

## Article 106: Gene-Patterning in Action

Everyone of your body cells contains approximately 100,000 genes, but at every moment only a small portion of those genes are working, ...in other words, you are not bound to or controlled by your genes, you turn individual genes on and off to adjust their patterning as you desire ...and cells are enlivened and manifested, or embodied, to portray your desired patterning. Since all actions and manifestations in your body and life are impelled by thoughts founded upon beliefs, to live a state of abundant wellbeing, you must accept and live beliefs and thoughts of your desired wellbeing, ...not ones of sin, punishment, inadequacy, or unworthiness, or overcoming these things, ...nor ones that put the power of your life in the hands of others ...or upon external events and circumstances. The power and fullness of your self and life, and your richness, happiness, and wellbeing all rest with you, ...and you can live or transform your self and life as you desire.

The possibilities in your life are limited only by your beliefs and imagination, and your willingness to enliven and manifest your desires by fully and passionately living them. This is your life, ...live it! The more you truly believe in and are willing to imagine for yourself, this adjusts your personal gene-patterning ...and the more you can enliven and have. If you want to raise and expand your self and life, raise and expand your beliefs and your gene-patterning, awaken your imagination and patterning to wondrous possibilities, and set greater and finer standards and patternings for yourself; believe in yourself, your personal infinite-patterning, and all you can accomplish! Put your own superior resources and personal-patterning to work for you instead of struggling against you. Changing your beliefs, outlook, and habits will change your personal and gene-patterning. It is within your power to either direct your genes and body and journey in life ...or drift along at the mercy of events and circumstances, ...which will you choose.

If, in the past, you have chosen to wander in life and let your genes *limit* the wellbeing of your body and life, you may now use these new understandings of life's infinite-patterning and your personal gene-patterning to embody the self you desire ...and direct your life along an extraordinary path of excitement, enrichment, and happiness. It is time to end your unrelenting judgments, conflicts, and wanderings.

Many teachers declare that you unfold and develop only by meeting external causes and happenings, and that your life is more the result of heredity, genes, environment, events, and circumstances than of the choices you've made, for even those choices, they say, were influenced or controlled by external individual and situations, ...while other teachers contend that all *real* understanding and development comes from within ...and you must overcome external influences. Both beliefs are founded upon and backed by seemingly profound arguments and illustrations, but the truth lies within both, ...for, in your life, the inner and outer are

simultaneous ...and neither can be truthfully shown to cause the other, ...the inner and outer are exact images of each other ...following your self-chosen, self-created personal-patterning. Your genes and the environment around you, following your personal-patterning, work hand-in-hand. For example, having the gene for diabetes means there is an increased *risk* you will develop and live the disease, rather than an absolute certainty of the illness, ...the disease occurs only when you have a combination of the diabetes gene, diabetes-patterning, diabetes-beliefs/thoughts/attitudes/emotions/words/actions, and diabetes experiences and memories. The gene indicates an increased genetic vulnerability ...not inevitability.

### ***Genes do not act on their own!***

In fact, 95% of your DNA is composed of on/off switches which regulate the patterning and activity of genes, thus you cannot disassociate your genes from the beliefs, thoughts, attitudes, emotions, words, and actions which create desired-patterning by turning genes on and off.

Though the natural process of expansion of your mindful body includes constantly replacing and discarding cells, and expanding your life includes constantly replacing and discarding beliefs, this does not involve struggle or pain or suffering ...unless, of course, you resist this personal expansion, ...yet, most of your spiritually mindful unfolding and expansion seems to occur through pain and struggle brought about by fear and personal resistance to the truth of your life ...and the goodness and benevolence of all things. Why is that? Can't you create a desirable patterning from which to unfold and expand without struggle and conflict?

Awakened consciousness is the inner-awareness of outer-patterning ...and the outer awareness of inner-patterning, but it seems that you seldom take the time and effort to look profoundly at and understand yourself or your life; ...you seem to live from habit as though matters were preordained, ...and you complain from habit without changing very much. It is time to declare yourself from life's infinite-patterning and fully live this personal-patterning with every belief, thought, attitude, emotion, word, and action, ...and with every desirably enriching gene.

### ***Enliven and expand your self and life and genes as you truly desire.***

Have you ever been in a discussion group that contained an enthusiastically impassioned participant? That one person alone can overwhelm the entire group, for no amount of half-hearted reasonableness, rational thought, habit and custom, or even criticism can ever stand against individuals and ideas and actions which are enthusiastically supported and zealously followed, ...and neither can your old gene-patterning or life-patterning. Dedicate yourself passionately to your new self and life of happiness and enrichment. Conceive of nothing else for yourself, for when your desires and imagination are in opposition, your inner-images and

feelings, whether fearful and doubtful or joyous and exciting, will always overwhelm your desires, ...but when your desires and imaginings are truly united in a concerted and impassioned effort, very little can stand against such spirit and power, ...and your genes and life-patterning will also change.

### ***Live and work enthusiastically!***

You cannot serve yourself or your mindful body and life as you truly desire by following vague or constantly changing beliefs, desires, or guidance, or actions that offer temporary relief while continuing and expanding your original illness or problem. And you cannot serve yourself by judging and reacting with extreme or contradictory emotions. You alone enliven and manifest everything in your spiritual mindful body and life!

### ***Have you created a desirable gene-patterning for your genes to follow and manifest?***

Pathogens do not “cause” disease, ...they are merely *some* of the elements or constituents which reveal the self and life you are living; ...and even where a direct link between certain pathogens and specific diseases is constantly demonstrated, this merely shows that the pathogens are present, but you provide an appropriate and nourishing environment for them to live in, increase, and grow stronger, ...and you alone incite or allow those pathogens to riot in your mindful body. After all, since other individuals carry the same pathogens without any symptoms or adverse effects, it must be concluded that your body, patterning, and life offer a receptive environment to those pathogens, others’ immune defenses are stronger than yours, you are being victimized by unknown forces that incite and impel pathogens to act in a disease-forming manner, or individuals without symptoms are merely keeping them under control or undercover; ...in other words, something within each person encourages or prevents the disease, ...for in any of these situations, each person is carrying, enlivening, and living his or her own personal-pathogens ...or unwellness-patterning, ...or their wellness-patterning.

While the usual assumption is that your immune system either prevents the disease or lessens the symptoms ...or that you have developed an immunity to these pathogens, ...these assumptions do not account for the great variety of diseases and symptoms which directly relate to and fully describe the varied lifeseif individuals are patterning and living. What comes from within is each person’s lifetone and wellness-patterning which the pathogens, diseases, injuries, and specific symptoms are outpicturing. If you are not, in any way, always and in all ways living the beliefs and lifeseif you truly desire, you are living with and harboring your personal-pathogens, ...which may be your gene-patterning.

What symptoms, diseases, personal pathogens, and unwellness-patterning are you living and nourishing? Looking insightfully at and

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understanding your self and life ...do you see the problems and illnesses you are patterning, living, and nourishing? Is that what you want to continue? ...or will you choose and live more-desirable patterns?