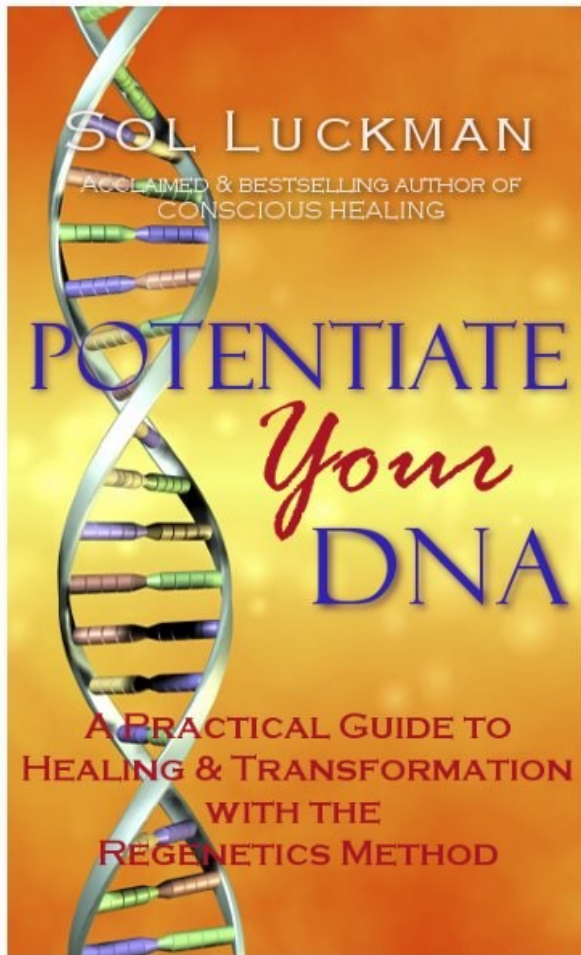


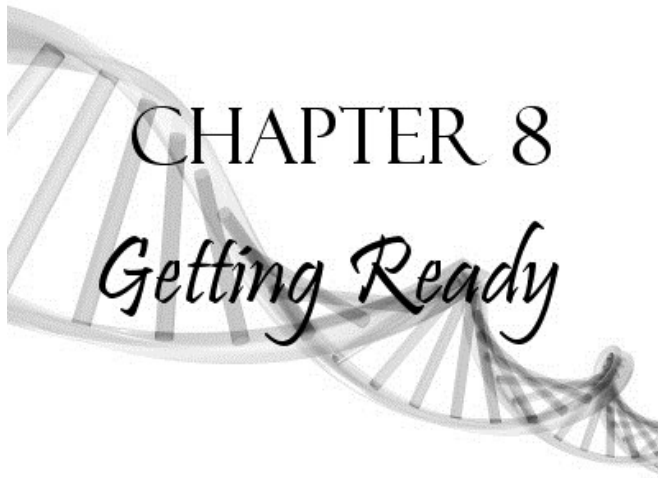
In this masterful exploration of sound healing by acclaimed and bestselling author Sol Luckman (*Conscious Healing*), learn how to activate your genetic potential—in a single, thirty-minute session!



Besides teaching you a leading-edge technique you can perform for your family, friends and even pets, *Potentiate Your DNA* also:

1. Provides a wealth of tried and true supplemental tools for maximizing your results; and
2. Outlines a pioneering theory linking genetics, energy and consciousness that is sure to inspire alternative and traditional healers alike.

For more information, visit www.PotentiateYourDNA.com.



CHAPTER 8

Getting Ready

Now that you know how Potentiation came into being, it is time to learn to perform this life-changing DNA activation for yourself—and maybe others.

This chapter is designed, first and foremost, to help you prepare for your own Potentiation—materially, conceptually, and emotionally.

Additionally, if at some point you feel inspired to offer this work to family or friends, a number of the steps outlined herein are particularly worth sharing in advance.

To that end, while *Potentiate Your DNA* is copyrighted, you have the author's permission to photocopy the current chapter, "Getting Ready," for private, noncommercial use as a "preparation guide" for individuals whose Potentiation you will be facilitating.

Further guidelines and considerations for sharing Potentiation with others, from a facilitator's perspective, can be found in Chapters Nine, Ten, and Thirteen.

For individuals planning to be potentiated by someone else who find themselves reading this chapter by itself ...

More detailed information on Potentiation, the first DNA activation in the four-part Regenetics Method, is available at www.phoenixregenetics.org and www.potentiation.net.

In a moment, we will cover the things you definitely need to do prior to your Potentiation session. But first, let us call attention to a handful of things you do *not* need to do.

Things Not to Do

1. *You do not need to have your aura cleared.* I am aware of DNA activation practitioners who insist that you must clear your bioenergy blueprint, or aura, prior to having your DNA activated.

This view makes absolutely no sense since, as explained in Part I, *genuine DNA activation is what clears distortions in your bioenergy blueprint.*

On a related subject, many modalities calling themselves DNA activation are, at best, DNA *stimulation* of an epigenetic, Era II nature.

Remember, energetic techniques based exclusively in thought or light provide no direct access to our bioenergy blueprint and, thus, are limited in their ability to reset or transform it (Figure 9).

While it is possible that certain higher thought-forms using sacred geometry based on harmonics constitute an exception, this rule definitely holds for most current modalities—including touch-based ones—for working with DNA.

It is amazing how many stories clients and colleagues have shared over the years about starting out with mental or hands-on techniques—only to feel the need to incorporate sound to correct deeper ener-genetic distortions.

While epigenetic modalities can be beneficial, they are generally incapable of promoting the radical and permanent levels of healing and transformation encouraged by Era III techniques.

On the other hand, any DNA activation methodology that properly employs sound transcends Era II limitations and enters the meta-genetic, metamorphic realm of Era III medicine.

2. *You do not need to have your polarity balanced.* Polarity therapy is another Era II approach to healing that rarely is required when DNA is activated in an integrated, Era III manner.

Many clients who previously experienced problems with their energetic polarity have reported that such issues simply went away following Potentiation.

3. *You do not need to do a cleansing program, fasting, colonics, ionized footbaths, Panchakarma, or the like.* Given that Potentiation and other Regenetics activations can spur detoxification, the last thing you want to do is “add more fuel to the fire,” before or after beginning this work.

Pushing yourself too hard, even when your body is screaming at you to slow down, is a particularly “Western” form of not loving yourself.

The same logic applies to taking fistfuls of vitamins and supplements—as well as pursuing intense bodywork or other forms of strong energy medicine—that force your eliminative system into overdrive.

If you do not feel one hundred percent certain that you should be doing something to assist your healing, just say no.

4. You do not need to have a complete understanding of the science and philosophy behind Potentiation and the Regenetics Method.

I recall a period of extreme waffling before I finally wrote my master's thesis. I kept insisting I needed to read “just one more” book or essay on this or that subject in order to collect my ideas.

To which my academic advisor eventually responded with this disarming question: “When do we ever *understand* anything completely?”

The not-so-subtle point was that even though I might not have read everything on or grasped every nuance of my topic, at some point I had to trust myself enough to sit down and start putting words on paper.

Potentiation is no different. There are perspectives you are likely to gain during or after this process that will open up previously unthinkable vistas. And even then, your level of “understanding” may only have just begun.

Having faith in your ability and intuition even in the absence of intellectual certainty is an important step on the path of conscious personal mastery.

I encourage you to get over any procrastination associated with low self-esteem or perfectionism, which are flip sides of the same dis-ease, and love yourself enough to move forward with your healing and transformation from wherever you are.

With the above things not to do in mind, let us move on now to the things you need to do before experiencing Potentiation.

Acquire Your Solfeggio Tuning Fork(s)

While the information contained in this section is likely to be of interest to most readers, *only self-potentiators and those facilitating Potentiation for others are required to procure the Solfeggio tuning fork(s).*

You may recall that my autoimmune illness was precipitated by toxicity and trauma from a series of hepatitis and yellow fever vaccines I received in 1995.

In Chapter One, it was stressed that so-called immunizations potentially damage, and even alter, human genetics through insertion of pathogenetic material into DNA.

In addition, and more disturbing still, kinesiological testing reveals that such damage and alteration can be inherited by children who never physically receive vaccines themselves.

After years of suffering and undergoing one expensive (and mostly ineffective) therapy after another, my turning point came when I realized that if I could reset myself ener-genetically, my thirty or so debilitating symptoms eventually would disappear.

I found myself on this path after reading Leonard Horowitz's *Emerging Viruses*. Basing his claims on meticulous research, Dr. Horowitz demonstrates that vaccines are a principal cause of a variety of autoimmune diseases, including AIDS.

He further exposes what is essentially profiteering and biowarfare conducted by the medical-pharmaceutical establishment against an unsuspecting populace in *Healing Codes for the Biological Apocalypse*, where a main theme is the use of sound to heal the body by restoring it to genetic integrity.

According to Horowitz, the specific frequencies used to restore genetic integrity derive from the ancient Solfeggio scale. This primordial six-note scale, which was dubiously “misplaced” by the Catholic Church centuries ago, was rediscovered by coauthor Dr. Joseph Puleo as described in *Healing Codes*.

The Solfeggio scale has become immensely popular in alternative medicine circles since the publication of *Healing Codes*. In a debatable move, Horowitz recently took the liberty of extrapolating three extra notes from the scale's intervals, forming a nine-note scale—which appears neither functionally necessary nor historically warranted.

Be that as it may, here it is simply necessary to point out that all DNA activations in the Regenetics Method employ one or more notes from the original Solfeggio scale, which some scholars believe to be the sacred set of six notes used by the Creator to fashion the world in as many days.

Specifically, Potentiation employs the foundational note “Mi,” a frequency (528 Hz.) that has been utilized by leading-edge scientists to repair genetic defects.

You will need the Mi tuning fork to facilitate your own or another's Potentiation. But if you think that at some point you might pursue certification in subsequent levels of the Regenetics Method, which progressively

introduce the full Solfeggio, or if you would like simply to experiment with this unique and beautiful scale, it may be worth considering the whole set of six tuning forks.

You can order either the single Mi tuning fork or the original six-fork Solfeggio scale directly from the Phoenix Center for Regenetics at **www.phoenixregenetics.org** or **www.potential.net**. We offer competitively priced, top-quality tuning forks.

For a worthwhile take on how to use the Solfeggio tuning forks by themselves for therapeutic purposes, you might enjoy sound healing pioneer David Hulse's entertaining little book *A Fork in the Road*, which thoughtfully describes his personal and professional journey with the Solfeggio.

Now, I am a firm believer in the beneficial qualities of the Solfeggio scale—which a musicologist friend of mine called the “real deal” in reference to its arguably sacred provenance, and which I maintain is an integral aspect of the Regenetics Method.

That said, I also contend that *the healing and transformational power of Potentiation and other Regenetics activations derives to an even larger extent from their vowel sequences.*

I can state this confidently for a variety of reasons—not least of which is that vowels always were the central focus of this work, whereas the Solfeggio was added at a later stage of its development.

While it may not have quite the effectiveness of someone performing Potentiation with perfect pitch, *it is possible to be slightly off-key—as long as the vowel sequences are handled correctly—and still achieve remarkable results.*

I emphasize this point because I know that most people reading this book are not musicians or sound healers, and some even may have difficulty carrying a simple tune.

You should do your best to stay on the Mi note throughout Potentiation. But if you find yourself straying, realize that you still are performing a linguistically based DNA activation with great potential for healing and transformation.

Virtually anyone who commits to mastering the Potentiation technique, particularly with relation to the vowels, and whose head and especially heart are in the right place, can perform this work effectively for him or herself—as well as others.

If for any reason you are uncomfortable performing your own or another's Potentiation, and do not know anyone you deem qualified to do it for you, there are certified Regenetics Method Facilitators worldwide who would be happy to assist—remotely or in person.

A complete and regularly updated list of certified Facilitators grouped by country is available at www.phoenixgenetics.org and www.potentiation.net.

Master Your Potentiation Technique

While this may seem self-evident to self-potentiators and facilitators, it is worth underscoring that you need to give yourself some time—a day or two, at least—to read the next chapter and familiarize yourself with how in-person Potentiation is performed.

Ideally, you will read the rest of this book first, then come back and read Chapter Nine again before practicing and performing your own Potentiation.

For those planning to share this work with others ...

Whether you will be doing so in person or at a distance, after your own session *I suggest giving yourself no less than a month* to get a feel for Potentiation before offering to potentiate your family and friends.

Know that All Healing Is Self-healing

We live in a global culture with such a skewed view of what healing actually is that this point needs to be highlighted.

Although healing often includes alleviating or eliminating symptoms, healing (wholing) must not be confused with simple curing. Whereas curing is designed to make the problem go away, no questions asked and no insights gained, healing is a very different activity.

True healing embraces the problem (which is actually a teaching tool employed by our Higher Self) as a way of integrating and being transformed by it.

Curing focuses on symptoms without realizing they are spiritual messages. By contrast, healing is a body-mind-spirit phenomenon involving an increase in awareness that takes the form of a transformational step on our evolutionary journey of conscious personal mastery.

At its heart, healing teaches us to love ourselves and others unconditionally and, moreover, to see others as ourselves.

This line of reasoning establishes that:

1. Healing is inseparable from loving; and

2. Loving leads to a higher state of awareness that has been called unity consciousness.

In this ultimately individualized process, very often the problem disappears, but not because we have ignored it or forced it to go away.

Rather, the problem is simply no longer of use to us because our dysfunctional relationship—which is always a variety of victim consciousness—to the underlying factors creating the problem has been healed *consciously*.

While we can facilitate healing in another through DNA activation, often with astonishing results, in the end we cannot *make* a person benefit from the transformational energies we offer.

If any part (conscious or otherwise) of the recipient's body-mind-spirit refuses to accept the DNA activation energies, to that extent the person will not experience healing or transformation.

This includes ourselves. In all cases, whether we perceive ourselves as the one doing the healing or the one being healed, *it is up to the individual to integrate, deeply and unconditionally, the ener-genetic reconfiguration that authentic DNA activation is capable of establishing.*

The view that all healing is really self-healing is strongly supported by Glen Rein's inspiring research in DNA's response to coherent emotions.

As mentioned in the Introduction, Dr. Rein found that positive emotions fortify DNA—making DNA more robust and arguably more available for activation, healing, and transformation.

On the other hand, negative emotions tend to damage DNA so that it cannot be easily activated through linguistically expressed consciousness.

It is up to us as individuals to determine—and if necessary, upgrade—which emotions we regularly experience as well as which emotionally charged attitudes we typically entertain so that our DNA can be activated successfully.

At the very least, *we must be receptive to the idea of healing ourselves in order actually to do so.*

Even a minimal willingness to undergo positive change can set the stage for remarkable benefits to unfold through Potentiation and the Regenetics Method.

To understand that healing is always self-healing is to grasp the primary role of free will in this process.

Nothing about healing is predetermined. To the contrary, *healing is a quantum unfoldment that at each instant respects our own myriad boundaries as to how fast—and how radically—we are willing to transform.*

Such boundaries can be conscious. They also can be subconscious, ancestral, and even karmic. Theoretically, we can heal and change overnight—and some people do.

But more often, healing is an incremental, cumulative and eventually exponential process that allows us to consciously integrate its numerous transformational lessons at a manageable rate.

Write down Your Intentions

For years now, Leigh and I have counseled clients to write down their intentions for Potentiation prior to the actual session.

Envisioning them in writing, clearly and creatively, is an excellent way to encourage your intentions for healing and transformation to manifest.

Working with your intentions in writing is one of several Era II, epigenetic tools for directing your Era III, meta-genetic unfoldment—other examples of which are explored in Chapter Thirteen.

Your flexible, heart-based intentions are exceedingly helpful in actualizing the energies of Potentiation. I suggest that you take an hour before your session to write down your intentions by specifying the areas where you seek improvement.

This document can serve as a fascinating and empowering retrospective as you move through Potentiation. Over the weeks and months following your session, you are likely to find yourself checking off, one by one, some or all of the very things you intended to manifest!

It is also a good idea to write down your intentions in a notebook that can be used after your session as a “Potentiation journal.”

Keeping a Potentiation journal is an excellent way to stay intentionally focused on your healing and transformation. Even a brief notation when you experience a forward shift is enough to sketch a valuable outline of your evolutionary journey.

You can continue to clarify your intentions on a daily basis, by journaling or otherwise, throughout the 42-week Potentiation process. To the best of your ability, be sure to maintain an attitude of nonattachment relative to your intentions so that you avoid restricting or deflecting the desired outcomes.

The trick is to put out intentional energy with genuine feeling, then freely release it so that what you desire can come back to you.

It is also appropriate to remain open to serendipity and trust your intuition, as new situations and opportunities that present themselves may assist your healing and transformation.

Be in the Right Head & Heart Space

Writing down your intentions will go a long way toward putting you in the right head space to benefit from this work. Finishing this book can assist you further in feeling prepared mentally to perform and/or experience Potentiation.

By far, however, the most important thing to have in the right place is your heart.

There is a wealth of documented research from the Institute of Heartmath proving that *the intelligence associated with our heart profoundly impacts our experience of reality in ways that transcend mere intellectual processing.*

We are touching on the subject of Era II and epigenetics, which are associated with the head, versus Era III and meta-genetics, which center on the heart (Figure 6).

But for present purposes, let us call attention to the relatively unknown fact that the heart is technically a neural center—one that, according to Joseph Chilton Pearce, appears to be in a state of evolutionary development.

It seems that as a species, we finally are learning to tune out external “authority” designed to control our head and listen to our heart’s unerring wisdom instead.

Berendt would explain this development as a move from seeing to hearing, from the eyes to the ears. Energetically, this movement parallels the evolutionary trajectory, introduced previously, from light to sound.

To put this discussion in the context of another earlier idea, humanity appears to be evolving—individually and collectively—so as to be able to connect with the Consciousness of Love on a more fulfilling and consistent basis (Figures 1 and 4).

What does all of this have to do with DNA activation? As Rein’s research undeniably indicates, coherent emotions directly interface with DNA—positively or negatively.

Negative emotions like fear can be said to be “head-based” in a surfeit of mental processing. Positive emotions such as love, however, are “heart-based.” Negative feelings “close” the heart, while positive ones “open” it.

Rein’s work reveals that the position of the heart (open or closed) powerfully influences the health and activity of DNA—and similarly may facilitate or hinder DNA activation.

Recall what has been stated over the past two chapters relative to DNA activation, love, and healing:

DNA is love in action. Activating DNA is just loving it back—with technique. At its heart, healing teaches us to love ourselves and others unconditionally. Healing is inseparable from loving.

If your heart is not open to your healing, and your feelings with regard to your Potentiation are not love-based, it does not matter so much what you think because your DNA is closed to change.

By contrast, if your heart is open to your healing, and the emotions associated with your DNA activation are rooted in love, it matters comparatively little what you think because your DNA is available for transformation nevertheless.

The primary role of the heart in DNA activation is attested to by the fact that many skeptics with a positive enough feeling about Potentiation to try it anyway have reported terrific results.

On the other hand, some potentiators with a more metaphysical bent who are inclined to believe in energy medicine, but whose hearts appear closed through negative emotions and attitudes, have benefited substantially less.

Be sure to maintain a state of intellectual openness before, during and after your Potentiation.

But even more critically, make a concerted effort to open your heart—and DNA—with love and related emotions ... and keep them that way!

Readers inclined to worry should be aware that with even minimal positive intentions in place for healing and transformation, it is virtually impossible to negate your Potentiation.

Likewise, having a bad day, or even a bad phase, will not override a strongly heartfelt initial willingness to heal and change.

Choose a Time & Place

To recap, before performing your Potentiation session, it is your responsibility to:

1. Acquire the Mi tuning fork;
2. Finish reading this book;
3. Practice your Potentiation technique as taught in the next chapter;
4. Understand that all healing is self-healing;
5. Write down your intentions for this work in a Potentiation journal;
and
6. Get your head and particularly heart in the right space.

At this juncture, the last thing to do is to choose a time and place for your Potentiation.

You want a quiet, private environment where you can avoid distractions and be present with yourself, while honoring this special half-hour as a time capable of seeding probabilities that can lead you to the realization of your potential in which you manifest the reality you desire.

You also will need enough light for reading the Potentiation codes and seeing what you are doing.

If you decide to be outdoors, too much wind can present a problem by blowing your materials around. And obviously, you want to be comfortable—so steer clear of intense heat, cold, and inclement weather.

Beyond these basic considerations, the time and place for your Potentiation are entirely up to you.

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