

Psychogenetics – your Invisible Heritage

We all know about genetics and epigenetics. The fact that our psyche mainly consists of an inherited coding of our ancestors but that there is psychogenetics as well, has received little attention so far. By using certain psychogenetic methods psychogenetics offers many possibilities to understand our emotional and mental predispositions on the one hand and to understand our life on a much deeper level on the other hand. In this way, life problems and life blocks that we have been carrying around with us for a very long time can be eliminated.

Psychogenetics can tell each person about their uniqueness and the individual composition of the emotional and mental information they have stored deep in their subconscious passed on from their ancestors. It shows how it becomes possible to change successfully and sustainably all what makes life difficult and sad, problematic, and perhaps even hopeless - with one's own consciousness and common sense.

What it is about genetic predispositions, which can be determined by appearance and similarities to one's parents or grandparents, is common knowledge. This includes, for example, hereditary diseases. We did not choose or could not choose this hereditary material. How a person will look like, was already predetermined at conception or at the fusion of egg cell and sperm cell. If one has blue eyes, this will not change. If one is full-grown at 1.60 meters, it will stay that way. We have accepted that our physical characteristics are static constitutions that are considered unchangeable. This inheritance is set and manifest. We also inherit talents, abilities, intelligence, or capabilities.

It is impossible not to inherit

But you inherit much more than you can see and assign directly. We all inherit invisible information that is consigned on the emotional and mental molecular levels.

It is composed of information and attitudes of our parents, grandparents, or the family collective, which have determined their emotional and mental world and which (in most cases) have remained unresolved.

These might be beliefs, evaluations, prohibitions. It can be doubts, fears, traumas, events that can be passed on. It can be feelings, moods or mood swings, self-deprecations, aggression, disbelief, or lack of belief, "resignation to fate", mental and emotional blocks. Beliefs, conclusions about what is impossible to achieve in life, or how something should be or is expected to be.

The influence of epigenes

This is where the young science of epigenetics comes into play, which specializes in investigating which external influences in our lives, such as climate change, nutrition, crises, or stress, have an impact on our body cells and genes, and the consequences this can have for us.

Epigenes are “flexible”

Epigenes are not static genes, they form due to external influences, attach themselves to the DNA and can thus switch individual genes on or off.

If these external conditions changes, e.g., through healthy eating behavior or by avoiding stress, epigenetic mechanisms can reactivate silenced genes.

Let's take the example of a married couple who prefers a high-fat diet and due to this lifestyle create and inherit the epigene, which is passed on to their offspring and cause them to prefer this kind of diet as well.

Children within the parental home and later as adults are more strongly coupled to this diet due to the epigenetic pre-disposition than those without this pre-disposition.

Only if the adult children consistently change their diet in the long term is it possible for the epigene to deactivate. This also applies for the following generations.

What is psychogenetics?

The spectrum of individual and unique emotional and mental heredity is diverse and mostly outside of our consciousness, outside of our guess or interpretation that we use as an explanation for a circumstance in our life when we get nowhere with our mind. All this emotional and mental heredity has a great impact and determines our lives and life experiences.

Epigenes favor the repetition of our parents' mistakes, which we never wanted to repeat, and also handling of our own potential, as well as the prevention of our personal development, our position in society and the achievement of goals.

Let's take some examples from practice:

A client carried the psychogenetic transference from her father, who gained the attitude in HIS life: "A facade is the best protection against emotions".

Due to the unconscious psychogenetic transference, the client herself paid far too much attention to her facade and remained aloof, but also perceived others as aloof. She suffered the loss of emotional encounter, emotional assessment, and perception, in herself and in others. She found it difficult to find a partner, let alone enter a partnership.

A transfer from the mother to another client, who had booked this attitude in HER life: "As a woman you make yourself the puppet of the men".

The client, without realizing, made an incredible "effort" in front of men, almost wore herself out to hopefully be recognized by them. She suffered the loss of self-centeredness and her self-esteem, ultimately even of self-protection, and "wasted" a lot of time, money, and energy without gaining respect or appreciation of men.

When inheriting, any information results in unconscious motivation. All psychogenic non-verbal, non-expressed transmissions, which are not inherited, but originate from the attitudes and decisions of our ancestors, influence the lives of those who would never "voluntarily" live or share these attitudes themselves (without wanting this emotional inheritance). Such transmissions passed on through generations are called "psychogens".

Psychogens are unconscious switchers

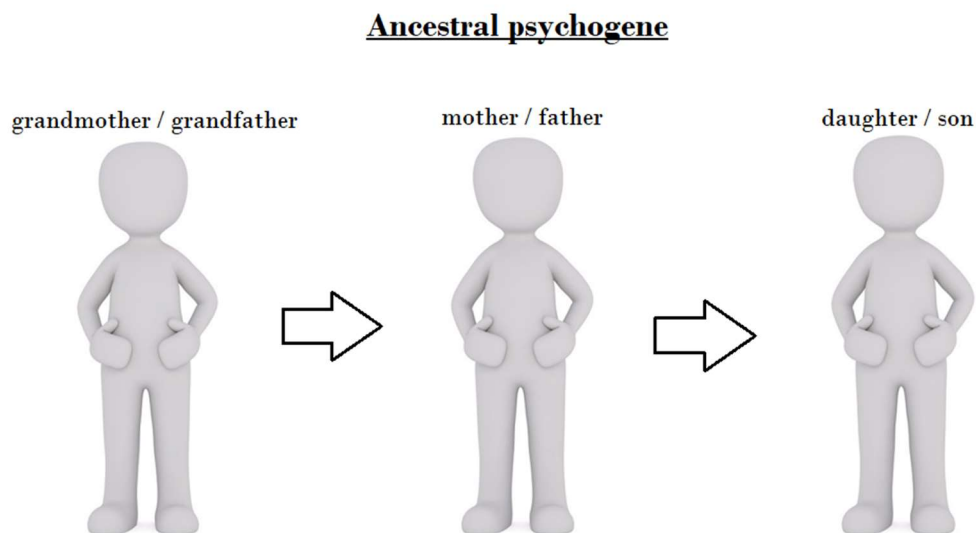
Psychogens are significant encodings that develop from mental and emotional experience of individuals based on their experiences, resolutions, views, and evaluations of themselves or others and influence how they think and feel, act, make decisions, and form relationships.

Often it is information related to inferiority, incompetence towards life, unresolved crises, fears, unprocessed relationships, insensitivity, coping with destiny, etc. This complex information of a certain area of life, e.g., in relationships, is usually completely unconscious to that person. In addition, they are so uniquely individual that they cannot be transferred to any other person. Psychogenes in an individual constellation are utterly unique.

Variants of psychogenetic inheritance

From my experience there are three significant variants of psychogenetic inheritance so far. To be able to understand the connections better, I would like to show some examples:

1st variant: The inheritance of the psychogens through several generations, according to which the psychogens are passed on unfiltered, for example, from grandmother, or already great-grandmother, to the mother and then to the daughter and accordingly have an individual effect in the respective life period.



"Hold back"

©Sara Maria Hardenberg

Example of a female client, 53 years old - "Trapped"

"There is a competition problem in the family, between men and women as to who has the better status. This competition has left the message "hold back" for me so that I don't get the idea of "aiming high." There is a misconception between "I want to live freely and develop myself" and "wanting to aim high". This "aiming high" is something that, in a way, was recognized as threatening or troublesome or inappropriate because of the competition.

I have to return this misconception to the family because they also did not live freely or let others live freely. But this "living free" is my struggle within myself, the high adrenaline, pent-up energy within me, directed negatively by the old oppression of "hold back."

Consequences:

The client felt trapped throughout her life regarding morals, obligations and requirements that were ultimately not her own. Her many attempts to find her "purpose" and meaning showed up in constantly starting something new, but not being able to finish it. Despite her education and skills, she only got jobs that were well below her actual qualifications, which also had financial consequences. Basically, she didn't know where to go with herself and what she really wanted. Making plans and shaping the future for herself was impossible for her. She was often irritated, impatient, and disputatious. She could hardly stand herself and the eternal marking time.

Solution:

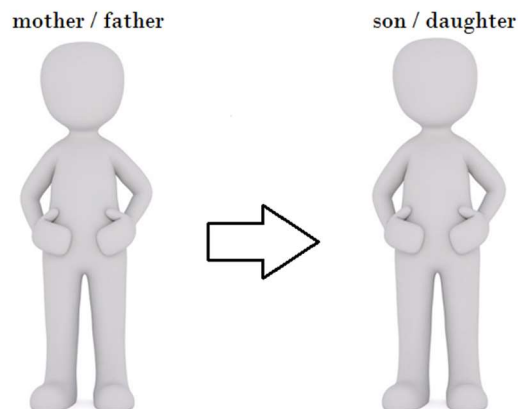
In the identification, which revealed the collective information that had been passed on of the paternal and maternal family and generations before, the client was finally able to understand why she had not succeeded in finding her path of personal unfoldment up to that point and how much life energy she had lost as a result, why she had not really been able to use life for herself.

Intensively dealing with the question when she would feel free in life and how she could unfold in the future - e.g., through changing her career, moving to a more beautiful environment or through the conscious use of her own will and active life design - allowed the client to realize what is now possible for her.

The separation worked out for this purpose underpinned the new resolutions for shaping one's life and eliminated the intimidation, lack of power of implementation, "making oneself small" and the destructive channeling of existing life energy into aggression that had arisen from "aiming high". The client gained relaxation, imperturbability, and self-confidence.

2nd variant: A new psychogene is often initiated through a child's father or mother, which is accepted by the child as unfiltered information like coding and has an impact on his or her life and behavior.

Development of a new psychogene for example on a child



"A lifes work is more important than love"

Example of a client, 27 years old - "inferior value"

"I am sad that you father, left me for your life's work. And I am sad that I am less important for you than your life's work. And your message on my way to become a woman is: a man first takes care of his life's work and then of love -if at all."

Consequences:

The client feels she neither plays any role in her father's life nor for other men. She suffers from changing relationships, which fail repeatedly, because men have no eye for her, forget dates and agreements and leave the client for "more important things" without consulting or informing her. Profession and career are always more important to the client's partners - no matter from which professional background they came - which has massively disturbed her self-esteem.

Solution:

With the help of the psychogenetic analysis of the emotional and mental predispositions that had been passed on from father to daughter, with the help of a separation the coding to eliminate this psychogene could be initiated.

Thus, the client freed herself from her deep-seated and even automated inferiority towards men, of being worth less than a man's life's work. She was able to leave the field of men who favor careers and cannot and will not love her, the client as a woman. With a new programming contributing to her via the separation text, it became possible for the client to step into a present and much greater self-esteem as a woman, coupled with a clear inner positioning of being valuable and important. It was her breakthrough for a fulfilling and equal partnership.

3rd variant: A person himself develops mental and emotional psychogenes due to his life experiences, resolutions, evaluations, incompetence, inferiority, avoidance strategies, etc., which are firmly coded in him and are also passed on to the descendants.

Selfdeveloped psychogene

woman / man



Potential triggers:
-life experience
-coping with crisis
-opinions
-decisions
-evaluations
-relations
-belief
-compensation
-movement
-and many more

"My identity is heavy, sad and unhappy"

Example of a client, 48 years old - "Depression"

"I was not given the identity of the precious daughter, the child in whose life one is interested. As a result, I suffered a loss of identity. If I had known that I was a lovingly conceived daughter, I would have had much more ease in my life. By not receiving any valuable information about myself, I absorbed a lot of heaviness already as a child, identity heaviness. And I accepted that for myself as a truth: My identity is that I am heavy, sad, and unhappy. It is not that I am welcome, funny, or a valuable contribution, but only heaviness that is also coupled with emptiness."

Consequences:

In fact, the client had been depressed, unhappy and frustrated for many years and nothing seemed to help. She didn't like to socialize, spent her free time alone on the sofa, trying to somehow cope with the depression. Nothing gave her pleasure; even suicidal thoughts arose. After the death of her mother, the symptoms intensified. She did not want to undergo a permanent drug therapy.

Solution:

By naming the psychogenetic contexts, it became possible for the client to first distance from the diagnosis "depression" and to take care of her true identity, i.e., what she really is in her previously undiscovered inner core. By ending her dependence on loving information of her parents, which she had never received, and her unconscious decision to go into depression, she was able to open up to life in a completely new way. She understood that depression had been her main identity so far, which she was able to eliminate with the help of the separations she had worked out. Her new attitude towards life is joyful and confident.

Where are psychogenes located - The three human bodies

Since our thoughts and feelings cannot be seen, it is likely that we humans have energy bodies in addition to our material bodies. I have called these subtle bodies, to make it more comprehensible, "mental bodies" and "emotional bodies".

Most people are too fixed on the physical body, which does not mean that they have a body awareness or even a goodwill towards their own body. But one feels one's body, sees oneself in the mirror, experiences pain or illness.

However, the organic body is only the last link of the chain, which expresses asynchronies of further energy bodies of man. If the human being unconsciously deals with his emotions and denies his negative thoughts and evaluations about himself and life, he leads the subtle bodies, "emotional body" and "mental body", into an imbalance.

Mental body and emotional body

Our mental and emotional dispositions are "stored" in these bodies, those are the so called psychogenes. From these bodies new psychogenes are created as well. Being aware of the existence of the information in these two bodies it becomes possible to change or positively balance these psychogenes with new information by using our mind and consciousness.

The main factor of disharmonies and cultivation of disorders in the respective bodies are the existing, inherited, emotional and mental predispositions.

If we recognize that the subtle bodies are timeless, through the fact that there are and were human beings and heredity exists even if the human body has been deceased, we can understand the possibility to analyze the psychogenetic structures and behaviors and their respective information through the psychogenetic method via the subtle bodies.

The Psychogenetic Analysis

In the analysis there are two core parts for the detection of psychogenes and for the later detachment and change of the pre-dispositions:

On the one hand, the so-called identifications. Here the corresponding unconscious relations, e.g., of father or mother or to a child or another important person of the advice seeking person, are analyzed. Thereby the relevant contents and information show up, which have mutual meaning on the life of the person via heredity. For example, the client and his unconscious relationship to the mother, and the mental and emotional entanglements present here, become clear. The identification within a relationship always takes place on both sides, that is, the unconscious activities from the client towards the mother and from the mother towards the client. This is important because in this consideration the different "types" of psychogenes and the resulting difficulties for the client are revealed.

What follows is a profound reflection, coupled with many realizations and an inner pacification of no longer having to judge oneself for things in life that happened or were lived by other family members, and finally being able to let the past be the past.

Now the detachment of the burdening emotional hereditary information can begin and a new, for the client adequate and future-oriented, reprogramming can take place. This happens through the separations. They are strong, serious, and responsible statements towards the family, the father, or the mother. The development of the separation texts is based on the identification texts that were collected at the beginning of the psychogenetic process work.

The psychogenes with negative effects have been discussed extensively in their significance regarding this. The separations cause the elimination of these weak points and blockages on the one hand. On the other hand, they initiate the repositioning of the client with his additionally acquired competencies to enter an adult presence and into the self-esteem that is really reflecting him.

Simply using the example of the client whose father considers his life's work more important than love, means telling the father that his daughter will free herself from his value system and make herself independent. And thus, also from all men who share the father's value system, i.e., who prioritize career over love. That in self-responsibility, self-seriousness, and self-honor she will only get involved with men who clearly prioritize her as a love partner and who can and want to fulfil a love relationship with her.

Separations, the second heart of psychogenetic work, helps the client to clearly internalize their realignment and imprint new coding on their subconscious.

The detailed process

Once a client has given their consent for identification with their person during an initial consultation or their major core process work, I enter the resonance and unconscious reality of the person seeking advice with the neutral consciousness (awareness). The neutral

consciousness is a non-evaluating, non-assuming, non-interpreting awareness of the emotional and mental body on the part of the psychogeneticist during the identification with a foreign emotional and mental body.

From there, I "tune in" in such a way that I perceive and name his emotional and mental situation vicariously for the client. The information, mechanisms and automatisms inherited from the ancestors are filtered out. The client's emotional and mental bodies are "read", so to speak.

All this is described in words and sentences that are documented and recorded. The statements made during the identifications are the basis for further work with the client. This includes understanding the information and its meaning, recognition of how much this information would impact the current life and furthermore continue to shape it, if this respective hereditary information would remain.

Chance and experience at the same time

It is an experience for every individual, who dives into his psychogenetic structures, to experience his life, his feelings, his actions, and his thoughts, from a completely different point of view and with unexpected connections. To be able to see and understand the reality of life from this deep perspective of one's own emotional and mental core, with the special experience of being allowed to understand oneself at the psychic primal root.

Thus, the Psychogenetic Method becomes an opportunity for seekers who have not yet really found themselves or who are looking for answers to their questions. Where the longing exists to find sound solutions to one's own problems and blockages to get rid of them and to be able to set oneself up stably in life.

By deleting and changing old psychogenes that do not contribute to you, by consciously initiating new psychogenes for oneself and one's future and for one's descendants. Thus, a healthy matrix for body, mind and soul is paved in one's own life and for the following generations. Space for new feelings of life and joy of life that will remain.

About the person

Sara Maria Hardenberg has been working as a psychogeneticist in her own practice for over 25 years and is the founder of the psychogenetic method.

www.psychogenetik.com