

## Recessive DNA Obliteration

### ***Goodness and Mercy***

*“Surely goodness and mercy shall follow me  
All the days of my life  
And I shall dwell in the house of the Lord  
Forever and ever, amen.”*

*All that I am  
And all I will ever be  
Is expanding from this mystery.*

*“Surely goodness and mercy shall follow me  
All the days of my life  
And I shall dwell in the house of the lord  
Forever and ever amen.”*

DNA programs are an amazing gift in the Human Blueprint. It is from DNA direction and instruction that we humans are able to enjoy life. The unending miracles that are generated from our tiny, complex, central program give us cause for celebration.

Our core DNA structure is phenomenal. What we address in this protocol is the small, three percent of DNA programs that do not serve our overall wellness, sense of health, vitality, wealth, and connection to the Divine.

To clarify, recessive DNA Obliteration is meant to give access to (and enable us to correct) the DNA programs that are causing problematic issues. By using this protocol, you will be able to experience your life in full self-expression. In this chapter, we will not address how to correct or improve congenital birth defects. Instead, we will focus on the improvement and correction of programs that cause illness, health, wealth, and love issues.

Many of the new thought leaders are now speaking of the possibility of reprogramming our DNA. I love that this has come to conscious expression among the new thought leaders and spiritual thinkers. My intention here is to provide the real life Blueprint for permanently and fully altering any DNA programs that are causing challenges.

Altering DNA starts with the awareness that there is a recurring challenge, whether it is a problem in your life or in your family history. You cannot, however, deeply alter your DNA through your mental body; that is, by just thinking about it.

### **Who Can Benefit from Recessive DNA Obliteration?**

Examples of DNA Obliterations I have assisted with are below:

- Removal of a cancer gene and activation of the DNA program for healthy cells (e.g., removal of breast cancer)
- Removal of a mental illness program and activation of a program for vibrant stability and mental wellness
- Removal of a criminal activities gene: This DNA program runs among many amazing leaders who, once cleared, experience the freedom to be able to sync up with their own

desired full self-expression

You might think this is a gene that only folks in jail could benefit from; however, that notion is not true. I had the privilege of assisting a top Midwestern health-conscious woman leader in shifting the energy signature that prevented her from gaining the trusted following she so deserved.

### **Tamara's Story**

Tamara was approaching seventy and was still “raring to go” with love and contribution. She sought me out privately for two reasons: First, she wanted answers about why certain things were the way they were; second, she wanted help in clearing, within herself, several limiting cellular messages so she could lead powerfully from a place of honor and trust.

When she came to me, she had already been instrumental in bringing a farmers' market to the town and was also actively mentoring young, underprivileged women. As a result of these and other activities, she had garnered the respect of her community. What was missing, however, were her trusting followers, the deeper level of her work. The image that comes to mind is that of her, standing in a field of flowers, sounding a gong. She was filling the space with lovely sound from the gong but was not hastening/encouraging the growth of flowers in the field.

While getting to know Tamara, I learned that she was the beloved daughter of a single mother who had conceived her during a rape. “A child is a gift from God,” was the family's attitude, and they turned sour milk into delicious buttermilk by bringing into the world a daughter who was loved and cherished.

The biological father had criminal behavior running through both his paternal and maternal DNA. This included jail time, robbery, untrustworthy activities, and violence. As we explored each piece of information, she began to understand the source of her current issues, and we were quickly able to remove the core cellular problems. After two hours of forensic research, performed during her healing session, she could return to her life. At Tamara's age, many people knew her with the previous cellular information she had acquired, so her actions would need to open up new channels for her followers to perceive her in her new DNA clothing. However, the good news was that the weight of criminal information in her cellular body had permanently been transformed.

Tamara is an amazing woman, and she has used her strengths extremely well. Here is how we approached her transformation:

Poor organ or gland function to a full restoration of healthy function required several types of healing, including Cellular Neo-Genesis. Without clearing her negative DNA programs, for example, all the other processes would eventually (in months or years) have reverted to the original negative or criminal DNA program. Clearing the DNA programs was a necessary process for Tamara's permanent wellness.

Time and time again, what I have seen is that a program for organ deterioration is set up to go off like a time bomb. Thus, an organ that had only recently functioned normally would suddenly become a poor performer.

### **George's Story**

George is a great example of this. He developed diabetes four years ago. Now at retirement age after working for years in the upper level management of a major electric utility, his pancreas (directed by the DNA) had reduced in function enough to cause him trouble. Unlike many who suffer from poor pancreatic performance (which adds excess pounds), George, at six feet and three inches, was struggling to keep weight on and was literally a beanpole at only one hundred and seventy-five pounds. By using the DNA protocols, George can now possibly regain a healthy-functioning pancreas and life without diabetes.

**Brain malfunction to brain wellness:** Great progress has been made in understanding dementia as well as attention deficit disorder, or ADD. If done early enough, the DNA Obliteration process can have a huge influence on the health of the brain.

### Charlene's Story

Charlene contacted me to get some healing. As we spoke, she mentioned that one of her worst stressors was the care of her husband, Earl, who was in an advanced stage of Alzheimer's. This kind of illness involves both the DNA and the emotional body.

After several sessions, Earl enjoyed a reversal of the symptoms that had plagued him for four years. He shifted from a state of having no memory from moment-to-moment to being able to recall all the experiences of the day. Earl and Charlene now enjoy a connection that was not formerly possible.

**Love and relationship challenges:** Since these challenges are imprinted in DNA, the process of DNA Obliteration can dramatically improve an individual's experience of love and connection in cases where the DNA landscape is especially troubling.

I address this topic at greater depth in my book, *The Seven Stages of Love*.

To understand this concept better, imagine yourself having a family history that includes slavery and impoverishment. Imagine that this condition stretches back for as many generations as you know. Bonding to another person was required for survival, and companionship was based literally on the fact that two can navigate a dangerous world better than one.

Feel what such a survival program feels like in your cells. Is there room for Divine companionship within the relationship? Probably not. Can there be a relationship with a partner based on mutual spiritual evolvment?

You get the picture.

If you are not in a relationship now but wish you were, it is likely that your DNA programs aren't yet upgraded to support the physical foundation of enlightened love and relationship.

Wealth and abundance challenges can prevent an individual's full realization of the dream of enjoying a fulfilling life. So clearing these challenges creates, for a healing recipient, the freedom to soar.

These are examples of the common recessive DNA upgrades I routinely perform.

Deep DNA alterations should only be carried out by a wise elder who understands the impact

of DNA shifts on the person's growth process and how his or her life will play out. Also, a healer should never alter DNA without gaining permission from their Divine connection as well as permission from the person receiving the healing.

**Warning about DNA Clearings:** Do not, under any circumstances, think you automatically have permission to perform such clearings, just because the person being healed is a family member, close friend, or spouse. You may create potential problems for them and, more importantly, for yourself.

For example, you could deplete your life force and possibly take on the health issues of your healing recipients. Worse yet, you could take on their incomplete karma issues. They brought these issues into their own lives for their own growth and spiritual resolution, but these may not be challenges you are prepared to deal with.

*The Impact of Altering DNA:* For many individuals, the gift you give them by altering their recessive DNA programs may mean, for some people, the difference between health and vitality versus illness, suffering, and early death. For other people, alteration of their problematic DNA will allow them to embrace the life for which they have carefully studied and trained but, as yet, have not been able to realize. This is because, up until now, their cellular bodies were programmed for a less-than-desired situation or result.

### **Katie's and Barbara's Stories**

One year, I worked with a well-loved and respected Pilates instructor, Barbara, who was going through radical treatment for breast cancer. That same year, I was also approached by a Scottish-born artist, Katie, whose mother had died of breast cancer. She "knew" that death was just around the corner for her as well.

For both Barbara and Katie, there's a common thread of breast cancer DNA, and yet the protocols I used for each of them were very different. When doing Miraculous Healings, the healer will often care for each individual based on his or her possibility for wellness. It's vital to honor an individual's desires and limitations.

Barbara chose hands-on healing and some intuitive guidance, even though I offered her the advanced deeper healing. Sadly, I watched her choose a path of extreme suffering, which included chemotherapy. It was her choice to make. She had literally become a walking skeleton, since she could no longer hold her food down.

As we worked together, I was able to help her visualize colors that calmed the body. Sadly, her need to direct the movement of recovery and her inability to step into the next level of wellness dominated her mindset.

We eventually stopped working together. The last time I saw her, she looked like a twig. She was fragile and brittle, holding onto life in what she perceived to be a barbaric system. Her doctor said she would likely not survive past the five-year mark because of the type and stage of cancer she had.

Quite the contrary, Katie, the Scottish artist, approached her breast cancer DNA very differently. She had not yet become ill, and although she was challenged with some significant health issues, she was open-hearted. She knew that a "recessive DNA process" would yield her a prolonged and happy life with her young son and husband.

In one session, we were able to remove the massive cancer programs in her DNA and reprogram a new life story with her authentic God-health experience.

Years later, happy, healthy, and glowing with a sense of ease and with a long life ahead of her, she is experiencing a kind of freedom and anticipation of the future that she could not have enjoyed prior to the clearing process.

### **Joanna's Story**

We found a solution for Joanna, a St. Louis event planner who was losing the use of her legs from neuropathy. With further research into her family health history, we discovered that numerous elders in her direct family line (such as parents and grandparents) had experienced their legs or feet being amputated in later life.

Most of the time, she was unable to feel her feet and had numbness running up her legs, especially above the right knee. Back then, despite being new to DNA work, our efforts to heal her were absolutely remarkable! She regained full feeling and use of her legs and was able to return to a normal, active life in just four short months.

After the recessive DNA program was obliterated, we re-grew the nerves in her legs through cellular regeneration and removed a significant amount of unwanted and undesirable information.

She is now living a happy and active life with full use of her legs. She is an amazing woman living out her legacy in the world, finally able to fulfill her Human Spirit's mission!

*Your Fat May Not Be Your Fault:* Many years ago, I discovered I could alter my DNA. I wondered why I was on a perpetual diet and why it seemed like I was always fighting to maintain my youthful slender shape. As I investigated further, I saw that both sides of my family were programmed for significant weight gain after age thirty-five.

Since the DNA of both sides of my family were programmed with servitude and poverty pictures, our family members were programmed to gain weight so we would have the capacity to survive a serious illness, such as scarlet fever or the plague.

Thankfully, I was able to remove this recessive programming for weight gain as well as DNA programs for servitude or slavery. Since that time, I have consistently maintained weight below 139 lbs., which is a good weight for me at five feet, six inches. Previously, my weight had climbed up to one hundred and fifty-two pounds, which, for my body, felt uncomfortably plump. As for the slave and servitude DNA, since then, I have constantly maintained a six-figure income, something I had only done briefly twice before.

When your DNA changes, your mindset naturally upgrades and you begin to explore a world and a life free from the constraints that previously limited you.

Now that you have a good idea of what we are up to in the DNA Obliteration process, here are the specific steps you can follow to create change in your life, permanently.

***In the Genes in Black, Not Blue***

*What is a family?  
A genetic strand  
That hurls us together  
Linking us hand in hand  
  
Or an intellectual tick  
That makes us click  
Our shared past  
Does that make us last?*

*Could it be our choice?  
Do we have a voice?*

**The Recessive DNA Obliteration Protocol**

The following are steps in altering an individual's (or your own) recessive DNA programming:

1. Connect with the Divine.
2. Connect with the individual, Human Spirit to Human Spirit
3. Ask permission to heal the individual
4. Identify the core issue through kinesiology. Our Miraculous Living Apprentice Training program guides you as you gain the skills and understandings to effectively ask the right questions so you can get to the bottom of an individual's core issues
5. Identify the location of the recessive DNA program to be removed. If it is in the nerves, locate the "master cell" that is directing that area. If it is an overall program (for example, a slave program) that identifies the master cell, you will use this to effectively alter the person's situation
6. Inform individuals with whom you are working that you are preparing to work on their recessive DNA. Let them tell you whether they are ready for it. If an individual has changed his or her mind, do not proceed. But if you have received a message from them to proceed, continue to Step 7
7. This is an energetic process. In your mind's eye, see the DNA strand extended like a clothesline with forty-six towels hanging down that represent the chromosomes. Tell the recessive DNA to appear on the extended DNA strand (towels) as black spots
8. You can count and identify the number of pieces of recessive DNA from the mother's side and the father's side, but it is not entirely necessary. The recipient might verify that they knew this was there
9. There are forty-six chromosomes: twenty-two from the mother's programming, twenty-two from the father's programming, and two authentic God strands. Surprisingly, there is rarely something in the DNA the individual is unaware of
10. Suction off the black recessive DNA. A simple way to expedite this process is to imagine using a Golden shop vacuum to suction off the black dots
11. When all the black dots have been removed from the DNA strand, using Gold Energy, activate the highest, healthiest DNA programs that exist in the Human Blueprint

12. Pulse a Golden wave, like a radio wave, through the DNA strand to seal up the newly established DNA
13. Mirror the master cell with the new DNA information to all the surrounding cells. The master cell is like a college professor, able to teach all the other cells how to function well and how to be healthy. For example, if you go to Harvard Law School, you'll experience a top-notch professor with amazing information. You're unlikely to experience this at your local community college. What we're doing here with this process is activating the Divine Human Blueprint. Even better than a Harvard law professor, we've activated the perfection of humanity. The master cell in its highest expression is able to teach all the other cells how to be healthy through the mirroring process

This process is amplified by filling the area with Gold light. Continue amplifying the process until all cells are able to receive the new program

14. Use kinesiology to measure the percentage of cells that are able to respond to the new DNA program. A good result is seventy percent or more

### **Final Steps**

15. Next, include a Family Bubble DNA clearing and finally a reset adjustment in the steps below: (These additional procedures allow for a permanent and lasting solution)
  - a. Identify the family DNA bubble. You'd be looking for the information that's streaming toward you (if you're healing yourself) or the individual who's being healed (namely, the information that's no longer serving that person). We're not changing DNA for any other family members, only the DNA that relates to the person being healed
  - b. Have the undesirable program (that's streaming toward you or the person being healed) light up from the Family Bubble as black spots
  - c. Vacuum off all the black spots
  - d. Send a Golden pulse through the stream to seal up the healing
  - e. Identify the reset program in the healed individual. This is a physical body program, also located in the DNA
  - f. To prevent the body and program from resetting itself after a night's sleep, remove the old recessive DNA program and set the new one as the waking program.

With this new waking program, when the spirit returns after the body has slept, the body will now be reset to maintain the healthy, new DNA program and will not revert to the old pattern

This completes the Recessive DNA Obliteration procedure. It is true that anyone following these steps can alter DNA, although I highly advise you get trained in the wise elder knowledge so you will know why, when, and how to use this life-giving and life-changing procedure.

You are a radiant being of light. You were meant to have this knowledge. For generations, this knowledge has been hidden. What you might have naturally learned as a child is now being shown to you. Understand that this knowledge requires you to adopt a similar love-wisdom attitude to the Creator's intention. This attitude towards His creations provides enough space

for individuals to make, within their DNA, unparalleled shifts and changes.



***In the Genes in Black, Not Blue*** (continued)

*Is being together with love*

*In the "family" sanctioned from above?*

*Are family members true friends*

*We can rely on and depend on?*

*Can I, by myself, make a bond*

*And find it to live on and on?*

*Or is support from friends to come and go?*

*On this question I must know.*

*If I love you as my clan*

*Can I count on you to be in my life next May?*

*Can I trust you not to leave?*