

The Hidden Secrets Within Your DNA

–Cellular Intelligence and DNA Activations

by Dr. Robert V. Gerard

Silently within, the unseen mechanisms of your cells and their DNA direct your biological and psychological operations. Each moment, your body processes trillions of bits and bites of information electrically, chemically, and psychologically. The age of Cellular Intelligence is upon us. It's about time we recognize this great gift, and take advantage of it.

Aristotle claimed, "... we are born into this world completely empty..." inferring that it's our life experiences that fill the empty being. From the moment of conception, your internal DNA computer began to record every single event beyond its original structure. At birth, you were nearly a perfect babe, as to your physical and basic psychological components. Every perceived emotion, whether generated by your senses or those from the external environment (observations, beliefs, traumas, events, conditioning, social scriptings, etc.) are registered and collected into your cells and your DNA. Then your senses began to absorb the environment.

The American Museum of Natural History states that "...most of the human race has 99.9% of the same DNA coding, indicating approximately 0.1% variation among individuals." Thus, out of the 3 billion pairs of possible genetic codes, only about 1 million pairs define the structural differences between us. Additionally, much of our world has nothing to do with genes, but rather with our unique experiences. Most important, your psychological apparatus of "belief" and the cognitive functions of perception were ready and waiting to be used. This was how your unique life began, filing the empty storage bins of belief by what you perceive and what you experience. Every emotion and feeling you generated and perceived has been registered within your cells since conception..

By and large, we are our environment. At the cellular level, we gather environmental input via protein cell receptors. These receptors serve as antennae for the cell. They receive external information. Pioneering research by Cell Biologist, Dr. Bruce Lipton, has clearly defined the role of protein receptors and how chains of amino acids within the living cell reconstruct the proteins, which in turn, influence the cell's behavior to adapt to its environment. Proteins carry out a myriad of tasks from cell communication to transporting molecules. Our DNA, via the process of transcription, send messages called (mRNA) to communicate to the

cell. The cell adapts by translating the mRNA into the necessary proteins which, in effect, change the behavior of the cell function. Our internal DNA library responds to its environment, changes its structure, and sends messages to reshape itself, and ultimately, you.

As you mature, you create a past and a future. You consciously and unconsciously fill up your life with past memories and future expectations. In this trial and error progression, you learn and gather information; some of it is beneficial, some is not. Not only do you become what you eat, but also what you perceive and experience. Those experiences that do not serve your highest good must be eliminated. But how? If these experiences are permanently recorded in your DNA, how do you get them out of there?

Dr. Bruce Lipton claims that awareness and perception are fundamental genetic determinants. He has demonstrated that environmental information is transduced into cellular behavior by the cell's membrane. Dr. Lipton clearly describes how evolution is distinctly modeled in the structure of the cell membrane and involves consciousness. The results of Dr. Lipton's work reveals how positive perception truly facilitates healings, vitality, and self-realization on the cellular level and beyond.

Since 1997, I have been pioneering the psychological effects of DNA enhanced by the DNA Activation technique called. This simple, safe, and effective technique has favorably changed the lives of over 30,000 people worldwide. The DNA Activation utilizes a narrative protocol process that integrates your intent, imagination, and heart-driven emotion. In my latest book, *Change Your DNA, Change Your Life*. I present this unique technique plus many other complementary techniques that help stimulate the communication between mind and body with consistent results. The DNA Activation serves as a unique self-empowerment tool. Once performed, it becomes a permanent process and catalyst for automatic change. Therefore, the physical, mental, emotional, and spiritual bodies continually purge and renew naturally. This harmless, natural biological and psychological process, generates spontaneous and subtle transformation for several years or more.

"What is well established in the molecular biology community, but unknown to most people, is the fact

that the primary structure of DNA does actually change," (Hartman, 1975; Wintersberger, 1991). Research gathered by Glenn Rein, Ph.D. states that "...we are therefore not necessarily stuck with the genetic blueprint passed down to us from our parents. ... It was also demonstrated that imagery as well as intention was a critical component of the states of consciousness which produced biological effects." Current information substantiates that mind and matter must work in concert. They are not separate, and that much believed myth has had its day! Change is real! Your human biology guarantees it. Your mind-heart can do it!

How do you rid yourself of unwanted beliefs, social conditionings, malfunctioning scripts, emotions, and yes, diseases? How do you change cellular behavior within yourself? The answer is simple—change your mechanisms of perception and thought—indulge in the realms of self-empowerment and self-healing. You must learn that just as your cells absorb their environment, change, and adapt you, the process can be reversed. The challenge here is not based on the process, but on the hardcore social belief that this process cannot be undone. Fortunately, you now have the help, guidance, and a wealth of proven techniques.

By now, you're probably wondering "How can I detoxify? Purify? What can I do?" Well for starters, Let's enhance the way you set your intent, think, imagine, perceive, and most important, stay conscious in every moment within your environment. Below are a few helping hints to guide you:

1. Setting your intent: make sure your intent is pure. The intent holds the path of thought and must represent the thoroughness of your purpose.
2. Positive thoughts: you've heard this before, now read carefully: thoughts manifest thought-forms. What you think generates your experiences. Create your tomorrows blissfully, avoiding negative problems generating thoughts.
3. Imagination: every holographic picture your brain produces sends impulses to your primary glands (pineal, hypothalamus, pituitary), which in turn manufacture neurohormones, adrenelines, and endocrines that can influence cellular behavior.
4. Perception: whatever you perceive is permanently recorded in your cellular memory until you eliminate it. Create an environment that offers you the most opportunity to feel and experience peace and realize your freedom. Focus on the good and beautiful.
5. Staying conscious in every moment: stay aware of your reality. Every event has something in it for you to experience, learn, and grow by. Do not let life slip past you. You're the captain of your ship and you must know where you are at all times.

With these "Hints," I've only touched the surface, though I'd like to reinforce the notion of imagination for you. Imagination, one of the most under-used self-healing tools, provides excellent benefits for detoxing physically and emotionally. In addition, non-repetitious, focused prayer serves extremely well to assist in the purification process. Shamans even consider chanting and music as purification techniques, since the vibratory rate of sound offers healing attributes to release emotional blocks and stress from the cells.

So far, you have not taken any aspirins or drugs. Hopefully, you have opened your mind and become more aware of the many new possibilities available to you. Your cells have intelligence. They adapt to their environment. They can change their behavior. They can serve you in your quest for better health, more joy, and abundance.

Your key motivator, however, is the fact that you are accountable for your own health. Over 75% of all visits to medical agencies could be eliminated if each individual became accountable for his or her own treatment and healing. This can be done. It requires a change in your belief system. It requires you to learn how to trust yourself. It's my whole-hearted suggestion that you embrace a more precise understanding of how to live life positively and consciously. It's time for you to do your homework. As Dr. Bruce Lipton and I have explained, there are tools to effect change at a cellular level. With these tools you become the architect of your own destiny. How free do you really want to BE?

—In Peace and Good Health,
Dr. Robert V. Gerard

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