

Smart Life Forum

SmartLifeForum.org

presents

Dawson Church, PhD

on

The Genie in Your Genes and Epigenetics

Thursday, Feb 21, 2008,
7:00 PM

Cubberly Center, Rm H-1
4000 Middlefield Road
Palo Alto, CA

FUTURE SPEAKERS

March 20, Karl Knopf, EdD,
Fitness for Seniors

April 17, Stephen Strum, MD
Related Health Issues to
Prostate Diseases

Note1: FMBR meeting February22: The speaker will be Arthur Hastings, Ph.D, who has directed psychomanteum research at the Institute of Transpersonal Psychology. See fmbr.org

Note2: OHM Society will be holding their annual meeting February 29 through March2. Contact ohmsocietysf@2yahoo.com for program and Mike Korek for discount.

Note3: At this years New living Expo, April 25-27 SLF will be exhibiting. Volunteers who signed up at the last meeting see Stan Durst for sign-up times.

Meet Dawson Church

Dawson Church, Ph.D., coauthored the book *Soul Medicine* in 2006 (with neurosurgeon Norman Shealy, M.D., Ph.D.), and founded Soul Medicine Institute to study and teach these mechanisms. He ties together the advances of electromagnetic medicine, including very advanced therapies such as the use of Pulsed Electromagnetic Fields (PEMS) for depression, with phenomenally popular emerging therapies such as Emotional Freedom Technique (EFT) in a sound scientific framework. In compelling, user-friendly and knowledgeable prose, he stresses the practical and immediate health

benefits of these therapies.

Dawson has edited or authored over 200 books in the fields of health, psychology, and spirituality. He has collaborated on articles with many of the leading voices of our time, including Larry Dossey, Bernie Siegel, Caroline Myss, Jeanne Achterberg, Neale Donald Walsch, Gay Hendricks, Joan Borysenko, Mary Catherine Bateson, Andrew Harvey, Huston Smith, Barry Sears, and John Gray. He has been quoted in many national media outlets. He earned his doctorate in Integrative Healthcare at Holos University under the mentorship of distinguished neurosurgeon Norman Shealy, M.D., Ph.D., founder of the American Holistic Medical Association. He went on to receive a postgraduate Ph.D. in Natural Medicine, as well as clinical certification in Energy Psychology (C.EHP).

Church and Shealy coauthored a survey of spiritual healing throughout history called *Soul Medicine*. They culminate this work with a landmark profile of accreditation standards for the emerging fields of Energy

Medicine and Energy Psychology. Church founded Soul Medicine Institute (SMI), a nonprofit institution dedicated to education and research into science-based medical interventions which use consciousness and energy as primary modalities. As a member of the Research Committee of ACEP, the Association for Comprehensive Energy Psychology, Church has been active in researching the empirical basis for leading-edge techniques. He is participating in several scientific studies at Kaiser Permanente, a large hospital chain, and private institutions, and presents regularly at conferences to update colleagues on his findings, as well as presenting workshops for corporations and retreat centers. Among the research initiatives at Soul Medicine Institute is the first database of Energy Psychology clinical case histories. Church is the former president of The Family Connection, one of just 53 US nonprofits honored as "Points of Light" by President Bill Clinton. Books on which he has worked have won over two dozen awards, including Best Health Book (Independent Press Awards) and Best Science Book (USA Booknews Awards).

Main Presentation

In the 19th century, Freud said "Anatomy is Destiny." In the 20th century, it was widely believed that your DNA was your destiny. In the 21st century we are beginning to understand that DNA holds an individual's potential, but not his or her destiny.

Orthodox or mainstream medicine in the US is deterministic, meaning it likes to reduce complex systems down to bite-sized mechanisms of action, because they are easy to study and measure in a lab. Medicine

dogmatically contends that phenomena which are not measurable with current technology do not exist, which limits our beliefs to the quality of our current measurement tools. However, complex systems, including complex biological systems like humans, do not behave deterministically. Instead, they exhibit "emergent properties" where a large number of simple interactions combine in complex and unpredictable ways (as in the behavior of ant colonies, flocks of birds, or schools of fish).

Integrative or holistic medicine, which Smart Life Forum is all about, generally believes that diet, lifestyle and even one's state of mind have a direct bearing on health and medical outcomes. Evidence has been accumulating, as measurement tools get better - particularly imaging and energy measuring tools - that health from the cellular to the individual level is not deterministically defined by one's DNA or molecules.

Cellular biologist Bruce Lipton's 2005 book, "The Biology of Belief" discussed experiments examining in great detail the molecular mechanisms by which cells process information. Dr. Lipton concluded that genes do not in fact control our behavior, instead, genes are turned on and off by influences outside the cell, including the energetic messages emanating from our positive and negative thoughts.

Dawson Church extends this work in his books "Soul Medicine" (2006) and "The Genie in Your Genes" (2007). Dawson elaborates on the newly rediscovered science of "Epigenetics." The Greek prefix "epi-" in the word "epigenetics" implies features that are "on top of" or "in addition

to" genetics, and the current usage of the word reflects this - epigenetic traits exist on top of or in addition to the traditional molecular basis for inheritance. The modern usage of "epigenetic" usually refers to heritable traits (over rounds of cell division and sometimes transgenerationally) that do not involve changes to the underlying DNA sequence (Russo, 1996, "Epigenetic mechanisms of gene regulation").

About Genie in Your Genes

The discovery that our DNA does not determine our destiny, but instead contains a set of potentials that are activated by sources outside the cell, may reshape the way medical and psychological researchers look at health, disease, psyche and consciousness. Epigenetics holds the promise of revolutionary new therapies. The *Genie in Your Genes* links consciousness to genetic change. (www.genieinyourgenes.com)

Until now, though biologists, therapists and physicians have been excited about epigenetic advances, there have been few clear explanations, intended for the general reader, that explain the intricacies of gene expression, and how it is triggered epigenetically (other than *The Biology of Belief* by Lipton). The *Genie in Your Genes* picks up the conversation where Lipton left off; showing how the therapeutic results of energy medicine and energy psychology can only be explained in epigenetic terms.

Church's book *The Genie in Your Genes* outlines the latest studies on the effects of consciousness on the expression of DNA molecule, and how consciousness will become the front line of medicine in the coming

decade. He focuses on a class of genes called Immediate Early Genes or IEGs. These genes turn on within a few seconds of a stimulus. They can be triggered by thoughts or emotions ("I loved that unexpected gift of roses Bill gave me" or "I'm so mad about what Uncle John said at the Christmas party"). Many IEGs are regulatory genes that turn on other genes that affect specific aspects of our immune system, such as the production of white blood cells that destroy attacking bacteria and viruses. Epigenetics thus influences our health every day.

Church coins the new term "Epigenetic Medicine" to describe healing techniques with epigenetic effects. He also summarizes the science behind the infant fields of Energy Psychology and Energy Medicine, both of which offer promising epigenetic medical therapies, and describes a few of the powerful personal breakthroughs being achieved by therapists, doctors and lay people practicing these techniques. The *Genie in Your Genes* contends that there is a sound theoretical framework, based on credible experiments, for understanding these astonishing results, and predicts that the insights of Epigenetic Medicine will dramatically advance the fields of medicine and psychology in the coming decade.

The *Genie in Your Genes* claims that, by taking control of our consciousness and using it to influence our genetic expression, we can sometimes bypass years of therapy, as well as harmful drugs and invasive surgeries. The book points to future possibilities of a medicine that links soul to body and mind.

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