



GENE KEYS GOLDEN PATH

a voyage of self illumination

THE 64 TRANSFORMATIONAL PATHS

The 52nd Gene Key - Audio Transcription

The Transformational Path of the 52nd Gene Key moves from Stress to Stillness, and it's the Path of Restraint.

The 52nd Shadow: Stress

The Dilemma: Anxiety

This is the dilemma of shallow breathing. Stress is a manifestation of shallow breathing. You can see through this 52nd Gene Key just how deeply these Shadows are collective terms. Stress is a frequency that you allow into your DNA. Most human beings forget how to breathe as they grow up. We are conditioned to forget. Because shallow breathing doesn't oxygenate your cells sufficiently, your whole rhythm moves out of kilter with the whole. You actually create interference with the whole. What a profound thing it is to move out of harmony with nature! The moment we do, we experience stress. The whole body responds by activating neurological pathways in the old part of our brain, and because of our advanced brain development, our thoughts become predominant. But we were never intended to run our lives from our heads, even though this is what happens when we activate the low frequencies of this 52nd Shadow.

There is of course a reason for everything in nature. Your body tells you when you have moved out of harmony so you can adapt and find the most effortless way forward. But we were never intended to *live* out of harmony. We actually become addicted to stress and the hormones it releases inside us (adrenaline). It's not that we enjoy it. No one enjoys stress - it's deeply uncomfortable - but we do become addicted to it. When you only think with your mind, you are operating out of a mere fraction of your true potential. The ancient Chinese called this hexagram 'Keeping Still', and it is symbolised by a mountain. Its message is - there is no hurry. The fear that you will miss out comes from this Shadow - the fear that you haven't got enough time. It's all about time and our perception of time. When you are stressed, time is always running too fast, or too slow. Stress also has a passive manifestation - which is when we feel stuck. That feeling comes out of this 52nd Shadow. When you feel stuck, it's because your breathing isn't reaching down to your base. You can never really be stuck. You just aren't accepting where your rhythm is.

Every Gene Key has an archetypal association in the structure of the physical body. This Gene Key is connected to the Perineum, right at the base of your body, between your genitals and your anus. This is where the breath arises from and where it descends to. This point has a direct connection to the fontanelle on



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the head, and they bookend the spine. When you feel stressed, this is the place to tune into - and to allow the breath to gradually return there.

The 52nd Shadow is also a collective phenomenon. It is generated by the world aura of humanity. The more out of kilter we become with Gaia, the more stressed our physical body is. It's a shadow quantum field. To rise above that field, that victim field, you have to slow down - not your vibration, but your rhythm. The earth, Gaia, has a tempo - a heartbeat. It's called the Schuman Resonance. When you go to the ocean or the deep forest, then you will feel the true tempo of the earth. It's magical. It's a deep drumbeat, sounding in every cell of your being. The DNA expands when it hears and feels this tempo. When you forget this deep, natural tempo, your DNA contracts and sends your body into a stressful state, it's as though an alarm goes off inside you. So the secret of this Shadow (and every shadow has a secret) is to trust that alarm and instead of ignoring it and carrying on, - so much of the world today is living with the alarm bell still ringing. If you hear it all the time, soon you just get used to it and it becomes normal - but the secret is: trust the alarm, your discomfort, stop what you are doing, slow down, breathe, come into your base and tune yourself back into Gaia's heart.

The 52nd Gift - Restraint

Ah, such a great gift, this 52nd Gift of Restraint. Of all of them, one of the least exciting sounding, and paradoxically, one of the most powerful. If you have the 52nd Gene Key in your Profile, you are blessed! You have the capacity to slow down time. You have the capacity to bring others out of stress - what a lucrative life you can lead in this day and age!

So the 52nd Gift is really about the art of focus. These people are only really interested in the long term view. That's why they know to take their time. Everything in the universe has its natural rhythm and timing - everything has its season - its ebbs, swells, dips and flow. The genius of the 52nd Gift is to align oneself with such cosmic timing, and in doing so, you gradually begin to bring others into alignment with their natural timing.

When you meet someone living out of this Gift, you are meeting someone whose breath is rooted so deeply inside their bodies. They are really like great anchors, they are so grounded. That is why this is called the Gift of Restraint. An anchor allows an organism to rest, to come to a natural pause and regain perspective, clarity and above all, timing. This Gift has a huge impact on the emotional body. It communicates and exudes calmness throughout the aura. There have always been people in the world who remain completely unflustered by external crises - by emotional turmoil or by human conflict and war. There have always been such



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people among us, and these are the people of the 52nd Gift. When you are grounded inside yourself, then all of Gaia and her natural rhythmic power are at your disposal. If you have this 52nd Gift in your profile, then you are such a person.

So restraint is not as bad as it sounds. The process of transformation through this 52nd Gene Key is one of deep slowing down, and it is also a deep calming environment for others, both emotionally and mentally. Once you have established calmness, clarity emerges, and then whatever situation you are in, there is an easy and obvious way forwards. This is a deeply collective Gene Key - its central question is: how can I be of the greatest service to the universe? This Gift will demand that of its entire environment, whatever profession you find it in. And it is therefore highly attuned ecologically to all natural living systems, because it sees and knows how an environment most naturally survives and thrives.

All natural systems require restraint - and it's not about putting the brakes on your enthusiasm. This Gift is filled with optimism, idealism and enthusiasm because that is the dynamic energy of life - but this Gift provides a natural patience, a waiting, an attunement to a deeper flow that lies beneath everything. If this is your Gift, or if you feel drawn to contemplate this Gift, these are the secrets you will discover inside yourself - the secret of slowing down, the secret of the breath.

The Siddhi: Stillness

Even when he is still, the selfish man is busy. Even when he is busy, the selfless man is still.

Ashtavakra Gita

Stillness is how the world will be transformed. Although on a first pass, that doesn't seem to make sense, it's an absolute truth. Deep within your DNA, stillness is all there is. When you enter into the world of the Siddhis, you come into paradox over and over again. The ultimate stillness is to be found in movement. Our bodies are constantly in movement. At the cellular level, you are being rebuilt over and over again every hour you are alive, and yet one day, when your body is dead and gone, there is nothing but stillness. The movement is within the stillness and the stillness is within the movement.

Stress contains stillness, and only when you slow down do you begin to remember that stillness. And stillness is not death. It is not an icy lifeless world. On the contrary, stillness is bursting with potential and potency. True stillness is



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about awareness. Only the selfless man is still. He is still because he is not. He is so in harmony that he has merged into the background, and all of love moves through him. Stillness is effortless. It is beyond effortless. It is beyond frequency. It is beyond the mind. It is beyond understanding.

The journey through the 52nd Gene Key is one of gradual, or sudden, realisation. Slowly, as the Gift of restraint turns your awareness inwards to your source, you move out of the stress of the Shadows and come into alignment with your greater reality. This Siddhi involves the release of hormones that silence thoughts. This is Eckhart Tolle sitting on a park bench gazing into space for weeks on end. This is the fury and passion of the dervish disappearing into the dance. And not only do gaps open out between your thoughts, your emotional field is placated. An emotion rises up inside you as though in slow motion. It moves so slowly, you could reach out and touch it and turn it over in your hands before it breaks the surface. All your inward processes occur as though in slow motion. A feeling or a thought is like a precious penny dropped into a pond. You watch and marvel as it spreads throughout your chemistry and runs its course to dissolve once again into the stillness. Now there is only the breath, silently moving in, silently moving out, and the stillpoint at the centre.

When the 52nd Siddhi takes you, there is no more drama in your life. You observe it all from a distance, but there is no part of you that is interested in playing the game anymore. The stillness is too captivating. It wells up inside you, breaking over you in wave after wave, bringing such peace that you can no longer put anything into words. Stillness is in every cell, at the heart of your DNA, within the core of the atoms, where the mystery of the universe is constantly pouring through you. From within this stillness, activity naturally arises, and its only interest is to reach out and touch the stillness in others, in all things. Stillness sees only itself. It is the wellspring of joy, the font of bliss, the end of all seeking - it is that most magical of places - the place where everything meets at the end of the rainbow.