

## We Can Modify Our Genetic Code

by

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A conference flyer arrived in my mailbox titled “Bodies of Earth, Cells of God.” Intriguing title. Some research on the presenters led to Bruce H. Lipton, Ph.D.’s paper on the Human Genome Project. The Human Genome Project is a world-wide effort to map the human genetic code. When the project was finished, it was obvious that common beliefs about human genes had to be turned upside down. This discovery constitutes one of the major shifts in science equal to finding that the world is round, not flat; and the event that the discovery of subatomic particles, X-rays and radioactivity replaced Newtonian physics with Quantum Physics.

Scientists were expecting that at least 100,000 genes would have to be identified along with 30,000 regulatory genes. In fact, the Human Genome Project revealed that there are only about 34,000 genes in the human genome. What is even more fascinating is that there are 18,000 genes in the microscopic roundworm, a creature of only 969 cells. And in addition to that fact, the fruit fly genome has only 13,000 genes. That is 5,000 less than the roundworm despite the fact that just the eye of the fruit fly has more cells than the entire roundworm. In case you are wondering, humans have 50+ trillion cells. Obviously, the genetic structure of a creature is not directly proportionate to its complexity.

Now the scientists are trying to understand the ramifications. Overly simply put, it appears that the cell membrane is the great regulatory factor in manifesting the complexity of an organism. Dr. Lipton compares the cell membrane to the computer chip and the nucleus to the hard drive of a computer. He states, “These membrane perception molecules also control gene transcription (the turning on and off of gene programs) and have recently been linked to adaptive mutations (genetic alterations that rewrite the DNA code in response to stress).” So it is *perception* that is the stimulus for change and growth, as well as gene activity and programming.

Perception is a very personal thing. It can be false or it can be valid. It can be learned from others such as our parents, friends and academic institutions. For example, the perception of night can be fraught with fear learned from one scary event, or the perception of night can be peaceful and calm, learned from a parent who comes in from the fields to finally rest and be with family. The good news is that perceptions can be relearned by retraining our consciousness.

And that is exactly what the study of Yoga does, it retrains our consciousness. Through Yoga the student learns to hone the physical body through right action, nutrition, pranayama, and hatha yoga. We are disciplined to observe the functions of the mind, and to discern what is self and what is not self. But this is still a perception. How can we be sure that it is valid? That is the real beauty in the study of Yoga: The goal of Yoga is direct experience through meditation. In sitting still and traveling from the physical through the breath to observe the mind and then beyond the mind, it is possible to be one

with all that is. Consciousness can become one with a point called the Bindu. A point is not within time or space. Herein lies the direct experience of the nature of existence-consciousness-bliss.

On the “trip” back to the body, consciousness experiences the causal realm, that contains the “seeds” of manifestation, then the subtle realm that holds our unconscious mental processing and the dreaming state of sleep. When consciousness returns to awareness of the body, it is said by those who have experienced the Bindu that we laugh like a fool at the play of the universe. Now, that is one experience that is sure to modify the genetic code.