

Psychogenetics - what is it about?

Hi, my name is Sara Maria Hardenberg and I have been practising the Psychogenetic Method in my sessions for more than 20 years. This method makes it possible to analyse the emotional predispositions of a human being.

Psychogenetics, as defined in the Encyclopaedia of Neuroscience, is a field that is concerned with the genetic basis of psychical phenomena.

So what is psychogenetics?

You certainly know what genetic predispositions you can detect through external similarities to your parents or grandparents are all about. This also includes, for example, genetic disorders.

You did not or could not choose your own genetic makeup.

However, your physical appearance is predetermined already at the time of procreation or when the egg cell fuses with your parents' sperm cell. If you have blue eyes, you'll have them forever, it won't change.

If you have a fair complexion that prevents you from taking an extensive sunbath, it will probably stay that way unless you decide to drastically intervene with artificial means.

So not inheriting is not an option.

We have accepted the fact that our physical characteristics are static constitutions that are considered to be immutable. This genetic makeup is therefore set and unchangeable.

On the other hand, we also inherit talents, abilities, intelligence or potential. However, you inherit much more than you can see and directly assign to.

We all inherit invisible information that is deposited on the emotional and mental molecular levels. It is the predispositions that represent our emotional and mental genetic makeup.



It is the information and attitudes of our parents or grandparents and other relatives that have determined **their** emotions and thoughts and (in most cases) have not been coped with yet. It can be beliefs, evaluations or even prohibitions. It can be doubts, fears, traumas, events that can be inherited on an emotional and mental level.

It can be feelings, moods or mood swings, self-depreciation, aggression, disbelief or deprivation, "resignation to fate", mental and emotional blocks. Beliefs, conclusions about what is not possible in life, or how something has to be or is going to be.

Invisible influence

The range of individual and unique emotional and mental traits that we inherit is diverse and mostly outside of our awareness, outside our guess or interpretation that we use as an explanation for a circumstance in our life in case we are stuck with our minds.

All this emotional and mental heredity has a big influence and determines - without us being aware of it - our lives and our life experiences.

This information influences our self-worth, our personal development, our decisions, career choices, experiences with people, how we deal with money or our tendency to lose, our relationship life, family life, how we deal with our children, crises or strokes of fate that occur.

It encourages us to repeat our parents' mistakes that we never wanted to repeat and also has an influence on how we handle our own potential, on blocking our personal development, on one's social status and on how we achieve our goals.

Consequently, the emotional and mental genetic information has a massive impact on the person concerned throughout his or her life. This is always unique information, with far-reaching and even simple effects.

Let's take some of my clients' examples:

One client adopted her father's attitude he had gained for HIS life:



"A façade is the best protection against emotions", which made the client pay far too much attention to her façade. She remained aloof and, at the same time, perceived others as aloof. She suffered the loss of emotional encounter, emotional assessment and recognition in herself and others. She found it difficult for her to find a partner, let alone enter into a partnership.

A transmission another client received from her mother who had internalised this attitude in HER life:

"As a woman, you make yourself a puppet for men", which led to the client undertaking incredible "efforts" in front of men and exerting herself in order to hopefully be seen by them. She suffered the loss of her own self-centredness and self-esteem, even her self-protection. She "wasted" a lot of time, money and energy without gaining respect or appreciation from men.

Non-inherited information

All these non-verbal, unspoken transmissions, which are not instilled but originate from the ancestors' attitudes, now have an effect on the lives of those who, without this emotional heredity, would not live according to or share these attitudes.

However, the attitudes or transmissions that have a destructive effect on the descendants were passed on and unconsciously emerge on many different occasions throughout life.

Even if these attitudes and experiences primarily have nothing to do with the descendants personally, they nevertheless shape their way of thinking, feeling, acting and doing as well as their life experiences. This means that our way of thinking, feeling, acting and doing is not only shaped by external factors and our parents' upbringing, but are also largely determined by psychogenetics.

The Psychogenetic Method enables people to free themselves from such "**non-inherited** information" in order to be able to experience themselves and to live in a more original way.

Most of my clients have already gone through a long journey to overcome certain issues, problems or blocks and to live a life free of them.



Often, the many attempts to overcome these problems have led to a short-lived Aha!-moment but they then have occurred again later, in other situations or even have remained unchanged.

Women, for example, who manage to break up with violent men and then choose an alcoholic for their next relationship, even though they may have had therapy and consciously decided against this kind of man. Another example: Someone successfully overcomes his or her drug addiction but slips into another addiction, e.g. to food or to alcohol.

By using the Psychogenetic Method, it is possible to reveal the transmitted issue and its information which has had a constant influence and has not really allowed for the problem to be solved yet. It is also possible to identify the issue individually and to look at it from all angles in order to use the above-mentioned method and the client's awareness to address the problem by the root.

As already mentioned at the beginning, there are certain characteristics that are static and laid out for life such as eye colour etc. Other characteristics, such as cognitive development, can be influenced and are subject to a certain dynamic, something that today's science has already recognised.

This also includes psychogenetics. However, this has not been scientifically proven yet.

However, one does not have to believe in it just because the information of the emotional and mental predispositions is not yet visible or can not be measured at the moment. Psychogenetics works without our understanding in the same way that inheriting blue eyes works, regardless of whether it can be scientifically proven or understood.

The emotional predispositions are in the background with their information, deep in our subconscious and work from there.

Invisible reality

The only question is why should psychogenetics be considered possible despite the fact that there is no scientific evidence?

What if what seems to be outside our reality at the moment is actually part of our reality? There was a time when humans had no idea what genes are and what



they are like, yet they have always had an effect. Today, there is no longer any doubt about their existence.

Or the proof that epidemics were not caused by God's punishing hand but by pathogens and bacteria that could not be seen and were not known to exist.

Another example of a phenomenon ahead of its time:

Sigmund Freud established the existence of the subconscious mind which hardly anyone would deny today. Before that time, before humanity had even a clue about this phenomenon, their subconscious mind was also having an effect on their lives.

Not proven, but experienced

More and more people are considering psychogenetics and are opening up new possibilities for themselves with the Psychogenetic Method to break through and resolve burdens and issues in their lives.

My years of experience and every day in my practice confirm the astonishing existence of this phenomenon. This does not prove it, as scientists, realists and purely rational people might of course remark.

However, the phenomenon has already been experienced by quite a few people whom I've been able to accompany and successfully support with the Psychogenetic Method.

It is not *proven* but it is *experienced* and quite often documented through core psychogenetic process work as well as client analyses.

Documentation is always a standard part of my work.

The Psychogenetic Method is reliable. That's what people who have worked with me confirm because of their actual life changes and developments.

Those who want to experience an insight into their emotional and mental heritage have the opportunity to get first information and important connections, explanations and insights for their lives in an initial session or an in-depth session.



PSYCHOGENETIK
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It is a rewarding and exciting look behind the curtain of one's own psychogenetics.

Warm regards from my practice,

Sara Maria