

# DNA

DYNAMIC NEW AWAKENINGS

September 2002

Possibilities Vocational School

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### Website

Visit our website for updated schedules.

<http://www.possibilitiesdna.com>

### True Abundance

True abundance is your rightful inheritance.

The appearance and experience of lack and limitation result from conditioned and inherited patterns and distortion.

These patterns of distortion were created and acquired through believing yourself separate from the source of All That Is.

Realization of your oneness an unity with

All That Is reinstates your rightful inheritance.

You become consciously aware of the way Life truly is.

Life continually gives of Itself.

As this awareness deepens, balance is restored. This releases an unlimited flow of divine energy through You.

Life is abundance. You are Life.

Wealth in any form is an effect of your consciousness. Focus awareness on who and what you are and the flow of abundant life will enrich you.

— author yet to be known

## Power of Feelings

by Margaret Ruby

Feelings are the inner technology, the wisdom we all have access to and the doorway to the power for self-healing that lives within each of us.

The ability to utilize the Power of Feelings was ancient knowledge that was lost to us and has since become available again.

### Where did the knowledge come from?

The Dead Sea Scrolls, the bible as originally written over 4000 years ago by the Essenes, teach how to heal ourselves and how to heal the world. Teaching that the world around us is a mirror of the beliefs and feelings we hold within us and we change the world with the simple act of changing feelings within ourselves. That healing is available to all.

### What Happened to this knowledge?

1700 years ago, the Council of Constantinople in Istanbul edited the sacred text. They removed 25 books and 20 supporting documents, among them "The Book of Mary", with details on Mary, birthed by her mother, who was 80 years old and barren at the time, and also the missing years of Jesus between ages 14 to 30.

Much of the information was reinterpreted or rewritten, either to make it understandable for the average person, or as a means of gaining power. With the book of John for example, "I am the way, I

am the light, I am the life".

Most importantly, what was left out included information on Spirit, Prana, Unity, and atonement.

The edited version was then written in Hebrew, Greek, Latin and the 1881 King James Version.

### When did the information become available again?

Our world began to change at the time the original vibration was brought back to the planet. In 1946, two young shepherds in Qumran, at the tip of the Dead Sea between Jordan & Israel, found the 800 scrolls in 11 caves, 1300 feet below sea level. From 1946 to 1959, a team of 7 scholars worked with the scrolls. That information is just reaching us now.

Included in the new information are teachings about feelings and belief systems holding the key to changing our world and healing. In addition, the same message is being spread by others who reflect the similar principles, including Gregg Braden, Deepak Chopra, and Lynn Grabhorn.

The EIP technique is very powerful because these principles are the foundation of the process, to locate the belief systems and access the power of feeling to clear the disturbance.

ANNOUNCEMENT

Expanded conference call schedule

**Now Every Tuesday!**

6:00-6:30 PM Pacific Time

The content will be on a monthly rotating basis.

1st Tuesday:

Energy Interference Patterning of DNA

2nd Tuesday:

Level 2 Advanced DNA

3rd Tuesday:

Level 3 Evolved Soul Rapid Healing

4th Tuesday:

Open Discussion

5th Tuesday (when applicable):

Open Discussion

Call: (512) 225-3050

Pin 71488#

6:00 pm Pacific Time

7:00 pm Mtn Time

8:00 pm Central Time

9:00 pm Eastern Time

## Certified Teachers Program

Focus on Teachers



**Lisa Ireson**  
Norwich, England

Lisa is a gifted healer and teacher of Crystal Healing Energy Techniques and has worked with the beautiful and powerful mineral kingdom for many years.

Lisa's own spiritual growth guided her towards the Possibilities Vocational School Vibrational Healing Techniques and after an incredible transformation within her own life after attending the Energy Interference Patterning course and having her DNA awakened, knew that the next part of her souls journey was to take the Possibilities work forward in England.

Lisa is the Principal of Crystal Dimensions Energy School in Norwich, England, where she runs a successful healing practice, teaches workshops and certified courses in Crystal Healing, Ascension techniques, and all Levels of the Energy Interference Patterning, and DNA Reprogramming.

Lisa enjoys sharing all her knowledge and gifts with others and does this from her heart with love and joy. Opening and creating a safe space for others to feel empowered and free to open their hearts allowing release from limitation and fear so that one's light can truly shine.

e-mail: [lisa@possibilitiesdna.com](mailto:lisa@possibilitiesdna.com)

## UPDATE

### EIP NEUTRALIZATION PROCESS

*We have been having wonderful results with this new neutralization and invite each of you to replace the other Neutralization Process with this one. Let us know your results with this updated technique!*

"Center in your heart and allow your consciousness to go out your crown chakra to 67 feet, connecting with your higher self and the unconditional love grid.

Is there anyone related to this EIP including yourself that you need to forgive? *(State their names now)*

Is there anything you need to tell them? *(Tell them now)*

Do they have a message for you? *(Listen to their message now)*

State silently to yourself

"God, *(or your name for Source)* I give great thanks that the core disturbance of this EIP is neutralized. I give great thanks that my heart is open to all forgiveness needed to bring this EIP into neutralization. Thank you for this gift of love. It is done...It is done...It is done...

"Now come back down into your body:

Feel the core disturbance, *(state the core disturbance)* feel how the low vibration of the core disturbance has effected or upset your life. Feel it in your body and imagine it in as much detail as you can. Allow yourself to deeply experience the emotion of the core disturbance. Feel the essence of the blocked energy and the resulting insights, the "ah ha," from this discovery. Concentrate on that feeling. Identify what part of your body you feel it in. Now imagine this feeling as a ball of energy just sitting there. Stay with the feeling; see the feeling as a ball of energy, now let go of all worries, emotions, concerns and judgments related to the feeling. Feel the energy without judging it as right or wrong. Let the fear behind the feeling go. Just watch it with detachment and feel it with no judgment. It is judgment that energizes the fear.

"Use your mind to move the energy from the body part into your heart. As the energy moves into your heart invite anyone you need to forgive into this space. *(say their names silently)* Hold them in your heart until the energy has shifted to love and compassion for that person. The old energy is being replaced with new energy. As you hold them in your heart notice as the energy is transformed into acceptance, understanding, and appreciation. As this energy continues to move into your heart, welcome it, and ask that it heal all wounds the core disturbance has caused. Welcome the healing energy of new perception. With acceptance, understanding, and appreciation the old energy is neutralized.

Now move deeper inside your heart. Imagine a space within a space within a space. This is your sacred heart. Imagine a small door opening within this space. As the door opens a brilliant white light radiates out from the center of your heart and pours into your body. As this light fills your entire body it begins to filter out and radiate beyond the boundaries of your skin and surround your entire body. As this light surrounds your body it continues its expansion and spreads out into the world.

"Take your consciousness back up 67 feet. State silently to yourself.

"Thank you for this gift of love it is done...It is done...It is done."

## UPDATE

### MANIFESTATION

The manifestation process can incorporate the following update:

"God, [your name for Source], I give thanks that in the highest and best good, with joy and ease, on this [date] beginning this time/space called 'now', that [state Manifestation, be specific]. Thank you for this gift of love. It is done... It is done... It is done."

### NEW SECTION

"Feel yourself coming down into this reality. Come down into your body and see a large triangle covering your entire body. See three circles appearing, one on each point of the triangle. Step into the first circle. The first circle is the essence of you. In the second circle, see your manifestation. In the third circle, feel the essence of your manifestation. Now, see a vibration coming from the first circle right into the center of the triangle. It is the energy of you. Now, see a vibration from the second circle coming right into the center of the triangle. It is the energy of what you want to manifest. Now, see a vibration coming from the third circle right into the middle of the triangle. It is the energy of the essence of what you are manifesting. Watch as all three vibrations meet in the center of the circle. Feel the chaotic pattern in your body. You may feel like you are being bumped and nudged in the chaos. Focus on the vibration of what you want to manifest. Focus on the vibration of the essence of your manifestation. Feel the energy starts to shift as the three vibrations move to their next evolution of creation. Stay with the feeling until the energy starts to shift. The shift feels silent, still and pure. It is filled with brilliant white light and everything is at peace and in place. [Allow a few moments for the manifestation to be felt.]

### END OF NEW SECTION

"Take your consciousness back to 67 ft and state silently:

"I feel the vibration for this manifestation being held in every cell of my body, bringing forth the people, situations & intuitions needed until this manifestation is complete. Thank you God [your name for source] for loving me so much to give me this incredible gift. It is done... It is done... It is done."

"Come back down into this reality. Visualize yourself rinsing off in a shower of white light. Perform an energy break and seal the manifestation."

## Instruction Corner

### Finding The Core EIP by Margaret Ruby

I have often told the story of when Allison became a teenager. Our relationship was perfect up until that point. According to Allison, when she turned thirteen, everything I did ruined her life. I did not like that our relationship was deteriorating. In my heart I knew there must be a way to not become estranged from our children when they reached their teen years. It was then that a new way of looking at relationships was introduced to me. I discovered that I was playing a role of what I thought a mother should be and how a mother should act. I learned this role from my mother and she had learned the role from her mother. The role of mother was being handed down through the genetics held within our DNA.

I decided to give up the role of mother. I let go of my narrow perception of Allison not knowing how to take care of her self. I released the role of being her jailer along with the belief that I was needed to make and enforce rules for her own good. Instead, I determined that I would become her friend and her guide empowering her to realize her greatness and supporting her deep knowingness of what was on her path. This change transformed our lives and our relationship. I would now like to use this story to relate how I found the Core EIP.

#### The Core EIP is found in two steps:

The first step is to find the underlying core belief behind the disturbance by using information gathered from three areas using the pattern lists: The Primary Pattern + The Universal Fear(s) + The Patterns from the Ages = Core Belief

In the above story my Primary Pattern was: The need to judge

My universal fear was: Self Worth

My pattern from the Ages was: Fear of abandonment

When I combined all three patterns my core belief or core disturbance was that I believed that I would be abandoned if I did not fit into the Matrix's version of how a mother should be. This statement alone is not what changed my life. The second step, identifying the core EIP, changed the energy.

#### Identifying the Core EIP

The second step is to discover the insight contained within the core belief, the "Ah ha", and perceive the disturbance from a new perspective. To uncover and fully experience the energetic essence of the disturbance, we experience the emotions and understand the essence, which allows us to create a new perspective of the disturbance. Neutralization, healing, and transformation can follow.

My Ah ha was that I was playing a role called "mother." Since it was just a role I had adopted through the belief systems of the Matrix, I also possessed the ability to change the role. Once I recognized and acknowledged this belief system, I shifted my perspective and created a new relationship with Allison. I became her friend and guide.

Identifying and experiencing the Core EIP belief is the vibration that is pivotal in changing the third dimensional energy of the issue and moving the energy into the fourth dimension where it can be neutralized. Once neutralized it can be transformed into fifth dimensional energy where instant healing occurs through the Theta healing technique and the manifestation process.

All the steps through step twelve in the EIP technique are third dimensional tools for gathering information in order to discover the core belief (step thirteen). Each piece of information uncovered in the EIP process is released through neutralization, Theta healing, and the manifestation process.

## Numbers and Healing

### HOW NUMBERS CAME TO BE USED IN OUR PROCESSES

People often ask me how numbers work and where the concept came from for using numbers in healing. As with most of us, my first introduction to numbers was as a child when I learned how many pennies it took to buy a stick of candy. Many perplexing systems of numbers were introduced to me throughout my school years. I became terrified of mathematics and the use of numbers-- the times tables were a foreign language as far as I was concerned and as a result I have spent most of my life attempting to avoid the tricky world of numbers.

Five years ago when I taught the first EIP class, there was a naturopathic doctor in the class named Scott Rives. (He is quoted in our catalog.) He was the first healing practitioner that I had met who used numbers in healing. An example would be, serotonin--3458. He told me that the frequency of the numbers for the energy of the chemical, enzyme, or hormone my body needed could be tapped into my thymus gland. I tried it a little, but was not trusting or evolved enough to pursue the process.

Scott also suggested at that time that if we would use numbers with the emotions in the EIP technique we could work much more quickly and effectively. At the time I was infatuated with using kinesiology for testing so for a couple of years I put aside the concept of using numbers altogether. Finally after countless processes using the slow, arm-wearying method of kinesiology, I decided that he was right, there must be a faster, more efficient way to work. I was ready for a new idea.

Two years ago I met a healer named Kam Yuen who was using numbers in combination with his healing concepts and was getting good results. Scott's concept of using numbers for our work came back to me and I was now ready to put it to work. Once our intention is set the universe starts to open the doorways we need to bring our intentions to life.

Information began to pour into my life regarding the powerful energy of numbers. Some of the books that explained to me how and why numbers assist the healing process are: "Walking Between the Worlds" and "Awakening to Zero Point" by Gregg Braden, "Sacred Geometry" by Miranda Lundy, "Sacred Geometry" by Robert Lawlor, "Ancient Secrets of the Flower of Life" by Drunvalo Melchizedek, "The Power of Twelve" by Anne Brewer, "Light Body Activation" by Saul Goodman and the I Ching.

Once I began to understand how to work with numbers I had a vivid dream in which I was instructed to work with the keys of seven, the five platonic solids, and to clear all disturbances with the power of twelve. I created the healing number series by combining all of the above information. (This was a dramatic change for me; a person who had been intimidated by numbers her whole life!)

Numbers are a universal language and in the EIP technique possess a language of their own. (A different numerical language is used in the Evolved Soul Healing Process.) I want to discuss the language of numbers in the EIP. Before I go into detail on how the numbers work I want to give you a little background on letters, sounds, and thoughts, for it is the combination of these three elements that make the numbers effective.

### LETTERS, SOUNDS, AND THOUGHTS

#### Letters

In the beginning there was the word: the word was creation. The original language was the light language and it was written in the fire codes. In these times long before the conditioning beliefs of the Matrix, each code had a unique vibration and was pure and whole. When they were sung or chanted they became healing. Many of the indigenous tribes around the world still remember and use of these sounds. With intention, the same power can be put to words.

#### Sounds

Sound attracts or activates similar frequencies. When a tuning fork attuned to C sharp, for instance, is struck and placed in an area with other tuning forks, the other tuning forks will begin to vibrate in C sharp whether they are across the room or across a football stadium. It is the Law of Attraction, like attracts like.

#### Thoughts

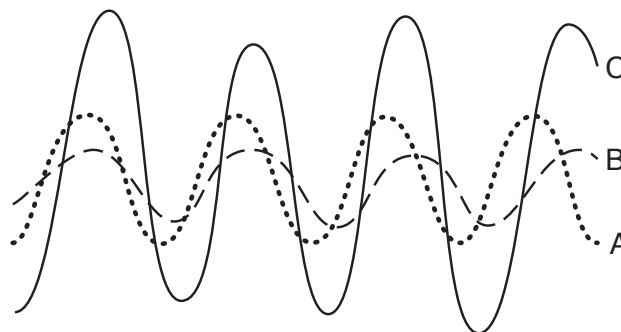
In 1930 an experiment was performed where researchers were actually able to photograph the magnetic field of thoughts. They wanted to prove that thoughts are real things. In this experiment the researchers discovered that the more emotion or feeling there was behind the thought the clearer the image. They discovered that thoughts are magnetically charged and that they attract similar energy vibrating in the same frequency. Like attracts like.

### EIP AND NUMBERS

In the EIP technique our purpose is to discover which core thought or belief pattern set up the disturbance in the physical and spiritual body. This is accomplished through the use of words and numbers. Remember that words, thoughts and feelings have a magnetic field.

By the laws of intention when we assign a number to a word, thought, emotion, or belief system, the number assigned will take on the vibration of that thought, feeling or belief. (If you are having a challenge with the idea that emotions and beliefs hold vibrations it may be helpful to read, "The Language Codes" by Neville Johnson.) The numbers lead us to this vibration. They lead us to the correct vibration through the magnetic field of the thought pattern, like attracts like. When we ask for the core disturbance to be revealed, the vibration of the numbers bring forward the thoughts and the words that are running on the same magnetic frequency as the disturbance.

Dr. David Goodman beautifully showed us how this works when he described what an Energy Interference Pattern is.



Line A: represents your true self vibrating in the frequency of love.

Line B: represents the thought or disturbance.

Line C: represents the interference pattern caused by the vibrations of A and B.

What you are looking for in the EIP is the way to neutralize the interference pattern. You cannot neutralize anything until you know its frequency. The numbers chosen identify the thoughts, feelings and beliefs and also denote a frequency at which the thoughts, feelings, and beliefs are vibrating. Healing is now made possible with having a frequency to neutralize. The numbers assist us to translate into English what was causing the disturbance. We then are able to manifest a new reality, which returns the body to its natural vibration of love.

# A Gathering of Infinite Hearts

In Loving Memory of September 11, 2001  
by Eloiwa DeFreitas

I listened with deep reflection, as a beloved sister shared her excitement about the enfolding of a healing rendezvous in Canada. The synchronicity of events was carving a place in time, a recognition that the divine path of this journey was centered around the coordination of ceremony for September 11th, 2003. The journey nearly "created itself". Literally, minutes after the word went out that "a group of three" would be holding a space for peace, healing, and love for our planet, the phone rang "off the hook". To be held at Lake Louise, Canada, the Light Workers of Canada heard the call of this gathering at the core of their soul. I smiled with my whole heart in knowing - that of all places on the planet, this was in perfection.

One year ago, SEPTEMBER 11, 2001, I was awakened in early morning to the dull drones of the television. Our group of healing practitioners had traveled to Banff with total trust; additionally, with assignment: UNKNOWN. All that we were certain of, was our guidance to depart on the 10th of September. Wiping the sleep and shock from my eyes, I found myself in the sitting room with others in the group to witness the news of a terrorist attack in NY City. While our hearts fell heavy, we emerged with great urgency to anchor Love, Peace and Unity at a sacred grid site. On that grief-filled day, a tour bus stopped and unloaded approximately 60 people of diverse nationalities. Somehow, many sensed the power of this ceremony and began to gather quietly around. While English was a difficult language to communicate, they heard the call for peace. Many stayed, just to soak up the waves of love that was lifted out through the fog of our grief. My heart was so touched that this sacred ceremony was "known" through the power of vibration. Words were not necessary.

Now, one year later, a special call from the divine to anchor in Canada the vibration of love, peace and unity in remembrance of 911. Tears streamed down my face as the Canadians played "God Bless America" on the trumpet in honor of the many lives lost. Hundreds gathered beneath the flags in silent remembrance of a day that changed America and the world!

Together, a group of twelve gathered at the shores of Lake Louise. A sacred alter was created to honor all four elements: earth, fire, water and air. We lit a candle to represent the LIGHT OF LOVE in ALL THAT IS. This was the day we gathered. The Light workers came from as far away as San Francisco, Sandpoint, Boise, Calgary, Invermere and Cranbrook to hold a light of love for all of humanity. Today, September 11, 2002, we would be linking up with hundreds of thousands of people across the planet with an INTENTION for peace. It is not just a time of "remembering and honoring our grief"; it is an opportunity to vision this planet and all of humanity with grace and perfection.

I sat against the rock-bed alter holding my harp. I waited for every prayer to be shared, every intention of love, of unity, and of peace to be brought forth with such deep soul. With an open heart, my harp began to sing; -waves of

## Trust

by Andrea Liptaiova

We are all learning to trust ourselves.

But...are we putting our trust in the right things for the right reasons?

**"What you make in your own mind ,  
Is what you put your faith and trust into,  
Just to prove to yourself  
That what you believe is correct."**

-- Iyanla Vanzant

Trust is a very simple process. We either trust ourselves or we don't!

Problems in our lives arise when we try to look for confirmation "out there".

We tend to look for evidence that we are doing things right or we are trying to get something back in return as a sign that we are, indeed, doing the right thing!

Sure, maybe that's how life works for most of us...but that's not trust.

Trust is a decision to follow our heart and it reflects what we have decided to believe...

When we become comfortable with looking outside for confirmation, we have lost trust in ourselves. Trust has to do with us being willing to move beyond our comfort zone, even when there is no clear evidence that we will be supported. Our ability to live, work and love without losing sight of why we are doing certain things, even when others try to convince us that we really should be doing something else, allows us the freedom to continually grow.

Trust for me is my ability to stand in my own power, to know that no matter what happens along the way, I will be better off at the end than I was at the beginning. I trust that whatever I need on my journey, will be available to me and that where I am at this moment, is exactly where I should be.

Belief in anything less than this is not trust.

love being carried out across the lake, over the mountain peaks; and through the thick thought forms that lingers from the wake of fear, of despair and of sadness. Many people passed by while the songs were being sung. Many stopped to pray. Many stopped to hold a thought for unity and peace. Some remained to share their gratitude for this "holding of prayer", for on this day: their hearts yearned to seek out comfort and hope.

The sound of "OHM" resonated with great voice to anchor every prayer, every breath of love, every heart and soul of our precious Oneness. It didn't matter what religion was practiced. The diversity of language could not lay a single barrier to the one song of love that echoed across the waters. The sun streamed like rainbows across Lake Louise. Rich colors of reds and orange filled the tops of the mountain's glacier and reflected the sunrise right into the aqua blue waters. The birds came and nestled in the trees singing their songs. The wind held its breath for a time, to remember the sanctity of blessed peace. A miracle unfolded in this place of gathering. A miracle is still to be birthed in this moment, as we hold out the candle of unity for all to remember. It is in our remembering of this "one song", that we stand together again. And so it is.

*Eloiwa, with her harp, Ophelia, is a graduate of Possibilities. Eloiwa has a healing practice in both Sandpoint, Idaho and Spokane, Washington.*

## Course Description & Calendar

**Level 1 - ENERGY INTERFERENCE PATTERNING**  
 A 3-day course. Friday, Saturday, Sunday:  
 You will earn certification as an Energetic Practitioner. \$595

**Level 2 - DNA INTEGRATION & REPROGRAMMING**  
 A 2-day course. Friday & Saturday  
 You will be awarded certification in Advanced DNA.  
 (Pre-requisite: Certification in EIP) \$495

**Level 3 - EVOLVED SOUL ACTIVATION: RAPID HEALING**  
 A 2-day course. Sunday & Monday  
 You will be awarded certification in Rapid Healing.  
 (Pre-requisite: Certification in EIP & DNA) \$495

**A NOTE ABOUT AUDITS**  
 Pre-registration is required if you plan to audit any class.

To sign up for classes, or if you have questions on our programs, call 208-265-1507 or send an Email to: [info@possibilitiesdna.com](mailto:info@possibilitiesdna.com)

*Note: All prices quoted are for tuition only. Accommodations/meals are not included.*

CONFERENCE CALLS EVERY TUESDAY, 6-6:30PM PST  
 All are welcome  
 Call (512) 225-3050 and enter pin 71488#

| Location              | Date         | Course                             |
|-----------------------|--------------|------------------------------------|
| <b>Dearborn, MI</b>   | Sep 27-28-29 | Level 1 EIP of DNA                 |
|                       | Oct 4-5      | Level 2 Advanced DNA               |
|                       | Oct 6-7      | Level 3 Evolved Soul/Rapid Healing |
| <b>Santa Cruz, CA</b> | Nov 1-2-3    | Level 1 EIP of DNA                 |
|                       | Nov 8-9      | Level 2 Advanced DNA               |
|                       | Nov 10-11    | Level 3 Evolved Soul/Rapid Healing |
| <b>Seattle, WA</b>    | Nov 22-23-24 | Level 1 EIP of DNA                 |
|                       | Dec 6-7      | Level 2 Advanced DNA               |
|                       | Dec 8-9      | Level 3 Evolved Soul/Rapid Healing |

Contact Andrea at 1-888-711-9962 for 2003 schedule

*Note: Dates may change. Please call to confirm.*

**Free Lectures** Time 7:00-8:30 PM unless otherwise noted

|            |               |                      |   |
|------------|---------------|----------------------|---|
| Michigan   | Brighton      | Thurs. Sept 19       | PATH Center, 9852 E. Grand River          |
|            | Livonia       | Sat. Sept 21(2-3:30) | Unity Church, 28600 Five Mile Rd          |
|            | Whitmore Lake | Mon. Sept 23         | Lighthouse Center, 740 East Shore Dr.     |
|            | Royal Oak     | Tues. Sept 24        | Royal Oak Library, 222 E. Eleven Mile Rd. |
|            | Milford       | Wed. Sept 25         | Milford Yoga Center, 851 Barberry Ln.     |
| California | Monterey Bay  | Tues. Oct 29         | The Beach Resort, 2600 Sand Dunes Dr.     |
|            | Santa Cruz    | Wed. Oct 30          | Veterans Hall, 846 Front St.              |
| Washington | Seattle Area  | Call for locations   |   |



**Possibilities Vocational School**

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