

Accessing our Divine DNA Blueprint of Health by Releasing Shame

“There are beautiful and wild forces within us.”

~ St. Francis of Assisi

Our Divine DNA Blueprints Hold the Key

For some, health is a way of life. For others the journey toward health seems arduous and unending. Yet, each individual is uniquely created by God with a perfect essential blueprint for complete, permanent, limitless health, happiness, peace, and harmony. This sparkling blueprint holds a supreme and Divine capacity for self healing at the physical, mental, emotional, spiritual levels and beyond. An individual's original, pristine DNA blueprint, untouched by potential interferences such as generational miasms, toxic insults (bacteria, virus, parasites, fungus, heavy metals, etc...), trauma, beliefs, and emotions, includes all of the information to balance cellular functioning in the body.

Maintaining system-wide cellular balance is critical for health. Cells with robust DNA continually adjust to the environment and are more likely to function in a balanced, healthy state. In his book, *The Biology of Belief*, Dr. Bruce Lipton expanded the understanding of DNA and identified protein receptors as the brain of the cell. The protein receptors, located on the cellular membranes, serve as antennas picking up sensory information and sending it directly into the cell nucleus where it is encoded. From this encoding, DNA is continually created, ideally based upon the individual's original blueprint. Interference from the physical environment and/or our PERCEPTIONS of our environment directly impact the messages received by the protein receptors and in turn our DNA, gene activity, and health.

Throughout the past decade, many leaders in the field of energy medicine have come to agree, beliefs serve as an important filter which color our perception of the sensory information in the environment. Beliefs are born out of experience. Delightful, happy, fulfilling experiences help us to develop beliefs that God is present, “life is good”, and the world is safe. Beliefs which evolve from traumatic experiences are often rooted in emotions such as fear or shame.

The Role of Shame

A primary emotion which can color our perceptions and interfere with accessing the capacity to self heal is shame. Shame is a complex, emotional response acquired during early development which includes, but is not limited to, humiliation, embarrassment, guilt, or rage. While it can be a typical and normal response to a situation, when it is extreme or long lasting, shame can cast a shadow on self-image or self-worth. Dr. David Hawkins rates shame at the lowest level on the Map of Consciousness (*Power vs. Force: The Hidden Determinants of Human Behavior*, 2002). On a scale of 20 to 1,000, he logs shame at 20, with peace at the top of the continuum.

Young children who experience a persistent pattern of reaching out to connect with a parent/caregiver who receive either no response or a negative response report feeling invisible, little, weak, powerless, inadequate, or deficient. A child may feel there is something intrinsically wrong with him/her if he/she is unable to elicit an affirmative reaction from a parent/caregiver. He or she may feel alone, disconnected, or cut off. In

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addition, the notion of vicarious shame has recently been introduced, which refers to experiencing shame on behalf of another person. The state of shame is a deep contrast to our essential nature to be connected to one another in love, joy, and harmony.

Mini Case Example

Typical of most one year olds, Justin repeatedly reached out to his mother for love and attention. Characterized as lazy by family and friends, his mother was actually grappling with severe postpartum depression. As her symptoms became increasingly debilitating, she was unable to meet Justin's basic needs. His grandmother moved in for a few months to help with his care, however, his mother never received treatment. Her mood remained variable during his early childhood. Justin did not understand these complex psychological symptoms and attributed the lack of connection with his mother to something intrinsically wrong with him. Justin described feeling tunneled into a place of inadequateness, deficiency, and shame which later manifested as depression in his own life. Clearing and rewriting beliefs related to shame helped shift Justin's perception of his environment and balance his energy. He reported feeling significantly more connected to God and others as well as a greater sense of well-being and adequacy.

Shame can pose as the ultimate limiter as it seemingly highlights our alleged weaknesses and creates an illusion that these supersede the love and joy on our sparkling Divine energetic blueprint. Of course, noticing a problematic belief does not mean that you ARE a problem....it is simply an opportunity to revise, upgrade, and amplify the belief to reflect the Divine already present in your being.

Examples of limiting beliefs associated with shame:

There is something fundamentally wrong with me.

I can never do enough to be good enough.

I am inadequate.

I am unworthy.

Examples of revised, positive affirmations:

I am perfect in God's eyes.

I belong. I was created for a special purpose by God.

I am connected to God and filled with love and peace.

I am completely worthy of Divine love and gifts.

Prayer, affirmations, parts work, and Quantum Techniques codes are examples of ways to shift the aforementioned beliefs. Revising beliefs has the potential to enhance our perceptions of the world around us, affect DNA, heighten energetic balance, and ultimately impact the manifestation of sparkling health.

Code to clear beliefs and feelings related to shame and inadequacy

Hand position: palms of hands over heart

sh eb 3rd eye eb if mf lf eb e if ch lf oe liver eb 3rd eye eb mf g50 sh g50 eb mf un e c a

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eb ch un ch if eb lf oe a c 9g un sh un crown, navel, back of navel, tailbone, back of throat, forehead, crown, solar plexus, heart, chin, forehead, crown, halo, sh

We invite you to explore and revise your own beliefs and wish you blessings on your journey.

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