

## Epigenetics and DNA| What are Your Intentions?

In 1953 the structure of DNA was discovered, although a Swiss physician, Friedrich Miescher, had isolated it back in 1869. With that discovery the way we saw ourselves, and life in general changed dramatically. We had a way to individually identify and find the origins of all living things. It fit neatly into the philosophy of determinism, and Darwinian theory. We now had a set of codes that could explain why we are the way we are. These codes seemingly determined what color our eyes would be, what sex we were, and what ailments we would be prone to. To this day we get tested for genetic markers for certain propensities believing that our DNA is the sole determinant. Stem Cell Scientist Bruce Lipton, PhD in an interview with Superconsciousness Magazine said:

“This kind of belief system provides a visual picture of people being victims: If the genes control our life function, then our lives are being controlled by things outside of our ability to change them. This leads to victimization that the illnesses and diseases that run in families are propagated through the passing of genes associated with those attributes. Laboratory evidence shows this is not true.”

Scientists have long known that genetic determinism is a flawed theory.

### **Epigenetics**

Epigenetics is the science studying the forces operating outside of DNA that influences genetic structure. “Epi” is Greek for besides, so it literally means besides genetics. The whole subject is complex and includes a myriad of factors influencing our lives, environment, climate etc. But what was most intriguing was the discovery that emotions played a significant role in changing our DNA. What? Feeling sad, happy, angry, fearful? It all has an influence on the structure of ourselves. The Love we have for someone or the anger, anxiety, fear we feel can alter the outcomes of each individual’s DNA blueprint.

### **Quantum Nutrients**

Feeling negativity, having negative emotions such as anger, anxiety, fear, dislike, hate, or thinking negative thoughts makes us stressed and uses resources and energies that would otherwise be used to repair, maintain and regenerate our biological system. When in the middle of such feelings and thoughts we are overwhelmed. We feel more anxious which creates more emotions, etc. Trapped in this feedback loop we desperately seek a way out. The way out is through intention. Sincere positive feelings, feelings from the heart, choosing appreciation, love and caring allows the energy to work for us. These heartfelt feelings are called Quantum Nutrients. They actively influence our bodies at the cellular level. But you’ll say,

how do I get there, it's not how I feel? Have the intent of the positive feelings and say positive things and soon you will change the way you feel.

This is not just some new age guru hocus pocus, there is experimental evidence that aspects of DNA can be altered by intentionality. The article, Modulation of DNA Conformation by Heart-Focused Intention – McCraty, Atkinson, Tomasino, 2003 – describes experiments that achieved such results.

### **Heart Intelligence**

You might want to refer to my previous article the Heart Mind Connection that give you techniques to access the Heart Intelligence. The heart generates a much stronger energetic field than the brain that can then influence physical structures such as DNA. As I mentioned in my article, the heart has many more nerve endings than the brain so it serves as an access point for information. Practicing heart centered, heartfelt positive emotions affect the DNA. Getting into heart coherence seems to be the key. The hypothesis is that those people who are able to maintain states of heart coherence are able to have more effect on their well being and in changing their DNA.

If, in fact, we can alter our own DNA through intention, how then might we affect the rest of the world around us?

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