

Nature and Nurture

Y.O.U. Masterclass with Lisha Antiqua

Nature – you are born this way. It is your genetic code, however, science now knows that there is one thing that can shift our DNA and RNA patterns and that is your mindset.

Your nature is important to know for many reasons the popular ones are for physical patterns like eye and hair color, health and disease, and temperament.

The not so spoken about traits are your habits, talents and preferences. These primarily run your automatic responses and unconscious habits.

Nurture – your circumstances form these and they do shift your nature (RNA, DNA) for generations that come after you.

However, good or bad your nurturing was especially between the ages of 0-12 that is primarily what your subconscious mind records and what gets stored in your genetic make-up. They too run your unconscious responses and beliefs.

In order to have a FRAME SHIFT – to change your current reality and create a new one that is easy or nearly effortless to maintain it is important to consciously explore your nature and nurture. From there you are able to frame shift either of them and create the automatic responses to life you desire and help future generations live (your definition) the good life, with more ease.

FRAME SHIFTING –

This has become more popular in recent years. People are calling it manifesting. Books like the Placebo Affect have been written about how you can heal yourself.

Today, I am going to share with you the method to FRAME SHIFT .

Step 1 – KNOW what you are working with and **ACCEPT** yourself and it.

Nature – Learn about your family, anything you can. Take a DNA test and discover where your ancestors come from. This works even if you are adopted and don't know your biological parents personally. There are no excuses here.

Far too often especially in the US our roots have been cut off. I am inviting you to explore. If you can visit the area.

Write down what you know. From hair color to health traits, to their occupations, wealth or poverty levels and beliefs, all of it matters.

Nurture – Write down your story especially between the ages of 0-12. I hear all the time from private clients “I didn't have a childhood” but they did. They just don't like it. Take a step back from your life and look at it as a movie, maybe it is scary, maybe a drama, maybe a fairytale; no matter what the story, write it. Write down what was happening around you when you were a child. What were you told to believe. What was viewed as healthy, normal? How much money did they have and how did they treat it? How much love was around you? How did love show up?

Having a great foundation of what you ARE now is key to frame shifting.

Step 2 – What do you want?

Write your own story.

#1 – Write or rewrite your childhood story, as if you, the amazing, raised you. What would be different or what would be the same? Rewrite the script.

#2 – What do you want your life to look like now? What do you want more of? What do you want to experience? What do your relationships look like?

Step 3 – Get clear what programs you are running NOW in all 6 of your personal power zones. Are they more nature or nurture?

Then choose who you desire to be and what you desire to experience in all 6 of your personal power zones. (This is what we do in the Amazing YOU program)

Then begin to FRAME shift!

Step 4 – Reprogram your subconscious (and unconscious) mind – through self hypnosis or your theta brain state and clearing/healing old patterns through other methods. Some methods I like are tapping (EFT), journaling, and movement.