

***YOUR ROAD MAP FOR A BETTER LIFE***

**CHANGE  
YOUR  
DNA,  
CHANGE  
YOUR  
LIFE**

***The DNA Activation  
Self-Healing Program***

*Including  
Commentaries on Health and Happiness*

**Dr. Robert V. Gerard  
with  
Zeljka Roksandic**

*Expanded 4<sup>th</sup> Edition*



*Your Road Map for a Better Life*

# **Change Your DNA, Change Your Life!**

*Amazon KDP 4th Edition Paperback*

**The DNA Activation Self-Healing Program**

*Including*

**Commentaries on Health and Happiness**

*by*

**Dr. Robert V. Gerard**

*with*

**Zeljka Roksandic**

*Sponsored by*

**Oughten House Foundation, Inc.**

**New York · USA**

# ***Change Your DNA, Change Your Life!***

**A Road Map for a Better Life**

*Including*

The DNA Activation Self-Healing Program

*and*

Commentaries on Health and Happiness

by Dr. Robert V. Gerard with Zeljka Roksandic

Fourth Edition · KDP Printing

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## Overview

### Testimonials

I gladly recommend the DNA Activation program with Dr. Gerard. His gifts and talents are out of this world. Very well done, organized, and incredible information. Anyone that is ready, willing to do the work to improve their lives, this is the program for them. The knowledge and relationship built are priceless. And I cannot wait to do the next [13th] Activation. —Filiberto M. Costa Mesa, CA

I did not know how much easier flowing life could be until I did the DNA activation. With each session it was like my body, mind and spirit were better communicating and in sync. It's challenging putting words together about my experience other than I feel the better for it, not only intra-personally but with those I interact with as well. —Samara R., New York City

The book *Change Your DNA, Change Your Life* is the most transformational book I have ever come across in my life. The book guided me to a transcendental state of consciousness quickly and achieved it in the most gentle and beautiful way. Only a more enlightened soul could have perceived such a path to light and love. —Doris D., New York

I've received a Third DNA Activation and a Fourth DNA Activation. Thank you so much. I performed first DNA Activation 60 times for two months. I have lots of energy, and I don't stress and worry about daily events. My hair and nails grow fast. I seem to be thinking more clearly. This has been a wonderful experience. I just wanted to say thank you. —Yushiro W., M.D, Tokyo, Japan

Deep emotional releases and clearer insights as to situations and people! Easier to relate my feelings to people in a more compassionate way. I have a more mellow attitude: not getting upset or expecting so much! —Lauana L. N. Carolina

It is so good that you are helping people to be reborn. To feel themselves powerful and courageous, knowing why they came to this beautiful Earth - to be happy every day. We are really grateful to you for your priceless help! Health, happiness, and love to you! —Vadim and Irin,-Russia

Thank you for your DNA Activation, very powerful stuff. With blessings, —  
*Viktoria T, MD, PhD, Canada*

I believe that the balance from the Mini-ZeRo Point Healing Sessions & DNA activations are a true gift from God to help us towards that ultimate goal. ... Thank you for all that you do. Results from my last scan now show for first time in 4 years that my lungs are TOTALLY CLEAR!!! The oncologist said that



obviously I'm doing something right. So proud that your guidance has helped me in the healing & growing process of my life. —*Sheryl R, New York*  
(Continued in the Appendix)

## Dedication

To my wife, Zeljka, who has brought new insights and power to this DNA Healing Project. She has awakened my inner powers enabling me to see deeper into the challenges of Life and the beauty that stems from the union of the Masculine and Feminine Spirit within us all. Her contributions have sparked a whole new level of awareness and application to this magnificent project.

To my children, Robert, Ryan, Aubree, and Samara Rose, who as a child, has seen the Healing Angels during my work sessions and who constantly reminds me of innocence and play. Our children are special. Children are here to remind us that we are still children of God. Our tribute to these special children is our change, growth, and the constant vigilance to create beauty in all we do.

To all the people who have listened to their inner voice, applied these techniques, have become accountable for their well-being and their expansion into Divine Nature.

I dedicate this book to my *Soul*, Spiritual Guides, and Angelic Beings who have stood by me through “thick and thin.” They have reminded me of my Earthly goals: to create beauty, attain inner peace, and become aware of my Divine Nature.

Above all, I give thanks to Father-Mother ONE for embracing me with Trust, Love, Healing Wisdom, a healthy body, and the Magical Touch.

## Acknowledgments

Above all, heartfelt gratitude to Source, our Divine Creator, for the material presented in this book and the evolution of the DNA Activation Self-Healing Project. Without Spirit’s constant vigilance and inspiration, the purpose and delivery of the 13 DNA Activations and Self-Healing Techniques would not have expeditiously found their place among the peoples of the world.

To the patrons of Oughten House Foundation, Inc. whose support made this publication possible. And of course, to all those humble souls out there who tested the waters, so to speak, and received their DNA Activations. The Foundation thanks you for your feedback, your words of encouragement, and ongoing patronage. You are the purpose and motivation for this Program.

## Authors' Preamble

*To form a harmonious society, we, the people of the world, must sustain justice, ensure domestic tranquility, educate our children, defend our human rights, protect our environment, and reconcile with all the beautiful cultures of all people. ~ Robert V Gerard*

Humankind's goal is to create harmonious social order filled with beauty, individual and community peace, and become aware of our affinity with Nature. As we continue to succeed in this pursuit, the Universal Intelligence for Life, via the Holy Spirit, will guide our lives. It's a matter of trust in oneself, trust in those who govern, and trust in an Intellectual Divine Plan. These notions are what we advocate and share within this book.

Can this be done? Hopefully! As always, everything begins from within. Each of us needs to radiate a *Spark of Light* message. And that individuals must be able to speak their truth, be heard, and contribute to a higher cause for the sake of humanity.

To speak your truth, you must be *pure in spirit*, like an innocent child. It means that you know who you are and where you seek to fulfill your dreams and contribute to a community of humankind filled with beauty and goodness. That also means you live day-by-day *In Service for your Highest Good, the highest Good for Others and the Planet*. Consider that cause as the outer rim of a puzzle, with people as the inner pieces, and together composing one beautiful picture.

How to be "Pure in spirit" takes a good deal of work and that's what this book presents.

*"We are slowed down sound and light waves, a walking bundle of frequencies tuned into the music of the cosmos, we are souls dressed up in sacred biochemical garments, and our bodies are the instruments through which our souls play their*

*music." ~ Albert Einstein*

## Your Earthly Mission

One of your primary purposes on this planet is Self-Mastery. That includes knowing yourself, your Purpose-in-Life, Mission, Destiny, and becoming an Ascended Human Being. This requires utmost change and can be accomplished by self-healings, physical movement, eating well, and your total purification. To aid in that process, performing DNA Activations will definitely accelerate your success in the pursuit of well-being. As you embark on this journey, your primary objective is learning how to live in the moment, attaining Inner Peace, and eventually contributing to a harmonic humanity.

Learning how to reveal your mysteries of your past and eliminate the burdens of expectations placed upon your future serve as your agents of change.

Self-Mastery can be described as your freedom of expression and movement. Clear thought. Total wisdom. Total recall of knowledge: instantly. Living life in this mode increases your perception of your inner and outer worlds. You are empowered, enlightened. You are the embodiment of Divine Consciousness. You, the Master, are one with GOD—Father-Mother ONE—Source of ALL.

## Disclaimers

This book provides an alternative healing practice, specifically healing and rejuvenation of one's physical, mental, emotional, social, and spiritual bodies. No claims are made regarding any medical or psychological condition or impairment being cured. As always, in the event of any of the symptoms described herein, seek the advice of a physician or psychologist. Please do not meditate while driving a car or operating machinery. We strongly advise that the DNA Activations not be "self-administered" by individuals with known psychiatric or severe emotional problems.

## Purpose of this 4<sup>th</sup> Edition of Book

Obtaining happiness requires having a healthy body, a good working mind, an emotional structure that generates confidence and self-esteem. That's what this book is about. It's a road map, of how to have a healthier life, if you so desire.

Good health, a good working body, and a good attitude that you create life, and the lack of dependency on the external world, generate happiness. So, to stay happy, it's a lot of work, requires focus of who you are and where you are going. In a sense, you are the CEO of your world. And that's a hard job. Rereading this book serves as a map of self-awareness, while also giving you core techniques on achieving a better life for yourself.

I know many people who claim to be healthy and spiritual but can't deal with their issues or stay focused on their health. That's a shame. That's hypocrisy. Purging issues and cleaning up past social conditionings are mandatory to achieve a level of happiness. Again, that's a lot of hard work but required.

As written in previous editions, the 4<sup>th</sup> Edition presents the first two DNA Activations of the Self-Healing Program. These "Activations" are effective, yet subtle, help change your biological and emotional attributes as witnessed and attested by thousands of people worldwide.

This book provides the opportunity to experience substantial positive change in the way you live and see the world around you. It is about *increased* awareness, power, intuition, personal and social improvement, and happiness. To understand that happiness is a moment-by-moment endeavor, not guaranteed, and requires a vigilant awareness to your inner and outer environments.

The intent of this book puts a subtle yet important life changes and accountability back into your hands. It helps eliminate doubts, fears, dysfunctional beliefs, and other burdening emotional ties.

It is a self-help healing text based on proven results. It describes techniques that contribute to individual and worldwide healing. Using this book to initiate personal change is, of course, your choice.

The DNA Activations presented in this book are sacred and powerful, yet simple enough to explore your intrapsychic space. Possibly for the first time in your life, you may witness a spontaneous healing, rid yourself of pain, release burdening emotions, and feel larger than the room you're sitting in.

Experiencing the First DNA Activation is your first step toward total integration of body, mind, and soul: a moment you'll joyfully remember 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 the vastness of its inner world. Imagine transforming pain and *dis-ease* into Love. Imagine the power of healing, and being able to deeply understand the way things really

work. Most important, imagination is a most profound healing tool, and “Inner Peace” becomes the quest.

**This book is about transformation.** It’s a reference guide that hopefully will inspire you to perform the First and Second DNA Activations presented in this book. There are currently 12 DNA Activations, [and the forthcoming 13<sup>th</sup> DNA Activation]. After performing the first two DNA Activations, realizing your positive transitioning, you’ll be ready to continue with subsequent DNA Activations, which are briefly mentioned in this book.

(Regarding REMOTE Sessions. See the Appendix for details.)

The 4<sup>th</sup> Edition of ***Change Your DNA, Change Your Life!*** book further refines its predecessor, bringing forth new information on cellular intelligence and its biological functions. It offers the reader more direction on how to accelerate the benefits of his or her activations. Using these techniques, you can do more emotional release work and self-healings. With this insight, you can better understand the relationship between your expanding healing consciousness and your Human-Spiritual Nature. This edition also offers more detailed insight about the **Ascension Process** and how to develop higher standards of **Self-Mastery**.

Part 1 of this book, “*The Grand Design Within*,” has been further expanded to better explain the workings of cells, chromosomes, and DNA. It provides factual and detailed information about the complexities and wonders of the blueprints of Life, that is, our genetic design. This section explores the intricacies of DNA and some recent discoveries in the field of DNA research.

Part 2 provides the philosophical, physiological, and psychological realms of the DNA Self-Healing Program. It provides a general overview and orientation to the DNA Activation Techniques, some preparatory instructions, and excellent visualization techniques. More detailed instructions on using the visualization and meditation exercises have been added.

The phrase “mind over matter” comes to life in this section as you see how the miracle of Life is based on the Divine Design within each of us. The book also addresses the Divine Feminine Energy surrounding the planet and how the techniques presented herein will empower mankind. However, it’s up to each of us to make a difference in this world. You can do it. Regarding change: it cannot be emphasized enough that success with these techniques requires *the purest intent and love from your heart: repeatedly*.

Part 3 provides a basic understanding of the activations. You will learn the real power behind conscious intent, commanding communications, trust, and imagination. The process is well explained along with sufficient reference to apply the techniques. Nonetheless, our guidelines thoroughly provide the details that guide you through the activation process. Understand, the more you repeat the DNA Activation Process, the better the results.

Part 4 addresses the many opportunities and related techniques to assist with your transitioning effects after DNA Activations. Supportive resources were added to further your studies on the topic of DNA Activations and self-

healings.

This book is a journey to better health, self-healing, and emotional freedom. It will take you to the edge of your imagination, unlock doors of limitation, and propel your creativity to dimensions of which you once only dreamed. We encourage you to reread this book, test it, and see for yourself whether you are ready to be a co-creator of Life—in the image and likeness of your Creator—however you perceive the beauty in that relationship.

Our organization wholeheartedly believes that each DNA Activation is a Sacred Healing processes and your birthright. They are universal gifts for everyone. You can develop these healing aspects of Life and restore your mind, body, and emotions to improved health. You can change your DNA and you can *ultimately* change your Life, as Quantum Physics has now proven.

Encouraging self-healing is our intent. You are “a creator-healer”, you will reap the benefits of better health and appreciate the joy of Universal Receptivity. So, please remain open-minded and give these techniques a chance. You can do it!

We encourage you to further your interest and healing processes by staying abreast to the many articles, links, and e-Newsletters posted on the Foundation’s Websites. As each day passes, more and more feedback will be received and eventually reported to you.

You can *self-enroll* in our FREE e-Newsletters by signing-up on the main page of our website: **[www.oughten-house.com](http://www.oughten-house.com)**. Staying informed is important. Dr. Gerard’s Newsletter website is **[www.lifeawareness.substack.com](http://www.lifeawareness.substack.com)**. As of this printing, there are 25 Posts presented, each offering a profound insight on Life matters.

You can always connect, via e-mail [[contact@oughtenhouse.com](mailto:contact@oughtenhouse.com)], to reach a professional advisor.

In order for the world to benefit from our discoveries, please join us and help us spread this knowledge.

We thank you—Blessings.



## Historical Thoughts

The First and Second DNA Activations were jointly launched in 1997 with three partners, soon afterwards, the partnership dissolved. In 1998, Oughten House then launched the DNA Activation Healing Project and in 2001, Zeljka Roksandic joined Oughten House and became a major partner for the Program. Since then, she has contributed highly while inspiring many strategic healing aspects into the Program.

Oughten House takes pride in being the original DNA Activation Program throughout the world. It offers a highly expansive body of DNA Activations that are uniquely different from those of other organizations. The contents and healing techniques reflect the influence of St. Germain and the Divine Feminine Energy now embracing the planet. We see this as the anchoring of the “Mother” back into our understanding of Deity. All effort is now being seriously taken as to the dissemination of this material.

The Change Your DNA, Change Your Life! book has evolved into many editions and printings. The first printing was a 32-page saddle-stitched publications. It sold out immediately after each printing. Then, Oughten House Publications printed the DNA Healing Techniques edition. It also sold out. That’s when we changed the title to Change Your DNA, Change Your Life, which has been translated into Dutch, Spanish, Russian, Croatian, Portuguese, Japanese, Turkey, Hungarian, Bulgarian, Estonian, and Greek languages and thus making the DNA Activation Program rapidly spread around the globe.

The essence of the book focuses on purification of the individual. It provides techniques on healing the emotional, the physical, social, and spiritual aspects of mankind as it moves towards its Divine Human-Spiritual Existence. There is no mention of ‘apocalypse’ in this book, rather the state of expansion of our human potential.

Between 2001 and 2012, the expansion of the individual DNA Activations manifested. Slowly, but surely, beginning with the Third DNA Activation of Uniqueness, the Authors received the constructs of each Activation Protocol-Narrative from Spirit. From that information, we generated in-depth seminars depicting the purpose of each activation and supporting techniques to ensure its proliferation. Each new DNA Activation took months to generated. For instance, the Six DNA Activation of Detachment, was downloaded directly to Robert while resting in the Ural Mountain’s countryside in Ufa, Russia. It took over three years to understand and process the formal activations. As in all cases with DNA Activations, the authors had to experience all aspects of it, including benefits and transitioning aspects, before ever releasing the activation into the public.

We now have twelve (12) beautiful and powerful DNA Activations. The 13th and final DNA Activation is carefully being transmitted to us, and when we are enabled to share it, we will. Each Protocol-Narrative presented has been Spirit-Driven with accurate intent and wordage. Do understand, that each of the 12-

DNA Activations is presented as a Sacred Ceremony as well as being an excellent Self-Healing modality.

## Can the “DNA Activation Self-Healing Program Affect Me?”

The DNA Activations help bring into a state of Self-Mastery. They are Divinely inspired to accelerate the Grand Design of your genetic DNA Codes. Its purpose: to help you realize your Human-Spiritual potential, becoming an Ascended Human Being.

It improves the quality of your Life. You are back in control, independent of virtually everything and everybody, except for your mind and heart. When your mind and heart are in balance, and you hold the instruments of ultimate change in your hands, you will go exactly where you need to go.

Best of all, it is all a natural process. There are no diets, no pills, no one to follow, no rejections: just you and the techniques provided.

It is only common sense that the majority of the world’s population seeks a higher perspective on Life. What people are really asking for is a better understanding of whom they are, what is the purpose of Life, and where are they going: their mission. Ask yourself: *Do you want more out of Life? Do you desire to be happy, healthy, wealthy, and lucky?*

But then again, you may ask: how? There are many avenues to approach, many of which are risky, overindulging, and not worth the effort. Improving Life is in the back of the minds and hearts of most people. Simply put, they want to get ahead. They want change.

Here’s how you can begin a journey of change without risking anything and subtly transform your Life naturally. The *DNA Activation Self-Healing Program* begins with this book. It serves as your foundation, your launching pad, so to speak. As you progress, you will be guided on what to do and how that should be done. It is content and results driven; there is no rush.

The *DNA Activation Self-Healing Program* extends itself as an intriguing self-learning experience, which may be processed over time as you feel comfortable doing. The First Part is getting through this book and performing the First and Second DNA Activations. Evaluate your new perceptions and increased awareness. Journal them. Then self-pace yourself through the rest of the DNA Activations, which must be performed sequentially. Within this process, you will have a variety of Self-Healing techniques, and as an option, *ZeRo Point Healing Sessions* under the guidance of the authors. You, therefore, have a proven Program that can dramatically change your Life, the way you see yourself and the way you see the world.

Understand that there is nominal involvement with the *DNA Activation Self-Healing Program*, should you continue beyond this book. How you proceed through the Program is your choice. The results gained will be your measuring stick, but judge for yourself: the rewards are Life-long.

Foremost, you need to get to the point where you truly trust what the Program is doing for you. The more you trust and repeatedly use the Program

and the DNA Activations, the more you will witness positive and subtle changes within you physically and around you, environmentally. Over time, your inner and outer worlds will bring forth more awareness, better health, more energy, more creativity, and well-being. Life will actually flow better for you.

## The Forward Movement of DNA Activations

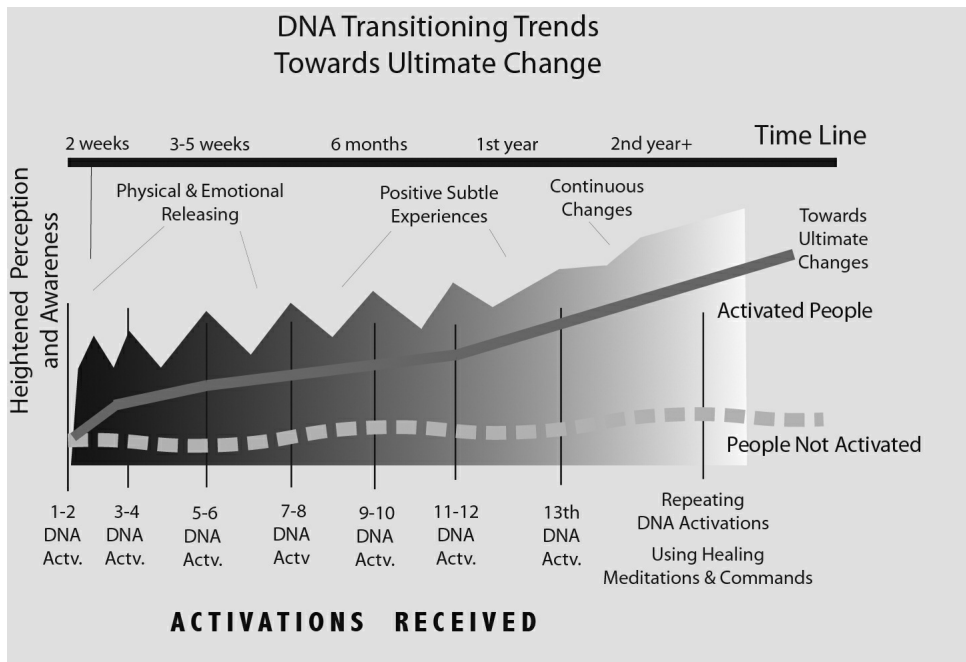
Change is good. Change is real. We must understand that virtually everything changes. The key is how you can benefit and properly sustain change. With twelve highly powered DNA Activations now in place, the techniques to stimulate change are in your grasp. If you desire to move forward into LIFE with a firmer hold on your inner and outer environments, then the DNA Activations offer profound growth. Planning your human-Spiritual Evolution is important providing you do not get in the way of God's Plan for you.

From the DNA Healing Project's beginning, the Holy Spirit has designed the sequencing of each DNA Activation to accelerate your Human-Spiritual Attributes. For the past twenty-six years, I can attest the fact that thousands of people have taken the steps necessary to expand their human-spiritual horizons. Here's how the flow has been planned:

The first four DNA Activations deal with purification and balancing. Each activation specifically focuses on a critical process for you to undertake physically, emotionally, socially, and spiritually. Each of these DNA Activations approach and clean the shadows or karmic links you have had for generations, thus propelling you into a higher level where you are enabled to receive God's Grace effortlessly.

The 5th and 6th DNA Activations deal directly with your roots for Divine empowerment. They help raise your consciousness and declare your Spiritual authority. It's like graduation time and acceptance of your royal nature. Working with these Activations, you become enabled to accept the demands the Holy Spirit has prepared for you.

The graphic chart to follow depicts the general trend of how the automatic process of biological-psychological purification may occur.



The 7th and subsequent DNA Activations empower your Divine Attributes. These Activations virtually anchor the Holy Spirit's characteristics within you forming the essence of the New Trinity. Each Activation marks a major leap into your true Cosmic Nature while enjoying greater manifestations on your Earth Plane.

In effect, the trend that I see is two-fold. One is the purification process of all unqualified energy, and the other is empowering your Divine Nature and Expression.

In a sense, you are the Holy Grail. First, you must find yourself. Second, clean every atom or particle of darkness. Claim your beauty and power. Open to be receptive of the Holy Spirit living within you. And begin to serve God in the capacity of a Divine Ambassador.

It goes without question that a good number of people seek a higher order of life experiences. *Astral Projection* can top the list as many people including myself (Robert) has experienced this phenomenon. Here the 'Astral body' or ethereal *Light Body* is an intermediate body of light between a heaven and the Earth plane. The history has evolved from the Hermeticism and Theosophists Societies. It has been practiced by many priestly institutions since the Egyptians. Does this link the body with the soul? I can't tell you that but can say that any form of fear immediately shuts down the process. Author, Robert Monroe, earned his fame from his books and programs on Astral Projection. For me, it's a technique to awaken the hidden talents of our existence, but what it does for you along the path of enlightenment remains undisclosed.

It is obvious that self-healing is a proven way to attain a higher state of health and well-being. But the question that arises is "What for?" Why must we achieve this? First of all, that process is embedded in your DNA. Humankind

must propagate and proliferate, hopefully for the better. Some religions preach attaining Nirvana, Heaven, or total bliss, etc. serve to pinpoint the purpose of life, but what comes after life on Earth?


Near Death Experiences (NDE) and After-Life research are becoming more popular these days. Nonetheless, there's no proof of that kind of existence. Rest assured, many studies by Elizabeth Kubler-Ross detail the end-of-life transitioning, going into a tunnel of Light, meeting friends and family on the "Other side."


Notes: *Ascent of the Blessed* by Hieronymus Bosch is associated by some NDE researchers with aspects of the NDE<sup>[10][11]</sup>


1. ^ Pim van Lommel (2010). *Consciousness Beyond Life: The science of the near-death experience*. HarperOne. ISBN [978-0-06-177725-7](https://www.amazon.com/Consciousness-Beyond-Life-Science-near-death-experience/dp/0061777257).
2. ^ Evelyn Elsaesser Valarino (1997). *On the Other Side of Life: Exploring the phenomenon of the near-death experience*. Perseus Publishing. p. 203. ISBN 978-0-7382-0625-7.





## Key Factors Supporting the Need for Change

 On April 14, 1998, the Journal of American Medical Association reported that “An estimated 2,216,000 hospital patients experienced a serious ADR (Adverse Drug Reaction) each year.” In 2011, the following was stated: According to Gordon Schiff, M.D., Harvard Medical School “There are a lot of people taking drugs to treat the side effects of drugs.” ... “Adverse drug effects send about 4.5 million Americans to the doctor’s office or the emergency room each year. ... are the fourth leading cause of hospital deaths ... Experts estimate that tens of millions of people are suffering every day—often without knowing why.” —AARP Bulletin, September 2011, Vol.52, No.7

 “It is important to realize that the food we eat never gets anywhere near the cells in our body. 99.9 percent of it passes out through our bowels. Our bodies need to change their digestive enzymes and bacteria to regulate the Ph of the digestive juices to be digested. This command line is an electrical process. The slow destruction of the electrical function of the intestinal lining often leads to the cell’s inability to electrically interface with its DNA code. The cells lose contact with their instructional manual and then can manifest later in life into the disease we call cancer.” — Electrical Nutrition

 “As a retired physician, I can honestly say that unless you are in a serious accident, your best chance of living to a ripe old age is to avoid doctors and hospitals and learn nutrition, herbal medicine, and other forms of natural medicine. Almost all drugs are toxic and are designed only to treat symptoms and not to cure anyone. Most surgery is unnecessary, and most textbooks of medicine are inaccurate and deceptive. Almost every disease is said to be idiopathic (without known cause). In short, our mainstream medical system is hopelessly inept and corrupt. The treatment of cancer and degenerative diseases is a national scandal...” —Dr. Allan Greenberg, Dec. 2002

 At least 34 percent of Americans use an “unconventional” therapy such as chiropractic, herbal and megavitamin therapies, and the number of visits to alternative practitioners now exceeds the number of visits to all primary care physicians. —Harvard Medical School, The New England Journal of Medicine

 “Four out of 10 Americans used alternative medicine therapies ... Americans paid an estimated \$21 billion for services provided by alternative medicine practitioners.” — The Journal of the American Medical Association



“The US, whose health care system is monopolized by corporations, has the worst infant mortality rate compared to 23 other wealthy countries whose health care system is still partly in public hands. US health care corporations are powerful lobbyists and generous financial benefactors to politicians on Capitol Hill. The US has 5% of the world’s population and it spends 45% of the world’s health dollars. Despite this, Americans’ life expectancies are the lowest of 23 other wealthy nations’ ... Globalization is exporting this model to the rest of the world ... This can only mean that corporate health care creates sickness, disability and death, and profits from it ...” —Eve Hillary, Nexus Oct-Nov 2004

## Part 1: Medical Perspectives

*In 1776, knowledge of our DNA was not known, but the wisdom of medical freedom was. Now more than ever, the Divine gifts of our DNA are being revealed to us, but we are burdened by social, religious, medical, and corporate dictatorships to dismiss these gifts. ~ Robert Gerard*

*“ Unless we put medical freedom into the Constitution, the time will come when medicine will organize into an undercover dictatorship....the Constitution of this Republic should make special provision for medical freedom as well as religious freedom.”*

*~ Benjamin Rush, MD  
Signer of the Declaration of Independence*



## Early DNA Research

In the beginning, the cave man didn't have Google nor Internet to console an illness. Since then, fortunately and slowly, humankind was learning about how the human body functions. In 1869, Johannes Friedrich Miescher was a Swiss physician and biologist. He was the first scientist to isolate nucleic acid. And in 1953, the discovery of the structure of DNA was regarded as "the greatest and most important scientific discovery of the 20th Century". Francis Crick, James Watson, and Maurice Wilkins received the Nobel Prize in Physiology or Medicine. This discovery laid the foundation for modern biology, including medical and molecular research the discovery of the human genome, our DNA, was scientifically accessed.

Since then, scientists and medical researchers have conquered what was deemed impossible seventy-five years ago. Yet as more is discovered, the opportunity of the unknown reveals itself even more. Scientific explorations have brought us to the outer limits of the Universe, proving that there are at least 250 million suns within our galaxy and billions of galaxies in the Universe. And looking within our bodies is equally profound.

According to ancient Hermetic Principles, the dynamics of cells are parallel to the dynamics of galaxies. The vast space that exists between the electrons and nucleus of each atom within various molecules is consistently being explored by quantum physics. However, the most powerful electron microscopes are just now revealing the basis of life—the magnificent organization and management of our DNA. What causes aging and disease? Do we have unused Divine Powers? Will we ever find out? The answer is YES! There's more to come.

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.

From the moment of conception, our internal DNA computer began to record every single event beyond its original structure. Every perceived emotion, whether generated by our senses or those from the external environment (observations, beliefs, traumas, events, parental conditioning, social scripts, etc.) are registered and collected into our cells and your DNA. At birth, we were *nearly* perfect babies, as to our physical and basic psychological components. Then our senses began to absorb the environment. The exception to the above concerns all the unresolved karma passed down from our ancestors.

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 3 million pairs define our structural differences between one another. "Additionally, much of our world has nothing to do with

genes, instead it has to do with our unique experiences.” Most important, your psychological apparatus of belief and the cognitive functions of perception were ready and waiting to be better used. This was how your unique life began, filling the empty storage bins of belief by what we perceive and what we experience. Every emotion and feeling you generated and perceived has been registered within your cells since conception.

In November 1999, Dr. Francis Collins, Head of the National Human Genome Project, stated that “one billion of the three billion chemical base pairs in the genetic pattern have now been identified, sequenced and published on a public database.” And by the year 2010, most of this has been accomplished.

Research still continues as thousands of researchers worldwide seek to better understand our DNA: scientifically, medically, and psychologically. Mapping out the chromosomes, which are made up of DNA, involves over 25,000 genes. Each day, more are identified, and the “key” to Life is being revealed. But let’s go one step further and ask: “Who put the key there?” and “What intelligence is guiding the DNA to perform the most intricate and perfected tasks mankind has ever witnessed?”

By and large, we are one with our environment. At the cellular level, we gather every environmental input: consciously and unconsciously, 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 these 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, sends messages called (mRNA) to communicate to the cell. The cells adapt by translating the mRNA into necessary proteins, which in effect, change the behavior of the cell function. Our internal DNA library, if you will, responds to its environment, changes its structure, and sends messages to reshape itself, that is, you.

As you mature, you purify your past, expand your present, and create your future. You also consciously and unconsciously fill up your Life with past memories and future expectations. In this trial-and-error progression, we learn and gather information—some beneficial, some not. Not only do we become what we eat, but also what we perceive, desire, think and experience. Those experiences that do not serve our Highest Good must be eliminated. But how? If these experiences are permanently recorded in our DNA, how do we get them out of there?

Dr. 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. 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 perception truly facilitates healings, vitality, and self-realization on the cellular level and beyond.

Since 1997, I have been pioneering the psychological and emotional effects augmented by the *DNA Activation* process. They prove simple, safe, and effective, and have favorably changed the lives of thousands of people worldwide. The *DNA Activation* utilizes a *narrative protocol process* that integrates your intent, imagination, and passion—your heart-driven emotion. The process helps stimulate the communication between mind and body with consistent results. The DNA Activation serves as a unique self-healing tool. Once performed, it leaves a permanent imprint, thus the catalyst for change becomes *automatic*.

Therefore, the physical, mental, emotional, social, and spiritual bodies continually purge and renew naturally. It is a harmless natural biological and psychological process, generating spontaneous and subtle transformations continuously.

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 obvious—change your mechanisms of perception and thought—indulge in the realms of *self-healing*. Be aware that as your cells absorb their environment, they change and adapt you.

“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 found its day! Change is real! Your human biology guarantees it. Your mind-heart can do it!

The core issue is even more subtle: learning how the cells and their DNA *communicate*. Once understood, the mysteries of Life can unfold as you listen to what is being said. Or, maybe, the DNA will listen to you. After you’ve applied the techniques in this book, your DNA will be changed and so will your life and environment.

With regard to health and rejuvenation, substantial information has been brought forth suggesting that “mind over matter” begins when the DNA is instructed to do something. The best-selling author Dr. Deepak Chopra has written an entire section, “DNA and Destiny” in his book *Ageless Body, Timeless Mind*, indicating that “awareness” is influenced by certain hormones within the DNA molecular process. He further states, “*The responsibility for changing this awareness lies with each individual.*”

The highest form of intelligence is the ability to communicate. Communication requires you to be aware of your *intent*. And, when you raise

your intent to the highest levels of knowing, you begin the process of creation. Heart-driven intent is *faith in motion*. The key to Life resides within your capacity to use your intent and influence change within yourself. It's your choice.

Andrew Weil, M.D. advocates alternative healing approaches within his best-selling book *Spontaneous Healing*. He draws upon several conclusions upon the operation of our DNA:

- Healing is an inherent capacity of life.
- The healing system operates continuously.
- Healing is spontaneous.

In the book, *Solarian Legacy*, **Paul Von Ward** discusses how consciousness plays a vital role in morphogenetic process, i.e., the development of the structure of an organism. He and other scientists now know that subtle energy fields exist throughout the known Universe. Von Ward eloquently suggests that when “conscious intent” merges with these “subtle energies,” creation results in both the stellar and atomic realms. According to Dr. Lipton, “...our perception of the environment directly controls the activity of our genes.”

DNA appears to be complex, but it consists mainly of simple sugar and four nitrogenous base molecules. Your life depends on the way these molecules communicate, behave, influence and replicate, but do you have a say in what they do? Again, the answer is **yes**. You do have a say.

Your DNA molecule is dynamic, ever changing. Barbara McClintock for which she received the Nobel Prize in 1983 first researched the groundwork for this discovery. She discovered that transposable elements, also known as “jumping genes,” are pieces of DNA that move from one place to another in genomes. McClintock first found these transposons in maize when she noticed insertions, deletions, and translocations in the maize genome. She suspected that transposable elements could cause mutations and control genes. She showed some daylight to the fact that genes rapidly reorganize in response to environmental stress.

DNA Research from Europe and the USA have cited that “The software of the human genome of your DNA molecule can be reprogrammed!” Research revealed that the triplets (a group of 3 or more codons) in the DNA string are able to exchange places. Russian biophysicist and molecular biologist Dr. Piotr P. Garjajev and his colleagues at the Russian Academy of Science in Moscow have worked out the principles. Translated excerpts taken from the German book, *Vernetzte Intelligenz* by Grazyna Fosar and Franz Bludorf are provided in the text to follow:

“Since the DNA was found to have a syntax and semantics akin to our human languages...” This disproved the position that DNA served only for the coding of the reproduction of proteins for the chemical make-up of an organism.

“When in vitro DNA in test tubes was exposed to coherent laser light, the

laser light spiraled along the DNA helix as if it was guided by the structure of the DNA molecule.” But when the DNA was removed the laser light kept spiraling. “The vacuum of the space that was just previously occupied by the DNA had changed and something caused the laser light to keep spiraling. These effects have been measured and remained for quite some time after the DNA was removed.” The well-publicized phenomenon is known as the **DNA Phantom Effect**. Vladimir Poponin and his team of Russian Academy of Sciences repeated the work of Garjajev at the Hearthmath Institute in the U.S.A. Poponin concluded again that a field structure was formed in the physical vacuum even when the original DNA was removed.

## Advancement of DNA Editing

Once the medical and pharmaceutical companies realized that with the advent of current instrumentation, accelerated computer technology, and increased investment funding, a plethora of DNA experimentation surged worldwide. Discoveries continue cooperatively among scientists in similar manner that our biogenetic engineers, physicists, and astrophysicists. Good science supports the health and well-being of humankind.



Francis Collins, director of the National Institutes of Health, said this prize was a long time coming. In 2012, scientists announced the release of the CRISPR discovery as one of the most-cited studies in modern science. Collins said he was “absolutely thrilled at 5:30 in the morning” to see the Nobel committee recognize the two researchers.

Ancient microorganisms developed the first version of CRISPR as their immune system. Because bacteria use it to slice out foreign genetic material once viruses invade, CRISPR-Cas9 is frequently likened to molecular scissors.

*Courtesy: NHGRI*

The discoveries, achievements, and drive of global scientists have provided humankind the greatest opportunities for harmonious societies. Within eight years’ time, there has been an explosion of research to reach the intelligence of our DNA. The resulting goods will make life better, the bad aspect encompasses the dependency for it. To follow are several deadline captions of a few DNA discoveries. The crucial aspects, however, are that as the scientists technically explore the depths of our DNA, so can the common person communicate and alter their DNA.

CRISPR Gene-Editing Technology offers:

- Some [of these] viral systems were capable of editing plant and

mammalian genomes. “This is a significant step forward in the discovery of the enormous diversity of CRISPR–Cas systems,”  
Biologist Kira Makarova

- A systematic sweep of viral genomes has revealed a trove of potential CRISPR-based genome-editing tools. CRISPR–Cas systems are common in the microbial world of bacteria and archaea [single celled organisms], where they often help cells to fend off viruses. And that the viruses use CRISPR–Cas to compete with one another — and potentially to manipulate gene activity in their host to their advantage.
- Although best known as a tool used to alter genomes in the laboratory, CRISPR–Cas can function in nature as a rudimentary immune system. Often, these microbes can capture pieces of an invading virus’s genome and store the sequences in a region of their own genome, called a CRISPR array. This can allow microbes carrying the array to slice up the viral genome and potentially stop viral infections.
- A major DNA research got the US FDA approved two gene therapies that target sickle cell disease, one of which is the first commercially available treatment in the United States based on gene-editing technology. The historic move offers hope for a long-overlooked genetic illness that can cause excruciating pain and cut decades off people’s lives. It also cracks the door open for a new era in medicine. [Washington Post Magazine]
- Using CRISPR gene-editing technology, practitioners can hunt for specific sections of DNA and snip those out and change the behavior of the cell.
- The human cell contains about 6 billion chemical units of DNA, called base pairs. CRISPR’s tremendous power is that it can find and cut just one. What’s more, when manipulated by scientists, CRISPR has the flexibility of a word processor — with functions such as find-and-replace, find-and-delete, or simply find.
- “We can now change the genetic information in any cell in any organism,” said Claes Gustafsson, chairman of the Nobel Committee for Chemistry.
- Pondering ‘what it means to be human’ on the frontier of gene editing
- Since its discovery eight years ago, the tool has been widely

deployed in research laboratories. It has transformed the patterns of butterfly wings and allowed scientists, for the first time, to mutate ants. It also has been used for plant breeding and is a cutting-edge medical therapy in clinical trials for inherited diseases. Source: Nature, News, 23 November 2022

According to CNN, scientists have updated the human genome to make it more equitable and inclusive. They have pieced together a new draft of the human genome that better captures humanity's genetic diversity. The new "**pangenome**" incorporates the DNA of 47 individuals from every continent except Antarctica and Oceania. The scientists involved say it will improve our ability to diagnose disease, discover new drugs and understand the genetic variants that lead to ill health or a particular physical trait.

Until now, geneticists have used a single human genome, largely based on one individual, as a standard reference map for the detection of genetic changes that cause disease. This has likely missed some of the genetic diversity between individuals and different populations around the world. The pangenome, a digital amalgamation of sequences that can be used to compare, construct and study other human genome sequences.

"This pangenome reference represents an incredible scientific achievement, providing an expanding view of humanity's DNA blueprint, with significantly greater human diversity than previous reference sequences," according to Eric Green, the director of the US National Human Genome Research Institute.

"Having a high quality human pangenome reference that increasingly reflects the diversity of the human population will enable scientists and healthcare professionals to better understand how genomic variants influence health and disease and move us towards a future in which genomic medicine benefits everyone," Green said.

Researchers were convinced that nature was not so dumb to create 90% of our DNA as "junk DNA." They joined linguists and geneticists, and their findings and conclusions are revolutionary: "...our DNA is not only responsible for the construction of our body, but also serves as a means of data storage and communication." The Russian linguists found that the genetic code—follows the same rules as our human languages. They compared the rules of syntax (the way in which words are put together to form phrases and sentences), semantics (the study of meaning in language forms) and the basic rules of grammar. They found "...that the alkaline of our DNA follow a regular 'grammar' and do have set rules just like our languages." Understandably, human languages did not appear by coincidence, but reflect the inherent patterns in our DNA.

"DNA can be changed by sound patterns: including spoken language." Dr. Pjotr Garjajev and his colleagues also explored the vibrational behavior of DNA. Stating, "Living chromosomes function just like a holographic computer,

using endogenous DNA laser radiation.” This means that they managed, for example, to modulate certain frequency patterns (sound) onto a laser-like ray, which then influenced the DNA frequency—and thus altered the genetic information itself. Since the basic structures of DNA-alkaline pairs and language are similar, no DNA decoding is necessary. One can simply use words and sentences of the human language! This, too, was experimentally proven. Living DNA substance (in living tissue, not in vitro) will always react to laser beams that have been modulated by language, and even to radio waves, if the proper frequencies (sound) are being used. This scientifically explains why affirmations, hypnosis and the like can have such strong effects on humans and their bodies. It is entirely normal and natural for our DNA to react to language. Soon you will be introduced how the use of INTENT and COMMAND Statements can affect your Life and environment.

The world and our lives are rapidly changing. Time seems to disappear right before our eyes. Predictions of the “end times” are all about us and we ask: “What is really happening?” and “Why?” It is time for mankind to take a quantum leap for itself. Our mental and physical health has become too dependent on others. We are faced with being led and even misguided by what “they” say. It’s always “them.”

*You* have a vital part in what you do with your health, when speaking your mind, and creating those things in life, which bring you, joy. The time is now! Take responsibility for your life—*go within*. Learn that self-mastery is your gift.

You possess all the conscious intent and subtle energies to change your realities, including your DNA. Most importantly, the cell receptors permit your DNA molecule to broadcast into your future environment the intent and images radiated from your DNA within. Hence the term, “You create your own reality” comes into play. Best to activate yourself, acknowledge your Divine Self. Become all you can be! Now is the time to change your DNA and change your life; and be careful about what you ask for.

——— In Love and Service to Humankind

## Benefits of the DNA Activations

The potential benefits gained after receiving both the First and Second DNA ACTIVATIONS are, in part, summarized below. Benefits vary from person to person, however, thousands of people have stated favorable, consistent, and significant results, which are replicable.

Spontaneous healings can occur at the time of Activation, most of which relate to acute physical and emotional disorders. It appears that the First DNA Activation works to get the physical body realigned toward a healthier state of existence. Reports and testimonials to date reveal that those who have been activated undergo substantial detoxification at both the physical and emotional levels. This is an important purification process that starts immediately, can last several weeks and periodically, as you continue to repeat the Activation process.



The Second DNA Activation works to accelerate psychological awareness and subtle changes. It helps you ground with Earth energies, which in turn, increases the potential of your manifestations. Results indicate that individuals find more peace with them and obtain a better orientation as to their life's purpose.

Most reported changes appear related to physical conditions; however, emotional release, intellectual clarity, and relationship improvements are what stand significantly at the forefront of those in transition. The amazing aspect of the DNA Activations is that they are virtually *automatic*!

The DNA Activations truly bring forth a clearer orientation to your "Purpose-in-Life" and "Mission". It accelerates Self-Mastery and opens the door to discover who you really are. You are on this planet to experience emotions, create, and share. Looking within to find your roadblocks in Life is a courageous challenge. Self-discovery is a key to your freedom. The DNA Activations delve directly into these self-truths.

Summarized below is what thousands of people have reported. These are consistent and positive changes compiled into four main categories:

#### The Physical

- body detoxifies
- hair and nails grow faster
- feel and look younger
- energy level increases
- desire for better nutrition
- communication with body increases
- consumption of water increases
- quickened ability for body to heal itself

#### The Psychological & Emotional

- less stress and worry
- increased self-trust
- heightened perception
- enhanced discernment
- precise use of language
- sharper memory and quicker manifestation
- renewed sense of competency

#### Your Relationships

- allowing new feelings to be stated and shared
- letting go of old stuff
- seeing relationships more clearly
- finding deeper love with others
- attracting "soul mates and soul family" members
- the automatic capacity to confront self-truths
- finding answers that have meaning and clarity in life
- transforming uncertainties into accuracy and truth

- staying focused and in the moment.

More Long-term Benefits that have been reported:

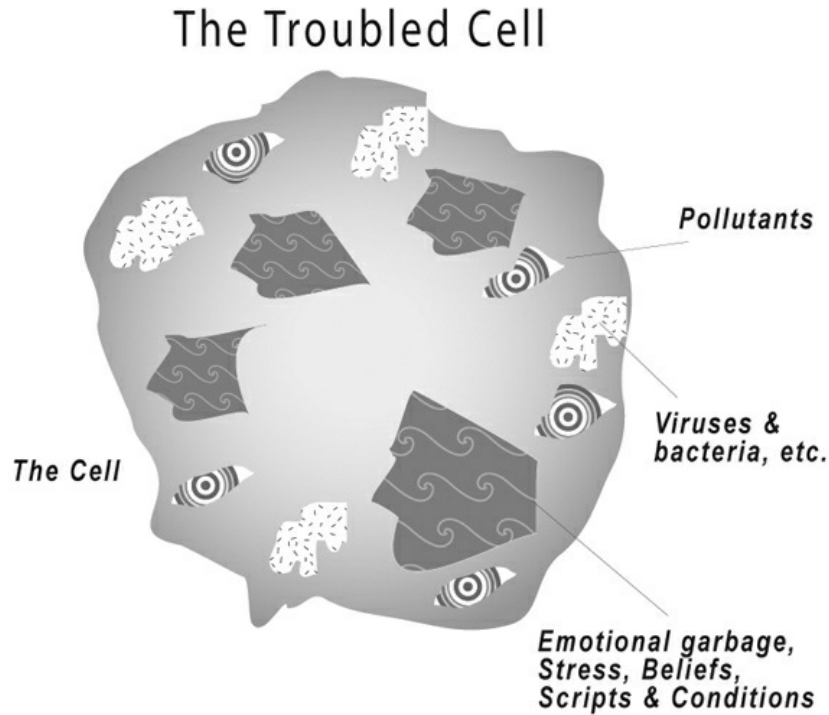
- Release of embedded emotional stress
- Release of hesitations, doubts, and fears
- Urge for physical and emotional purification
- More obvious pursuit of one's sacred path
- Clearer view of each individual's uniqueness
- Realization of Self-Love and Self-Respect
- Awareness that the Universe mirrors our problems for us to identify and eliminate
- Awareness of the changing times and conditions that surround us.

In the next diagram titled "The Troubled Cell" we are shown three animations (a) the troubled cell inhibited with debilitating problems, that is, emotional stress, dangerous living microbe organisms, and environmental pollutants, (b) a darker cell with its life being squeezed out of it; and (c) a happy and vibrant cell emanating light.

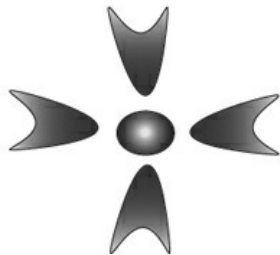
The DNA Activation serves as a catalyst to return the cells in your body back to purity and health, which all lead to a lighter and happier body. The cleansing process of the cell begins with eliminating stress. Stress and emotional debris may be most abundant, however, it's also the least complicated to purify. A sudden shock to the psychological mind can change your attitude and perception in life enough to release years of stress and emotion. An unexpected death in the family or the arrival of a newborn babe often has enough influence to alter your social conduct and behavior. After the DNA Activation, stress and emotional issues are continuously and automatically purged.

## Part 2: DNA Mechanics: The Grand Design Within

### The Troubled Cell

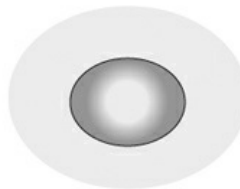


Stressed & Restricted  
*Unhealthy Darker Cell*



or

Rejuvenated  
*Healthier Brighter Cell*



Most environmental pollutants that enter the body are from industrial origins, are socially acceptable, and are foreign to the body's immune defense systems. They are absorbed via cosmetics, plastic food packaging, pesticide residues, radiations, and of course, cigarette smoke. Let's not forget the flu and other dangerous viruses that are floating all around us. The infamous phrase "To catch a cold" happens to set the wrong intent for your cells.

The improper digestion of food, the incomplete assimilation of food, the failure to eliminate harmful microbes, and the processing of the body's own waste and by-products of metabolism strenuously burden the body.

A body that is under stress and in need of detoxification is most vulnerable to disease. Every effort need be made to keep the body clean and functioning. In his recent book, *Radical Healing*, Dr. Rudolf Ballentine, M.D., thoroughly explains the detoxification and cleansing process. The book provides excellent charts and recommendations for your health and experimentation.

Always remember, we all love to eat and we go to enormous efforts preparing to celebrate and consume delicious food, but as Dr. Ballentine wisely states, "Like nourishing, cleansing is a basic tool."

## Orientation to Self-Healings

True healing depends on your belief that you can heal yourself. Healing, then, is facilitated by a Mind, Body and Spirit interaction. Sometimes treatment requires the assistance of a qualified practitioner. Fact: over 75% of all healthcare inquires can be self-remedied, that is, self-healed. About 15% of the healthcare inquires need professional treatment or advice and about 10% are life threatening. People are too dependent on others for what God gave us already in our bodies. Be more accountable for what goes on inside of you and outside of you, as well.

The Foundation encourages you to be responsible for your own healing process whenever possible. Before undergoing any form of treatment from any healthcare professional, discern and know what will occur. No matter what, who, or when, you are accountable, no one else can make decisions for you. Ask questions. Know what will take place, and the risks involved, especially when it comes to pharmaceutical and medical procedures, and this includes the myriad of alternative healthcare practices and remedies.

DNA Activations and related self-healing techniques are alternative ways of communicating to the etheric and cellular levels of the body, with regard to physical, emotional, intellectual, and psychological matters. Remember, your body has been designed to heal itself beyond what you can imagine. You must listen to it, learn to love it, and trust it. Ultimately, you are accountable for its maintenance and outcome. I highly recommend you make a serious commitment to better understand your body and how it wants to purify and heal.

To support this, the Foundation's Educational Programs have been developed to provide training that demonstrate how the DNA Activations presented in this book and other related techniques can foster self-healings. This book initiates the DNA Activation Self-Healing Program. It is a long-term process, not a quick-fix program, and this book offers you a valid starting point.

Every day, you can effortlessly change your awareness towards your body and environment. You can change the way you look, feel, and behave subtly and naturally without anyone else telling you what you got to do.

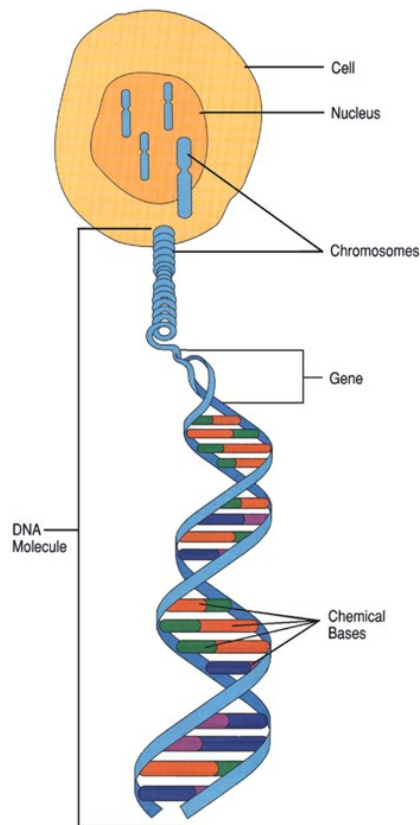
Prayer by Chief Yellow Lark, Lakota "Oh, Great Spirit..."

*Oh, Great Spirit  
Whose voice I hear in the winds,  
And whose breath gives life to all the world,  
Hear me!  
I am small and weak,  
I need your strength and wisdom.  
Let me walk in Beauty, and make my eyes  
Ever hold the red and purple sunset.  
Make my hands respect the things you have made,  
My ears sharp to hear your voice.  
Make me wise so that I may understand  
The things you might teach me.  
Let me learn the lessons you have hidden  
In every leaf and rock,  
I seek strength, not to be greater than my brother,  
But to fight my greatest enemy,  
myself.  
Make me always ready to come to you  
With clear hands and straight eyes,  
So when life fades, as the fading sunset,  
My spirit may come to you without shame.*

## DNA: A Basic Understanding of Our DNA

This chapter reveals the workings of Divine Design existing within you—your DNA—by painting the big picture, then some of the details.

The totality of the genetic blueprint that provides instructions to create all life's possible variations of a particular organism is called the *genome* of that organism. *The genome is the total gene complement of an organism, and is contained, in its entirety, within the nucleus of each cell of that organism.*



The genome is subdivided into chromosomes, and the chromosomes are made up of DNA. Every cell in your body (at some time) contains DNA and DNA controls them all. There are well over 36 trillion cells in the human body, and through vast and complex processes, they organize and communicate with one another. Each cell is conscious and aware of itself and the others and has a specific function to perform in concert with all the other cells.

This genome carries ancestral and cultural imprints, and codes for skin and eye color, blood type, height, hair, and every conceivable human trait; it's what makes fingerprints unique and distinguishable from everyone else's. It is also responsible for congenital disorders and other inherited abnormalities. What is not widely known is that your DNA can be influenced by your intent, and that will

be discussed later in this book.

The DNA within each cell nucleus forms linear strands known as chromosomes. Each human cell has 46 distinct chromosomal strands that exist most of the time as 23 pairs of chromosomes. Each chromosome strand is composed of multiple genes, each of which is responsible for one discreet biological function. The gene is also composed of DNA as it is a small sub-unit of the chromosomes,

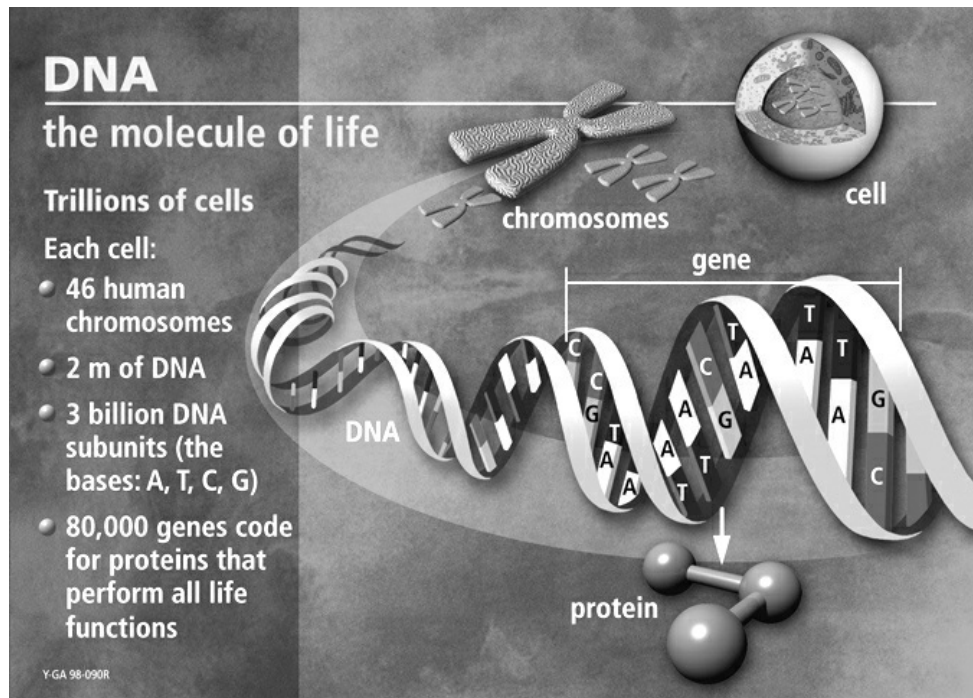
Here is a good analogy. If one thinks of a chromosome as a long passenger train, each car in the train would be a long strand of DNA and each passenger, a gene coding for one specific protein.

DNA stands for deoxyribonucleic acid, pronounced dee-ox-ee-rye-bo-noo-clay-ic acid.

The DNA molecule is best envisioned as a twisted ladder with rungs. It

consists of two parallel linear molecules made from repeating sugar and phosphate molecules, all held together at intervals by base molecules called nucleotides (rungs of the ladder). This *double helix* structure is also coiled like a telephone cord. It is then supercoiled, like the same telephone cord wound into a tight ball.

Pairs of four *base nucleic molecules* (adenine, thymine, cytosine, and guanine) make up each rung of this ladder-like, double helix, DNA structure. Each rung, therefore, is made of two bases, in pairs, either adenine + thymine or cytosine + guanine.

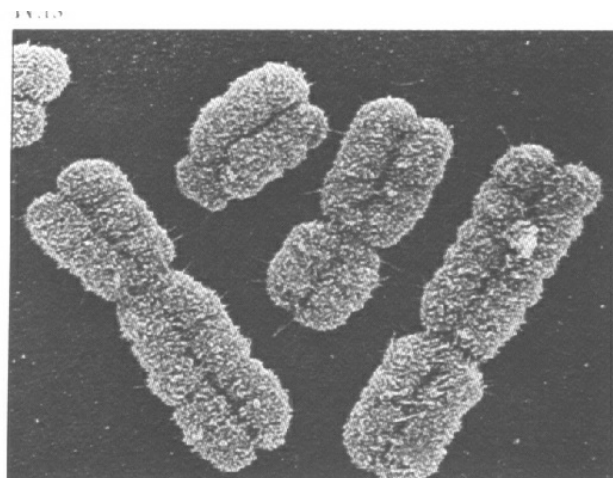


These base nucleotides (rungs of the ladder) make up the DNA's code, each meticulously placed in accordance with a life-sustaining grand scheme. We can state that each cell has its own purpose and consciousness, and with consciousness, it can communicate.

### *Chromosomes Pairs*

The above is critical to understand. Your DNA communicates interactively and automatically can restructure itself

to defend or tolerate an infection or viral intruders. Scientists call this an *activation* and use this term liberally in their research. Unlike the animal





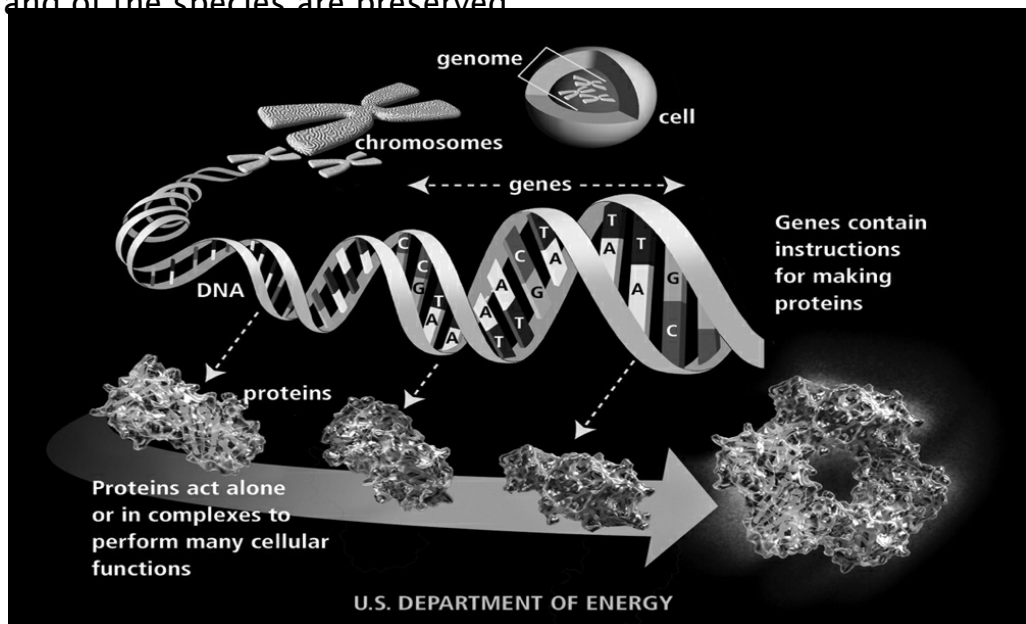
kingdom, humans have the ability to create and even alter Nature. With guidance and proper use of these creative powers, humans can also communicate and *activate* their own DNA. Your ability to communicate *intents of health* with your cells is a vital aspect of self-healing: a most precious gift.

Let's explore some of the functional details. The power of DNA resides in its ability to control cell function, behavior, and structure. It gives instructions, uses its own language, and in a sense, has "text" or "script" that is followed on a cellular/molecular level by the entire organism. The coding or "alphabet" of this "script" can be described in terms of *sequencing* the rungs of the DNA helix/ladder.



Genetic traits of individuals and of the species are preserved or "archived" from

[Photo detail view of DNA]

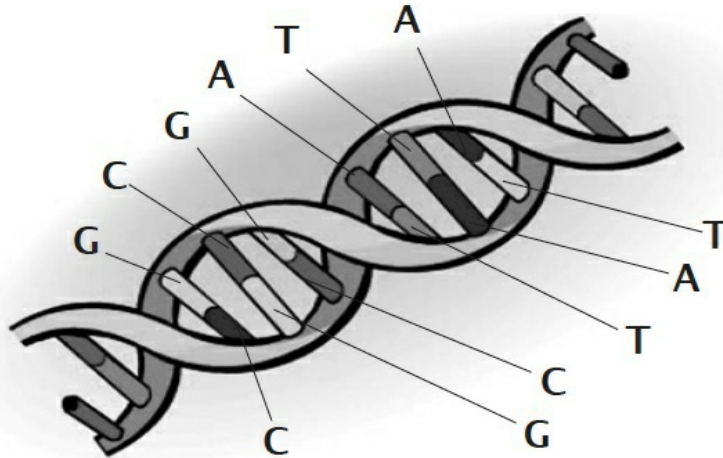


generation to generation in the form of DNA. The DNA monitors cell growth and provides for the repair, rejuvenation, and termination of each cell in the organism. DNA thus serves as a cell's physiologic regulator as well as timekeeper in a way to oversee each cell's biological clock and thus, its longevity. Increasing the life span of cells (and of the entire body) is a matter of learning how to reset the time clocks controlled by DNA. Think of your DNA as a computer with outdated programs. Upgrading your computer with new programs is the key. Performing the First and Second DNA Activations serves as a reprogramming process, which aids your rejuvenation.



The ability of the English language to store and convey information lies in how the 26 letters are arranged into words. The genetic information in DNA is actually determined by the sequencing of four nucleic acids (or *nitrogenous bases*): adenine, thymine, cytosine, and guanine, respectively abbreviated: A, T, C and G. These are the “letters” that make up the information containing “text” in DNA. Just as the English language’s 26 building blocks are subject to certain rules of combining and sequencing, DNA’s 4 building blocks (C-G, G-C, A-T, T-A) are subject to their own set of rules (see the following diagram).

Each rung of the stairway is made up of a *pair of bases*. Adenine always pairs with thymine, and cytosine only links with guanine. Therefore, whenever you see a T on a DNA rung you know that an A will be across from it, and a G will be across from a C. For example, if the sequence on one side of the chain were A-T-A-G-C-G, then its partner on the other side of the chain would be T-A-T-C-G-C.



Each series of three consecutive nucleotide pair of bases (known as a *codon*) delivers a specific, discreet biochemical instruction to the cell. Since there are 4 different bases, the number of combinations of 3 bases in sequence is  $4 \times 4 \times 4$ , or 64. Thus, 64 different codons regulate cell chemistry and function.

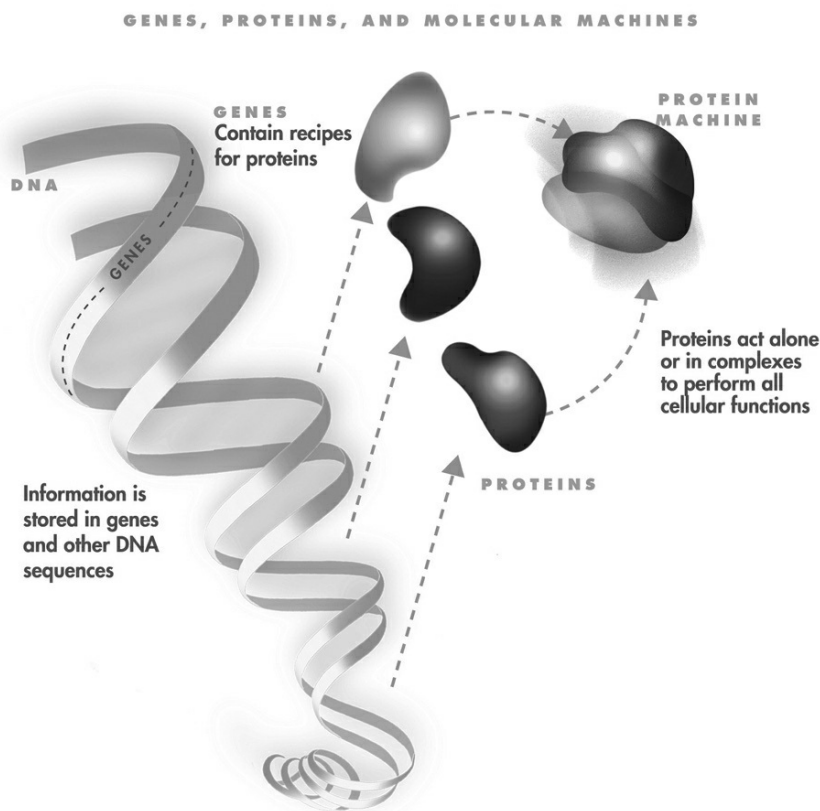
The *gene* is the entire DNA /*codon sequence* that encodes for a single, functional *protein*. A protein is a complex molecule made up of a string of simpler building blocks called *amino acids*. The construction of a specific protein is primarily determined by the unique



sequential order of DNA codons (base triplets) present in a particular gene.

Each individual DNA codon (base triplet) contributes a single instruction toward the synthesis of a given protein molecule. Each codon command may be any one of the following instructions: (1) start a new protein chain, (2) add a specific amino acid to the chain, and (3) end the protein chain at this exact position.

Through this process, the genetic material of the cell's nucleus (DNA/genes) determines the activity, structure and behavior of both individual cells and the functional group cells (i.e., tissue, glands, organs, etc.). The diagram "Molecular Machines" graphically details how DNA instructions are formulated and generate instructions for cellular activity.

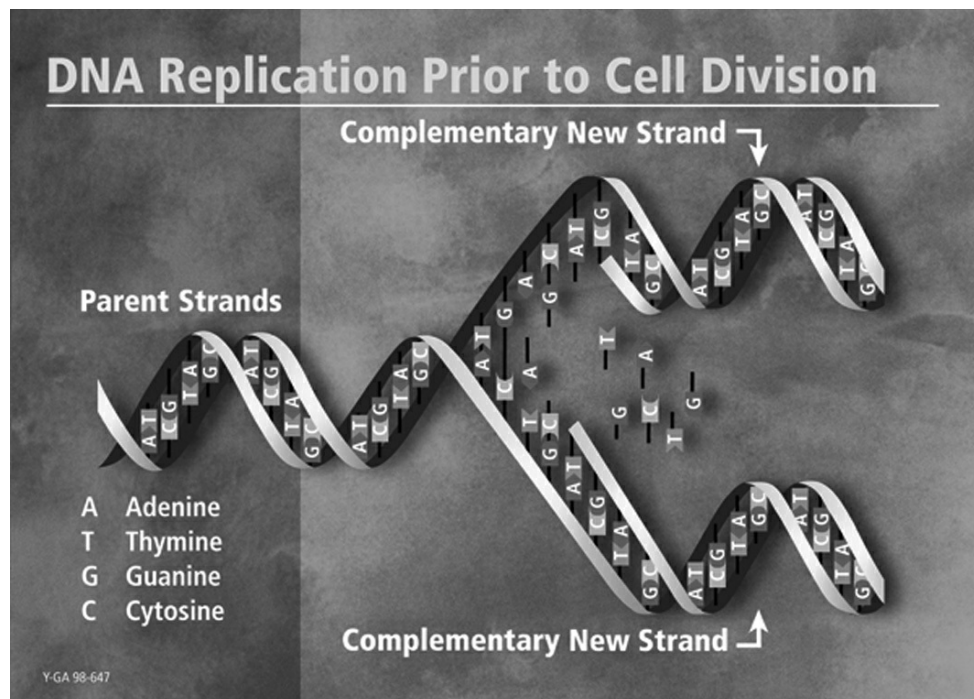


## DNA Replication

The DNA molecule replicates itself by making an exact copy of its two chains. To start the process, the two chains split apart in the middle like opening up a zipper (see the following diagram). The pattern of each half of the "unzipped" double helix attracts a complementary set of nucleotide bases in order to form two new complete ladders. So, chain 1 separates from chain 2; chain 1 builds onto itself a new copy of chain 2; and chain 2 constructs onto itself a new copy of chain 1. With this mechanism, the end result is two, identical double helices where there originally was one. It should be noted

that many DNA sequence patterns have remained consistent since life began on this planet. It has recently been proven through the *DNA Geographic Project* that everyone on this planet can be genetically traced to a specific tribe and archetypal parents. “DNA studies suggest that all humans today descend from a group of African ancestors—about 60,000 years ago.” Simply stating, we are all brothers and sisters.

In order for a gene to go through the process of manufacturing a specific protein, it must undergo a sequence of events known as a *transcription*. First, the part of the DNA that makes up the particular gene unfolds, then unzips itself (splits apart). The open, unzipped DNA molecule creates a number of nucleotide bases. This forms a new, complimentary *single* chain, which then breaks off from the parent DNA/gene. This new, single, unpaired chain is called messenger-RNA (mRNA).



Once this process is completed, the original DNA then zips back, recoils, and awaits another call to action. Meanwhile, the unique and separated mRNA often travels to a different location within the same cell or outside of the cell to finish the work of the protein manufacturing.

When the environment is biochemically correct, the unpaired nucleotide bases of this unique mRNA begin attracting specific amino acids in order to build the new protein (amino acid chain).

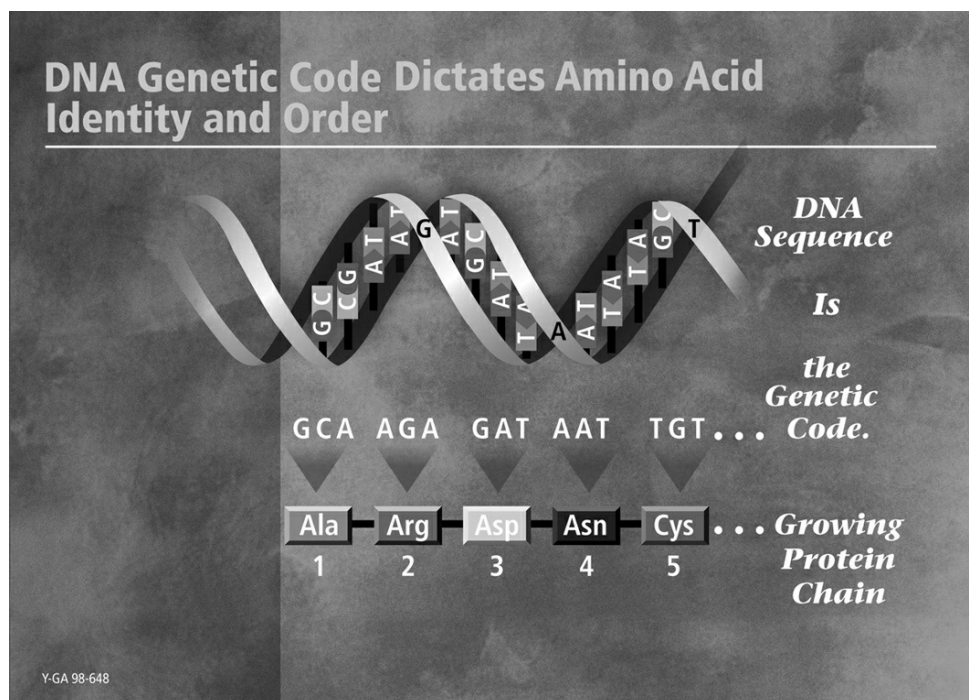
After all the amino acids are in place and in the correct order, the new protein splits off from the mRNA. This unique protein now begins to function in the capacity for which it was designed. This process is extremely fast, precise and accurate, happening countless millions of times per second throughout your body.

The *Human Genome Organization* has virtually decoded the base sequencing of all readable human DNA. This has been a monumental analytical and data gathering task. The human genome identified has been completely mapped, which equates to approximately 50 percent of your entire DNA.

The full complement of human DNA is now a huge database of approximately 3 billion base pairs. Many genes have been mapped onto the specific chromosomes on which they reside. By their products, other genes have been identified, but their exact chromosomal address has not yet been determined.

Bear in mind that only half of your DNA has been scientifically mapped. The other half, previously called ‘Junk DNA’ was not mapped because of the absence of identifiable amino acid chains. Surprisingly, we may admit that within this portion of your DNA, substantial amount of information is being processed, although not yet proven.

So what appears to take place within this Grand Design of Deoxyribonucleic Acid? Why is it there? God only knows!



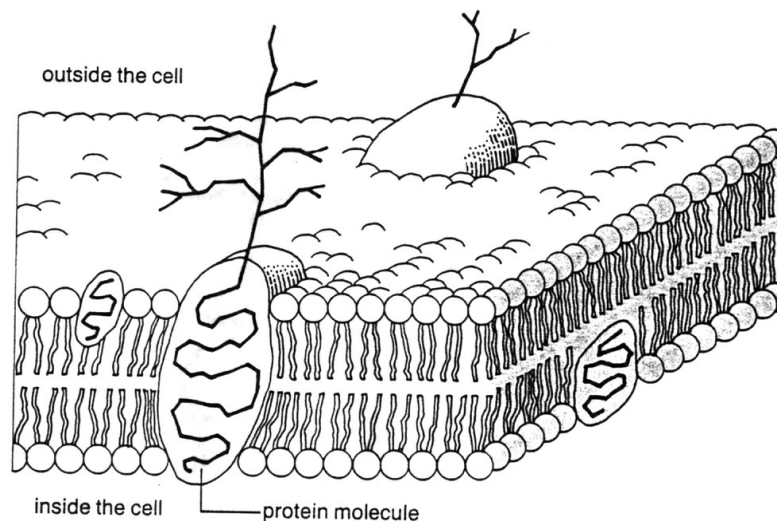
## Protein Cell Receptors

The essence of the Divine Design is consistent precise information, and the power of this DNA work lies in our ability to convey our *intent* to these bases and their combinations. It is here that science will affirm the validity of mind over matter. In April, 1990, at the American Holistic Medical Association, Ryan Drum, Ph.D and Len Wisneski presented their research. Dr. Drum, an electron microscopist, claims to have discovered that intent has molecular

consequences, and Wisneski, a microbiologist, proved that intent is the stimulus for receptor synthesis. According to researcher Peter Knopfler, "...all cells have receptors and memory, *intent* has the ability to vibrate or stimulate these receptors. Therefore, if you are thirsty and you think of water, thousands of cellular activities are synthesized mentally and metabolized physically. Before you even drink the water, your intentions and thoughts set off the cellular activity so that your brain, stomach, kidney, and colon are alerted to hold water, intentions being metabolized by the physical body." Imagine what chocolate does?

Cells communicate. Their growth and development depend on that process, and so do you. Cells react to each other's signals. Signals can come from various glands that release hormones, from pharmaceuticals, and from your thoughts. These receptors are anchored in the cell membrane, like antenna on rooftops, waiting for signals. You can easily compare the little fuzzes on top of the kiwi fruit as receptors on a cell. Once information is received, the receptor sets off a series of messages, molecular transformations called *transductions*. They deliver the change signal through the cell.

Below is a cross-section of a cell membrane:



At unbelievable speeds, the receptors activate protein messengers that initiate chemical reactions directly into the cell's nucleus. Here, the DNA binding proteins attach themselves to start DNA replication or transcription.

The communication process within the body is phenomenal—more so in humans than any other species, because humans have the inherent capacity to create. This is what separates us from the animal kingdom and your DNA is designed to process your imagination and transduce them into electrical-chemical composition.

As phenomenal as this sounds, it gets better. As we shall discuss in the

section on INTENT, research has presented facts that your DNA can also affect your environment. This infers that there exists sufficient evidence that you create your own reality. The future is in your hands.

Unfortunately, science has not delved into the arena of how the DNA projects outward into the future. But based on hundreds of testimonials and feedback received from individuals who had performed the DNA Activations, that's exactly what is happening. At the quantum level, the power of Intent and imagination are the tools to use to generate future probabilities. The DNA captures the energy of your will, that is, your mind-set, and uses cellular protein receptors to manifest the thought forms initiated and generates an ethereal essence to capture it. What could be taking place parallels or mimics the process of evolution already existing in the DNA coding. This lays the foundation that we create our realities. What a good science project this would be for students.

*“Before any physical form comes into manifestation, there always is and has to be an etheric pattern, a blueprint so to speak, upon which it is created and becomes a physical replica of that etheric form ...” ~A.D.K, LUK*

## A Few DNA Facts to Think About

Here are a few proven facts surrounding DNA:

1. The diameter of the DNA double helix is about 10 atoms wide or say 2 nanometers [a nanometer (nm) is one billionth of a meter].
2. The distance between nucleotides is about .35 nm.
3. The length of one complete genome is about 6 feet (2 m).
4. It is estimated that you have 36 trillion cells in your body and decided to stretch all your DNA out into one single line, it would circle the Earth about 3 million times (yes, 3,000,000 times).
5. If your DNA had a width of 2 inches, your body would be the size of the Earth.
6. DNA is a source of photon (light) emission. There is a possible link between DNA photon emission and consciousness.
7. 3 billion base pairs have been sequenced so far.
8. The information content of human DNA's double helix is so enormous that approximately 25,000 or more genes reside within it.
9. Within the nucleus of a cell, the expanse of DNA folds into a space of a few thousandths of a millimeter.

10. Scientists estimate that approximately 1,000,000 (one million) red blood cells disappear and are replaced by new ones each second. Your body is constantly being rebuilt.
11. A cell is an element, which contains carbon, oxygen, hydrogen, and mostly nitrogen.
12. A cell is capable of regenerating itself; we are constantly renewing our bodies.
13. Every six weeks we regenerate our liver, taste buds and even the DNA.
14. We constantly renew ourselves as well as our environment.

## Chief Seattle—The Web of Life

*“Man does not weave the web of life,  
he is but a strand in it.  
Whatever he does to the web, he does to himself.”  
~ Chief Seattle*

### Related Self-Healing Techniques

Part 2 provides an orientation to and preparation for the First and Second DNA Activations and related self-healing processes. This section includes concepts, philosophy, brainwave states, tones and symbols, colors, ethereal DNA structures, visualization and imagination exercises. It further explains why communication and trust are such important aspects of self-healing.

All DNA Activations are listed below and will be briefly explained later in this book:

- 1<sup>st</sup> DNA Activation *of* the Archetypal Chromosomes
- 2<sup>nd</sup> DNA Activation *of* Expansion and Rejuvenation
- 3<sup>rd</sup> DNA Activation *of* Uniqueness
- 4<sup>th</sup> DNA Activation *of* Integration
- 5<sup>th</sup> DNA Activation *of* Royalty Consciousness
- 6<sup>th</sup> DNA Activation *of* Detachment
- 7<sup>th</sup> DNA Activation *of* Divine Residency
- 8<sup>th</sup> DNA Activation *of* Causal Interaction
- 9<sup>th</sup> DNA Activation *of* Perfection of Trust
- 10<sup>th</sup> DNA Activation *of* Generating Abundance
- 11<sup>th</sup> DNA Activation *of* Divine Order
- 12<sup>th</sup> DNA Activation *of* Divine Discipline
- 13<sup>th</sup> DNA Activation *of* Ascension Consciousness [forthcoming]

### Concept: The DNA Activation Process

First and foremost, the DNA Activations and related healing techniques are a process that does not interfere with an individual's culture, ethnicity, or religious beliefs. It's as easy as taking a brisk walk or cooking an omelet. Exercise and food are vital essentials to physical and emotional health, and so are the DNA Activations.

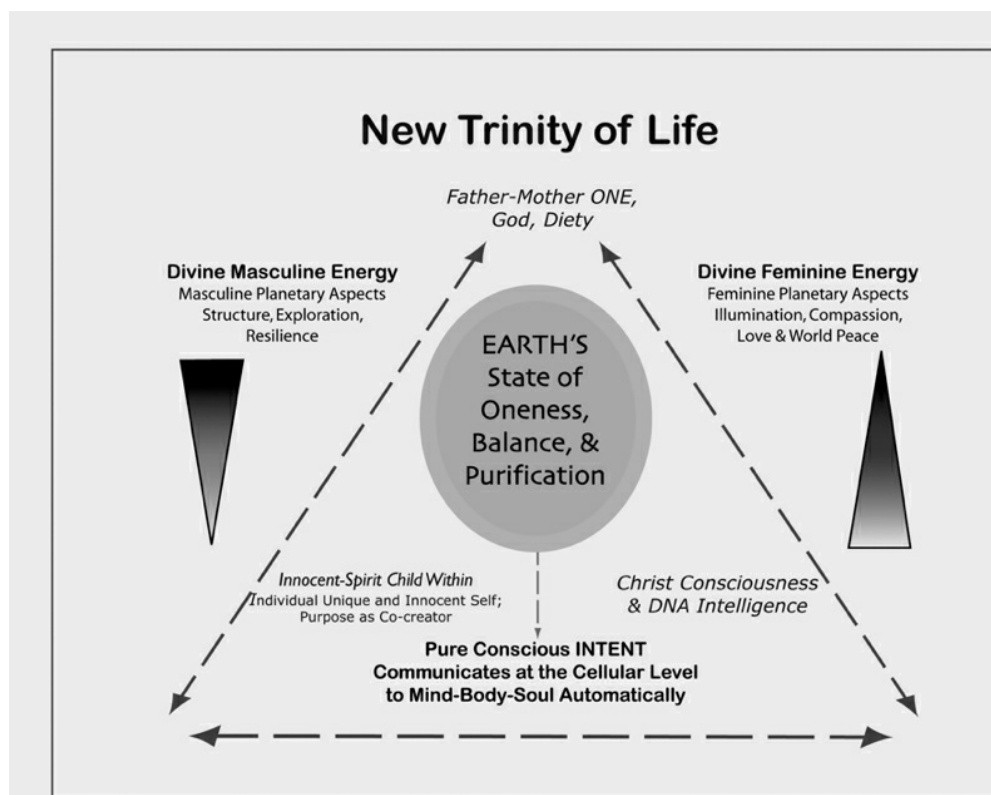
Initially, the First and Second DNA ACTIVATION processes take approximately one-half hour each. The results, however, will last a lifetime because their inherent design fosters an automatic and ongoing healing process. Understand that every day, your body produces new cells, which would also like to be activated. Therefore, we have generated a way to repeat



the DNA Activations on a daily basis simply within a few seconds. And these techniques will be provided later in the book.

The Activations are sacred in the sense that they will be remembered as a very special and simple gift received from your Creator. In fact, they are so simple that people may not realize their potential, and eventually forget about them, as we can easily forget the importance of baptism, confirmation, and bar mitzvah.

The  
DNA



ACTIVATION process is straightforward and can be viewed as the *integration* of the loving God within you, your Higher Self, and your body consciousness, which we loosely term "Your DNA's Intelligence."

This is a *New Trinity of Life*, a new relationship, wherein your total True-Self, your Deity, and the DNA within your body are synchronized and in perfect balance. They are now *ONE*. For most, this experience is realized when a person performs the 1<sup>st</sup> DNA ACTIVATION. In many instances, a spontaneous healing, whether physical or emotional, is experienced.

### God—DNA Consciousness

When God consciousness and DNA consciousness talk, destiny is revealed. Once the DNA's intellect has been activated, it becomes a powerful force within the relationship of the *New Trinity of Life*. The body is no longer dominated, and actually goes through a rebirth. This freedom of being, in

effect, is a great shift in consciousness. The body now has equal expression of its own existence.

Prior to DNA Activations, the *ego-mind* rationally maintained our separation from God, the planet, and kept us in a burdensome duality. The activations enable us to be *one with God* and end this separation.

In this *New Trinity of Life*—Source, DNA Intelligence, and your Higher Self—automatically communicate. What is revealed to you intuitively accelerates *bodily wisdom*, which integrates with your decision-making routines. Information about your health, your emotions, and destiny are subtly revealed. The feedback received thus far in the DNA Healing Project has demonstrated that this *bodily wisdom* is expansive and a key element for *self-healing*. It offers a phenomenal communication process.

Please bear in mind that the DNA Activation process initiates in your *heart-driven* mind. It uses the *Powers of Intent, Imagination, and Love* (Passion). Whatever happens, begins outside of the realms of science and medicine, involves the Spiritual aspects of your Higher Self, and occurs in your physical and psychological bodies.

## The Pineal Gland

The *pineal gland* once dubbed by the medical profession as sacred-mystical gland of the body. It is the size and shape of a peanut sitting behind the third ventricle of the brain, between both of your ears. It produces melatonin as it is an endocrine gland and is the record keeper of most functions and events occurring in your body. The Ancients believed that this gland, which gets its name from the *pinecone*, has supernatural and mystical powers that enhance the capacities of your “Third Eye”. Recent medical discoveries are now being tabulated. Medical scientists know that the pineal gland is activated by Light and controls the various biorhythms of the body.

*The pine cone staff is a symbol of the solar god Osiris, Egyptian Museum, Turino, Italy*



When Robert’s mother visited the doctor at the age of 90, she was instructed to take a 20-minute walk every day to help get light into her pineal gland. It also works in harmony with the hypothalamus gland, which serves as your biological clock that determines our aging process.

Within the framework of the pineal gland exists imprint of your archetypal mitosis, the makings of your first human cell—*The Cell of Conception*. This is where your physical *Threads of Life* began. Actually, the Greek word for *thread* is *mitos*.

## The Multiple Ethereal DNA Strands

Communication, Perfection of Health, Intelligence and Energy in Motion, Creativity, and Immortality

In a nutshell, here’s how the First DNA Activation works. You set your intent to receive this special gift of Life. You enter an *alpha-theta* brainwave

state and imagine connecting with your Deity. Then you affirm that the Activation is being performed with the purest intent and love from your **heart**. The *Universal Energies of Life and Love* will then move down through the top of your head and into the pineal gland.

Once in the pineal gland, the Life-force energies move into the **Cell of Conception**. This is your *Great Master Cell*—your very first human cell—where the record of your purity exists. Then you summon your *Archetypal Chromosomes*, which embody the power and memory of your *Youth and Vitality Chromosomes*.

The DNA Activation Narrative Protocol—an invocation—is recited, commanding that the *Youth and Vitality Chromosomes* be activated. Then ten new ethereal strands of DNA are called forth, stacked and integrated, one by one, on top of your existing DNA. Once completed, the new *ethereal Youth and Vitality Chromosomes*, within the **Cell of Conception**, are enabled.

Next, you *command* to replicate the new Ethereal Archetypal Youth and Vitality Chromosomes in *every cell* of your body. Gratitude is then offered to Deity, the Activation is completed and trust is set into motion by stating “IT IS DONE” three times.

What occurs during the Activation varies tremendously from person to person, from going into “rapture” to “I didn’t feel a thing.” In either case, if the *intent* was set properly, the Activation most likely occurred.

The ethereal DNA is in addition to the chromosome’s current two-strand double-helix of DNA. There are at least 10 DNA strands (five pairs) that are “ethereal” and need to be activated into your third-dimensional physical framework. This together forms your 12-Strand DNA. We are addressing the consciousness of each ethereal strand, which appears to possess attributes that permit you to perform greater human accomplishments. The *intuitive information* received from *Higher Sources* reaffirms the existence of your Divine Design within your DNA, which is totally intact, yet was dormant until *activated*.

For some unknown reason, the nucleotides, which sequence into codons have been veiled and inoperative since recorded history. Ten years ago, Dr. Collins of the Human Genome Project stated that 33% of “...the entire DNA has now been studied.” Scientists claim that a large portion of what remains in the DNA is insignificant or unusable.” They have unwittingly termed this portion as “junk” DNA.

Understand that GOD created your DNA as your Divine Design of Higher Intelligence *par excellence*. Yet for an undetermined reason, medical science refers to it as “junk” because they cannot figure out how and why that section of your DNA works. Science should research the myriad potential of DNA intelligence prescribed in that portion of the DNA. The links between God and Mankind may eventually be found.

Prior to this edition of *Change Your DNA, Change Your Life!*, well over 155,000 people around the globe, have had their DNA *activated*. They have

reported consistent results and life changes that humanity has long sought to achieve.

Broadly, the results indicate the following:

- These mysterious ethereal DNA strands hold the secrets of a healthier human body and race.
- They unveil the mysteries of life from within us.
- By activating these strands, The Holy Spirit can better communicate with us.
- We are really divine beings who inherently have the power to control our own healings and creations.

These ten ethereal strands making up the five “virtual pairs” are actually *cosmic links*, or the *Universal Life Force*, residing in each cell. They connect spirit with the human genetic coding. Each strand is profound in its infinite capacity to enhance human life to that of “light-body,” and may have universal functions beyond human limitations. Some kind of cellular language connects consciousness in the cell with that of the entire body. Many studies and experiments by scientists in quantum physics, medicine, psychology, and metaphysics reinforce the view that, somehow, a cellular language enables each cell to resonate within and beyond its intention and purpose.

The names and functions of the *five ETHEREAL DNA Pairs* that have been intuitively received are:

**Communication:**

The command center *strands* that communicate and resonate with all existing life forms within and beyond the cell, cell to cell, mind to cell, cell to Spirit and Spirit to cell. It enables the self-healer and cellular communication to occur, whereby the conscious intent of the mind and body respectively exchange information, interact via tone, and whereby the intent of the soul is recorded in the physical body. The lifeline of all intelligence depends on the ceaseless interaction and communication. Before DNA there is molecular structure. Before that, there are electrons, and before that, vibration. Life vibrates and communicates, and that’s what makes intent such a vital aspect of DNA sequencing and communicating.

**Perfection of Health:**

The never-ending quest for health, perfect cellular replication, healing, and expansion of the light body. These strands confront incongruities within the DNA itself and the immune system. They receive and hear the command to heal and return to balance. These strands maintain the perfection of the Divine Design within each of us. Perfection means nourishment, cleansing, and mobility. It’s what sustains vibrant life.

### **Intelligence and E-Motion (Energy in Motion):**

Cellular identity and resonance, initiation of cellular ambiance and expansion providing ultimate expression of happiness, joy, and bliss; energy activation for love, truth, and trust. These “Intelligence and Energy-in-motion” strands process all psychological and emotional commands and cellular memory and assist in identifying and releasing emotional blocks and life traumas. When the cell achieves its perfection or optimal state, these strands make it possible for the cell to produce its own light energy. When these strands echo the “sounds” of balance and integration, bliss is felt and Divine Energy is created.

### **Creativity:**

These strands co-create the “cultural” aspects of life, the caring aspects of conscious manifestation, intuitive surges from higher sources and inner cellular wisdom and abundance. These strands break down emotional static electricity, which coagulates and suppresses life, and keeps the creative energies of life dynamic. We heal our illusions and learn to be, expressing the Soul and manifesting the Divine Design. It’s within these strands that the DNA unveils the blockages of receptivity and opens the door for each of us to absorb Grace and Divine Wisdom.

### **Immortality:**

Spontaneous and timeless living in the moment; eternity and affinity with the Creator and Divine Consciousness. The gold and silver strands—Threads of Everlasting Life—stand for ultimate balance between all things, and assure that the relationship between the Creator, Man and the Planet remain in perfect harmony and oneness. These strands are extremely powerful and can instantaneously attune our relationship with Higher Self and Source. We go into our own totality, our ownership of ourselves, and ultimately Who We Are!

DNA structures and processes can be altered or damaged for a number of reasons, such as toxins and radiation. As a result, when the cells replicate (reproduce), abnormalities can occur, or the cell itself may malfunction. We suspect that the DNA Activations may help rejuvenate and expand the DNA from the current two-strands to multiple strands.

We sense that the combined ability of the DNA strands is magnificent. They operate at the creative-subconscious level and totally depend on the *free choice* or *free will* of the individual. They are obedient beyond imagination, for the process of free will and choice are truly gifts from God. What makes them spectacular is that they operate within their own functionality. With total conscious creative action, they instantaneously could implement the “will” of the individual, blissfully bringing every operation towards perfection, with unlimited scope.

### **Colors**

It has long been known that colors provide a vast array of information and healing energy, from delicate hues to deep primary color bases. During

activations and healings, you may see energy patterns and/or symbols, usually in a variety of colors. For instance, I see and use a translucent blue healing circular tube about an inch thick for cleansing emotions and bodily pain. As I pass this translucent blue healing tube over and through the area of discomfort, I notice brilliant silver/white sparkles ignite. Each sparkle is a healing of some sort. Simple as this may sound, it's effective. Often, I see brilliant green healing energy wrap itself around an affected organ or area of discomfort.

The presence of GOLD AND WHITE is extremely meaningful. It usually signifies the presence of very high, pure energy, specifically, the Divine Consciousness. Whenever I perform a group DNA Activation, the entire room slowly becomes encapsulated by this energy pattern. When performing individual DNA Activations, I invariably see Gold and White Universal Life Energies descend from the heavens and enter into the person being activated.

It was the late and great Spiritual Scientist, Dr. Christopher Hill who said: "A color, as we perceive it, has no reality by itself." Light is the frequency of vibration. Its existence depends on the consciousness of the perceiver. "Each color" Hill states, "can be linked with a level of consciousness, but most people operate at several." This leads us to the conclusion that when your consciousness expands, you will be privy to higher vibrations of light and grasp its meaning and healing potential.

Many good books talk about the healing powers of color, providing valuable insight into their subtle healing gifts. Colors play an important role in the DNA Activation and related Healing Techniques since certain colors are associated with the ethereal DNA strands.

We advocate using healing color energies as they manifest in the healing session or ACTIVATION. To help better understand the virtual DNA strands, the following chart is provided, but do bear in mind that the colors can vary from person to person:

- Communications Blue
- Perfection of Health Violet
- Intelligence & Energy in Motion Pink
- Creativity Peach
- Immortality Gold & Silver

## Brainwave States

Working with brain waves has become standard practice in biofeedback, research medicine, physiology, and psychology. These brain waves can either be all working at once or separately. In sports, athletes easily demonstrate this phenomenon. A figure skater or skier, for instance, must be fully active (beta) yet be focused (alpha) and emotionally free and spontaneous (theta). In prayer or meditation, a person would be in *alpha* and move in and out of *theta*.

Extensive research by Anna Wise documented in her informative book *The*

*High-Performance Mind: Mastering Brain waves for Insight, Healings, and Creativity*, offers a fully detailed exposition of her research and findings. “Currents of electricity, brain waves, are measured in amplitude and frequency. Amplitude is the power of the electrical impulse, measured in micro voltage, and frequency is the speed of the electrical undulations, measured in cycles per second (hertz). The combination of these categories determines or underlies your state of consciousness at any given time.”

Brainwave states can be changed in various ways: breathing, mental or emotional experience, sensory patterning (light, sound), movement or body stance, chemically or nutritionally. Much material is available on brain waves, their effect on conscious activity, and how it all works.

## Brain Waves: Beta, Alpha, Theta, and Delta

To follow are the four primary brainwave categories:

### **Beta:**

15 to 38 cycles per second. Beta is characterized by a high state of alertness and active conscious. This is our normal awake state, including flight and fight. Anna Wise states: “Thought after thought keep colliding in your brain. You can’t stop them or slow them down long enough to focus on just one of them. Your heart is racing, temples pounding, ... your mind seems out of control.”

### **Alpha:**

8 to 14 cycles per second, related to relaxed wakefulness and light meditative states. A person is aware of his or her body, accelerated learning happens due to less stress around learning. “Alpha brain waves are present during daydreaming, fantasizing, and visualization ...the array of images and other sensory input doesn’t have to make sense. The outside world falls away...” states Wise.

### **Theta:**

4 to 7 cycles per second, associated with trance-like mental, visual or imaginative states, deep meditation, light sleep states, and most aspects of creativity. In Theta there can be visual images, and possibly little or no sense of the physical body. A person may experience his body as an energy field or body parts floating but not connected.

The book, *The High-Performance Mind* states that being in “theta” is as “... something pushing you from within, some kind of knowledge that wants to get out but is locked away deep within the recess of your psyche. ...you may feel a sense of spiritual awakening, an inexplicable burst of creative insight, a cavernous sense of pain, or a dawning awareness of the possibilities of what might be hidden within your mind.”

The experience one has during *theta* activity seems to be the most prolific. Theta is the ideal state for some types of self-programming and self-healing.

### **Delta:**

0.5 to 3 cycles per second, delta brain waves make up the unconscious

mind, usually present in deep sleep. In the lowest levels of Delta, there are no mental images and no awareness of the physical body.

In the higher levels of delta, you may experience awakening states of dreams, feel connected to others, even to know or sense something about to happen. Wise states that “High-amplitude delta creates strong empathy....”

Let’s try to feel what moving into and out of the *theta* frequency feels like. Become very active or mentally occupied for a few minutes. This usually brings you into *beta*. Sit down, relax, and take a couple of deep breaths. You may sense moving into an *alpha* state. Take a couple more deep breaths and let yourself drift a bit. When your mind is free of thinking of things and your thoughts float, then you may be experiencing *theta*. If you fell asleep, you went into *delta*.

Here’s a good exercise to try while sitting down. First take a few deep belly breaths to get you into an alpha state. Picture a shiny pulsating star of light in your chest. Now let it rise. Use your imagination to help. Let it rise through your throat, through your head, and up over yourself about 8 feet. Let it stay above you for a moment or two, then slowly bring it back, reversing the process. At this point, you’re most likely in *alpha-theta*. You should feel quite still, focused, and mentally unencumbered. Over time, this is a good *alpha-theta* warm-up exercise.


The DNA Activation and related Healing Techniques use a high-theta to low-alpha frequency, i.e., 6.5 to 9 cycles per second. It is a slow state of activity that normally occurs during deep meditation, hypnosis, or light sleep. I have had excellent results keeping in alpha-theta state, i.e., at 7-9 cycles per second. You, too, can learn to slow your brain to this state, and it will allow you to project your consciousness from your physical body upwards and then inwards. Interestingly, others around you may also slip into an alpha-theta state. For many of you, this will simply be remembering an aspect of your being that you’re not always aware of but that’s completely natural to you.



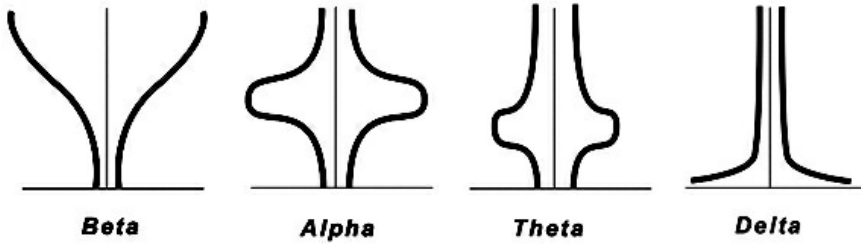
# Brainwave Patterns

(Permission granted from Anna Wise "The High-Performance Mind")

**Left Hemisphere      Right Hemisphere**

<b>Beta</b>	<b>15 - 38 hertz</b>	<b>High Frequency</b>  <b>Low Frequency</b>
<b>Alpha</b>	<b>8 - 14</b>	
<b>Theta</b>	<b>4 - 7</b>	
<b>Delta</b>	<b>0.5 - 3</b>	

← **Amplitude** →



## Vibrations, Sounds and Tones

Do you have a “sound mind?” The word sound is ancient. Sound means healed or whole. Gentle sounds relax us; harsh sounds make us uncomfortable. Sounds are vibrations and have frequencies. Some can be heard, some cannot. You can virtually manipulate sound to create almost any possible form of communicating from microbes to galactic research.

Virtually all energy vibrates. Light is energy and light generates vibrations. Vibrations generate sound and tones give flavor to the sounds. Most of us enjoy our music of choice. Music can make us happy, make us dance, and even put us into an emotional state. In movie theaters, the music brings out the excitement, tense drama, and romance. Turn off the music and a lot will be missing. Music is a composition of sounds, tones, and other resonating frequencies that carry messages.

DNA communicates by *tones*. Tones are also how the intent of the human mind is relayed to each DNA strand. The intent of the DNA strands is then communicated via tones to all other DNA strands instantly. This alters the chromosomes, which in turn, alters the cell. The corollary also exists: DNA uses tones to communicate its intent to the healer.

Cells communicate with each other. The DNA Activations enhance cellular communication within your body, and if being activated or healed by another, between you and your healer. This is an important factor when dealing with DNA transitions. Once you have been activated, mere physical and/or emotional association with another may start others along their process of cellular reconstruction. This has been demonstrated by many Reiki Masters and massage therapists, who after receiving their DNA Activation, work on their clients and have had heightened results. Imagine this process happening on a global level.

Thus everything in a sense vibrates. Celestial objects vibrate, the Earth vibrates, and your DNA vibrates. The Earth generates a sound, recently calculated at 7.83 hertz. It's called the Schumann's Resonance of the Earth's electromagnetic wavelength. It's there; can you hear it?

Within your DNA, sound emanates and is received. Exactly how sound affects the DNA is still subject to research, but we do have excellent results when we interact 2-tuning forks with the frequencies of D at 288hz and A# at 468 hz. The body's electromagnetic fields resonate well at these sounds. It's amazing how cultures respond to similar sounds, rhythms, and beats. It's amazing how the DNA communicates!

## Symbols

Not enough can be said about symbols. Symbols are the imagery of vibrations. Symbols can be in the form of an image, icon, hieroglyphic, a glyph, or letter within an alphabet. They transport a message, serve you intuitively, and even transmute energy, as we have discovered in the 3<sup>rd</sup> DNA Activation. Within the DNA Narrative-Protocol of the 3<sup>rd</sup> DNA Activation, the

participant actually captures their *Symbol of Uniqueness*. They are then instructed to use this symbol for self-healing and for manifesting desires. The *Symbol* consistently works and this process earns being placed in the category of a miracle.

The DNA double helix symbol was known thousands of years before the electron microscope was invented. The very sight of a DNA symbol amuses virtually every human. It must possess some kind of *coding* that awakens people to become more aware of who they are and where they are going—a sacred process, indeed.

## Chakras

It would be incomplete to talk about DNA Activations and healings without mentioning *chakras*. Chakras mean *wheels of rotating energy*. The Ancients, Eastern Masters, Shamans and healers of the day all respect and use the knowledge and wisdom that the human chakra system brings forth. Medical Science is becoming more aware of chakras, but they are not yet convinced of their importance. For your reference and possible exploration, the basics are offered.

In the human body, there are seven primary chakras. Each appears in a cone like shape, lying horizontally with the vortex beginning behind you and extending through and in front of you. Each spins and is associated with a color. These seven chakras align closely to your major glands and organs.

1<sup>st</sup> Base Chakra: located at the base of your spine, the center of vitality, red in color

2<sup>nd</sup> Sacral Chakra: located slightly below the navel; the center of desire and sexuality, orange in color

3<sup>rd</sup> Solar Plexus Chakra: located at the solar plexus; the center of personal power, yellow in color

4<sup>th</sup> Heart Chakra: located near the heart; the center of compassion & love, green in color

5<sup>th</sup> Throat Chakra: located in the neck; the center of communication, blue in color

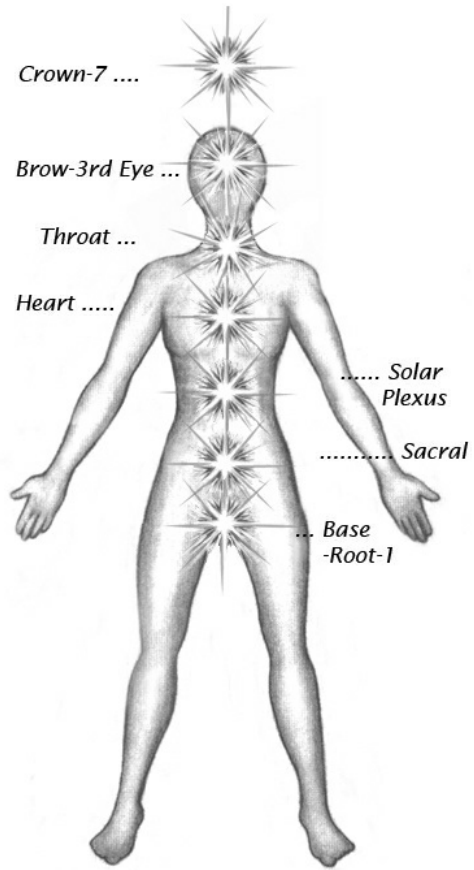
6<sup>th</sup> Third-Eye Chakra: located at the brow/forehead; the center of higher intuition and creativity, indigo in color

7<sup>th</sup> Crown Chakra: located at the top of the head; center of spirituality and enlightenment, purple in color.

*Chakras are* extremely important, interconnected, and must stay in balance. Whenever the energy in one chakra spins slowly, it affects the electromagnetic fields of the physiological and psychological systems of your body. If severe enough, that imbalance could cause emotional and physical consequences.

We highly recommend further study of this subject. There are so many great books to reference, and several are cited in the “Suggested Readings.”

The 7 Prime Human Chakras



## Part 3: Initial Preparation for Self-Healing

The art of Self-Healing serves to be an exhilarating experience. When you understand the mechanics of Self-Healing, you find your core motivation for a good and beautiful Life. Self-Healing brings you wholeness, connection to humankind, the Planet and God's Universe.

We consider each DNA Activation to be a very sacred process. It is extremely important that the DNA Activations be used with the intent of love from your heart. If something can change your Life, it is best to take it seriously. When a precious gift of Life approaches you, receive and honor it. Self-Healing takes you to higher places of health, joy and abundance. Are you ready?

Before learning any self-healing technique, discern if it serves your Highest Good. Then it is important that you set your *inner* and *outer environments* to a position that enhances your receptivity and energy flow. You want your mind and body to be peaceful and your surroundings to be safe and comfortable. Do your best to get into an alpha-theta brainwave state. We will now provide you with an array of basic, yet vitally important self-healing techniques, which will help prepare you to perform the DNA Activations properly and effectively.

### Father-Mother ONE

As a result of the experience gained from applying the DNA Activations and the spiritual significance entrusted us, the term "Father-Mother ONE" to express Deity is used. It refers to The Supreme Creator of *All That Is*, representing the pure integration of the Divine Masculine and Feminine Energies of Universal Life.

What we learned relates to the importance of balance. In the self-healing process, the feminine deity provides that nurturing healing energy, and the masculine deity provides the intelligence for exploration and motion. The self-healer needs to be aware of this integration. Therefore, it is wise and efficient not to consider the healing powers of God as a male or a female, rather holistically, i.e., balanced in Oneness. Factually, the term "Father-Mother ONE" was channeled to me to share.

The book also uses the term "God" where appropriate. Please substitute whatever term you are comfortable with referring to your Deity. The authors by no means intend to obstruct the expressive relationship between readers and their Deity, nor desires to interfere with anyone's religious beliefs and practices.

### Universal Forces of Life and Love

Just like the air you breathe, but cannot see, there exist unseen *Force of Life*. It actually flows through you. And the more you ask and work with this, the more you get. We call this gift: *Universal Forces of Life and Love*. It's a

long term, yet most powerful for you when used. In a sense, it has an indescribable consciousness, with its primary function to bring you the intelligence and energy to manifest Life in service for your *Highest Good*.

## Intent

It is my conviction that *intent* is the highest aspect of creation given to mankind. Our God-given right to utilize *Free Will* and choose must be preceded by our intent. Nothing can be put into motion until we exercise the power of intent. Whether spoken silently or verbally, intent either keeps you “attuned to Spirit” or executes your right to create your own experiences. It’s intent that *initially empowers* you.

“Every experience, and every change in your experience, reflects an intention. An intention is not only a desire. It is the use of your will,” says Gary Zukav, author of the best-selling book *The Seat of the Soul*. Like it or not, every intention that we create, also creates the *Life scenario* to follow. If I do not like my job, I will create more opportunities for that to occur by every reinforcing thought supporting that attitude. Intent demands action from the Universal Energies of Light, which does not discriminate positive from negative. The biblical concept “What we sow, so shall we reap,” bases itself on intent.

In the book, *Infinite Grace*, the author, Diane Goldner, cites many excellent medical and scientific research that support the power of intent. One in particular captured my attention. It was about Dr. Robert Jahn, former Professor and Dean of the School of Engineering and Applied Science at Princeton. In 1979, he founded the Princeton Engineering Anomalies Research Center (known as PEAR) and received substantial funding to pursue his research on intention. After millions of experimental trials, by May 1996, he and his partner, Dr. Brenda Dunne, were published in *The Journal of Scientific Exploration*. Their findings demonstrate:

“...that higher realms of human consciousness influence and impact the materialistic world.” In brief, here’s what they found: people affect machines. Thought, through subtle repetition, proves significant—every intention counts, men have a stronger intention capacity, intention transcends time and space.

Their research models were based on quantum physics and postulated:

“Like elementary particles (matter) and Light (energy), consciousness exhibits a wave/particle duality. Like quantum particles, consciousness can circumvent and penetrate barriers and resonate with other consciousness states and [affect] aspects of its environment.”

You are accountable for all conscious and subconscious intentions. If you want a happier marriage, you’d better create the intentions and attitude in every thought. If you are not disciplined, and sometimes create an unfavorable attitude, the Universal Energies will receive a conflicting command, and soon you’ll be in a conflicting marriage, or ending one.

The intent is the purpose and goal of the idea, desire, or command behind the initial conveyance or communication. You must consciously determine the *intent* to communicate something. Think of intent as the topic that is on your mind. It is the mind's energizing force to create or change something.

We basically communicate in order to satisfy our intent: the objective of whatever resides in our thoughts. You do this by invoking communication to get a response to your needs, desires, and commands.

Intent creates *emotion*—the surge of energy, the impulse, or force—that puts the “intention” into action. Intent *generated from the heart* is the purest feeling imaginable. It makes the intent possible by giving the Universal Energies the command or cause to manifest what is being “intended.”

The real premise of the DNA Activations focuses on your ability to empower yourself by consciously and properly using your intent from a heart-driven foundation.

## Positioning and Relaxing the Body

To better serve your abilities to Self-Heal, it is best to become comfortable with visualization and using your imagination. The *Pulsar Star* and *Soul Bubble* exercises (to follow) are excellent tools to move into the *alpha-theta* state. The more you practice, the quicker the results. These *theta* exercises can be used as appropriate.

We are grateful to Rev. Janice G. for the following preparatory steps, which I highly recommend. Perform this narrative prior to any visualization exercise, meditation, healing technique or DNA Activation:

- Uncross your legs and place your feet flat on the ground.
- Close your eyes and begin to breathe gently and rhythmically as far down into the abdomen as you comfortably can.
- Allow the breath to become gentle and rhythmical and feel the loving energy that is all around you.
- Let go of all worries, tensions, and stress.
- Let it go, let it go, let it go, to be dissipated in the loving gentle energy that is all around you.
- Silently, invite your Angels and the Light beings that assist you to join in this process.
- Give yourself permission to receive a self-healing.
- Ask that the healing be for your Highest Good.
- Allow the integration to be easy for you.

Now, proceed to whatever activity you intend to perform.

## Visualization vs. Imagination

Visualization and imagination are two of the most powerful yet least appreciated tools our species has. They can put you into an *alpha* state, even slow your brainwaves down into *theta*—the creative state. Visualization and

Imagination are similar; however, imagination provides the individual greater opportunities for creating and self-healing.

Visualization uses the individual's mental process to generate a "movie of life" to observe. The viewer virtually watches the visualization, frame by frame. Visualization also implies that the movie's script, actors and production are designed with known criteria, rules and suppositions. This, therefore, is purely fabrication based on wants, desires and a predetermined outcome. Using visualizations is excellent for planning, daydreaming, marketing, and other activities that require a desired outcome. Remember:

***Visualization uses a conditional mental screen.***

On the other hand,

**Imagination is void of desired outcomes, rules, and suppositions.**

Imagination is purely innocent in nature. The individual "imagines" and "feels" that which comes to his or her mind. The imagery can be remembered because the individual remained in a conscious brainwave state (beta-alpha), while the imagination was generated in a subconscious (theta-delta) brainwave state.

Imagination truly serves the individual when he or she invokes creative and self-healing activities. Imagination implies presence, essence and feeling. You are virtually there. Whatever transpires in the mind is rapidly absorbed into the body's consciousness, even at the cellular level. Remember:

Imagination uses no rules. Your success as a self-healer is to stay in the Divine Plan. Imagination keeps you out of the way of yourself (ego). Never get attached to the outcome. Imagination uses a mental screen that can be considered as being involved in play.

The *self-healer* should endeavor to familiarize himself with the imagination process. Best to learn as many guided imagination exercises as possible. Listening to an alpha-theta audio, preferred music and spiritual meditations is extremely practical. With practice, your *mind-body* readily shifts into an "alpha-theta" state, which definitely enables your imagination abilities.

The Gary Zukav, famous physicist and author wrote:

*"Not all forms are physical.  
A thought, for example, is a form.  
What is a thought formed out of?  
Thought is energy, or Light, that has been  
shaped by consciousness. No form exists*



*without consciousness. There is Light, and  
there is the shaping of Light by consciousness.  
This is creation.”*

*~ Gary Zukav*

## Breathing

Permit us to joke a bit, but most people do not know how to breathe properly. Athletes and those who enjoy the various martial arts are the exceptions. How many lung lobes do you have? Two? Five? Six? How many breaths do you take in a minute? When you breathe, what does your body do with the air? Most of us take this for granted. No more!

Here are some facts. You have five lobes in your lungs: three on your right side and two on your left. Generally, you take an average of 15 breaths per minute, and your lungs direct the oxygen assimilated from the air into your blood, and most of that goes straight to your brain cells. There are four basic breaths: (1) the normal *unconscious* breath, (2) the *fight or flight* breath which fully utilizes the upper lobes, (3) the slow, deep-tummy, diaphragm breath, and (4) the trained conscious alpha-theta breaths.

## Alpha Breathing Exercise

If you can get your breaths down to about eight breaths per minute, you're doing well. This helps stop brain chatter. Learning how to produce alpha brainwaves is a comforting step into meditation. It's best to keep your eyes closed and being in a comfortable environment without interruptions. "If you roll your eyes upward in your head," says Anna Wise, "you will produce alpha even more."

Here's how she recommends you do a few breathing exercises to relax you into alpha:

"With your eyes closed, inhale and gently raise your eyes to look toward the center of your forehead. When you exhale, lower your eyes. Repeat several times, but not too much. (Note: Do not strain your eyes. If you feel any discomfort, stop immediately.)"

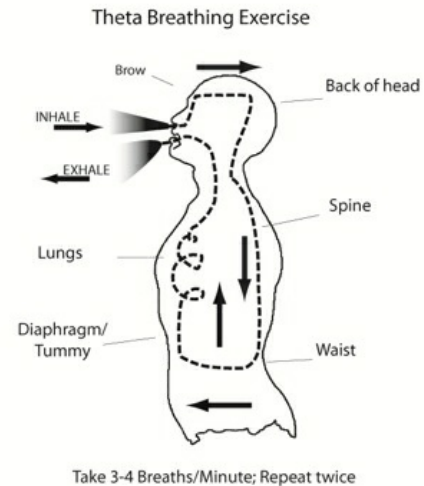
## DNA Deep-Breath Exercise

We recommend keeping conscious about each breath moment to moment. Be grateful for the air around you and your body's ability to breathe. I found a simple way of helping you achieve an alpha-theta state through slow and thorough breathing.

First of all, understand breathing infers that air is inhaled, goes into your lungs, then exhaled. But this DNA Deep-Breath Breathing exercise uses a

different tack. Assume that the air to be inhaled has consciousness. As you inhale, stay objective to your breath and focus on the breath as it goes throughout your upper body as prescribed in the diagram below. This proves to be relaxing because this self-healing exercise reduces brain chatter. Let's begin:

- Imagine a cloud of cool clean air directly in front of your face.
- gently inhale through your nose
- direct the airflow upwards to your forehead
- then straight to the back of your head
- now direct the airflow down your spine to about your waistline
- Make the air flow forward and upwards to your diaphragm
- then up into your lungs
- fill your lungs up completely
- hold just for a moment
- and then slowly exhale from the mouth



Repeat this circular breathing motion twice per minute, as possible, several times. The key to this breathing is being conscious of the breath's energy and location along the path. Your mind will immediately rest, and you'll become aware of your body and achieve a deep alpha-theta mode.

### "The Pulsar Star" Imagination Exercise

This is a profound, yet simple imagination exercise to reach the *alpha-theta* state. This exercise has generated excellent results for thousands of people who have had difficulty relaxing and meditating. The "*Pulsar Star*" exercise is also very grounding.

Be it known that this meditation technique was downloaded to me (Robert) by Spirit late one night during a thunderstorm. The message given behind this meditation epitomizes the importance of INVITING Spirit to descend upon you. This meditation is more powerful when inviting Spirit's energies.

Begin by setting your *intent*, that achieves an enjoyable and profound self-healing experience. Take a couple of deep belly breaths. Relax, let go of

everything in your mind.

- Imagine a beautiful “pulsar” star being created from the depths of your heart. Feel its energy pulsating.
- Imagine it becoming brighter and larger.
- Now it begins to move slowly upward becoming brighter and larger.
- It is your most beautiful creation.
- Feel it rising, becoming brighter and larger as it moves pass your throat.
- It keeps raising, becoming brighter and larger, continuing toward your head.



- The star continues ascending through the top of your head, becoming brighter and larger.
- It's magnificent, in shimmering brilliant colors.
- Feel this star-energy rising higher above you, as it becomes ever so bright and large.
- Imagine the star moving above and outside of your aura and into

free space as it steadily ascends into the heavens.

- Now imagine a Divine Stardust Energy swirling and embracing your star and integrating it with Divine Love.
- Hold them there for a couple of seconds. Enjoy the moment.
- Take a deep belly breath. Now invite the Holy Spirit to enter your space.
- As you slowly exhale, imagine the Pulsar Star returning back to your heart.

As you allow the star to drop, feel your body assimilate an alpha-theta vibration. Your shoulders should drop, and you will feel relaxed and peaceful. This should put you into an alpha-theta brainwave state.

As an option for those who desire to be grounded, continue with the following: after the heart becomes filled with this loving energy, create the image of a colorful double helix spiral below your feet, and propel all this energy down through your feet towards the center of the Earth. As you do this, feel that you are grounded with the Mother Earth. Take another gentle breath and give thanks to Father-Mother ONE for this healing. Then feel rose quartz energy return upwards through your feet, into and throughout your body.

## “The Soul Bubble” Exercise

A Visualization and Imagination Exercise

The *Soul Bubble* exercise offers you a more elaborate way to achieve *alpha-theta* brainwave state. It is similar to an ancient self-healing exercise and definitely facilitates a grounding meditation.

The exercise starts by using alpha visualizations to relax you, and then puts you in a *alpha-theta* state as your imagination creates a beautiful space in which you can actually feel your soul and aspects of your Being.

Choose a room that is quiet or an area in which you are comfortable. Set the intent to receive *Universal Energies of Life and Love*, then claim sacredness in your surrounding environment. Standing up with your arms at your sides may serve you best. Keep your feet apart and comfortably feel secure. Close your eyes and take several deep breaths to the bottom of your belly.

Imagine standing inside of a translucent bubble: your *Soul Bubble*. The front of your *Soul Bubble* begins approximately an arm's length in front of you (about 1m, 3 feet). Now imagine the surface extending around your left side, onto your right side, behind you. Next, create a dome (about 1m, 3 feet) above your head.

Now imagine the translucent *Soul Bubble* extending 1m (3 feet) below you. Sense the shields joining and forming a complete bubble around you. Let yourself float, stay centered in the bubble, and let everything go.

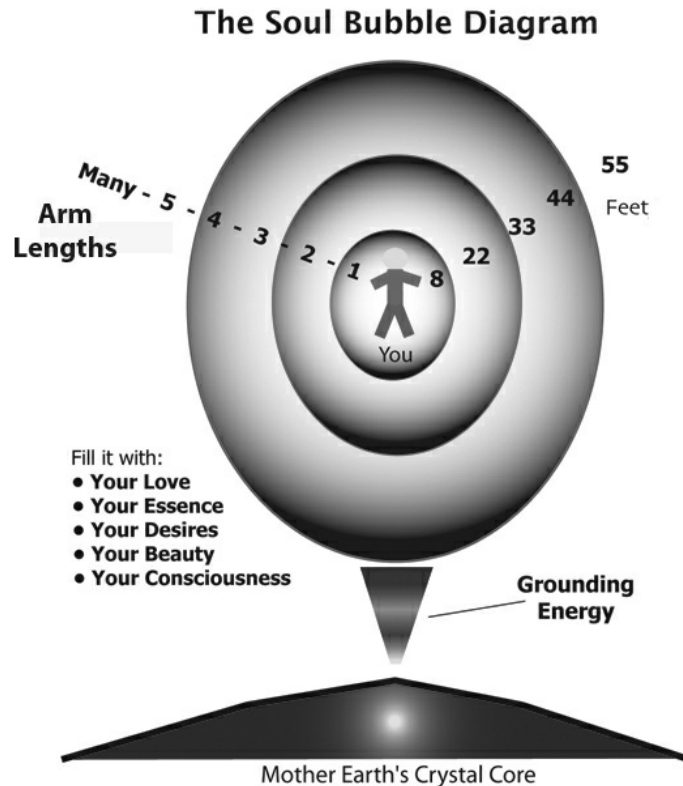
Once comfortable, fill your *Soul Bubble* with your essence, your consciousness, and with all your beautiful energy. Fill the bubble completely with all of who you are. Your inner world has become Divinely separated from your outer world. Take a gentle breath as you feel secure in a larger body.

Once the bubble is totally filled, take a good deep breath through your nose and hold it just for a moment. As you exhale, push the insides of the *Soul Bubble* out to about another arm's length or two all around you (about 2-3 m, 6+feet). Fill the *Soul Bubble* with your essence, your consciousness, your love and fill it with your positive energy. Fill the bubble completely with all of who you are: your beauty, your dreams, and your desires.

Once filled, take a 3<sup>rd</sup> deep breath through your nose and hold it just for a moment. As you exhale push the insides of the *Soul Bubble* out to about 3 to 5 arm lengths all around you, about 10m (30 feet). Fill the *Soul Bubble* with your essence, your consciousness, your love, beauty, dreams, well wishes, and fill it with all your loving energy. Fill the bubble completely with all of who you are.

Once filled, take a 4<sup>th</sup> deep breath through your nose, and hold it just for a moment. As you exhale push the insides of the *Soul Bubble* out many arm lengths all around you to about 13m (50+ feet). Fill the *Soul Bubble* with your essence, your consciousness, and fill it with all your gracious energy. Fill the bubble completely with all of who you are: your consciousness, your beauty, your dreams, your LOVE, your all.

Now imagine healing energy from Mother Earth in the form of misty-green colored air surrounding the bubble. Take a 5<sup>th</sup> deep breath and breathe this air in. Even take another deep breath and hold it just for a moment. As you exhale, push the insides of the *Soul Bubble* out many arm lengths, with all your might, all around you. Make your *Soul Bubble* as large as you desire. Fill



the *Soul Bubble* with your essence, with all your energy. Fill the bubble completely with your consciousness. Now invite Divine Consciousness to fill the *Soul Bubble* complementing you. Be at PEACE.

At this moment, you have created *Divine Duality*. Simultaneously, as you experienced *oneness* with Source, you expressed your *uniqueness*, and separated your outer heaven from your inner heaven. Hold this feeling of bliss as long as possible. This is the size of your essence on this planet (some people prefer the term: Light Body). These are the feelings that activate peace within you. This is your sacred space. Remember this always!

Now take a gentle breath and imagine your *Soul Bubble* rising above you. Open your Crown Chakra and collapse your entire *Soul Bubble* into your heart. Feel it enter. Feel healed. After the heart becomes filled with this loving energy, create the image of a colorful double helix spiral below your feet, and propel all this energy down through your feet into the Center of the Earth. As you do this feel that you are grounded with the Mother.

Now take a deep breath and feel Mother Earth's Healing Energy come back up through your double helix and rising into your body. Finally, take another gentle breath and give thanks to Father-Mother ONE for this healing.

## How do I know if I am in Alpha-Theta?

Remember, the key for getting resolution and answers is to have your brainwaves oscillating at *alpha-theta* brainwave state (between 5-10 cycles per second). This can help bring profound healing and resolve to whatever you want changed.

You know you are in theta when you don't know where your hands and feet are and/or you feel a sense of void around you. Sometimes a tingling feeling surrounds your body. You may also feel more peaceful and even disconnected to your environment. Most important, your mind is more at rest, i.e., less thinking, if any, and you have a greater awareness of sensation or feeling. You can become light-headed, yet feel secure and comfortable.

Using biofeedback, an EEG, and various electronic devices or instruments are alternate ways to test and/or train our cells to be solely in a theta state. It is perfectly fine to be in *alpha-theta* because now you have the memory to process what you received in theta. Best to train yourself to be in an *alpha-theta* state throughout most of your conscious activities.

Practice the aforementioned exercises until you are comfortable with them and comfortable knowing that you are in *alpha-theta*. Remember, it's a feeling that envelops you. These feelings will be consistent the more you work with them. Trust the information received.

## Meditation-1

Meditating is an excellent way to relax, to heal, and go within. We highly recommend most forms of meditation: guided, chanting, physical (Yoga and T'ai Chi), and for the more experienced individual, mediation with eyes

opened. Meditating twice or more daily offers better results. Performing another 1<sup>st</sup> or 2<sup>nd</sup> DNA Activation each day may bring forth substantial transitions for yourself. Doing a DNA Healing Prayer or a specific self-healing on yourself may improve your life substantially. Examples of the DNA Meditations, which can be used are given throughout this book. The key factors are to be in *alpha-theta* and set the *intent* for a good meditation. Remember: content is generated in *theta*; awareness of that content is delivered in *alpha*.

Sound and music are also excellent forms of meditation and self-healing. Listening to your favorite “sounds” throughout the day, and especially before bedtime, provide your mind and body a better chance of relaxation and self-healing.

### Using the phrase “... In Service for My Highest Good ...”

Having the wisdom to know that everything you do and will do serves to attain the *Highest Good* in your Life. With that wisdom, Life would be most beautiful, joyous, and abundant. When you use the term: *In Service for My Highest Good*, at the beginning of each intent, you do just that. The phrase truly empowers the *Universal Forces of Life and Love* to serve your betterment and overall well-being. Things just get better.

### Using “I Command” Statements

Of extreme importance is the use of the term “Command.” When using the phrase “I COMMAND,” many pieces of transparent information are being passed. Above all, it’s the confidence of your inner powers to claim *God-given* authority over an action. Yes, be humble, but command your space.

Concisely state *your intent on what you desire to be performed*. Realize that this calls forth the Universe’s Powers of Divine Wisdom and Manifestation to perform a specific action.

Keep in mind, that using “I Command” is not an aggressive or ego-driven statement commanding God to perform. Instead, it is the God-in-you speaking. This is your Higher-Self claiming its magnificent power. You are not telling God to do anything, but you are calling on the powers of creation, the Universal Laws of Life, to serve you. (Note: When saying the *Lord’s Prayer*, you are also giving commands.

Example:

“... *GIVE* us this day ...” “... *FORGIVE* us our trespasses” and “... *LEAD* us not into ...”.

The “I COMMAND” prefix phrase is the pivotal declaration of intent—to perform an Activation, a healing, or a specific action. Be clear on your intent! Remember, if you replace the “Command” word with a humble or beg intent, the activation may fall short of its purpose. It’s important to get used to the intent and feelings behind the use of the “Command” word. Samples of “I Command” statements are offered in the section: *Using Commands*.

Remember, your authority of being is a gift from God, our Divine Creator, or whomever makes you smile.

\* \* \*

The DNA Activations and Related Self-Healing Techniques are expansive. As you apply them and learn the basics, you'll discover more and more about whom you are. As each day passes, the Foundation is making important discoveries about new ways of using the Activations to better the human race, and you, too, will learn more each time you use them.

Now that we have a clearer understanding of the mechanics of DNA, chromosomes, communication, and trust, let's move on to apply the First and Second DNA Activations.



## Part 4: Preparing for the DNA Activations

Use these DNA Activations to change your DNA and change your life. They are simple to do; don't be afraid of making mistakes. They are all *Spirit-driven* and given with love.

The *essence* of each DNA Activation is presented in its unique ***Narrative Protocol***. The intent, words and sentences used in each *Narrative Protocol* are channeled, slightly adjusted for grammatical sake, and have a definite effect on your DNA codes. *Narrative Protocols* are structured to accelerate your Life in a most sacred way.

*Narrative Protocols* have four major stages, which are further defined into steps. Learn the stages and steps to get a feel for the purpose of each Activation being performed. The four major stages are:

1. *Divine Preparation*—sets the space and Intent
2. *Divine Orientation*—establishes the communication between you and your Deity (the Holy Spirit)
3. *The Specific DNA Activation Narrative-Protocol*—provides the specific words and phrases to change your DNA Codes of Divine Nature.
4. *Ending the Session*—declares completion and gratitude for the Activation.

Details for all four stages are given in the First DNA Activation. Because stages 1, 2 and 4 are so similar to the Second DNA Activation, they are not repeated in the descriptions of that process. Each Step within each Stage requires a specific action to be performed. Staying aware of all the words and intents behind each phrase is important. Thoroughly performing the Narrative Protocol is a life-changing event. Every effort to remain in a loving and peaceful state enhances the outcome.

### Possible Transitioning Changes After DNA Activations

A.D.K. LUK...“Salvation” Quote

Before any DNA Activation, you should be advised of the following information. Please be reminded that there are a multitude of changes that occur after the First and Second DNA Activations. Reportedly, most are extremely favorable. By mid-year 2011, well over 155,000 people have experienced the activations, and no substantial problems have been brought forth to our organization.

Physically, bodily detoxification is a common process after the activations. Similar to a cleansing diet, the cells do dump their wastes and individuals may get flu-like reactions. Sometimes, a higher energy state is experienced and then a detoxification occurs. This varies from person to person. The best strategy for either situation is to drink plenty of good water: about two liters a day. Be on the alert to experience these changes, and if you need some insight, send an email to Oughten House.

Psychologically, the emotional and mental bodies experience a similar purification process. Lots of emotional releasing and challenges have been reported in testimonials. Because of the activations, the ability to *deal* with emotional issues has been fortified. Now the individual demonstrates the confidence needed to confront inner and outer emotionally based issues. Finding resolution becomes paramount, and the ability to speak and express your truth reinforced. Going through an emotional release can be a trying experience. This is a process. Take your time. There is no rush. We recommend that you journal your experiences.

In most cases reported, the attitude of the individual remains positive as the detoxification/purification process undergoes its evolution. We encourage people to reread the *“Transitioning After DNA Activations”* section of this book. It will offer you more insight as to the changes and experiences, which may result from the activations. Remember, if you need assistance, please contact the Foundation and a DNA Activation Coach will help.

## Self-Performing the 1<sup>st</sup> DNA Activation

Many people have successfully “activated” themselves by using the First and Second DNA ACTIVATIONS described within this book. Although the process is straightforward, it is best to practice it a few times beforehand.

Before you self-perform the DNA Activation, read the “Overview” section of this book, paying specific attention to the “being in the alpha-theta state” and “Initial Preparation.” A few key points to consider:

- Each DNA Activation is a very special and Sacred event.
- Avoid putting expectations on it, that’s a mental process. The technique is “heart-driven.”
- Avoid being attached to the outcome.
- Find a comfortable place with no interference or interruptions.

- Set your intent. It is best to light a candle and set the intent for this special event. Ask to your Higher Self (or God) that your desire is to receive a beautiful experience.
- Claim the space and time of the activation be declared sacred and totally reserved for you.
- Learn how to get into the alpha-theta states. Do the “Pulsar Star” visualization exercise from the book.
- Trust yourself.
- Take a couple of deep tummy cleansing breaths; inhale slowly from the nose and gently exhale from the mouth.
- Let the DNA Activation process flow through you. Nothing can really go wrong.
- Don’t be surprised if you see colors and/or sights, or sense energy moving through you.
- When the Activation is completed, give yourself some private space to relax. Let yourself immerse in whatever may happen to be present.
- It’s always best to leave at least one hour free after the activation for your “Sacred Time” and reflection.
- Take a few more deep cleansing breaths.
- You may want to write down or tape the results experienced.
- Enjoy it.
- Make sure you are grounded, that is, not too light-headed or spaced-out. There are “grounding techniques” available: Pulsar Star, DNA Breathing, or simple movements.
- Avoid driving or major decision-making activities.
- It’s okay to repeat the Activations as often as you like to do them.

The Oughten House Foundation periodically sends information and updates concerning the benefits and progress of the DNA Healing Project. So please contact the Foundation. Write to us. We’d love to hear from you.

**Explanation: THE FIRST DNA ACTIVATION**  
of the Archetypal [*Youth and Vitality*] Chromosomes

The DNA Activation is Spirit-driven. It manifests in the ethereal and the electromagnetic properties surrounding and within the physical body. The activations are a direct function of consciousness, which has dominion over the physical realms. Worldwide, medical science continues to delve into and unfold many of the mysteries about DNA and molecular genetics. Recently (May 2011), Life Technologies launched the *Ion Personal Genome Machine* that helped detect the E.coli bacterium infection in Europe. What used to take weeks or months to determine, only took 3 hours using this device.

According to the latest resources, over 99% of the possible and identifiable codes of the human genome have been mapped and understood. Only a small amount remains unrecognizable and shall be considered as the Creator's *hidden masterpiece* of our true Divine Nature.

Thousands of people have had their DNA Activated and substantial positive change has been reported, enough could warrant scientific study. These changes are consistent and replicable, and more scientific backing would be invaluable. Needless to say, we are experiencing a process based on the power of intent, the power of imagination and accurate use of words. The presence of Divine Nature—something that positively is occurring worldwide—has been revealed to you.

In this Activation, we are calling upon two Archetypal Chromosomes that are primarily responsible for activating the Ethereal 12-Strand DNA to its full potential. They are:

- The “Youth” chromosome: the “Spiritual” record-keeper chromosome of your life.
- The “Vitality” chromosome: the most mysterious in nature, carries the key that unlocks the door to permit the dormant DNA to be activated to its full potential.

These archetypal chromosomes reside in the ethereal realms with their physical complement in the pineal gland. They serve at the Soul level for all the chromosomes and MUST be activated first.

## Guidelines for the First DNA Activation

Detailed instructions explaining the four stages and their individual steps are presented below. Please take your time and get the full meaning and purpose of each.

Please DO NOT perform the First DNA Activation until you have read



through all FOUR (4) Stages. Once you feel comfortable, only then should you proceed with performing the Activation.

The stages, steps and the Activation's Narrative-Protocol are accompanied by a flow diagram, which provides a graphic visualization for a successful DNA Activation process.

We highly recommend that you first *audio tape* these activations for practice purposes. Sense how you sound; are you speaking clearly and passionately?

## Stage 1: Divine Preparation

This is the starting point for all Activations. Each step is meaningful and crucial. Properly performed, it sets the environment to receive and remember this most sacred moment.

a. Schedule a peaceful time and place that is comfortable for you. Make sure you unplug the phone and avoid interruptions, knowing that this process takes about 35 minutes and requires at least 30 minutes to an hour free time afterwards.

b. Set the INTENT. We suggest that you have available a candle, a glass of water, and a quiet room. Sip the water to symbolize a cleansing. Light the candle while making a special invocation to your Deity (Father-Mother ONE) to declare the purpose, space, and time as a sacred event. I use this invocation often:

Father-Mother ONE, I hereby set the intent to serve my "Highest Good" and for the Holy Spirit to perform the First DNA Activation. I declare this space sacred, and the environment around this space pure. And So IT IS!

Feel open to modify the words and intent to serve the purpose and specifics of the event. Permit us to further add, that "Setting the Intent" is an excellent practice for almost every event and activity you undertake.

c. Raise your consciousness.

d. Become centered in yourself, take a few deep belly breaths, and pull all of your energy inward, focusing it in your heart. Balance your energy. Feel at peace. This puts you into an alpha state.

e. As an option at this point, you can perform the "Pulsar Star" meditation or any one of the "alpha-theta visualization" exercises provided, or do the following:

Let your consciousness rise from your heart (the heart chakra) moving upwards above your head (the crown chakra), going approximately eight feet above your head. This takes your mind deeper into an alpha-theta state. From this point, you can imagine yourself as a ball of light. Picture a spiritual or ethereal version of yourself floating above your physical body. (This is a great feeling. In most cases, you will have already performed an alpha-theta visualization exercise and be in the alpha-theta state.)

f. At this point, you will feel very relaxed, at peace, and your body may feel a slight tingling effect, especially around your feet, hands, and face. You are now prepared to unite with your Higher Consciousness, Soul and Deity.

## Stage 2: Divine Orientation

- a. Each person has his or her own unique way of calling in Holy Spirit or addressing God. We cannot dictate that process for you, however, we offer guidance for those who need to become more familiar with this humble and honorable process. By raising your consciousness and making the following invocation that we consider to be the ultimate command, the Universe recognizes you. You will automatically be in truth, so that what you imagine will be real. Once you do this, you should be well into an alpha-theta state.
- b. To call in Deity: Father-Mother ONE (God, or whatever term you prefer), use the following invocation. It is a most powerful and precise statement, by which you call in Deity, rid yourself of any ego motive, and claim your divinity. This must be done with the purest intent and love from the sacred abyss of your heart. Learn this well.

“Father-Mother ONE. In Your Image and Likeness, I Am that I Am,  
... ..”

The more feeling and emphasis you put into these words, the more you’ll feel the power and the grace that’s being created especially for you. Example: *“Father-mother ONE, I feel your presence and warmth surround me, ...”*

Note: Many individuals feel the desire to call in their archangels and guides to accompany them through activations and healings. Please feel open to invite loving entities dear to you and remember to thank them when concluding the activation.

## Stage 3: The Specifics of the DNA Activation Narrative Protocol

The procedure to follow contains the core of the Narrative-Protocol, which brings forth the Universal Forces of Life and Love that generates the DNA Activation. Reminder: the “I COMMAND .....” prefix statement is the pivotal declaration of intent required to perform an Activation. It is said in a loving manner, from a Spiritual perspective. It does not infer legal authority or combative demands. It’s important to get used to empowering the intent and feelings behind the use of the “Command” word, in a most *peaceful* manner.

- a. State your full name, date, time, and location where the activation takes place. In narrative form, it flows like this for the First DNA Activation. In your mind or out loud, state the following command:

*“Father-Mother ONE [or say “GOD”], In Your Image and Likeness, I Am That I Am, and I Command an Activation of the Archetypal DNA within My Youth and Vitality Chromosomes Be Performed in me on this Day (date), at This Time (morning, evening) at (location).”*

- b. The preceding wording triggers your activation. You need to hold this *heart-driven* thought in the *alpha-theta* state for a few moments. It does

not matter if you doubt yourself later. It is not a matter of belief. You are bypassing your belief system and speaking directly to God and your cells.

- c. In this *alpha-theta* state, let the *Gold and White* Universal Light Energy descend from above towards you, passing through the region known as the crown chakra. As it does, it passes through the top of your head, and into the highest gland in your body, the pineal gland. Be very attentive to the inner *voice* of your Highest Consciousness.
- d. There is a central or signature cell in every person, located in the *pineal gland*. We prefer to call this the "Cell of Conception." Upon entering the pineal gland, command: "*Show Me My Great Central Cell*" and you may very well see this with your *inner* eye. Use your imagination to help the manifestation of the cell's image.
- e. Enter the cell. Command: "*Show Me My Chromosomes.*" Cells are beautiful on the inside and much more spacious than you would think. You are now smaller than a single cell, and you will see light flying around you as various parts of the cell perform their functions. In the center of all this activity, you will find the nucleus. Enter the nucleus of the central cell, and you will find chromosomes. They seem to be suspended, wriggling around, holding the patterns of human life within.
- f. Command: "*Show Me My Youth and Vitality Chromosomes.*"  
You will be shown the chromosomes or some form of symbolic representation. Pay close attention to your intuition and Higher Self's voice. It is when you sense or know that these two archetypal chromosomes exist that they have communicated to you.
- g. Then command: "*Show Me My Archetypal DNA.*" You will then see, with your *inner vision*, the original or archetypal biological two-Strand DNA helix uncoils.
- h. Repeat the following command to reinforce your commitment to this process.

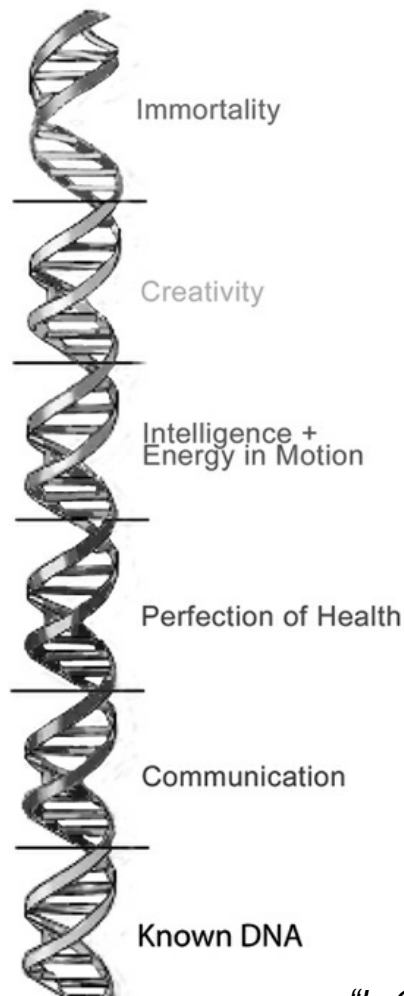
*"I Command the Activation of My Ethereal DNA Strands within  
my Youth and Vitality Chromosomes in Me NOW!"*

This command reaffirms the consciousness of your Youth and Vitality Chromosomes to call upon its DNA to accelerate, repair and heal. At this point, transformation of the 10 Ethereal DNA Strands (Communications, Perfection of Health, Intelligence and Energy in Motion, Creativity, and Immortality) will be initiated and they will begin to develop. As the ethereal strands manifest, their essences unfold. These Ethereal DNA Strands pair up, stack themselves upon each other and integrate. This all takes place within the consciousness of the double helix of your Youth and Vitality Chromosomes.

- i. Now you are ready to begin to *stack and integrate* each pair of new

Ethereal DNA Strands. It is important that Holy Spirit directs you in the stacking order. In most cases, the stacking order is presented:

- *“I Command the DNA Strands of **Communication** be Stacked and Integrated on Top of the Existing DNA.”* (blue in color)
- *“I Command the DNA Strands of **Perfection of Health** be stacked and Integrated.”* (violet in color)
- *“I Command the DNA Strands of **Intelligence and Energy in Motion** be Stacked and Integrated.”* (pink in color)



- *“I Command the DNA Strands of **Creativity** Be Stacked and Integrated.”* (peach in color) *“I Command the DNA Strands of **Immortality** Be Stacked and Integrated on top of ALL Existing DNA Strands.”* (gold & silver in color). The strands have their own color, with the top pair (immortality) having the gold/silver thread. Now say:



- *“I Command the Gold/Silver—Threads of Everlasting Life—Wrap throughout and around the Entire Stack of my DNA.”*
- j. Finally, command that your new *ARCHETYPAL* Youth and Vitality Chromosomes be replicated throughout your body. You command:
  - “I Command the New Archetypal DNA Strands to Become Replicated throughout every cell In my body. I NOW Bring these Ethereal Strands into BEING.”*
  - At this point, you may see them become solid. Thus, the DNA expansion has been set into motion. You may notice a tingle or some other sensation, particularly in the head (crown chakra). This is confirmation that the DNA received your intent.
- i. Be still. Experience the many realms of the DNA Activation. Feel your total Being.

#### Stage 4: Ending the Session

Upon completion of the Narrative Protocol, your Higher Self will tell you that you have completed the task, either by a sense of calmness or silence, or you will get the message that it's done. It is important and respectful to complete the activation by stating aloud your appreciation.

- a. Gratitude. We can never be too grateful for this Universal love and service, by stating:

*“Father-Mother ONE, Thank You for this Offering Of Love ...”*

We keep in balance the exchange of energy and remain in the oneness of our present state. It is okay to extend whatever additional words of gratitude that comes to your mind. (*Note: Remember to thank the invited ethereal guests called forth in the Divine Orientation.*)

- b. “It Is Done” [repeated three times, each time with more emphasis] invokes the magic of confirmation, acceptance, and realization. Now with the utmost passion, say:

***“It Is Done, ... It Is DONE (louder), ... ... IT IS DONE!” (loudest)***

Perform this part seriously. When you truly invoke *“It is done!”*, you actually are claiming “Completion, next confirming your TRUST in the Universe (“I trust it so!”) and, at the same moment, RELEASING IT to the Universe (“I now release it!”). These three *intents* initiate the omnipotent powers of the Universe in service to you. These are your creative powers unleashed.

- c. Your Higher-Self will tell you when the Activation is complete. A sense of calmness and silence will take over. Let the Gold and White Universal Energies tingle throughout you. You will feel connected with Spirit as this energy interacts through the top of your head [the crown chakra]. The “IT IS DONE” command actually acknowledges the entire Activation and

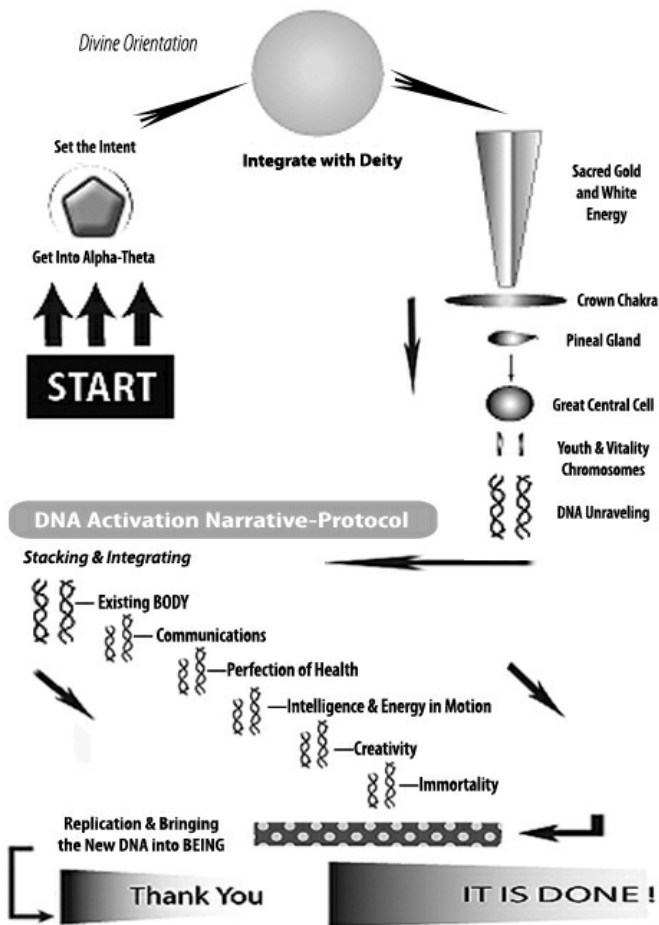
healing process, declares the refined intent, and sets your commitment to live in a Divine State of health and well-being.

- d. Reflecting and Grounding: It's best to remain peaceful for a few minutes. Then, gently wiggle your toes and fingers, and open your eyes slowly. As your body slowly returns to a comfortable state, imagine God's grace purifying you. You may feel "spacey" for a few minutes. Let experiences occur and remember them well, for they are uniquely yours and it is best to consider them gifts from Spirit.

Remember that the logical brain (left side) may be well rested or even inoperative. Avoid forcing conversation or talking to others. It's also recommended that you drink water (suggests 2-liters per day). It may be necessary to ensure that you are grounded before leaving the comfort of your space or doing other activities. Sense that your lower body, legs, and feet feel connected to the Earth. Any good grounding exercise will suffice.

- e. We highly recommend that you journal or record your experiences resulting from your Activation. [ Note: Do not perform DNA Activations on others.]

## First DNA Activation — Visualization Flow



## Part 5: First DNA Activation

# 1<sup>st</sup> DNA Activation Narrative-Protocol

(Note: It is best to passionately speak this aloud)

- A. Father-Mother **ONE**, surround me with your **LOVE**. As Your Earthly Spirit Child, Created in Your Image and Likeness, *I Am that I Am*, and I am ready to receive the Sacred Ceremony of the First DNA Activation of my **Archetypal DNA**.
- B. I Command... the *Universal Forces of Life and Love* to perform an Activation of my **Archetypal DNA** within my *Youth and Vitality Chromosomes* on this precious day.
- C. Let the **Gold** and **White** *Universal Forces of Life and Love* descend from above, passing through the top of my Head and into my pineal gland.
- D. Show me ... my Great Central Cell of Conception.
- E. Show me ... my Youth and Vitality Chromosomes.
- F. Show me ... my Archetypal DNA.
- G. I Command the Activation of my **Ethereal DNA Strands** in Me—NOW!
- H. I Command ...the DNA Strands of **Communication** be stacked and integrated on *top* of the existing DNA, and that every cell in my body openly and freely communicate with the Holy Spirit.
- I. I Command ...the DNA Strands of **Perfection of Health** be stacked and Integrated, and that the **design** of every cell and biological system be restored to their pure state as originally conceived by Spirit.
- J. I Command ...the DNA Strands of **Intelligence** and **Energy in Motion** be stacked and integrated, and that the energy in every cell, *which no longer serves my Highest Good*, be returned to God's **Light**.
- K. I Command ...the DNA Strands of **Creativity** be stacked and integrated, and that my body **be receptive** of God's grace, intuition, and wisdom.
- L. I Command ...the DNA Strands of **Immortality** be stacked and integrated on top of *ALL Existing DNA Strands*, and that my 'Purpose-in-Life' be revealed to me, and my relationship with the 'Holy Spirit' be forever bound in **Oneness**.
- M. I Command ...the **Gold** and **Silver** "*Threads of Everlasting Life*" wrap themselves around and throughout the entire stack of My DNA, **connecting** both my physical and ethereal multiple strands of my DNA.
- N. I Command ...the **New Archetypal DNA Strands** become *replicated* throughout every cell In my body. I bring these **Ethereal Strands** into BEING —NOW!
- O. Father-Mother ONE, Thank You for this Sacred Ceremony, your Healing Wisdom and Love.

P. I declare: It Is Done,... It Is **DONE!** (louder),... **IT IS DONE!** (loudest)

Remember, please fill out the *DNA Transitioning Monitoring Chart* and *Testimonial Fact Sheets*. Please email these to OHF.

## Follow-Up Commentary about DNA Activations:

1. Please note that the images you see may be in shades of black and white, or colors. About 15% of the people activated see some form of cellular imagery immediately after the activation. Over time, you may be able to see cells, organs, and DNA.
2. The DNA Activation process initiates many changes in the human body. Since it activates the Archetypal (Youth and Vitality) chromosomes, which set up new Ethereal Multiple-Strands of DNA, refinement and perfection of bodily structures will be performed. This causes an infusion of higher amounts of energy into the body, while releasing obsolete and restrictive elements, at the cellular level.

The body will most likely undergo surges of energy, for several days, or lethargic bouts and longer sleeping periods. Awareness of and preparation for these conditions are important. Over a short period of time, the body will regulate itself, and you will begin to sense positive physical, emotional, and psychological changes.

3. Experiencing the DNA Activations depends on the individual. The healthier and more openhearted the person, the higher the probability that the new ethereal strands will orchestrate a new blueprint for physical DNA restructuring and processing. Good indicators of the Activation process are the shifts in energy (either active or relaxing) and, your awareness of the amount of cleansing that may be occurring. If substantial cleansing does occur, then it's best to let the process do what needs to be done. It's best to keep a positive attitude.
4. Avoid unnecessary drugs and limit the use of alcohol.
5. Allow about one week for this process to pass before you're ready to consider doing the Second DNA Activation. Remember, it will take some time for your body to regenerate.
6. Regarding Stacking and Integration:
  - It is important that the DNA multiple-strands stack in pairs upon each other in the order instinctive to the body.
  - Always stack in pairs; integration is automatic and natural.
  - Overall, activating new DNA strands tends may make cells in the body healthier. This may serve to heal physical and emotional *dis-eases*. Diseased and dysfunctional cells may have a better opportunity to heal after the activation because the new DNA composition has more self-healing qualities.
7. Monitoring and charting: In most cases, people experience a spontaneous physical or emotional healing from the Activation. From that moment on, there will be numerous changes to experience over the next several months. We highly recommend that you journal and monitor the

transitions. It's healthy to reflect on positive growth and not take it for granted. Use the *Monitoring Chart* in the back of the book to keep track of your changes and progress.

8. Remember, DNA Activations are real life events and changes are continuous. Rereading this book assists you to better understand the simplicity of the Activations and related techniques and the magnitude of benefits that can be realized. Everyone who desires to be activated should have access to his or her own book.
9. *REPEATING THE FIRST DNA ACTIVATION:* Once you have properly performed the First DNA Activation, it's perfectly fine to repeat the process as many times as you are guided to do it. We have performed many DNA Activations and feel great! Each time you repeat the process, you may feel better and more energized.

## Children

In most cases, children are freer than adults and without lots of baggage. It is more important that the parents are Activated. In our opinion, children need be activated when a specific reason or need for a DNA Activation is determined. Adolescent and teenage children may be attracted to an Activation but should never be forced to perform one.

Children seem to know what's happening. When my daughter was eight years old, she described her DNA Activation as an ethereal light show and her angelic guides were present. Generally, children are open to the Activations and when performed, become mellow and more creative.

If your children may need some problem-solving assistance, the book set *ICON POWER FOR KIDS* may prove to be another resource for you to explore.

## Pets

Our two books: *Health Acceleration Program for My Pet's Mind, Body, and Soul*, and the *Health Acceleration Program for My Dog's Mind, Body, and Soul*, thoroughly explain the DNA Activation process for pets. They also contain valuable ICON CODE Techniques that can further aid your pet or dog's well-being. Complete instructions and supportive healing information are offered. Pets seem to have a natural tendency to magnetize towards us whenever we have performed a DNA Activation with a group people and when pets are present.

After the DNA Activation, pets become peaceful and quite affectionate, however, some felines might prove that different. Pets resonate with the energy fields in the room and are curious.

[Note: We do not recommend performing the human version of the DNA Activations on pets. Best to wait until you have read either the *Health Acceleration Program for My Pet's Mind, Body, and Soul* book or the DOG'S book version. For information about DNA Activations for pets, please visit the

Foundation's web site '[www.oughten-house.com](http://www.oughten-house.com)]

## Conclusion

Now that all the Archetypal Chromosomes have been Activated by the FIRST DNA ACTIVATION, the next step is to activate all the remaining *common chromosomes*. This will be done by the SECOND DNA ACTIVATION (also known as the Expansion and Rejuvenation Technique). The 2<sup>nd</sup> DNA Activation completes the expansion of the newly regenerated Ethereal Multi-Strand DNA in the remaining chromosomes in every cell throughout the body (well over a 36 trillion cells).

A.D.K.LUK..."Be still..."

*"Be still and know that the phrase 'I Am God' means to still and harmonize the thoughts and feelings, then the God-Presence can act and be a mighty power in one's world, as It knows no interference or obstruction.*

*As a man thinks and feels in his heart, so is he. ... You shall hold your peace and I will fight your battles for you, for I have weapons you know not of."*

*~ A.D.K. LUK*



## Part 6: The SECOND DNA ACTIVATION

### The DNA Activation for Expansion and Rejuvenation

This process activates, reconnects, and integrates the new Ethereal DNA strands with all the remaining common chromosomes in every cell throughout your body. In addition to changing the Archetypal DNA (within Youth and Vitality Chromosomes) that began with the First DNA ACTIVATION, we need to activate the DNA in the rest of the common chromosomes. This technique completes the integration of the expansion process. Over time, the human body will come to reflect a uniqueness of its own: a higher vibrational light body.

Generally, blood cells regenerate themselves constantly, some cells every three months, depending on the cell's function. At the heart of this process is the intricate task of the cell's DNA molecular reproduction. The two healthy chromosomes will cause the rest to eventually follow suit, and the energy of rejuvenation will spread to all parts of every cell. In this process, DNA will undergo repair, and the function of the new ethereal strands will begin the higher operational status of the physical body.

The Expansion and Rejuvenation procedure requires utmost diligence in application. It is a beautiful and grounding process and has a poetic flare to it. Please practice the process several times beforehand. This Activation will become routine after several applications, so caution should be taken that the purest intent, and love from the heart, remain in focus.



### Readiness for the Second DNA Activation

How do we know if we are ready for the Second DNA Activation? This is a much-asked question that surrounds a quite ambiguous situation. Everyone is different, and discernment plays an active role in determining if a person is ready for the Second DNA Activation.

When we offered DNA Activation during Seminars, only an hour lunch break was provided between seminars. People experience change and are somewhat anxious to proceed into the next seminar. We always ask how the participants are doing. The response is virtually the same: "Great!"

There exists no set rules or formulas, but we do know a few good guidelines to go by. Before performing the Second DNA Activation, discern how many of the following apply:

- Was ample time allotted since the First DNA Activation to demonstrate noticeable changes in physical, emotional, intellectual, and spiritual modalities? Most people tend to wait about a week; *more* if still undergoing obvious changes and detoxifications, *less* if emotionally cleared and spiritually confident.
- Avoid doing the Second DNA Activation, if you just want to experience it. (This might just be your ego talking and that the “intent from the heart” is not truly yet set.)
- Are you in a peaceful state? This is a good sign to proceed.
- Do you feel ready to speak from your heart and perform the Second DNA Activation?
- Ask yourself: “How do I feel about receiving the Second DNA Activation?” (After that response, you can intuit whether to proceed or not.)
- Have the changes or transitions since the First DNA Activation leveled?

These are only guidelines. When working with others, rarely do we get a “Do Not Proceed” message. Avoid being rigid in determining whether you should proceed with the Second DNA Activation. It is a positive and beautiful event. If in doubt, it’s probably best to proceed. Remember, it’s Spirit’s guidance that helps you determine whether or not to perform the Second DNA Activation.

## Guidelines for the Second DNA Activation

Detailed instructions explaining the four stages and their individual steps are presented below. Please take your time and get the full meaning and purpose of each.

Please DO NOT perform the Second DNA Activation until you have read through all FOUR (4) Stages. Once you feel comfortable, only then should you proceed with performing the Activation.

The stages, steps and the Activation’s Narrative-Protocol are accompanied by a flow diagram, which provides a graphic visualization for a successful DNA Activation process.

- Before you proceed, become familiar with the terminology used:
- Common chromosomes: those chromosomes not considered *archetypal*

- Central Cell of Conception: The cell generated to hold the instance of conception
- Chromosome portals: the openings for genetic codes (genes) within the DNA
- DNA Connections: interlacing of genetic coding

### Stage 1: Divine Preparation

Prepare yourself as you did with the First DNA Activation. It may be a good idea to perform the *Pulsar Star* or the *Soul Bubble Meditations*.

### Stage 2: Divine Orientation

Prepare yourself as you did with the First DNA Activation. Remember, inviting is your unique way of attracting the Holy Spirit' Essence or embracing God.

### Stage 3: The Specifics of the Second DNA Activation

- a. In your mind or speak out loud, make the following command:  
*"Father-Mother ONE [or GOD], In Your Image and Likeness, I Am that I Am, ... and I Command the **Perfection and Activation** of All Remaining Common Chromosomes With the 12-Ethereal Multiple Strands of DNA Be Performed in Every Cell of My Body On This Day: date, Time, and location."*
- b. Now well in alpha-theta state, pause and take a deep breath and state:  
*"Let the Gold and White Life Energies enter My body through the Top of My Head and straight towards the Pineal Gland."* Be very attentive to the inner voice of your highest consciousness.
- c. As you enter the Great Central Cell of Conception, attempt to see the 10-Ethereal DNA strands stacked on top of the physical 2-strand double helix *with your mind's eye*. This provides you with a visual focus for the remaining work of this process. Now pause and take a deep breath.
- d. Next you set the intent and give permission for the Holy Spirit to work specifically within you:  
*"I command ... the Universal Forces of Life and Love to open the chromosome portals allowing The Holy Spirit to enter my DNA."*
- e. To complete the rejuvenation process, begin counting slowly, from **1 to 46**, allowing sufficient time for each chromosome to complete its activation.  
 This is a very critical process. The COUNTING is Spirit-driven. You will be given each number or a series of numbers to say. If no number appears, then pause. Pauses between counts may occur to allow a specific healing to be processed. Wait until you see or feel the number as the Holy

Spirit directs the call.

It is important to let your higher consciousness do the counting. Do not rush this process. Watch the activation spread to every chromosome. Sometimes you can actually see the process unfold. You may be given information (downloaded) beyond your recognition. That's normal. Sometimes you just count and, when you open your eyes, you may see and/or feel subtle or profound changes.

Every effort should be taken not to place expectations onto the results of the activation. Enter each Activation without any preset limitations or expectations. In most cases, there will be emotional releases, which you may not be aware of. In our training classes, we usually had a box of facial tissues nearby.

Overall, the process is beautiful, and we have consistently experienced pleasant and highly beneficial results. Treat these activations as the sacred process they are. You are doing the Holy Spirit's work, and in total service for your Highest Good.

f. To assure that all chromosomes are activated and realigned, say aloud:

*"I Command That All New DNA Connections Are Activated In Every Cell Of My Body."*

Remember, by changing the DNA within the chromosomes, we are changing the blueprint of the human body. We are actually reversing the physical and emotional effects of aging. You may notice a tingle or some other sensation, particularly around the head and face, and realize a deep sense of peace. This is confirmation that the DNA received your intent.

g. A most beautiful aspect of the Second DNA Activation occurs when you complete the connection between Father Creator and Mother Earth. Not only does this process provide the electrical current that connects all DNA and balances the male and female energies. It solidifies the relationship of the "New Trinity of Life" by integrating the Divine Feminine with the Divine Masculine Universal Forces of Life and Love within you—the Spirit Child.

Use the following command INVOCATIONS (1-3 below) to intensify communication with the Universal Energies, hook up the new connections, and amplify the rejuvenation process at the cellular level:

(1) *"Mother Earth, Send Forth Your Ruby-Red and Gold Energies of Life Up Through My Feet, Throughout My Body, and Into Every Cell Of My Body."*

(2) *"Father Sky, Creator of the Heavens, Send Forth Your pure White and Gold Energies of Life Through the Top of My Head, Throughout My Body, and into Every Cell of My Body."*

(3) *"And Let This New Integration of Life Force Energies Be the Signature of the Spirit Child's Rebirth within Me, in Service to My Brothers and Sisters, the Planet and My Highest Good."*

Pause. Take a deep breath. Once you have performed this act, you have charged your body with *pure* electrical current. The healing process is so highly magnified that the body continually regenerates itself at a quickened pace.

h. Upon completion of the rejuvenation, your Higher-Self will tell you that you have completed the task, either by a sense of calmness or silence, or you will get the message that it's time to separate.

#### Stage 4: Ending the Session

Prepare yourself as you did with the First DNA Activation.

Notes:

1. Imagine these new DNA connections activated in every cell.
2. REPEATING THE SECOND DNA ACTIVATION: It is perfectly fine to repeat the process as many times as you are guided to do it. Each time you repeat the process, you may feel better, more energized, and PEACEFUL.

## Second DNA Activation Visualization Flow

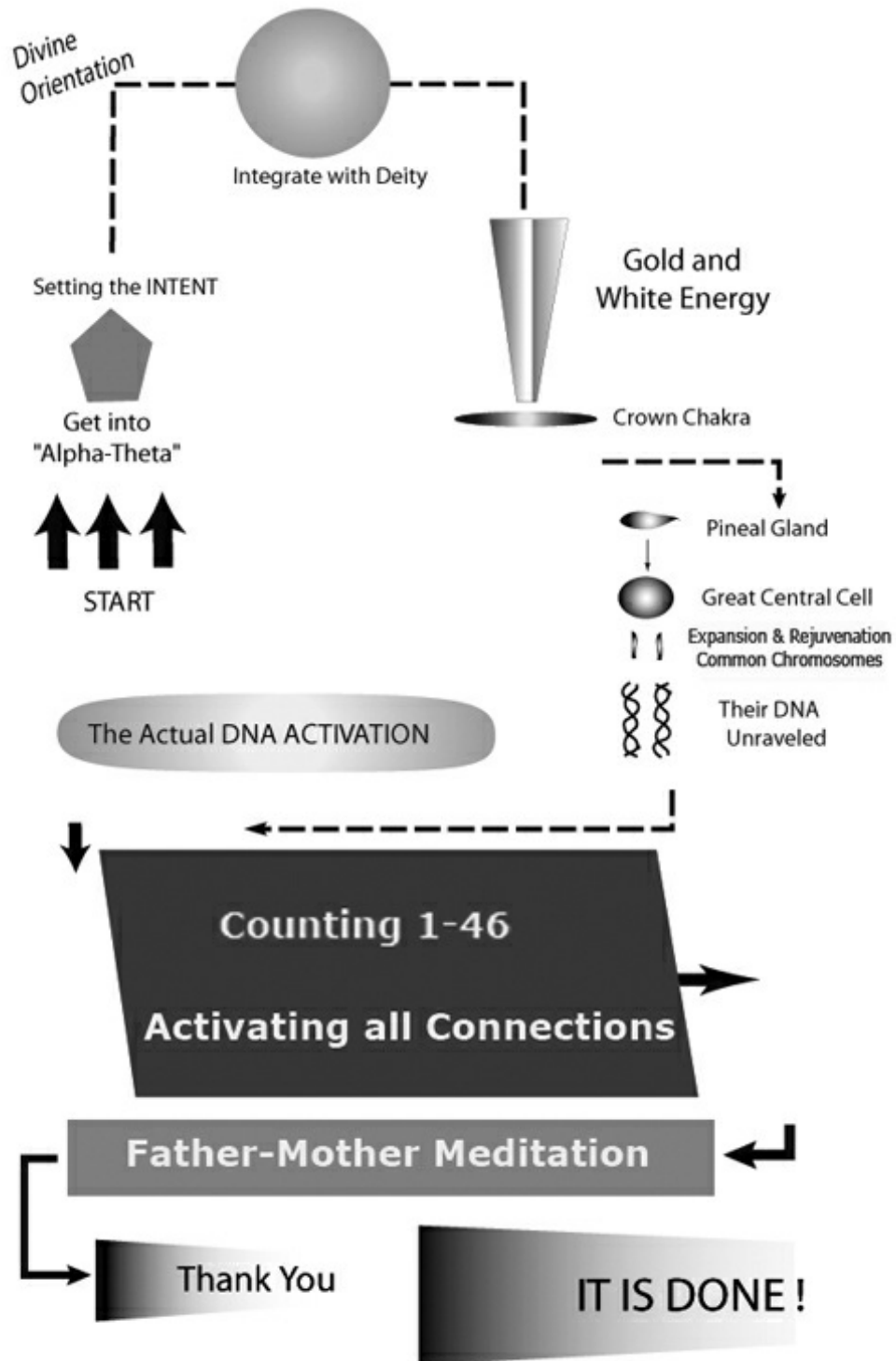
### 2<sup>nd</sup> DNA Activation Narrative-Protocol

*(Note: It is best to passionately speak this aloud)*

1. Father-Mother **ONE**, surround me with your **LOVE**. As your Earthly Spirit Child, Created in Your Image and Likeness, *I Am that I Am*, and I am ready to receive the Sacred Ceremony of the Second DNA Activation of Rejuvenation and Expansion.
2. I Command the *Universal Forces of Life and Love* to perform the Activation of all chromosomes **to blend** with the *12-Ethereal Multiple Strands* of my DNA in every cell in **my** body, on this precious day.
3. Let the **Gold** and **White** *Universal Energies of Life and Love* pass through the top of my head [my Crown Chakra] and into my pineal gland. And let this Light enter my *Great Central Cell of Conception*.
4. I command... the *Universal Forces of Life and Love* to open the chromosome **portals** permitting the *Holy Spirit* to enter my DNA.
5. *[Take a deep breath and prepare to slowly count from 1 to 46. Listen silently and sense any intuitive thoughts, as guided by the Holy Spirit.]*  
Now, begin to count from **1** to **46** slowly: [afterward, pause].
6. I command ... that all **new connections** of my DNA be activated throughout every cell in my body—**Now**. [pause]
7. **Mother** Earth, send forth your *ruby-red and gold energies of Life* up through my feet and into my body, and let these energies **permeate** every cell of my body. [pause]
8. **Father** Sky, Creator of the Heavens, send forth your *pure white gold energies of Life* through the top of my head and into my body, and let this energy **permeate** every cell in my body.

9. I

## Second DNA Activation – Visualization Flow



proclaim ... that the integration of these new Life Force Energies be the signature of the *Spirit Child's* **rebirth** within me, in service to my brothers and sisters, the planet, and **my Highest Good**.

10. Father-Mother ONE, Thank You for This Sacred Ceremony, your Healing Wisdom and Love...
11. "I declare:... It is done, ...It Is **DONE!**, (louder),... **IT IS DONE!** (loudest)

Remember, please continue to fill out the *DNA Transitioning Monitoring Chart* and *Testimonial Fact Sheets*. Please email these to OHF.



## DNA Activation Short-Form Protocols

***Instructions*** for Introducing the Short Versions of the DNA Activations.

It is best to learn the Narrative-Protocol for each DNA Activation until you are very familiar with them. It is good practice to understand them, knowing that any sub-phrase within them can serve as a self-healing technique. Simply stating “Father-Mother ONE Surround me” or “I AM That I Am” are excellent Self-Healing Techniques.

However, you may live in a fast-paced society and fall into the trap of “No Time to do the DNA Activations” syndrome. Below are several techniques you can use to repeat the DNA Activation quickly. Instead of taking about 20 minutes to repeat, it can take you only seconds. This is because your DNA has permanent memory and registered INTENT of your original DNA Activation. So all it needs is a *Reminder Intent* as provided below:

So, first, set the intent to give permission for your DNA and the Holy Spirit to work specifically within you. Then say aloud or silently:

*“I command ... the Universal Forces of Life and Love to Perform the First DNA Activation in me Now. Thank you, It Is Done!”*

Pause for a moment and allow this to manifest. Should you desire to perform the Second DNA Activation, do the following:

*“I command ... the Universal Forces of Life and Love to Perform the Second DNA Activation in me Now. Thank you, It Is Done!”*

Next you can also improvise. Set the intent and give permission for the Holy Spirit to work specifically with you. Then say aloud or silently:

*“I command ... the Universal Forces of Life and Love to open the chromosome portals allowing The Holy Spirit to enter My DNA and Rejuvenate My Body. Thank you, It Is Done!”*

## **Part 7: Subsequent 3<sup>rd</sup> to 12<sup>th</sup> DNA Activations**

Since you have *Free Will* and *Choice*, you are in charge—the pilot of your own ship—your body and environment. Assumably, you have performed your First and Second DNA Activations. We hope you choose to continue, because over a short period of time, your well-being will become your priority. This includes your relationships, your career, your personal pursuits, environment, travels, and desires.

Using this book, you initialized the first two DNA Activations and have begun your *DNA Program*. You unleashed the power of your Divine Nature and Life begins to subtly shift you into a higher gear of Life sustaining energies.

It is important to perform all the DNA Activations in sequence. However, once performed, you can repeat them in any order, and in any manner that fits your fancy. The frequency of repetition reinforces the Activation process. Also, the more specific you are in determining your needs and desires, the quicker the shifts and the better the changes. Keep in mind that these Activations are Sacred and set your intent to respect that process.

We highly recommend that you keep a journal to track your progress as well as logging down your trouble spots and concerns: doubts, hesitations, fears, dysfunctional beliefs, and relationship issues.

On the following pages, a brief description of the 3<sup>rd</sup> through the 13<sup>th</sup> DNA Activation will be presented. All DNA Activations are presently offered remotely via video sessions [Skype, Zoom, MS Messenger] privately facilitated by Robert V. Gerard. Eventually, all 12-DNA Activations will be digitally converted and available through the Foundation's web site: [www.ougtenhouse.com](http://www.ougtenhouse.com).

Over time, you will be working through each. There's no rush, either. Just do them. The 13<sup>th</sup> DNA Activation is forthcoming.

Remember, it took many years of your Life experiences, successes and failures to get you to this place and time. Changing this takes a bit of time, too. Avoid expectations and impatience. Trust the Process.

As you progress, remember that the more you passionately repeat each or any DNA Activation, the more efficient your character and behaviors. You become more in control of who you are and where you are going.

### **The 3<sup>rd</sup> DNA Activation of Uniqueness**

You are uniquely different and separate from over 8-billion people on this planet. Not one single person can precisely match your genetic codes or your personality. In the eyes of your Creator, you are unique. Uniqueness is your "art form" of Life. It's what the Universal Forces of Life and Love empower and enhance. When you feel unique, it's as if you're living in your "zone"!

The Third DNA Activation of Uniqueness awakens you to become more unique, unblocks your resisting life forces, and propels

you into higher consciousness. It's empowering.

The process of the 3<sup>rd</sup> DNA Activation takes on a whole new approach to your inner psychic awareness. Within your DNA Consciousness, an image of your "Healing Vision of Uniqueness" exists. Symbolically coded, it awaits your investigation and eventual retrieval to self-heal and empower your desires.

The Uniqueness Activation better aligns your Higher Self with your current reality. It awakens your power and helps identify what you came here on Earth to do. You are unique, and that must be explored to attain peace and freedom.

You may still have some mental blocks, dysfunctional belief systems, or emotional scripts that keep you off-centered from your dominant trait's unfoldment. The 3<sup>rd</sup> DNA Activation helps you eliminate and purify these doubts and restrictions and empowers your talents.



### **The 4th DNA Activation of Integration**

The "Integration" Activation performs a high level integration of the Masculine and Feminine Energies at all levels: physical, emotional, psychological, social, and spiritual. Even though your human body sustains itself as a male or female, it still operates with some intricate blend of masculine and feminine qualities.

The inherent concept of duality of opposites will segue into Divine Duality. You will then become more aware of your Divine origin and true nature.

The purpose of the 4<sup>th</sup> DNA Activation serves to initiate your attainment of complete balance of human evolution with regards to gender consciousness and the beginning elements of Divine Consciousness.

The Father-Mother ONE Energy begins to surround you more frequently. The need to be receptive of feminine and masculine energies and their psychological complements rise sharply.

Over time, as the integration process unfolds, the mental and emotional barriers embedded within the subconscious and unconscious minds with regard to sexual energies will be eliminated.

The Fourth DNA Activation feels as if you had a cosmic marriage with the Universal Energies of Life and Love. It truly accelerates your Being, integrating all aspects of your Being into ONENESS.



### **The 5th DNA Activation of Royalty Consciousness**

Every individual has a genetic KING/QUEEN structure within their DNA. These genes serve as the root of your heavenly kingdom here on Earth, so to speak.

The primary focus of the 5<sup>th</sup> DNA Activation prepares you to initiate Royalty Consciousness dormant in your DNA. Your mind, body, and soul begin to shape shift your inner and outer environments to efficiently function in this new Light of KING/QUEEN.



To partake as a King/Queen in Royalty Consciousness, you must first be grounded in your physical environment, transcend the limitations of social consciousness, embrace the ethereal realms of your King/Queen codes. Then you are ready to sit in your THRONE and RULE your Heaven. Your environment (Kingdom) and body (Castle) now are grounded Spiritually in your Domain of Divine Royalty.

There are three (3) Aspects of Royalty Consciousness: Physical, Ethereal, and Divine Dominion. These are physical activities that need to be behaviorally experienced and grounded in the Ceremony of the Fifth DNA Activation.

### **The 6<sup>th</sup> DNA Activation of Detachment**



The 6<sup>th</sup> DNA Activation of Detachment opens your genetic codes for Divine Empowerment. Once performed, the God/Goddess empowerment begins. Under the consciousness of Free Will, you will be more empowered with the capacity to reunite with Source in Unconditional love.

Within this awareness, you begin a steadfast detachment from all past burdens, fears, doubts, and hesitations. It is a very powerful cleansing process, which takes place before, during, and after the 6<sup>th</sup> DNA Activation.

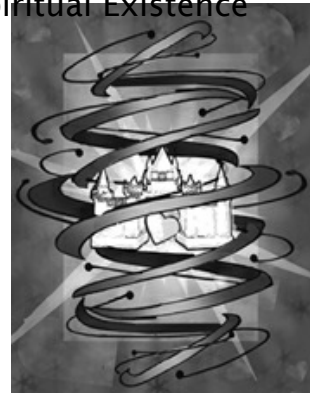
The Sixth DNA Activation demarcates the rise of your Human-Spiritual Existence. With new genetic structure in place, you can declare the *next* highest form of “I Am Presence”. From this point onward, your ascending consciousness has its own Divinity wherein the free spirit and nature of the *Good and Beautiful* are forever grounded in your human form.

### **The 7<sup>th</sup> DNA Activation of Divine Residency**

The 7<sup>th</sup> DNA Activation of Divine Residency opens the portal codes that allow The Holy Spirit to dwell within your body. Once the activation is performed, your focus becomes that of manifesting enlightenment. Your primary attention is given to creating happiness and goodness rather than the quest for purification.

Within this process, you break away from karmic consciousness and begin the steadfast manifestation of Divine Duality (Earth Plane Spirituality) as seen from the Eyes of the Holy Spirit at every level: physical, emotional, mental, social, and spiritual.

The Seventh DNA Activation accelerates your Human-Spiritual Existence into expressions of higher consciousness and wisdom. As your genetic structure expands pure space within the human body, your Higher Consciousness consistently attracts the Holy Spirit. In this harmonic interplay, happiness, peace and freedom prevail as you venture into the true nature of Earth Plane Spirituality. Life becomes a place of service, nurturing the creation of the Good and the Beautiful, fostering the environment for World Peace.



### **The 8th DNA Activation of Causal Interaction**

The 8<sup>th</sup> DNA Activation of Causal Interaction delves deeply into the process of creating the relationship between your inner and outer environments. Within this activation process, the relationship between Mind and Heart are solidified into Oneness. Your genetic DNA Codes foster accuracy that enables you to express your true divine nature openly, honesty, and empathically.



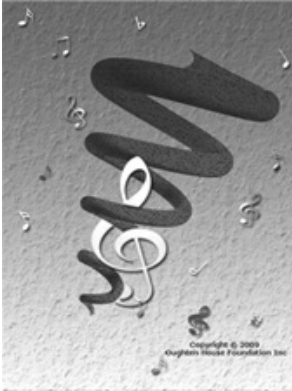
This activation accelerates your inherent capacities to excel, become more peaceful and freer. It stimulates your expanding consciousness, which enables greater perception and increased powers. It is a refinement process that transcends impurities and helps you manifest more abundance and enlightenment.

The 8<sup>th</sup> DNA Activation stimulates your awareness within the moment—the VOID—just before your Intent is set. It helps you learn how to create Cause that will lead to Good and Beautiful Effects, Circumstances and Wisdom.

This three-fold Activation unveils the DNA functions of Truth, Honesty, and Empathy. It stimulates the accuracy of the way you think of your true loving nature, purifies the moment and opens the doors of competency. These attributes propel you into freedom and open your sense of equality and compassion to your external environments, your brothers, sisters, and the planet.

### **The 9th DNA Activation for Perfection of Trust**

The Ninth DNA Activation for the Perfection of Trust accelerates your genetic codes bringing reverence to your creative endeavors. This means that you have deep respect and devotion for each creation. The mental and passionate energy released by Trust sustains the manifestation of each creative process. Trust eradicates doubts and fears and brings heightened energy to your creative process. Trust and honesty attract the Higher Laws of Abundance.



Being honest with yourself can be measured by how much you trust who you are. Trusting your decisions, the unseen, the Angels and trust in God expresses the power of your true character. Trust and honesty form a behavioral partnership that exemplifies excellence in your Human-Spiritual Evolution. The Ninth DNA Activation for the Perfection of Trust enables your genetic codes to accelerate this degree of Divine Nature and Excellence.

### **The 10th DNA Activation of Generating Abundance**



The Tenth DNA Activation of Generating Abundance accelerates your genetic codes to process the Higher Laws of Abundance. When these codes become activated, your levels of perception and manifestation become enhanced. With increased efficiency, your body is enabled to accept and receive more

energy and abundance.

Understandably so, the Laws of Trust become a gift-like property. This allows the Creative Process to crystallize, thus providing you with more experiences and rewards. Eventually, you begin to understand the harmony involved when interacting with the Holy Spirit and the Universal Forces of Life and Love. Soon you habitually enjoy the thrills of generating a beautiful and abundant Life flow of energy and manifestations.

### **The 11th DNA Activation of Divine Order**



The Eleventh DNA Activation of Divine Order empowers your DNA codes to bring a higher and more efficient structure to your Life. Working within your Divine Nature requires the ability to handle conflicting conditions and situations systematically.

The results of this activation increase the potential for you to craft a workable plan to prioritize creative achievements and accomplish tasks without stress, rather with joy. The 11<sup>th</sup> DNA Activation helps you better understand the framework of how Divine Order operates within you and in the Universe.

### **The 12th DNA Activation of Divine Discipline**

The Twelfth DNA Activation of Divine Discipline sets a high standard for increased focus and mastery. As your genetic codes accelerate, you become



more prepared to generate stronger momentum to bring forth the awareness, purpose, and the importance of your Divine Plan for this planetary Life.

The 12<sup>th</sup> DNA Activation empowers your mental, physical, emotional, social and spiritual environments to become highly cognitive and sensitive. This activation enables you to master your tasks and activities. This allows you to better address challenging situations and external resistance, and to live your Peace.

## The 13th DNA Activation of Ascension

### Consciousness (forthcoming)



As of this printing, we are slowly being guided by the Holy Spirit to receive the content and format of the Thirteenth DNA Activation of Ascension Consciousness. Understand, we must experience the Activation before publicizing the process.

What can be construed to this point is that the 13<sup>th</sup> DNA Activation has the potential to substantially alter the body's electro-chemical systems in preparation for your mind and body's enhancement of the human aspects of the Ascension Process.

Appropriate ascension requires psychological constancy and steadiness in character. It affirms that your Human-Spiritual Development has evolved substantially and has become quite disciplined. The genetic constructs of your DNA enables you to master your Earthly mission. Becoming the disciple of Universal

Truth beholds your destiny.

## Part 8: Transitioning after DNA Activation

“The DNA Activations accelerate the Holy Spirit’s relentless drive to help you lovingly resolve issues and purify your whole being.”

In this section, we will discuss the transitioning that occurs after a person has received the DNA Activations. Generally speaking, about 85 percent of the people activated report a noticeable change during and immediately after receiving their First DNA Activation. About 10 percent felt subtly more peaceful and enlightened, and about 5 percent felt little or no significant change. Needless to say, many people later report a positive transition of some kind.

We have experienced a substantial number of spontaneous healings at the time of the Activation, though nobody has thrown down their crutches and ran off shouting “miracles,” there has been numerous healings and lots of happy tears. We’ve had thousands of people stand firm that their lives have changed for the better and have made progress in their health and general well-being.

It appears that the First DNA Activation works to get the physical body realigned toward a healthier state of existence. Feedback and testimonials to date reveal that those who have been activated undergo substantial detoxification at the physical, mental, emotional, social, and spiritual levels. This is an important purification process, and the major portion of the cleansing lasts several weeks. Experience tells us that after two years of implementing these activations, people report ongoing change and continued purification at all levels.

The Second DNA Activation works to accelerate psychological awareness. Results indicate that individuals find more peace with themselves and obtain a better orientation as to their life’s purpose, mission, and destiny. The “Power of Intent” is unleashed and continuously operates on *automatic* drive.

Most Activated people have reported consistent changes, some more profound than the others, but, most noticeably, changes are occurring, and we are able to see very positive trends. We are witnessing more ongoing emotional release work, mental clarity, “heart-driven” thinking, and considerable improvements in the arena of personal relationships.

### Results, Symptoms, and Unlikely Side Effects

By expanding your DNA, you are changing the makeup of your human body. We are actually energizing cellular life and reducing the effects of aging. There is increased activity in immune systems, bones tend to heal faster than normal, diseases clear up. Cellular regeneration may speed up and degeneration slows. While it’s too early to tell, life may even be prolonged.

There are some *side-effects* that you should be aware of. Existing problems may flare up. Anything wrong with the body is brought up to the surface, and you may go through a period of increased discomfort. Flu-like symptoms and



emotional release are the most common. These reactions are similar experiences to those of cleansing diets or fasting.

You may develop a rash, usually around the thyroid region, which may last for a few days and then go away for good. There may be a few days of increased energy, to the point of sleepless nights. This is sometimes followed by a three-day period of decreased energy or lethargy, but when it goes away, you will feel more energized than ever before. Also, the increase and decrease of energy may reverse, with lethargy preceding too much energy. Within a few weeks, however, all symptoms should disappear, and life will return to a more peaceful, yet notably different pace. You may also notice an increase in psychic ability.

The Foundation has charted four major transitioning categories after DNA Activations. They are, but not limited to: physical, psychological, social (relationships), and personal (self-discovery). To date, most have shown favorable results. The Foundation petitions individuals to report and share their experiences. A *DNA Transitioning Monitoring Chart* has been used to report phenomenal results to the Foundation and is available upon request.

The DNA Activations truly bring forth a clearer orientation to Life, personal mission, and destiny. They accelerate self-mastery and open the door to greater possibilities of knowing who you really are; that is, knowing your "Higher-Self." In that process, the quest to find and better express yourself is heightened.

Improving the state of all our relationships takes a priority for most people. We are on this planet to experience emotions, create, and share. Sharing in *relationships* can be challenging, and with the DNA Activations, a keener resolve for relationships could materialize.

*Self-discovery* leads to self-mastery, and that is the key to our freedom. Looking within to find the roadblocks of life is a courageous challenge before each of us. Every one of us has these so called "self-truths" (fears, doubts, traumas, hurts, memories, and emotions) which are obstacles that interfere with our true expression of "self." The DNA Activations delve directly into these false self-truths and tend to eliminate them.

## Reported Activities After Receiving DNA Activation

So that you can continually receive and enhance the benefits you acquired through the Activations, we have compiled some of the most important information from those who have already experienced their First and Second DNA Activation. Although transitioning varies from one person to another, we have found a consistent pattern. The information presented here has been derived from thousands of comments, testimonials, and *DNA Transitioning Monitoring Charts*. We believe that these recommendations will provide sufficient guidance for everyone.

Remember, from the moment you received your FIRST DNA Activation, life-long and continuous transitioning occurs. This is an automatic process, and

you must be aware of this. After almost two years of reported findings, we have seen that changes continue to occur well into the second year and beyond. A trend has surfaced that reveals some extraordinary information about the purification process. Immediately following the First DNA Activation, many obvious changes occur that have been reported within this book.

As time moves on, the biological-psychological aspects of purification become more subtle and, in many cases, subconsciously. The body is determined to free itself of all alien particles by continuously cleansing. It demands more attention, nourishment, and movement. It's forcing its way clean, so to speak. When this occurs, your psychological counterpart must also adjust, and that means less emotional garbage. Therefore, you may undergo periodic sessions of psychological cleansing, better termed: emotional releasing.

We are seeing a cycle of periodic emotional cleansing occurring. Deep emotional constraints surface and need to be confronted. They are not attacking or haunting, but rather wanting to be released and eliminated as the body forces them up and out. We've coached people to accept the shift and not fight it. Let the emotional concern rise, look at it, and learn from it. There is an important message for you to experience and face. Once you have captured the significance of the emotion, empower yourself to override and embrace the emotion. You can hasten this by loving it. Love it with all your might and then let it go. Here's where the real meaning of *"Let Go, Let GOD"* comes into play. Use the DNA Healing Meditation to help you with these emotional issues as guided in the "Command" section later on in this chapter.

The physio-psychological aspect of purification continues until you are at peace with yourself. Freedom is a great feeling. Be ready and open to experience these subconscious emotional releases. They are good for you. You may have an issue with your father or mother, a spouse, or a friend, from childhood to the present. All must go, all must be cleansed from the body, mind, and heart.

## Part 9: Your Road Map for Good Health & Happiness

### Suggestions for Accelerating Good Health and Happiness:

1. Give a hoot about yourself. Be selfish when it comes to your health and happiness. Self-Love, Self-Esteem, and Confidence must be sustained.
2. Immediately after waking up, i.e., before getting out of bed, Give thanks to “Father-Mother ONE” for the new day, and a good night’s sleep.
3. Stay in the Alpha-Theta brainwave state as much as possible throughout the day.
4. After normal hygiene activities, take 2 minutes and set the General INTENT for the day as follows:
  - a. Hug and bless your family members and pets every morning
  - b. Identify one key issue that demands resolution.
  - c. Affirm that you desire to achieve something good this day.
  - d. Eat well. Be on top of your food intake. Best to eat more often but less amounts of food. Keep a well balance simple diet.
  - e. Sleep well. Make sure you get your sleep and ret that rational bran of yours.
  - f. Think well. Keep your mind focused on things that serve your Highest Good. Get out of the past. Avoid projecting emotions and expectations.
  - g. See Goodness and Beauty in all you do every day.
5. To enhance the beneficial properties of 1st DNA Activation, receive the 2<sup>nd</sup> DNA Activation as soon as you feel the urge.
6. Read daily a sacred scripture, poem or loving text from any source. Here’s one:

“Father-Mother ONE, I hereby set the intent to purify myself in service to my Highest Good, to Be at Peace, express my Truth, and to serve You, my Creator. I declare my BEING Sacred, and the environment surrounding me claim this day PURE. And Make IT so!”
7. Speak openly about the DNA Activations; it could get interesting.

8. Become sensitive to subtle feelings or energy shifting body awareness.
9. Often perform a special DNA Healing Prayer Meditation commanding that the *Universal Forces of Life and Love* be with you and serve you.
10. If you feel the need to be grounded, use the *Pulsar Star* exercise or repeat the 2nd DNA Activation. You can also perform a *DNA Deep Breath Exercise* to slow you down.
11. Once you have identified an issue or concern **command** it gone. This is your RESOLVE.
12. Throughout the day, if you experience any hesitations, doubts, or fears, write down each negative emotion on a separate index card. This is your hit list.
13. When an issue, a hot-button, or an uncomfortable feeling arises, it's best to deal with them immediately. These are your "gifts" on your path to purity. Don't ignore them, rather confront them lovingly. For more insight on how to deal with issues properly and effectively, we highly recommend reading books that provide excellent techniques for problem-resolution: *Handling Verbal Confrontation*, *Simple Quick-Fix Resolutions*, *Icon Code Therapy*, and *Getting Out of the Box* that are available through Amazon Kindle or through OHF's website [[www.oughten-house.com](http://www.oughten-house.com)].
14. Use the DNA Healing Prayer Meditation or any meditation to work on issues as they arise.
15. It's also a good habit to keep a journal of your work.
16. Read and study the article "*Eliminating Fears*" offered on the Foundation's web site. It provides guidelines and several techniques to assist you in these matters.
17. Repeat the First and Second DNA Activations as often as guided to do. Use the "SHORT-FORM DNA Activation Protocols" (to follow) to quicken the process. With proper INTENT set, you will automatically be guided because those were the conditions and commands you set forth in both your activations.

Always remember that the DNA Activations have set the process of your divination in motion. Keep vigilant with this process and transitioning

behavior. Avoid becoming complacent as that slows down the progress you have made. Once activated, you have declared to your body, mind, and soul that you will “Remember Who You Are” and will “Be Forever Bound in Oneness with Your Creator.” These are serious and commanding INTENTS and must always be honored.

Please feel open to send suggestions and testimonials to Oughten House to share with others. This is a community-based project, and your input is valuable and appreciated. For further guidance, please E-mail or write to Dr. Gerard, and he will comment on them in forthcoming issues of the E-Newsletters.

## Using Commands

The commands are simple, direct, concise statements of intent. They serve as excellent Self-Healing tools. Each command statement compels the Universal Life Forces to creatively resolve issues and concerns or bring forth a desired intent. KNOW that you are capable of this, that the answers will be brought into your conscious awareness, and resolution is forthcoming. You can call forth any one or all of the Ethereal DNA Strands to assist with your commands as you are guided to do. See in your mind’s eye what Spirit wants you to do. You will be shown. *Trust* the information, *trust* yourself.

The key for getting resolution and answers is to have your brain in the *alpha-theta* state. This is the state of mind you want to be in for profound healing and resolving whatever you want changed. Use the *Pulsar Star* visualization exercise to quickly get you into *alpha-theta*. As you complete the exercise, slowly bring the *Pulsar Star* back into your heart, bringing Source energy with it. Stay with that energy and you will receive your answers. If you don’t see the results, say “Show me.” You will be shown. Trust the information.

Here are some samples of “Commands” you can use to help bring healing, peace, and resolution into your life:

1. I COMMAND resolution to my issue of loneliness, NOW!
2. I COMMAND resolution to my relationship with, NOW!
3. I COMMAND financial abundance be manifested in my physical reality, NOW!
4. I COMMAND a healing on (my nose, my leg, my liver, etc.), NOW!
5. I COMMAND the perfect Divine Design be manifested in my physical reality, NOW!
6. I COMMAND all my spiritual gifts be brought forth into my conscious awareness, with wisdom and understanding, NOW!
7. I COMMAND all my issues related to my feelings of victimization be released, NOW!
8. I COMMAND total and complete connection with unconditional love and immortality, NOW!
9. I COMMAND the genes causing my *dis-ease* of (allergies, psoriasis,

- chemical imbalance, etc.) be identified and replaced with genes providing me with perfect health, NOW!
10. I COMMAND my body be returned to its optimum shape and weight, NOW!
  11. I COMMAND any and all entities and attachments be released back to God's LIGHT, NOW!
  12. I COMMAND wisdom and knowledge be brought into my conscious awareness regarding resolution to my issues of despair, NOW!
  13. I COMMAND my feelings of mistrust in others be transmuted into total trust in myself, NOW!
  14. I COMMAND total release of all issues that are not mine, NOW!
  15. I COMMAND my creativity to bring forth new ideas to resolve my issue of boredom, NOW!
  16. I COMMAND the ray of Divine Wisdom enter my heart, NOW!
  17. I COMMAND my connection with my Angels, bringing forth a clear understanding of my connection with Source, NOW!
  18. I COMMAND my anger be resolved and released, NOW!
  19. I COMMAND clearer focus, enabling quicker resolve with my issue of organization, NOW!
  20. Regarding cancer cells: Talk to them with total love. Try the following:
    1. I COMMAND the cancer cells to communicate with healthy cells positively and lovingly, NOW!
    1. I COMMAND the cancer cells transform into healthy cells, NOW!
    1. I COMMAND the cancer cells STOP REPRODUCING. NOW!
  1. I COMMAND any debris be released from my body gently and with ease, NOW!

As you work with this technique, you will realize its depths. This accelerates and enhances anything else you do. The Activations keep working to resolve your issues even if you are not aware of them. Work with them, use them every day. You will be amazed at the results.

## Healing Meditations-2

Meditation not only provides you the doorway to relaxation and healings, but it also serves as the communication link between your soul, your mind, and your body. In meditation, you can receive valuable input on how to cope with life's issues and insights on what may be forthcoming.

As society slowly opens to alternative remedies for mental and physical health, it has shown more openness to the practice of meditations. Though some religions shun the art of meditating, the practice has definitely grown and accepted worldwide. As a result, you can find many good books and

videos in the Internet that guide you how to best perform meditations.

Over the course of the DNA Activation Project, I have found that the DNA Activations and related techniques also serve as great way to launch yourself into meditation. Make sure that you get into the *alpha-theta* brainwave state and that you are speaking from the core of your *heart* with a specific *intention*.

Not enough can be said about meditation. Every effort to shut down the outside world and open up to the inside world should be made. Meditating 15 minutes twice daily could change your life. I know so many people who say: “I need to meditate more, I know it’s good for me, but ...” “But... I don’t have the time.” “But... I can’t stop the mental chattering.” That’s all procrastination and needs to be purified. If you desire to be enlightened, remember, it starts and shines from within!

**Healing meditations** are direct and specific. They use the power of intent just like the Activations do. Being at *peace* and *in alpha-theta* best facilitates your Healing Meditations. Simply use the Divine Preparation and Divine Orientation as you did in the DNA Activations.

If you desire to resolve an issue or bring in supportive input, use one of the Ethereal DNA Strands that closely relates to your situation to help get a better handle on the topic. For instance, if you have an emotional dilemma, you will call in the DNA Strands of *Energy in Motion*. If you were depressed and felt alone, you would call in the DNA Strands of *Immortality*.

For example, you have a dilemma that relates to your husband or wife’s lack of affection towards you. The *surface* issue is “lack of attention” and you want resolution. Here’s what you can do. Call upon the Ethereal DNA Strands of *Energy in Motion* to bring you insight on your dilemma as follows:

“Father-Mother ONE, In Your Image and Likeness, I Am that I Am, and I command that the DNA Strands of Energy in Motion assist me in dealing with my husband/wife’s lack of attention for me. Thank you. It is done!”

Let it go! Let God and your internal self-healing mechanisms do the work. Move on in life with other activities. Then soon you’ll come to a revelation that the *real* issue is that “you are enough.” You are complete and secure. Your husband/wife’s affection is actually a bonus. You will notice a big change and surmise that as soon you release the dilemma; your husband/wife may become more affectionate towards you.

Depression is another emotional culprit. One of the most common causes of depression is the inability to express your truth and create. As each day passes, you slowly drift into a passive and apathetic state. The less you speak, the less you create. Ironically, the process of creating is an excellent tool to combat depression, but it’s a “catch-22” situation. “I don’t feel like creating anything” is often heard. Depression is sparked by a sense of hopelessness and lack of vision of anything good in the immediate future. So we need to rise above the blockage syndrome and get a little help. Here’s an example that works well to rid depression. In this case, we separately use two of the Ethereal DNA Strands: Immortality and Creativity.

“I command that the DNA Strands of Immortality assist me in dealing with depression. Thank you. It is done!”

By starting with this invocation, we address and embrace with love the issue of depression. We call forth the Higher Universal Powers to provide insight as to our uniqueness and to realign ourselves with Spirit and Divine Plan. Next, we want to generate energy. We will stimulate the creative process within, thus unblocking the dam of our procrastination. We do this by calling in the Universal Powers of Creativity (also called *Enlightenment*). Use the following narrative or a modified version of it:

“I command that the DNA Strands of Creativity assist me in manifesting creative energy to empower me. Thank you. It is done!”

You’ll need to passionately repeat these narratives a few times daily. Stay focused on any feelings that may arise and want to be eliminated. After all, you commanded that the blockages be released.

We all desire to have abundance in our environment. I consider abundance to be an aspect of the Law of Attraction. If I desire abundance, then I must attract it. Abundance comes in many packages: wealth, security, affection, partners and friends, and a good healthy environment.

Many reasons people rank low on the abundance scale is that they have a lack of respect or understanding for that which is desired. Money offers a good example. Thinking about money only for survival is not as healthy as thinking about the fun and mobility money can bring you. Spending money for survival purposes alone disembowels money and eventually money isn’t attracted to you. You are better off conceptualizing and feeling how wonderful money can help you enjoy Life, avail you the time to imagine, and afford you the resources to create and enjoy that you have money:

“Father-Mother ONE, I command that the DNA Strands of Creativity assist me in feeling wonderful about receiving money. Thank you. It is done!”

Be creative and let healing meditations serve you. It’s a valuable tool and the more it’s repeated, the more confident you become about its function. Make sure that when you perform DNA Healing Meditations you are in *alpha-theta*, have set the purest intent, speak from your heart, and trust Spirit.

## Nutrition and Food

The DNA Activations automatically set forth the process requiring you to improve your health. Reports and testimonials so affirm. Within a few days, people who have been activated drink more water than before their activations. They find resolve in knowing that proper nutrition becomes a priority.

## Aldous Huxley “Facts” quote

*“Facts do not cease to exist because they are*



*ignored.” ~Aldous Huxley*

Some facts to consider changing instead of ignoring them:

1. Back pain,
1. Dryness
1. Overweight
1. High Blood Pressure
1. Headaches
1. Laziness
1. Dry mouth
1. Hyper-sensitivity
1. Sugar intake
1. Being tired

“Let Food Be Thy Medicine and  
Medicine Be Thy Food.”

This often-quoted phrase spoken by Hippocrates circa 400 BC has never been more relevant today. It is paramount that you understand your body’s acceptance of food as fuel for your body.



The importance of what kind of food your intake has been challenged by junk food, misunderstanding, and pure ignorance. There is an increasing reliance on prescription drugs to treat any ailment, both mental and physical.

Do understand that 99.98% of human DNA is the same for all, however, not when it comes to FOOD! Each human body has specific characters and idiosyncrasies. Each of us are unique beings. What food is good for one person may not be good for another. Each of us must do our own research as to what is good or not for our bodies. Generally, doctors are not nutarians, and it is best to consult a reliable nutritionist or proven health advocate. Nonetheless, it is up to you to find out what is best for your body and living conditions.

Water is nutrition, too. Do your best to drink about two (2) liters of pure water every day in addition to your consumption of coffee, tea, soda, beer,

and wine. Water acts as a cleans and also provides the electrical body to process energies more efficiently.

Transitioning after DNA Activations drives the individual to eat better and focus on keeping the human body a sacred place for the soul to dwell. We have found that the body desires more proteins, amino acids, minerals, omega fats, and less carbohydrates, unless very active.

Knowledge and adaptation of proper nutritional practices will definitely augment a healthier body and mind. Eating a good balanced diet is essential. However, be reminded that eating three full meals a day has been scrutinized. Staying in “a balanced diet” infers that you are properly absorbing proteins, carbohydrates, and fats throughout the day. And this includes movement and exercise. Everyone is different. You must research your own body and determine what’s best for it.

Ever since the authors put themselves on a reduced carbohydrate program, they have enjoyed more energy and healthier weight. By avoiding junk foods and sugar-ridden foods as much as possible their bodies feels better. It’s just an awareness, but most important: *listen to your body!*

There are several great bestselling books, *The Zone* by Barry Sears, Ph.D., and *Eat Right for Your Type (blood type)*, by Dr. Peter J. D’Adamo, and *Electrical Nutrition*, by Denie and Shelly Hiestand. Each clearly states the necessity of proper food intake and balance. In brief, Sears suggests the 40-30-30 rule, respectively carbohydrates-protein-fats, best serve the body’s nutritional requirements. D’Adamo suggests that your blood type is crucial in determining what nutritional program best serves your body.

Beyond traditional information comes something very intriguing when you read *Electrical Nutrition*. Here’s where the rubber meets the road. The Hiestands get right to the point. The body and the food it consumes are all chemically based, and most of chemistry is electrically based. At the subatomic levels, the electrons, protons, and neutrons are what make up the atom. It’s electrically charged and has an electrical influence.

It is important to realize that the food we eat never gets anywhere near the cells in our body. It amazes me [author] to know over 90 percent of digested food passes right through our bowels. (I always thought that food, especially cake and candy, went right to my outer tummy!) The Hiestands claim that our body needs to change its digestive enzymes and bacteria to regulate the Ph of the digestive juices pertaining to the different types of food about to be digested. “This command line is an electrical process.”

What’s unique about the Hiestand’s work fosters on the ever-expanding principles that the electromagnetic field of energy surrounds the molecular structure. This means that there is an electrical attraction, an interface, and a communication. The Hiestands say “Before there can be any physical “disease’, there has to have been an electrical malfunction.” When activating your DNA, you are bringing in new energy. You are experiencing positive change. Your brain is an electrochemical machine, and so is your body. Feed it right!

We highly recommend you seek the advice of a respected nutritionist and begin reading some good books on the subject. So, what is “Soul food” anyway?

## Physical Exercise and Movement

Yes, exercise is essential. Stretching is essential. Breathing is essential. Movement is mandatory. You should move your body and limbs every 20 minutes, especially if you sit in front of the computer. Your body requires exercise to facilitate the electrochemical process. Exercise indirectly acts as a regulator. Without minimal exercise, the body loses its ability to regulate proper balance between the food and cellular growth.

Dr. Rudolf Ballentine, “Sedentary Life” Quote

*“Life flows when you move; it is movement that connects intent and action. The sedentary life is one in which the two become split, disconnected.”*

*~ Dr. Rudolf Ballentine, M.D.*

## Sleep

Your brain needs rest. Here are some facts to consider:

[Source: Victoria Garfield, a senior research fellow at the Medical Research Council Unit for Lifelong Health and Aging and a professor at University College London, told CNN Chief Medical Correspondent Dr Sanjay Gupta.]

- “We need to sleep properly, because sleep is so important for the brain and the body, especially as we get older,”
- “Sleeping too little or too much is associated with increased risk of conditions like diabetes, high blood pressure, having a heart attack, dementia, getting a sleep apnea diagnosis, anxiety, and depression.”
- “Habitual daytime napping is associated with a larger total brain volume. How much larger? According to Garfield, about 15 cubic centimeters, which her team calculated to equate to between 2.5 and 6.5 years of aging. “Quite a big thing in terms of the age of the brain. And we think that’s really important because a lower total brain volume is linked to certain diseases, earlier mortality, and higher stress levels,” she said.
- “With apologies to the folks who believe they can get by with 4 or 5 hours of sleep per night, you really need to be putting in much more

quality facetime with your pillow: ideally 7 or more hours per night, for adults, depending on your age.”

- “There’s no shame in taking a short nap. “A really obvious one from us would be to take a nap,” Garfield said. “Maybe up to around 30 minutes, because we know that that is quite beneficial for the brain. So, we literally take a break and try to fall asleep for a small amount of time.”

Here are a few essential exercise health tips:

1. Exercise being objective as much as possible
2. Avoid being subjective in your personal environments
3. Be conscious of your breathing. Take deep slow breaths, inhaling from the nose and exhaling from the mouth. Imagine breathing in God’s Love and exhaling all impurities.
4. MOVE AROUND! Constantly take every opportunity to move your body
5. Take a brisk walk every day. You don’t need to pound rubber, but you must let your heart and body know it has a purpose other than to sit in front of a computer or TV.
6. Meditate daily. This puts your body at rest while conscious.
7. Stretch daily. Lie flat on the floor and give it a whirl.
8. Sleep. Rest that brain of yours.
9. Learn to rollover and even fall, as children do.
10. Turn up the music and dance. Best to spread your legs apart and wiggle those hips around. Tight hips preclude trouble and immobility.
11. Swim. Bike. Try yoga, T’ai Chi, or some gentle movement program.
12. Sit in Nature. Move in Nature.
13. Listen to your body and do what it wants to do.

Every effort must be made to let your body know that you care and respect it. The DNA Activations serve this process, and you will notice less resistance to exercise within a few days.

Jiddu Krishnamurti's "Observe" Quote

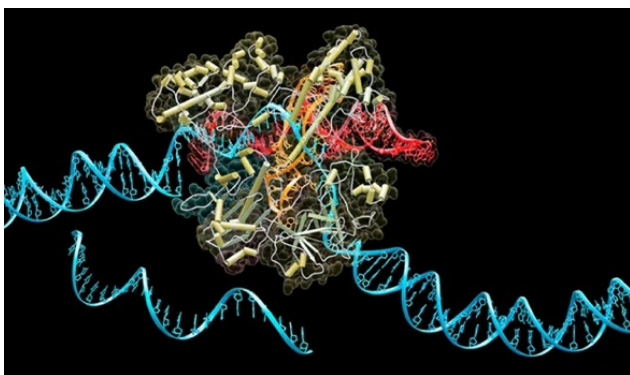
*The ability to observe without evaluating is  
the highest form of intelligence.*

*~ Jiddu Krishnamurti*

## Part 10: Stepping into Ascension

The exploration of the cosmos is equally matched by the study of DNA and consciousness. When the Human Genome was first mapped, circa 1999, research has exploded. Medical scientist worldwide jumped to find out what the DNA is capable of and how it can be altered. In similar manner, so has space exploration. With the launching of NASA's James Webb Telescope, circa 2021-2022, an unbelievable number of photographic explorations rapidly expanded humankind's quest to capture the wonders of the cosmos. It is my opinion that these two fields of study are related and complement each other.

When we better understand the origin of our DNA with the Stars above us, the connection may be forth coming.



What thrills me is the notion that as each of us learn how to purify our past and become more enlightened, through the development of our Self-Mastery, we evolve into an Ascended Human Being. And from this point of our Earthly existence, we can travel the Universe under the auspices of Nature, not machinery. As the mysteries of the Ascension Process unfolds, time and space take on unimaginable dimensions, which we know little of.

### Overview and Meaning of Ascension

*[The Authors' Perspective].*

Hopefully, the subject of Ascension attracts you. The progression of

Ascension provokes inner awakenings that reveal embedded subconscious issues about your Life. At the same time, Ascension asserts a remarkable behavior of enlightenment for you and humanity.

My awareness of Ascension began when I wrote my first novel, *Lady from Atlantis*, in 1985. The storyline took me deep into the realms of Feminine Consciousness and the root of my understanding of Ascension. The storyline and imagery truly opened my eyes that Ascension was a wondrous esoteric process ignored by society. But it wasn't until 1991 when I started the Oughten House Publications (OHP). Our first bestseller, the *Crystal Stair*, a channeled book by Eric Klein, found its way worldwide. It was a powerhouse for the concept and realities of Ascension.

Soon, a hot debate arose on whether Ascension was an event or a process. Apparently, many people were already preparing for some big "Lift-off" event. As the Publisher of Oughten House and a Holistic Psychologist, I took the position that it was a process. Ascension is a life-long process and is dramatically accelerating on Earth at this time. Many authors and advocates collaborated with me about the realms of Ascension, and I felt empowered knowing that I helped get a better understanding of Ascension out into the world.

Ascension was in my [Robert's] blood and bones. He loved the topic and remain marveled over it. As the unknown aspects of Ascension within him reveal themselves, he became entranced and open to exploring more Life-changing experiences. Ascension infers a higher standard of existence and living. So, he began to focus on infusing Ascension with the components of Self-Mastery.

What we are experiencing living on Earth during these troubled times can be termed 3rd and 4th-Dimensional Life. It is full of learning experiences, mitigating shadows, fears, and the like. However, the 5th Dimension or higher state of consciousness, also referenced as living in the domain of Ascension, brings pure emotions, health, and joy without all the nonsense we currently know. As you conscientiously clear your mind, open your heart, and create purity in your thoughts, deeds, and actions, you empower being a Self-Master and facilitate Ascension.

For most, Ascension does not offer a straightforward meaning. It means different things to each person. One excellent example occurred 40 days after Jesus Christ's Resurrection. In public view, accounts of how Jesus, the Christ, took His physical/ethereal body up from Earth into the Heavens. Done in front of several thousand people, surrounded by Angels, Christ rose and disappeared into the sky.

In the realms of Spiritual Psychology, Ascension is the process of purging the weight of the past, becoming mentally and emotionally pure, which directly affects the Energies of Life. Do understand the depth of the quote below:

## ADK LUK "Salvation"

*"Salvation [Ascension] can only come through self-conscious effort, by understanding, knowing, and applying the Law. No one's salvation is complete until every atom of misqualified energy of his life-stream is purified. The individual himself is responsible for all the energy in his world. Therefore, he must do something about it..." ~ ADK LUK*



Ascension implies raising the body, mind, and Soul into a 5th Dimensional State and collectively into a Divine Humanity. Since the biogenetic components of our DNA originate from Earth, it also gives credence that Mother Earth must have the consciousness to sustain this unfoldment of her Spirit. The purposefulness of Earth's Divine State is its Ascension on a higher cosmic order. It all fits together, starting with the individual, humankind, and planetary participation.

That all begins when people acknowledge their Spiritual affiliation with Planet Earth. Then to actively participate with their Soul, or realize they are Soul, they soon find themselves on a journey to help influence a Divine Humanity for humankind, this is what Ascension entails.

Robert's life changing experience: "In 1995, I visited Cusco, Peru, with a large group of spiritually minded people. Cusco is one of the highest cities in the world, the former capital of the Inca Empire, and about 11,200 feet in the Andes Mountains. It was there that I had a Life-changing situation, what I called an Ascension Moment. For me, an Ascension Moment is an intervention deliberately Soul-driven. It has a purpose, generates a Cause-and-Effect episode, and triggers an Ascension Process for vital learning about oneself. So, it is beyond a typical life-learning situation.

For example, on a clear moonlight sky, a small group of musical-minded participants and myself climbed up a neighboring mountain top adjacent to the city. We gathered into a circle and started chanting, holding hands, and feeling great. I was facing the bright full moon when suddenly, I fell onto my knees and felt a beam of energy hitting me directly.

A bit mesmerized, I stood up and almost flew upwards. We all started hugging each other and felt bliss. As we all departed and hiked back to the city, I realized I was virtually weightless, extremely high, and felt buoyant. I had no idea of what had happened to me other than feeling super great and blessed. It was during breakfast time that participants were coming to me for hugs. "Cool," I thought. But soon, more people came to me for hugs—yet to realize that healing occurred with each hug—was this an Ascended Process in motion?

These and other similar events genuinely pushed me into serving others and birthing my quest to serve humankind and the planet. That, indeed, was Ascension. I no longer felt satisfied surviving and existing for more success. Instead, I sought to embrace humanity and respect Earth. Everything started to shift into the Light for me.

Another Ascension Moment occurred while at a Lightworker's expo in Vancouver, Canada. A small contingency of healers loomed me to convince me that I had the powers to heal worldwide. That was total nonsense for me to hear, and I did my best to ignore these folks, but for some reason, I extended a few minutes of my time to listen to what they had to say. I sat down and followed their instruction. Whamo, to my surprise, I saw beyond the material world and better understood that it comprised of healings. They also directed me to realize that I was to learn about the effects of working with our DNA—

something I knew nothing about. However, when I returned to San Francisco, I became enmeshed with developing what we now labeled DNA Activations. My energy level dramatically increased, and my immediate family and friends thought I was extremely hyper.”

As I continuously developed the DNA Activation Healing Project, I soon published a small booklet, which repeatedly sold out. After that, activities surrounding the DNA Activation took off quickly. A significant component of the DNA Activations was preparing the mind and body for Ascension. Then we published the book, *Change Your DNA, Change Your Life* and began to set up tours in the major US cities throughout the year. The thrust behind the DNA Activation was purging past burdens, mental, emotional, and social issues. With that orchestration, the interest in Ascension rapidly expanded.

I believe that Divine Genetic Codes for Ascension exist in our human DNA. When we put the instruments of the DNA Activations and Ascension in the same context, the surge toward enlightenment explodes. As these programs became popular, I found myself invited to perform DNA seminars around the globe. The significant attribute behind both programs rest on better health, peace, and hope for the individual and humankind.

Ascension begins in the heart of the individual and reflects outwardly into society. The concept and practice of living as an Ascended Human Being have taken hold of most Lightworkers and Spiritually minded people. My take is that the Ascension Codes within our DNA have been rekindled or activated to help bring Mother Earth to her mission in our galaxy. There exists a Divine Plan, and we can witness its initial unfoldment.

We'd like to raise your attention that aspects of ascension continually occurs. It can repeatedly happen, whether you are conscious of it or not. For those who have done their homework—enlightening your state of being—Universal Energies become more attracted to you, thus making your life more efficient, and powering up your creative energies. As a result, you become a Light Being. If you read the *Ascension Handbook* by Tony Stubbs and *What is Light Body* by Tachi-Ren, both initially published by Oughten House, you will better understand the beauty and complexities of being a Light Being.

The beauty that surrounds Ascension becomes a never-ending process. Each day, something magnificent can pass in front of you. Then, should you be so inclined to grasp it, the Ascension process kicks in and guides you along a higher path of Life.

We tend to discourage people that an Ascension is a large-scale event to save lives on the planet. Rather, we suggest that it serves a person to use their intuition and intelligence to generate a healthier, more loving, and happier Life. For us, Ascension is a process to move forward and bring Light into Life. Therefore, we can genuinely share that for those who stand firmly involved with Ascension, you will find your days free from discouragement, healthier, more alert, more loving and giving, closer to Source, and the beauty the Universe holds for you.

In closing, I'd (Robert) like to share my Ascension Mantra with you. It came to me intuitively while meditating. Remember, it is always vital to ask for things and events that serve your Highest Good. Asked your Guides for specific verbiage on fostering greater awareness and behaviors to ensure that my participation in the Fifth Dimensional or higher state of consciousness. Here's what I received:

1. Set the intent and command that you receive and absorb Divine Light and Intelligence from Source.
1. Feel compassionate and enabled to send Unconditional Love straight from your Heart!
1. Lovingly proclaim your existence is living and breathing in the Fifth Dimension or higher state of consciousness.
1. Imagine yourself as an Ascended Human Being.
1. Repeat daily or often as you can.

Living in the 5th Dimension or higher state of consciousness requires your awareness to help yourself and the planet to Ascend. In so doing, more love will infiltrate the masses, and the Earth's preparation for its Ascension can materialize. Understand that there are no cheers, parties, diplomas, or certificates when you graduate into the 5th Dimension or higher state of consciousness. It's all about your consciousness intent to move closer to the Divine Plan that exists throughout the Universe. Self-Mastery is a steppingstone for Ascension. Living in the 5th Dimension offers you the uniqueness of living in the moment, feeling free, knowing you are healthy, wise, and enabled to embrace and love your brothers and sisters wherever they exist—and it is loving to do!

## Epilogue

To heal means to return to your wholeness: pure reflection of your Sacred Being. Self-Awareness awakens your ability to perform Self-Healings. The “DNA Program” offers you “Purpose and direction” for improved well-being. It can serve as your motivator. This is your route towards becoming a Self-Master and an Ascended Human Being.

For Divine Energy to move into you, you have to detoxify your body and purify your thoughts. You become strengthened, positive, and use more inner wisdom. Life becomes abundant and simplified. You are unique and enough, beyond necessity, void of dependency, and never alone. You cherish peace and express your freedom. This is what your Self-Healings will have created.

We believe that our twelve DNA Activations and related techniques will help you live longer and healthier. Applying these techniques will aid your transformation into expanded consciousness and higher dimensions of Life. With *love in your heart*, change the DNA in yourself, change your Life, and change your environment as well. Talk to people about your changes. Share your wisdom with everyone you meet, raise their vibrations, and help heal mankind to make this planet and all people live peacefully in Oneness.

*The 4<sup>th</sup> edition book, Change Your DNA, Change Your Life!* has evolved. It includes new information on Ascension Consciousness including recent medical discoveries that has made the DNA research one of the most significant and valuable topics for humankind. The modifications within were made from experiences gained, the feedback received from our clients, and, as always, from Divine Source.

Supportive information was added, offering the reader more detail to better explain the root effects of the DNA Activations. We will continue to expand as remedies for specific ailments are identified and testimonials received. Above all, the most beneficial sector of information added relates to the Divine Feminine Energy being received into our bodies. As a result of these *Universal Forces of Life and Love*, the Activations and related healings have accelerated positive changes: physically, emotionally, socially, and spiritually. Each day more *Good and Beautiful* things are happening faster, as your consciousness expands to higher states.

Every effort has been made to keep the DNA Activations and related techniques simple yet effective. We encourage you to report to us what effects these techniques have on you. We have prepared a *DNA Transitioning Monitoring Chart* to record physical and psychological changes observed. The chart is included in the back section of this book for your daily use.

It is vitally important that you document as many transitioning activities experienced. A mini-*DNA Testimonial/Fact Sheet* for your use appears in the Appendix. We continue to receive feedback from around the world. To receive the latest information from the authors, please subscribe to our new E-

Newsletter. It's FREE! Just go to our web site: [www.ougten-house.com](http://www.ougten-house.com) and sign up for it or visit at [lifeawareness.substack.com](http://lifeawareness.substack.com) to review over 24 Posts on enlightenment, social and individual awareness. Visit our web site which provides information about our many good books and programs.

The Foundation can always use your help and support. As you discover how well these DNA Activation techniques work for you, help us get this message out to others. Those in the medical and scientific professions who see the benefits of these DNA Activations and related techniques are also encouraged to contribute their wisdom and participation in our programs. We could truly use your support.

Finally, please join our Foundation. Any financial contribution would be truly welcomed, and it is the easiest way for you to show your gratitude, to stay involved, and to keep up-to-date with all that is happening with these simple but extraordinary healing techniques.

With Good Health, Light, and Peace  
Blessings,

— Robert V. Gerard and Zeljka Roksandic

# Appendix

## Testimonial of Achievement

Keep track of each DNA Activation completion. This Certificate may be needed to participate in the 13<sup>th</sup> DNA Activation of Ascension Consciousness.

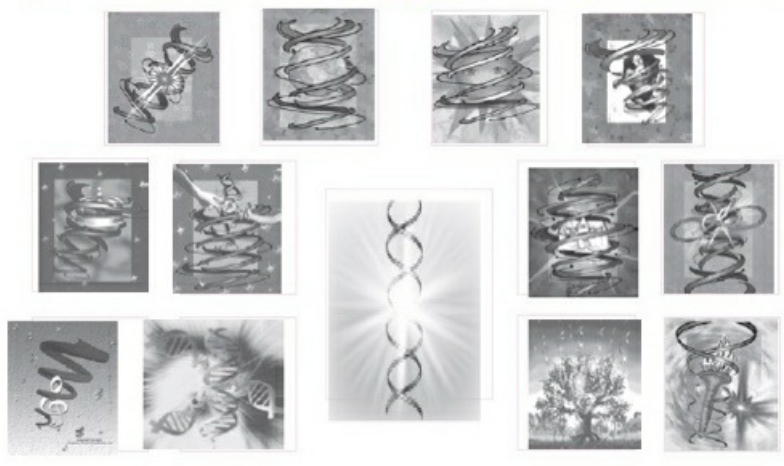
**TESTIMONIAL OF ACHIEVEMENT**  
**DNA ACTIVATIONS**  
*Presented by*  
*Oughten House Foundation, Inc.*

*Your Spiritual Name*

*has lovingly performed the Sacred Ceremony for each of the DNA Activations stamped below:*

*Initial Date* \_\_\_\_\_  
*This testimonial does not infer certification or license as a Practitioner.*

DR. ROBERT V. GERARD & ZELKA ROKSANDIC  
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## DNA Monitoring Chart

Positive alterations in mind, body, emotions, and spiritual knowing begin to occur immediately after your 1<sup>st</sup> DNA Activation. Substantial change should occur for at least four weeks, continuing for several years. Upon receiving the 2<sup>nd</sup> DNA Activation, changes will become more subtle, but will accelerate as your multi-strand DNA prepares you for living in the realms of higher consciousness.

It is important to journal and monitor your progress. Below are four areas that deserve attention. Use this chart to monitor your progress. Rate "1" (low) to "5" (very high) in the appropriate box to indicate your progress and leave the space blank if no changes were perceived. Add more categories as needed.

Please send us, in your own words, what changes you have experienced and how, emotionally, you have dealt with them. We appreciate receiving a copy of your chart.

<b>DNA Transitioning Monitoring Chart</b>					
Date Activated _____		Weeks after FIRST DNA ACTIVATION wk wk wk wk			
Activated by <input type="checkbox"/> Self <input type="checkbox"/> KIT Other _____					
<i>Transitioning Experienced</i>					
<b>Your Physical-</b>					
Increased desire for pure water intake _____					
Body detoxifies and purifies _____					
Better nutrition/less food _____					
Hair and nails grow faster _____					
Feel younger and energy level increases _____					
Quicker capacity for self-healing _____					
Quicker manifestations _____					
Sensations of bliss and rapture _____					
<b>Your Psychological-</b>					
Keener sense of knowing _____					
Peace and calmness within _____					
Old truths & beliefs no longer work _____					
Enhanced self-trust and awareness _____					
Precise use of language _____					
Frequent lucid dreaming _____					
Increased sensitivity & perceptions _____					
Enhanced discernment _____					
<b>Your Relationships-</b>					
Finding truer love with others _____					
Seeing relationships more clearly _____					
Allowing new feelings to be stated _____					
Attracting soul mates and soul families _____					
Letting go of old stuff, people and things _____					
<b>Your Self-Discovery-</b>					
Increased ability to confront self-truths _____					
Replacing "seeking" with "resolving" _____					
Easier & quicker connection with Spirit _____					
Finding answers that have meaning _____					
Transforming uncertainties into truths _____					
Staying focused in the moment _____					
_____					
_____					
_____					

B

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### Remote DNA Activation Individual Sessions with Dr. Gerard

Participating in a remote one-on-one Coaching sessions with Dr. Gerard gives you the wonderful opportunity to experience personal input. It gives you a personal connection to experience the benefits of the DNA Activations and related healing techniques offered privately. Since Dr. Gerard is a Holistic Psychologist, he can delve deeper into personal matters that DNA Activations may address.

When you sequentially participate in one or all DNA Activations, it may prove to be one of the beneficial investments you've made. Your expansion towards improved health, happiness, and personal freedom will be accelerated.

We are truly confident that you will have highly favorable results. We congratulate you for your courage and self-respect to make your life better and healthier. The time for change is NOW. Be accountable for your life,



improving your health, and your well-being.

Gerard allows participants to partake in sessions as they can schedule. Please check our web sites for details, dates, and how to connect using ZOOM, Skype, or Facebook's Messenger.

## Paperback & E-Books

The Foundation no longer sells hard copies of books or products. All paperback and eBooks are available through Amazon KDP worldwide. Simply go to the Amazon website in your country, place the name of the book desired into search, and voila, see the listing desired. However, our website offers some products and over 100 articles in digital format. Most are available for free or purchase, which can be uploaded to you for your downloading.

### **Titles in alphabetical order**

- *Change Your DNA, Change Your Life!* 4rd Edition Book (2024)

Presents the 1st & 2nd DNA Activations. It includes discussions on the chemistry of DNA and some medical research. It is loaded with techniques on how to improve living healthily.

- *Getting Out of the Box: Working with Spiritual Concepts*

Many people are stuck in the infamous "Box of Life" and do not know how to get out. This book helps identify the pitfalls of living with restrictions. It offers alternative methods to better understand how to recondition oneself to live free of fears and confining thoughts. The book consists of 9 contributing authors' viewpoints and their techniques to live better.

- *Handling Verbal Confrontation: Take the Fear Out of Facing Others*

This book features the Confrontation Model and other communications skills needed to assist you in how to face and confront your own issues and resolve those within your relationship with others.

- *Hands of Peace (Stand-a-lone edition, 2012)*

Meaning of Peace, Expansion of Peace, and Techniques.

- *Hands of Peace (Limited Edition: 2-Book Set)*

Book One: Meaning of Peace and Expansion of Peace.

Book Two: "The DNA Activation for "A World in Peace" provides a DNA Activation for Peace, Meditations and Techniques to sustain World Peace.

- *Health Acceleration Book for My PET's Mind, Body, and Soul*

“Ready for animals, as tested on humans.” It is time to share the DNA Activation Project with our pets. Do you desire to improve the well-being of your pet? If so, then this is a must-read book. It presents the DNA Activation for Pets and offers many Icon Code Techniques to help improve your pet’s health and to better understand your relationship with the animal kingdom.

- *Health Acceleration Book for My DOG’s Mind, Body, and Soul*

It is time to share the DNA Activation Project with your dog(s). Do you desire to improve the well-being of your dog? Similar in format with the “PET’S” book, but more detailed for dogs. It helps to improve your dog’s health and to better understand your relationship with your “best friend’s” kingdom.

- *Icon Code Therapy*

This problem-solving publication demonstrates 100 problems on mental, emotional, social, and relationships situations. Presents how you can mitigate and eliminate them using meditations, colorful graphic icon drawings, and concise scripts for solutions.

- *ICON POWER for KIDS™ Techniques Program* [a 2-books set]

Consists of (a) Training Manual, and (b) Kids’ Technical book.

Are your children powerful, special, but unskilled to handle life challenges? Do you want simple, safe, and effective techniques to help resolve child related conditions? If your child is between 8-10 years of age, then consider this Program.

- *Lady from Atlantis*

This fictional story reveals how an Ancient Empress shifts from Atlantean Civilization era into our contemporary world. The Empress has magical powers and demands the respect as the First Female Messiah. It’s romantic as this powerful Empress encounters her first love. Lady from Atlantis is quick, uplifting, political, and offers visions of Hope for the future. [Note: a Screenplay version is available]

- *Simple Quick Fix Solutions [formerly Divine Quick Fix Healings]*

Black and White with 50 Techniques from the Icon Code Therapy book.

Using Icons to assist in mental, emotional, social, physical, and spiritual problems.

- *Soul Messages from Baby Klea: Her first 90-Days on Earth*

A channeled documentary between a newborn child and her clairvoyant grandmother—a fascinating 90-day journal of intricate and revealing conversations. Reveals how babies coming into this world have an awareness more developed than their baby's body.

- *The Corporate Mule: Don't Give Up Your Soul for the Company Goal [2nd Edition]*

A surrealistic story about how a young man sets out in his new career to take on the corporate world. He soon finds out that he is only a puppet. After his retirement, he reflects upon his family and life that swiftly passed him by.

- *The Substitute: What's Going on Inside Our Schools*

There is a world out there that needs some serious attention. It is the world of teachers, substitute teachers, and aides. It stresses the importance that parents and teachers need to demand our politicians to wake up to our educational needs.

- *World of Light: Baby Michael's Messages*

A channeled documentary between a newborn child and her clairvoyant grandmother—a fascinating 90-day journal of intricate and revealing conversations.

Most e-books and all paperback books are available worldwide through Amazon KDP. Also, many of our books are available as ePubs and can be ordered directly from our website [[www.oughten-house.com](http://www.oughten-house.com)]. Our website serves as our catalog. Use it to learn about us, what we have, and what we do. Sign up and receive FREE eNewsletters and Inspirational quotes.

## ZeRo Point Healing Techniques

The ZeRo Point Accelerated Healing Treatment Program was designed and implemented by Zeljka Roksandic and Dr. Robert Gerard. They offer an in-depth therapeutic Team approach to Holistic Healings. The combined effect of their diagnostics reads, energetic healings, and psychological treatments complement traditional medical and psychological practices. Satisfaction Guaranteed. For Individual Remote Sessions, see the web site: [www.oughten-house.com](http://www.oughten-house.com) for details.

## OHF's Educational Format

The purpose of the Foundation's Educational format is to further develop the "Master" that you are. This process begins with your commitment to open your heart, to become vulnerable and transparent to yourself and others, and to allow the depths of your Soul to open up and reveal its secrets. As this self-mastery process evolves, uncompleted karma will surface. Desires and thoughts, which contain judgments of self and others will return to be experienced or eliminated. You must then confront that which you have consciously or subconsciously denied.

There are many doors on the path back to God's Light, each carefully arranged by your Soul, as part of the Divine Plan. There are many stepping-stones that reveal self-truths—positive or negative—that provide opportunities to face these self-truths, and to discern how to confront them or honor them.

The Foundation's Educational Programs focus on developing your self-mastery. The healthier you are in mind, body, emotion and spirit, the healthier will be mankind and the planet.

Our books and Programs are designed to empower and enlighten you. Virtually, all programs are interactive, requiring movement and providing feedback. You will be totally involved. Each program has been specifically designed to provide tools and techniques that encourage the individual's self-mastery and discovery of personal destiny, and to foster the evolution of your Divine Nature.

## Why Testimonials?

Proof. Everyone wants proof. "Demonstrate to me that all this works." We constantly seek and hope that something will be available to cure our ailments. When a few take the leap forward, write a testimonial, and show by example, the rest will follow.

The DNA Activations offer you an excellent way to break the barriers of conformity and experience one of the greatest gifts of our time. They are phenomenal, safe, easy to do, and results oriented,

A few testimonials received as a result of the DNA Activation Self-Healing Program are presented on the following pages: we expect millions more.

# DNA Testimonial & Fact Sheet

[Please Print]

I have had a:

1<sup>st</sup> DNA ACTIVATION: Date \_\_\_\_\_

2<sup>nd</sup> DNA ACTIVATION: Date \_\_\_\_\_

As a result of that experience, I can testify that the following statements are true:

1.

\_\_\_\_\_  
\_\_\_\_\_

2.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3.

\_\_\_\_\_  
\_\_\_\_\_

How applied?  From **Book**  From **Dr. Gerard**  From **Practitioner**:

It's OK to use this statement for promotional purposes.

Please keep this confidential.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

\_\_\_\_\_

Address: \_\_\_\_\_ City

\_\_\_\_\_ State/Province

\_\_\_\_\_ Country \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail

\_\_\_\_\_

Occupation \_\_\_\_\_ Date of Birth \_\_\_\_\_  Male

Female

Any other comments:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please email us a copy to [DrGerard.77@gmail.com](mailto:DrGerard.77@gmail.com)

## Testimonials

Deep emotional releases and clearer insights as to situations and people! Easier to relate my feelings to people in a more compassionate way. I have a more mellow attitude- not getting upset or expecting so much! ~ *Lauana L. from N. Carolina*

"Many changes occurred: wrinkles faded, skin tightened, hair grew fast, weight stabilized, stretch marks are beginning to fade. I have lots and lots of energy, patience and am 'happy, happy, happy.' My memory is sharper, and I don't stress and worry about daily events." ~ *Katie W., Hospice Social Worker, Idaho*

"I am 74 years young and since my activation, I am no longer in despair. My skin is tightening and the wrinkles are disappearing. I am gardening again and sleeping all night." ~ *Judy H., Retired, California*

I think that seminar was conducted well. All techniques that were used by Zeljka and Robert demonstrated fascinating sensations and feelings. These were physical, emotional, mental sensations. ~ *M.T., Russia*

"I have had Fibromyalgia for 17 years and since my activations and healing work with these techniques, I don't feel depressed or tired like before. I have a lot of positive feelings and lots of energy. I sleep better and my whole outlook has changed. My eyes have changed from dark hazel to blue!" ~ *Peggy H., Homemaker, Idaho*

"Painful childhood memories came up and were released. It was pre-verbal and I believe it was in the birthing process. I have had tremendous emotional release without emotional attachment. My dreams are extremely vivid and the meditations are powerful. The light in my meditations is brighter and I feel the colors are communicating to every cell, atom, and organ in my body. I require less sleep and my mind is clear." ~ *Sheila B., Promoter, Hawaii*

Increased inner peace and calm has been immediate and lasting for me since my activations. The *Soul Bubble* Meditation and new relationship with my DNA are welcome additions to my spiritual practice. ~ *Darcy T. from N. Carolina*

"Everything that does not pertain to my highest good and purpose has lovingly gone away. Emotional events that have prevented progress on my mission have been revealed and removed, severing forever the ties that have bound me. My photographic memory is being restored after having been shattered by 'life' events. My purpose, mission, and destiny have been clearly revealed to me. The love and trust of self is total. I am at peace, finally." ~ *Aerial F., Financial Director, California*

"I have improved communication with my wife." ~ *Dr. Fred R., Pathologist, California*

"I am now on day 17 of approximately two hours of sleep each night. At first I saw it as out-of-the-norm and somewhat annoying, but when I realized that I had no fatigue and even plenty of energy for the gym, I finally surrendered to the process. Since then, I have tapped into a stream of consciousness that is entirely spirit-based; and I've come to realize it was part of me all along. I feel clear and at peace. I feel happy and full of energy. I feel as though the child-like essence of innocent wonder at the life-process has returned, magnified, and continues to expand. Working consciously to witness this Self-Mastery process is an amazing, exciting and incredibly rewarding experience. The DNA Activation was an integral part of my awakening." ~ *Catherine B., Publicist, Arizona*

"Something is happening. Something BIG, I know it! I have Fibromyalgia and don't remember ever being without pain. I actually have days when I have no pain, and when the pain is there, I am disassociated from it. I have so much energy now and I can physically do things I have been unable to do for many years. My mission has been shown and I feel great!" ~ *Larry P., Reborn Activist, California*

"I have had a tremendous fear when someone else drives. Since my activation, however, I was able to talk in a rational and reasonable way to my husband about my fear when he was driving, and we were actually able to communicate and laugh about it. This has never happened before." ~ *Lois S., Homemaker, California*

I am grateful for the opening of the truth for myself and other people. I will continue doing so with others. ~ *D.S., Moscow-Russia*

My stretch marks are improving, slowly fading away- as well as weight loss. My body is finally returning to its ideal shape. My psychic abilities have increased unbelievably ~ *Angela T. from North Carolina*

I am better able to speak my feelings and thoughts with clarity and love. I have experienced better communication with precise use of language. Awareness and trust in myself has increased. I

live in the moment while still aware of my responsibilities. I don't sweat the small stuff anymore." ~ Lorena K., *Business Owner, California*

"I have a higher sense of accomplishment, less stress and more energy. I have love and acceptance for myself and others." ~ Nina B., *Sr. Medical Technician, California*

"My awareness, telepathy, intuition, and connection with spirit have improved greatly since doing the DNA work. I have improved nutrition. My sleep patterns and lucid dreams improved immediately ~ Valerie D., *Marketing Director, California*

"Some changes have occurred, been more creative, less reactive to problems of relations. I feel trustworthy in this simple technique of healing, even if I'm a beginner at this!" ~Jahau from Italy

"I seem to be thinking more clearly. Relationships with family and others are going to new levels. Issues that are out of whack are coming to the forefront immediately for resolution." ~ David M. from Florida

My dears, you are tender and needed by the whole planet, Zeljka and Robert! I am waiting for your visits with the sensation of holiday (celebration) and miracle! And it happens! The celebration of new feelings, the celebration of renewal comes. The mind doesn't understand, but body fills in with light-inspiration! What is it if not a miracle? Thank you! Thank you! Love you! With warmth and affection for you, ~ Tanya. *Russia*

"I have seen improvements to all facets of my self and life. A bone splint from an old fracture in my foot has finally healed itself after 20 years; I can walk barefoot without pain again!" ~ John W., *a Senior Electronics Engineer from N. Carolina*

"I have absolutely no doubt that this incredible shift in lipids in my body is attributed to the DNA Activation. I am so pleased with the results. As I mentioned to you just after the activation, 'This is life altering stuff.' I was right on. I feel powerfully empowered. I could not wait to let you know and to thank you again and again for this awesome tool." ~ Kathleen J. from Colorado

"This has been a wonderful experience and I am looking forward to many more changes. I am sensing an expansion of my healing abilities and my intuitive abilities. It feels like there is this vast cavern of awareness just beyond my reach and it's moving closer day by day. This is so exciting. ~ Jan B. from Illinois

"I feel very peaceful... more so than I ever remember feeling. It is as if my cells have been on security alert for eons and have been given the all clear." ~ Becky P. from Oregon

Wonderful seminar! Immediately I felt the energy of love and harmony. I hope that these sensations will secure in me and my surroundings. Thank you SO MUCH!!! With love, ~Natasha, *Russia*

"Immediately after the first activation I felt euphoric! My sense of 'knowing' has increased. My intuition has sharpened, and also my compassion and love for others. I feel as if my body is rebuilding itself from the inside out!" ~ Bonita C. from Texas

"After the 2nd activation, a lot of junk has been surfacing and I've been letting it go. I just wanted to say thank you. This has been a very positive event in my life. I expect all of my intentions to manifest in the physical." ~ Linda N. from Texas

"I feel a lightness in my whole body with a lot more energy and strength- I am much more aware of every part of my body and loving every cell as an entity. I am more alert and have a keen awareness of my thoughts." ~ Aviva B.

"I am definitely experiencing a need to declare exactly how I see a situation and not feel guilty; a need for resolutions in areas where negative disruption has taken place. Maybe resolution instead of 'running away'; but also maybe a need for letting go and moving on. Good life lesson here!" ~Eileen D. from Vermont

"My life continues to be an adventure that I look forward to each day, even when I have "nothing much" planned. I'm sure both DNA Activations are playing a part in my continuing fast-track evolution." ~Marion A. from Washington

"DNA Activations have changed my life both physically and mentally. I now live with an inner peace and harmony that surpasses anything I've experienced. I have achieved clarity in my life purpose and the knowledge and wisdom to follow through with my goals." ~T. Denny from North Carolina

I would like to write the words of thanks to myself and everyone who I met here today, and to amazing and so wonderful Zeljka and Robert. Now I feel all my strength, my female power (female beginning) and love towards myself as I am here, today. I liked it. I am amazed by you! Thank you! Feel renewed (rejuvenated). Thank you. ~Russia



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Highly recommended Internet Content Sites:

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<http://plato.stanford.edu/entries/pineal-gland/>
- The "Third-Eye--Pineal Gland", Crystal Links. <http://www.crystalinks.com/thirdeyepineal.html>
- Articles posted on our website [www.oughten-house.com]
- eNewsletters [lifeawareness.substack.com]

## Authors' Biographical Sketches

### **Robert V. Gerard**

Holistic Psychologist, author and lecturer, visionary healer, philosopher and poet.

Dr. Gerard graduated from the State University of New York in Farmingdale and began his working career as a civil engineer in 1965. Finding his interests lay with people, he completed a B. A. in Social Psychology at Florida Atlantic University (1978) and a M.S. in Management/Organizational Psychology at Nova University (1981). He attended the Ph.D. Adult Educational Program Management at Georgia State University (1983-85) and attended the East-West Psychology Ph.D. at the California Institute for Integral Studies (1989-92). In 1998, he completed his Doctorate in Metaphysical Philosophy at The College of Metaphysical Studies in Clearwater, Florida.



Gerard's work experience spans over fifty-five years and crosses major industries including engineering, manufacturing, banking, education, therapeutics, publishing, and holistic psychology. He has worked for major corporations, chaired an international convention, and spearheaded many training programs.

Dr. Gerard sustains a private counseling practice in Holistic-Spiritual Psychology. His Programs are offered worldwide on self-help, self-empowerment, verbal communication, and on enlightenment. He has written two novels: *Lady from Atlantis* and *The Corporate Mule*, and four non-fiction self-help books: *DNA Healing Techniques*, *4th Edition of Change Your DNA*, *Change Your Life!*, *Handling Verbal Confrontation-Take the Fear Out of Facing Others*, and *Getting Out of the Box: Working with Spiritual Concepts*, and *The Substitute: What's Going on Inside Our Schools*, and the novel: *The Corporate Mule: Don't Give Up Your Soul for the Company's Goal*.

He has co-authored *Simple Quick-Fix Solutions*, *Icon Code Therapy*, *Icon Power for Kids*, *The Health Acceleration Program for Pets*, *The Health Acceleration Program for Dog's*, and *Hands of Peace*. He has published over one-hundred articles, which are available through Oughten House Foundation's Website [[www.oughten-house.com](http://www.oughten-house.com)].

Each month, Gerard issues his Newsletter, [[Lifeawareness.substack.com](http://Lifeawareness.substack.com)], which contains in-depth commentary about Life, Health, and Social Matters. There are over 26 interesting Posts presented.

## **Ms. Zeljka Roksandic**

Clairvoyant, teacher, lecturer, artist, counselor and poet ...

Ms. Roksandic began her working career as a teacher. She has served in conjunction with the UNESCO “Healthy City” Program after the civil war in Yugoslavia teaching Self-Help Techniques. She earned an Associate’s Degree at the Pedagogy Academy of Zagreb, Croatia (1977) and a B.A. in Curriculum Development (1978) and English Language and Literature (1983) at the University of Zadar, Croatia.

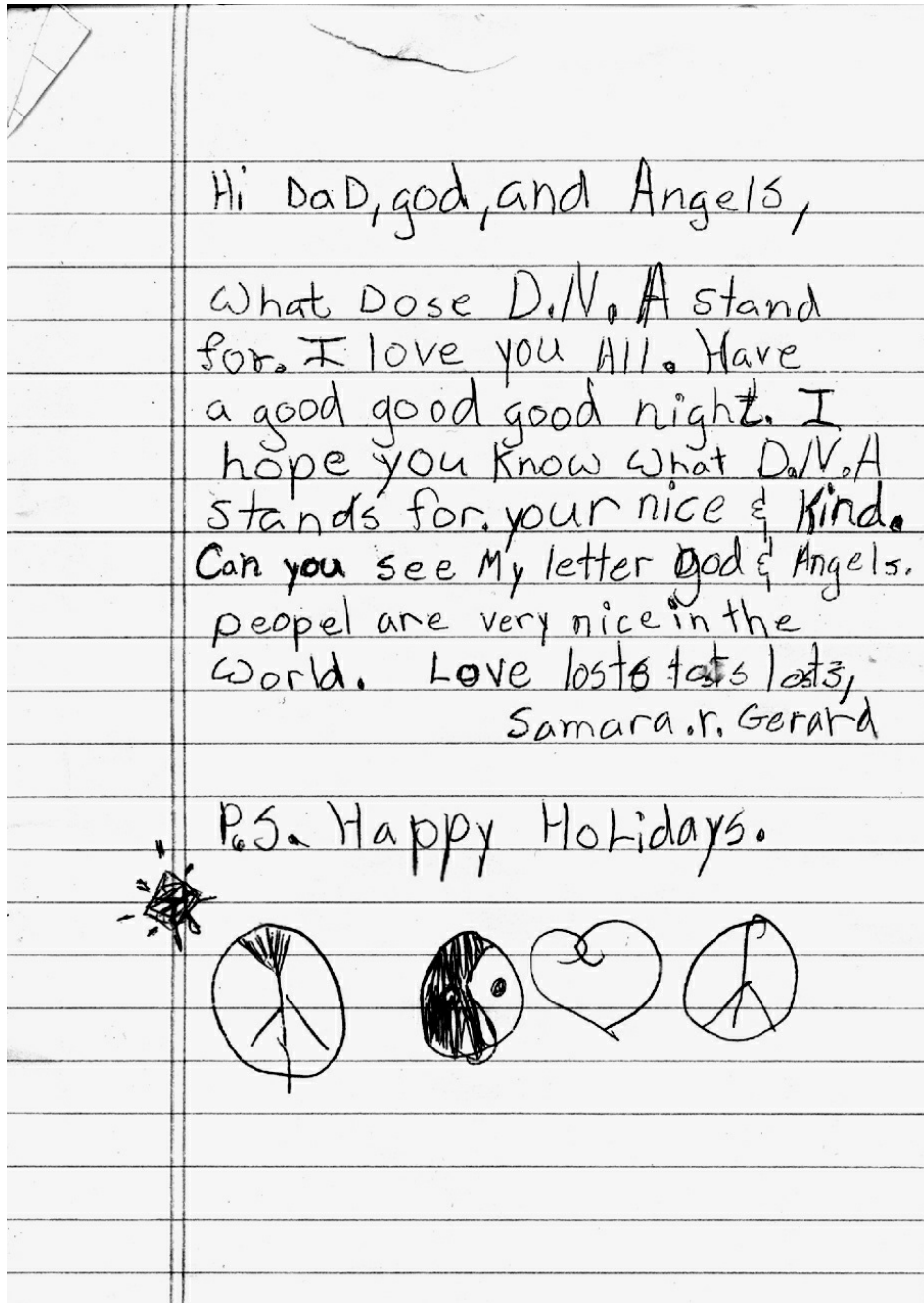
Born with the gift to heal, she developed her healing methods continuously over many years. Ms. Roksandic is a Reiki Grand Master. She practices Traditional Usui Reiki, Reiki Crystal Therapy, Color Therapy, Regression in Parallel Lives, Magnified Healing, Silva Method, Advanced Metaphysics Healing, Psychocybernetics of Essenes, Biogonomy, and ICON CODE Therapy. She now focuses mostly on the ZeRo Point Healing Technologies Program and DNA Activation Healing Techniques.



Ms. Roksandic has become renowned throughout Croatia, Slovenia, Holland, Russia, Turkey, Greece, Germany, Ukraine, Kazakhstan and the United States as a gifted and humble lecturer and healer.

Zeljka authored *Soul Messages from Baby Klea: Her First 90-Days on Earth*, and *World of Light: Baby Michael’s Messages*. She has co-authored *Simple Quick-Fix Solutions* [formerly, *Divine Quick-Fix Healings*], *Icon Code Therapy* [formerly *Techniques™*], *Icon Power for Kids*, *The Health Acceleration Program for Pets*, *The Health Acceleration Program for Dogs*, and *Hands of Peace* books with Dr. Robert Gerard.

Zeljka and Robert married in 2003, forming a dynamic healing team that serves the general public worldwide.



Samara's Drawing  
(Created by Samara Rose Gerard, at 7 years old, December, 1998)

Educating  
Self-  
Healing  
and  
Donations

Our long-term goal is to help generate a healthy, harmonious, and peaceful humanity using the wisdom of the authors and feedback gained from the DNA Activation Self-Healing Program.

We are making headway. Hopefully, more healing professionals from the medical and psychological research fields, as well chiropractors, nutritionists, and other complementary alternative schools will become more interested in the Foundation's Programs.

The DNA Activations are real and continue to expand globally. Feedback continues to reveal positive results and well-being. Something wonderful and

beneficial is happening. In 1997, the name *The DNA Healing Project* was introduced. In 2011, the name *The DNA Activation Self-Healing Program* was introduced. In 2024, the phrase “*Your Roadmap to better Health and Happiness*” was introduced. All titles gives a better segue for the General Public.

Our mission is strong. Our service is heart-driven. Please help us network these fine results-oriented healing techniques around the world. The work, training, and book generation continue to evolve. We have eBooks and paperback books, articles, and programs to print and digitalize, and hopefully, teach others how to heal themselves. We make no claim to fame, just simple love through simple techniques.

Our Internet Website is powerful, educational, and interactive. It evolves constantly with new information. Please visit it often.

Your financial support can help reach more people. Your support is appreciated. Donations are always welcomed at Oughten House Foundation. They help the authors and invited professionals to publicize their works. Please go to our website and find the “Donation” button.

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## OHF’s Mission Statement

- ◆ To help people to get their Lives and Well-being back in shape through Self-Healings, which leads to Self-Mastery, and ultimately, an Ascended Human Being.
- ◆ To provide extraordinary techniques that accelerates substantial change for one’s “Inner” and “Outer” environments.
- ◆ To help the individual realize a very high standard of living in excellence, health, and peace—as an Ascended Human Being.
- ◆ Our intent is to provide educational materials, tools, and techniques that encourage self-mastery, self-love, purpose, and to accelerate the evolution of the individual’s Human-Spiritual Development and Divine Awareness. Helping you to become an Ascended Human Being is paramount.
- ◆ Our worldwide mission advocates the teachings of all DNA Activations, encourage Self-Healings. To educate people about the Genetic approach to a harmonious humankind, living in a peaceful world, that reflects Ascension Consciousness.

We invite you to become a part of this global and purposeful Mission. Take the time to join with us in this most magnificent endeavor and help spread the word. Your support and encouragement are appreciated. Please do join Oughten House, and always remember, God gave you a precious gift, the

ability to change your DNA and therefore, change your life. You can do it!

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