

## **Article 61: A Journey of Self-Discovery – part 3**

Without exception, all treatments, procedures, and medications must be understood as only symptom-relieving, ...not as preventing or healing any hurt, illness, or disease, ...which are more correctly called "discomforts", for it is this "effect" that individuals seek relief from ...and use as judgments of their cure: when their discomforts are resolved, disappear, or are lessened or removed from physical or conscious disturbance or concern, the cure is considered effective ...and often completely successful. "Out of mind, out of body" is satisfactory for some, ...but for the true physician-patient collaboration, this is only a first step toward wholesome wellbeing.

Are you willing to understand your beliefs, thoughts, attitudes, emotions, words, and actions? ...and see how you are living your pains and discomforts, your hurts, and your sicknesses and diseases in your spiritually mindful body and life? With that knowledge, you can decide if you want to continue these problems and illnesses, which frequently conceal even greater underlying discomforts, ...or face your beliefs, thoughts, attitudes, emotions, words, and actions ...and your situations and relationships honestly and directly, so that along with the benefits of your medical treatments, you will be able to live the self and life you truly desire ...and stop living your pain, discomfort, and illness.

It is time for you to realize that all choices made and lived are situational preferences or options, ...not unchangeable promises, debts, or karma; ...and they are certainly not tests, judgments, or punishments. As your decisions, thoughts, and choices direct events in your life, they may be changed (expand) to create the self and life you desire; but beliefs, choices, and actions will outpicture as illness if you carry them as judgments ...or as unchangeable burdens, debts, or problems.

If old choices and actions, and subsequent conditions and events, are carried as obligations, punishment, lessons, or resentments, your life will gradually become narrow and more confining and limiting, with fewer options, until you finally become a "victim" to these old choices, with no relief or acceptable options available, ...all of which outpictures the conflicting beliefs, attitudes, emotions, burdens, and problems you are living and struggling against. Treating symptoms must only be to relieve your mind, so you can clearly understand and correct the real illness within you by creating and living, with your whole being, the self and life you truly desire.

The lifeseff you lived in prior lives is accurately encoded in your genes, such that your mindful body today, with its strengths and weaknesses and familial tendencies, fully reflects and embodies your

previous beliefs and choices; ...and your unvarying beliefs, thoughts, attitudes, emotions, and responses today carry and continue this lifeseif pattern and functioning; in fact, your controller-genes ensure that all genes function to continue the patterns and functions you have chosen. But, as medical science is developing methods for supplying missing genes to change your usual patterns of problems and illnesses, and to enliven and strengthen other patterns, you have this treatment immediately available to you without external intrusion, ...for you may change your genetic-pattern so it no longer creates unwanted behaviors, circumstances, functions, responses, and illnesses in your embodied self or life. It is also possible to add desired traits. This process is called "gene-release".

While genes are truly established at conception, you can change (expand) the pattern or functioning of your genes just as surely as you can create new beliefs, responses, and actions ...which releases old patterns. And even where the personal gene-pattern or plan in life is deemed to be destiny or karma, or God's will, and seems "fixed" and unchangeable, if you change (expand), whether through understanding and forgiveness, acceptance, grace, or by your own enlightened empowerment, and truly live a new self and life with every belief, thought, attitude, emotion, word, and action, these changes (expansions) create a new lifeseif-pattern and functioning within you and release the old pattern. Also, by not activating certain genes or by making others more predominate, you can change (expand) the way your gene-pattern functions in your embodied self and life. This altering of genes can be so complete that damaged organs and other body parts can be repaired or replaced, ...or your body may assume different proportions or appearances. And though this gene-recoding is intended as an internal process, artificial recoding is also possible, ...and being done today.

Since diseases, hurts, and illnesses outpicture inner-conflicts, creating and living the self and life you truly desire must be an integral part of all treatments, for only this releases the patterns you have preset or "fixed" in your body and life, ...and this leads to effective preventative healthcare through satisfying meaningful-living. By acting fully and directly as you truly desire ...and no longer carrying previous judgments, choices, feelings, reactions, and attitudes, whether "good or bad", into today's circumstances, your self and life are as you truly desire ...without the inner-conflicts that outpicture as diseases, hurts, and illnesses. Of course, when previous actions are desirable and appropriate, these may be maintained ...and only unwanted or undesirable feelings and responses modified or removed. Gene-release is not merely a change (expansion) of attitude and

different responses, it alters your gene-pattern and functioning ...and transforms all expressions of your spiritually mindful body and life.