotides is approximately 0.35 nm. h
3. The length of one complete genome is approximately 6 feet (1.8 meters).
4. If you have 75 trillion cells in your body and you decide to stretch all of your DNA into a single line, then it could encircle the Earth about 5 million times.
5. If your DNA were 2 inches (5.08 cm) wide, then your body would be the size of the Earth.
6. DNA is a source of emission of photons (light). Perhaps there is a connection between the emission of DNA photons and consciousness.
7. The amount of information in the DNA double helix is ​​so huge that it contains 100,000 genes.
8. Inside the cell nucleus, this entire volume of DNA is coiled up, occupying a space of only a few thousandths of a millimeter.
9. Scientists believe that every second, approximately one million red blood cells disappear and are replaced by new ones. Each of these cells is built on the basis of a negative or positive mental image. The body is constantly rebuilding.
10. Official sources say that of the 1 billion base pairs that have been traced to date, 468 million are in definitively verified form. Another 665 million are under computer verification. 11. The cell is the primary element that contains carbon, oxygen, hydrogen and nitrogen. She is able to regenerate herself. We are constantly renewing our bodies. Every six weeks, we regenerate our liver, taste buds and even DNA. We update ourselves in less than two and a half years.

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| **Prayer of a Lakota chief named Yellow Lark** |
| O Great Spirit, |
| Whose voice do I hear in the sound of the wind  And whose breath gives life to the whole world, Hear me! ..  I am small and weak. |
| I need your strength and wisdom. |
| Let me walk in Beauty and let my eyes See the purple-red sunset.  Make my hands respect all that you have created |
| And my hearing was keen to hear your voice. |
| Make me wise so I can understand What you can teach me.  Let me go through the lessons you have hidden |
| In every leaf and stone. |
| I'm looking for strength not to be taller |
| My brother. But to defeat your worst enemy. |
| Himself.  Make sure I'm always ready to come to you |
| With clean hands and a straight look, |
| So that when my life begins to fade |
| like a burning sunset |
| My spirit could come to you without a shadow of shame. |
|  | | |

**Part II**

**Consideration of DNA Activation and Healing Techniques**

Part II is intended to provide an orientation in preparation for the DNA Activation and Healing process. It includes the following topics: concept and basic concepts, philosophy,

The NEW Trinity of Life, brain wave states, sound tones, colors, hidden DNA structures, visualization and imagination exercises, and an explanation of why communication and trust are such important aspects of healing.

Part III presents a description of the process, its use, and instructions for the First and Second DNA Activation techniques. In this book, for the first time, more advanced techniques are given - the Third, Fourth and Fifth DNA Activation. Those interested in these advanced techniques can now purchase the Activation 3rd and 4th Resource Kit.

1. FIRST DNA ACTIVATION (also called the Youth and Vitality Chromosome Activation Technique).
2. SECOND DNA ACTIVATION (also called the Diffusion and Rejuvenation Technique).
3. THIRD DNA ACTIVATION (also called Uniqueness activation).
4. FOURTH DNA ACTIVATION (also called Integration activation).
5. FIFTH DNA ACTIVATION (also called Royal Consciousness activation).

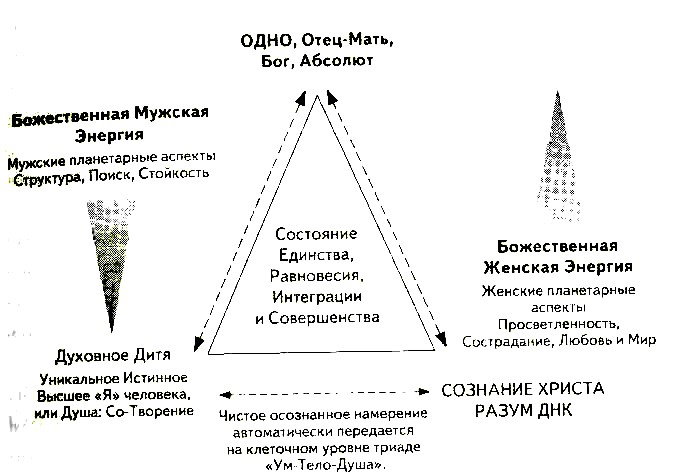
**Concept: DNA ACTIVATION techniques**

First of all, DNA Activation and Healing is a process that has nothing to do with a person's religious affiliation or beliefs. It's as easy as taking a brisk walk or making an omelet. DNA ACTIVATION, like exercise and food, is vital to physical and emotional health.

The process of the First and Second DNA ACTIVATIONs takes approximately half an hour each.

The results remain for life, as the method by which they are developed triggers an automatic and uninterrupted healing process. Activations are sacred in the sense that they are remembered as very special and simple gifts received from the Creator. Indeed, they are so simple that people may not realize their potential and eventually forget about them, just as we can easily forget the importance of baptism, confirmation, and bar mitzvah.

DNA ACTIVATION is a direct process and can be thought of as the integration of the loving God within you, your True or Higher Self, and the consciousness of your body, which I arbitrarily refer to as the "mind of your DNA." This is the New Trinity of Life, a new relationship where your all-encompassing True Self, your Godhead and the DNA within your body are fully synchronized and in perfect balance. They are now ONE. For most, this is accomplished when a person receives DNA ACTIVATION. In many cases, spontaneous healing occurs, whether physical or emotional.

The New Trinity of Life is schematically as follows:

When God consciousness and consciousness DNA communicate, destiny is revealed. Once the DNA mind is activated, it becomes one with the relationship of the New Trinity of Life.Body more does not dominate And actually undergoing a revival. This freedom existence is in fact a huge shift in consciousness. Now the body has equal expression of its own existence.

Prior to DNA Activation, our ego mind can rationally suppress this New Trinity of Life and assert our separation from God and the planet, keeping us in a painful duality. Activations Give us the opportunity to be one with God and end Separation.

In this New Trinity of Life, Source intentions, DNA intelligence, and your Higher Self communicate automatically. What is revealed to you is based on intuition, if only your inner ear works. Your wisdom becomes the basis for making decisions, as information about your health, your emotions and your destiny is revealed in a very subtle way. The results obtained to date from the DNA Healing Project consistently demonstrate that such results exist. Please remember that the DNA Activation process begins in the "mind led by the heart" and uses the Force of Intention.

Everything that happens starts outside the realm of science and medicine, includes the Spiritual aspects of your Higher Self, and takes place in your physical body and in your psychic realm. Only time and determination can determine when medicine will be able to recognize this magnificent healing phenomenon.

Here, in a nutshell, is how the First DNA ACTIVATION works. You create the intention to receive this special gift of life. You then enter a state of brain activity, connect with your Divine source and affirm that the activation is done with the purest intent and love of your heart. After that, the Universal Energies of Love-Life enter you through the top of your head and descend into the pineal gland, the most sacred gland of our body. Once here, the life force energies will enter your Great Master Cell, the first cell, the conception cell, and call forth the Youth and Vitality Chromosomes, which are the archetypal chromosomes. When they appear, the command is given to see the unfolding of the DNA.

The call for DNA ACTIVATION is read with the command to activate the Chromosomes of Youth and Vitality. Ten new strands of DNA are then called upon to build on and integrate one by one on top of the existing DNA. Upon completion of this process, new Chromosomes of Youth and Vitality are formed inside the Great Master Cell, the ends of which are sealed with a protein telomere.

Next, a command is given to reproduce the new Chromosomes of Youth and Vitality in every cell of the body. Deep breathing is done with the stomach. Gratitude is then given to Divine guidance, and the ACTIVATION ends with a demonstration of trust through the triple declaration

"It's done".

The process that occurs during activation varies greatly from person to person, ranging from feeling "ecstasy" to saying "I didn't feel anything." In either case, if the intent was created correctly, the ACTIVATION has occurred.

**Hidden (virtual) structures of DNA: multiple strands of DNA**

In addition to the existing double stranded DNA double helix of each chromosome, there are at least ten more strands of DNA (five pairs) that are "virtual" and need to be activated into our third dimensional physical structure. We appeal to the consciousness of each such hidden thread, which seems to have properties that allow a person to achieve more significant accomplishments. Intuitive information received from the Higher Sources confirms that our entire Divine Matrix, our DNA, exists completely intact, but in a dormant state until the moment of activation. For some unknown reason, the nucleotides that line up in codons have been veiled and dormant since time immemorial. Dr. Collins of the Human Genome Project stated that 33% of all DNA has already been studied. "Scientists say that most of what's left in the DNA is irrelevant or unused." This piece of DNA has been unfortunately labeled "unusable", junk DNA. I, like many of my colleagues, find it absurd, knowing that GOD created the Divine Matrix in an absolutely perfect way with the help of the Supreme Intelligence, and yet, for some unknown reason, medical science speaks of this as something “unsuitable”. The fact that our scientists cannot figure out how and why codons are ordered into genes should not limit the huge potential and incalculable possibilities of the mind attributable to this part of DNA. that GOD created the Divine Matrix in an absolutely perfect way with the help of the Supreme Intelligence, and yet, for some incomprehensible reason, medical science speaks of this as something “unsuitable”. The fact that our scientists cannot figure out how and why codons are ordered into genes should not limit the huge potential and incalculable possibilities of the mind attributable to this part of DNA. that GOD created the Divine Matrix in an absolutely perfect way with the help of the Supreme Intelligence, and yet, for some incomprehensible reason, medical science speaks of this as something “unsuitable”. The fact that our scientists cannot figure out how and why codons are ordered into genes should not limit the huge potential and incalculable possibilities of the mind attributable to this part of DNA.

Even before the publication of Change Your DNA, Change Your Life! over 10,000 people around the world have activated their DNA. They reported enduring results and life changes that humanity has long striven to achieve. Summarized, these results suggest the following:

* These hidden and mysterious strands of DNA hold the keys to a healthier body for every individual and the entire human race.
* They reveal the secret of life within us.
* By activating these threads, Spirit can better communicate with us.
* We are truly divine beings who have the innate ability to direct our own healing and creation.

These ten hidden filaments, which make up the five "hidden pairs," are actually the cosmic links, or the universal life force that dwells in every cell. They connect the spirit with the human genetic code. Each strand is absolute in its infinite ability to elevate a human life to a "body of Light" and can have universal functions beyond human limitations. Some kind of cellular language connects the consciousness of the cell with the consciousness of the whole organism. Much research and experimentation by scientists in the fields of quantum physics, medicine, psychology, and metaphysics reinforces the view that somehow, some kind of “cellular language” allows each cell to resonate within—and even beyond—its “intention” and purpose.

The names and functions of the five new DNA pairs were derived intuitively.

Communication: A command center thread that communicates and resonates with all existing life forms inside and outside of the cell. From cell to cell, from mind to cell, from cell to Spirit and from Spirit to cell. It facilitates the process of communication between the healer and the cells, which ensures the exchange of information between the conscious intention of the mind and the body; the interaction goes through the sound tone and as a result the intention of the soul is recorded in the physical body. The life of all thinking forms depends on endless interaction and communication. Molecular structure goes to the level of DNA. Before it, there are electrons, and before them, there is a level of vibrations. Life vibrates and communicates, and this is what makes intent such a vital aspect of properly aligning and communicating DNA. Perfection: The never-ending quest for better health, perfect cell reproduction, healing and expansion of the body of Light. These strands resist damage within the DNA itself and the immune system. They receive and hear the command to heal and restore balance. These threads support the perfection of the Divine Matrix in each of us. Perfection means proper nutrition, cleansing and mobility. It is what keeps the vibration of life going.

E-Motion (Energy-in-motion-\*): Individuality and resonance of cells, initiator of cellular environment and expansion, the highest expression of happiness, joy and bliss. Activation of energy for love, truth and trust. These "energy-in-motion" threads process all psycho-emotional commands and cellular memory, help to identify and release emotional blocks and life traumas. When the cell reaches its perfection or optimum state, these threads enable the cell to produce its own light energy. When these threads echo the "sounds" of balance and integration, a feeling of bliss comes and Divine Energy is created.

Creativity: These strands are the co-creators of the "cultural" aspects of life, loving manifestations of consciousness, intuitions from higher sources, inner cellular wisdom, and abundance. These threads: break down the emotional static electricity that chokes and suppresses life, and hold the creative energies of life in a dynamic state. We heal our illusions and learn to exist by expressing our Soul and manifesting the Divine Matrix. It is within these strands of DNA that removes the blocks of receptivity and opens the door for each of us to perceive Grace and Divine Wisdom.

\*

English motion means "movement", and E is the designation of energy accepted in physics. Together they give the word emotion - "emotion". — Approx. ed.

***Immortality:***Spontaneous and timeless living in the moment: eternity and affinity with the Creator and the Christ (Divine) Consciousness. The gold and silver threads - the Threads of Eternal Life - represent the absolute balance between all things and the guarantee that the relationship between the Creator, Man and this Planet remains in perfect harmony and unity. These threads are of extraordinary power and can instantly attune our relationship with our Higher Self and Source. We are moving towards our own wholeness, total self-mastery and ultimately Who We Are!

The structures of DNA and the processes that take place in it can be changed or damaged due to a number of reasons, such as toxins and radiation. As a result, abnormalities may occur during cell replication (reproduction), or the cell itself may not function properly. DNA activation can repair the damage and change the existing double-stranded DNA structure to a multi-stranded one.

The combined properties of DNA strands are simply magnificent. They operate on a creative subconscious level and are completely dependent on the free choice or free will of a person. They are incredibly obedient, because free will and choice is a true gift from God. What is especially surprising is that they operate within their own functions. In their fully conscious creative activity, they instantly fulfill the “will” of a person, perfecting each operation, acting without any restrictions.

**Colors**

Colors have long been known to carry a wealth of information and healing energy, ranging from subtle hues to deep primary colors. During activation and healing, different energy pictures and/or symbols can be seen, usually in different colors. For example, I see and use a luminous blue healing tube closed with a donut, about 2.5 cm thick, to cleanse emotions and get rid of physical pain. As I pass this luminous blue tube through the area of ​​discomfort, I notice bright silvery white sparks flare up. Each spark carries its own healing. As simple as it sounds, it works. Often I see bright green healing energy enveloping an affected organ or area of ​​discomfort.

The presence of Gold and White is extremely significant. This usually indicates the presence of a very high, pure energy—specifically, Christ Consciousness. Whenever I do a group DNA Activation, the whole room is gradually filled with this energy. When doing an individual DNA activation, I invariably see the Golden and White Universal Life Energies descending from heaven and entering the person being activated.

The late Dr. Christopher Hill, the great Spiritual Scientist, said, "Color, as we perceive it, has no essence in itself." Light is the frequency of vibration. Its existence depends on the consciousness of the perceiver. "Each color," according to Hill, "may be associated with a level of consciousness, but most people operate with more than one color." This leads us to the conclusion that as your consciousness expands, you will be initiated into the higher vibrations of light and understand its meaning and healing potential.

Many good books talk about the healing properties of color. Colors play an important role in Activation and Healing techniques because certain colors are associated with virtual strands of DNA.

Many of our certified professionals are able to see and use the healing energies of color. We recommend using the healing energies of color as they are effective in healing or ACTIVATION sessions. For a better understanding of the relationship of colors to virtual DNA strands, we provide the following table, but please note that colors may vary depending on the person:

Communication Blue

Perfection Violet

EMOTION Pink

Creation Peach

Immortality Gold and Silver

**Brain wave states**

Working with brain waves has become a common practice in the study of biofeedback, in scientific research in the fields of medicine, physiology and psychology. These waves can appear either all at the same time or separately. In sports, athletes easily demonstrate this phenomenon. A skater or skier, for example, must be fully active (beta state) and at the same time focused (alpha), emotionally relaxed and spontaneous (theta). During prayer or meditation, a person is usually in the alpha state, occasionally entering the theta state.

Anna Wise's highly informative book, The Highly Functioning Mind: Mastering Brain States for Insight, Purpose, and Creativity, provides a full detailed account of her extensive research and discoveries: “Electricity flows, brainwaves are measured in amplitude and frequency. Amplitude is the strength of an electrical impulse, measured in microvolts, while frequency is the rate of electrical oscillation, measured in cycles per second (hertz). The combination of these categories underlies the state of your consciousness at this moment.”

The state of brain wave activity can change under the influence of various factors: breathing, mental or emotional experience, sensory inputs (light, sound), movement or position of the body, chemicals or the nature of food. There is a lot of material out there on brain waves, how they affect consciousness, and how it all works.

**Following are the four categories of brain waves:**

Beta: 15 to 38 hertz per second. Beta is characterized by a very alert state and active consciousness. This is our normal waking state. Anna Wise states: “Thoughts are constantly colliding in your brain. You cannot stop or slow them down enough to focus on one of them. Your heart is beating wildly, your temples are pounding ... it seems that your mind is out of control ... "

Alpha: 8 to 14 hertz per second, a state of relaxed wakefulness and a light meditative state. A person becomes aware of his body, accelerated learning occurs due to less stress associated with learning.

“Alpha volitions are present during waking dreams, fantasizing and visualization... images and other sensory experiences do not play such an important role. The outside world kind of disappears,” says Weisz.

Theta: 4 to 7 hertz per second, similar to trance mental, visual or imaginary states, deep meditation states, light sleep states, and most creative states. In this state, visual images may occur, the body is felt very weakly or not at all. A person may experience their body as an energy field, or feel that body parts are floating freely and not connected to each other.

The book The Highly Functioning Mind points out that being in theta state can be compared to "as if someone is pushing you from the inside, some kind of knowledge that wants to come out, but it is hidden deep in the recesses of your soul ... you may feel a sense of spiritual awakening, an inexplicable burst of creative insight, a deep sense of pain, or an awakening awareness of what may be hidden in your consciousness.”

The experiences in the theta state seem to be very beneficial. Theta is an ideal state for some types of self-programming, accelerated learning, and gaining the power to self-heal.

Delta: 0.5 to 3 hertz per second, in the delta state, consciousness is turned off, which is usually characteristic of deep sleep. At the lower levels of the delta, there are no mental images or a sense of one's own body.

At higher delta levels, you can dream awake, feel connected to others, even know or feel that something is about to happen. Wise says that “the high-amplitude delta frequency evokes a strong sense of empathy and empathy. This is often noted by psychotherapists and healers ...

Let's try to feel what it is like to enter and exit theta state. Within a few minutes, start doing something actively or stay in a state of mental stress. This usually puts you in a beta state. Sit down, relax and take a few deep breaths in and out. You can feel yourself moving into the alpha state. Take a few more deep breaths in and out and allow yourself to switch off. When your mind stops thinking about all sorts of things and your thoughts go away, then you can feel the theta state. If you fell asleep, then you entered the delta state.

**TYPES OF BRAIN WAVES**

(From Anna Weisz's book "The Highly Functioning Mind"

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Beta

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Theta

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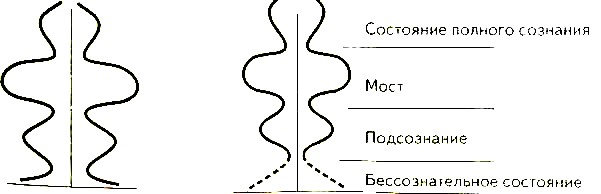
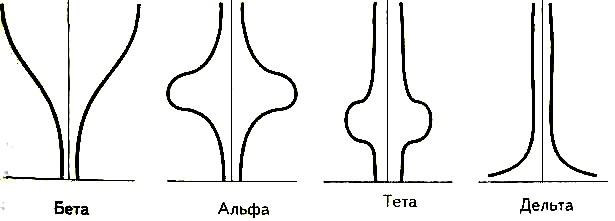
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Amplitude

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Waking state Electroencephalogram

In a state of meditation

Here is a good exercise that you can try while sitting. First, take a few deep breaths in and out with your belly to enter the alpha state. Imagine a shining, pulsating star of light in your chest. Now start lifting it up. Help yourself with your imagination. Let it rise up your throat, up over your head and over your head to a height of about 2.4 m. Let it stand above you for a few seconds, then slowly bring it back, doing everything in reverse order. By this point, you will most likely be in the alpha-theta state. You will feel quite calm, focused and mentally relaxed. Over time, this will become a good warm-up exercise for moving into the theta state.

The DNA Activation and Healing techniques use a high tesha to low alpha frequency range, i.e. 6.5 to 9 hertz per second. This is a state of low activity that is usually achieved during deep meditation, hypnosis, or light sleep. I have had excellent results while in theta states.

e. at a frequency of 7 hertz per second. You, too, will learn to slow down your brain activity to this state, and this will allow you to transfer your consciousness from the physical body up and then in. The most interesting thing is that those who will be next to you can also go into the theta state. For many of you, this will simply be a memory of that aspect of your being that you are not always aware of, but that is completely natural to you.

**Sounds (tones)**

Are you "of sound mind"? Did you know that in English the word sound (“healthy, sound” in the sense of “healed, whole”) also means “sound”? Gentle sounds relax us, sharp sounds make us uncomfortable. Sounds are vibrations and they have a frequency. Some can be heard, some can't. You can actually manipulate sound to create almost any form of communication from microbes to galaxies.

Many of us like this or that music. Music can make us happy, make us dance, and even give us a certain emotional state. In cinema, music expresses excitement, intense drama and romance. Turn off the music and you will miss it. Music is a set of tones, or resonant frequencies, that carry information.

DNA communicates using different tones. Also, with the help of tones, the intention of the human mind is transmitted to each strand of DNA. The intention of some DNA strands is then instantly communicated via tones to all other strands. This changes the chromosomes, which in turn change the cell. The logical consequence of this also happens: the DNA uses tones to communicate its intent to the healer.

Cells communicate with each other. DNA activation improves cellular communication within your body, and if you are being activated or healed by another person, between you and your healer.

This is an important point when it comes to changes after DNA Activation. Once you've been activated, simple physical contact with another person can be the start of a process of cellular remodeling. This has been demonstrated by many Reiki Masters and Massage Therapists who, after receiving DNA Activation, work with their clients with amazing results. Imagine what will happen when this process goes on a global scale.

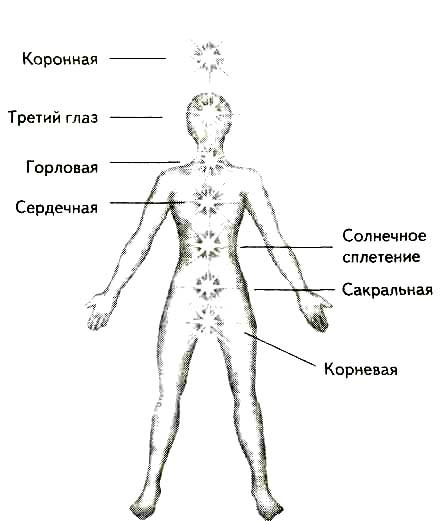
The earth generates sound at a frequency of 7.85 hertz. It is called the Schumann resonant frequency of the Earth. He's here, can you hear him? Within your DNA, sound is both emitted and received.

It's amazing how different cultures react to the same sounds, rhythms and beats. It's amazing how DNA communicates!

**Chakras**

A talk about DNA activation and healing would be incomplete without the Mentions of the chakras. Chakras are wheels of spinning energy.

Ancient peoples, Eastern Teachers, shamans and today's healers all respect and use the knowledge and wisdom that the human chakra system contains. Medical science is beginning to become familiar with the chakras, but is not yet convinced of their importance. We offer you basic information that you may want to explore further. I strongly encourage you to learn about the importance and practical use of the chakra system. There are seven main chakras in the human body. Each is similar in shape to a cone lying horizontally. The funnel starts behind you, continues through you, and exits in front. Each of them rotates and is associated with a color. These seven chakras are located near your glands and organs.

1. Root Chakra: Located at the base of the spine, the center of vitality.
2. Sacral Chakra: Located just below the navel, the center of desire and sexuality.
3. Chakra sunny plexus: located in the solar plexus, the center of personal power.
4. Heart Chakra: Located near the heart, the center of compassion and love.
5. Throat Chakra: Located on the neck, the center of communication.
6. Third Eye Chakra: Located on the forehead between the eyebrows, the center of higher intuition and creativity.
7. Crown Chakra: Located at the top of the head, the center of spirituality and enlightenment.

*The seven chakras of man*

All chakras are extremely important, interconnected and must be in balance. If any of them begins to dominate or rotate slowly, this causes a mismatch and a certain inertia of the electromagnetic systems of physiological and psychological mechanisms.

I strongly recommend that you continue your study of this subject. There are so many excellent books on chakras.

**Intention**

I am convinced that intention is the highest form of creation given to humanity. Our God-given right to use free will and choose must be preceded by our intent. Nothing can be put into action until we apply the power of intention. Whether spoken silently or verbally, intent keeps you "attuned to the Spirit" or fulfills your right to create your own realities. It is intention that gives you power in the first place.

“Every experience and every change in your experience reflects intent. Intention is not only desire. It's the use of your will," says Gary Zukav, best-selling author of Soul Refuge.*[[3]](#footnote-3).*Like it or not, every intention we create also creates a Life Script that we follow. If I don't like my job, I will create even more opportunities to do so by reinforcing the thoughts that support that attitude. Intent requires action from the Universal Energies of Light, which do not divide anything into positive and negative. At the core of the biblical truth, "Whatever a man sows, that he will also reap"\*\* is intention.

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***Gary***

***Zukav***

In Infinite Grace, Diana Goldner cites many excellent medical and scientific studies that support the power of intention. One of them especially caught my attention. It was about Dr. Robert Jan, former professor and dean of the Institute of Engineering and Applied Science in Princeton. In 1979, he founded the Princeton Technical Anomaly Research Center (PNITSTA) and received significant funding to continue his research on intention. After millions of experiments, by May 1996, he and his partner, Dr. Brenda Denmark, published their findings in the Journal of Scientific Exploration, demonstrating "that the higher planes of human consciousness influence and affect the material world." In short, this is what they found: people affect machines, every thought has power, every intention matters, humans have a high ability to create intention that transcends time and space. Their research models were based on quantum physics and showed that “just like elementary particles (matter) and Light (energy), consciousness exhibits the dual nature of a wave-particle. Just like quantum particles, consciousness can bypass and overcome barriers and resonate with other consciousnesses and ... aspects of their environment.

You are responsible for all your conscious and subconscious intentions. If you want your marriage to be happier, you need to create appropriate intentions and attitudes with every thought. If you are not disciplined enough and sometimes create an unfavorable attitude, the Universal Energies will receive a conflicting command and soon your marriage will be in a conflict situation or it will end altogether.

Intention is the purpose and purpose of the idea, desire, or command behind the original message or transmission. You must consciously determine the intention to communicate something. Treat intent yui as the topic you're thinking about. It is the energizing power of the brain to create or change something.

We communicate primarily to satisfy our intent: the longing for something that exists in our thoughts. You do this by composing a message to receive a response to your requests, desires and commands.

Intention creates an emotion—a wave of energy, momentum, or force—that results in

"intention" into action. Intention from the heart is the purest feeling imaginable. The implementation of the intention becomes possible by transmitting to the Universal Energies an order or command to realize what the intention was about.

The true prerequisite for successful DNA Activation is your ability to gain strength through the conscious and proper use of your heart-led intention.

**Initial Preparation**

It is extremely important that the DNA Activation be done with the intent of love coming from the heart. Become familiar with the use of visualization and imagination before learning the techniques. The Pulsating Star and Soul Ball exercises (described below) are excellent means to enter the theta state. Here, the more training, the faster the results. These mema exercises can be done anywhere, anytime.

Once you can easily enter the theta state, move on to activation. It is important to remember that each activation uses virtually the same starting point, just with a slight difference in words.

We are grateful to Rev. Janice Griffin for the following preparation steps, which I highly recommend. Follow these guidelines before any visualization exercise, meditation, or healing techniques:

* Do not cross your arms and legs and plant your feet firmly on the ground.
* Close your eyes and begin to breathe easily and rhythmically, as deep into your belly as is comfortable.
* Let the breath really become light and rhythmic and feel the loving energy that surrounds you from all sides.
* Let go of all your worries, tensions and stress.
* Let go of it all, let go of it all, let go of it all, so that everything dissolves into the loving gentle energy that surrounds you from all sides.
* Silently invite your angels and beings of Light to help you enter this process.
* Give yourself permission to receive the activation and healing that is needed now for your highest good.
* Let integration be easy for you. Now move on to the type of activity that you intended to carry out.

**Visualization and imagination**

Visualization and imagination are some of the most powerful tools our species has, but they are also the least appreciated. They can put you into an alpha state and even slow your brain wave activity down to a theta state, a state of creativity. Visualization and imagination are quite similar, but imagination gives a person more opportunities for creation and self-healing.

Visualization uses a person's mental process to create a "movie of life" that can be viewed.

The viewer is actually watching the rendering going on, frame by frame. Visualization also assumes that the film's script, casting, and staging are produced using known criteria, rules, and assumptions. Therefore, all this is pure fiction based on needs, desires and a predetermined result. Visualization can be great for planning, daydreaming, marketing, and other activities that have a desired outcome.

Imagination, for its part, does not have the desired result, rules and assumptions. Imagination is absolutely innocent by nature. A person "imagines" and "feels" what comes to his mind. The images that arise are remembered, as the person remains fully conscious (beta-alpha waves), while the process of imagination itself occurs in a subconscious state (theta-delypa waves).

Imagination truly serves a person when he is engaged in creative activity and self-healing. Imagination implies full presence, understanding of the essence of the process and the presence of feelings. You are actually there. Whatever comes to mind is quickly absorbed into the consciousness of the body, even at the cellular level.

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A self-healing person should master as many imaginative exercises as possible. In this regard, listening to theta and audio cassettes, favorite music and guided meditations is extremely useful. After a while, your mind-body complex will learn to easily accept the signal to bring the brain into the theta state, which will definitely help you with your imagination.

**Breath**

Let me joke a little, but most people don't know how to breathe properly. Athletes and those involved in various types of martial arts are an exception. How many lobes do you have? Two? Five? Six? How many times do you breathe per minute? When you breathe, what does your body do with the air? Most of us take this for granted. But it won't happen again!

Let's answer these questions. Your lungs have five lobes: three on the right side and two on the left. Normally you take 15 breaths per minute and the lungs send the oxygen they take in from the air into the bloodstream, most of it going straight to the brain cells. There are four main types of breathing: (1) normal unconscious breathing, (2) fight-or-flight emergency breathing that fully engages the upper lobes, (3) slow, deep belly and diaphragm breathing, and (4) trained conscious alpha or theta - breath.

**Alpha Breathing Exercise**

If you can slow your breathing down to about eight breaths per minute, then you are good. This helps to stop "mental chatter" (the endless flashing of thoughts in the head). It is necessary to teach the brain to create alpha waves: this will help a comfortable entry into meditation. It is best to keep your eyes closed and be in a comfortable environment where no one will disturb you. “If you roll your eyes up,” Anna Wise says, “you get even better at entering the alpha state.”

Here are her recommendations on how to do some breathing exercises to relax and move into the alpha state:

“With your eyes closed, inhale and slowly lift your eyes to look at the center of your forehead. As you exhale, lower your eyes. Repeat several times, but not too many. (Note: do not strain your eyes. If you feel any discomfort, stop this exercise immediately.)"

**Theta breathing exercise**



**Theta Breathing Exercise**

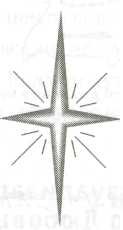
I recommend staying fully conscious with each breath. Feel grateful for the air around you and that your body can breathe. I have found an easy way to help you achieve theta state by breathing slowly and carefully. Here's how it's done. As you inhale through your nose, move the air up to your forehead, then straight up to the back of your head. Now direct the airflow down your spine to about your waistline. Now direct the airflow

up to the diaphragm, then into the lungs, fill them completely and then exhale slowly through the mouth. Perform this circular motion 3-4 times per minute just a few times. The main thing in this breathing is to be aware of the energy of the breath and its movement along the indicated path. Your mind will instantly calm down, and you will become aware of your body and reach a deep state of theta.

**Visualization exercise - .feeling "Love Love"**

Here is another easy way to get theta feeling. Try saying the simple words "Love, love." To begin with, simply repeat these two words and notice how you feel. Now turn the first word into a verb. Say "I Love Love"\*\*. Emphasize each word so that the phrase is pronounced, and most importantly, felt sincerely. You will notice that you generate a stronger feeling by repeating "Love Love" more slowly and expressively.

I also use this simple technique to quickly relax and stop unnecessary mental chatter.

 **Pulsating Star Imagination Exercise**

This is a deep yet simple imagination exercise to achieve theta state. By doing this exercise, people who find it difficult to relax and meditate have achieved excellent results. The Pulsing Star exercise also provides good grounding.

Start by creating an intention. Take a few deep belly breaths. Relax, let go of everything you think about.

* Imagine how a beautiful pulsating star is born in the depths of your heart.
* Feel how her energy pulsates.
* Imagine it getting brighter and bigger.
* Now it begins to slowly move up, becoming even brighter and bigger.
* This is your most beautiful creation.
* Feel it rise, getting brighter and bigger as it passes through your throat.
* It continues to rise, getting brighter and bigger, moving into the head.
* The star continues to rise over the top of the head, getting brighter and bigger.
* She is gorgeous, all in shimmering bright colors.

\*

In English it would still be Love Love. — Approx. ed.

* Feel how this energy star rises high above you and becomes brighter and bigger.
* Imagine a star moving up and out of your aura, into outer space, ascending into Heaven.
* Now imagine the Divine Energy of Star Pollen wrapping around and hugging your star and uniting it with Divine Love.
* Stay here for a few seconds. Enjoy this moment.
* Take a deep breath in with your belly. As you exhale slowly, imagine the pulsating star returning to your heart. As the star descends, feel the mema waves engulf your body. Your shoulders should drop and you will feel relaxed and calm. This should put you in theta state.
* As a possible follow up for those who want to ground themselves, continue to do the following: after the heart is filled with this loving energy, create the image of a colored double helix under your feet and send all this energy down through your feet towards the center of the Earth. As you do this, feel that you are grounding yourself, connecting with Mother Earth. Take another soft breath and give thanks to the ONE Father-Mother for this healing. Then feel the rose quartz energy ascending and returning to you through your feet and through your entire body.

**Visualization and imagination exercise "Soul Ball"**

The Soul Ball exercise offers a more elaborate way to achieve the theta state. It is similar to ancient healing exercises and definitely makes grounding meditation easier.

The exercise starts with alpha visualization, which gives you relaxation, and then takes you into theta state, where your imagination creates a beautiful space where you really feel your soul and consciousness.

This can be done individually or in a group. However, it is better if someone leads this exercise. I recommend Susanne Conti's Introduction to Meditation or the First DNA Activation cassette.

Choose a quiet room or place that is comfortable for you. Create an intention to receive the Universal Energies of Love and make a statement that the space around you is sacred. It is best to stand with your hands down. Place your feet apart at a comfortable distance between your feet. Close your eyes and take a few deep breaths into your belly.

The front wall of your soul ball is in front of you at a distance of about two lengths of your arm (about 2.5 m). Imagine the outer surface of a translucent ball. Now imagine that this surface begins to expand from the left side, then from the right side, behind you. Next, create a dome (about 2.5 meters) above your head.

Now imagine that the entire translucent ball of your soul expands 2.5 meters below you. Feel how its walls connect, forming a complete ball around you. If you are floating, stay in the center of the ball and let go of absolutely everything.

When you feel comfortable, fill the soul ball with your essence, your consciousness and all your energy. I love LOVE. Fill the balloon completely with everything you are. Your inner world is now Divinely separated from your outer world. Breathe in and out calmly and feel secure in this larger body.

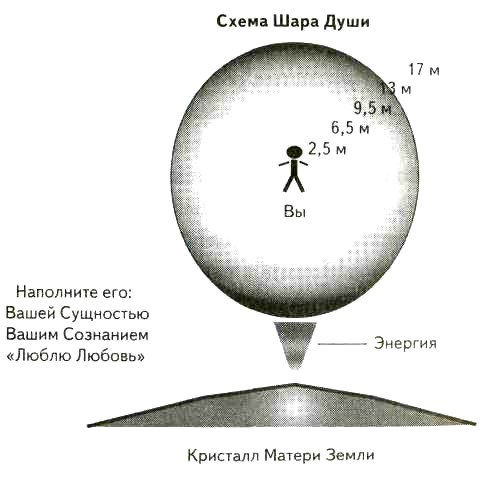
When the balloon is full, take a long, deep breath in through your nose and hold your breath for a moment. As you exhale, push the inner sides of the soul ball about 6.5 meters around you. Fill the soul ball again with your essence, your consciousness and all your energy. I love LOVE. Fill the balloon completely with everything you are.

When the balloon is full, take a long, deep breath in through your nose and hold your breath for a moment. As you exhale, again push the inner sides of the soul ball to a distance of about 9.5 meters around you. Fill the soul ball with your essence, your consciousness and all your energy. Fill the balloon completely with everything you are. I love LOVE.

When the balloon is full, take a long, deep breath in through your nose and hold your breath for a moment. As you exhale, again push the inner sides of the soul ball to a distance of about 13 meters around you. Fill the soul ball with your essence, your consciousness and all your energy. Fill the balloon completely with everything you are. I love LOVE. Now imagine the healing energy from Mother Earth in the form of a hazy green cloud surrounding the ball. Take a deep breath and breathe this air into yourself. Take a second deep breath and hold your breath for a moment.

As you exhale, push the inner sides of the soul ball about 17 meters around you. I love LOVE. Fill the soul ball with your essence, with all your energy. Completely fill the ball with your consciousness. Now invite the Divine (Christian) Consciousness to fill the soul balloon, completing you. Love LOVE and be in PEACE.

You have now created Divine Duality. You simultaneously felt one with Source, expressed your uniqueness, and separated your outer heavens from your inner heavens. Keep this feeling of bliss for as long as possible. These are the dimensions of your essence on this planet (some prefer the term "light body"). It is these feelings that activate the world within you. This is your sacred space. Remember this always!

Now take a calm breath in and out and quickly shrink the entire ball of your soul to the size of your heart. Feel it go in there. Feel healed. After the heart is filled with this loving energy, create an image of a colored spiral and direct all this energy along it through the feet down to the center of Mother Earth. As you do this, feel yourself grounding yourself through it. Take i one more calm inhalation and exhalation and thank the ONE Father-Mother for healing.

How can I tell if I'm in theta state?

Remember, the key to solving your problems and getting answers is to keep your brain wave activity between 4 and 7 oscillations per

second - theta state. It is in this state that deep healing is achieved and you can change whatever you want. You will know that you are in theta state if you cannot tell where your arms and legs are, or if there is a feeling of emptiness around you. Sometimes you feel tingling all over your body. You may also feel more calm and even separated from your surroundings. Most importantly, your brain is more calm, ET. i.e. thinks less, if at all, and you become more aware of your sensations and feelings. You may feel slightly dizzy, but you will still feel comfortable and safe.

Biofeedback recording, electroencephalogram recording, and the use of various electronic devices or instruments can also help to practice entering the theta state.

Practice the above exercises until you have mastered them completely and know for sure that you are in a tesha state. Remember, this feeling, as it were, envelops you. As you work with them, these feelings will become more and more clear. Trust the information you receive.

**Meditation**

Meditation is a wonderful way to relax, heal and dive inward. We strongly recommend practicing different types of meditation: guided visualization, chanting, physical meditations (such as tai chi), and open-eye meditations. The results will be better if you meditate twice a day. Repeating the First and Second DNA Activations twice a day will help you achieve significant changes. Applying the DNA Healing Prayer or performing a specific healing on yourself can greatly improve your life. Part IV of this book gives examples of DNA Meditations for group work. Excellent guided meditations are offered by the Outen House Foundation and other organizations. The key here is to be in a state of tesha and create the appropriate intent.

Sound and music are wonderful forms of healing. Listening to your favorite sounds throughout the day, and especially before bed, gives your mind and body the perfect opportunity to relax and heal itself.

**Terminology used**

As a result of the experience gained in the application of these techniques, and in light of the spiritual significance entrusted to us, the term "Father-Mother, ONE" is used to refer to the Deity. These words denote the Creator of All That Is and express the complete fusion of the Divine Male and Female Energies of the Universal Life.

The book also uses the term "God" where appropriate. You can replace it with any other term that is convenient for you when referring to your Absolute. The author does not in any way intend to interfere with the way in which the relationship between the reader and his Deity is expressed, and does not want to interfere with anyone's religious beliefs and practices.

We use the term "Practitioner" to refer to Foundation-trained certified practitioners who perform DNA activation and/or healing. The term "client" refers to the person who is receiving the activation and/or healing.

The use of the term "I command" is extremely important. When using the expression "I COMMAND ...", keep in mind that you are calling on the universal forces of divine wisdom and manifestation to perform a specific action. This is not an aggressive, ego-based order that you give to God. Quite the contrary: it is the God who is in you speaking! This is your Higher Self claiming its magnificent power. You do not order God to do anything, but call upon the forces of creation, the Universal Laws of Life, to serve you. By the way, while reading the prayer “Our Father”, you, by the way, also express commands, for example:  GIVE us this day ...

* *Leave us our debts...*
* *DO NOT LEAD us into temptation...*

The introductory words "I COMMAND..." are the foundational statement of intent to perform an Activation, a healing, or any other specific action. Be clear in your intention! Remember that if you change the word "I command" to "please or pray", the activation may not work. It is very important to get used to the intention and feeling behind the use of the word “I command.”

# Audio recording

Yes, we also encourage you to record your activation and healing sessions! It will be an excellent reference material that will give you feedback and food for further thought. The use of audio recording serves as an excellent account of the state of "before" and "after". Use quality 60 minute cassettes and good sound recording equipment.

DNA healing techniques have a wide range of effects. As you apply them and understand the basics of how they work, you will discover more and more who you are. Every day, our Foundation and its certified practitioners make important discoveries about new ways to use these techniques to improve the human race, and you, too, will learn more and more each time using them.

Now that we have a clearer understanding of the mechanics of DNA, chromosomes, the role of communication and trust, let's move on to applying these techniques.

|  |
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| *Jesus performed many more miracles than is known. Miracles are easy to create* |
| *by using the natural Laws of the Universe, attracting power, Energy* |
| *Light from the Higher Planes in an amount sufficient to* |
| *transform the state of imperfection into perfection.*  ***A. D. K. LUK*** |

**Part III**

**Preparing to Use DNA Activation and Healing Techniques**

Remember, you are using these techniques to change your DNA and change your life. It's easy to follow, don't be afraid to make a mistake. In the worst case, nothing will just happen, which I doubt. (The Foundation asks each reader to submit their name, postal and email address so that we can support you with updated information and updates.)

Each technique consists of four main stages, and these, in turn, are broken down into steps. Study and practice these stages and steps to understand the purpose and function of each stage. (We have accompanying cassettes for DNA ACTIVATION.) Four main stages:

1. Divine preparation.
2. Divine nayae orientation.
3. Description of specific techniques.
4. Completion of activation.

Each stage has its own steps that require the performance of specific actions, depending on the process, for example: (a) activation commands: "Show me ...", or "Activate ...", or "Return everything into the Divine Light ..."; and (b) when a specific meditation process or intention is indicated.

Details of all four steps are given in the FIRST DNA ACTIVATION technique. Since steps 1, 2, and 4 are very similar for other techniques, they are not repeated when describing these techniques.

**A note and caution about changes after DNA ACTIVATION**

We want to remind you that after the First and Second DNA Activations there are many changes. According to the available reviews, most of them are favorable. By the end of 1999, over 10,000 people had experienced activation, and no known issues had been reported to our Foundation. Before any activation, you need to know the following.

From a physical point of view: detoxification of the body is a normal process after activation. As with a cleansing diet, the cells shed their waste products and people may have a cold-like reaction. Sometimes a state of increased energy is felt, and then detoxification. Each person proceeds in their own way. In any situation, it is best to drink a lot of water during this period (from 4 to 7 liters per day), be prepared for these changes and, in which case, contact the person who activated you.

From a psychological point of view, the emotional and mental bodies experience a similar process of purification. We have been told of many cases of emotional clearing and even emotional problems. Due to activation, the ability to cope with emotional problems is enhanced. The person now demonstrates the confidence needed to face the external and internal problems associated with emotions. Finding a solution is of paramount importance, and the ability to speak and express one's truth is greatly enhanced. Going through emotional release can be a difficult experience. We recommend keeping a diary of what you experience day by day.

In most of the cases reported to us, people had a positive attitude towards the processes of detoxification (cleansing). We encourage you to re-read the Changes After DNA Activation section of this book. This will give you a greater understanding of the changes and events that can take place after the Activation. Please remember that if you need help or would like one of our certified professionals to work with you, please contact our Foundation.

**Independent application of DNA ACTIVATION techniques.**

Many people have successfully "activated" themselves through the use of the First and Second DNA ACTIVATIONS described. The process itself is quite simple, although it is advisable to pre-work out several times. Some prefer to listen to the accompanying DNA ACTIVATION cassettes. Others like to have someone do it for them and then they call our certified specialists and simply call the office for help. Take advantage of what suits you best.

Before performing DNA ACTIVATION on your own, read the section

"Review of DNA Activation and Healing Techniques", focusing on "Being in the Tesha State" and "Initial Preparation". Here are a few key points to think about:

* DNA ACTIVATION is a very special event, avoid any expectations from it, because this is a mental approach, and this technique is “controlled by the heart”. Avoid being tied to the result.
* Find a comfortable place where you won't be disturbed or interrupted.
* **Create your intention**. It is best to light a candle and set the intention for this special occasion. Ask your Higher Self (or God) that you want a wonderful experience. Announce that the space and time of activation are sacred and fully reserved for you.
* Learn to enter the state of tesha. Do the Pulsating Star visualization exercise in this book.
* To help you: The DNA ACTIVATION cassettes and the new Meditation Introduction cassettes are great tools to assist you and help you relax.
* If you do not like reading the text aloud, we advise you to record the ACTIVATION in your own voice first.
* Trust yourself.
* Take a few cleansing inhales and exhales through your belly, inhale slowly through your nose, and exhale calmly through your mouth.
* Allow the DNA ACTIVATION process to simply flow through you. Nothing can go wrong.
* Don't be surprised if you see colors and/or images or feel energy move through you.
* After completing the ACTIVATION, stay where you are and relax completely. Let yourself be immersed in everything that can happen.
* Take a few more deep cleansing breaths.
* You may want to write down or speak on tape the results you feel.
* Enjoy it.
* It is always advisable to leave one hour free after activation for your "Sacred Time" and reflections.
* Make sure you're grounded so you don't get dizzy or fly off somewhere. Don't get behind the wheel and don't make big decisions right after.
* You can use the technique as many times as you like.
* If necessary, activation can be carried out by a certified specialist remotely (at a distance).

Please register with our Foundation for further contacts and support. The Outen House periodically sends out information and updates regarding the benefits and progress of the DNA Healing Project. So keep in touch with us. Call or write to us.

We would very much like to hear from you in the future. As a token of appreciation, you will receive a gift from us.

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**Technique 1**

**First DNA Activation**

**(or Chromosome Activation of Youth and Vitality)**

These techniques are performed under the guidance of Spirit and manifest through etheric and/or electromagnetic characteristics around and within the physical body. Activations are a direct function of consciousness, which dominates the physical plane for many. We would like to remind you that medicine continues its research and reveals many secrets of DNA and molecular genetics. According to the most recent data, only 37% of the entire human genome has been mapped and described. Thus, 63% remain hidden and must continue to be considered the masterpiece of the Divine Matrix created by the Creator.

As of November 1999, more than 10,000 people have activated their DNA, and we have received enough reports of significant changes taking place to justify a scientific study. These changes are persistent and repetitive, but to date they have no scientific justification. Needless to say, we are dealing with a process based on the power of intention, which is Divine in nature and is something positive and happening all over the world.

In this activation, we invoke the two archetypal chromosomes that are primarily responsible for activating the 12-strand DNA to its full potential. This:

* The "Youth" chromosome, the "Spiritual" chromosome that holds the record of your life.

* The "Vitality" chromosome, most mysterious in nature, contains the key that unlocks the door to allow dormant DNA to be activated to its full potential.

These archetypal chromosomes are in the etheric planes, and their physical complement is in the pineal gland. They serve at the Soul level for all chromosomes and MUST be activated first.

**Instructions.**

Detailed instructions explaining the four stages and their individual steps are given below. Please take your time and fully understand the meaning and purpose of each. The text of the procedure itself also provides you with an excellent methodology for many other uses in life. The following is a summary of the step diagram in a simplified form and a diagram of their sequence is given to clearly represent the activation process.

**Stage 1: Divine Preparation**

This is the starting point for all techniques. Each step is significant and decisive. When performed properly, it creates the environment necessary to receive and remember this most sacred moment.

A. Choose a quiet time and place that is convenient for you. Be sure to unplug your phone and prevent interference, knowing that this process will take roughly 35 minutes and require at least another 30 minutes to an hour of free time after that.

b. Create an INTENT. We suggest you prepare a candle, a glass of water and a quiet room. Take a sip of water, symbolizing purification. Light a candle, making a special invocation to your deity (Father-Mother ONE) to declare the purpose, space and time of this event sacred. I often make this call:

Father-Mother is ONE, by this I create the intention to serve my “Higher Good” and the Holy Spirit and do the First DNA Activation. I declare this space sacred and the environment around it clean. AND IT IS!

Sometimes I use the following call:

Father-Mother is ONE, by this I create the intention to serve the Spirit and carry out this Activation (healing) in the most humble way. I declare this place, time, and all information to be assimilated sacred. Thank You for this opportunity to serve the Greater Good. AND IT IS!

In any case, you are free to modify the words and intent to serve the purpose and specifics of the event. Let me also add that "Creating Intention" is a wonderful technique for almost any event and activity that you are going to do.

**V.**Raise your consciousness.

d. Center yourself, take a few deep breaths in and out with your belly and draw all your energy into you, ”; focusing it in your heart. Balance your energy. Feel calm. This brings you into the alpha state.

**d.**If you like, at this point you can do one of the exercises on "/yaya-

visualization" or continue as follows.

Allow your consciousness to rise from your heart (heart chakra), move up through your head (crown chakra), and rise about 2.4 meters above your head. This brings your brain even deeper into the alpha state. From now on, you can imagine yourself as a ball of light. Imagine that your spiritual or ethereal counterpart is floating above your physical body. (It's a great feeling. In most cases, by now you've done the visualization exercise for moving into the theta state and are in it.)

e. You feel very relaxed, calm, and your body may feel a slight tingle, especially in the feet, hands and face. You are now ready to unite with your higher consciousness and/or Divinity.

**Stage 2: Divine Orientation**

A. Each person has their own way of invoking the Spirit or speaking to God. We cannot dictate this process to you, but we offer guidance for those who wish to become more familiar with this humble and lofty process.

When you raise your consciousness and give the next call (which we consider to be the highest command), the Universe recognizes you. You are automatically immersed in the truth, so whatever you imagine will be real. By doing all this, you really need to be in a theta state.

b. To invoke the Father-Mother Deity ONE (or God, or whatever address you prefer), use the following words. This is the most powerful and precise statement by which you invoke the Divine, rid yourself of any selfish motive, and claim your divinity. This must be done with the purest intent and love from the sacred abyss of your heart. Learn it well.

FATHER-MOTHER ONE! IN YOUR IMAGE AND SIMILARITY, I AM WHO I AM...

The more feeling and power you put into these words, the more you will feel the power and grace that will be created especially for you. For example: “Father-Mother is ONE! I feel your presence and warmth surrounding me... "

Note: Many have a desire to call on their archangels and spirit guides to be with them during the Activation and healing. Please feel free to invite loving entities that are dear to you, and don't forget to thank them after the Activation is completed!'

**Stage 3: Specific Activation Technique**

The following procedure contains text invoking the Universal Love-Life Force Energy that generates DNA Activation. Here's what it looks like in summary form.

A. To invoke the Deity, use "Father-Mother is ONE" (but "Lord" or any other form you prefer will do). Make the following call:

FATHER-MOTHER IS ONE, SURROUND ME WITH YOUR LOVE IN YOUR IMAGE AND LIKENESS. I AM WHO I AM AND I AM READY TO RECEIVE THE HOLY CEREMONY OF THE FIRST DNA ACTIVATION...

The more feeling and expression you say these words, the more you will feel the strength and grace that are created especially for you.

**b.**State your full name, date, time and place of the Activation :

I COMMAND THE UNIVERSAL FORCES OF LIFE AND LOVE TO ACTIVATE MY CHROMOSOME OF YOUTH AND VITALITY IN ME IN

THIS BEAUTIFUL DAY (full date) At (exact time) At (location).

Note. The place, date and time must be indicated only for the First and Second DNA Activations. Subsequently, this does not need to be repeated.

**V.**The above words trigger your Activation.

MAY THE GOLD AND WHITE UNIVERSAL LIGHT ENERGY DESCEND FROM THE HEAD AND ENTER THROUGH THE TOP OF THE HEAD (AREA KNOWN AS "CROWN CHAKRA") INTO MY PINEAL GLAND.

d. There is a central or sign cell in the pineal gland (sometimes referred to as the "conception cell").

SHOW ME MY GREAT CENTRAL CONCEPTION CELL.

Use your imagination to help the image of the cell emerge. , **d.**Enter the cage. Command:

SHOW ME MY CHROMOSOMES OF YOUTH AND VITALITY.

You will be shown chromosomes or some form that symbolically represents them

**e.**Then command:

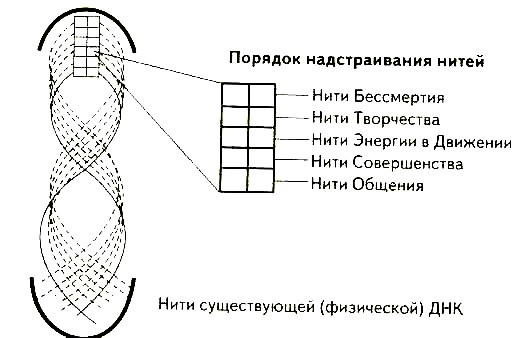
SHOW ME THEIR ARCHITEPIC DNA.

After that, you will see with your inner eye how the original, or archetypal, biological double-stranded DNA helix will begin to unwind in your etheric plane.

**and.**Repeat the following command to strengthen your resolve to go through this process:

I COMMAND THE ACTIVATION OF MY AETHERIC DNA STRANDS IN ME NOW!

At this moment, the beginning of the initiation of the ten ethereal strands of DNA (Communication, Perfection, Energy in Motion, Creativity and Immortality) will be laid, and they will begin to manifest their essence in your material world.



h. These virtual DNA strands pair up, build one on top of the other, and integrate (combine). You are now ready to begin customizing and integrating each pair of new virtual DNA strands.

I COMMAND THE STRANDS OF DNA - THE STRANDS OF COMMUNICATION - OVERDS TO SUMMER AND INTEGRATE OVER THE EXISTING DNA. AND FOR EVERY CELL OF MY BODY TO COMMUNICATE WITH THE SPIRIT FREELY AND OPENLY.

I COMMAND THE STRANDS OF DNA - THE STRANDS OF PERFECTION OF HEALTH - TO STRENGTHEN AND INTEGRATE. AND TO THE STRUCTURE OF EACH CELL AND

THE BIOLOGICAL SYSTEM HAS BEEN RESTORED TO THEIR PURE STATE AS ORIGINALLY INTENDED BY SPIRIT.

I COMMAND THE STRANDS OF DNA - THE STRANDS OF ENERGY IN MOTION - TO BUILD ON AND INTEGRATE, AND THAT IN EVERY CELL THE ENERGY THAT DOES NOT SERVE THE HIGHEST GOOD WILL BE RETURNED INTO THE DIVINE LIGHT.

I COMMAND THE STRANDS OF DNA - THE STRANDS OF CREATIVITY - TO BUILD AND INTEGRATE. AND THAT MY BODY BE RECEPTIVE FOR GOD'S GRACE, INTUITION AND WISDOM.

I COMMAND THE STRANDS OF DNA - THE THREADS OF IMMORTALITY - TO BUILD ON AND

INTEGRATE OVER ALL EXISTING DNA STRANDS. FOR THE PURPOSE OF MY LIFE TO BE SHOWN TO ME AND FOR MY RELATIONSHIP WITH THE HOLY SPIRIT TO BE ETERNALLY IN UNITY.

And. The threads have their own color, with the top pair (immortality) having a golden (silver) thread. Now say:

I COMMAND THE GOLDEN (SILVER) STRANDS OF ETERNAL LIFE TO WRAP AROUND THE ENTIRE LINK OF MY DNA, CONNECTING THE PHYSICAL AND ETHERICAL MULTIPLE STRANDS OF MY DNA.

j. Both ends of the new DNA connections must now be sealed with a protein telomere. Tell:

I COMMAND THAT THE ENDS OF THE ACTIVATED CHROMOSOMES BE SEALED WITH A TELOMERE PROTEIN.

l. Finally command that your Archetypal DNA in your Youth and Vitality chromosomes be reproduced throughout your entire body. You speak:

I COMMAND NEW STRANDS OF ARCHETYPICAL DNA TO BE REPRODUCED IN EVERY CELL OF MY BODY. I BRING THESE ETHERIC STRANDS INTO EXISTENCE - NOW.

m. Sit still. Feel the many levels of DNA Activation. Feel your whole Being.

**Stage 4. Completion of Activation**

Upon completion of the expansion and rejuvenation, your Higher Self will inform you that you have completed the task.

**A.**Gratitude. We can never go overboard in expressing gratitude for

this universal love and service. Tell:

I AM FATHER MOTHER ONE, THANK YOU FOR THIS HOLY CEREMONY, FOR YOUR HEALING WISDOM AND LOVE...

**b.**The words "It's Done" (repeated two more times, each time with greater emphasis) work the magic of confirmation, acceptance, and reflection. So, with all your passion, say:

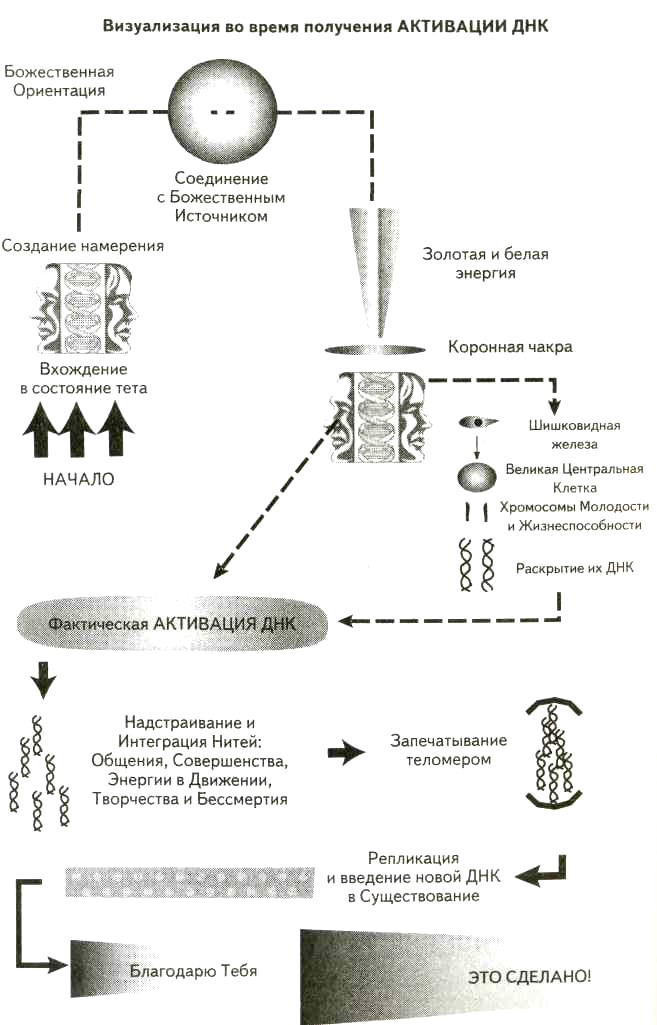
I CALL: IT'S DONE... IT'S DONE (louder)... IT'S DONE!

(even louder)

**V.**You will feel a sense of calmness and stillness.

d. Reflection and Grounding: It's best to stay still for a few more minutes. Then gently move those fingers and toes and slowly open your eyes. As your body slowly returns to an awakened state of consciousness, imagine God's grace purifying you.

|  |
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| ***To remain calm and know that "I AM God" means to calm down and harmonize your thoughts and feelings, then the Divine Presence can begin to act and become a powerful force.*** |
| ***in your world, because It knows no hindrances and barriers. how a person thinks and*** |
| ***feels in his heart, that's what he is... You must remain calm, and I will fight your battles for you, since I have a weapon that you do not know about.*** |
| ***A. D. K. LUK*** |
|  |



**Children and pets**

Most often, children and animals are freer than us, they do not have a big burden of the past. Children and animals seem to have a natural tendency to be drawn to me and the group when I am doing a group ACTIVATION. Children are easy to activate and are quite patient.

It looks like they know what's going on. My eight year old daughter can describe the appearance of ethereal light and the angels present at the Activation guiding us. Children are open Activations. Animals also resonate to the energy fields in the room, they are curious and quite affectionate. After DNA ACTIVATION, both children and animals become soft and calm.

DNA ACTIVATION in children and animals can be very fast. The specialist who conducts it uses the shorter version, since there seems to be no need to do anything longer.

We do not recommend doing DNA Activation on others until they have received appropriate training, but children and animals are exceptions. The most important thing is that you are acting out of the purest love and intention from the heart. For detailed instructions on performing DNA Activation on children and animals, contact the Foundation office or a certified Practitioner.

**Notes on the Activation technique:**

1. Please note that the images you see may have different shades of black and white. Over time, you will probably be able to see different colors, real organs, cells, and DNA. About 15% of activated people see some cell-like images immediately after activation.
2. The DNA ACTIVATION technique initiates many changes in the human body. As it activates your Youth and Vitality chromosomes, which create new multi-stranded DNA, there will be a cleansing and refinement of body structures. This causes more e-energy to enter the body along with the elimination of residual or no longer needed elements at the cellular level. The body will most likely feel a surge of energy for several days, or bouts of lethargy and long periods of sleep. It is important to be aware of this and prepare for these conditions. After a while, the body will adjust itself, and you will begin to feel positive physical and psycho-emotional changes.
3. The experience of obtaining DNA Activation depends on the individual. The better the state of his health and than n; the more his heart is open, the more likely it is that new virtual strands will establish a new matrix for the rebuilding and rebuilding of physical DNA. Good indicators of the Activation process are the energy shift (higher or lower) and your awareness of the degree of purification that is taking place. If there is a significant cleanup, then it is best to let the process do what is necessary. It is advisable to take this positively.
4. Allow at least two weeks for this process to go through before you start thinking about doing a SECOND DNA ACTIVATION. Do not forget that it will take some time for telomere regeneration.
5. Regarding Add-on and Integration:

* It is important that the build-up of multiple strands of DNA occurs in pairs, one on top of the other, in the order that the organism itself instinctively chooses.
* Always build in pairs; integration occurs automatically and naturally.
* In general, the activation of new strands of DNA tends to make every cell in the body healthier. It can help heal physical and emotional ailments. Unhealthy and dysfunctional cells are given the opportunity to heal once activated because the new DNA composition has greater self-healing properties. 6. Always command that the telomere seals both ends of the chromosome. The exception is people who have cancer. The telomere that seals the ends of archetypal chromosomes is different from the telomere that is injected into cancer cells. Adding virtual strands of DNA and sealing the ends of archetypal chromosomes with a telomere cap is a safe process. This action prevents and does not cause cell dysfunction or disease. In which case, it allows you to return healthy energy to the cells.

Cancer patients should be aware of this, and that the telomerase enzyme in the cancer cell is completely different and does not function properly. Cancer patients already have a lot of things to think about, and if you have questions or concerns, it's best to skip the "Telomere Seal" command.

* 1. ***Watching and keeping a spreadsheet****.*In most cases, people experience spontaneous physical or emotional healing as a result of Activation. From now on, they will experience numerous changes over the next few months. We highly recommend keeping a diary and watching the transformations. It is very helpful to reflect on positive developments and not take them for granted. Use the Change Control Chart at the end of the book (p. 161) or contact the Outen House Foundation and request additional charts to track your progress. All tables in Russian can be obtained in Moscow at the Flower of Life Center, where Dr. Gerard regularly conducts DNA Activations. Information is at the end of the book.
  2. Remember: DNA ACTIVATION is a real life event and changes are ongoing. Rereading the book will help you better understand the simplicity of the techniques and the extent of the benefits you can get. Everyone who wants to be ACTIVATED must have their own book at their disposal. Perhaps a hundred, register in our Fund. Then you will have another source from which you can receive additional information and news about the DNA Healing Project.
  3. ***Repetition of the First DNA Activation.***Once you have properly performed the First DNA Activation, you may repeat this process as many times as directed. I have done about 3000 DNA Activations and feel great! Each time you repeat the process, you may feel better and more energized.

**Conclusion**

Now that the FIRST DNA ACTIVATION has been completed, the next step is to spread the newly activated DNA to all the other chromosomes in every cell throughout the body (of which there are more than ten trillion). This will be done during the SECOND DNA ACTIVATION (also known as the Diffusion and Rejuvenation Technique). This activation completes the spread of the newly regenerated multistranded DNA to the rest of the chromosomes.

**Technique 2**

**Second DNA Activation**

**(Spreading and Rejuvenation Technique)**

The technique activates, reconnects and links new virtual strands of DNA to every other chromosome in every cell throughout your body. In addition to the change in the Youth and Vitality chromosomes that begins with the First DNA ACTIVATION, we need to change the DNA in the rest of the chromosomes. This technique completes the integration of the effect extension process. Over time, the human body will begin to express its own uniqueness in itself: a body of Light of a higher vibration.

Typically, cells are regenerated once every three months, depending on the function of the cell. At the heart of this process is the complex task of reproducing cellular DNA molecules. Two full-fledged chromosomes will pull the rest along, and in the end, the energy of rejuvenation will spread to all parts of each cell. In this process, the DNA will undergo a process of repair (restoration), and the functioning of new virtual threads will initiate a higher operational status of the human body.

The Diffusion and Rejuvenation procedure must be carried out with the utmost care. It's a beautiful and grounding process, and it has a poetic fire to it. Please practice it several times beforehand. The only caveat concerns the execution of the count, as well as staying as objective as possible during the entire process.

If you need help, we recommend that you purchase the Second Activation Accompanying Cassette and the Introduction to Meditation Cassette. After a few applications, this activation will become familiar to you, so you need to keep the purest intention and love from the heart in the focus of attention all the time.

**Second Activation Instructions**

How do we know that we are ready to move on to the Second Activation? This question is often asked and there is no one-size-fits-all answer. All people are different, and the ability to recognize the moment plays an active role in determining whether a person is ready for the Second Activation. There are no set rules and formulas here, but there are some good guidelines to follow. Before performing the Second Activation, determine which of the following is right for you:

* Has there been enough time since the First Activation for there to be noticeable physical, emotional, mental and spiritual changes? Most people need about two weeks; more if clear changes and detoxification are still ongoing, less if the person feels emotionally cleansed and spiritually strengthened.
* There is no need to do a Second Activation if you just want to experience what it is. (This may be a sign of your ego and that "intention from the heart" is not truly created.)
* Are you in a calm state?
* Do you feel ready for the Second Activation? Is this your sincere feeling?
* Ask yourself, "How do I feel about getting a Second Activation?" By answering this question, you will intuitively feel whether it is worth starting it or not.
* Has the change or transformation been stable since the First Activation?

These are only recommendations. When working with others, I very rarely get the message "Don't go on." Try not to be tough when deciding whether or not you should start a Second Activation. It's a positive and beautiful experience. If in doubt, it's probably best to go through it. Don't forget that it is Spirit's guidance that helps you determine whether or not to do the Second Activation.

Remember that it is always good to share experiences and information gained. Please continue to complete the DNA Activation Change Control Chart (p. 161) and the Activation Results Evidence Chart (p. 169).

**Stage 1: Divine Preparation**

Do the same preparation as for the First DNA Activation.

**Stage 2: Divine Attunement**

Perform the setup in the same way as the First DNA Activation.

**Stage 3: Specific procedure for the Second DNA Activation** Silently or out loud say the following command:

FATHER-MOTHER IS ONE (or Lord), IN YOUR IMAGE AND SIMILARITY I AM WHO

I AM, (name), AND I COMMAND THE IMPROVEMENT AND

ACTIVATION OF ALL THE OTHER CHROMOSOMES WITH MULTIPLE-STRANDED DNA IN EVERY CELL OF MY BODY ON THIS BEAUTIFUL DAY (date in full) At (exact time) At (location).

**Steps:**

**A.**Now, being in a state of tesa, stop and take a deep breath in and out. Allow the Golden and White Life Energies to enter your body through the "crown chakra" directly into the pineal gland. Listen carefully to the inner voice of your higher consciousness.

b. Once you have entered the Great Central Cell, see with your inner vision, if you can, the 10 virtual strands of DNA built on top of the healed double stranded double helix. The threads have their own color, starting with the top pair (immortality), in which the golden (silver) thread—the Thread of Eternal Life—passes through the entire bundle, wrapping it with sealed (telomeres) DNA. This allows you to visualize the rest of the work on this technique. Now stop and take a deep breath in and out.

V. To complete the rejuvenation process, start slowly counting from 1 to 46, allowing enough time for each chromosome to complete its activation. This is an extremely important process. This ACCOUNT is led by the Spirit. You will be given each number or series of numbers that you need to say. If the number does not appear, then wait. Pauses between counts may occur to allow time for a particular healing to take place. Keep waiting until you see or feel the number as it is controlled by Spirit. It is important to allow your higher consciousness to keep score. Don't rush the process. Watch how the activation spreads to each chromosome. Sometimes you can actually see the process unfold. You may be given (let down) information beyond your understanding. This is fine. Sometimes you just count and when you open your eyes you will see and/or feel subtle or profound changes. Every effort should be made not to build any expectations about the results of activation. Log into every activation without pre-set limits or expectations. In most cases, there will be an emotional release that you may not even be aware of. At our trainings, we usually have a box of tissues ready to wipe our tears.

On the whole, the whole process is extraordinarily beautiful, and we invariably get pleasant and very beneficial results. Treat these activations as a sacred process. You are doing God's work in total service to your highest good.

d. To make sure all chromosomes are activated and rearranged, say out loud:

I COMMAND ALL NEW DNA CONNECTIONS TO BE ACTIVATED IN EVERY CELL OF MY BODY.

Don't forget that by changing the DNA within the chromosomes, we are changing the very matrix of the human body. In fact, we are reversing the physical and emotional effects of aging. You may notice a tingling or other sensation, especially in the head and face, and feel a deep sense of peace. This is confirmation that the DNA received your intent.

e. The most beautiful moment of the Second DNA Activation occurs when you complete the connection between the Creator Father and Mother Earth. This process not only produces the electrical current that connects all DNA and balances the male and female energies, it also strengthens the relationship of the "New Life Trinity" by integrating the Divine Feminine and Divine Masculine Universal Life Forces into you, who can be called a Spirit Child.

Use the following CALLS (points 1-3 below) to strengthen communication with the Universal Energies, strengthen new connections and expand the process at the cellular level:

1. MOTHER EARTH, SEND YOUR RUBY RED AND GOLD ENERGIES OF LIFE UP THROUGH MY FEET, THROUGH MY BODY AND INTO EVERY CELL OF MY BODY.

1. FATHER HEAVEN, CREATOR OF HEAVEN, SEND YOUR PURE WHITE AND GOLD ENERGY OF LIFE THROUGH THE TOP OF MY CROWN, THROUGH MY BODY AND INTO EVERY CELL OF MY BODY.

1. AND ALLOW THIS NEW INTEGRATION OF LIFE FORCE ENERGIES TO BE A SIGN THAT A SPIRITUAL CHILD, I AM, IS BORN IN SERVICE TO MY BROTHERS AND SISTERS AND THE PLANET.

Stop and take a deep breath in and out. < By performing this action, you have charged your body with pure electrical current. The healing process has become so intensified that the body is constantly reviving itself at an accelerated pace.

f. After the rejuvenation is completed, your Higher Self will let you know that you have completed the task through a feeling of peace or silence, or you will receive a message that it is time to disconnect.

**Stage 4: Completion of Activation**

Do the same preparation as for the First DNA Activation.

***Note:***

1. Imagine that these new DNA compounds are activated in every cell.
2. ALWAYS inject DNA strands and chromosomes in pairs. Connection in strands must be done in pairs, and virtual chromosomes must be activated in pairs.
3. REPEAT SECOND DNA ACTIVATION: You may repeat this process as many times as directed. Each time you repeat the process, you will probably feel better and feel more energized and

CALM.

**Technique 3**

**Third DNA Activation - Uniqueness Activation**

You are unique and different from the 6.3 billion people on the planet. No person can exactly match your genetic code or your personality. In the eyes of your Creator, you are unique. Uniqueness is the "art form" of your life. This is exactly what the Universal energies of Life and Love strengthen and strengthen. When you feel your uniqueness, it feels like you live in your "zone"!

The third Activation awakens you to even greater uniqueness, removes the blockage of your resistance to life forces and leads you to a higher consciousness. She gives you strength. Activating Uniqueness better aligns your Higher Self with the reality around you. It awakens your power and helps you understand what you came to do here on Earth. You are unique and must be explored in order to find peace and freedom.

Since the Second DNA Activation, you have noticed (or maybe not) many subtle changes taking place in and around you. As experience shows, more and more attention is beginning to be paid to several dominant aspects: the purpose of life, purpose and one's own uniqueness.

Many people still have mental blocks, a limiting belief system, or emotional issues that prevent them from focusing on discovering their dominant aspect. If you also have these blocks, they disrupt your energy flows at the cellular level and stifle your creativity and self-expression.

Therefore, the Third Activation helps you to release and clear these doubts and limitations.

The Third Activation process generally uses a new approach to inner spiritual awareness. Within the consciousness of your DNA is the "Healing Image of your Uniqueness." Symbolically encoded, it is waiting for you to explore and then discover it. This process involves a direct connection with your inner Spiritual Child. The process of the Third Activation leads you to identify and receive this symbolic code in the most sacred way, full of love.

In the presence of the Spirit, using two beautiful guided meditations and spoken text, you can quickly reach greater potential and awareness. The Third Activation uses both alpha and theta states. As you connect with your symbol and the Consciousness of the Spiritual Child, questions can be asked regarding your uniqueness and life purpose. A worksheet is provided to help you outlining the sequence of steps and to record your questions and answers.

**Technique 4**

**Fourth DNA Activation**- Integration activation

The activation of Integration produces a high-level integration of the Masculine and Feminine energies on all planes: physical, emotional, psychological, social and spiritual.

And although your human body will continue to be masculine or feminine, it will still function with a certain deep fusion of masculine and feminine qualities.

These qualities are not usually in an androgynous state, rather, in many cases they are opposed to each other, or at least do not support each other. Now the situation of the duality of opposites characteristic of us develops into the Divine Duality. You will become more aware of your Divine origin and your true nature, in terms of the interaction of the male and female principles.

The purpose of the Fourth DNA Activation is to assist in initiating the full balance of human evolution in terms of gender consciousness. When this is achieved, a person will begin to realize in his life a single gender consciousness - a necessary step towards mastering the initial elements of the Divine Consciousness.

The key to Activation is to allow the Mother's Energy to enter or intensify within you. After the Third Activation, you will probably notice that you are more confident and centered. You will feel the need for more balance and integration of the life forces. Even the feeling of a clearer and stronger desire for equality with all people, places and things.

Increasingly, you feel yourself surrounded by the energy of the One Father-Mother. There is a sharp increase in the need to be more receptive to the male and female energies and their psychological complements. In addition, the persistent desire for purification is enhanced.

Over time, as the process of integration unfolds, the mental and emotional barriers rooted in our subconscious and unconscious mind regarding sexual energy will begin to disappear. It will lead you to greater awareness, freedom from sexual addiction, balancing and enhancing sexual energy, an explosion of creativity and a better perception of your Divine potential.

This will promote an open mind about one's sexuality and sexual consciousness and a release from overt prejudice or deep-seated judgment of the opposite sex. In order to prepare for this Activation, it is highly desirable to be in a state of balance and demonstrate good health in all its aspects - mental, physical, social and psychological.

The feeling of respect for each other is growing regardless of gender, ethnicity, age. Your relationships with people improve because you feel better, become more balanced, whole, and closer to the Creator. The feeling from the Fourth Activation is as if you had a cosmic marriage with the Universal Energies of Life and Love. It really speeds up the evolution of your entire Being.

**Technique 5**

**Fifth DNA Activation - Royal Consciousness Activation**

Each person has the genetic structure of their Royalness (King/Queen within us). These genes serve as the roots of your kingdom here on Earth, figuratively speaking, your heavenly kingdom. The seat of your Royalty lies deep within you in the form of God-created genes. As soon as you awaken, your physical ability to reign in the spiritual sense will be realized.

The main task of the Fifth Activation is to prepare you for the initiation of the Royal Consciousness that is dormant in your DNA. Your mind, body and soul will begin to shape changes within you and in your outer environment so that you can function effectively in the new Light of the inner King (Queen). The beautiful thing here is that your body will also begin to ascend in spirituality.

In order to abide as a King (Queen) in the Royal Consciousness, you must first be fully grounded in your physical environment, overcome the limitations of the consciousness of society, accept the etheric plans of the King (Queen). Then you will be ready to sit on your THRONE and start ruling your Heavens. Your surroundings (Kingdom) and body (Palace) will now be spiritually strengthened in your Divine Royal Realm.

There are three aspects of the Royal Consciousness: Physical, Ethereal and Divine Dominions. Your Kingship of the King (Queen) must manifest simultaneously in the physical (body), ethereal (consciousness) and Divine Dominions (Divine image). In order to activate the physical aspect of Royal Consciousness, you need to attune your inner Royalness as expressed through your physical King (Queen) codes in your DNA. This means that your KINGDOM and your PALACE must reach enlightenment. For this, certain physical actions and certain behaviors have been developed that need to be mastered and consolidated during the Ceremony of the Fifth DNA Activation.

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**Concept: DNA READING and HEALING Techniques**

Unlike DNA Activation, DNA READING and HEALING are primarily conducted by senior certified Practitioners, DNA Activation specialists. They are trained to read the body and help convey information and/or healing energies from Spirit to you.

Both techniques are deep and require intuitive work, self-confidence, and total absence of ego-mind interference. These processes are led by the Spirit, and the purest intention must necessarily be present.

During the reading, the Senior Practitioner observes and identifies what needs attention.

It can be any aspect of physical or emotional discomfort or illness.

The practitioner must discover the "causal events" or "causal intentions" underlying ill health.

During the healing, the Senior Practitioner begins the process by performing a reading. As attention to the state increases, a specific discomfort or discomfort is identified. From this moment healing begins. Healing is usually carried out at the level of the "cause", be it physical or psychological in origin. What happens from that point on varies enormously from person to person and from situation to situation. Healing associated with the physical plane includes any combination of energy movement, colors, sound tones, and even direct dialogue with cells and organs. Removing symptoms is not enough for healing. Treatment of symptoms is temporary and there is a possibility of the disease returning.

Even a short dialogue with the Practitioner can bring about emotional release. In many cases, the dialogue between the person and the Practitioner can reveal emotional imprints from other lives, that is, those at the level of the soul.

Do not forget that the Practitioner is not a healer, but a facilitator, that is, an assistant of the Spirit, who fixes his work in you. The relationship between you, the Practician and Spirit is a loving reminder that we are all one.

**Self Healing and Empowerment Orientation**

True healing depends on your faith that you can heal yourself. Then the Spirit helps the healing, and sometimes you need the help of a specialist working with you. In fact, in the case of more than 75% of all requests for medical help, you can heal yourself, i.e. get by with self-healing. In 15% of cases, professional help or advice is needed, and about 10% are life-threatening cases. We are dependent on others for what God has already given us in our bodies. Be more responsible for what is happening both within and around you.

Our Foundation encourages you to be in charge of your own healing process whenever possible. Before seeking treatment from a medical professional, find out what you are about to go through. No matter what, who or when - you are responsible for it, no one else can make decisions for you. Ask questions. Find out everything you will be doing, the associated risks, especially when it comes to the use of drugs and medical procedures, while there are a huge number of alternative treatments and drugs.

In support of this, special Educational Programs have been developed that teach how the techniques presented in this book contribute to self-healing and gaining strength.

Self-healing techniques are similar to the DNA Reading and Healing techniques, but are initially less intense. With time and active practice, self-healing can become more frequent, more recognized, more accessible, and more rewarding.

These healing techniques are an alternative way of reaching out to the etheric and cellular levels of our body when experiencing physical, emotional, mental and psychological problems. Don't forget that your body was designed to heal, and it's beyond our imagination. You must listen to your body, learn to love it and trust it. After all, you are responsible for its maintenance and condition. I strongly encourage you to make a serious decision to better understand your body and how it wants to be cleansed and healed.

**Recommendations for Self Reading and DNA Healing.**

These guidelines can help you gain some understanding and relief from the discomforts associated with the physical or emotional un-arc you are experiencing. There are reports that self-healing is more beneficial for those who have undergone DNA Activation. As with everything, perfection comes with practice, and the more you try to "heal yourself and be responsible for yourself," the more you will help your healing process. Always approach healing with love and good intention from the heart, and the results will amaze you. The following steps are working instructions for Self Healing and Empowerment:

1. Be open and ready for anything. Healing is spontaneous.
2. Knowing the history of your current physical and psychological state is helpful, but not essential.
3. Treat your condition with unconditional love.
4. Stay calm (try not to get nervous or panic). .Relax.
5. Before beginning healing, perform Divine Preparation and Divine Orientation as outlined in the First DNA Activation. In fact, only stage 3 is significantly changed.
6. Soon you will hear the inner voice of your Higher Self. Remember that you don't have to think, let the information go right through you. Do your best to be aware of what is happening. Usually the Spirit guides you, giving you all the specifics you need.
7. Make sure you are in theta state. Through meditation, through the use of affirmations, by telling the organ every day for a month that it is healthy, and believing in it, you will get a healthy organ. In the theta state, creating a thought is equal to getting a result, and the organ, or cell, or body will obey. Even if you say to yourself: “I really hope that everything worked out,” this will not affect the process in any way. In fact, you don't even need to believe that it works. You go beyond your beliefs and speak directly to the cells. However, if you believe that a part of the body is unhealthy, then it will take very little time to reprogram the subconscious mind and make that part of the body unhealthy again. Therefore, you may see amazing results only to have everything back to normal in a week or two.
8. Examine the whole body in any order, it does not matter, but the easiest way is from head to toe. We usually start with the etheric bodies, then the main glands, then the main organs, and go from top to bottom, moving on to the muscles and blood vessels, ending with the skeleton. You do this by sending yourself to different parts of the body.
9. Remember, your cells are talking, so ask your cells what is wrong. You will receive an answer. You may be shown a problem, you may hear a voice explaining what is wrong, or you may receive a stream of thought that will let you know. TRUST YOUR INTUITION. You are operating in the Divine Light - you will know the answers.
10. With practice, you will learn to enter cells and work with cellular components. Sometimes, immediately after entering your body, you will be pulled to a certain part and you will be shown a violation. Address the problem area, AND GIVE THE COMMAND TO HEAL IT. Then you can slowly inspect the rest of the body.
11. Healing is done by commanding that part to be healed. This can be done by looking at the cells that make up an organ or part of the body and telling them that they are healthy, whole and functioning properly. In case of abnormal behavior of cells, for example, if cancer cells grow in an organ, just tell them that they do not need to grow, and tell them to communicate with healthy cells. Remember, in order to heal the physical or emotional body, it is necessary in the form of a command to STATE WHAT SHOULD BE DONE.
12. It is very possible that the Spirit itself will do all the work for you. If this happens, you will be given to observe how the Universal Life Energies enter directly into the place of a particular violation or move around it, and in some cases around the whole body. Spirit will show you how to participate and feel the flow of energy, what colors to use and what relief it brings.
13. It is also helpful to send light to damaged areas, this is another form of cellular healing. Surround and fill this area with blue light for cleansing, green light for healing, pink light for pain relief, and white light for universal strength. Learn which colors suit which ailments and apply them. You can simply command "remove all the pain." It helps with headaches, stomach pains, etc.
14. About viruses:

A. Each virus has an audio tone. If you are using a Healing Technique and a virus is present, request that an audible tone be played to render the virus powerless.

b. If the virus gets stronger, it may be necessary to use more than one tone, because one tone may no longer help.

V. Chromosomal diseases are caused by cells with defective DNA that build walls around themselves, preventing chromosomes from communicating.

d. When you destroy tumors and unhealthy cells, give the command that their remains be processed again into healthy cells or immediately leave the body.

1. Cancer Healing Approaches:

Information for readers with cancer: in the presence of toxins, viruses, mutagens or radiation, an uncontrolled "naughty" cell can appear. Usually the immune system detects and destroys it. If this does not happen, then the degenerative cell can begin to multiply and, at the expense of healthy cells, create a tumor, i.e. cancer. Cancer cells produce the enzyme telomerase, which repairs the telomere. Tell them not to produce telomerase and not to multiply.

Try the following targeted self-healing techniques: **A.** Always approach your condition with unconditional love.

**b.** Remain calm and try not to get nervous. Do not panic.

**V.** Cancer cells are formed by a virus that causes the cells to mutate.

**G.** Chat with cancer cells. Treat them not as something bad, but as something lacking awareness. They need to communicate with other cells.

e. When you get to know these cells, talk to them. Command the cancer cells to break down the walls of the viral (cancer) cell so that they can communicate with healthy cells again.

**and.** Check your liver and underarm lymphatic glands, your lymphatic system.

**h.** Tell the tumors to dissolve.

And. Use color therapy (green or red or whatever color the spirit tells you to use).

j. Ask the Creator what sound tone is needed to destroy the virus and return it to His light.

**l.** Listen and repeat these tones.

**m.** Once the cancer cells begin to communicate, they will begin to die.

**n.** Your task is not to destroy cancer cells, but to turn them into normal cells.

1. Spirit will tell you when it's time to end the session. Do Stage 4 "Closing the Session" in the same way as you did with your First DNA Activation.
2. Don't be afraid to do something wrong. This work is done under the control of your Higher Self and no harm will be allowed to your body.
3. Be patient with yourself. Healing is a wonderful process

which will give you many incredible testimonies of healing. Show love and trust.

**Part IV**

**Changes after DNA Activation**

*DNA activation and healing enhances the gracious prompting of Spirit to lovingly solve all problems and cleanse your entire being.*

In this section, we will discuss the transformation that occurs after a person receives both DNA ACTIVATIONS. In general, about 80 percent of those who have been activated report noticeable changes during and immediately after receiving the First DNA Activation. About 12 percent had a deep sense of greater peace and enlightenment, and about 8 percent felt little or no change. Not to mention the fact that many later reported transformation in one form or another.

We've had a significant number of spontaneous healings during the Activation, but so far no one has dropped their crutches and run screaming "miracle!" On the other hand, thousands of people have confidently written to us that their lives have changed for the better and there has been an improvement in health and general well-being.

It appears that the effect of the First DNA ACTIVATION is to rewire the physical body into a healthier way of being. Research results and evidence to date show that people who have received activation have experienced significant detoxification on both the physical and emotional levels. This is an important cleansing process, and the main part of the cleansing lasts for several weeks. Our experience is that after two years of using these techniques, people report ongoing changes and clearing on both the physical and emotional levels.

The second DNA Activation works to increase psychological awareness. The results show that a person achieves a state of greater peace with himself and receives a clearer orientation regarding his life purpose and destiny. The "Power of Intention" has been released and is now constantly working in automatic mode.

Most Activated people report permanent changes, some have more profound changes than others, but what is remarkable is that changes are happening and we can see a very positive trend. We are witnessing the work of emotional release continue, mental clarity and "heart-led" thinking, and a significant improvement in personal relationships.

With regards to the DNA Healing Technique reports, we continue to collect evidence-based information that confirms improvement and healing in patients with cancer, fibromyalgia, diabetes 2, people with broken bones, having body pain, weight loss, addictions, addictions and other ailments. In all cases, Certified DNA Healing Practitioners work in strict adherence to ethical codes of conduct and do not interfere with the types of Medical or psychological care assigned to patients.

**Results, symptoms and side effects**

By expanding the functions of DNA, we are changing the appearance of the human body. In fact, there is an energization of cell activity and the effects of aging are reduced. There is an increased activity of the immune system, the bones begin to heal faster, the usual, the diseases disappear. Cell regeneration is accelerated, their decay slows down. And although it is still too early to talk about it, life expectancy may even increase.

But there are also some side effects that you should be aware of. Problems may get worse. Any disturbances in the body come to the surface, and you may have to go through a period of increased discomfort. Cold-like symptoms and emotional clearing are the most common. These reactions are similar to the effects of a cleansing diet or fasting.

You may develop a rash, usually around the thyroid area, which may last for several days and then disappear completely. For a few days, the energy may be so high that you may also have insomnia. This is usually followed by a three-day period of low energy or stagnation, but when everything passes, you will feel more energized than ever. These ups and downs of energy can also be reversed, with reduced activity preceding a period of excessively high energy. Within a few weeks, however, all symptoms should disappear and life will return to normal. You may also notice an increase in psychic abilities.

Our Foundation has identified four main (but not the only) categories of transformation after DNA ACTIVATION.

These are: changes on the physical plane, in the psychic sphere, in the field of relationships and the discovery of oneself. So far, most of them are showing positive results. The Foundation asks everyone to send us messages and share their experiences. We have developed a special

*Table of control of changes after DNA Activation (see.*p. 162).

The most important long-term positive changes reported to us are:

* Release from internal emotional stress, i.e. hesitation, doubts and fears.
* Passionate desire for physical and emotional cleansing.
* Realizing that the Universe reflects our problems so that we can identify and eliminate them.
* A clearer pursuit of one's sacred path and a better understanding of the purpose of life.
* A clearer vision of the uniqueness of each individual and the value of service as an activity.
* Showing Love and Respect.
* Awareness of the changing times and conditions that surround us and encourage us to check the evolution of our Divinity.

**Some of the physical improvements noted by our clients:**

* Increased consumption of clean water
* Gradual disappearance of wrinkles
* Body detoxification Weight stabilization
* Feeling younger
* Removal of metals
* vision improvement
* Improving digestion
* Nails grow faster
* Strengthening the ability to self-heal
* The skin becomes more elastic
* Hair starts to grow and becomes thicker
* Stretch marks gradually disappear
* Increased energy levels
* Less need for food
* Reduced varicose veins
* Muscle renewal
* Sharper memory

**Some less noticeable psychological results:**

* Sharpening of perception
* Greater speech clarity
* Desire for good nutrition
* Increasing self confidence
* Remarks from others "You have changed"
* Less stress and anxiety
* Renewed sense of competence
* Faster manifestation of something on the physical plane
* Rejection of the old
* Strengthening the ability to recognize
* Strengthening telepathic abilities
* daydreams
* Feeling safe
* More patience
* Feeling Bliss

DNA activation does create a clearer direction in life and personal destiny. It improves self-mastery and opens the door to greater opportunities to know who you really are, that is, to know your Higher Self. In this process, the need to find and better express oneself increases.

Improving the state of all our relationships is the most important thing for most people. We are on this planet to experience emotions, create and share with others what we have. In relationships, sharing can be a challenge. DNA activation creates the best opportunities for resolving difficult situations in relationships. The following are some of the changes that can take place during a transformation:

* A more sincere feeling of love in relationships with other people
* A clearer vision of relationships
* Allowing yourself to express and share new feelings
* Attracting kindred spirits
* Letting go of the old
* New ideas and awareness of yourself and others Feeling the integrity of your being

(unity) Feeling of ecstasy with or without sexual orgasm

* Inviting members of your “spiritual family”

Self-disclosure leads to complete self-mastery, and this is the key to our freedom. Searching within ourselves to identify the blocks in the road of our lives is a challenge that requires courage from each of us. Each of us has so-called "self-justifications" (fears, doubts, traumas, pains, memories and emotions) that are barriers that prevent our true "self-expression". DNA activation aims at the very core of these "self-justifications" of ours to eliminate them. Below are a few transformation effects that we are constantly being told about:

* Automatic ability to resist self-justification
* Stay focused on the present moment
* Replacing "search" with "solution"
* Increasing ability to stand up to others
* Ability to speak your truth
* Finding meaningful and clear answers
* The ability not to let uncertainty affect one's clarity and truth in different situations.
* The frequency of such feelings and events that allow us to be centered "here and now"

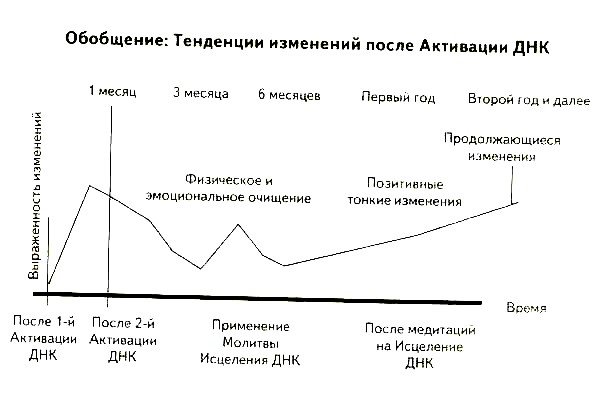
Sometimes some people report that they have no effect at all or the changes are minor; however, in most cases, these people have many deeply rooted blocks that need more attention.

**What Happens After Receiving DNA Activation**

In order for you to continuously receive and strengthen the beneficial changes that have occurred as a result of the Activation, we have collected the most important information from those who have already gone through their First and Second DNA ACTIVATIONS. While each person experiences transformation differently, we found a consistent pattern. The information presented here is derived from the analysis of thousands of Change Control Charts after DNA Activation, and we are confident that this data will provide a useful guide to every reader.

Don't forget that from the moment you go through the FIRST DNA ACTIVATION, there is a continuous transformation going on throughout your life. This is an automatic process that you must be aware of. After almost two years of receiving reports of observed phenomena, we see that during the second year, and after two years, changes continue to occur. There has been a trend towards extraordinary information about the cleansing process. Immediately after the First DNA Activation, many of the clear changes described in this book occur.

As time passes, the psychophysiological aspect of the cleansing becomes less obvious and in many cases subconscious. The body is determined to rid itself of all foreign particles through continuous purification. It requires more nutrition and more attention. It is, so to speak, strenuously making its way to purification. When this happens, your psychological counterpart must also adapt accordingly, which means less emotional trash. Therefore, you will certainly experience moments of psychological cleansing from time to time, in other words, letting go of emotions.

We are witnessing the passage of a periodic cycle of emotional clearing. Deep-seated emotional tension comes to the surface and needs to be faced. It does not attack or threaten, but rather wants to free itself and withdraw as the body pushes it up and out. I teach people to accept the transitional state and not fight it. Let the emotional anxiety rise, look at it and learn your lesson from it. There is an important

a message for you to see and feel. Once you understand the meaning of this emotion, find the strength within yourself to overcome and accept it. You can speed up the process if you love her. Love her with all your might and then let her go. This is the realization of the true meaning of the expression "Let everything go - Let God in"[[4]](#footnote-4). To help you resolve your emotional issues, use the DNA Healing Prayer as recommended in the Commands section below.

The psycho-physiological aspect of purification continues until you reach a state of peace with yourself. Freedom is a great feeling. Be ready and open to experience this release of subconscious emotions. He is useful to you. You may have had relationship problems with your father or mother, spouse, or friend from childhood to the present. Everything must go, everything must be cleansed from the body, mind and heart.

**Recommendations for continuing to benefit from Activation**

1. To enhance the positive effects of the First DNA Activation, try to get a SECOND DNA Activation a few weeks after the First.
2. It is desirable that during the day as much as possible your brain was in theta state.
3. Immediately after waking up, i.e. Before you get out of bed, thank FatherMother ONE for the new day and good sleep last night.
4. After completing all your normal morning routines, take 2 minutes to create INTENT for the coming day as follows: “Father-Mother is ONE, by this I create the intention to purify myself in the service of my Greater Good, to be in Peace, to express my Truth and serve you, my Creator. I declare my BEING Sacred and the space around me today PURE. And so be it!”
5. Try to see the Christ Flame of Life in everyone you meet.
6. Read any sacred text or any prayer daily.
7. Every day, talk to a friend who has gone through both DNA Activations and discuss what you did during the day. It is highly recommended to participate in a support group from time to time.
8. Every day in the morning and evening do a special Meditation on DNA, with the command that the Universal Forces of Life and Love be with you and serve you.
9. If you feel the need to ground yourself, use the Pulsating Star exercise or repeat the DNA Integration Prayer. You can also take a few deep breaths in and out to calm you down.
10. Identify one or two key issues that need to be addressed. Repeat the special DNA Healing Prayer several times a day, constantly returning to this problem until it is resolved. Once you have identified the problem or the cause of your anxiety, consider that it has already gone. This is her PERMISSION for you. Throughout the day, if you experience any hesitation, doubt, or fear, write down each negative emotion on a separate card. This is a list of your priority tasks.
11. If any problem, sore point or discomfort arises, it is best to deal with it immediately. These are "gifts" to you on the path to purification. Don't ignore them, but work with them with love. For a better understanding of how to properly and effectively deal with these issues, I highly recommend reading my book Overcoming Verbal Confrontation.
12. Use the DNA Healing Prayer and related meditations to work through the problems you have. If you can, use the Introduction to Meditation cassette to improve your focus and resolve the problem more effectively through prayer or meditation.
13. It is very good to keep a diary of your current work.
14. Read and study the article Eliminating Fear offered by the Foundation. She gives recommendations and several techniques to help you in these matters.
15. Although the 1st and 2nd ACTIVATIONs only need to be done once, you can

repeat them as many times as you are told from above. Listen to cassettes as often as possible. If the INTENTION is correctly created, you will be guided further automatically, since such were the conditions and decrees that you set in both of your activations.

Always remember that DNA ACTIVATIONS start the process of your progress towards

Divine. If you forget about it or start to be content with what you have, then you lose what you have already achieved. Once you have done the Activation, you have effectively declared to your body, mind and soul that you will "Remember Who You Are" and "Always Be in Oneness with Your Creator". These are serious and mobilizing INTENTIONS and should always be honored. Please share your suggestions with us. This is a global project designed for society as a whole. We appreciate and welcome your input. For further guidance, please email or write to Dr. Gerard and he will respond in future editions of InSights, an online interactive magazine.

**Using Commands**

Commands are simple, direct, concise statements of intent. They serve as excellent means of self-healing. Each decree calls upon the Universal Life Forces to creatively resolve problems, remove anxiety, or create a desired intention. KNOW that you are able to do this, that the answers will be given to you, that the solution is coming your way. You can call on one or all of the Virtual DNA strands to help, using the commands as directed to you. See with your inner vision what Spirit wants you to do. You will be shown how to do this. Trust the information, trust yourself.

The key to getting solutions and answers is to put your brain in theta state. It is in this state that you need to be in order to receive deep healing and resolve everything that you want to change. Use the Pulsating Star visualization exercise to quickly enter the theta state. After completing the exercise, slowly return the star to your heart, bringing with it the energy of the Source. Be in this energy and you will receive answers. If you don't see results, say, "Show me." And they will show you. Trust information.

Below are some examples of Commands you can use to resolve problems, bring healing, and bring peace to your life:

1. I COMMAND my loneliness problem to be solved - NOW!
2. I COMMAND my relationship with (name) to be resolved - NOW!
3. I COMMAND financial abundance to manifest in my physical reality —

NOW!

1. I COMMAND (my nose, my leg, my liver, etc.) to be healed - NOW!
2. I COMMAND the perfect Divine Matrix to manifest in my physical body - NOW!
3. I COMMAND all my spiritual gifts to easily enter my awareness, bringing wisdom and understanding with them - NOW!
4. I COMMAND all my victimization issues to be released - NOW!
5. I COMMAND universal and complete union with unconditional love and immortality — NOW!
6. I COMMAND that the genes that cause my illnesses (allergies, psoriasis, chemical imbalances, etc.) be identified and replaced with genes that give me perfect health - NOW!
7. I COMMAND my body to return to its perfect shape and optimal weight - NOW!
8. I COMMAND any pursuing entities and all attachments to be released into the DIVINE LIGHT - NOW!
9. I COMMAND wisdom and knowledge to come into my awareness in order to free myself from despair - NOW!
10. I COMMAND that my sense of distrust of others be turned into complete trust in myself - NOW!
11. I COMMAND you to completely let go of all problems that are not mine - NOW!
12. I COMMAND my creativity to come up with new ideas to solve my boredom problem - NOW!
13. I COMMAND the ray of Divine Wisdom to enter my heart - NOW!
14. I COMMAND that the connection with my Angels will manifest, bringing a clear understanding of my connection with the Source - NOW!
15. I COMMAND my anger to dissolve and be released - NOW!
16. I COMMAND a sharper focus to quickly resolve my disorganization problem - NOW!
17. about cancer cells. Talk to them with great love. Try doing the following:

I COMMAND cancer cells to communicate with healthy cells - NOW!

I COMMAND cancer cells to transform into healthy cells - NOW!

I COMMAND cancer cells to STOP PRODUCING telomerase - NOW!

I COMMAND cancer cells to STOP PRODUCING telomeres - NOW! I COMMAND all their remains to leave my body calmly and easily - NOW!

As you work with this technique, you will become aware of its depth. It will speed up and enhance everything you do. Activation continues to work to solve your problems, even if you don't realize it. Work with it, use this approach every day. The results will amaze you.

**Healing Meditations**

Meditation not only shows you the path to relaxation and healing, it also serves as a means of communication between your soul, your mind and body. In meditation, you can gain valuable information about how to deal with life's challenges, as well as insight into what to expect in the future. During my time with the DNA Healing Project, I have found that the DNA Activation techniques are also a great way to enter into meditation. 2 cassettes are devoted to working with DNA meditations: "DNA Meditations" and "Introduction to Meditation". Both are quite simple and deal with the processes of Divine Preparation and Divine Orientation for meditation. Make sure you enter the theta state and speak from the depths of your heart with specific intent.

You can talk about meditation endlessly. Every effort must be made to turn off the outer world and open the inner world. Meditating twice a day for 15 minutes can change your life. I know a lot of people who say, “I know I need to meditate more. Meditation helps me so much, but...” But I don't have time. But I can't stop the internal dialogue... It's just a habit of postponing everything "for later", and you need to get rid of it. If you want to be enlightened, remember, the light comes from within! Healing meditations are direct and specific. They use the power of intention in the same way they use activation. Being at rest and in the theta state is the best way to promote healing meditation. Simply do Divine Preparation and Divine Orientation as in DNA Activation.

If you want to resolve a question or get information for support, use one of the virtual DNA strands, the one that is most suitable for helping in your situation. For example, if I have an emotional problem, I invoke the DNA strands of E-Motion (Energy-in-Movement). If I am depressed and feel lonely, I call on the DNA strands of Immortality.

For example, you are in a difficult position due to insufficient attention to you husband. That is, the question of “lack of attention” lies on the surface, and you want to resolve it. Here's what you can do. Call on the virtual DNA strands of Emotion to help you get to the bottom of the problem. Do it like this:

Father-Mother is ONE, in Your Image and Likeness I Am Who I Am, and I Command DNA strands — E-Motion strands — to help me solve the problem of my husband's lack of attention to me. Thank You, God, for this gift of love. It's done. It's done. It's done!

And let it go! Let God and your inner strength do all the work. Move on with your life doing other things. And soon you will discover that the real thing is in your self-sufficiency. You are whole and protected. Your husband's affection is actually an additional reward. You will notice big changes, and I can almost guarantee that once you let go of this problem, your husband's attachment to you can become even stronger.

Depression is another disruptor to our emotional well-being. One of the most common causes of depression is the inability to express one's truth and the inability to create. And every day you slip into a state of passivity and apathy. The less you talk, the less you create. And since the creative process is a great way to deal with depression, it's a vicious circle. You can often hear the phrase: “I don’t feel like creating.” Depression comes from a spark of hopelessness and a lack of vision of anything good in the near future. We need to rise above the blocking syndrome and get a little help. Here is an example that will help drive away depression. In this case, we separately use two virtual DNA strands: Immortality and Creativity.

God, I command the strands of DNA - the strands of Immortality - to help me cope with depression. Thank You, God, for this gift of love. It's done. It's done. It's done.

;

Starting with this call, we address the issue of depression and embrace it with love. We call on the higher powers of the Universe to give us an understanding of our uniqueness, and also to reunite ourselves with the Spirit and the Divine Plan. Then we need to generate the energy that will stimulate the creative process within us and break down the holding back dam of procrastination. We do this by invoking the Universal Forces of Creativity, which I like to call GRACE. Use the following wording or make changes to it:

God, I command the strands of DNA - the strands of Creativity - to help me manifest creative energy in order to gain strength. Thank You, God, for this gift of love. It's done. It's done. It's done!

You will need to repeat these words several times a day. Pay attention to any sensations that arise that you want to get rid of. After all, you ordered the blocks to disappear.

We all want abundance to surround us. I believe abundance is an aspect of the Law of Attraction. If I want abundance, then I must attract it. Abundance comes in many forms: finances, security, love, partners and friends, and a good, wholesome environment.

Why do we rank low on the abundance scale? Often the reason is that we lack self-respect and understanding of what we want. Money and credit cards are a good example. Thinking of money and credit cards as a means of survival is not productive. It is better to think about the mobility they bring to our existence. Using money only for survival weakens them, and in the end they cease to be attracted to us. We better think about and feel how wonderfully money can help us learn, give us time to work with our imaginations, and give us the means to be creative and enjoy what we have created.

Let's do a DNA Healing Meditation for the lack of money problem:

Father-Mother ONE, I command the strands of DNA - the strands of Creativity - to help me feel great when I receive money. Thank You, God, for this gift of love. It's done. It's done. It's done!

Get creative and let healing meditations serve you. This is a valuable technique, and the more you use it, the more you will believe in its effectiveness. When you do DNA Healing meditations, while in the tesa state, you need to make sure that you have created the purest intention, that you speak from the heart and trust the Spirit.

**Nutrition**

DNA activations automatically start a process that requires you to improve your health. This is confirmed by incoming reports and evidence. Over the next few days, those who have been activated begin to consume more water than before activation. They come to understand that proper nutrition becomes a priority. The transformation that occurs after DNA Activation leads a person to begin to eat better and pay attention to the need to take care of his body as a sacred dwelling place for his soul. We have found that the body requires more protein, amino acids, minerals, omega fats, and fewer carbohydrates, except during periods of increased activity.

Understanding and applying the right diet will definitely lead to a healthier body and mind. A good balanced diet is essential. However, remember that a "balanced diet" needs to be properly checked carefully. We are all different. You must examine your own body and determine what is best for it. Since I switched myself to a carb-restricted diet, I have more energy. I have lost weight. By avoiding carbs as much as possible in my diet and eating only protein for breakfast and lunch, my body feels great. Most importantly: listen to your body!

There are some great bestsellers: The Health Zone by Dr. Barry Sears,

*"Eat right according to your blood type"*Dr. Peter D'Adamo and Electric Power by Dani and Shelley Histende. Each of these books clearly defines the need for proper intake and balance of food. In short, Seere proposes a 40-30-30 rule, respectively, carbohydrates-proteins-fats, which most closely matches our body's nutritional needs. D'Adamo believes that blood type is the main thing that determines which nutrition program is best for our body.

When you read the book "Electrical Power", along with the traditional information, you find something very intriguing. This is where everything falls into place. Histends hit right on target. The body and the food it consumes are chemical in nature, and most chemicals are electrically charged. At the subatomic level, electrons, protons, and neutrons are what an atom is made of. It is electrically charged and has an electrical effect.

It is important to understand that the food we consume never even comes close to reaching our body cells. In fact, 99.9% of digested food is excreted directly through the intestines. (I've always believed that food, especially cakes and candies, goes straight to my rounding tummy.) The Histends argue that our body needs to change its digestive enzymes and bacteria in order to regulate the pH (acidity) of gastric juice in this way. so that it is suitable for different types of digestible food. "This command line is an electrical process."

I highly recommend taking the advice of a respected nutritionist and also starting to read books on the subject. After all, what is "food for the soul"?

**Physical exercise**

Yes, exercise is important. Stretching exercises are very important. Breathing is very important. Your body needs exercise to provide electrochemical processes. Exercise acts as a regulator. Without a minimum of necessary exercise, the body loses its ability to regulate the proper balance between nutrition and cell growth.

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*connects*

*intention*

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*Sedentary*

*image*

*life*

*—*

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*When*

*They*

*disconnected*

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***Rudolf***

***Ballentine***

Below are some health tips:

1. Be aware of your breath. Breathe deeply and slowly, inhaling through your nose and exhaling through your mouth. Imagine that you are breathing in Divine Love and breathing out all the impurities.
2. Take a brisk walk daily. You don't have to push yourself too hard, but you do need to let your heart and body know that they have other things to do besides sitting in front of a computer or TV.
3. Meditate daily. This gives your body a rest in the waking state.
4. Stretch more daily. Lie down on the floor and twist in all directions.
5. Learn to roll and even fall like children do.
6. Turn on the music and start dancing. It is best to spread your legs wider and rotate your hips. Clamped hips are future problems and immobility.
7. Try yoga, tai chi, or some other fluid movement system.
8. Be in nature.
9. Listen to your body and do what it wants to do.

Do your best to let your body know that you care about it and respect it. DNA activations contribute to this, and after a couple of weeks you will notice that the body is less resistant to exercise.

**Evidence**

Proof. Everyone needs proof. "Demonstrate to me that it works." We are constantly looking for and hoping that something will appear that will cure our diseases. And the most mysterious ingredients are trust and faith. Here's a good question for you about

"true value" of evidence: "Do you love your mother? Then prove it!" When some jump ahead in life and lead by example, others follow. But following someone is an addiction, and addiction is a slow path. Following someone is the past, freedom awaits us.

DNA activation is one way to get over the conformity barrier and receive one of the greatest gifts of our time. The Appendix contains some of the many testimonies obtained from the DNA Healing Project; we expect millions more testimonials.

*Data*

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*How*

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**Epilogue**

To be healed means to return to wholeness, to a pure reflection of the Source. In order for the Divine Energy to enter you, you need to detoxify your body and clear your thoughts. You gain strength and positivity and tap into your inner wisdom more. Life becomes abundant and less complicated. You are unique and self-sufficient, free from need and addiction, and never alone. You enjoy peace and express your freedom. That's what empowering self-healing gives you.

I am confident that these techniques will enable people to live longer and healthier lives. The application of these techniques will help the transition to an expanded consciousness and to higher dimensions in life. With love in your heart, change your DNA and change your life. Share your knowledge with everyone you meet, raise their vibration and help heal humanity and our planet.

The book "Change Your DNA, Change Your Life!" grew out of its predecessor, DNA Healing Techniques. It includes new information and presents two DNA Activation techniques in a simpler way. These changes have been made based on experience and feedback received from our certified Practitioners and clients, as well as guidance from Divine Source.

Information has been added to offer the reader and new certified practitioners a more detailed explanation of the techniques. We will continue to expand it as healing techniques for specific diseases are developed and new testimonies become available. And above all, the most beneficial block of information was added regarding the entry of the Divine Feminine Energy into our body - this is precisely what true Self-Healing, Leading to Gaining Strength, consists of. As a result of this Universal Life Force, activation and healing processes are accelerated - everything happens faster as consciousness expands to a higher state.

In all likelihood, many more thousands of people will be activated in the coming years in different countries of the world. Every effort has been made to make these techniques simpler while still being effective. We ask you to let us know about the effects you get from using these techniques. We have developed a special Change Control Table after DNA Activation to include all the observed physical and psychological changes there. It is listed in the Appendix for your daily use (see page 162). There is also a modified version of it that includes the Second DNA Activation and is available upon request.

It is extremely important that you log every change you make. We have a mini version of the Table of Evidence for you in the Appendix (see page 169), but there is also an extended version that you can get from us free of charge. Just write to us. We collect messages from all over the world. For the latest information on the DNA Healing Project, you can subscribe to the new online interactive magazine InSights.

A Spanish translation of this book has been prepared. Translations into French, Danish, Greek and Croatian are being prepared. As funding becomes available, this book will be published in other languages.

Our Foundation and I are always ready to accept your help and support. When you see how well the DNA Healing techniques work for you, help us get this message out to others. We have trained excellent, certified practitioners who are ready to serve you. For those in the medical and scientific fields who have experienced the benefits of these techniques, we ask that you share your wisdom by participating in our programs. We can really use your experience and support.

Finally, please join our Foundation and become a member by making an entrance fee. Such a financial contribution is sincerely welcomed, and it will be the easiest way to show your gratitude, to get involved in this work and to have the latest information on everything related to these simple but completely extraordinary healing methods. In the new millennium, self-healing leading to empowerment will become the norm. In Love, Light and Peace: My Blessing. Robert W. Gerard, PhD

**Applications**

**Change Control Table after DNA Activation**

Immediately after the First DNA Activation, positive changes begin to occur in your mind, body, emotions and spiritual awareness. At least during the first four weeks, significant changes should occur, and then they can continue for several years. After the Second Activation, the changes will be less pronounced, but they will increase as your multi-stranded DNA prepares you for existence in higher planes of consciousness.

It is very important to keep a journal of observations and record your progress. Below are four areas that deserve your attention. Use this table to track your changes. In the appropriate column, put points from 1 (lowest) to 5 (highest) to characterize your achievements, and if there are no changes, then put nothing. If necessary, add any other indicators (rows).

Please describe in your own words the changes you have experienced and your emotional response to them. We would be grateful if you could send us a copy of your spreadsheet to help us with our research.

Don't forget to send us a request for the DNA Healing Prayer to the extended Change Control Sheet.

We will also send you (free of charge) additional information we have and a gift. (Remember to include a stamped and addressed envelope.)

To obtain all these materials in Russian, you can contact the Educational and Peace-Creating Center "Flower of Life", where Dr. Gerard regularly comes to conduct his seminars.

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| --- |
| **Change Control Table after DNA Activation** |
| Activation Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Activated: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| On my own \_\_\_ Through a facilitator: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Changes taking place |  | weeks after the first  DNA ACTIVATION | | | | |  |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| YOUR PHYSICAL CONDITION |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Increasing the body's need for clean water |  |  |  |  |  |  |  |
| Detoxification and cleansing of the body |  |  |  |  |  |  |  |
| Need V the best nutrition  (reduced food intake) |  |  |  |  |  |  |  |
| Hair and nails grow faster |  |  |  |  |  |  |  |
| Lucid dreaming |  |  |  |  |  |  |  |
| Чувствуете себя моложе и выглядите моложе |  |  |  |  |  |  |  |
| Быстрее протекает самоисцеление |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Происходящие изменения | Недели после АКТИВАЦИИ ДНК | | | | | Первой | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Более быстрое проявление эффектов |  |  |  |  |  |  |  |
| Ощущение счастья и прорыва |  |  |  |  |  |  |  |
| ВАШЕ ПСИХОЛОГИЧЕСКОЕ  СОСТОЯНИЕ |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Острее ощущение внутреннего знания |  |  |  |  |  |  |  |
| Покой и тишина внутри |  |  |  |  |  |  |  |
| Отказ от старых «истин» и убеждений |  |  |  |  |  |  |  |
| Возрастающее доверие к себе и осознанность |  |  |  |  |  |  |  |
| Часто повторяющиеся яркие сны |  |  |  |  |  |  |  |
| Точная и осознанная речь |  |  |  |  |  |  |  |
| Повышение чувствительности, проявления телепатии |  |  |  |  |  |  |  |
| Возросшая способность к распознаванию |  |  |  |  |  |  |  |
| ВЗАИМООТНОШЕНИЯ С ЛЮДЬМИ |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Большее ощущение любви к другим |  |  |  |  |  |  |  |
| Способность яснее видеть взаимоотношения |  |  |  |  |  |  |  |
| Принятие и разделение новых чувств |  |  |  |  |  |  |  |
| Привлечение «родственных душ» и «членов вашей духовной семьи» |  |  |  |  |  |  |  |
| Освобождение от всего старого: отношений, вещей и т. д. |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Происходящие изменения | Недели после АКТИВАЦИИ ДНК | | | | | Первой | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| ПОЗНАНИЕ САМОГО СЕБЯ И  САМОРАСКРЫТИЕ |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Усиление способности противостоять «самооправданиям» |  |  |  |  |  |  |  |
| «Решение» проблем вместо их «поиска» |  |  |  |  |  |  |  |
| Более легкое и быстрое соединение с Духом |  |  |  |  |  |  |  |
| Нахождение точных и значимых ответов |  |  |  |  |  |  |  |
| Превращение неопределённости в четкую истину |  |  |  |  |  |  |  |
| Фокусирование на «здесь и сейчас» |  |  |  |  |  |  |  |

**Наборы материалов, книги, компакт-диски**

Воспользуйтесь продукцией, созданной в рамках Проекта Исцеления ДНК. Каждая аудиозапись была тщательно продумана в расчете на вас. Все они информативны, просты для понимания и практичны. Аудиокассеты для Активаций насыщены «высокой энергией Духа», что дает вам возможность получить максимальный опыт. Пользовавшиеся этими кассетами для Активации сообщают о полученных ими положительных результатах. Мы настоятельно рекомендуем Набор материалов по 120-дневной программе. Она экономит ваши деньги и более практична. Мы настоятельно рекомендуем приобретать версии на компакт-дисках.

Набор материалов по 120-дневной программе для Первой и Второй Активации ДНК Включает все произносимые тексты в письменном виде, справочные материалы и аудиозаписи на CD или кассетах — 99,95 $.

**Набор материалов по программе Третьей и Четвертой Активации ДНК**

Включает все произносимые тексты в письменном виде, справочные материалы и аудиозаписи на CD или кассетах — 85,00 $.

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**13,95** $

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**Дистанционные сеансы исцеления по всему миру**

Все Активации ДНК доктор Джерард может проводить на расстоянии. Дистанционные сеансы дают точно такой же эффект. Просьба обращаться к вашему международному координатору по Активации ДНК и Исцелению по технике ЗеРо (см. стр. 168) или посетить сайт нашего Фонда.

**Образовательные программы Программа обучения (общая характеристика)**

Одна из наших первейших задач на этой планете — это достижение самореализации: понимания себя и своего предназначения. Во-вторых, это формирование «Генетической Сети», что может быть достигнуто с помощью Активаций ДНК, исцеления, ведущего к обретению силы, а также постоянного обучения.

Когда вы начинаете это путешествие, ваша первостепенная задача — научиться «жить в моменте». Ваше прошлое и будущее действительно раскрываются для вас. Это дает свободу самовыражения и отражения собой Бога. Жизнь в таком состоянии обостряет восприятие своего внутреннего и внешнего мира. Вы обретаете силу, достигаете просветления и становитесь воплощением Божественного Сознания. Вы — Мастер, единое целое с БОГОМ, который есть Отец-Мать Единый, Источник ВСЕГО.

Цель образовательных программ нашего Фонда — помочь проявиться этому Мастеру, которым вы являетесь. Как вы увидите, образовательные программы Фонда сфокусированы на вашем самосовершенствовании. Чем здоровее ваше сознание, тело, эмоции и дух, тем здоровее будет все человечество и сама наша планета.

Все лекции, семинары и тренинги созданы для того, чтобы вы смогли обрести силу и достичь просветления. Каждая программа разрабатывалась с конкретной целью дать приемы и техники, помогающие человеку самосовершенствоваться, выявить свое предназначение и ускорить эволюцию ваше Божественной природы.

**Программа подготовки сертифицированных Практиков**

Очень важно, чтобы техники Активации и Исцеления ДНК распространялись в мире правильно, надежно и эффективно. Эти техники исцеления просты и должны такими и оставаться. Наш Фонд полностью пересмотрел свою Программу подготовки сертифицированных Практиков, которая предлагает практические семинары для широкой аудитории, а также дистанционную программу подготовки сертифицированных Практиков Активации ДНК на национальном и международном уровне. Сертификация преследует три цели:

1. Служить клиенту на высочайшем уровне честности и целостности.
2. Обеспечить постоянное руководство и исцеление.
3. Собирать отзывы для проведения наших исследований и поддержки. Мы продолжаем получать тысячи свиде тельств и документированных материалов со всего мира.

Процесс сертифицирования разработан таким образом, чтобы наряду с физическим исцелением охватить психоэмоциональные аспекты исцеления.

Сертифицирование своих Практиков и Консультантов по Активации ДНК дает возможность Фонду «Оутен Хауз Фаун-Дейшн» гарантировать целостность применяемых техник Активации и Исцеления ДНК, защитить их простоту и подлинность, предотвратить их искажение или неправильное применение, а также поддержать их все возрастающее распространение в глобальном масштабе.

Для получения более подробной информации о Програм-е сертификации, координаторах дистанционного исцеления, понсировании «Генетической Сети» и о том, как стать сертифицированным Практиком и фасилитатором, просьба обращаться к своему местному координатору по Активации ДНК/ Исцелению по технике ЗеРо или на сайт Фонда [www.oughtenhouse.com](http://www.oughtenhouse.com/)

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Для получения консультации обращайтесь к доктору Джерарду по e-mail

ROBERTG@oughtenhouse.com

Или

DrGerard33DNA@ao1.com

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## e-mail: konsue@dd.ru

**Таблица свидетельств о результатах Активации (фактические данные)**

Я прошел (прошла): »'

□ Активацию Молодости и Жизнеспособности

(Первая Активация)

□ Активацию Распространения и Омоложения

(Вторая Активация)

□ Сеанс Считывания (Исцеления)

В результате этого опыта я свидетельствую истинность следующих заявлений:

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**Активацию проводил(а) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** □ Я разрешаю использовать мое сообщение для целей развития программы.

□ Пожалуйста, сохраните конфиденциальность этого сообщения.

Имя (печатными буквами) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Дата \_\_\_\_\_\_ Подпиись \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Профессия \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Адрес \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Телефон\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ e-mail\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Это важно! Если хотите получить бесплатный подарок, пожалуйста, отправьте эту форму в «Оутен Хауз Фаундейшн».

**Свидетельства**

Глубокое эмоциональное освобождение и более ясное видение ситуаций и людей! Легче быть сострадательной к людям. У меня теперь более спокойное отношение ко всему — я не расстраиваюсь и не ожидаю слишком многого.

*Лауана Л., Северная Каролина*

Я молода в свои 74 года, и после активации я больше не отчаиваюсь. Моя кожа разглаживается и морщины исчезают. Я снова работаю в саду и сплю всю ночь. Джуди X., пенсионерка, Калифорния

Болезненные воспоминания детства вышли на поверхность и ушли. Они были невербальными, и я думаю, что относились к самому процессу рождения. Я испытала огромное эмоциональное освобождение без эмоциональной привязки. У меня очень яркие сны и очень сильные медитации. Свет в моих медитациях стал ярче, и я чувствую, что цвета общаются с каждой клеткой и каждым органом моего тела. Мне нужно меньше времени на сон, и мой ум ясен.

*Шейла Б., Гавайи*

С момента активации у меня возникло моментальное и длящееся до сих пор сильное ощущение внутреннего мира и спокойствия. Медитация «Шар Души» и новые отношения с моей ДНК оказались полезным дополнением к моей духовной практике.

*Дарси, Северная Каролина*

У меня улучшились отношения с женой

*Д-р Фред Р., патологоанатом, Калифорния*

Что-то происходит. Что-то БОЛЬШОЕ, я это знаю! У меня фибромиалгия, и я не помню того времени, когда у меня не было боли. Сейчас бывают целые дни, когда у меня ничего не болит, а когда боль появляется, я отключаюсь от нее. Теперь у меня столько энергии, что я физически могу делать те вещи, которых не делал в течение многих лет. Мне была показана моя миссия, и я чувствую себя великолепно!

*Ларри П., Калифорния*

Мои растяжки улучшаются — постепенно исчезают — и продолжается процесс потери веса. Мое тело наконец-то возвращается в свою идеальную форму. Мои телепатические способности невероятно усилились

*Анжела Т., Северная Каролина*

Я стала яснее и добрее выражать свои чувства и мысли. Улучшилось мое общение с людьми и я точнее использую слова.

Возросли осознание и вера в себя. Я живу «здесь и сейчас» и в то же время осознаю все свои обязанности. Я больше не растрачиваю себя на мелочи.

*Лорена, бизнесмен, Калифорния*

У меня появилось ощущение самодостаточности, меньше стресса и больше энергии. Я люблю и принимаю себя и других.

*Нина Б., медсестра, Калифорния*

После работы с ДНК у меня значительно возросла осознанность, и телепатия и связь с Духом. Я стала разборчивей в питании. Сразу наладился сон и появились осознанные сновидения.

*Валери Д., директор по маркетингу, Калифорния*

Произошли определенные изменения, повысились творче ские способности, и я стал меньше реагировать на проблемы взаимоотношений. Я чувствую доверие к этбй простой технике исцеления, хотя я всего лишь начинающий!

*Джахау, Италия*

Мне кажется, что мое мышление стало более ясным. На новый уровень вышли отношения с семьей и другими людьми. Все, что не так, немедленно выходит на поверхность и разрешается.

*ДэвидМ., Флорида*

Я заметил много улучшений во всех аспектах моей жизни. Наконец-то после двадцати лет заросла трещина от старого перелома костей стопы. Я могу опять без всякой боли ходить босиком.

*Джон У., инженер по электронике, Северная Каролина*

У меня нет абсолютно никаких сомнений в том, что невероятное изменение липидов в моем теле произошло после Активации ДНК. Я так довольна результатами! Как я уже говорила вам сразу после активации: эта вещь просто изменяет жизнь. Я была абсолютно права. Я чувствую, что обрела много силы. Не могу дождаться того момента, когда снова и снова смогу поблагодарить вас за этот удивительный метод.

*КетлинДж., Колорадо*

Я чувствую очень глубокий мир и покой... больше, чем когда-либо. Как будто мои клетки в течение эонов лет получали предупреждение об опасности, а теперь получили сигнал «отбоя тревоги».

*Бекки, Орегон*

Сразу после Первой Активации я почувствовала эйфорию! Возросло мое ощущение «знания». Усилилась интуиция. А также сострадание и любовь к другим. Я чувствую, как будто мое тело перестраивает себя изнутри наружу.

*Бонита С, Техас*

После Второй Активации много грязи вышло на поверхность, и я отпустила все это. Я просто хочу поблагодарить вас. Это было положительным событием в моей жизни. Я полна ожиданий, что все мои намерения проявятся на физическом плане.

*Линда Н., Техас*

Я чувствую легкость во всем теле и гораздо больше энергии и силы — я гораздо лучше осознаю каждую часть тела и люблю каждую клетку как живую сущность. Я более внимателен ко всему и лучше осознаю свои мысли.

*Авива Б.*

Активация ДНК изменила мою жизнь как на физическом, так и на ментальном плане. Теперь я живу с ощущением внутреннего покоя и гармонии, которое превосходит все, что я когда-либо испытывала. Я достигла ясности в понимании своей жизненной цели, а также мудрости, позволяющей мне идти к моим целям.

*Т. Денни, Северная Каролина*

**Отзывы из России**

После Первой Активации ДНК стали исполняться все мои желания (естественно, только позитивные).

1. Через день мой муж, с которым мы не жили вместе, наконец-то согласился на развод. Мы теперь с ним добрые друзья.
2. Я стала снимать любую свою боль — своей рукой.
3. Улучшились отношения моего сына с ровесниками в школе.
4. Я получила большую премию — одна из немногих.
5. Как только я хотела что-нибудь — книгу, концерт, встре- ул чу, — все мне тут же посылалось.
6. Появилось устойчивое чувство радости, огромная энер гия и вера в себя, свои силы.

Я чувствую, что рядом со мной и Божественная сила. Огромное спасибо Роберту. *Светлана, Москва*

После всех четырех Активаций ДНК я почувствовала удивительную внутреннюю свободу, которой наслаждаюсь до сих пор. Стала отучать себя от осуждения себя и других, принимая все таким, как есть. Могу сказать любому человеку любые вещи не в обидной для него форме. И главное, конечно, это то, что возникло четкое ощущение себя творцом своей жизни.

*Ирина, Москва*

На Первую и Вторую Активации ДНК я приехала после того, как 18 дней пролежала в клинике Пятигорского НИИ. Мне поставили диагноз... и профессор дал мне 25 % шансов стать такой же, как я была до болезни (это было в марте 2002 года). Я постоянно принимала в сутки 200 мг диклофенак-ретарда, и все равно боли не отпускали.

После Активации произошли потрясающие изменения: изменилась я, мой характер, проще говоря — моя душа запела на Первой Активации и поет до сих пор.

Весь мир вокруг прекрасен! Свет и Любовь вокруг!

На сегодняшний день я чувствую себя замечательно, боли ушли, диклофенак стал не нужен, я свободно двигаюсь и бесконечно наслаждаюсь жизнью.

Все перечисленные в анкете изменения имеют место в моей жизни.

*Ия, Ставрополь*

После Второй Активации:

1. Снижение веса на 4 кг.
2. Значительные улучшения давления крови.
3. По свидетельству видящих и целителей, почти прошел простатит.

*Александр, Москва*

Активация ДНК? Я биолог и, признаюсь, поначалу думала — это что-то вроде клонирования. Но все-таки решила почитать. Уже во время чтения произошло энергетическое включение. Отреагировали и психика, и тело. Стали освобождаться чакры (особенно Манипура), каналы и органы. Шишковидная железа шевелилась. Отдельные органы и части тела то болели, то покалывали и, освобождаясь, приходили в норму. При внутреннем созерцании происходили вспышки, фейерверки, осветление и усиление свечения. Пожалуй, больше всего радовало, что стало легче общаться с людьми, особенно в стрессовых ситуациях. Словом, кто-то неведомый подсказывал нужный текст и эмоциональный тон. Процесс продолжается.

*Сандра, Москва*

После Первой и Второй Активаций весь внутренний негатив поднялся со дна души и привлек в жизнь подобное. В поиске освобождения обнаружила, что не выполняю своего предназначения, занимаюсь не своим делом. Сейчас нашла путь, знаю свою задачу и начала ее выполнять.

*Ирина, Обнинск*

**Об авторе**

**Доктор Роберт Винсент Джерард**

Специалист по холистической психологии, лектор, писатель и ясновидящий целитель. Роберт Джерард начал свою карьеру в качестве инженера. Увидев, что его интересы связаны с людьми, а не с вещами, он снова пошел учиться в Атлантический университет Флориды и закончил его по специальности «социальная психология» (1978). Затем он получил звание бакалавра в области психологии менеджмента во флоридском Университете Нова (1981). Роберт Джерард также прошел программу докторантуры по управлению образованием для взрослых при Государственном университете штата Джорджия (1983—1985) и докторантуры по психологии Востока и Запада при Калифорнийском институте интегральных исследований (1989-1992). В 1998 получил звание доктора метафизической философии и лицензию ассистента пастора в Колледже метафизических исследований.

Опыт работы доктора Джерарда в области руководства и консультирования составляет более 39 лет и охватывает ведущие области промышленности: машиностроение, производство, банковское дело, образование, терапия и издательское Дело. Он работал в крупных корпорациях, был председателем международных конвенций и проводил тренинги на всей территории США.

В течение 7 лет Роберт руководил издательской компанией «Оутен Хауз Пабликейшнз». Он является основателем Фонда «Оутен Хауз Фаундейшн» — глобальной образовательной организации, содействующей духовному пробуждению, самораскрытию и самоисцелению. Его миссия заключается в распространении необходимых для этого техник по всему миру.

Доктор Джерард занимается частным консультированием в области холистической психологии и психологии менеджмента, читает лекции, проводит семинары по Техникам Исцеления ДНК, тренинги по Искусству мирной конфронтации и сеансы Исцеления по технике ЗеРо. Им написано пять книг, в том числе «Преодоление вербальной конфронтации», «Дама из Атлантиды» и «Корпоративный мул». Многие из опубликованных им статей можно найти на сайте Фонда [www.oughtenhouse.com.](http://www.oughtenhouse.com/)

**Замечание от автора**

Моя работа и настоящая миссия, связанная с Проектом Исцеления ДНК, началась в июле 1997 года на конференции Вселенских работников Света в Сиэтле. К моему удивлению, мне было быстро продемонстрировано, что я обладаю экстраординарными способностями исцеления. Я также получил послание Духа о том, что моя задача — быстро передать миру сначала Техники Исцеления ДНК, а затем Техники Самоисцеления, ведущего к обретению силы.

Книга «Измени свою ДНК, измени свою жизнь!» раньше называлась «Техники Исцеления ДНК». Книга выдержала несколько изданий и шесть тиражей. Программа распространилась по всему миру, и это продолжается, как и было запланировано Духом.

Проект Исцеления ДНК Фонда «Оутен Хауз Фаундэйшн» и Активации ДНК отличаются от других активаций тщательностью разработки. В этом проекте отражено влияние Божественной Женской Энергии, которая сейчас нисходит на нашу планету. Я рассматриваю это как обратное внедрение аспекта «Матери» в наше понимание Бога. Это служит для нас основанием использовать термин «Отец-Мать ОДНО», который символизирует Божественное Творение и Божественную Дуальность и поднимается над чисто мужской интерпретацией Бога.

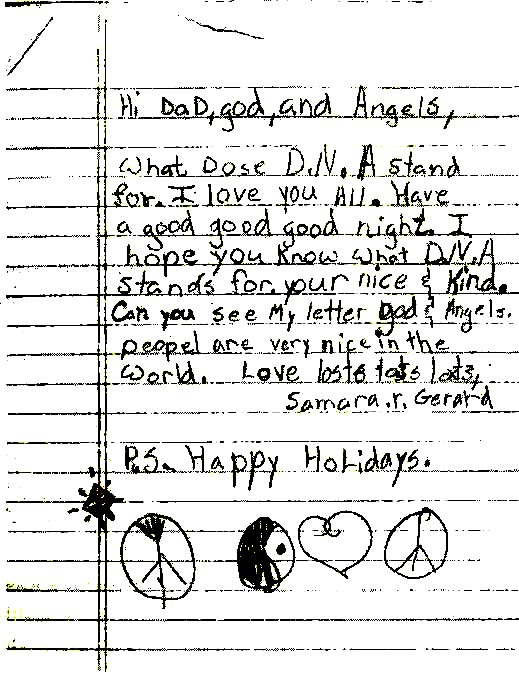
Основное внимание в книге уделяется очищению человека. В ней представлены техники исцеления эмоциональных, физических, социальных и духовных аспектов человечества на пути к его Вознесению в Богочеловеческое состояние бытия.

В книге не упоминается об Апокалипсисе, а, наоборот, говорится о сияющей звезде Надежды.

Теперь у нас есть пять прекрасных и мощных Активаций ДНК. Мне переданы еще две «Божественные Активации ДНК», и я представлю их, когда мне будет разрешено это сделать. По мере того как будет продолжать развиваться, под водительством Духа, моя работа и эта программа, будет совершенствоваться и моя книга — надеюсь, что и вы, ее читатели, тоже не будете стоять на месте.

Наша земная цель заключается в достижении внутреннего мира и отражении внешнего мира. Когда мы преуспеем в этом, наш Небесный Создатель поведет нас в нашей жизни. Когда каждый из нас откроется Духу, мы обнаружим, что выполняем работу, угодную Богу. Это только вопрос доверия — доверия себе и Божественному Плану.

Благословение вам и Мир!



*Привет, Папа, бог и Ангелы!.*

Что означает ДНК? Я люблю вас всех. Доброй, доброй, доброй вам всем ночи.

*Я надеюсь, ты знаешь, что такое*

*ДНК. Ты хороший и добрый.*

*Видишь ли ты мое письмо, бога и*

*Ангелов?Люди в Мире очень добрые.*

*С огромной, огромной, огромной любовью,*

*Самара Р. Джерард*

*P. S. Счастливого Рождества!*

*(написано Самарой Роуз Джерард в*

*7лет, декабрь 1998 года)*

**Контактная информация**

Проект Исцеления ДНК и наша Миссия — реальны и продолжают распространяться по всему земному шару. В течение пяти лет более 30 000 человек прошли активацию.

Поступающие отчеты говорят о положительных результатах и благополучии этих людей. Происходит нечто удивительное

и полезное.

Мы успешно движемся вперед как в своих исследованиях, так и в обучении.

Биологи, врачи, медсестры, хиропрактики, специалисты по питанию и другие профессиональные работники в области нетрадиционной медицины и целительства подсоединяются к нам для участия в этой очень плодотворной и полезной программе.

Мы готовы принять все возможные виды поддержки. У нас есть книги, ожидающие перевода и печати, люди, занимающиеся исцелением, и люди, обучающие исцелению. Мы будем признательны за вашу поддержку. Наша работа продолжается. Сейчас книга опубликована уже на португальском, голландском, хорватском, венгерском языках. Подготовлен перевод на датский язык, испанский перевод ждет публикации.

Пожалуйста, помогайте! Любое пожертвование или взнос будут приняты с благодарностью. Наш штат добровольных помощников перегружен работой. Наше служение идет от сердца. Помогайте нам, пожалуйста, распространить по всему миру эти исцеляющие техники, дающие прекрасные результаты.

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**КОНТАКТЫ В РОССИИ:**

Желающие пройти Активации ДНК у доктора Джерарда в России, а также получить

Таблицы контроля изменений после Активаций (на русском языке), могут обращаться в

Просветительско-МироТворческий

Центр «Цветок Жизни» Тел. (095) 248 88 70, 348 77 60; тел./факс (095) 133 55 66 e-mail: flowerrus@yandex.ni

## сайт:[www.floweroflife.ni](http://www.floweroflife.ni/)

[www.e-puzzle.ru](http://www.e-puzzle.ru/)

1. Букв, след, отпечаток. — Здесь и далее прим. И. Сутокской. [↑](#footnote-ref-1)
2. От англ. messenger RNA, букв. «РНК-посланник». [↑](#footnote-ref-2)
3. Издавалась на русском языке также под названием «Сердце души». Прим. ред. \*\* \*\* Гал 6: 7. [↑](#footnote-ref-3)
4. Англ. «Let Go — Let God». [↑](#footnote-ref-4)