

FREE WORKBOOK EXAMPLE



THE SOURCE CODE

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The Source

The new paradigm of healing and wellness. The science of epigenetic has changed everything for the first time in history we now understand how we have the ability to change the expression of our genes. Your DNA and Proteins that regulate the expression of your genes can be altered by either external, environment or internal mental/emotional signals without altering the gene sequence itself. The food you eat, the lifestyle you maintain, the emotional state you experience, stress/trauma you experience and the quality of the thought you think and relationship you maintain each send signals at different vibrations levels that either support cellular growth and optimal healing to predispose you or perpetuate you to disease.

Genes are no longer your destiny as they can be switched on/of or up-regulate or down regulate. There is a complex process that takes the information or sequences that make up the genes and can alter them just like you can alter a computer code! It is beyond this course to share all the mechanisms of how this process works, rather my goal is to share the tools and resources/strategies to help you change your life rapidly!

The Source





Our DNA-Our Code

Our bodies. Our cells. Our DNA! The natural wonder of our body is their creative and spontaneous functional of how each cell is a beautiful mixture of the intelligence of nature and life. How our bodies build themselves and maintain our existence is beyond anything anyone can imagine. From the joining together of sperm cell and egg cell to form one cell, to the conception of what we will become a fully function human-being should insure each of us! Through this process, this one cell receives electromagnetic energy we call spirit and together they catalyst this innate cellular knowledge to multiply itself to become trillion of cells in just 9 months. This human life now has the knowing how to surround itself and build a nervous system, muscles, bones and every organ in the body!

Each time you implement the new methods you will learn in this program you will build and/or reinforce new neural network in your brain that sends this information to your endocrine system allowing them to send signals to the receptors on cells. The receptors absorb the quality of the vibrations received and their vibrations signal the cells and their DNA to produce the substance to meet the mind body needs. They store the information they receive from vibration and each cell has a gene factory which produces proteins and other substances depending upon the signals received from receptors. When it receives signals that say tell the system "my body feels safe and feel balance" it produces one type of protein. However, when it receives signals saying "I am unsafe and their is danger" (REAL or IMAGINED) the receptors send different signal to DNA and gene production line to produced the proteins needed to meet the threat.

We first use and then produce electric magnetic charges and biochemicals with the known energies. Being alive means to be distributing and producing billions of volts of energy every second. This is circulate though the body and through space creating intersecting fields. The Heart field is the strongest--this is why living a heart directed life is one of the goals in the program. The heart brain creates the dominant electromagnetic field, which influences and interesets our head and enteric brains, as well as the many brain systems of the endocrine system. Yet, our body also has an amazing partner in our existence, which joins us upon birth, OUR microbiome! These are microorganisms like bacteria, fungi and viruses that cover our skin, fill our stomach, mouth and other part of body sharing their DNA and interacting with ours. It is estimated that this is 10 time the amount of microorgani than the number of cells. In a symbiotic relationship with us, without which we couldn't survive.

The knowledge of nature and consciousness of electromagnetic energy we call spirit is combined the ability to grow and develop into 37 trillion cells over a life span that can maintain, protect and develop over a 100 year cycle. All this information is in the initial cell at conception. This cell has knowledge within it to absorb the elements of nature consisting or air, water, sunlight, vegetables, fruits, meats and minerals to creates 100,000 different proteins that are building blocks of human existence. From cell to nucleus, to chromosome to DNA, to gene segments of DNA to PROTEIN; this truth about DNA is that although our cells are packaged into 46 chromosomes in nucleus as a naturally helical molecule, DNA is super coiled so that it takes up less space. However if you stretch DNA in one cell all the way out, it would be about 5 feet long! If you took all the cells in our body and did the same it was be twice the diameter of the solar system.

DNA also creates RNA with its own set of genes that work with DNA gene codes to direct their functioning in the cell. RNA can travel between cells and alter cells at a distance, something we are beginning to understand! Then you have the mitochondria, which is the powerhouse of each cell (which have to have their own DNA so energy from oxygen and nutrients can give energy to the cell to function). However unlike other elements of DNA that are given to you by parents, the mitochondria are passed on only from your Mother. You will see and learn how each cell is filled with many different codes the work together to help the body.

“if nourishment isn't provided it dies...”

This evolution has occurred over millions of years through natural selection and interaction with trillions of other microorganisms that work together with our cells to create symbiosis to survive and prosper. All of this being possible because in that initial cell, there as information and knowledge and the "know how" which contained coded algorithms to assume itself in billions of times, the patterns then unfold within itself to develop trillions of structures needed to survive and thrive. All of these functions happen because of the environmental signals that are received from external nourishments and internal (biochemical and neurological interactions).

IF NOURISHMENT isn't provided it dies, if the environment is threatened, it can withdraw itself to exist. Additionally, threat from past generation can leave a mark known as an epigenetic tag that can act as a continuous signal to any of the different DNA strands to alter it's functioning and lead to mental, emotional and physical illness that can cause cancer, heart disease, obesity, depression, etc.





Our job as caretaker of these physical bodies, these forms of knowledge, information and life force energy is to understand how to best fill the needs of ourselves and provide the signals needed to maintain growth and homeostasis. THIS IS THE BALANCE between mind and body, a balance that allows the code's which are already imprinted within the genes of each cell to fulfill the function that was developed through the million of years of existence. Like our phones and computers that have evolved over time, these devices are useless without a fully charged battery that gives it the amount of electromagnetic energy needed to activate the programs and signals from the user concerning what function it is being asked to perform.

Our DNA does not hardwire our destiny, it provides opportunity to activate the programs that have been installed and use them in a way that can intensify or minimize the volume, degree and timing of how it is being used.

Epigenetic Tags act as malware in our system, you can have identical twins with the exact same genes experience but completely opposite levels of health. My goal is to help you remove the tags that may have been there from your grandmother or great grandmother. Epigenetic reminds us that our responsibilities are regarding how to use the intelligence that has been developed over time. By engaging that creative force of electromagnetic light that is truly the very battery to ignite the cells and coated information in our genes to experience our existence. It is very easy to understand with the right signals and materials we have all we need to sustain our existence and allow us to enjoy our human life and wellness expressions.





It's pretty simple. Each person knows when they feel fit, healthy, peaceful and happy (it's not a mystery). This process is our awareness, which is tangible, observable and within our control. It is not random event that is chaotic, we know when we make the right choices because we experience the effects of them (some instantly and some over time). When those effects are illness, unhappiness, weakness or dysfunction, we know that we have done something to throw our system out of balance. We fail to provide those signals necessary to allow our magnificent combination of consciousness and nature to thrive and prosper. We also know when we feel love, joy, strength and alive for we have provided those signals externally and internally to create this state.

The natural wonder of our bodies within their creative and spontaneous functioning of each cell is indeed a miracle of the intelligence of nature and life. How are bodies build themselves and maintain their existence is spectacular and beyond comprehension. Again, from the joining of sperm and egg cell to form one cell to conception to what became a fully developed and functioning human being should inspire all within each of us!

Epigenetic is the recognition of what our responsibilities are regarding how to use intelligence that has been developed over time. Every experience you have becomes a coded chemical and electromagnetic signal that will impact the life of your cells and thereby your emotional state and health. Your experiences are metabolized and recorded for future reference. The question you must ask yourself is what kind of references am I giving myself? References for wellness that would want to rehire because they do such a good job or references of dissatisfaction to avoid?



CONCLUSION

Be the Master of your Decisions--Not the Victim.

Don't be victim of those around you that have keep you in outdated traditions, passed on through your family or schools or interest groups with upsurge health information from professional for merely profit. Say no to the power structures they have imprinted on you and become the master of your own fate. Investigate, question and LEARN, trust your intuitive powers to guide you. Validate your instinct! After all they have million of years of development behind them!

Remember, what you are experience healthwise is not because you are hardwired or condemned to the fate of your ancestral DNA--YOU ARE AN ACTIVE participant of your DNA expression. Your mental and emotional wellness is essential to your physical wellness. You have one holistic system with each aspect interdependent on the other. Sure, you might carry certain tendencies by virtue or your genetic make up, so it vital to be aware of them! However your self-awareness helps you break out those models of how your family lived and how they signaled their genes to respond. What they did and how they did, it has been copied by your unconscious mind/body and imprinted in family patterns unwillingly within your mind.

Good News is--IT IS ALL CHANGEABLE! This is what makes epigenetic so exciting with this program breakthrough! You can learn to alter the signals you consciously and unconsciously send your cells to shift your DNA expression. More than 75% of chronic health conditions and most of diagnosed conditions can have the genes responsible for creating these conditions turned down or turned off.

