



Script for Healing the DNA Pattern

Whether or not we fully understand how that happened, it is rather amazing to have recognized that you have begun to make the changes in your DNA now that will allow you, and others to begin to experience more of what you really want for yourselves now. Take a minute to settle in. Take a deep breath, and let it out.... That's right.... Take another deep breath, and as you inhale a new breath, notice any place you had been feeling tense or anxious, and when you exhale, *let go* of any tension that you may still have anywhere in your body.

This is a time for you to *be at peace*, to *relax completely*, and to *let go* of anything that no longer serves your purpose and to experience those changes in your DNA that mean you really are developing new awareness. Focus your attention on your physical heart with the intention of attuning to what some call divine love. If you prefer, you can think of it simply as being in a space of peace or clarity.

Not very long ago, even just a few hundred years ago, change was very slow and human beings were able to adjust easily without even noticing. Think about how long it took the Grand Canyon to form. Why, even when my father was a young man, women in the US were not allowed to vote or have credit – and there are some places on earth where that has not changed yet. Although we still have a ways to go until everyone is 100% responsible for him- or herself, change is now happening very quickly.

Although you have only begun to enjoy the freedom you have gained from the work you have been doing with healing your own DNA, you now also have the honor of clearing the DNA of both of your parents. Center in your heart space and, from this space of feeling 100% responsible for everything you experience in your life, you will now choose which parent you want to start with.

Use your imagination, so you experience it as if you can actually go back to the exact moment of that person's inception. You are able to send healing energy as the sperm and egg unite and combine the genetic patterns of this parent. You do not have to know all the details of the person's life, but you may use any details that you do know to represent those you don't. Take your time.... That's right.... You know that this person had to grow from an infant to an adult, and you can imagine that process. You can also recognize that the person had some struggles along the way, and you can strengthen the person's aura and help him or her gain understanding from those experiences. Take your time....

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That's right.... Now bring that individual forward in time, keeping the DNA healthy and strong as this parent goes through life. Experience the healing as you are keeping the energy field of this parent healthy and strong as he or she goes all the way until they have transitioned or until the current time.

Now focus on your other parent. Once again, center in your heart space and, from this space of recognizing you are 100% responsible for everything you experience in your life, experience it as if you can actually go back to the exact moment of that person's inception. Send healing energy as the sperm and egg unite and combine the genetic patterns of this parent. Use any details that you do know to represent those you don't. Take your time.... That's right.... This person, too, had to grow from an infant to an adult, and you can imagine that process.

You can also recognize that the person had some struggles along the way, and you can strengthen the person's aura and help him or her gain understanding from those experiences. Take your time.... That's right.... Now bring that individual forward in time, keeping the DNA healthy and strong as this parent goes through life. Experience the healing as you are keeping the energy field of this parent healthy and strong as he or she goes all the way until they have transitioned or until the current time.

You are now ready to go back to do your own DNA. It will already be different. When you work with your DNA, you will do the same thing: center in your heart space and, from this space of enjoying the freedom of being 100% responsible for everything you experience in your life, send healing energy to your inception. Take a moment to fully experience this healing energy as the sperm and egg unite to form your physical body and your unique genetic patterns. Bring yourself forward now with healthier, stronger DNA and a healthier, stronger energy field. You will have still had the same bumps and bruises along the way, but you will have been better able to learn from them when your DNA and energy field are stronger and better balanced.

If you know the defenses that had developed in your life, emphasize what it would have been like for those to have not been necessary. If you were likely to get ungrounded or to leave your body, emphasize what it would have been to be better grounded, to have been able to "stay in your body" in times of difficulty. You may want to know what your experiences would have been like had you not been influenced by unconscious needs and desires. If you grew up with a sense of separation, you may want to know what your experiences would have been like if you had felt accepted and valued in your family and to know that you belonged. Notice how you see things differently.

Complete the work with your DNA until the current time. You can do this same thing for your siblings.

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 You may find that you will naturally begin to think what it would have been like had your parents both been healthier and happier from the time they were first conceived until the time you were conceived, and what your life would have been like for you had you been healthier and

happier from the time you were conceived. You do not need to think that any events that you know actually happened didn't happen or that other events that you might like to have happened did happen. You can keep all the external events as they were, even while you change your experience by thinking of them from a healthier, stronger point of view knowing that you are able to be 100% responsible for your experience.

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