

It's About Time to Re-Parent Yourself

By Gayle North

"The quality of life in the womb, our temporary home before we were born, programs our susceptibility to coronary artery disease, stroke, diabetes, obesity and a multitude of other conditions in life. There is mounting evidence that programming of a lifetime of health by the conditioning in the womb is equally, if not more important than our genes in determining how we perform mentally and physically during life.

Gene myopia is the term that best describes the current all persuasive view that our health and our destiny throughout life are controlled by our genes alone...In contrast to the relative fatalism of gene myopia, understanding the mechanisms that underlie programming by the quality of life in the womb, we can improve the start in life for our children and grand children." – Dr. Peter W. Nathanielsz author of *Life in the Womb: The Origin of Health and Disease* (Nathanielsz 1999)

I am still enthralled with Dr. Bruce Lipton's book, *The Biology of Belief*. In his chapter, *Conscious Parenting*, Dr. Lipman describes how parents can improve the prenatal and childhood environment, and in doing so, empower themselves to act as genetic engineers for their children bringing out their best traits and giving them the best chance for accomplishment and joy in their lives. These concepts are being supported by his colleagues in the fields of prenatal and perinatal psychology.

I first became aware of the possibility of prenatal influences when I read Dr. Thomas Verny's book, *The Secret Life of the Unborn Child* in 1981. A lot more evidence has mounted in the last 24 years to support these early theories.

In *The Mind of Your Newborn Baby*, The author, Dr. David Chamberlain writes: "The truth is, much of what we have traditionally believed about babies is false. They are not simple beings but complex and ageless – small creatures with unexpectedly large thoughts."

Fascinating new research is emphasizing the importance of good parenting in the development of the brain and physical and emotional health. Infants and children need a nurturing environment to activate the genes that develop healthy brains, bodies, and attitudes. Dr. Lipman emphasizes in his book that genes are only a blueprint and have no activity or power of their own. In contrast the social environment seems to have the power to activate the potentiality of the genes.

Parental programming is accomplished through the mechanism of the subconscious mind.

Until we are about 12 years old, our minds operate at lower EEG frequencies. From birth to about two years of age, the human brain predominantly operates at the lowest EEG frequency, 0.5 to 4 cycles per second(Hz), known as *Delta waves*. From two years to six years of age, we spend more time in brain activity known as *Theta (4- 8Hz)*.

Hypnotherapists take their patients to the *Theta and Delta* brain wave states to create suggestibility – a programmable state where people can make positive change easily. By the time a child is twelve or so, a child begins to show periods of sustained *Beta brain waves (12-35Hz)*.

By adolescence, our minds are full of information we accept as real. Under ideal circumstances, the preponderance of the programming is positive and empowering, but for most of us, this was not the case. We become programmed just by observing our parents as well as by the things that are spoken to us directly. Once the programming of beliefs and attitudes is in place in the

subconscious mind, as Dr. Lipman says, "they control our biology for the rest of our lives.... unless we can figure out a way to reprogram them."

And very fortunately for all of us, these old programs can be changed and brought up to date so that we don't repeat them and pass them on to our children. These programs are in our "software," not our "hardware" and we can literally *re-parent* ourselves and free ourselves to experience more of our potential – more of *who we really are*.

Dr. Lipman mentions some of the new "Energy-based Psychology" methods developed in the last twenty years that go directly to where the old program is stored, clear it, and allow it to be replaced with a more joy and success promoting pattern. These methods make the process of reprogramming easier than ever before and Dr. Lipton explains the chemistry and the mechanics of the process in his book. These methods provide a way for you to re-parent yourself in a conscious and loving way. I highly recommend getting a copy of *The Biology of Belief*.

Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

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