

Subject: Inspirational Stories – Love – HeartMath Feelings Research

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Can Frequencies Change DNA?

The Experiment:

This experiment was done by the Institute of HeartMath and the paper that was written about this was titled: "Local and Nonlocal Effects of Coherent Heart Frequencies on Conformational Changes of DNA". In this experiment, some human placenta DNA (the most pristine form of DNA) was placed in a container from which they could measure changes in the DNA. Twenty-eight vials of DNA were given (one each) to 28 trained researchers. Each researcher had been trained how to generate and **feel** feelings, and they each had strong emotions.

What was discovered was that the DNA **changed its shape** according to the feelings of the researchers:

1. When the researchers **felt** gratitude, love and appreciation, the DNA responded by **relaxing** and the strands unwound. The length of the DNA became longer.
2. When the researchers **felt** anger, fear, frustration, or stress, the DNA responded by **tightening up**. It became shorter and **switched off** many of our DNA codes! If you've ever felt "shut down" by negative emotions, now you know why your body was equally shut down too. The shut down of the DNA codes was reversed and the codes were switched back on again when feelings of love, joy, gratitude and appreciation were felt by the researchers.

This experiment was later followed up by testing HIV positive patients. They discovered that feelings of love, gratitude and appreciation created 300,000 **times the resistance** they had without those feelings. So here's the answer to what can help you stay well, no matter what dreadful virus or bacteria may be floating around. Stay in feelings of joy, love, gratitude, and appreciation!

These emotional changes went beyond the effects of electromagnetism.

Individuals trained in deep love were able to change the shape of their DNA. Gregg Braden says this illustrates a new recognized form of energy that connects all of creation. This energy appears to be a **tightly woven web** that connects all matter.

Essentially we're able to influence this web of creation through our **vibration**. (And I might add thoughts and intentions.)

Read More at the Heart Math Center:

<http://www.heartmath.org/index.html>