



Returning Your DNA to Wholeness

The DNA is meant to be a template of love that aligns our body, mind, thoughts, beliefs, and behaviors with the Love That We Are (our originally created true selves). The human DNA has been distorted, over generations and eons of time, by trauma and fear. This has caused us to feel separate from God, ourselves, and each other. The results have been detrimental to our health and well-being, our ability to live the lives we were meant to live, our consciousness, and our ability to know our oneness and to love God, ourselves and others. When you become aware of beliefs, behaviors, fears, emotions, and limitations that foster separation, you can do the following meditation to bring your DNA back to its original blueprint of love and wholeness. This makes it available to all in your lineage who are ready to receive it.

1. Take a deep breath and center yourself in your heart.
2. Ask the Beings of Love to fill your heart with the healing love of wholeness.
3. Envision the love spilling out from your heart and into the DNA of your body.
4. Send the healing love of wholeness throughout all times, dimensions, realities, experiences, and directions, to the root causes of the distortions in your DNA. See the DNA return to wholeness, aligned with the I AM of each person involved.
5. Envision the DNA that has been returned to wholeness, coming back through all times, dimensions, realities, experiences, and directions, and restoring the wholeness of the DNA of all individuals who had previously held the distorted DNA in their bodies.
6. Bring this wholeness back to your own DNA in the present moment.
7. Send the wholeness of the restored DNA back out into all times, dimensions, realities, experiences, and directions, making it available to anyone who wishes to receive it.