

DNA: It's Deeper Than You Think



So right away, we all go to those things we think we're doomed with, when we think of DNA. Specifically, we talk about physical issues or genes we're just stuck with. It's just how it is, we think. NOT SO, says I, and while we're on the topic, let's talk about the other pieces of DNA we're always ignoring, shall we?

We tend to give attention to our physical self—our body—and ignore the larger, more important parts of ourselves. Our physical self really is just a tiny, tiny percentage of our whole self. Do yourself a favor and start to honor the rest of your being . . . you know, your mind and your soul. And you know how I'm always saying that when you do what's best for you, it's always what's best for others too? It works the same way, when you do something good for your body; it helps your mind and soul too! Likewise, when you follow the longings of your heart/soul, it becomes easier to take good care of your body and mind. It's all connected; it's all part of you and there's no way to deny it, despite how much you may sometimes ignore this basic truth.

That said, what makes you think DNA is only physical? If we automatically inherit our parents' bodily DNA, why wouldn't we also get the DNA of their mind and soul too, or in other words, their spiritual DNA? Oh yes, it's true. We are the off-spring of our parents, and their parents, and so on, in every part of our being—mind, body, and soul. Oh, feel the doom again! Did your little negative self jump right to what you feel is wrong with your parents, or their parents, or start to freak out as you think about your crazy relatives? Okay, chill out already, and stick with me. I think it'll be worth it, in the end! On to the good news . . .

DNA, along with everything else about you, is always, always in your control. Always! Your physical, emotional, and spiritual DNA still has to obey your free will. No matter what your inheritance is, the effect it has on you is still dictated by you. I realize this is not what you may have heard your whole life; the whole world often seems to give us the horribly-incorrect message that your genetics are something that have to ruin your life. Ya, ya, just like all the other excuses most of us have, of the things that "ruined" our life!

I have to gently remind you that no one but you can truly ruin your life. You still get to decide what to do with everything in your life, including DNA. Scientifically, you can see the effects that thoughts have on DNA. Chemically, biologically, energetically, and beyond, we have common tools to measure cells actually changing, based on thoughts! This is not new; this is not a break-through. Countless scientists and experts have written and taught with proof of all of this, not only in humans, but in all living things and beyond, even in the structure of water! Do you understand the power you hold? Do you see how your "faults" or "blocks" (as you may call them) may not be yours at all, but possibly something you inherited?

Afraid for your offspring now, knowing how you feel about yourself and your life? Don't be! Please! Be relieved, knowing you have the power to heal anything, once and for all, thereby healing it in not only your descendants, but I also believe it heals your ancestors too, whether they're still in the body you knew or not. Is this blowing your mind yet? It should be, if you're paying attention at all! Not only do you have the power to heal your life in all aspects of your being, but also all of your loved ones, including those that have passed on!

This would take countless hours to explain in detail, even in my simple understanding of it, but I assure you, many have written the proof of all of this, so you can look them up, if you desire.

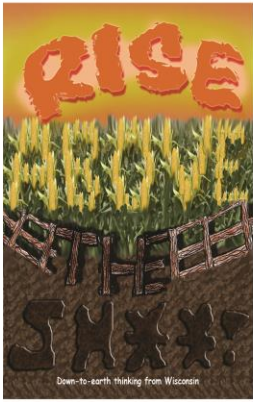
To bring this wonderful, loving, healing power into your life, once again, it's so, so simple! Do what's best for you. Heal your life, every part of your mind, body, and soul, and it automatically spills over onto everyone around you, especially your family, born or unborn, alive or deceased. It all benefits all souls, no matter where they may be. This knowledge overwhelms me and empowers me to listen to my instincts when it comes to the health of my being—mind, body, and soul. I rarely hesitate to allow myself assistance from the experts anymore; or from anyone, for that matter. In any form, the teacher/lesson will arrive when the student is ready! I've seen the incredible effect it has had in my life and in those around me. It also helps me understand the challenges that we all have with our standard behavior, habits, and beliefs. If you pay attention, you can easily see the patterns shared in blood relatives. It's not just the environment they grew up in, it's their DNA! And until a person decides to take action to change that DNA, it will continue to be handed down to the next generation.

We are sometimes devastated by challenges we face and wonder why we can't get past emotional, behavioral, or physical things we'd like to heal. It's sometimes not so easy when it's generations deep! "Why can't I get past this, or why do I keep doing this when I know better?" We ask this frustrating question, but we need to realize that sometimes, it's in our blood! Don't worry that you're broken and don't overanalyze why you are that way or look from someone to blame, just decide you don't want to be that way and that you're going allow yourself to change it or heal it or let it go! My secret when I can't quite convince myself that I'm capable of it, is to remember how powerful it is to resolve things with myself, as it will radiate out to my descendants, my ancestors, and anyone else around me, FOREVER!

Remembering it's not always your stuff makes it a little easier for me to remember that I'm not really so bad, after all. Neither are other people. They inherited everything they have, too! We've got to try to remember that everyone has a soul and are doing the best they can for their state of mind, body, and soul. No soul truly sets out to harm or offend another soul, so don't take things so personally. Their DNA could be to blame!





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Just do your best to be the one wise and loving enough to alter the pattern and change the future. There is a good reason you are aware of this and you can make your path whatever you desire, both despite your DNA and because of your DNA! There is a reason you are seeing it all! Bless you AND your DNA! ~Mary Anne

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