

A life of joy. A look at the problem from the standpoint of epigenetics and ART

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Reconstructing your thoughts and emotions
you can change your brain, and therefore your life.
Joe Dispenza

Life is what we make it
with your thoughts and actions.
Human achievements
correspond to his aspirations.
His desires indicate
what he can become
and its direction
attention determines the result.
SUN LIGHT

Again I continue the theme started in previous articles and speeches at conferences. We have lived one more year of this amazing time - the stage of the Transition of the Earth and all that exists on it in the New Era - the era of Love, Joy, Prosperity (the so-called Golden Age). The transition is not ordinary - QUANTUM.

I think that today it is already obvious for everyone - without a deep understanding and awareness of the time in which we live, we will not be able to maintain our physical, emotional and spiritual health. There is more and more information, literature, television programs on the psychosomatic nature of diseases. In the foreground comes the NEED FOR FULL AWARENESS of a person - who he is, why in his life trials (both physical and emotional), according to what laws they arise. And the most important thing is how a person himself can take his life into his own hands, what he must change in himself, in his thinking in order to adequately enter the New era, while preserving his health.

And before us - doctors of bioresonance therapy - the task is to help a person "fit" into the surrounding world and events. It is from this perspective that all my conference presentations in recent years. The proposed algorithm of step-by-step "correcting mistakes" helps a person to restore first physical condition, then emotional and spiritual balance. In parallel, as psychoemotional hooks (hooks for thought forms) are developed in the subconscious, new thinking stereotypes are developed, liberation from accumulated negative thoughts, and a revision of one's attitude towards people and events around. We cannot change those around us, we can only change our attitude towards them. If we react more calmly, then we will remain healthier according to the laws of psychosomatics.

The charter of the World Health Organization states that health -

it is "a state of complete physical, spiritual and social well-being, and not just the absence of disease and physical defects."

In his article "What is it, health" Alexey Igorevich Lunkov, Doctor of Pedagogy, Candidate of Psychological Sciences, Professor, Head. Department of Psychology and Psychological Counseling, Moscow State University of Economics gives a link to the American scientists W. Wattles and J. Powell. They name 12 factors necessary for a person to feel healthy, and believe that a violation of any of them can lead to illness. These factors are:

1. You need to have a reliable, stable system of views on life, helping to maintain good condition.

2. Maintaining health is helped by a constant positive attitude and the ability to view events in a constructive light. Popular wisdom formulated this principle in the proverb: "Whatever is done, everything is for the best."

3. A healthy person is distinguished by the ability to periodically work at the limit their capabilities. We can do more than we think, and this resource must be used. We all know how this manifests itself in stressful situations.

4. A person should have a sense of belonging to the spiritual life. No matter, who or what you believe in - God, Destiny, Supreme Justice or Cosmic Mind. It is important to feel that you are part of this force. Not everything is in your power, but at the most difficult moment we can hope for help from "above".

5. The ability to quickly adapt to changing conditions is also a sign of health. Life is changing very quickly now. You can't stop, you have to go forward all the time: learn, relearn, improve. If we cling to the old, it will inevitably lead to depression, despair, illness.

6. Rapid stress response and recovery is another health factor.

7. A healthy person has an increased susceptibility to everything. good.

8. The next sign of health is the pleasure of physical activity.

9. To stay healthy, a person must be able to analyze their feelings and trust them, i.e. trust yourself and your intuition.

10. A healthy person seeks to contribute to the lives of others.

The Golden Rule of Healing: "Heal another - and perhaps you will change his life. Help another to heal himself - and you will change the Universe. "

11. One of the components of health is the ability to show generosity and nobility. If you can give something good to others, then they can give you too. You just need to be able to accept it and be grateful. The more we give, the more we get - this is the Law of the Universe.

12. A healthy person has a sense of humor. Almost always when we look at our problems with humor, they are easier to perceive, and we quickly catch the most harmonious way out of the situation. This gives us the opportunity to "stay afloat", not to get bogged down in the emotions of fear and resentment.

All the factors a person needs for a healthy existence are not taken from the outside, but come from a person, from his thoughts, actions, actions, decisions made. Having done work on the mistakes of his soul, removing complexes from his subconscious, it is much easier for a person to maintain a general positive attitude. Thoughts are material. Where thought is, there is energy. The more people combine their positive thought forms with the emotions of joy, love, happiness, well-being, i.e. unite their efforts into ONE STREAM OF POSITIVE CONSCIOUSNESS, the easier and softer the reconfiguration of the planet and humanity to new frequency vibrations will take place.

Each spoken word is also energy. Therefore, it is necessary to monitor the purity of the language, develop the habit of correctly expressing your thoughts.

Words that increase vitality: joy, love, gratitude, blessing, happiness, tenderness, miracle, desires, sun, smile, gifts, easy, I can, dear, light, hug, kiss, friendship, family, wealth, holiday, beautiful, wonderful, warm, pleasant, brilliant, it will work out, support, inspiration, purity, freshness, confidence, kindness ...

Words that lower vital energy: delirium, nonsense, thief, difficult, poor, illness, sick, stupid, terrible, it will not work, dirt, nauseous, hard, infuriates, I can't, old age, fatigue, tired, tired, tired, no strength, sick of it, bad, terrible, mediocre, tasteless, unfair, condemnation, criticism, anger, irritation, deception, punishment, kills, humiliates, exhausts, collapse, theft, revenge, fear, spending, debts, hopelessness, depression, resentment, jealousy, envy, profanity ...

I continue to work on the algorithm. From the standpoint of epigenetics, the proposed patient management algorithm reflects the rational sequence of activation, first of the visible part of DNA, and then of its invisible part (tested on a large number of patients - see statistics).

I would like to share a few more steps of therapy.

Harmonization of the immune status

The control criterion at this stage is the immune status. It is located in the VRT indexes, the "Lack of enzymes" folder, the "Indexes of enzyme metabolism disorders by systems" subfolder. Pointer to the problem - Ca-Mg-Phosphat D6, is in the VRT pointers, folder "Allergy", indication of sensitivity to phosphates.

Immunity is all the defense mechanisms of a person as a System. We need protection not only at the level of the physical body, but also at the level of emotions. If we get involved in the negative emotions of the people around us, we suffer from the so-called "borrowed attitude", we lose our sober view of the situation. In this case, we cannot suggest a solution to the problem to those around us who are in a state of panic. And, most importantly, we ourselves begin to spread the vibrations of panic around us, as if working as a repeater of negative vibrations (laws of physics), i.e. we lose our own stability.

A pointer to the problem is phosphate sensitivity. Calcium, magnesium, phosphorus are present in large quantities around us. These are fertilizers through which these compounds enter food (fruits, vegetables). A lot of these elements are found in our body - in bones, tooth enamel, in blood. The cell membranes of our physical body are chains of phospholipids. The pointer is located in the allergy folder. According to Louise Hay, allergy is the rejection of others. I'll try to speculate: according to the index, we need to learn to accept everything that contains these elements (including people) without judgment, with love, with an understanding of each individual's own path. And when we learn to do this, we will be able to remain calm in any situation, i.e. our immunity will become stable.

From the point of view of epigenetics, our software contains methylated genes (a kind of locked files), due to which the immune system cannot maintain stability, i.e. there is no "reference state" for immunity. Gene expression in this case is to remove this failure in the settings. If the gene is in working order, the immune system manages to maintain stability in all interactions with the outside world. This properly reflects on the state of our health.

Building a chain: Epiphysis \$ 7 (the measurement level does not decrease) + Ca-Mg-Phosphat D6 ↓ + target organ (usually the brachial plexus) ↑ + medication ↓. I select the dose and regimen of the drug. Practice shows that more often drugs with a psychological bias are tested. I check the prepared preparation according to the control criterion. The preparation period is 2–2.5 months.

Harmonization of health levels

The control criterion at this stage is Health Level 1/1. It is located in the ART indexes, the "Group health levels" folder. Pointer to the problem - Testing of pre-oncology RP D200, is located in the indexes of ART, folder "Oncology testing".

According to the control criterion, everything is clear. Health level 1/1 is ideal. Index - predisposition to oncology. Oncological diseases have many causes. These are intoxications (free radicals, accumulated internal allergens, changes in the acid-base balance, etc.); and accumulated external radiation in the form of EMN, RN, GPN; and the program in DNA (miasms, leading to the formation of "wrong" proteins); and mycotic lesions of the body (now many studies have already been published about this reason). But for the development of these diseases, the psychoemotional state of a person is also important. According to Louise Hay, oncology is the accumulated fears, resentments, condemnations in the subconscious. When we work these complexes in ourselves,

From the point of view of epigenetics, there is a methylated gene in the epigenome, due to which our state of health is not ideal, because we cannot maintain emotional stability. Gene expression in this case helps to learn to keep balance in any everyday situation in an automatic mode.

Building a chain: Epiphysis \$ 7 (measurement level does not decrease) + Testing of pre-oncology RP D200 ↓ + target organ (more often - brachial plexus) ↑ + medication ↓. I select the dose and regimen of the drug. More often drugs with a psychological bias are tested. I check the prepared preparation according to the control criterion. The preparation period is 2–2.5 months.

Removing predisposition to diabetes (life in joy) The control criterion at this stage - Prediabetes 2, GAD - 65 (diabetes), is in the ART indexes, the "Diabetes" folder. Index - Mold 2 D32, located in ART indexes, folder "Mycotic burdens", type II mold burden.

The control criterion is diabetes. For Louise Hay, this is a longing for the unfulfilled; fear that nothing pleasant is left in life; lack of "sweetness" and joy in life; upset about missed opportunities. Corrective Attitude - "I lovingly let go of all my past. I trust Divine providence to arrange everything in my life. I am open to the joy and happiness of the present. "

Pointer - mold burden. According to Louise Hay, mycotic diseases are outdated stereotypes; unwillingness to say goodbye to the past, to live happily and freely in the present. According to O. Gadetsky, mushrooms are stagnant convictions; refusal to release the past; letting the past rule today. Corrective Attitude: "I lovingly and gratefully let go of my past and allow new thoughts and beliefs to enter my life. I choose to live here and now for myself. "

From the standpoint of epigenetics, there is a methylated gene in the epigenome, due to which the meaning of life in joy, love, gratitude is lost. There is a tendency to live with old attitudes and stereotypes of responding to the world around us. Expression of the gene in this case is to eliminate these violations.

Building a chain: Epiphysis \$ 7 (the measurement level does not decrease) + Mold 2 D32 ↓ + target organ (usually the brachial plexus) ↑ + medication ↓. I select the dose and regimen of the drug. Here also more often drugs with a psychological bias are being tested. I check the prepared preparation according to the control criterion. The preparation period is 2–2.5 months.

A few words about the timing of taking medications. Our goal is to develop new stereotypes of behavior (habits). This cannot be done all at once. Our drugs are educational. Taking them for several weeks, we learn, we get used to react in a new way to the world around us and events. Having worked on one complex, we proceed to the next. If we try to work on several of our problems at once, it may turn out, as in the famous fable about a swan, cancer and a pike, that things will remain in the same place. When we work through the optimal step of therapy and mentally calculate the required time to change the habit, the subconscious mind also takes into account the changes taking place in the general information field. During 2016 and 2017, very serious changes took place in the general field of the Earth and the Universe. Determining the timing of drug intake in patients, by the end of 2016

the drug up to 5-6 months. But with the beginning of 2017, the duration of the stages again began to decrease to 4 (in January), and then to 2–2.5–3 months (February – March). For this reason, over the past year, it was possible to calculate only three stages of planned therapy.

As always, I think of the algorithm as a ladder. Added suggested therapy steps.

| | | | | | |
|---|----|---|---|---|---|
| 1 ур | 1 | С | Ш | Т | П |
| 2 ур | 2 | Т | К | Е | Р |
| ДНК | | | А | Л | О |
| микоз | 3 | Ш | Л | Л | Б |
| Микозы | | | | О | Л |
| Ментальное тело | 4 | | С | О | Е |
| Кармическая программа | 5 | 1 | О | Д | М |
| Кармическая посылка | | | С | У | З |
| Буддическое тело | 6 | 0 | Т | О | А |
| Астральное тело – Ag C52 | 7 | 0 | Я | Ш | |
| КДТ – основной жизненный урок | 8 | 0 | Н | А | 5 |
| Выход в Универсум – Vipera D400 | | | Е | Д | Р |
| РН осадки – Сульфур D400 | | | | У | А |
| Силовое поле – Каустикум D400 | | | | Х | С |
| Логика-интуиция – Головные очаги 11 с. | 9 | | В | У | А |
| Поларность – ИИИ-ЯИ | | | 1 | 1 | 4 |
| Снижение очень сильной степени вегетативного отягощения – Таламус 5 у.е. | | | | Х | У |
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Rice.

I would like to end my article with excerpts from Rami Blackt's book "Self-instruction manual for the perfect personality. 10 steps towards happiness, health and success", 2016

The main postulates on the path of healing according to Rami Brahte:

1. Our relationship with the universe is the same as that of cells and organism.
2. The human body is a system where everything is interconnected, it is self-regulating system. When helping a person, it is necessary to strengthen the body's ability to self-regulate.

3. Health is a balance between our way of being and the surrounding world. A healthy organism is one in which homeostasis exists.

4. Disease is a sign of imbalance, external reflection of our thoughts and behavior. The Universe tells us that we are deviating from our Path. The disease restores the balance we have disturbed. Disease is a manifestation of the healing powers of nature.

5. We can influence our thoughts, emotions and behavior with our consciousness. It should be understood why the disease came to us, what kind of disharmony in the body does she speak of? What caused this imbalance - food, thoughts, behavior? To really change your state of health, to start really changing in all respects, you need to take responsibility for your life and for your illnesses.

6. The task of a doctor is to teach a person to be healthy.

7. The highest manifestation of harmony is love for God (for oneself). Of course, at the same time, we should not be fanatical and abandon the real achievements of modern medicine, especially the help of dentists, surgeons, and medical assistance in the treatment of infectious diseases. The consumer spirit and the desire for profit are slowly nullifying the achievements in this area. It is important to remember that by a harmonious way of life, we can minimize visits to doctors, taking chemical drugs, and staying in hospitals.

8. The power of love for others and for oneself is the path to a healthy body and common mind.

It is not the place we occupy that matters, but the direction in which we are moving. (L.N. Tolstoy)

"It all starts with a correctly set goal of life - to be happy and live in the ocean of unconditional love. And then suddenly an understanding comes: there is no path to happiness, happiness - this is the Path. " (Rami Blekt)

BE JOY, LOVED AND HAPPY!

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Andreichenko, G.Yu. A life of joy. A look at the problem from the standpoint of epigenetics and ART /
G.Yu. Andreichenko // XXIII International Conference "Theoretical and Clinical Aspects of the
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