**Transcript Excerpt from audio message**

Linda: “What's interesting is that 4% of our DNA is structural. It has to do with our genes, what's passed down from our parents, what we inherit. It could be disease we inherit, it could be eye colour, your features, all of that is 4% of DNA. 96% they don't know what it does. It’s like they say we only use a percentage of our brain, that's our multi-dimensional biology. 4% is three dimensional, 96% is multi-dimensional.

“So the 96% comprises of past lives or parallel lives, however you see that, as well as where the planets were at when we were born. It's fascinating and I love that it confers with the book that I've written with Masiandia which focuses on how we are so much more than we think we are.

“In the book, there's a whole section on aiming. Aiming true. It’s taking aim, really aiming for the target, without the plan, without a roadmap, without knowing how we're going to get there. Because, only 4% of us can structure that aim, only 4% of what our being can actually organize the rational thinking process and life in general towards that target. The rest of us, this expansive multidimensional aspect of us, is actually directing that arrow, it's actually that point of release towards the target.

Guest: “I see, wow.”

Masiandia: “So there's so many facets of us that we can't measure, can't control but the part we play in the structure, the part the ego plays, the part the human nature plays, is huge. Our partnership is huge - it's what allows us to make manifest our longing. That 4% plays a huge role. “We would call what Dofilia is talking about, we would call it magic.”

Guest: “I was just going to ask you that about magic.”

Linda: “I like synchronicities, that's so much fun.

Masiandia: “The reason that the 4% of the structure is so important is that it's very powerful. You can be in resistance for the whole of your life and impede, literally impede, the expansive nature of that multi-dimensional consciousness that is the 96% of the DNA. You can impede it.

“That 4% of the mental process, that 4% of three-dimensional structure can be bound in itself and only live that. Where the multi-dimensional aspect of the self can only be accessed through limitations. So for instance, when that three-dimensional percentage, when that three-dimensional rational thinking process, when the three-dimensional in form alone is in a state of resistance, ultimately it is in a state of fear perception. That fear perception sends a signal to the body, it's a sound wave.

“Every thought, every belief, sends a sound wave to the body. Imagine thoughts that are life-affirming, what kind of sound wave that would send to the body and how the body receives it versus a thought that is fear intended.

“Let's focus first on the fear of perception. First it depletes the endocrine system, it lessens the impact of the pituitary gland. The pituitary gland is a messenger for the whole body; the electrical system and the nervous system, which affects the adrenal gland. It activates the fight or flight hormone.

“When the fight or flight hormone, a survival mechanism, is activated, it sends a message to the cells of your body. The message is that you're in danger. The nucleus of cell, the DNA, then operates within that mechanism.

“4% of the DNA is structural, defines your jeans, your hair color, your structure, it defines the three-dimensional reality.

“96% of the DNA, yes indeed is multi-dimensional, it's your spirit. But it's not just the guidance of spirit, it's soul-essence which again is multi-dimensional, therefore it is multi-faceted. It is a myriad of lifetimes; past, parallel, and future. It's connected to the oversoul which is multi-faceted, which has many expressions of itself.

“The oversoul is so expansive that it fragments into numerous innumerable, in many cases, of soul, and those souls fragment even more into lifetimes. You are so vast - it can't even be explained fully.

“Now let us go back to the fear perception. When the body is signaling fear, the survival mechanism is activated, which tells the cells of the body that you are in danger. The nucleus of the cell becomes a network that interconnects with all the lifetimes that are in synergy with the survival message. What that means is when you send a fear-based message to your body at the DNA level, it becomes a program. It’s no longer just a fear-based message, it’s a pattern.

“Now the DNA has to operate within the pattern because that's the message it is being given. It then interconnects with lifetimes that are part of that pattern. Example, if the fear perception is the fear of failure, the DNA sets out a network to all lifetimes you have and are experiencing failure, because that's the synergy, that's the mirroring. Remember energetically you are magnetic, DNA is magnetic. It will magnetize parallel lifetimes; past and future lifetimes, that are within the same synergy, within the same magnetic frequency.

“All that to say, now your fear of failure has been compounded. The question would be, ‘why is it being compounded, why would that happen, why would that be the function of the DNA?’ Because that is the structure of your belief system, not only in physical three-dimensional form but also in multi-dimensional form. The key here is not, ‘why is the DNA compounding the fear message?’, the key is, ‘how can one send a new message, a life-affirming message, a higher vibrational message.’

Client: “Especially when fear comes up.”

Masiandia: “Exactly, “You can't control fear, it's impossible! Utterly impossible to control fear, because the moment you're controlling fear, fear is compounded. Not only is the body receiving the fear perception, now the body is receiving a message that the fear perception has to be controlled. The body shuts down when it is being controlled. It contracts, which sends a signal to the cells of the body that prepare the body for more danger.

“So how do you send a new signal to the body? You forgive. Forgive the fear, forgive it, be gentle with it, accept it, and love it. Fear just needs to be loved. It's always showing up because it needs love.

“Fear is not the opposite of love, fear needs love, very simply. Fear is not the opposite of love, you don't have to go in conflict with fear in order to replace it with love. The minute that you're in conflict with fear, you fear more, you’re contracting even more. When you embody love, you’re opening up, you are expanding, you are releasing, fear then transforms, it can’t help it.

“With love fear transforms into courage. With love all emotions, anger, anger transforms into release and trust, sorrow with love transforms into faith and beauty, hurt transforms into such tenderness.

“The beautiful gift that the multidimensional encoded DNA has for you, is the ability to join you wherever you are. Based on your new life-affirming perception, the DNA performs a complete vibrational network that aligns your soul’s past, present, and future lifetimes with the synergy with that new message, therefore compounding the new message for you.

“The more you forgive, accept, love yourself, and love this world, your DNA will align you to lifetimes where you are ascended. It will align you to frequencies of your oversoul that are living success, thriving, healthy, vibrant, very well.

Client: “That's so profound, that's amazing! Thank you!”

Linda: “When you say that's profound and amazing, how does the message land for you?

Client: “The message is very powerful and it really resonates with me. It's really worth it to always forgive, love the world, stay focused, feel worthy, because you're going to get so many unseen benefits from it as opposed to just walking around all day being bummed out. I can't really even explain it..”

Linda: “When you just said I believe it…”

Client: “Yeah, I'm listening to them. I feel like I'm the center of the earth, not in an egotistical way. I feel like I'm the center of the universe, or you are too. We’re the centre of our own universes, and when we come from a place of what Masiandia described now, I get when they say the universe rushes to me. Right, or when you make it a commitment and focus on it, it's really powerful, wow! A little help from ascended patterns doesn't hurt either.”