



**BASIC**

**BASIC GUIDE TO  
DNA REPROGRAMMING  
BY JOHANNA BASSOLS**

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**GUIDE**



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## NOTE ABOUT THE AUTHOR JOHANNA BASSOLS

“Many of the problems and obstacles that we endure in our lives could disappear if we change the way we perceive them. All we need to do is elevate our consciousness” – Johanna Bassols

Johanna Bassols is a law graduate and entrepreneur who found her life purpose in the most enlightening way, through a process that she now teaches in her books and classes: the activation of the DNA.

After more than 25 years researching in metaphysics, frequencies, healing methods and other applied sciences, she successfully activated her own DNA and documented this process highlighting the most important techniques and theory.

Johanna is the founder of the Healers of the Light, alternative healing academy. She created a unique healing method for reprogramming energetic imbalances, called the *Soul Reprogramming Method*, and is the author of the series *The Power of the Elevation of Consciousness*.

She studied Public Law at the Pontificia Universidad Catolica del Peru, and runs a successful real estate brokerage in Miami Beach, Florida.

She is an expert in the use of frequency words to trigger mental states.

She is an advocate for stimulating DNA activation for healing purposes, and elevation of consciousness.



**A GUIDE TO  
UNDERSTANDING THE IMPORTANCE  
OF DNA REPROGRAMMING**

# 01

## UNDERSTANDING OUR HOLOGRAPHIC DNA

We're all familiar with the so-called basic building blocks of life, but many of us are unaware that the double helix is composed of 12-strands as opposed to 2. The 2-strand theory is the Watson and Crick version of DNA, but new research suggests that our DNA is holographic in nature, just like the Universe, and is much more complex.

The two primary strands of DNA that we are familiar with exist in all living things, but Russian scientists have proven that DNA can take on the qualities of sound and light, and display a holographic, or multi-dimensional existence.

Dr. Pjotr Garajajev and Vladimir Poponin have detailed our DNA, describing it as a Bio Computer. They also discovered that all the "junk DNA" that previous materialist scientists didn't know what to do with has a purpose. It isn't junk at all.

The codons of our DNA are like a siren song to the DNA itself, able to reorganize proteins and amino acids to their liking. This was proved using laser lights. It was shown that DNA can be recoded, but it has since been proven that our consciousness also reprograms our DNA. In fact, our DNA even follows the same patterns of traditional languages. DNA doesn't just decide if we'll be short or tall, and have brown eyes or blue ones, but it also acts as an information coding and storage system. The information we put into it comes out in material form.

In other words, the more traditional ways in which genes are affected to cause certain physical traits and behaviors can be "communicated" to our smallest molecules differently -- exactly the same as we can communicate to one another about how we feel or what we want to eat for dinner.

We don't just coincidentally appear to look like our grandfather, but just as easily as we can take on his traits, we can change them, if we simply change the coded messages in our DNA. This all happens via vibration. We are programmable just like super computers - and our processing system is our DNA!

# THE “JUNK” DNA AND 12-STRAND HYPOTHESIS

**ACCORDING TO ANCIENT SPIRITUALISTS AND SHAMANS AS WELL AS MODERN SAGES OF SCIENTIFIC WISDOM, OUR “JUNK” DNA IS THE 12-STRAND HOLOGRAPHIC VERSION OF DNA. IT CONTAINS ENCODED MESSAGES THAT SIMPLY NEED TO BE TRIGGERED TO HELP US ATTAIN UNIMAGINABLE STATES OF EUPHORIC COMMUNION WITH GOD AND OUR HIGHER SELVES.**

It is thought that during certain planetary and cosmic cycles, this “junk DNA,” or the holographic computer receives messages that are directed specifically at our operating system. This causes us to “spontaneously” evolve as human beings into our original state as spiritual beings. You could call it a “going back to” instead of being born, because the impetus for change is already encoded into our DNA.

Mainstream biologists call this “punctuated equilibrium” but it really amounts to a quantum leap for human kind, and possibly much of the sentient world at large. We will essentially “mutate” into light beings, or creatures with a higher vibratory quality as this DNA is triggered. Can you help this transformative process along?

As you may have suspected, you can help trigger your own 12-strands of DNA with sound, vibration, and pairing, the way we do it during the teachings of the Soul Reprogramming Method. The re-coding process does not happen on the physical 2-string level. It happens in the etheric where the 12 strands can become activated.

You can also just be present and observe,

as we are moving through a highly charged portion of space, immersed within the Photon Belt (Menasic Radiation), which will cause a period of intense light. Perfect for reprogramming! We first entered in the late 1990s we should remain within the Photon Belt for a 2,000-year period.

Mainstream scientists remain confused, but with a little research into photonic energy and life force, it all becomes clear. For example, the Casimir Effect is turning out to be even more odd than it was previously taken to be. Sciencealert.com writes:

“Researchers have discovered a new and unexpected force that acts on nanoparticles in a vacuum, allowing them to be pushed around by pure ‘nothingness.’”

That “nothingness” is the same thing that encoded our “junk DNA” to create greatness in and through us.

As the energies become more intense because we are being showered with more photonic light, we will be called to “upgrade” by becoming more loving, kind, and self-aware. All practices you do which support that process will only help your DNA encode in the new form it was destined for.

## 03

# THE REVOLUTIONARY DNA REPROGRAMMING

With this knowledge, we can put aside the simplistic understanding of 2-strand DNA as described by the human genome project, and look at ourselves as a quantum computer. This means every thought, every vibration, and every interaction with other vibratory disturbances (both positive and negative) will change our DNA.

## You Are Not a Victim of Your DNA

Thanks to the groundbreaking work of scientists like Rupert Sheldrake and Bruce Lipton, we know now that we aren't relegated to the DNA traits of our parents, or even of our ancestors.

Stem cell biologist Bruce Lipton, Ph.D., described the important difference between genetic determinism and epigenetics in an interview with SuperConsciousness magazine:

"The difference between these two is significant because this fundamental belief called genetic determinism literally means that our lives, which are defined as our physical, physiological and emotional behavioral traits, are controlled by the genetic code. This kind of belief system provides a visual picture of people being victims: If the genes control our life function, then our lives are being controlled by things outside of our ability to change them. This leads to victimization that the illnesses and diseases that run in families are propagated through the passing of genes associated with those attributes. Laboratory evidence shows this is not true."

Lipton explains in an article,

"When we have negative emotions such as anger, anxiety and dislike or hate, or think negative thoughts such as 'I hate my job,' 'I don't like so and so' or 'Who does he think he is?', we experience stress and our energy reserves are redirected.

Joining Lipton is his assertion is Carlo Ventura, M.D., Ph.D., professor and researcher at the University of Bologna in Italy. He has proven that coherent sound waves, water, or electromagnetic fields can reprogram our DNA! Ventura states,

“It’s like a time machine. You’re reprogramming somehow backward with these cells to an uncertain state in which any kind of decision is somehow possible; even the decision to become virtually any kind of cell of the organism. And just think about the tremendous potential of this discovery. Then we have the research of British biologist, Rupert Sheldrake, on morphogenetic fields chiming in. IN an interview Sheldrake stated recently,

“Morphic resonance is the influence of previous structures of activity on subsequent similar structures of activity organized by morphic fields. It enables memories to pass across both space and time from the past. The greater the similarity, the greater the influence of morphic resonance. What this means is that all self-organizing systems, such as molecules, crystals, cells, plants, animals and animal societies, have a collective memory on which each individual draws and to which it contributes. In its most general sense this hypothesis implies that the so-called laws of nature are more like habits.”

# SO, WHAT DOES ALL THIS TELL US ABOUT OUR GENES?

# 04

This is all great news because our genes are only ever expressing what we’ve believed thus far. Our beliefs reflect our genetic conditioning; they don’t determine our future outcomes. That’s what the scientists are talking about when they say “genetic determinism.” That’s a dying scientific theory because it simply isn’t true!

- 01.** We can change our DNA, by using the “epi” in epigenetics. This root word comes from the Greek meaning “above” or “over.”
- 02.** We get “over” our parents’ proclivity toward breast cancer or heart disease. We rise “above” generations’ long tendencies toward anger and fear (which cause our disease) by ALTERING OUR GENES WITHOUT CHANGING THEIR SEQUENCE.
- 03.** The little treasures in so called, “junk” DNA, hold the key. scientists were quick to dismiss this stuff which they knew little about, until more recently. Our genome devotes much more time and energy to regulate gene expression in our DNA rather than just code proteins in them to make sure we are indeed human instead of an ape or a tsetse fly.



**WE WILL ESSENTIALLY  
“MUTATE” INTO LIGHT BEINGS,  
OR CREATURES WITH A HIGHER  
VIBRATORY QUALITY AS THIS DNA  
IS TRIGGERED.**

— JOHANNA BASSOLS

The “junk” in our DNA tells it how to behave. It tells it to feel free and happy, or to sink into the pits of depression. And here’s the beauty that sets us free from being stuck in old patterns and old disease: **WE HAVE THE POWER TO CHANGE OUR OWN DNA.**

You can do it with just the thoughts you think, and the environment you surround yourself with. You can do it by laughing more often, and looking for the positive in every situation. You can change your DNA by the foods you choose, and the music you listen to. It’s all up for grabs!

Conversely, when we think good thoughts, or find joy in every-day life, or express gratitude – we change our cellular organization.

# SPIRITUAL QUALITIES OF YOUR DNA

# 05

Many ancient cultures have taught that we have been seeded by the Infinite Consciousness with abilities that most would attribute to Gods. We have latent abilities to restore our entire bodies, regrow tissues, build new brain cells, and even alter how we function within the constraints of material reality.

Some argue, though the prognostications may seem outlandish, that human beings have encoded DNA that will allow the majority to see beyond the obvious (clairvoyance), communicate without words (telepathy), and even materialize our desires with “upgraded” DNA.

The secret that many of the modern wisdom traditions fail to translate, however, is that our DNA is already upgraded. It is simply triggered by Cosmic events, which were meant, all along to give us extraordinary abilities. This may sound like a science-fiction plot, but consider the recent research surrounding the effects of solar flares (X-flares, as they are called) on our genetic expression.

A solar flare is simply the energy that the sun expels after storing up a significant portion of electromagnetic energy so that it then needs to release it. These flares reach Earth within 8 minutes, and affect our electronic systems visibly, however, they also affect our bodies and minds quite profoundly. There is a significant body of research correlating S-GMA with biological effects and human health effects.

People are experiencing strange symptoms like more lucid dreaming, heightened awareness and happy serendipities, but this growing-up that we are doing within our own bodies often

As our DNA is “triggered” to evolve into its original, perfected, multi-strand state, we can choose our experiences of reality with much more acumen.

also results in some growing pains: muscle soreness, body shaking, loss of mental clarity, headaches, insomnia, major shifts in our desires, relationships, and life circumstances, and more.

One study conducted at The Institute of North Industrial Ecology Problems in Russia measured solar effects from 1948 to 1997 and discovered that geomagnetic activity showed three seasonal peaks each of those years (March to May, in July, and in October). Not surprising -- each peak matched an increased incidence of anxiety, depression, bipolar disorder, and suicide in the city Kirovsk, but this doesn't need to be the reaction of our DNA being triggered.

There is a specific part of the human brain that is affected by such solar flares, but we can acclimatize the brain to accept these upgrade triggers with mindfulness practices. Meditation, DNA activation, deep breathing, and proper eating and exercise all help the physical form to adjust to these “upgrades” more easily.

The result is that you achieve your intended DNA upgrade and activation, which includes awakening cellular memories, activating and purifying your chakras, raising your personal energetic frequency, balancing the subtle energy bodies (etheric body), and gaining the confidence to trust that the deep intuitive knowledge you are given can be trusted and acted upon without fear.

You achieve what could be called a DNA breakthrough – but it doesn’t mean that your DNA was fundamentally changed – it was just allowed to express in the way that it was meant to express, likely well before there was even single-celled life on this planet.

Soul Reprogramming, for instance, helps us to free ourselves from the limited notion that our DNA was meant to stay stagnant, and that we are relegated to the genetic patterns of our nearest ancestors. We shift into an etheric data-base which can recode existing DNA at whatever level we “allow.” Not only do profound physical changes usually occur (such as healing of long-standing health complaints), but we also start to live from a more ascended consciousness.

You can compare this to climbing to a mountain top and seeing the vista spread before you, and finally realizing how vast an area really is before you were able to see it from this new perspective. Your possibilities become infinite in comparison to the limited view you had at the base of the mountain.

## MEDITATION

Meditation has been credited with doing a lot of things – from helping us focus better, to relieving stress, and even helping us to be more compassionate, happy, and creative. A recent study has now proven that meditating and practicing yoga can also change our DNA.

Mind control, defined as meditating to change our thoughts, has now been linked to specific alterations in our DNA. In other words – what you think can override your inherited, programmed genes, and even heal the body. Findings recently published in *Cancer* by a Canadian group suggest that our mental state has a measurable physical influence on us – more specifically on our DNA.

## IN SUMMARY:

The increased electromagnetic energy being off-loaded by the sun right now only helps this process to occur. We can fight the uncomfortable symptoms which are trying to ignite our DNA, or we can understand the larger goal set forth by Divine Intelligence, and help it along.

If you have dreams and intentions that have heretofore been difficult to express, know that this is a special time in our collective experience in this Universe, and that anything is possible with the activation of our seeded DNA.

# MEDITATION AND YOGA CAN ALSO CHANGE YOUR DNA

# 06

Canadian researchers found that when cancer survivors meditated or took part in support groups over a three-month period, their telomeres stayed long. Those who did not meditate or participate in these groups had shortened telomeres, which points to the possibility that their cancers could return.

**The study focuses on telomeres, a region of repetitive DNA on the end of a chromosome which protects them from deterioration. During cell division, enzymes that duplicate the chromosome and its DNA cannot continue their duplication all the way to the end of the chromosome if telomeres are damaged. Additional research suggests that the longer and healthier our telomeres are, the longer we will live.**

The form of meditation that the 88 cancer patients used was from the Buddhist tradition, but essentially, it was a form of mind alteration that focuses on peace. Yoga was also practiced by the control group. All participants had their blood drawn and telomere length measured to confirm the results.

“We already know that psychosocial interventions like mindfulness meditation will help you feel better mentally, but now for the first time we have evidence that they can also influence key aspects of your biology,” said Linda E. Carlson, a psychosocial research and the lead investigator at the Tom Baker Cancer Centre, in a press release. She conducted the study alongside scientists from the University of Calgary.

These scientific findings confirm the work of PhD, Bruce Lipton, a cell biologist, turned epigenetics researcher who attests that our thoughts and environment can dramatically change our DNA. He attests that our cells are not controlled by our genes, though traditional science would have us think this is true. He says that traditional medicine is operating from an archaic view which doesn't understand how biology really works.

Dr. Dean Ornish has also been able to 'cure' heart patients simply by helping them change their diet and lifestyles so that they have less stress in them. He has over 36 years of scientific studies to prove that these simple environmental changes indeed change our DNA.

These new scientific findings concerning telomere length are also supported by research conducted by Richard J. Davidson, founder of the Center for Investigating Healthy Minds and the William James and Vilas Professor of Psychology and Psychiatry at the University of Wisconsin-Madison which found that those who participated in an 8-hour intensive mindfulness meditation showed a range of genetic and molecular differences, including altered levels of gene-regulating machinery and reduced levels of pro-inflammatory genes, which in turn correlated with faster physical recovery from a stressful situation.



**The ancients who practiced yoga and meditation knew it could be a practical ‘cure all’ for any manner of disease – be it emotional, spiritual, physical, or physiological. There are millions of ‘miracle’ stories of yoga and meditation curing everything from diabetes to a broken heart.**

If nothing else, when we practice mindfulness meditation and yoga, we uncover the pains that are causing us to feel disconnected to our Self – not the small self that is created by the ego, but the Cosmic Self which knows only ‘I am that.’ This simple phrase seen in Vedic literature and pronounced in Sanskrit as “So-hum” encompasses what our bodies and minds should always know – that we are One – only seemingly apart from the Divine.

It is when we forget this truth that we start to become sick and diseased. The One is perfect in every manifestation. Sickness, according to yogic texts, is simply a distortion of this truth that we have come to believe.

It’s about time modern science caught up to begin to understand the efficacy of yoga and meditation to change our DNA - even the building blocks of our physical bodies are altered irrevocably by changing out thoughts and vibration.

## **THINGS THAT INFLUENCE YOUR DNA EXPRESSION**

# 07

Your DNA needs instructions on how to “act” in life. They get instructions from methyl groups made from carbon and hydrogen. In some cases, they will silence some genes, while giving others a metaphorical bull horn. We only have around 24,000 genes – around the same number as a tiny worm called *C. elegans*, or a mustard plant, but these methyl groups help our genes know if they should turn into an eyeball cell or a stomach cell.

Histones also help our genes express. This is like the spool that DNA winds itself around. Histones change how tight or loose the DNA binds to the spool, thus making it easier or harder for the genes to express. The looser the genes are wound, the better they can express themselves.

You can think of the methyl groups as a switch and the histones as a knob. One lets us listen to the music, the other lets us turn up the volume.

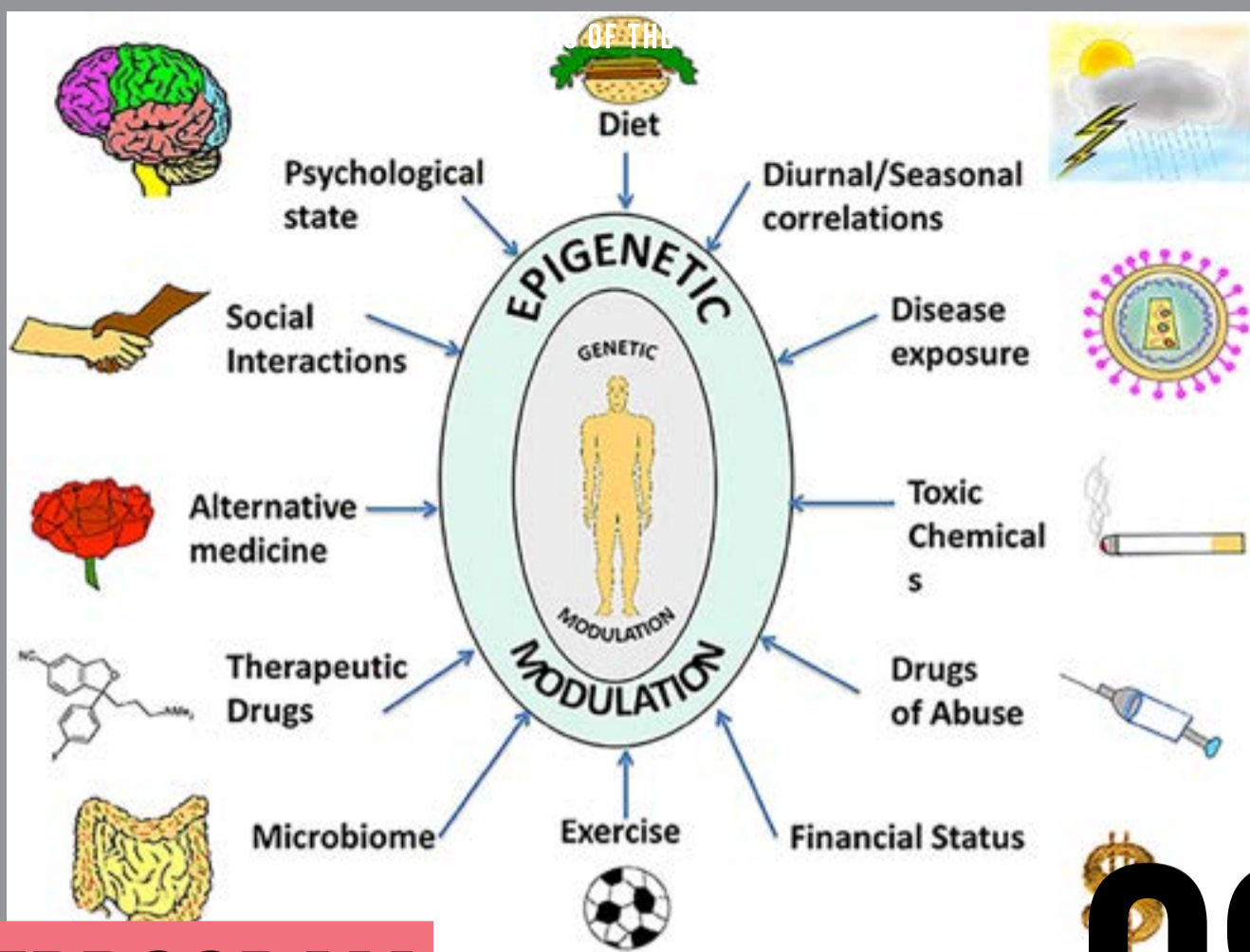
The character of a cell is defined by its constituent proteins, all of which are the result of specific patterns of gene expression. The methyl groups interact to trigger a chain of events, often involving changes in the structure of a chromatin, that leads to the assembly of an active transcription complex.

# SO, WHAT ARE SOME OF THESE INFLUENCES?

In plain English, this means that each cell in your body got instructions on how to express from a host of additional, non-genetic factors including:

01. Exposure to alternative medicine (herbs, vibrational medicine)
02. Diet
03. Lifestyle choices like choosing to smoke or abstain
04. Drug use or abuse
05. Alcoholism
06. Toxin exposure
07. Environmental factors such as financial security or lack thereof
08. Emotional support or abuse
09. The use of pharmaceutical drugs
10. Positive social interactions and a sense of community
11. Your gut microbiome
12. Seasonal influences

This also means that though you are given a certain set of hardware – your genes, the epigenomic activity of those genes will change how they express. If your genes are methylated for stress and depression from previous family patterns these will be the instructions your genes are given, but you can CHANGE these instructions (held within the protein receptor) with your own choices.



# REPROGRAM THAT!

# 08

If you overstimulate genes for, say, obesity or a shorter life span, your kids can inherit these overactivated sequences, or you may have inherited them from your parents. That could mean a lifetime of battling unfavorable gene expression, unless you understand that you can change these genetic instructions yourself!

Simple things like infinite love and gratitude can change your subconscious mind, which then changes how your genes express. Dr. Darren Weismann states, "We don't perceive truth. We perceive what we believe, and every belief is taught." Our subconscious mind simply holds the beliefs we've been taught - it doesn't make those beliefs true.

When we "unteach" ourselves the epigenetic instructions passed down to us, we can free our genetic code to express more joy, happiness, health, and vitality. By reprogramming the subconscious mind, you can reach your full genetic potential. Only 2-10% of the mind's activity is conscious.

So, ask yourself - what genetic instructions have you given yourself in your subconscious mind that aren't effective? Which instructions serve your highest good, and which don't? If you could change those instructions to serve you better, what would you change? The possibilities are endless, and science is only now catching up to the truth of our ability to create with the blessing of a Divine Creator - to affect positive change and live a joyous, dynamic, meaningful life without disease or depression.

The essence of who you are is tied up in your genes, but you can free it by reprogramming your subconscious mind.



## RECENT ADVANCES

A breakthrough device developed by technology researchers can switch cell functioning to rescue diseased, worn-out cells with a single touch, but this device simply mimics a much larger power present in us all.

The technology is called Tissue Nanotransfection (TNT). It injects genetic code into skin cells, turning those skin cells into other types of cells required for treating diseased conditions. The device was developed at the Ohio State University Wexner Medical Center and Ohio State's College of Engineering, also results in some growing pains: muscle soreness, body shaking, loss of mental clarity, headaches, insomnia, major shifts in our desires, relationships, and life circumstances, and more.

The device can generate any type of cell that may be of interest for healing within the human body.

As astounding as this new device may sound, human beings have an innate spiritual technology which allows them to do the same and more.

It isn't a new discovery that human touch is a key component in healing. It has been proven to help reduce the symptoms of diseases as varied as asthma, high blood pressure, migraines, and even childhood emotional trauma.

We can heal with our hands – but we can also heal with our minds – without using any advanced technological device, or even our own physical bodies.

Dr. Lisa Rankin, M.D. has detailed miraculous spontaneous healings, including her own, which have occurred simply by using thoughts, ideas and emotions. We can heal both ourselves and others with what Western medicine calls “rudimentary” tools.

Conversely, fear and self-doubt are a bit like chemotherapy – they ruin our innate ability to heal from within, attacking our immune system and our courage that “we’ve got this” with our own in-born power.

Dr. Rankin writes,

“A lot of people think of fear as a painful, disruptive emotion, and they may be aware of how fear is holding them back in their personal or professional lives. But few people—including physicians—are aware that fear predisposes you to illness and interrupts the healing process. In *The Fear Cure*, I share

immune diseases, chronic pain syndromes, and even the common cold. We've been led to believe that when we get sick, it's our genetics. Or it's just bad luck—and doctors alone hold the keys to optimal health."

Dr. Rankin had to discover this phenomenon all on her own. Her own health started to fail, and she turned to Western medicine but it only made her worse. She discovered that our health care system – even with its latest technological gadgetry – is lacking a core recognition of the body's innate intelligence. She also learned that we ignite this intelligence with the power of our own minds.

She presents scores of data in medical literature and peer-reviewed journals that prove we can heal ourselves. This is the secret power which we are awakening to.

Our DNA already carries its own perfection. It has its own reset button.

We have an entire library of information inside our DNA, but we choose to only see the symptoms of disease. With DNA activation, you can all of a sudden, flip through the pages of a single book from this massive library, to stumble upon the healing section. Your cells then recognize the antidote and begin its application.

When you activate the seed of love DNA, you infuse the mind, cells, bone, marrow, blood – the entire body – with an intelligence that would make the latest medical technological advances seem like tinker toys.

Twelve strands of holographic DNA are restored, and the body-mind complex not only heals, but begins to ascend.

As Dr. Rankin found out through her own personal experience, we are our own best healers.

To summarize, you shouldn't be surprised at the most recent technological advancement that allows skin cells to be changed into something else with a single touch. A single thought, carrying its own healing frequency can change your body in the very same way.

# THE SOUL REPROGRAMMING METHOD

*If you'd like to find out more about activating all twelve strands of your holographic DNA, utilizing the Soul Reprogramming Method, visit the Healers of the Light website and book a consultation or [click here](#) to be directed to the contact page.*

## 10

## WHY YOUR SLEEP PROBLEM MIGHT BE IN YOUR DNA

**MILLIONS OF PEOPLE AROUND THE WORLD HAVE A HARD TIME SLEEPING AT NIGHT. IT DOESN'T MEAN THAT THEY ARE NOT EXHAUSTED — DESPERATE FOR A GOOD NIGHT'S REST, BUT INSOMNIA AND OTHER SLEEP DISORDERS PLAGUE MODERN SOCIETY. RESEARCH FROM AMSTERDAM SUGGESTS THAT YOUR DNA COULD BE THE SOURCE OF THE PROBLEM — BUT ADDITIONAL RESEARCH SUGGESTS YOU CAN CHANGE YOUR DNA TO HELP YOU SLEEP MORE SOUNDLY.**

Researchers at Vrije University in Amsterdam looked at the genetic material of approximately 100,000 people and identified seven different genes that could be linked to insomnia and sleep disorders.

Some of the genes identified are known to play a role in specific, and very complex biological and cellular processes in the body—DNA transcription and exocytosis—and others have been linked to other types of sleep disorders like restless legs syndrome.

The results from Amsterdam also showed that the insomnia genes varied for men and women and overlapped strongly with internalizing personality traits (like anxiety and depression) and were negatively correlated with subjective well-being and educational attainment.

This might be obvious to some, but those among us who are genetically programmed to worry and obsess, are more likely to have trouble sleeping.

Genetic programs can be altered though, as we've seen in very astounding recent research involving epigenetics and cancer

## FIXING IT IN YOUR DNA

patients, for instance. Cell structure and behavior can be changed without genomic rearrangement.

Let's say your parents were both worried and stressed out for most of their lives, and so were your grandparents and their parents. Yikes – that's a lot of genetic material passed on to you which may also alter your ability to sleep soundly and get the rest your body so desperately needs.

Research has even proven that epigenetic memories can go back up to 14 generations or more! How can you hope to alter your DNA so that it resembles that of someone who falls asleep as soon as their heads hit the pillow, and sleep soundly until morning, waking up feeling refreshed and rejuvenated?

# SOME MORE RESEARCH 11

First, you can change every single trait that you've inherited. That's the beauty of the latest DNA research. It doesn't matter how. You can change how your DNA expresses, even if it wants to lean toward those learned traits.

Just altering your thoughts and increasing your heart-brain coherence will start to alter your DNA expression. You can reprogram your DNA with your real-time choices.

Here are just a few studies to prove that this is not only possible, but scientifically documented:

- 01.** Epigenetic modifications mediate changes in gene expression. (Andreas Menke, MD)
- 02.** Alterations in epigenetics mechanism, such as DNA methylation, histone modification and microRNA expression could favor MDD advance in response to stressful experiences and environmental factors – meaning that you can be less depressed if you just change how your DNA methylates. (Kathleen Saavedra, et al.)
- 03.** Depressive states can be altered with histone modification. (HaoSheng Sun)
- 04.** Chronic insomnia is linked with mental disorders like depression and anxiety (but can be changed epigenetically). (Prof Dieter Riemann PhD)

There are literally hundreds more studies. So, you can do your own research to further validate what we are saying. However, know this – all genetic changes you desire can be realized. We are not relegated to the genes of our ancestors to determine our current reality. Sure, you can blame your current insomnia and anxiety on your parents and grandparents and the genes they passed down to you, or you can do something proactive to change how those genes express – even altering how your own children will sleep and dream.

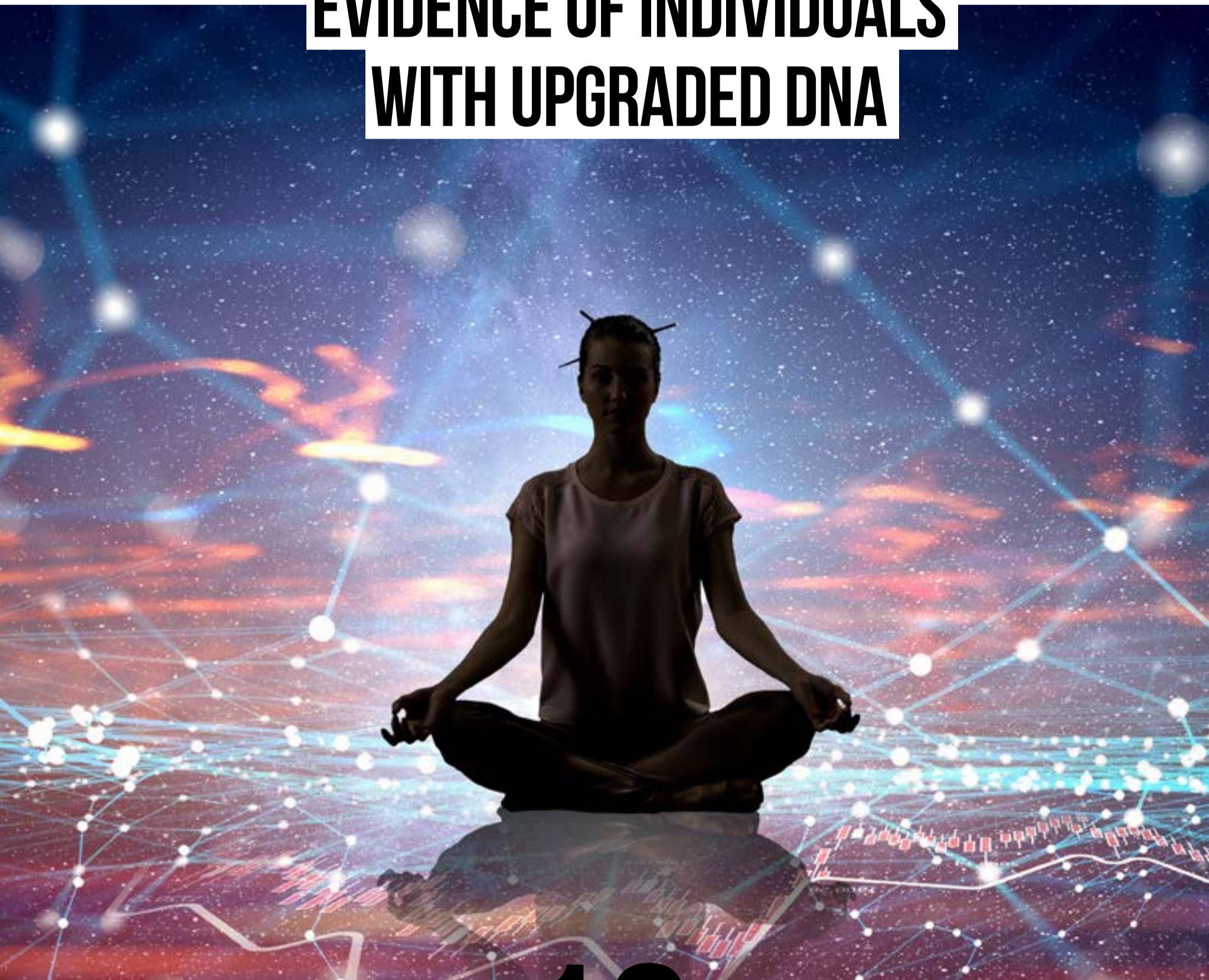
There are few simple steps you can take right now to start altering your gene expression so that you can sleep more soundly:

- 01.** Eat more fruits, vegetables, seeds, and whole foods. Also, add magnesium to your diet, as this helps to create the hormones which allow for better sleep.
- 02.** Exercise. Not only does exercise alter your DNA, it also helps to create the internal environment for better sleep, less depression, and lowered anxiety.
- 03.** Tune Out. Meditate and find quiet in your day to offload anxious thoughts and feelings. This way when you lay down to sleep at night your brain won't be playing catch-up to process all the emotions that you ignored during the day.
- 04.** Take a hot bath and turn off your cell phone. Our bodies were not meant to go from 60 to zero in three seconds like a fancy sports car. We need to relax and unwind. Get rid of the stimulation of electronic devices, and allow your body to relax completely before going to bed, and you'll likely sleep much better.
- 05.** Spend time in nature. The sounds and rhythms of the natural world are in harmony with our own circadian rhythms. There is great healing in nature for this reason alone. Even if you can only spend 30 minutes at a park or in a forest, at the beach or somewhere that plants and animals are more prevalent than people and urban landscapes, do it. You'll find that you sleep more soundly at night.

# MAKE AN APPOINTMENT:

For a complete scan of your energetic imbalances and to create a personalized plan of diet, exercise and mindful meditation practices contact us at [info@healersofthelight.com](mailto:info@healersofthelight.com)

# EVIDENCE OF INDIVIDUALS WITH UPGRADED DNA



# 12

Some say that 12-strand DNA seers disappeared ages ago, while others attest that they still walk among us, only hidden from most people's view. It is suggested that the repetition of mantras such as the Sri mantra, or focus on the Sri yantra can help to activate the original 12-strands which humankind was meant to embody. But nowadays, we have a more efficient tool to accomplish a full DNA activation and reset: The Soul Reprogramming Method and the upcoming series for the elevation of consciousness from the Healers of the Light Academy, in which you can learn how to activate your own DNA. Check the academy's website for new class announcements.

Evidence of humans with "upgraded" DNA can be found in historical accounts of yogis with extraordinary powers, called siddhis. Yogis were able to master the five elements of creation – water, fire, earth, wind, and ether, to become masters of clairvoyance, clairaudience, telepathy and uncompromised powers of intuition. The Soul Reprogramming Method uses also elements, not only of the earth: Fire, air, water and earth, but also elements of the stars, galaxies, other planets and of the mental spaces of God.

The Gherand Samhita states that, "Concentration of the prana ... on the earth tattwa brings steadiness of mind; on water tattwa, destroys unbearable sufferings and sins; the fire tattwa eliminates the fear of death; the air tattwa gives the experience of flying in the air; and the akasha tattwa opens the doors to liberation."

These siddhis were just a side-act of the evolution of consciousness, however, and much of the information on how to obtain these powers was hidden from lay people in fear that they could be burned by their power themselves, or that these powers would be misused.

Understandably, in this age of the Kali Yuga, or complete mental, spiritual, and emotional debauchery, the ability to activate certain aspects of our inherited DNA has had to be kept closely guarded, however, the Kali Yuga was not meant to last forever, and we are quickly moving into another time, as depicted in numerous ancient books and cultures.

We are entering a time where more commonly, people will awaken their own dormant 12-strand DNA, and experience jaw-dropping abilities.

Paramahansa Yogananda revealed in Autobiography of a Yogi, that Yogi Nagedranath Bhaduri had mastered breathing techniques that helped to ignite the 12-strand DNA, and allow him to perform certain miracles. He was called the levitating saint. This siddhis is called Akasa gamana siddhi and it gives someone literal super-human powers – the ability to float through the air, to fly. It requires a high state of mastery. Others were able to attain this skill, including the Tibetan Master, Milarepa.

"Lesser" siddhis, involving a lower level of mastery of consciousness and activation of our DNA include clairsentience, and clairaudience, and as many have experienced bouts of this skill, we can see that this particular "upgrade" is becoming much more common.

Historically, there are cases of Buddhist, Christian, Islamic, Jewish and Taoists saints and mystics who have attained the siddhis, and it is well established among researchers that certain indigenous cultures and their shamans often exhibit such powers as well.

Patanjali, the ancient yogic sage and compiler of yogic wisdom who is well known among yogis for writing the Yoga Sutras, said that, "By non-attachment even to Psychic powers, the seeds of bondage are destroyed, and independence gained." He is peaking of attaining the illumed, non-egoic state of eternal-bliss-awareness. Again, these "upgrades" are not the final point. They are merely a by-product of our evolving consciousness, and attunement to a Godly vibration.

Swami Satchidananda's view of the siddhis is as follows:

*"This means that all these siddhis are beautiful, but they will bind us, because siddhis are the outcome of the mind. The mind wants something. It wants to achieve this or that. What for? To be proud of itself. It develops ego. It makes your "I" and "mine" bigger. Selfish desires are still there. If you are after siddhis like astral traveling, clairvoyance and clairaudience, I ask you why. You may say, "Oh, I thought I could help people." I say that this is just an excuse. You want to show you can do something. You want to be proud of it."*

So, do you chase DNA activating because you want to be special, or are you willing to dissolve the egoic desires that keep you from fully developing all 12 strands of your DNA?

Work on being more conscious, less attached, and more truly spiritual to maintain your balance.

Be mindful of what you eat, how you treat your body, are you considering all the life in the planet as equally important as yours? How do you reflect that in your everyday life?

*Wishing you infinite blessings,  
Johanna Bassols*



