

Psychogenetics and our psyche

Our body is like a wonder. As soon as you deal with the marvel of the body, his intelligence and sophistication, you will be amazed.

As we know, there are hundreds of thousands of processes within our cells and organs which are mobilized every second. Our body is a super powerhouse that holds genes, automatic processes, renewal processes, growth, development, cycles, predetermined traits, constitutions and disease dispositions and even manages them in a certain way, for example through epigenetic mechanisms.

The epigenetic processes serve to switch off our genes or read them differently and are set up individually.

There is no second human being who has the same processes, equal levels of vitamins, minerals, co-factors, protein formation, digestive performance, enzymes, etc. in his body.

There is no "general" recipe

If we talk about the fact that we have heart problems, digestive problems, headaches or that we are susceptible to infections, the background of the individual problems in each person has different "degrees" and is triggered by a variety of factors.

Our gut microbiome is so individual that it could be compared to a person's fingerprint.

Many metabolic processes occur in the body. Those that produce very specific proteins and enzymes. This happens in terms of quantity, frequency, "whether or not", and is different with each person.

When we talk about someone who suffers from depressions or anxiety, someone who has doubts, someone who has abdominal problems, someone who has an inflammation, we do this in a very superficial way when it comes to the real cause of these symptoms.

There is no generalization, although there are general diagnoses. However, if we take a look at the microbiological or cell biological level, we would get different and deeper explanations.

This is the way of psychogenetics.

But first the question:

What is the human psyche and how is it composed?

In general, we speak about the imprints and experiences from our childhood and our life course when we mean the psyche. We talk about our mind, the way we act and think and process things that bestowed us good and bad feelings.

But this is, again, very individual, although when it comes to the human psyche we usually speak about the experiences from our lives. The human psyche is not set in stone. We can change it through therapy, insights, by completing the past, etc...

The human psyche is the key to shaping inner and outer form of and development in life.

Many roads lead to Rome

There are different ways of therapies or coachings to respond the symptoms of depression or an anxiety disorder. The inability to relate or to connect is also a part of our psychic world.

But our psyche, as we define it, is not our psychogenic. The genetic psychogens already exist as a potential before the time of procreation and include, for example, the tenet of faith or conclusions, and the way we deal with things in life or handle them.

The human psychogenetics contain information about the origin of the ancestors' psyche. Consequently, our genetic psychogenetics have a serious influence on the development and the different activities of our psyche, and also on our thought processing, thought destructiveness, emotional expressions and emotional destructiveness, our own decisions and shaping life from the beginning.

Psychogenetics have a deeper basis

If our psychogenes are unknown, we cannot reach or break some of the problems or blockages we have in our life in their individual compositions and information only on a purely psychological level.

Who like it to live with the tenet of faith or already inherited psychogens of their mothers or fathers and foremothers and forefathers who are not their own, from other life epochs or phases of life? With ideas that would never come up with ourselves. Our psychogenes are deeply rooted in our subconscious and therefore they seem "intangible" because they already existed before our conception. To be able to understand this, doesn't go without saying.

Psychogenetics and psyche are unique and individual

Our body works in a sophisticated and unique way, just like psychogenetics have an effect on the human psyche.

In psychotherapy, therapeutic measures are usually derived from existing diagnoses, such as an anxiety disorder, a fear of crowds (agoraphobia), which are generally valid and depend on the respective therapeutic approach.

Since we are so individual and since every person processes experiences differently for him- or herself - father, mother, grandmother, grandfather, great-grandfather, great-grandmother and oneself - both emotionally as well as mentally and individually filled with content. For example, the fear of crowds and the way we handle it, on an unconscious level with patient A and with patient B in a completely different way than one would assume.

As individual as our body is, as individual is the human psychogenetics and it works as differently as each body and its processes. The effectiveness of each working psychogen is quite individual since it always depends on how the grandfather or grandmother dealt with an experience in a similar or the same situation. This has an unknown influence on the genetic life of his or her ancestors.

Your fear – my fear?

Therefore it may be that one does not really makes progress with a therapy or other measures against this fear of crowds because the actual cause is related to an unknown event, a kind of conclusion, a view, a loss that was not experienced by the heir himself, it's the burden of his or her father or mother. This has such an emotional effect on the person that he or she develops a fear of crowds which actually is not his or her own.

That's why he or she is unconsciously stuck in this fear because the experiences of his or her grandmother, who once was in a panic situation among large crowds of people and has stored it in such a way that she has formed this in a psychogenic, which she has passed on via the mother to the client (daughter, grandson).

This applies to all problem areas of life that don't work: job, friendships, health, money, etc...

How to tell psychology from psychogenetics

Psychogenetics is the origin of the composition of emotional and mental potentials, including, among others, the destructiveness of a human being and the individual tendencies for his or her psychological development.

Due to the determination of emotional and mental psychogenes, it is predictable that the psychological developments manifest themselves in certain ways, break out during life, continue, and even are passed on.

If we assume that psychogenetics can predict our psychological development, then we have the opportunity to stop it by using the psychogenetic method to check the influence of psychogenes on our psychological development.

Psychogenetics works at the very root of the problem

At the core of our possibilities to develop psychically, we are able to recognize which positive and destructive potentials have been given to us that determine our lives.

We are able to make a difference at those points where people have sometimes not been able yet to untie the crucial knot despite intensive work on themselves, despite the help of therapy or coaching.

The exciting and important thing about psychogenetics is that we may recognize that a certain issue in our lives can be solved after we have really found the cause.

As long as we do not find the real cause of a problem that burdens us psychologically, we possibly experience a certain aha-moment within therapy or coaching, which can ensure that the situation partially improves, but then shows up again at another place in a different form or shows itself anew.

If this is the case, we can change this in by therapy. We did this therapy on the psychological level and not on the psychogenetic level. That's the important difference.

What is the TRUE background?

When we work on a psychogenetic basis, the question is: "What do I not know yet, what is the cause, and what will smash my problem?" So, "what is the TRUE background?"

When clients come to me, they usually know a lot. And of course, I know a lot because of my professional experience. But everything the client knows has not brought him/her to an effective solution. In the end, I can't transfer, project, suspect or interpret all my knowledge from 25 years of professional experience to the individuality of the client with his uniqueness. That would do no justice to the client and to psychogenetics.

Working in psychogenetics is very fascinating, because as individual as all metabolic processes and processes in our body are, as unique is each human with his psychogenetics.

There is no second, equally felt fear. There are no second equally felt feelings of loss. There are no second equally felt relationship disorders, irresponsibility or fear of loss.

Psychogenetics are neither logical nor chronological

There is only one psychogen for one specific person which is composed of many different experiences of different generations, uniquely emotionally, mentally and content-wise completely unsystematic. The compositions of the psychogenes are neither logical nor predictable in terms of content.

It is the challenge to find the one “problem psychogen” that neither the client nor anyone else knew, simply because there is no such story apart from the client and the fact that everything is possible what makes working with the psychogenetic process so exciting.

It is always a rewarding experience for me to witness how people can fundamentally change, free themselves and put their lives definitely on a new way: with a new quality of life, with self-confidence and adult competence.

It's about finding the uniqueness of your problem and the uniqueness of your personal solution.

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