

## Chapter 1 — Creating Our Reality

Family is our greatest gift and our greatest challenge. Past generations exert a formidable influence on life patterns. The shortcomings in our families — illness, failed relationships, poverty and unhappiness, create incredible stresses in our lives. Can we walk with confidence and pride in our lives when we come from a background of broken bodies, crushed lives and shattered dreams? Does this mean we are destined to repeat the same unwanted patterns? The answer is a resounding “NO.”

I invite you to consider whether you are happy. How do you define happiness? Is it having a big house, a luxury car and lots of money? An attractive partner? A well-paying job? A satisfying career? Or is happiness a peaceful, serene life with friends, family and compatible co-workers? Or do you define it in more abstract terms, like having a meaningful life, being stimulated intellectually, emotionally stable, healthy in mind and body, loving and being loved, having a deep spiritual connection? No matter how you define happiness, know that happiness is within your grasp. This is the message of this book.

As I grew older I gained a greater self-awareness of my body, mind and spirit. I considered how and why I made some of the decisions in my life and the consequences. Still there were huge chunks of life that seemed out of my control. Eventually, I learned about the influence of genetics and our DNA heritage and how it can affect lives in so many unconscious ways. Since the advent of commercially available DNA testing kits (and advertising), most folks can now send in a saliva sample or cheek swab and discover the origins of their ancestors.

We inherit genes from our parents and the environment they (or substitute parents) provided. From a spiritual viewpoint, we chose these basic building blocks prior to birth so we

could learn in this lifetime and grow. We also chose our own experiences and patterns in our lives.

At birth we were given a blank story book which was a manual for creating the life we want. The Universe wants us to write our wonderful life story filled with happiness, love, abundance, friendship and great adventures. The problem is no one has given us instructions on how to create our story. Here are some basic instructions on to how to create a wonderful Life Story.

### **The Gifts and Burdens of the Past**

Everyone needs to know their past. We all need an anchor for our identity. We may not like or want what we have, but we crave a connection to a history we can call our own.

Just ask a foster child, an adopted person, or a young displaced refugee without knowledge of his/her background and you will find a gaping void that longs to be filled with history. We need a link to the past to know how we fit in the world, where our place is in the story of humanity. Without such a link there is a lack of foundation, and a person has greater difficulty creating a meaningful present.

In the Western culture of the United States where many immigrants arrived from diverse places, speaking a variety of languages, many people have lost the connection with their non-continental past. Second generations may not have learned the parents' original language and couldn't read documents from home. Wars and internal conflicts often destroyed rural villages and home-staying relatives. Postal services were erratic, if available at all. Therefore, our sense of continuity is often limited to two or three generations.

Even those of us with Native American roots, whose relatives inter-married with main society, lost our links with our native cultural past because of persecution in prior generations.

Birth and death records were lost or unrecorded for the protection of the parents and/or children, so tracing lineages is difficult. We cannot find lost relatives and heritage, even if we search. Our only link is through our DNA.

In other countries and cultures, people can trace their ancestry back thousands of years. They may even know the names of their ancestors for multiple generations and be named in accordance with a family tradition that honors the past ancestors. This gives a sense of permanency and connection to a place, culture and community which is lacking in newer lands. This connection may cause constraints in the younger generation desiring to break free of the traditional roles and expand into new lifestyles, but they at least have an anchor to home.

Even knowing one or two generations gives a person a sense of home, family, place, community and tradition. “My family is from ...” establishes a certain fixed point of reference for a first meeting with a stranger. So too, if you have a mother and father, you have a specific genetic history as a reference. This may be good or bad, but at least it is a starting point when you want to refer to health, finance, intelligence, career, relationship and spiritual history in relation to the rest of the world. Without such an awareness, you are at a loss to know who you are compared to others with these links. Our genetic codes are indeed our roadmaps to life.

### **Inheritance of Foundations**

In the past there was an ongoing debate between the scientists and the behaviorists about whether our genes or our environment was the most important influencing factor in who we are and what we become. The outcome has been decided: we are what we choose to be!

The latest scientific developments have clearly shown our DNA does not determine who we are, what we become, our health, our financial situation, or our mental or emotional

condition. Neither does our upbringing. We cannot dismiss either factor out of hand but we can understand now how we can control our reality. Our destiny is in our hands.

## **The Foundation**

### **Forming Our Life — Our Genetic Heritage**

Conception: Our lives begin with conception — the merging of the female egg and the male sperm. This is basic, but not simple biology. Many, many factors come into play when an embryo forms that affect our lives and the lives of future generations. These factors include:

- The DNA of the mother and father;
- The physical health of both parents;
- The vitamin and mineral nutrition available to the mother during gestation;
- The purity of the mother's environment — air, water, and electrical pollution;
- The quality of food, medication, smoking, alcohol consumption, drug use;
- Exercise and mental stimulation;
- The emotional connection and well-being of the mother and father;
- Whether the child is desired by both parents;
- The stress and mental well-being of both parents or the people in the mother's environment; and
- The happiness and well-being of the parents.

Every one of these factors influence the development, growth and the life of the embryo, baby, child and person from the moment of conception. As we will see, the genes of the parents, are only one of a multitude of factors impacting our future lives.



Hand Holding DNA Strand

### **Other Factors Influencing DNA Expression**

**Past Life Karma:** In addition, if you believe we live multiple lives, we also bring in our karma or unfinished lessons from previous lives to complete during this lifetime. If we ended our last life unexpectedly, tragically or abruptly, we may not have been at peace with our loved ones or left unresolved conflicts. These emotional or spiritual burdens are carried with us into this life for resolution. *Biogenealogy: Decoding the Psychic Roots of Illness*, Patrick Obissier.

We also carry embedded memories from our ancestors of trauma; personal, cultural and collective. When generations of trauma are repeated, our bodies incorporate the trauma and its effects into our genetic memories and pass them down to our descendants. *Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health*, by Deepak Chopra M.D. and Rudolph E. Tanzi Ph.D. (2015); <https://newrepublic.com/article/120144/trauma-genetic-scientists-say-parents-are-passing-ptsd-kids>. We also have to include that we have inherited DNA for happiness. All of life is not tragedy. Many lives have been lived filled with love, joy, connection and fulfillment. Those genes are with us too. *Happiness Genes: Unlock the Positive Potential Hidden in Your DNA*, by James D. Baird, PhD and Laurie Nadel (2010). A newborn baby inherits its mother's immune system in its thymus gland. If the mother has a

strong immune system, so will the child. If the mother's DNA has a weak immune system it is passed along to the child.

**Birth Trauma:** From the formation of the embryo and the growth of the fetus in the mother's womb, and all the accompanying information and factors listed above, we encounter our first trauma in life — birth.

**Birth:** For millennia, birthing a baby was a natural event, taking place with family surrounding the mother in a warm, nurturing home or village, sometimes even in a field if the mother was strong enough. With the onset of civilization, wealthy upper-class women were sheltered and cosseted and childbirth became a major event, subject to fear of death in bearing the child. Eventually, childbearing became a high-risk occasion in many parts of the world, rather than the natural experience it was meant to be.

In indigenous tribes the birth of a child was very different. The mother was nurtured and cared for by other women during her labor. Herbs and lotions were used to ease the muscles and soothe the labor pains. The mother was positioned so gravity helped with the birthing process instead of having the child wrenched from the mother. The child was welcomed into a warm, dark area and placed naked directly on its mother's breast immediately, giving it tactile and loving association with the world it entered. The trauma of the child's experience was greatly minimized by the welcoming of the mother's community.

In the industrial world, until recently, birth took place in a cold, sterile room with relative strangers surrounding the mothers, administering drugs designed to dampen and distance the effects of the child bearing experience. There was no welcome for the child other than a slap, a cleaning, a weighing, and then perhaps, a quick introduction to the mother before being whisked

away to a nursery where the father could view it through a glass window. This was no loving welcome.

The child's experience of this type of birth was highly traumatic. It was taken from a warm, nourishing womb with its mother's heartbeat, sometimes forcibly with forceps, and thrust into a bright, harsh, cold setting with its first experience being pain. This trauma is one of the first layers covering the epigenetics of the genomes in its cells. Its first-hand introduction to this world.

**Early Childhood, Gestation to Age Six:** In the early stages of our growth, we are like a sponge unconsciously absorbing all information, intaking all food, air, water and input around us without filters. We have no way to understand or filter the data we learn. This information forms the core beliefs of our mental, physical, social, cultural and spiritual lives.

We absorb this material from those around us, our parents or primary caregivers, other family members, early teachers, playmates, doctors, nurses, TV, music, cars and the world around us. We see, taste, touch, sense, feel and observe the world to figure out how it works. We store all this data in our subconscious to use as needed without conscious recall. If we want food, we cry and our mommy comes. Later we learn to ask. We know not to touch a hot stove because it hurts.

We adopt the input fed into our bodies from our surroundings. We have no judgment and no concerns about whether the input is consistent with the language we hear. For example: We may be told we are loved and wanted but we sense the conflict between our parents where one or both resent a child. A parent is abusive, tells us we are stupid, lazy and worthless while professing to love us. These messages are recorded in our subconscious and stay with us throughout our lives, unless altered and released. A child has no means of filtering or analyzing

the information at these ages. These become layers of epigenetic cushions on the genomes awaiting triggering later in life. They lie in our subconscious mind, controlling our behaviors unbeknownst to us. *The Biology of Belief, Unleashing the Power of Consciousness, Matter and Miracles*, Bruce Lipton, Ph.D. (2005).

**Adolescence:** 6-16 years: In these formative years, we begin to learn how to form judgements about the world around us. These judgments are influenced by the data we picked up from our primary caregivers in our first six years. In the later years we are affected by teachers, peers, the media, celebrities, the news, rhetoric from persuasive speakers or causes, interests in subjects which catch our attention, and of course, food, sex, drugs, alcohol and money. Emotional or physical trauma caused by peers, such as bullying, rejection by peer groups, shunning, abuse, brain trauma from sports, or injury or accidents can also cause permanent damage.

These can be dangerous years from an epigenetic viewpoint. It is during these formative years of development that damage to reproductive cells affecting future generations may occur. In boys it is generally between the ages of 9-13 and girls between the ages of 8-14 years of age. This is when reproductive organs are being formed.

Activity from multiple sources can cause permanent epigenetic changes that will affect the 3% of the genomes passed down to the next generations in reproductive organs that are not stripped of their genomic tags.

An important study emerged from well-kept, historical records of annual harvests from the small, isolated Swedish community of Överkalix, in the late 1800s and early 1900s when scientists tracked the nutritional records of the men, women and their descendants.

[https://www.nature.com/articles/5201832;](https://www.nature.com/articles/5201832)

[http://learn.genetics.utah.edu/content/epigenetics/nutrition/.](http://learn.genetics.utah.edu/content/epigenetics/nutrition/)

These records showed food availability between the ages of nine and twelve for the paternal grandfather affected the lifespan of grandchildren. Researchers knew almost immediately how the nutrition of parents affected the health of their children. This study made some surprising discoveries about the relationship of the health of grandchildren.

Shortage of food for the grandfather was associated with extended lifespan of his grandchildren. Food abundance, on the other hand, was associated with a greatly shortened lifespan of the grandchildren. Early death was the result of either diabetes or heart disease. During this critical pre-pubescence period of development of the grandfather's reproductive organs, epigenetic mechanisms are "capturing" nutritional information about the environment to pass on to the future generations. When there is a food shortage, lean dietary habits are established and built into the DNA programming. If there is an excess of food and the grandfather overeats during these formative years, then the DNA for the diabetes and heart disease is expressed (or activated) in the memory of the cells.

Another study showed bullying during this period affected certain genomes carried forward making permanent changes in cortisol levels that control anxiety and depression. These genomes can be passed to future generations. ***Inheritance: How Genes Change our Lives and Our Lives Change our Genes***, Sharon Moalen, MD, Ph.D. (2014). Children caught in war zones, raised in refugee camps, suffering starvation and deprivation, subjected to slavery during this period pass these epigenetic changes on to future generations. This is a critical period of development for children.

Additionally, the biochemical changes made during this time period in the brain through the use of drugs, pharmaceuticals, alcohol, sleep deprivation and poor-quality food has an enhanced impact on reproductive gene development. There are very good reasons for prohibiting teens from smoking, drinking and using recreational drugs at these ages. They affect not only their lives but the lives of their children, grandchildren and into future generations.

An experiment was performed at Emory University where mice were shocked every time a scent of cherry blossoms was sprayed in their cage. After a time, the mice showed signs of fear whenever they smelled cherry blossoms, even if there was no shock. Subsequently, their 2nd and 3rd generation mice also feared the scent of cherry blossoms even though they never experienced the shocks. This was true of the offspring of both the male and female mice and whether the mice were raised with the parents or separated from them.

<https://www.scientificamerican.com/article/fearful-memories-passed-down/>. Another Spanish experiment with genetically engineered nematodes traced epigenetic changes through 14 generations. <http://www.collective-evolution.com/2017/05/01/scientists-just-observed-epigenetic-memories-being-passed-down-for-14-generations/>.

**Young Adults, aged 16-25:** The body and minds of young adults is still forming at this stage. Although we consider 18 adulthood in the US, in some areas, adulthood is considered at a much younger age, some older depending on the culture. However, our physical bodies and minds are not fully formed until the age of 25. *Magnificent Mind at Any Age: Treating Anxiety, Depression, Memory Problems, ADD, and Insomnia*, Daniel G. Amen (2008).

Without adequate nutrition, mental, emotional, and societal support, many young people lose their way. Judgment and adequate mental formation are not fully functional as a matter of brain formation until age 25. Ask any insurance actuarial. Insurance companies have kept long

term statistics on accidents, liability claims and risk assessments for over 150 years by age range. Now brain research shown by brain scans tells us the way the brain develops as we age.

*Magnificent Mind at Any Age*, (above). Amen's research has also determined that being overweight lessens the overall volume of the brain by 8% and obesity lowers brain volume by 16%.

**Adulthood:** Our development does not stop at adulthood no matter what age we define it. Most people are now familiar with Richard Maslow's Hierarchy of Needs Theory. He basically proposed all adults address the primary needs of life in order of their priority:

1. Survival — food, water, shelter, warmth, rest
2. Safety — safety and security
3. Relationship — belongingness and love
4. Esteem — prestige and feelings of accomplishment
5. Self-Actualization — achieving one's potential, creativity, life purpose

Everyone wants these needs met in life in order to feel happy, loved, content and fulfilled. Until we accomplish these goals, we are incomplete. If we die and leave life unfinished, we may pass these needs and desires on to future generations. The need for fulfillment resides in our DNA.

The cushions layering our DNA determine which genes get expressed in our life and which lie dormant. Most of us share common DNA for many of the genes for the undesirable health factors such as arthritis, cancer, diabetes, heart disease, Alzheimer's and other so-called genetic diseases. However, our DNA is not our destiny. We create our reality daily by the choices we make.

### **Environmental Factors**

During the last century, many psychologists argued that genetic inheritance was secondary to environmental factors in the development of a person's life. There were many studies of normal, healthy people, and research into patterns of heart disease, the causes of cancer, serial killers and mental illness. Serious studies looked at parental behavior, environmental aspects of nutrition, family dynamics, stress, education, and social-economic influences and came to various conclusions.

Since the discovery of the double helix form of our DNA by Watson and Crick, science has ventured deeply into the cellular makeup of our bodies. We have learned our DNA does not control our destiny and neither does our environment. We have the ability to change which genes are activated by choosing our environment and a healthy lifestyle to support how we want to live our lives as fully fulfilled and happy human beings. And we can pass these positive aspects on to the future. Combined with the science of Quantum and Field Theory, it is clear we came to Earth to master our destiny.