

How to approach the Gene Keys, by founder Richard Rudd

A Relaxed Approach works best

Welcome to the Gene Keys teachings. The wisdom you are about to explore is deep, rich and vast in its scope. When you first look at your Profile or open the Gene Keys book you may find terms and words that you do not understand and that are not immediately explained. Although you might like to have instant answers to what it all means, I would invite you to relax and take your time in exploring this knowledge. This is probably not like any other teaching you have ever encountered. It reflects the mystery of your life, and a human life cannot easily be reduced to simple answers.

Your Profile consists of 3 Sequences, which conceal many layers of insight about your past, your conditioning and the karmic forces that underpin your life. Unravelling this tapestry of who you truly are is a profound and rewarding process that will take some time.

If you are new to the Gene Keys, there are 3 essential elements you need to begin your journey:

1. The Gene Keys Book
2. Your Hologenic Profile
3. The Activation Sequence Course

Begin with the Activation Sequence Course

Your entry point into the Golden Path Program, this is a simple 'step-by step' course that takes you gently by the hand and guides you into your Profile through the lens of your Activation Sequence - your deepest genius in life. The online program is elegant and simple to use, with practical guidance, webinars, audios and an optional printed version of the text if you prefer not to read on screen. At each stage of your journey into the Gene Keys you are reminded that this is a process of *self-illumination*. This means that you bring the Gene Keys wisdom alive through your self enquiry and the art of contemplation.

The beauty of this 'step by step' process is that you can fit it into your own life. There is no hurry and it doesn't matter if at any point you take a break. However, most people find that it helps to create a rhythm - for instance you might like to set aside 45 mins each morning or evening to read, watch or contemplate the teachings.

Consider studying in company - visit the Gene Keys Society Community Hub

Finally, although the Gene Keys teachings are designed so that you can use them as a self-study program, they are also enhanced when you absorb them with others. If you know someone else who might like to take this journey with you, why not consider inviting them to join you, or perhaps you might even form a small study group, either live or online.

Please visit our Global Community Hub where you will meet many other fellow contemplators and Gene Keys voyagers at varying stages of their journey. Here you will also find friendship, support and answers to most of your questions.

However you decide to explore the Gene Keys, I hope your voyage will prove inspirational and fruitful.

With warm wishes,

Richard Rudd