

I AM YOUNGER THAN I WAS

Epigenetics: We are not slaves to our DNA

I dreamt a dream last night. It was real I think, because I woke up 20 years younger than before I went to sleep. It was the double reverse of the Rip Van Winkle experience as instead of sleeping 20 years, I slept one night, and instead of waking up with the gray beard I woke up with a younger body and mind. I know that this may seem silly and unreal, so I really do not mind if you wander off and stop reading here, but the true reason I say this is because I want only positive beliefs to be associated with this fairy-tale, as what you believe affects other people reading this. I learned a long time ago that the themes of myths and fairy tales always ring true generation after generation, so let this be the beginning of unimaginable, life changing beliefs for this and future generations. Decide now....open your mind or leave the way you came in.

So let's start at the beginning. As this month is filled with the campaigns to fight breast cancer, thankfully on every TV channel day after day, my dream was directed to a lady with breast cancer. I was sitting in my office with a strange feeling that I could do something for her. On the white wall opposite my desk chair I could see various writings running along like on the bottom of a TV set: "Genes are part of our body and we own our body, not the genes!"; "Doctors, doctors, everywhere and not many believers, I think"; "Cells react to hypnosis, react to hypnosis, react to hypnosis". "Cells direct the genes" My mind wandered to many other writings that I have made over the years and one in particular from 4 years ago explained to me the reason that I was having this dream. It is because the scientists are finally catching up to the hypnotic way of thinking. We hypnotists are not burdened by all of the established procedures of the scientific community to prove our results and that is why our results are labeled 'anecdotal'. Four years ago I wrote:

" We think, therefore we 'are'. We are hypnotists. We are not psychiatrists, nor psychologists, however we should think, and not merely perform perfunctory hypnotic activities with our clients. Every person has the opportunity to create a 'new person' every day but the challenge with which we are confronted is to make the change permanent. In 1902, James Allen published his classic 'As A Man Thinketh' , which inspired millions of people to think differently about themselves and their inner beings, including Norman Vincent Peale, Earl Nightingale, Tony Robbins and countless other positive thinking proponents such as we. I marvel at Allen's statements and observations for they are what we promulgate in our approaches to change through the use of hypnotism. *"As the plant springs from, and could not be without the seed, so every act of man springs from the hidden seeds of thought, and could not have*

appeared without them” Our clients are the product of their environment, both the outer and inner, and it quite difficult to change the outer environment when a person is trapped because of finances, family, and job. These outer circumstances have the power to create psychological toxins and they surely exist for every one of us, whether we are inclined to admit it or not. However difficult it is to change the inner environment, it is often more readily changeable than the outer. If only we can convey this message to our clients: “Man is made or unmade by himself; in the armory of thought he forges the weapons by which he destroys himself; he also fashions the tools with which he builds for himself heavenly mansions of joy and strength and peace.”

And now, with the concept of epigenetics, the environment over generations and generations is seen to affect the gene performance. And, the present outer environment is exerting its influence upon the genes through influence upon the cells. I became open to learn, and immediately information was being programmed into my conscious mind although I was asleep. 1. Genes are in our cells. 2. The outer environment affects the cells. 3 The cells affect our genes. 4. Genes have a methyl attachment which holds certain properties inside the gene. 5. Genes lose methyl attachment 6. Genes become demethylated. 6. Demethylation results in abnormal gene activity, one consequence of which is unbridled cell proliferation. 7. Genes carry pre-disposition for various attributes and illnesses through heredity. Short example: Lady has breast cancer in her genes. The methyl attachment to her cells which keeps the cancer in the genes wears away through environmental stress and pre-disposition. Her genes release the cancer into her cells. The proliferated cells become cancerous. She now has cancer, not when the cancer was in her genes, but when it ‘leaked’ into her cells.

My conclusions: 1. We can reverse pre-disposition through the inner environment and outer environment. 2. The inner environment is more powerful than the outer environment. 3. We can re-establish the methyl attachment to the genes through thought and perception direction to the cells via hypnosis. 4. The thought and perception become the new, stronger methyl attachment. 5. We can gather all of the cancer properties in the cells and push them back into the genes and then seal the genes with the methyl attachment. 6. The cancer genes are now rendered harmless. 7. The cells are now cancer-free.

I turned around and the lady was sitting in my hypnotic chair. I was not surprised, because what good is theory without testing for results. I took a lot of time and explained to her about how I, a layman, believed that the genes and cells worked, and how we can program them to work the way we wanted them to work. I also took time to tell her that what a person believes is the key, not whether it is right or wrong, for ‘perception ‘ is the key. “Belief’ is the key, so she must believe that she has the power

to heal herself through her thoughts and imagination. I spent about an hour with the educational aspect of hypnosis as I usually do with my first-time clients. I induced the hypnotic state, deepened the state, brought her to her safe and secret place, and then closed my eyes to imagine how she was healing herself. I began speaking: Imagine, and when I say imagine, I mean for you to visualize, or see, or hear, or sense, or feel or just plain know that the suggestions I am making and the images that you are having are actually happening in your inner being. Imagine that the cancerous properties have been leaking out of the genes into the cells and are sloshing around, and getting larger and larger as the leaking continues. It's something like we witnessed in the Gulf oil spill of a few years ago. The valve was defective and the oil just kept leaking out into the ocean. There were many methods employed to 'herd' the oil but the most effective was with the use of giant collars keeping the oil in a manageable spot. This was done until the leak was sealed and the oil could be gathered. Well, imagine that the leak in the genes is like that oil spill and that you must herd the cancer properties that are now in the cells. You must keep them together while you are repairing the leak in the genes. Just imagine a giant collar that surrounds all of the cancer in the cells and imagine the cancer being pushed back into the genes from which it came. Little by little the cells are clearing much like the water clearing little by little, a small area at a time. You can actually see the cancer being sucked back into the genes where it has always been harmless. The giant collar has now become methyl attachments to all the genes, holding all of the cancer harmless in the genes. The collar is now much like a seamless body suit with no openings. These body suits surround each and every gene. The cells are cancer-free, cancer-free, cancer-free. You are cancer-free, cancer-free, cancer-free. You are free, free, free. Just imagine your cells floating in an ocean of health. What is the healing color of the ocean? What color do you choose.? Heal yourself. Place the body suits on the genes. See how clean and clear your cells are. Feel the health vibrating through your entire body. Create the healing landscape in your mind, in your body, in your cells, in your genes. I gave her several minutes to visualize these scenes and then instructed her that next session I shall do some energy visualization with her as we are energy beings and that thoughts are energy. We shall continue strengthening her thoughts, her perception and therefore her energy.

Now you ask me what this little story has to do with me waking up from my dream 20 years younger. It has everything to do with it! After I saw how this lady healed herself by thinking to her cells who thought to her genes, I figured what the heck, if we can stop the flow of cancer and push the cancer properties back into the genes, then why can I not herd the aging properties that my aging genes are releasing into my cells and push them back into the genes, thereby making my cells lighter, brighter, healthier and younger. So I imagined the giant collar and body suits and you know the rest of the dream, almost. Diabetes, obesity, cholesterol, blood pressure, arthritis, and every disease known to man were able to be reversed and prevented in the laboratory of our

minds, as well as happiness, pleasure, excitement and other goodies in our inner environment. I also dreamed that I wrote a best-selling book entitled “Epigenetics & Hypnosis: Prevent and Heal.” And further, that many, many people who wanted to heal themselves and make themselves healthier than they already are, and those who want to stop detrimental pre-disposition forces bought my book, plus a few doubting-thomases!.

Over a hundred years ago, James Allen told us a ‘secret’: *“The soul attracts that which it secretly harbors, that which it loves, and also that which it fears; it reaches the height of its cherished aspirations; it falls to the level of its un-chastened desires”*. *“Good thoughts bear good fruit, bad thoughts bad fruit”* Does this sound familiar to you? I hope so.

CAVEAT: In strict compliance with the Ethics & Standards of our profession, always advise your clients who demonstrate symptoms of medical issues or psychological disorders to avail themselves of the best allopathic medical and psychological professional services that they can obtain. Request a written referral when warranted. Hypnotism is complementary to these traditional disciplines