

Can You Think or Believe Yourself Well?

By Lita Lee, Ph.D., May 2010

Epigenetics and the Biology of Belief or, What's More Important in Health and Healing, Genetics or Your Beliefs

This information was taken from www.Mercola.com

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<http://articles.mercola.com/sites/articles/archive/2010/03/02/radical-new-understanding-of-genetic-disease.aspx>

The italics are direct quotes

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Main stream medicine then tries to "kill" the "abnormal" cancer cells, bacteria, viruses, etc. with drugs that have very toxic side effects. Many patients are more ill from the drugs than the initial condition, which often persists or returns after treatment.

There has emerged a whole new way of thinking about "disease" based upon years of research by several groups. This new science is called Epigenetics, which means "above genes."

Says Dr. Mercola: *Epigenetics is probably the most important biological discovery since DNA -- and it is turning the biological sciences upside down. Where it was once taught (and still largely believed in many conventional medical circles) that you are a victim to your genes, helpless to the whims of the genetic roadmap you received from your parents, and it's now known that your genes in no way are the final arbiter of your health.*

It is important to realize that you are in control of your genes ... and are changing them often -- daily and perhaps even hourly -- based on the foods you eat, the air you breathe, and the thoughts you think. It's your environment and lifestyle that dictates your tendency to express disease. It's now known that your habits are more important than your genes! But please realize that, depending on your choices, the changes you influence can be good or bad. It works both ways.

I have never really believed in the genetic theory of disease, which portrays us as being helpless "victims" of our familial genes. I hear statements such as these quite often: "my mother had cancer, heart disease, etc. and I am worried that I will get it...."; my father has diabetes so I guess I am in line for it... and so on. These statements are a sure way to predispose yourself to an unwanted disease and relieve you of any responsibility for your health.

Says Mercola, *your brain controls all processes in your body. By comparing brain CT scans with medical records and personal histories, it becomes evident that emotional trauma or "conflict shock" leaves a visible mark in precisely the same area of the brain that controls the disease process.*

In fact, diseases are not senseless "disorders" but in reality are meaningful biological processes trying to save an organism rather than to destroy it. Your whole organism is engaged in facilitating a conflict resolution. The conflict-related organ responds with functional changes to assist the individual on the physical level during the unexpected distress.

A positive attitude, letting go of anger, feelings of trust and forgiveness can significantly reduce the intensity and duration of a conflict and therefore the "disease" symptoms.

There has long been schools of thought, such as Abraham (Esther and Jerry Hicks) and ancient problem solving methods such as Ho'oponopono as taught by Dr. Ihaleakala Hew Len, that stress taking full responsibility for all that happens to you in your life including your relationships, health, wealth, etc. The Law of Attraction states that you get what you focus on whether you want it or not and this awareness can change your life for the better.

Now we have two scientists, Dr. Bruce Lipton in the U.S. and Dr. Ryke Geerd Hamer in Germany who have scientific evidence on Epigenetics.

In his book, The Biology of Belief, Dr. Lipton explains epigenetics and that the secret to life does not lie within your DNA. This means that you are not controlled by your genetic makeup. Instead, your genetic readout (which genes are turned "on" and which are turned "off") is primarily determined by your thoughts, attitudes, and perceptions! Bruce Lipton's "New Biology" is another school of scientific thought that adds to this "new" way of thinking about disease.

Another epigenetic model is German New Medicine (GNM) and the research of Dr. Ryke Geerd Hamer, which operates under the premise that every disease, including cancer, originates from an unexpected shock experience.

German New Medicine (GNM) elevates "prevention" and "healing" to a level where the biology of human beings can be understood as intimately connected with spirituality and a chance for spiritual growth. An understanding of GNM and the Five Biological Laws has in itself a healing effect as it liberates your mind from fear and inspires trust in the creative wisdom of Mother Nature.

Sources: Learning GNM 2009 ; <http://www.newmedicine.ca/>

This experience does not necessarily have to appear traumatic to others, however; it is traumatic and unexpected to you. Someone else may not react or deal with it the same way when put in a similar situation. According to GNM, the resolution phase -- the healing phase -- is as long as the trauma phase, which is why you are recommended to always deal with your emotional trauma as swiftly as possible. The faster you resolve your trauma, mentally and emotionally, the faster your body can proceed through the healing phase.

GNM also claims that all "diseases" are in fact your body going through the resolution phase, meaning what appears to be a disease is in fact your body healing itself.

Why do diseases run in families? If you are not a slave to your inherited genes, then why is it that diseases often run in families? The answer to this appears to be hiding in plain sight.

What about identical twins? Research has shown that when identical twins are separated and grow up in different environments with different beliefs and different diets, they no longer have the same health issues.

As GNM explains: *"Since families share the same cultural and social conditioning, the same indoctrinations, the same beliefs, and so forth, they often experience the same type of conflicts, causing the same "diseases."* Thus, diseases may run in families due to similar emotional experiences ... but they need not.

These ideas are not really new. Drs. Bruce Lipton and Hamer have been at it for more than 20 years. The only "new" aspect here is the fact that they are finally able to provide overwhelming, and in many cases indisputable scientific proof of HOW it actually works -- even down to the cellular level.

As it turns out, this is not a popular truth. Many people do not want to hear that “you are completely in charge of your health!” It’s too frightening for many to believe that they create their own reality including their health or sickness.

The four Myth Perceptions of the Apocalypse, from Dr. Bruce Lipton’s New Book, *Spontaneous Evolution*

These are the myths that have been presented as actual science. However, over the last two decades or so, science has shown them to be not only flawed, but entirely false, providing such profoundly different answers that it will undoubtedly change the way we live in the future.

Myth # 1: You Live in a Mechanical Universe

This is the belief that the world operates through Newtonian physics, that we live in a mechanical universe. This means that your body is a physical machine and it responds to physical “things” like chemicals and drugs. By adjusting these chemicals and drugs, doctors can modify and control life. This is the basis of allopathic medicine.

However, quantum physics shows that the invisible, immaterial realm is far more important than the material realm, so the mechanical universe theory is flawed. In fact, your thoughts may shape your environment far more than physical matter. Einstein said, “*The field is the sole governing agency of the particle.*” What that means is that invisible energy is the sole governing agency of matter (the physical world).

So, the new science shows that your thoughts, your attitudes, your beliefs, and the invisible environment, are more primary in shaping your life than anything in the physical world is.

Myth # 2: Your Genes Control Your Life

In his book, *The Biology of Belief*, Dr. Lipton explains the foundation of epigenetics, and how the true secret to life does not lie within your DNA. This means that you are not controlled by your genetic makeup. Instead, your genetic readout (which genes are turned “on” and which are turned “off”) is primarily determined by your thoughts, attitudes, and perceptions!

The major problem with believing the myth that your genes control your life is that you become a victim of your heredity. Since you can’t change your genes, it essentially means that your life is predetermined, and therefore you have very little control over your health. With any luck, modern medicine will find the gene responsible and be able to alter it, or devise some other form of drug to modify your body’s chemistry, but aside from that, you’re out of luck.

The new science, however, reveals that *your perceptions control your biology*, and this places you in the role of Master, because if you can change your perceptions, you can shape and direct your own genetic readout and be in charge of your health.

As Dr. Lipton says,

“This is very relevant to the world that we are in because we have to take back a belief that we have power over our lives. Because our current perception is that we are victims, and since perceptions control life, if you believe you are a victim, you become a victim. When we change our perceptions, we can become masters. So we are moving out of “victimhood” into mastery.”

Myth # 3: Life is based on Survival of the Fittest

The third misperception is the Darwinian belief that life and evolution is based on the survival of the fittest, which is an inherent competition and a struggle for existence that goes on forever. The new science, however, shows that this is incorrect; that evolution was *not* based on competition, but rather on cooperation. This is a profound difference, and it tells us that if we want to evolve as a species, we must stop competing, and begin to recognize our coherence – that we evolved to live as a harmonious community of people, living on this planet as one living “thing” called humanity.

Myth # 4: Life Evolved as a Random Process

This is another Darwinian theory. The significance of this myth is that, based upon it, you have no purpose here, and humans are somewhat disconnected from the environment altogether. It says that you got here by accident, and since humanity was accidental, humans have no real purpose here on planet earth.

The new biology, on the other hand, reveals that you are in fact an extension of your environment. In fact, every time an organism is introduced into an ecosystem, its function is to balance it and keep it stable. When viewed from this perspective, you realize that the function of your existence here on earth is to create harmony and stability within your environment.

Says Dr. Lipton, “... *humanity evolved as a compliment to an environment. The very scary situation is, if we destroy the environment that created us, then essentially, we are destroying the foundation of our existence.*”

So, how do we heal our emotional, physical and spiritual traumas?

There are quite a few ways. I will describe my three favorites:

The Teachings of Abraham – Esther and Jerry Hicks

Esther Hicks is an American inspirational speaker and best-selling [author](#). She has co-authored nine books with her husband **Jerry Hicks**, presents workshops on the [Law of Attraction](#) and appeared in the first release of the film [The Secret](#). The Hicks' books, including the best-selling series *The Law of Attraction*, are — according to Esther Hicks — “translated from a group of non-physical entities called Abraham.” Hicks describes what she is doing as tapping into “infinite intelligence.” In addition to their books, Esther and Jerry Hicks offer email daily quotes (free), CDs, DVDs, cruises and workshops in many cities across the U.S.

Here are some quotes (in italics) from Abraham as translated through Esther Hicks. It is better than any “definition” of Abraham and the Law of Attraction.

Physical humans have found many labels that they use, depending on how they feel in the moment, to try to describe their interaction with Nonphysical. We are Source Energy. We are Collective Consciousness - meaning a stream. We are a consensus of many nonphysical voices. We are that which some have called angels. We are that which some have called God. We are that which some have called Inner Being. But most importantly (and we'll use some of our favorite words again) we are focalized Consciousness, specifically responding to the vibration that you manage in your asking.

What I think and what I feel, desire and focus on and what I get are always a match.

The contrast in life produces the desire within you, and the Universe expands as a result of it. The only question is the question that we want so much to answer: are you letting it in? Are you letting yourself experience the benefit of your precious focus and your vast experience in the here and now? You'll never get it done. You cannot get it wrong. So don't you think it's time for you to lighten up and start having more

fun with all of this, and accept that you are Eternal Beings? And since you are Eternal Beings, then there's no point in rushing, because there's never going to be a time when you don't exist.

Whatever you are focused upon is the way you set your tuner, and when you focus there for as little as 17 seconds, you activate that vibration within you. Once you activate a vibration within you, Law of Attraction begins responding to that vibration, and you're off and running--whether it's something wanted or unwanted.

Law of Attraction says, "That which is like unto itself is drawn." Vibrations are always matched. So, as you experience the contrast which inspires the new desire, this new desire, whether it is a strong one or a soft one, is summoning unto itself proportionately. And as it summons, it is always answered. It is the basis of our Universe: When it is asked, it is always given. Humans think they are asking with their words, or even with their action, and sometimes you are, but the Universe is not responding to your words or your action. The Universe is responding to your vibrational calling.

Now, how is it that you think you ask? With your words? The Universe doesn't hear your words. You ask with your desire. The desire that is born out of the contrast. That desire. That wanting. That's what summons the Life Force.

When you begin to understand Law of Attraction, and you understand that which is like unto itself is drawn, then it is easier and easier to understand that you are offering a signal, and the entire Universe responds. And when you finally get that, and you begin to exercise some deliberate control about the signal that you offer, then it really begins to be fun, because then you recognize that nothing happens outside of your creative control. There are no things that happen by chance or by circumstance. There is nothing that is happening because of something you vibrated a long time ago or in a past life. It is not about what you were born into. It is only about what you are, right now, in this red hot fresh moment emitting.

Just love everybody that interacts with you no matter how personally, or how peripherally, involved with you they are. The efficiency of the people who deal with you... everything is orchestrated by the manager called Law of Attraction. And your vibration is setting all of it into motion. Everything affecting you is a reflection of the vibration that you are emitting. Spend more time focused upon your dream than upon the reality. The reality gives birth to the dream -- but the dream is where you are wanting to put your attention.

*You are meant to succeed, and failure should feel bad to you. Life is supposed to go well for you—and when it does not, there is something wrong. But what is wrong is not something that is outside of you over which you have no control. What is wrong is within you—and you do have control. And taking control is not difficult to do once you understand the basis of who-you-are and the basics of the **Law of Attraction** and the value of your personal Emotional Guidance System.*

*This final quote really explains why health conditions “run in families.” – It starts with the child. *The child is thinking, and receiving vibrational thought from you on the day that he/she enters your environment. That is the reason that beliefs are transmitted so easily from parent to child, from parent to child. The child is vibrationally receiving your fears, your beliefs, even without your spoken word... If you want to do that which is of greatest value for your child, give thought only to that which you want, and your child will receive only those wanted thoughts.**

Links to information, books, CDs, DVDs, cruises and workshops:

Home of Abraham_Hicks and the Law of Attraction:

<http://www.abraham-hicks.com/lawofattractionsource/index.php>

Free video clips: <http://www.abraham-hicks.com/lawofattractionsource/videos.php>

You Tube video clips: <http://www.youtube.com/watch?v=D8rkvEaVrG0>

Ho'oponopono as taught by Dr. Ihaleakala Hew Len

An Introduction to Ho'oponopono

This is an ancient Hawaiian problem-solving method which has been taught for the last 26 years by Ihaleakala Hew Len, a psychologist and shaman. Ho'oponopono has been practiced for thousands of years and it means "to make right." The ho'oponopono process petitions Divinity to erase negative programs including thousands we have in our subconscious mind that we are not aware of since the beginning of creation. When Divinity erases the negative program in you, it happens in everyone. Then you can live from Divine inspiration, not the blocks (known or unknown) in your subconscious, which Dr. Hew Len calls *memories replaying, the enemy within, the rebel powers, negative programs or simply data*. The unique thing about ho'oponopono is that you do not need to know what the negative data is. You can simply erase it in this process by petitioning Divinity and this is called *cleaning*. Only Divinity can erase the memories replaying. This is the essence of ho'oponopono. Memories replaying and Inspiration cannot coexist.

Dr. Ihaleakala Hew Len became famous when news got out that he healed a ward of criminally insane inmates without ever seeing them or talking to them. He simply worked on *himself and did it with love!* It is impossible to understand what I am trying to tell you but as I do this daily, understanding comes to me in a wordless sort of way. It is deceptively easy to do but hard to understand. Here is the method (you say it to yourself, not out loud or folks may think you are nuts!):

I love you (who do you love? - yourself, your problems, the data in your subconscious, your enemies, your friends, etc.)

I am sorry (you are apologizing to Divinity for being unconscious and unaware of the memories replaying in your subconscious that has contributed to the suffering of another person or persons).

Please forgive me (You are asking forgiveness from Divinity and from whatever data is in your subconscious that has contributed to the suffering of another person or persons).

Thank you (you are thanking Divinity for erasing the memories replaying and for transmuting them into light and love and for allowing inspiration to guide you)

This method really eliminates the need for "therapy" - e.g. finding the "problem", focusing upon it and discussing it. It's much easier to erase memories replaying than to try to find them, since there are tons of stuff (data) in our subconscious that we are totally unaware of that blocks us from living from and being guided by inspiration (e.g. from Divinity).

Here are some links to interviews, articles and videos on ho'oponopono:

<http://www.youtube.com/watch?v=wSfbkG97H7Q>

<http://www.youtube.com/watch?v=FkO3L9-bEX8&feature=related>

Ho'oponopono song

<http://www.youtube.com/watch?v=zILQmK7jTfE&feature=related> ho'oponopono song in Hawaiian language

<http://www.youtube.com/watch?v=YvpoTGseaYk&feature=related> choosing what you want with ho'oponopono

<http://www.youtube.com/watch?v=wgmcim5phg&feature=related> Increasing profits in small businesses

Online link to articles etc. <http://www.hooponopono.org/articles.htm>

<http://hubpages.com/hub/How-To-Practice-Hooponopono> Has the “I am the I” prayer

<http://www.youtube.com/watch?v=wSfbkG97H7Q> Saul Maraney

9 Interviews with Dr. Ihaleakala Hew Len on Ho’oponopono

<http://www.youtube.com/watch?v=OL972JihAmg&feature=related>

Definitions of Divinity

Divinity is the “I” from which we came (Dr. Hew Len). You can say Divinity (Dr. Hew Len), the Source; Source Energy (Esther Hicks), God (Christianity), Jehovah (Jehovah’s Witnesses), Allah (Muslims) – it does not matter what word you use.

Esther Hicks says: “There is no relationship of greater importance than the relationship between you, in your physical body, right here and now, and the Soul/Source/God from which you have come. If you tend to that relationship, first and foremost, you will then, and only then, have the stable footing to proceed into other relationships. Your relationship with your own body; your relationship with money; your relationship with your parents, children, grandchildren, the people you work with, your government, your world . . . will all fall swiftly and easily into alignment once you tend to this fundamental, primary relationship first.”

From [The Vortex by Abraham \(Esther and Jerry Hicks\)](#).

Dr. Ihaleakala Hew Len says that when we focus on love, forgiveness and thanks, Divinity obliges by erasing negative programs (called data or memories replaying) from the subconscious mind. Then Divinity can inspire us and whatever is good and right for us comes to us without asking or planning, whether it’s the right job, the right customers, the right mate, the right child, etc.

Links: <http://educate-yourself.org/zsl/hooponopono25jul06.shtml>

<http://www.businessbyyou.com/videos-interviews-with-dr-ihaleakala-hew-len.html>

Emotional Freedom Technique (EFT)

What is EFT?

By Gary Craig, the Founder of EFT

<http://www.emofree.com/newcomer.htm#Newcomers>

EFT is a powerful **new discovery that combines two well established sciences** so you can benefit from both at the same time:

1. Mind Body Medicine
2. Acupuncture (without needles).

In essence, EFT is an **emotional version of acupuncture** wherein we stimulate certain meridian points by tapping on them with our fingertips. This addresses **a new cause** for emotional issues (unbalanced energy meridians). Properly done, this frequently **reduces the therapeutic process from months or years down to hours or minutes**. And, since emotional stress can contribute to pain, disease and physical ailments, we often find that EFT provides astonishing physical relief.

You will need evidence of this for yourself and so I offer the following for your perusal:

- **Try it yourself** by [downloading the EFT Manual for free](#). It gives you all the basics and allows you to test drive EFT on your own issues (although at a beginner's level). If you wish to save time and dive right in you can [buy our easy to use training Libraries](#). They will take you from Beginner's level all the way to Mastery. Interestingly, this process is so easy to use that no previous training is required. Caveat: For people who are emotionally or physically frail, qualified health professionals should be consulted before using ANY health procedure.
- **Peruse the many studies** and experiments on our [EFT Research and Science section](#).
- [Read the exhaustive list of actual cases on this website](#). These are written by clients, therapists and physicians and allow you to see EFT's possibilities through the eyes of those that have already been there. Note the wide variety of successes. This is why one of our sayings is, "Try it on everything." It is as close to a Universal Healing Aid as anything I've seen.

More benefits...

- You can make **enormous strides** by introducing EFT into your emotional therapy process (whether you are a professional or a client). Instead of taking months or years using conventional "talk therapy," **EFT often does the job for you cleanly and thoroughly in one or two sessions** ... and we sometimes achieve noticeable results in a few brief rounds of EFT. We label these near-instant results as "one minute wonders."
- Once you have seen how well EFT clears out emotional debris, your next step is **to notice how physical ailments start to fade**. Headaches, back pains and other discomforts often tend to improve or vanish as emotional issues improve (this is the essence of Mind Body Medicine). Your vision may become clearer and everyday stress may take less toll on your system.
- Accordingly, you can apply it to just about everything. That is one of the most astonishing things about it. You use
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Scent of a Rose

Angels on Earth Newsletter from www.Guideposts.com

April 14, 2010

http://www.guideposts.com/story/angel-inspires-cancer-survivor?emaileid=NL_AOE_Sub%20Category

By Michelle Carpenter, Parkville, Missouri

Everything in my life was falling into place. I'd found David, the man of my dreams. We had just gotten married and moved to Hays, Kansas, where David was president of Hadley Regional Medical Center.

One Friday afternoon I went to the medical center for an appointment. David promised me a romantic lunch when I was done. It was just a follow up to my annual physical. My regular doctor had noticed symptoms that might indicate multiple sclerosis, and he recommended an MRI to rule it out.

After the MRI, David and another doctor were waiting for me. *Something's wrong*, I thought. "What's the matter?" I said. "Do you have to cancel our lunch?"

David shook his head and sat me down in the chair next to him. "This is our chief radiologist." David took both my hands in his. "Michelle, they found a tumor in your brain." His voice broke. "They think it's cancer."

The doctor described my condition and treatment. He pointed to a white, egg-sized mass above my right ear on my MRI. The recommendation was to see Dr. Orrison, a top neuroradiologist in Albuquerque, for surgery. We had to act fast. Numb and confused, David and I rushed home, packed our bags, and headed to New Mexico.

Several days later, I was lying on a hospital gurney in Albuquerque, head shaved. Was my life over? I was 30 years old. Death—my death—hadn't ever given me a worry.

I remembered the first time I had thought about dying. It was the day of my baptism. I was 10. I lay back on my father's arms, and he slowly dunked my body in the warm water. Seconds later, he pulled me up and helped me to my feet. I hugged Dad as he dried me off, rubbing my long blond hair with a towel.

"God has a place for you in heaven," Dad said. "A special place just for you." He made the end of this life sound so peaceful. Then Dad reached around his back and handed me a rose. It was the first flower anyone had ever given me. I buried my nose in its soft velvety petals. I carried the scent of that rose with me in my memory to this day.

I turned my head. David was standing in the doorway, talking to Dr. Orrison. I felt a knot in my stomach. *Lord, if it's my time, I know that it's your will. Please be with David. Give him strength.* Quickly I tried to compose myself as David walked back into the room.

"How's my girl?" He kissed me.

"Well, no more bad hair days," I said. "You loved my hair. I must look awful."

"I love you, not your hair—and you're just as beautiful as ever."

I grabbed his hand. "Seriously, David," I said, "I need to know that you're going to be okay if I don't pull through. You've got a lifetime ahead."

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e same basic procedure for your fear of public speaking as you do for improving your golf score. **You can also use it for everything from the common cold to multiple sclerosis** (consult your physician, of course). Further, we have had reported successes for nearly every emotional issue on the books...including fear, trauma, depression, grief and schizophrenia. Some consider it the missing link in the pursuit of health and happiness.

Tapping has been shown to provide relief from chronic pain, emotional problems, disorders, addictions, phobias, post traumatic stress disorder, and physical diseases, as it helps people clear the limiting beliefs that are holding them back from attracting what they really want.

I've been using, teaching and promoting this simple technique for decades. I've written about it, and even appear in a movie about it, called "The Tapping Solution" (formerly titled Try It On Everything).

The Tapping World Summit is the best place to learn all about this. It has lots of teachers and lots of bonuses. It's an online event -- and it's free

Just go to --

<http://www.tryitoneverything.com/cmd.php?Clk=3533132>