

Psychogenetics: The Look Inside

Most of us know genetics, i.e. the physical theory of heredity.

In addition to that, there is the more modern study of epigenetics which specialises in analysing external factors in our lives such as climate change, diet, crises or stress and as to how they have an impact on our body cells and which health consequences this can have for us.

Epigenes are "flexible"

Epigenes are not static genes, as is mostly the case in genetics, but are formed as a result of external factors, attach themselves to the DNA and can thus switch individual genes on or off.

However, if the external factors change, i.e. because of a healthy diet or by avoiding stress, epigenes can dissolve again and therefore release the genes that were previously switched off.

Epigenetics = Inheritance beyond Genetics

DNA is influenced by epigenes. These are molecules that tag DNA and alter its information. DNA is immutable, that is, apart from single mutations. This means that blue eyes, for example, are inherited through DNA. By contrast, epigenes are formed in the course of life, by environmental influences, e.g. stress or habits such as overeating. However, these traits are then passed on to the descendants, too. As a consequence, children and also grandchildren of overweight parents are more likely to develop diabetes. This has been observed in humans and demonstrated in mouse experiments. In the course of these experiments, non-epigenetic factors were excluded through artificial insemination. We can therefore assume that everything a person experiences is reflected in his or her epigenes and, as a consequence, is inherited by future generations. However, epigenes, unlike DNA, are not immutable. Just as they can be formed by an unhealthy lifestyle, they can also be dissolved by a healthy one.

Let's take an example: during a famine, pregnant women give birth to a strikingly large number of underweight and disease-prone children. Later, this was also the case with their own children. Let us assume a healthy immune system and the corresponding disposition. Then, due to the external influences and experiences of famine, the epigene is formed which "attaches itself" to the genes of the healthy immune system and switches off this good immune system.

This results in a new physical predisposition that can be inherited. However, if the person affected starts to take special care of their immune system, consciously strengthening it with vitamins, minerals, fruit, vegetables, fresh juices, water, cold showers, appropriate clothing over a longer period of time, it is possible that the attached epigene disappears and the originally healthy immune system is released again. This way, the healthy immune system can be passed on to the next generation.

At the molecular level, this can be observed by science.

Influences from Inside

Psychogenetics deals, on the one hand, with epigenes created at the psychological level and their dissolution, even down the generations.

In addition to that, it also deals with influences that will be passed on to their descendants from within, from the subconscious and the emotional and mental hereditary information of their ancestors.

These are effects on the emotions, behaviour, decisions, relationships, thinking, attitudes and personal as well as interpersonal living, the life track of the "heir".

Using our example, the mental and emotional information of those children whose mothers suffered from hunger at the time is filtered out and analysed in order to understand and erase its current significance for the descendants.

My Reality - Your Reality?

What individual thoughts, emotions, fears, resolutions, excessive demands or traumas were passed on to the children (and grandchildren) during the years of famine and war and do these have an effect on their subconscious?

Even if their lives today obviously have neither anything to do with the experiences their parents had nor with the reality of hunger and persecution at the time.

Or how, for example, a mother who experienced violence during pregnancy felt and dealt with it both emotionally and mentally. And what conclusions she has inherited to the child psychogenetically (e.g. that you should not trust men or that men do not want anything good for you as a woman).

Which could have the consequence for a girl, for example, that she actually cannot trust men and always looks for the fly in the ointment when she has contact with men. Or she generally accuses men of not wanting to do or give anything good to you as a woman. The question is, why that woman actually always finds men who don't give her anything "good" and ends up having relationships with violent men just like her mother.

For a boy, this information could trigger other consequences. For example, he might actually not want anything good for a woman or he might like to give something good to women, however, this is not perceived as such by the women in his later environment or in his relationships.

He might be completely baffled as he is an absolutely honest person but somehow women don't trust him and accuse him of dishonesty for no reason.

Psychogenetics is first and foremost individual

Since every person has his or her own way of dealing with such situations, the psychogenetic information inherited to the descendants is quite individual. This is because the same experiences and information transmitted do not have the same effects.

As far as the inheritance of emotions, variations of emotions, thoughts, fears, decisions, evaluations, conclusions or actions is concerned, there is no pattern or similarity. What is passed on as genetic make-up is always an individual mix of information.

This genetic make-up influences and inhibits the offspring through blocks, problems, crises, repeated traumatic experiences, compulsion or resistance.

The emotional and mental hereditary material with its predispositions even adapts to life events or to directions that one does not want at all, but nevertheless cannot avoid.

Parents quite often experience that they do not want to be like their father or mother. And yet it happens to them that they lose their patience as if caught in a film and at that very moment display the same behaviour as their parents once did.

Invisible automatisms

The psychogenetic information may therefore also give rise to automatism. Because even if you know about a problem, a quirk, a flaw, which you can have all too easily, you may not manage to stop it, interrupt it and put it down.

It is also interesting to consider what the descendant concerned makes for himself with the inherited information which, however, does not make sense in the process.

For example, if a daughter is completely crazy about her partner in her relationships because she experienced the fact that her parents were not crazy about each other but had a rather cool and aloof relationship as a state of deprivation.

Or when the single mother's son inherited his father's attitude that "mothers don't have to be taken seriously" because he didn't take his wife seriously.

We counteract this with education and realise that it is a wasted effort and question our competence as parents. This can be very demoralising and you just don't understand what the problem is.

Everyone bears his psychogenetic cross.

Everyone is born with an individual psychogenetic cross to bear. Whether we like it or not.

Its influence is considerable, in all areas of our lives. It is made up of the accumulated information of several generations.

If the psychogenetic hereditary material is decoded, one can not only change one's own life in a positive way, but also the lives of our children and grandchildren. And we take away from them the burden of repeating meaningless patterns of perpetuating destructive hereditary material.

As long as the psychogenetic information lies dormant in the subconscious, the human being is not completely free but rather unconsciously controlled by the psychogenetic information that limits him.

Only by analysing the patterns and programmes that have been inherited can they be processed and resolved or transformed.

In the course of identifications (see explanation of terms), the client gains access to the emotional and mental hereditary information of his family collective as well as his parents.

In doing so, he experiences an astonishingly precise grasp of his current life and the effect of the collected information on his practical life and in his areas of life.

Unfortunately, I cannot prove the effect of psychogenetics with scientifically valid data at the present stage.

If it were provable at all at this point.

It is true that machines can measure areas of the brain in which emotional and mental activities and their intensity are detected, including the extent to which these cause people stress or other arousal.

However, the exact content, words, sequences of sentences, themes, reflections, etc. of a person's mind cannot be translated by a machine.

It is also not possible at this stage to capture the feelings and their expressions or complexes of feelings and how the feeling is defined in each case through technology.

Psychogenetics is able to modify epigenes. It therefore has a direct effect on human cells.



PSYCHOGENETIK
Sara Maria Hardenberg

I will explain why the Psychogenetic Method, as I perform it, is possible in a subsequent podcast.

Warm regards from my practice,

Sara Maria