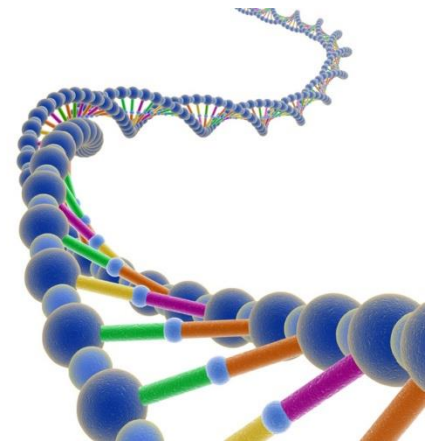


Conscious Parenting

Janine Burnham Ruth
Neurodevelopmentalist
Energy Medicine Practitioner
Homeopath

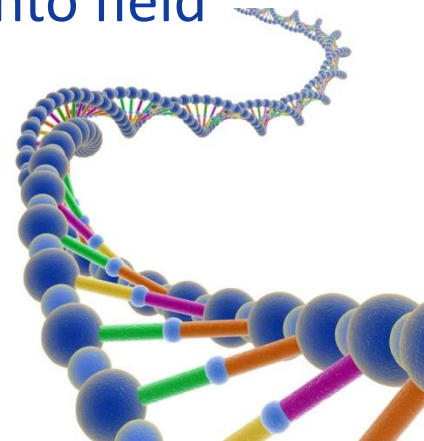


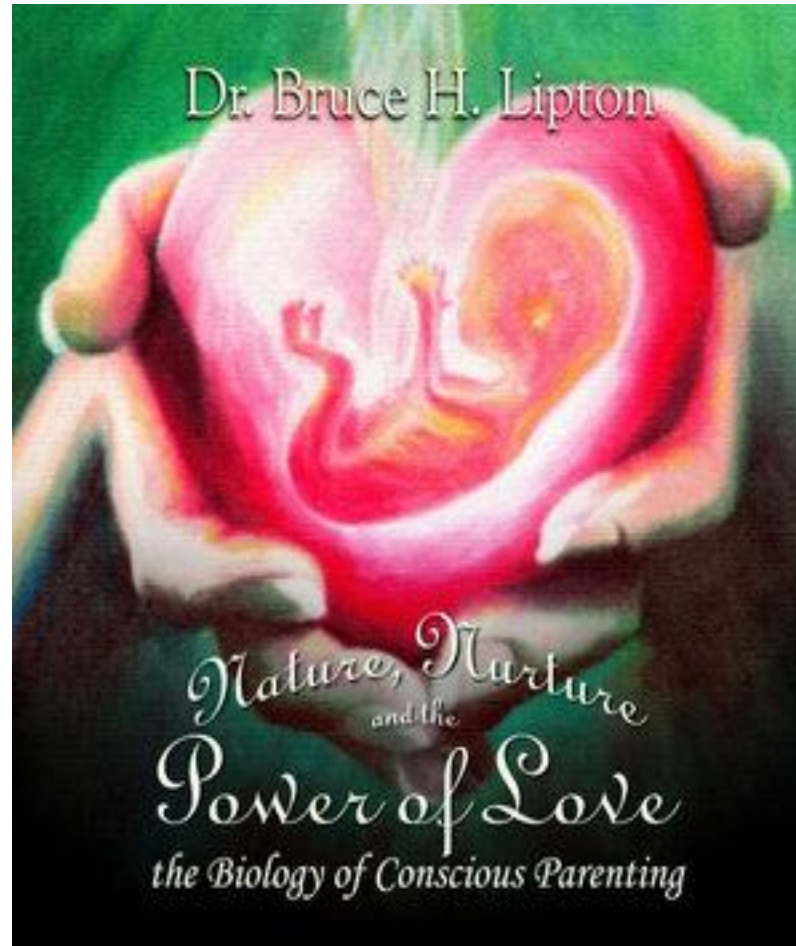


Bruce H. Lipton, PhD
Former Stem Cell Biologist
Worked on cloning human cells

Read the article [Do Parents Matter](#)
(New Yorker Magazine 1998) based
on the book “The Nurture
Assumption” by Judith Harris –
states parents don’t matter in child
development (peers do)

Inspired Dr. Lipton to get into field
of Conscious Parenting



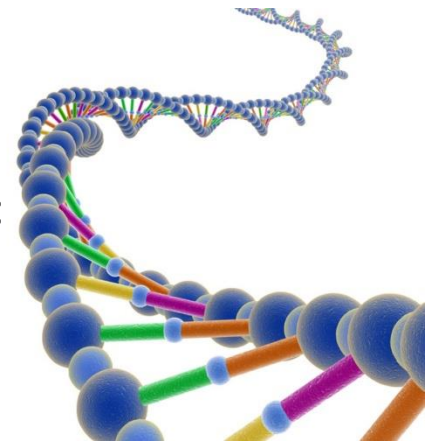


He filmed this video based on his research

Nature, Nurture, the Power of Love - Conscious Parenting (Bruce Lipton):

Part 1: <https://www.youtube.com/watch?v=ScEN6ScMtZ8>

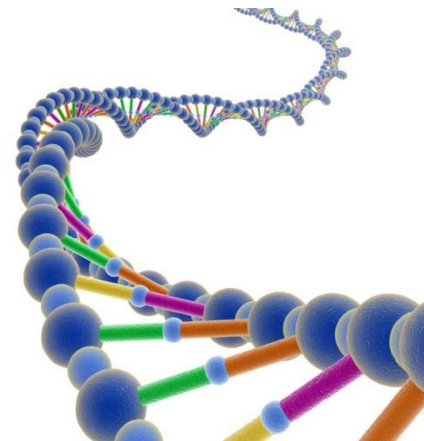
Part 2: <https://www.youtube.com/watch?v=iP0U94xghec>



Investigated:
Are we a product of
nurture or nature?

What is in control?

In 1650 the world view was greatly influenced...



Rene Descartes (1596-1650)

Descartes set out to create a whole new system of thought that would unify all knowledge.

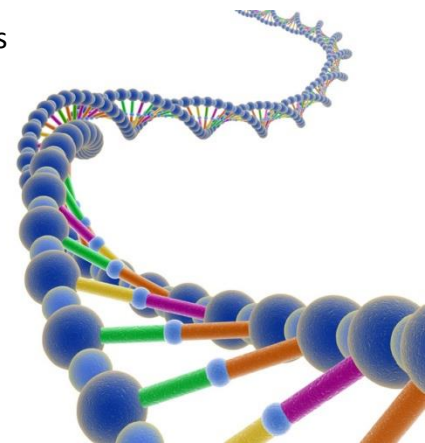
He developed new tools which greatly enhanced the ability of scientists to use mathematics to model the physical world; reinforcing the definition of science as the study of measurable quantities.

Perhaps his greatest influence on science, and on our culture, came from his 'dualistic' model of reality. Descartes proposed that reality consists of two separate realms: a physical realm and a mental realm.

- a) The physical realm is the realm of matter and energy. Its properties can be measured and thus can be studied by science. **Everything in this realm operates by purely mechanical properties.** Descartes included the body as part of the physical realm, it being **viewed as a biological machine with no free will.**
- b) The mental realm is the realm of the mind and the soul, which are viewed as being 'transcendent' to physical reality. The **properties of the mental realm cannot be measured** and thus fall outside of the realm of science. This realm is the subject matter of philosophy and religion.

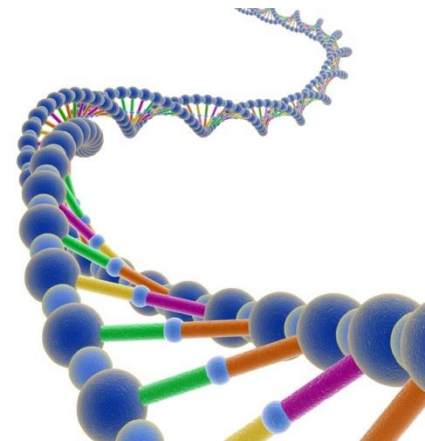
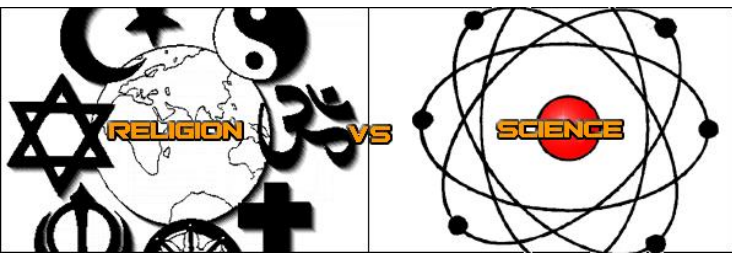
Descartes' dualist approach served science well at the time. By placing science and religion in different realms it allowed scientists to proceed without being burned at the stake for heresy. It also, however, has had a tremendous influence on our culture.

- 1) It placed the study of mind outside the realm of science. This has had serious consequences for psychology, which must either: a) banish 'the mind' as a subject matter, and take on a purely mechanistic view of behavior; or b) include 'the mind' as a subject to be investigated and be branded as not scientific.
- 2) It separated technology (physical realm) from ethics (mental realm). Engineers are rarely required to take a class on ethics, and philosophers are rarely required to take a class on engineering. In essence, technology is being developed outside of any considerations of its wisdom.
- 3) **The view of the body as a machine has led to a very mechanical approach to medicine.** Until recently, the influence on healing of the patient's beliefs and faith, and the importance of the patient-doctor relationship, have been essentially ignored.



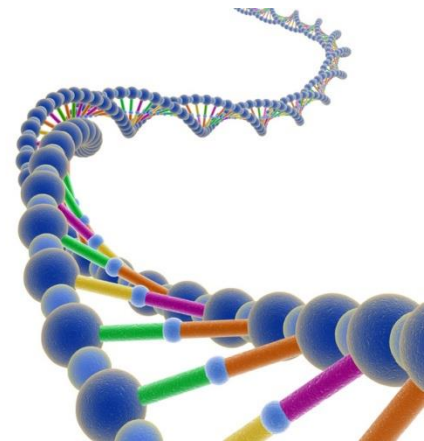
Scientists/Mechanist – the body is a mechanism/machine made up of cells. Part of the cell must control the mechanism (control from inside)

Spirituals – something “out there” giving shape to us (control from outside)



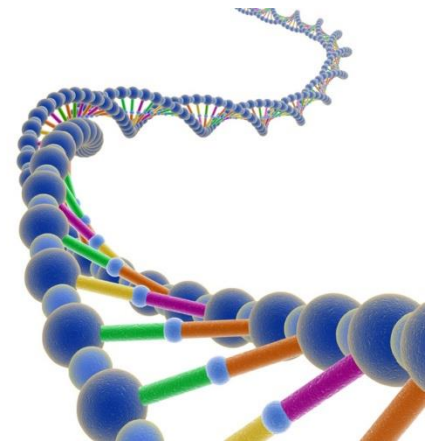
In 1859, Charles Darwin's "The Origin of the Species" (the theory of evolution) pushed society further into a materialistic point of view with the belief that there is something material passed down from one generation to the next

100 years later, Watson and Crick discovered DNA!!



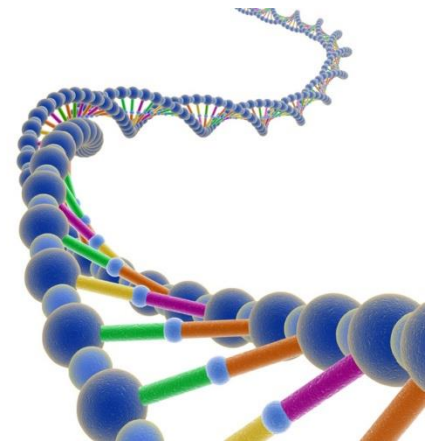


The view of “modern” medicine and health care



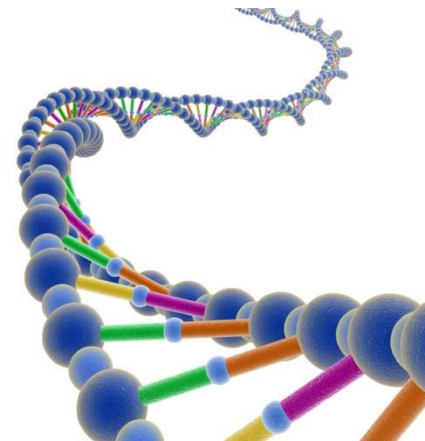
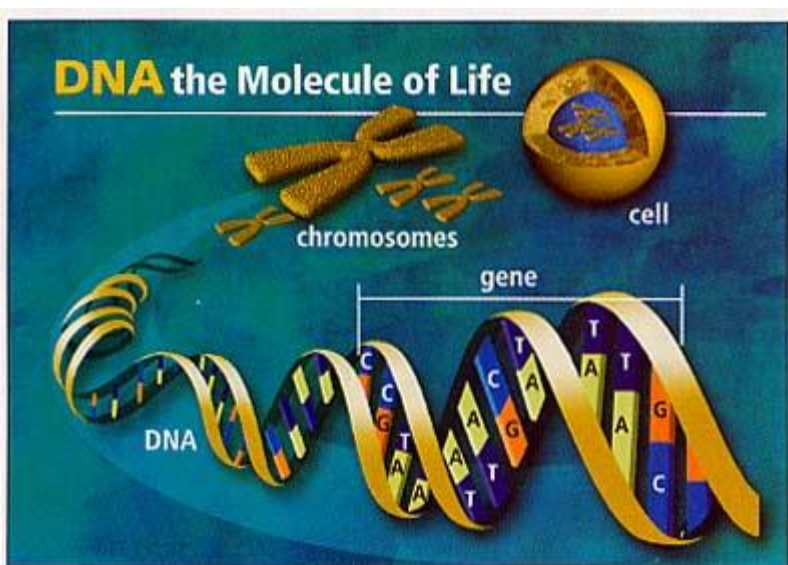
If development is genetically controlled, and all you have to do is provide nutrients to the embryo/fetus so it will unfold due to the genes, then aren't we victims of heredity? (Mechanic Model)

This assumption creates a belief of powerlessness in our society and we've become irresponsible thinking we can't do anything about our genetic fate...



Scientists went to work to find control *inside* the cell.

Once DNA was discovered in 1953, they assumed DNA must be the control!



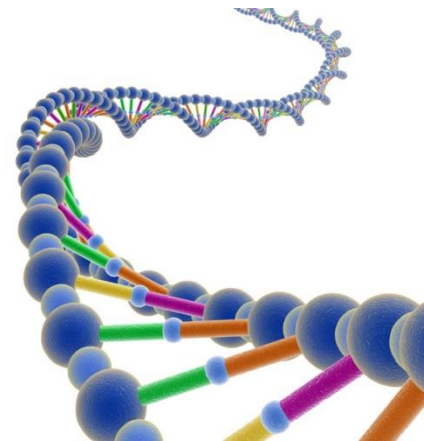
Human Genome Project



Human Genome Project expected to find 140,000 genes – one for each 100,000 proteins known at that time, and 40,000 for the genes needed to regulate other genes.

OOPS!! Only 34,000 Genes found!!!

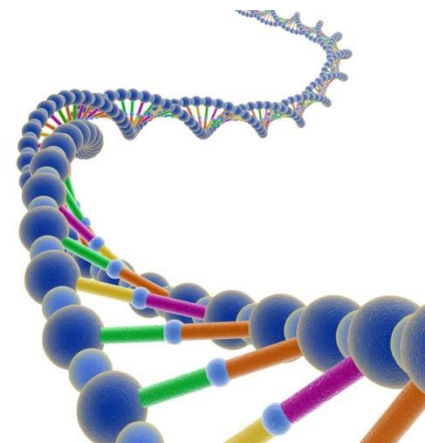
The Nucleus is NOT the control center of the cell!!



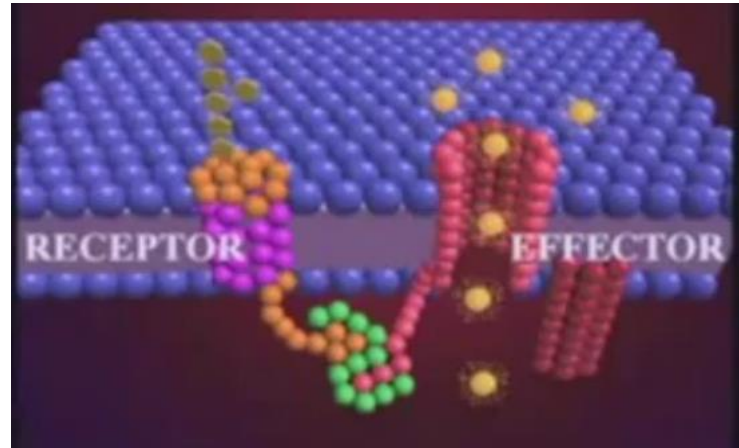
Remove brain
from an organism → Organism dies

Remove nucleus
from a cell → Cell lives, and
behavior unaffected

Nucleus ≠ Brain



It has since been discovered that the cell membrane is actually the brain!



The cell membrane controls by being aware of what is going on in it's outer surroundings

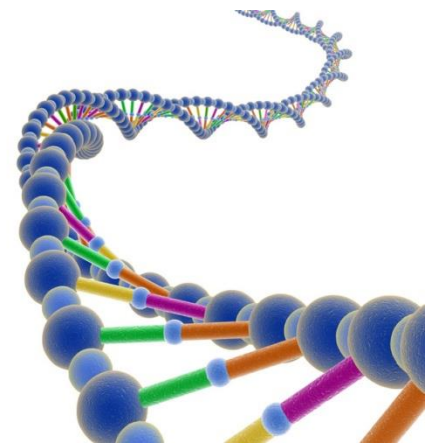
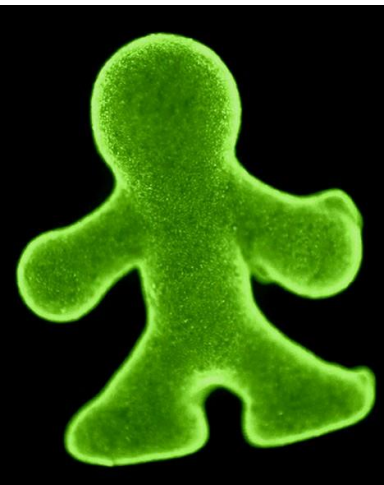
Awareness of environment through physical sensation = definition of *Perception*

The control of biology is from the
OUTSIDE!!!



Like the cell, how we see the world
(our perception)
controls our biology, NOT our genes!!!

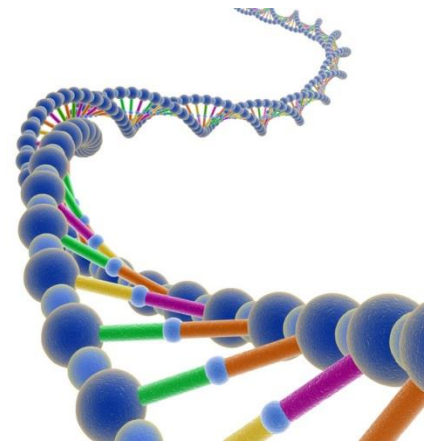
We are NOT the victim of our genes as we have
been raised to believe – it is our perception which
drives and controls our behavior.



Nucleus is 50% DNA, 50% protein

It is actually the nucleus protein controlling the
on and off regulation of genetic imprinting
= EPIGENETICS (EPI means above)

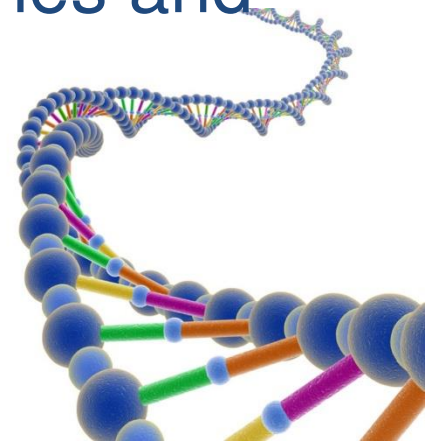
Something *above* the genes is in control.



Since protein is controlled by our perception,
genes are ultimately controlled by our
perception!

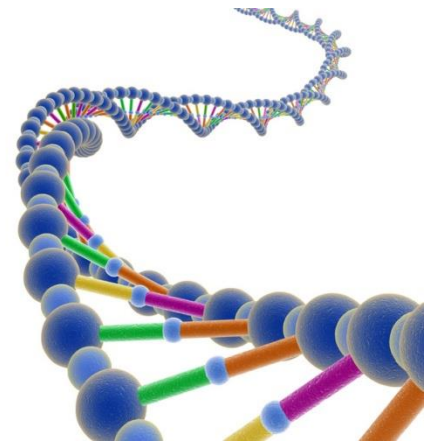
How you see the world selects your genes.

Misperception selects inappropriate genes and
inappropriate function



Each perception is encoded with a survival value –

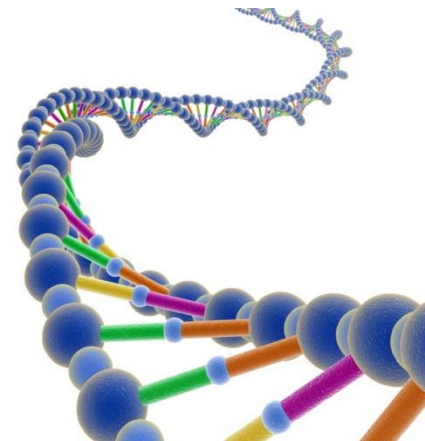
Does it support life or threaten life?



Growth = expansion/opening (reproduction) = Love and Harmony, community = parasympathetic

Protection = close down/threatened (no creativity or growth), fear, separation, flight or fight, all blood to extremities (not digestion, immunity, repair...), engages hind brain reflexes (low flow to frontal brain/intelligence) = sympathetic

We can't be in growth and protection at the same time



DNA

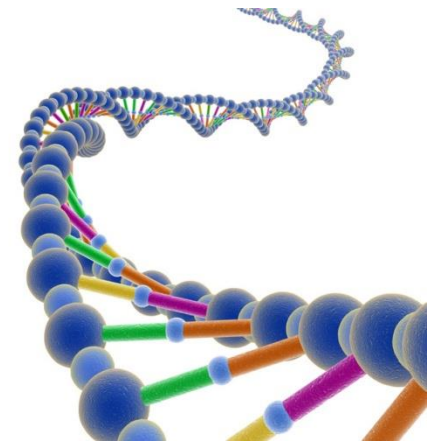
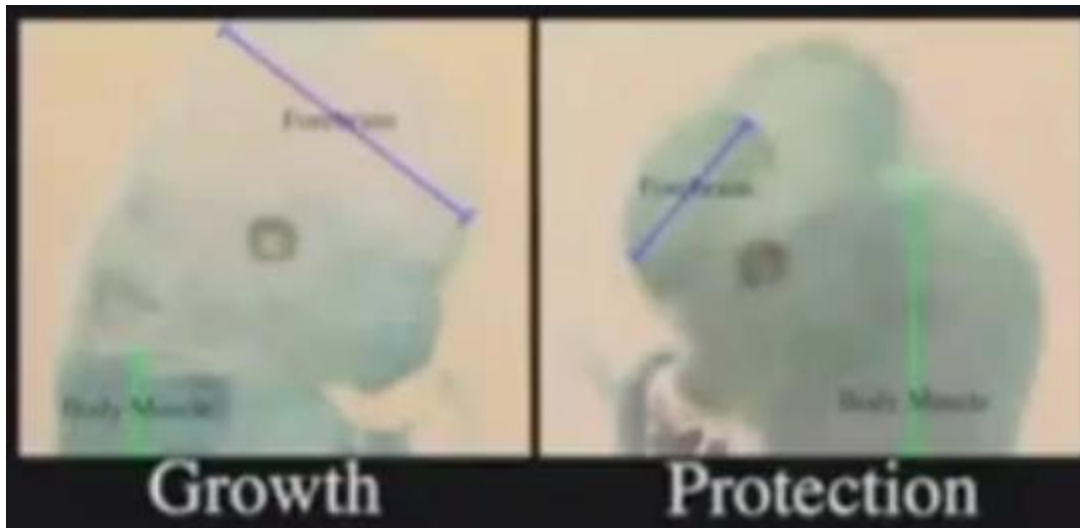
50% from mother, 50% from father

Only one set can be used/turn on

The other set is turned off

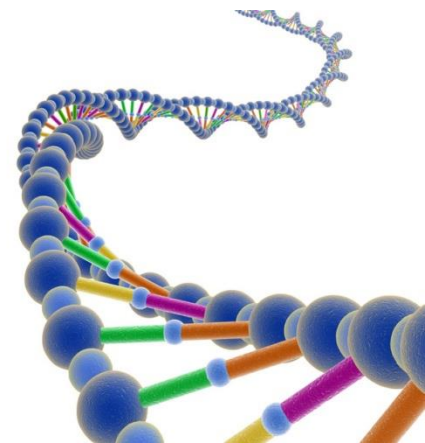
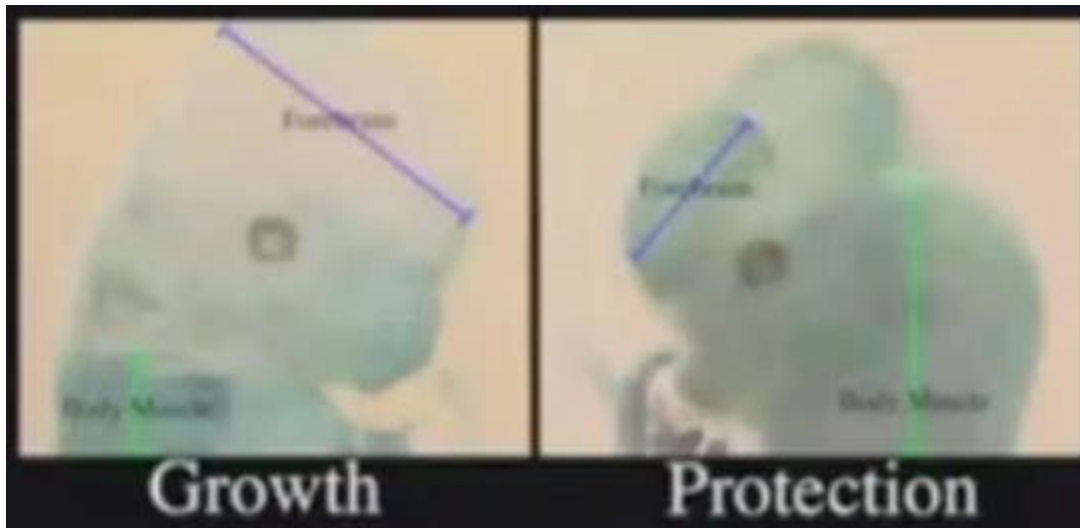
Mother's genes favor brain over brawn – larger frontal lobe, smaller muscles (for growth)

Father's genes favor brawn over brain – larger hind brain and muscle (for protection)



Trade off = 50% smaller frontal brain when protection need is *perceived* – child made to fight, not think or grow

We give values for every perception starting as a *neonate*

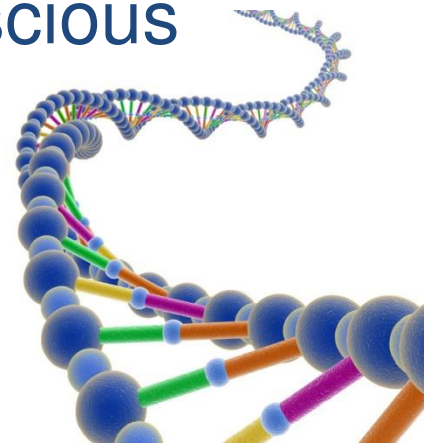


Where do perception values come from?

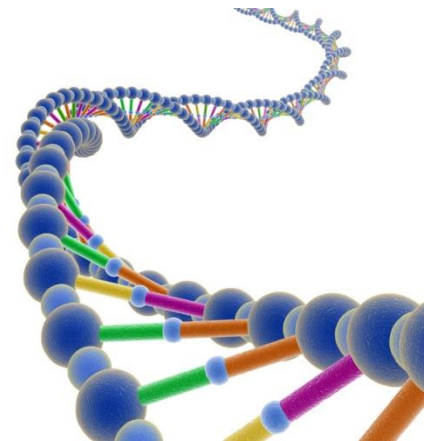
1. Genetics - reflexes/instincts built into system
(will pull hand out of fire)
2. Subconscious Mind - learned habits
(how to walk)
3. Conscious Mind – creative programming (5%)

Consciousness can re-write our sub-conscious

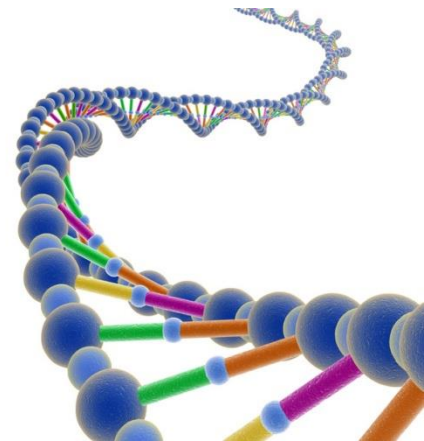
Consciousness can re-write our genes



Who's Perception Turns On or Off an Embryo's Genes?

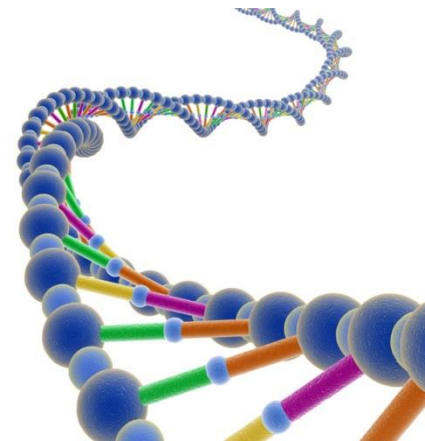


Parents 2 months prior to ovulation
are determining which genes will be
turned on or off!!





Your thoughts and perceptions while you are preparing for and carrying a child are not just yours, they belong to the child as well

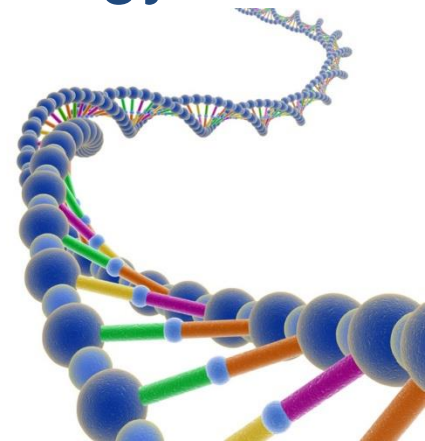




What mother perceives, fetus perceives - signals are the chemicals in the shared blood

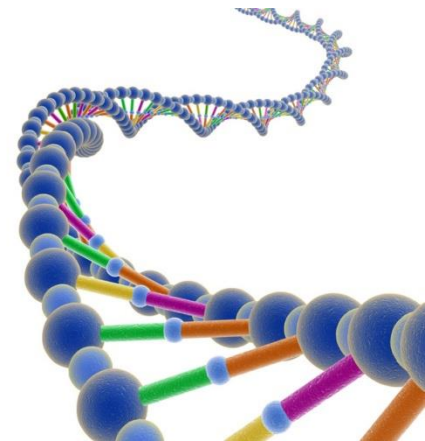
The fetal brain is functioning half way through fetal development and programming in response to mother's perception

The fetus will adopt and change its physiology to match the world it will come into



Conscious Parenting starts 2 months PRIOR to conception and continues through your child's first 6 years while their brain is in Delta and Theta states (states of hypnosis).

A child's consciousness doesn't start until age 6 and isn't Active Consciousness until age 12

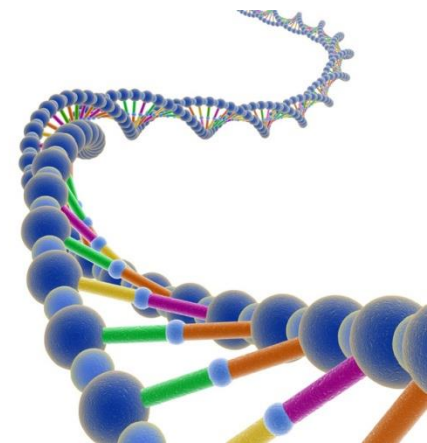


Can we change our DNA once it has been set in utero?

Yasko			23andMe	Normal	me
COMT	V158M	+/+	rs4680	GG	AA
COMT	H62H	+/+	rs4633	CC	TT
COMT	-61 P199P	-/-	rs769224	GG	GG
VDR	Bsm/Taq	-/-	rs1544410	CC	CC
VDR	Fok	*	rs10735810	*	*
MAO A	R297R	-/-	Rs6323	G	G
ACAT1-02		-/-	Rs3741049	GG	GG
MTHFR	C677T	+/-	Rs1801133	GG	AG
MTHFR 03	P39P	-/-	Rs2066470	GG	GG
MTHFR	A1298C	+/-	Rs1801131	TT	GT
MTR	A2756G	-/-	Rs1805087	AA	AA
MTRR	A66G	+/-	Rs1801394	AA	AG
MTRR	H595Y	-/-	Rs10380	CC	CC
MTRR	K350A	-/-	Rs162036	AA	AA
MTRR	R415T	-/-	Rs2287780	CC	CC
MTRR		*	Rs2303080	*	*
MTRR-11	AGG4A	+/+	Rs1802059	GG	AA
BHMT-01	*	*	Rs585800	*	*
BHMT-02		-/-	Rs567754	CC	CC
BHMT-04		-/-	Rs617219	AA	AA
BHMT-08		+/-	Rs651852	CC	CT
AHCY-01		-/-	Rs819147	TT	TT
AHCY-02		-/-	Rs819134	AA	AA
AHCY-19		-/-	Rs819171	TT	TT
CBS	C699T	+/-	Rs234706	GG	AG
CBS	A360A	-/-	Rs1801181	GG	GG
CBS	N212N	-/-	Rs2298758	GG	GG
SOUX	S370S	*	unknown	*	*
NOS 3	*	*	Rs1799983	*	*
SHMT 1	C1420T	*	Rs1979277	*	no call

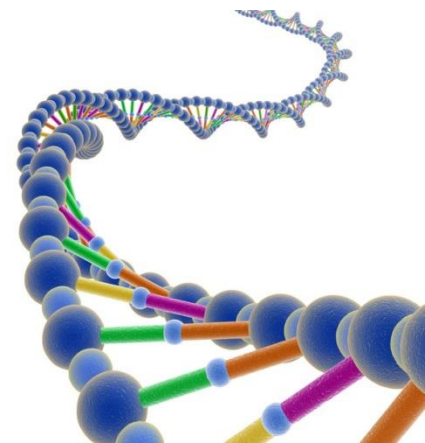
*Indicates SNPs not tested by 23andMe

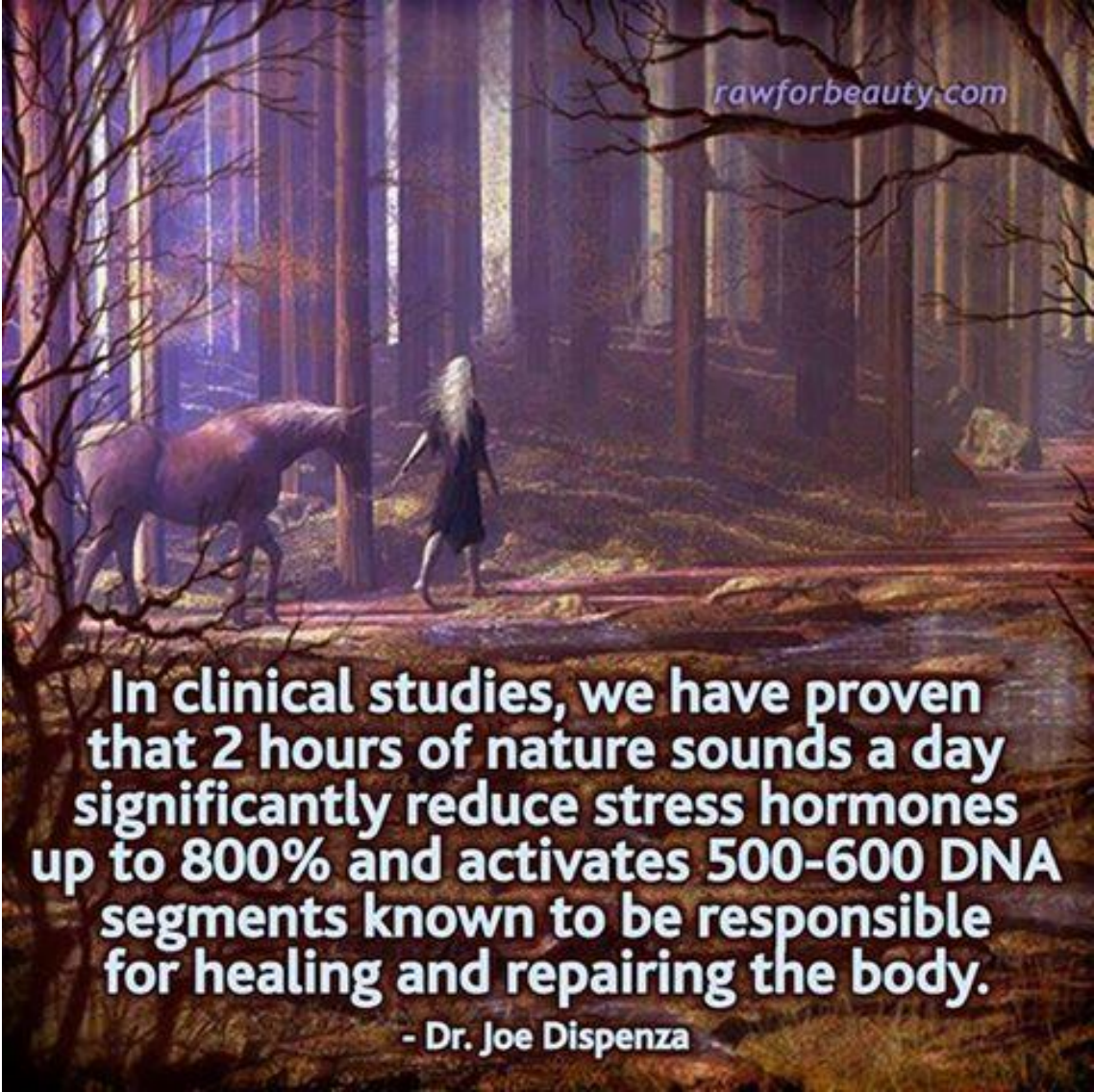
<https://www.23andme.com/>



Being Toxic can negatively change our DNA:

Toxins can cross the cell wall/barrier and negatively impact the DNA when there are too many toxins in the cell for it to manage.

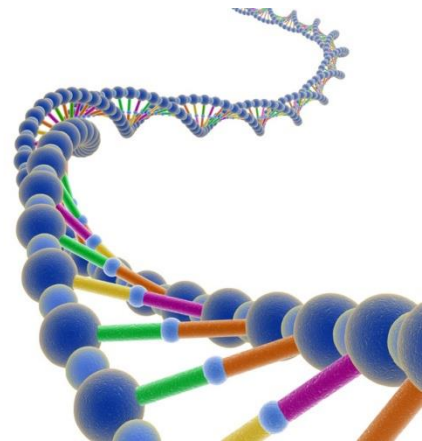


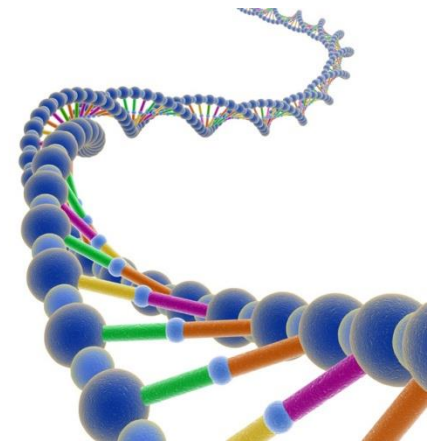
A woman with long white hair, wearing a dark dress, is leading a brown horse through a misty forest. The scene is illuminated by soft, golden light filtering through the trees. The text 'rawforbeauty.com' is visible in the upper right corner of the image.

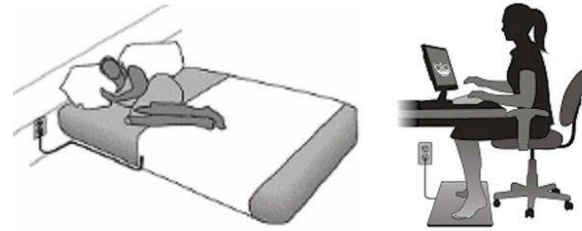
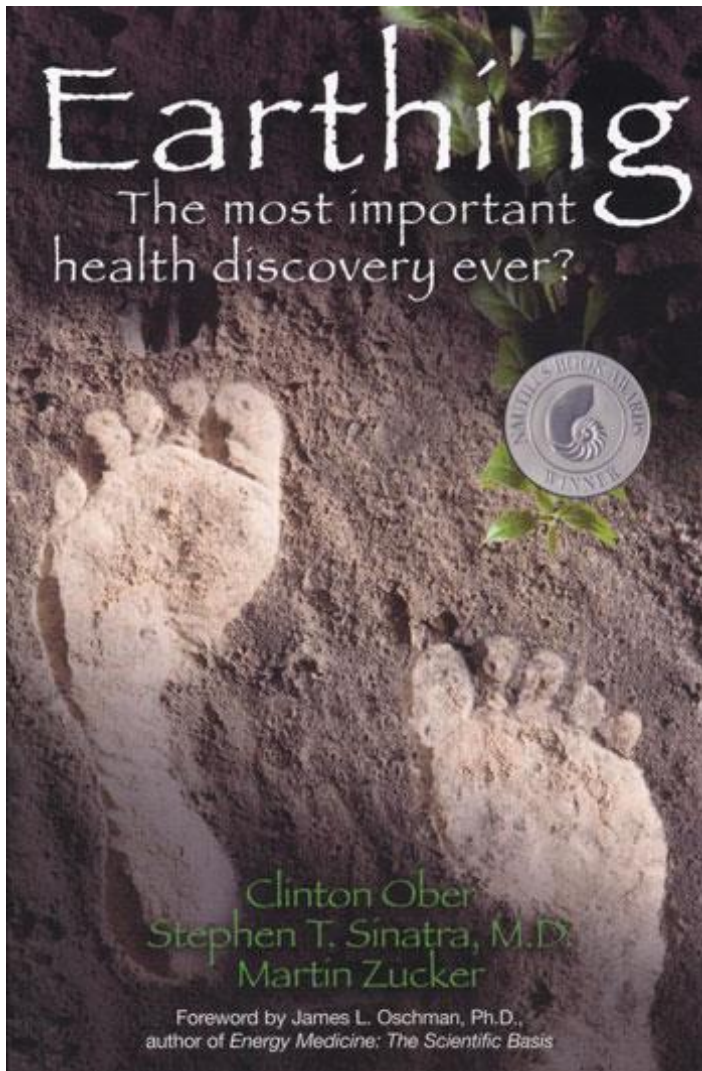
rawforbeauty.com

In clinical studies, we have proven that 2 hours of nature sounds a day significantly reduce stress hormones up to 800% and activates 500-600 DNA segments known to be responsible for healing and repairing the body.

- Dr. Joe Dispenza



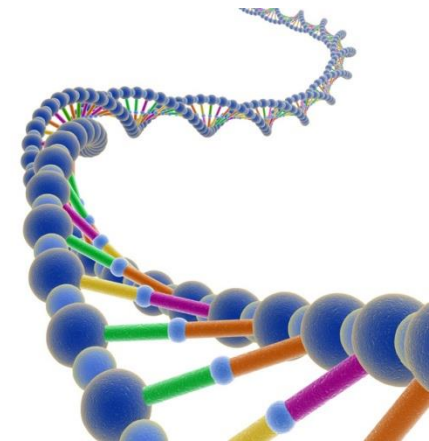




Earthing Premium Starter Kit



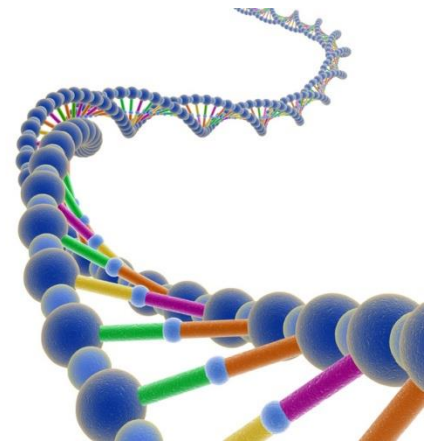
- 1 - Universal Bed Pad
- 1 - Universal Mat
- 1 - Continuity Tester
- 1 - Outlet Checker
- 1 - Book



<http://www.earthing.com>



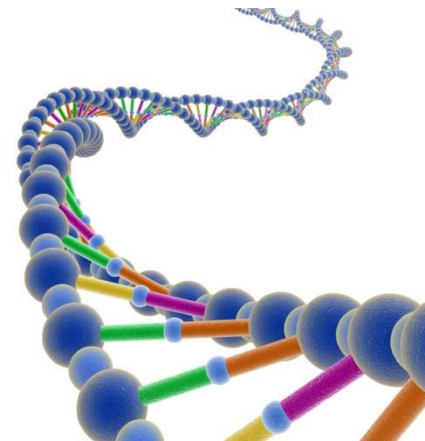
<https://www.youtube.com/watch?v=FVKbhK5vvgU>



Confirmed by Science: You Really Can Change Your DNA – Here's How



14th October 2013
By [Carolanne Wright](#)



<http://wakeup-world.com/2013/10/14/confirmed-by-science-you-really-can-change-your-dna-heres-how/>

Janine Burnham Ruth

Neurodevelopment * Homeopathy * Energy Medicine

