

Five Simple Steps to Wellness and Abundance

Margaret Ruby

Have you wondered where your strange quirks come from? Why some people are nauseated by certain foods or particular smells? Why others are afraid of heights, the dark, the water, or spiders?

When I reached a point in my life where I grew tired of my restrictive family patterns and beliefs, I went on a search to be free of the limiting patterns handed down in my genetic heritage. I studied many self-help programs and yet my world did not change. It wasn't until I discovered why I was not able to change the patterns that I was able to create the life I wanted. Most coaches and consultants will show you how to do it, I developed a process to show you why you are not doing it.

I have discovered that our beliefs are handed down through generations after generation of our ancestors. Apparently, there is more to the old adage, "She has her father's eyes and her mother's curls..." In addition to the physical traits that are programmed into our DNA, the beliefs and emotions of our ancestors are also stored and handed down in genetic memory. This means that your father's beliefs, your grandfather's, your great-grandfather's and your great-great-grandfather's beliefs are also part of your emotional heritage!

When scientists mapped the genes they claimed they had found the blueprint to life. What they really found were just the parts of the code, not the blueprint. To see the deficiency in their claim, imagine being given a list of the 100,000 parts of a Boeing 747. You would just have a list of the parts. What if you were also given the extra parts that were not needed along with the parts necessary to build the plane! Without a blueprint, you would not know which parts to use.

So it is with your genetic blueprint. When the sperm and egg united to become you, you not only inherited the physical traits of your parents, but you also inherited their emotional traits. The vibratory template of their emotional DNA patterns is influencing you to this day. The patterns they handed down to you determine how you handle and respond to various situations in life. That vibratory template is like a magnet sending out messages to attract life experiences to you, not only situations and experiences you want to have in your life but also those you do not want.

We are also programmed into a limited world I call the Matrix. The Matrix directs who we think we are and who we think we are not. The Matrix is programmed into our cells, and until we learn how to remove the limiting programs of the Matrix, we will be prisoners to its rules. What I am about to share with you is a five step process I developed that frees you from the limiting patterns of the Matrix. When you release these old thought forms and DNA patterns it allows you to fully expand your consciousness. Once freed, you become the director of your own world.

To transcend the limiting programs of your ancestral beliefs and the matrix stored in your DNA memory I have created a simple process called *The Five Steps to Wellness and Abundance*:

- Step 1 discovers the emotion that turns genes and off.
- Step 2 discovers the ancestral stories that created the emotion.
- Step 3 discovers what trigger that turned the ancestral story on.
- Step 4 detaches and neutralizes the emotion.
- Step 5 reinstates the gene to the perfect blueprint of wellness and abundance.

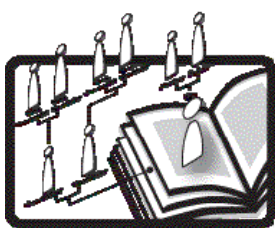


Step 1: Discover the Story and Emotion

Find the story and emotion stored in your DNA holding you back.

In this society, we were not taught how to connect with our emotions or more importantly, that emotions are the force that creates our reality. It is often difficult to see your situation clearly because you were not taught how to see reality; instead you were taught how to see illusions. As a child, when you were feeling emotional, rarely—if ever—did anyone help you understand what was behind the emotion or how you could change it. You were hugged and told that it would be ok or told that you had better get a grip or snap out of it, all with the subtext of “it’s not okay to feel that way”. None of these helped you heal or transcend the emotional pain you felt. Those emotions and feelings do not go away on their own. They may move to the back of your subconscious, but they are still directing your world and they are still making decisions for you. They govern your thoughts, beliefs and attitudes. They are in your DNA, creating the story you do not want.

Certain emotions awaken the story you do not want. It is your emotions that turn genes *on* and *off*. Every emotion or feeling you have has a vibration and that vibration is recorded in the DNA memory of your cells. Each feeling vibration has caused an interference pattern in your DNA. It makes no difference if your thoughts, feelings, emotions or beliefs have been negative or positive; they are all recorded in your memory bank regardless of the intensity. These feelings create an imbalance in your physical and emotional body and connecting to that feeling is the key to your transformation. You must bring up the feeling of the interference pattern before you can release it from the DNA memory. The ancients said there is a power that lives within you that has the force to transform your life and change the world, and that power is the power of feelings.



Step 2: Discover Your Ancestral Story

Find the ancestral stories influencing you and holding you back today.

Your Ancestral Story consists of Ancestral Patterns that have been handed down through your DNA, generation after generation. These stories also affect your life. In Step 2, discover the story that created the pattern that created the disturbance.

With the mapping of the DNA they have discovered that 99.9% of the stories (genetic information) in our DNA are the same as every other person’s. We all have the same 99.9% archetypal stories are handed down through our lineage.

The world you experience today is a result of the events going back to the very beginning of time. These events are hidden in the dark recesses of your subconscious DNA, but the legends and mysteries of long ago direct your world today. There are memories of splendor, love, beauty, and art that amplify your world, along with memories of suppression and fear that diminish your world. Some of the ancestral stories affecting your world today come from ancient civilizations: from the valleys of the Tigris, the Euphrates, and the Nile, to the steps of the Parthenon and the Acropolis, to England’s Salisbury Plain and Stonehenge. Within the living library of memories are low vibration stories of disasters and pain associated with mass slaughter of the Crusades,

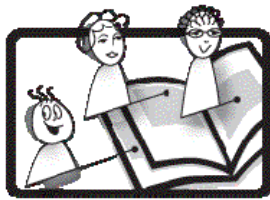
pillages by invading bands of barbarians, inquisition and torture by zealots, wars, witch trials, plagues and epidemics. You also have memories of legendary figures ranging from the infamous to the beloved, Attila the Hun, Jack the Ripper, King Arthur, Robin Hood, Joan of Arc and many, many more. Memories are passed down generation after generation in your DNA memory. The memories can create various programs that play out in your world today, such as programs of scarcity, creating the illusion that there is not enough time for you, not enough money for you, not enough land for you, not enough love for you. These programs are at the heart of what directs your life today. Create the life you want by removing the ancestral programming creating the disturbance.



Step 3: Stories in Your Life

Triggers in this lifetime can awaken the sleeping patterns in your genes.

The Ancestral Patterns will lie sleeping in your genes until an event in this life triggers them to awaken. A similar experience or a similar feeling will awaken the sleeping gene. How do you recognize the triggers that awake sleeping patterns in your genes? Some of the main triggers that awaken sleeping patterns are the birth of a sibling, death of a pet, fights, illness, accidents, parental conflict with you, parents that separate, divorce, moving, financial disruptions, job failure, lawsuits, death and other trauma. With Step 3 you to see the patterns created from your ancestral story repeated in your own life experiences. The important aspect of this section is to see how a pattern repeated in your life today can trigger your present situation. When the patterns are left in place they continue to unknowingly and negatively drive your life. The unresolved patterns shroud your gifts and talents and curtail your creativity. When the patterns stay buried they create stagnation in your world. You begin to feel that the world is against you and that the world is a difficult place to live in. Create the life you want by recognizing the triggers that reawaken the ancestral pattern.



Step 4: Neutralization Story

Turn off the DNA programs that are not serving your life.

This is the most important part of the technique. Until now you have been discovering your emotions and feelings related to the interference pattern in the DNA. This is the part of the technique where you bring those emotions and feelings to a neutral state. Once you neutralize and detach from the emotions connected to your story, the energy is in a neutral state and you can redirect it to manifest a new state of being.

The aim of neutralization is to empower you to become independent of both external events and your own personal moods. The skill of neutralization helps you to be balanced and maintain a presence of mind no matter what may happen to you, no matter how difficult a situation might be. When you achieve proficiency at moving from the darkest desperation to the highest bliss, you have mastered the skills of neutralization.

Stuffing your emotions does not change them, because their vibrational pattern is still there. Through the process of neutralization you are able to let go of the ideas, beliefs and thoughts attached to the experience. You let go of the illusions you have created around being sad,

depressed, lonely, abandoned, rejected, having low self worth and not trusting life. Removing your judgments is the absolute key to changing your DNA. To change your DNA you must move from an emotionally charged state to a state where the judgment that first created the emotion is no longer there and can no longer be triggered.

Once the limiting patterns are removed from your DNA, you are free to manifest your heart's desires. There is no longer a pattern in your DNA that says you cannot manifest.



Step 5: Manifestation

Manifest your life as you dream it.

Manifestation is the art of directing energy into material form. If your grasp of what you want is weak then the outcome is uncertain. If you are not sure of what you want, the energy of manifestation does not know where to go. Once you become clear and your intention is certain, manifestation begins.

The process begins by moving the energy of your clear intention up your spine. As it enters the lower cerebellum it releases all the patterns that block manifestation. The energy then moves into the frontal lobes of your brain and the image of what you want is sent to the pineal gland. The pineal gland holds the master cell which has the ability to program all cells at once. The energy is then sent to the nucleus of all your cells where it activates the photon light which acts like a lighthouse to broadcast to the world what you want. The photon light calls forth every person, place, thing and synchronicity needed to bring your manifestation to life.

This is the easiest of all the steps, for you just need to focus on what you want. You now have the power to direct your world and your world is no longer directed by limiting patterns. You have become the Master that creates your Destiny. Once you reach this step, miracles are everyday occurrences.

Your Next Step

This easy-to-use, self-healing technique works at energetic, emotional, and vibrational levels to help you release the limiting beliefs encoded in your DNA. These processes have helped thousands of people find relief from a wide range of issues, from emotional stress and troubled relationships to unsatisfying careers.

We are living in a time of great transformation. Many of us are shifting from believing that we are victims and moving into awareness that our belief systems create our reality and we are in charge of our own transformations. You have the power to quickly neutralize negative programs handed down through your family lineage and to activate your positive patterns so that you can manifest the wellness and abundance that is meant for you.

The DNA of Healing, a Five-Step Process for Total Wellness and Abundance

by Margaret Ruby

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Healer and educator Margaret Ruby has developed a system for isolating and reversing the traumas and negative patterns from not only your own life, but also those from your ancestors. Blending the ancient art of healing with cutting-edge research in biochemistry and quantum physics, Ruby highlights a path for working with your DNA on an energetic level to reboot it back to its original blueprint.

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