

Genetics and the New Era

Our beliefs are that we are what our genes are and that our genes control our biology, our behavior and emotions. So we become unaware of a machine which is based on our heredity. This concept and belief makes us more of a victim of the past. So if we have good attributes we are happy, and if we have bad characters we attribute that to our genes.

Until recently however, we have lived with this belief system, and we have thought that your genes are your genes and there was nothing you could do about it. So, if your father died of heart disease, so would you. If your grandmother had diabetes, then you had a better than average chance of getting that disease as well.

However, since a new science had emerged, following the recent revolution in genetics science epi-genetics has emerged within the last decade which looks at control above the gene. What it says is that genes don't control everything but rather, they are responsible to the environment. So the cells have receptors from the environment which then adjust the genes to the need at that moment. This then shows that the genes are dynamic, always changing and adapting. So the belief, that we were genetically pre determined is no longer a scientific fact. Our genes can not determine what the future is going to be and then plan for it. The genes are turned on and off as they are needed and the response of the gene matches the environment. So the time between the genes and the expression of our gene is a perception. This is a present time event of what we perceive right now. This is a dynamic concept.

However, there are two levels of perception. One is which we have learned our time. It is the educated mind. This level of awareness does not require any further thinking process once we encounter a similar stimulus. We can then bypass the level of awareness and cognition go directly to our pre-learned behavior. This allows us to focus on other stimuli of importance at that time. i.e.: driving a car to the same place on a daily basis. When you arrive, you realize you weren't even conscious of your travels.

However, as much as these sounds like a good thing, many times, our past experiences of dealing with a reacting to particular stimuli may be good, or it may be bad. So if we had a negative experience to stimuli this could become an educated process that runs our biology, mental and emotional wellbeing. And because it is an educated process from the past, we don't even see what is transpiring, as a result, the majority of life is one run on past experiences.

However, if you want to change the way your genes process the information from the environment, you must make a conscious decision to make a difference once you see a familiar behavior, you can now make a conscious decision to run the old tape and repeat that reaction or, you can re-educate the educated. Unfortunately, these educated tapes that we are playing

everyday were developed in our formation. Many from as early as when we were in the fetal stage and our first six years of life. They are things that we observed such as our parents, relationships, interactions of other people, etc...

Where the problem comes in however, is when we are not conscious of a situation taking place, we will let our educated mind run the show even though consciously, that is not our current belief.

It use to be said that our genes are our genes and they will never change. Fortunately, we now know that through life style management as well as change in our nutrition, we can effective make changes for better or for worse. The choice is up to you.