

HYPNOGENES-HYPNOCELLS: Epigenetics & Hypnosis: Prevent & Heal

Tony De Marco, LL.B., CI, OB, DNGH

If you are not open to the illness preventing and healing future of hypnosis then please do not read this article. If you are skeptical when you begin reading this article, then stop reading it. Doubting Thomas' are not welcomed. I do not want you to send out negative vibrations and thoughts into the universe as the world's everyday conscious and subconscious environments are affected not only by world and local happenings but by our perception of these happenings which in turn dictates the psychological and physical paths of our individual lives. Everything starts with me and everything starts with you, therefore as long as I believe what I have read about epigenetics and believe in my interpretation of those writings in relation to the mind and hypnosis, then that is a sufficient start for me. Your beliefs are yours to choose. I have always stated that when you believe in something with passion and unqualifiedly, then that belief goes deep into our subconscious minds and is properly filed for application to our bodies, conscious minds and behaviors.

This August, I presented a 2 hour workshop on Epigenetics & Hypnosis at the NGH Convention. The reception of the workshop attendees was beyond my expectations. Not only did they listen intently but participated in identification of 'good genes' that we hypnotists can work with. It was an experimental workshop as far as I was concerned as it was my first offering on epigenetics. This exercise was conducted with the admonition that the subconscious mind accepts everything whether real or imagined so that the gene identification need not be well-founded nor accurate. At the end of this article I shall name some of the 'genes' that the participants 'came up with' as they were and are excellent for our immediate use. That is, assuming that you are a 'true believer'!

I personally became 'cell communication conscious' over 22 years ago while sitting in a workshop in California presented by the now eminent Dr. Bruce Lipton, cell biologist. He offered slides to demonstrate that cells do communicate with each other in that the cells closest to the exterior part of our bodies pick up the vibrations such as with

music (sic. and feelings and emotions, and thoughts) and movement is recorded with fMRI's as the cells pass the messages on to the inner cells. To me it looked like little people gossiping and chatting with each other. From that day on, I speak to my cells, systems, and organs, and most recently to my genes. However I think that I spoke to my genes around the same time as I knew I could overcome any pre-disposition for illness that was passed down to me (inherited). Actually at I did it but did not realize that I was speaking to my genes....I thought only my cells, but then genes are a part of our cells, so in effect I was speaking to them also. We are able to take many liberties because the subconscious mind is a million times more powerful than the conscious mind....and I am not exaggerating. . In Dr. Lipton's book, 'The Biology of Belief', he demonstrated that perceptions transmit signals to the brain which determine the biology of our bodies. While genes control our biology, they are controlled by external signals. Changing beliefs or perceptions sends completely different messages to our cells. Dr. Lipton's work dictates that if healing is to be successful, it must have a spiritual content. It is estimated that 70 percent of people's thoughts are negative or redundant and 95 percent of life activity stems from the subconscious. Changing thought patterns will improve gene responses. He states that "The major problem is that people are aware of their conscious beliefs and behaviors, but not of subconscious beliefs and behaviors. Most people don't even acknowledge that their subconscious mind is at play, when the fact is that the subconscious mind is a million times more powerful than the conscious mind and that we operate 95 to 99 percent of our lives from subconscious programs. "Your subconscious beliefs are working either for you or against you, but the truth is that you are not controlling your life, because your subconscious mind supersedes all conscious control. So when you are trying to heal from a conscious level—citing affirmations and telling yourself you're healthy—there may be an invisible subconscious program that's sabotaging you." As I have proclaimed time and time again, we must clear the subconscious mind of all debris, of all garbage before we can plant our new suggestions and affirmations for health.

"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."

We can prevent all 'bad' pre-disposition genes from switching on, such as cancer genes, stress genes, obesity genes, depression genes, etc. (Expressing themselves) Genes function in accordance with our 'beliefs and life's living'. The outer and inner environments are extremely powerful I truly mean the physical and psychological environments that occur in our outside world that affect our inner world. Although thoughts are naturally inside of our bodies, the outer environment which includes all of life's intentional and unintentional happenings, and as far as hypnosis and self-help is concerned, INTENTIONAL hetero and auto-programming. There is a cascade effect that goes from outer to inner. The outer environment (outside of the body), influences our thoughts, emotions and responses. Our thoughts/emotions/responses then kick off certain biochemical responses. These biochemical responses take place inside of certain cells, which then send messages to other cells (a phenomenon known as cross-talk), so there is an intra-cellular environment filled with chemical messengers that then work their way into the cells

through channels on the cell membranes. Once inside the cell, these messengers kick off a cascade of events within the cell. We can re-establish the methyl attachment (which prevent the gene from switching on) to the genes through thought and perception directed to the cells via hypnosis. The thought and perception become the new stronger methyl attachment (disease preventer).

I addressed the illness pre-disposition of genes due to heredity and now it is time to propose some good work with good genes, real or imagined, so that they may express themselves in wonderful and exciting ways. And I can honestly say that the 'good genes' that I am going to mention from my own imagination and from the workshop participants, may very well be real. You see, even the cell biologists and researchers cannot agree on the number of genes in our bodies. Estimates vary from 28, 000 genes to 120, 000 genes, so the names and functions of genes are not yet known completely. It is wide open for our work.

To start off with, I created an 'anti-aging gene' for myself and I imagine that this gene expresses itself by sending out youthful 'stuff' (and that is how the biologists describe it) to my body and mind. I have written an article earlier this year that I am younger than the years that I have been on earth and I really believe this. So now you get the concept. BTW, I do practice what I preach otherwise, what's the sense? The workshop participants came up with these 'good genes' and I believe every one of them, I cannot give the names of the participants and the genes that they named, but if I get around to writing a book on this subject, I shall surely identify them. They also came up with ways to 'prevent expression' and 'promote expression' which I would also include in any future writing. The ingenuity of the imagination shines through these thoughts from the workshop participants. (I am also presenting an Epigenetic workshop at the NGH Sold Gold Convention in Las Vegas this coming February and I welcome comments and your thoughts about other 'great genes' that we can have express themselves for ourselves, families, friends and clients. Please include your name in the event I use any material in a future book.)

"Feel good genes; perfect health genes; kindness genes; mindfulness genes; exercise genes; relaxation genes; anti-war genes; anti-aggression genes; self-confidence genes; connectedness 'divine wisdom' genes; intuition genes; magic genes; happiness genes; the ' so & so' forgetting genes; romba cell with each breath genes; inflammation preventing genes; lubricant genes; proper nutrient distribution genes; motivation genes; helper genes; soldier

genes; guard genes; military genes; angelic genes; archetype genes; healing genes; digital genes; color genes; good image genes without names; anti-cancer genes; cancer-destroying genes; forgiveness genes; vibrant health genes; anti-biotic (garlic & onion) genes; pac-man genes; elasticity genes; freedom genes”

Dr. Bruce Lipton summed it up so neatly: “Here’s the connection: With fifty trillion cells in your body, the human body is the equivalent of a skin-covered petri dish. Moving your body from one environment to another alters the composition of the ‘culture medium,’ the blood. The chemistry of the body’s culture medium determines the nature of the cell’s environment within you. The blood’s chemistry is largely impacted by the chemicals emitted from your brain. Brain chemistry adjusts the composition of the blood based upon your perceptions of life. So this means that your perception of any given thing, at any given moment, can influence the brain chemistry, which, in turn, affects the environment where your cells reside and controls their fate. In other words, your thoughts and perceptions have a direct and overwhelmingly significant effect on cells.” He also asserted that through hypnosis among other modalities we can rewrite the destructive programs that occupy our subconscious minds.

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.

NOTE: Suzanne Michaels is an energetic and radiant cancer survivor. She is a nurse, a hypnotist and graduate of the Academy of Professional Hypnosis. My original article was given to her for her comments as she did much research into genes, DNA, cells and how they function. This work is a combination of both our thoughts. **Tony**