

# GENE KEYS GOLDEN PATH

a voyage of self illumination

## INTRODUCTION WEBINAR TRANSCRIPT

### **An Introduction to the Gene Keys - *the Tools, the Technique and the Transmission***

Welcome to the Gene Keys. My name is Richard Rudd and I happen to be the first student of the Gene Keys. I put it that way because that is exactly what these teachings are all about. They are about exploring a higher evolutionary impulse that is imprinted throughout our universe. From the lowliest life form to the greatest galaxy, in the words of the great poet Rilke, 'all of this was mission'. In other words, there is an unravelling thread built into life, the Gene Keys are an exploration into, and an adventure along that sacred thread.

The central premise of the Gene Keys is that we have inside us a hidden higher purpose. It's encoded in our DNA, in the substructure of our physical bodies. And I am talking about a *higher* purpose - not just the purpose of our lives as a vocation. You may have been born to be a doctor or a mother or a mountaineer, but what is underneath that? What's the quality you bring to what you do? Every human being is a mystery. We are a secret code. We are literally made up of code. And all code conceals a message. It's not a metaphor. It's literal. We each contain a secret message - an essence. The point of the Gene Keys is to unlock the code and release your message, your special essence, into the world.

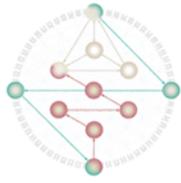
And when you've touched the essence that's inside you, when you've unlocked the code, you are never quite the same again. What you do in life suddenly seems less important than how you do it. Once the essence is awoken, the higher purpose of our life shines through, and suddenly it all seems so simple. The big questions inside us aren't as important anymore, and for the first time probably in a long long time, we fully relax into being here, just being who we are. This is the journey the Gene Keys invite you into - as you will see, it's a voyage of self illumination.

### **The Tools**

I am going to begin this introduction to the Gene keys by describing some of the key components of these teachings, as well as how they came about.

The Gene Keys is a synthesis, and it has evolved over the past 15 years in an organic and mysterious fashion.

I was always fascinated in secret knowledge. At university while I was studying literature and philosophy, I also took another unofficial degree in esoteric universal knowledge. And of all the systems I studied, I was most drawn to the Chinese I Ching. Many of you will know the I Ching. Its a 5000 yr old text that



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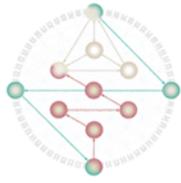
charts the seasons and cycles of change and life. And it has a profound binary logic, and what is so startling about the I Ching, especially in recent years, is that it's mathematics are virtually identical to the genetic code. That really got my attention. The I Ching really represents the code of life.

Anyway I began a long contemplation of the 64 archetypes of the I Ching (hexagrams) over several years, and then one day someone introduced me to another system called Human Design. Human Design combined astrological positions from the time and place of your birth with the I Ching. This was astounding because it meant that you could now fix the code of life to a single moment of imprinting, combining it with the ancient science of astrology. I became an early student of Human Design, studying with its founder, a man by the name of Ra Uru Hu. Ra really had a very deep grasp of the code and how it unlocked us as individuals, and he gave the last 25 years of his life to teaching his system. He was a great man. I personally owe him a great deal - a lot of my own insights are built upon the foundation he built through his understanding, so thanks Ra.

As my understanding of the 64 universal archetypes deepened, I had another breakthrough. I realised that these codes are not fixed but fluctuate constantly according to our consciousness. And so I adapted what I had learned from Human Design, and it became this - the spectrum of consciousness. This is a map of all the major human states of consciousness, divided into 3 levels, which I called the Shadow, The Gift and the Siddhi. So now, with your birth time, we could see specific patterns of consciousness that governed your life. But these patterns were dependent on frequency. In other words, if you have this 6<sup>th</sup> Gene Key, then its low frequency manifests in your life as the Shadow of conflict, while its higher frequency becomes the Gift of Diplomacy. And then at its highest, its essence, or Siddhi, is Peace. As you will see later, this table of the frequencies of consciousness is central to understanding how the Gene Keys work to bring about personal transformation.

Now I had this table of frequencies I began to watch them in my own and other's lives, and the Gene Keys were born. This was an intense period when I wrote the book, which was for me an extraordinary experience. I think quite a few writers have the experience of a book writing itself. This was certainly what I felt. I actually experienced these frequencies as I wrote, and I think you can also experience them as you read it, if you read it in a relaxed an open state.

As I entered into this new world of high frequencies, my mind began to see things with incredible precision and clarity. I saw these geometric sequences of Gene Keys that were born from my original understanding of Human Design. And each time I saw a new sequence I would teach it right away. It was my way of grounding it in the world, and I rarely repeated a course, to the infuriation of



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quite a few people! Here is the Venus Sequence, which really came as a download for me in 2004, and it contains all the codes that we run in our relationships, with their shadow patterns and the hidden evolutionary purpose behind them. And then there was the Pearl Sequence, which governs our relationship to the wider community and our relationship to prosperity and money. And this is the Activation sequence, the simplest of the three but also which I understood last, and it really is the natural place where you begin your journey into the Gene Keys.

And each of these sequences is an experiential journey. Each one unlocks another part of your essence, but for me the finale came when I saw how they all fitted together. You see I was just following the different threads, but one day I saw how they were all woven together as part of a single journey of transformation and awakening, and that was quite a day. Now it wasn't just a series of different journeys. Now it was a voyage, a single Golden pathway leading to higher consciousness and to your higher purpose.

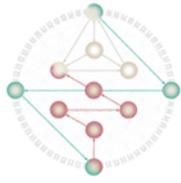
So to sum up, the Gene Keys consist of 64 core genetic archetypes, which can fluctuate according to the frequency of our consciousness. The Gene Keys themselves are your map. Then, through your time, date and place of birth, we can see the precise imprinting of the Gene Keys relating specifically to your life. That's your compass - they orient you in the space time continuum - they encode your destiny. And then finally we have a series of Gene Keys that are unlocked in a grand sequence called the Golden Path. This is your voyage. It's an inner course, a kind of course in Miracles, because it's an adventure into the nature of your own consciousness.

## The Technique

So now you know the tools, how do the Gene Keys actually work? What do you have to do to tread this Golden Path?

Well, first let me show you a scientific discovery that has been made fairly recently, and that lies at the heart of how these teachings work inside us.

This image shows how we used to understand life. Most of us have grown up in a world where we were taught that DNA controls all biological life. This theory is called the Primacy of DNA. SO you can see here the DNA code within the nucleus of the cell, and lets remember that this is in every single one of the trillions of cells inside our bodies. So scientists believed (and many still do) that your genetic code comes pre-packaged and decides what proteins are built and how, thus determining your actions and behaviour. This is a determinist view of life in which consciousness is seen simply as a by-product of programming. You think,



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feel and act the way you do because that's the way you are built and you can't change it. In this scenario, you are nothing but a victim of your genes.

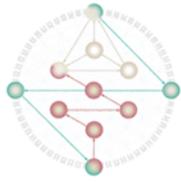
And here's the breakthrough. The new paradigm shows far more interaction with the environment. It's an open system. So here, the way we see and respond to our environment sends a signal back into the cell, and before it gets to the DNA, it is reprogrammed in the cellular membrane, which is the molecular switch, then that message returns to the DNA, which then determines our behaviour and actions. And it doesn't just determine our behaviour. It determines our body, our physiology. So what we can see here in a nutshell is that our attitude to life actually programs our DNA and shapes our lives. This new model puts consciousness first, so it is your consciousness that creates reality. In this scenario, you get to wear designer genes, because you literally design your own destiny.

That's it with the science for now. But it is of huge import for us all, this insight. That our DNA is packed with unknown potential, and it is within our power to activate that potential, simply through our attitude.

Let's put this into practise. Let's take a Gene Key and let's say this one is in a key position in your profile. You can see that the Shadow pattern here is intolerance. So when you are running this pattern at a low frequency, then everything and everyone just gets on your nerves, and you end up pushing people away. It's not a comfortable situation! But when you activate this Gene Key at a higher frequency, through a change in your attitude, you send a different message into your DNA, and it changes things inside you. Your body fills with endorphins, you relax, your heart opens more and suddenly the shadow of intolerance becomes the gift of understanding. You see, every shadow contains a gift. If you live like this over time, then understanding becomes an even more powerful field. It becomes a deep cosmic sense of forgiveness, what the ancients called a Siddhi, a kind of higher grace that surrounds you at all times.

This is how the Gene Keys work. They help you to change the language you are sending into your DNA, and then the transformation moves through your life. It's very simple. It's all about frequency. Your attitude determines the frequency of the electro-chemical signal that you send into the DNA. A low frequency generates a Shadow pattern, which makes you behave as though you were a victim, whereas a high frequency makes you behave in a self-empowered, creative way. The highest frequency signals lead to heightened states of consciousness such as compassion, unconditional love or forgiveness.

The final part of this, and it's really the central technique of the Gene Keys, is Contemplation.



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It takes time to change the way you behave. You can do it right now and see the result immediately, but at the same time, to reprogram a lifetime of low frequency tendencies takes some commitment. In the modern new age arena, there are so many quick fixes promised. It seems everyone is looking for the quick fix, because that is what our culture has become. But according to my understanding, life doesn't work like that. These things take time. This is the voyage of the Gene Keys. You take this simple teaching and you begin applying it to all areas of your life. This is what the Golden Path allows you to do. It allows you to contemplate the Gene Keys over a period of time. It's like going on a course without going on a course. You have to do the contemplation. It can't be done by anyone else!

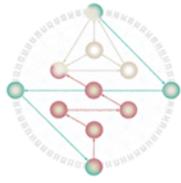
To contemplate something is to absorb, digest, apply and embody a truth. The central truth of these Gene Keys I have just outlined. It couldn't be simpler. But how to apply it is another question. The Golden Path gives you a framework to follow. It helps you to keep the Gene Keys close. You have to absorb this teaching mentally at first, then you take it in emotionally through your relationships, and finally it dawns inside you at a physical level. It becomes imprinted in your living DNA. This is the process of deep contemplation. You let it into your life. It is for the most part a private journey because it's a journey into your essence.

And as you tread the Golden Path, your golden path, the Gene Keys become your guide, and it's not just the book. The book is just the delivery mechanism. The signal is a habit you have to imbibe over time. But if you stay with it for long enough, it can really transform your life onto another plane. That's the power of simple contemplation. Its an ancient path, but one that has for the most part been forgotten. Its not the same as meditation, and its not concentration. Its in the middle of those techniques. Its more playful, and it really suits our modern lifestyle because you can contemplate something anywhere, doing anything - its alive inside you at work, at rest, with the kids, doing the dishes, and its easy. You just remember it when you remember it. And whenever something hurts inside you, physically, emotionally or mentally, that's when the most powerful reminder comes. Inside every Shadow hides a Gift. That's the great truth of the Gene Keys.

## The Transmission

So, I hope I have given you an outline of what the Gene Keys are about and how we can absorb their wisdom into our everyday lives through the technique of contemplation. Let's just recap what we have covered.

The Gene Keys are an evolving synthesis of living wisdom whose central purpose is to unlock the essence inside each of us, and to release that into the world as a



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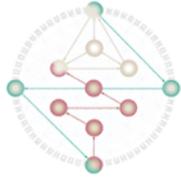
sense of higher purpose. We have seen that the code can be personalised through your Hologenetic Profile, which describes a series of journeys you can take with the Gene Keys, applying them to your everyday life. This is the Golden Path, and its a voyage of ongoing contemplation. The result of taking this journey is that you can actually raise the operating frequency of your DNA by a dynamic shift in your attitude. This comes about through fully embracing and understanding your Shadow - that is those repeating patterns in your life that cause you the most suffering. The Shadow then reveals its hidden gift and takes your life onto a whole new level of consciousness.

It sounds simple doesn't it? The concepts are basically sound. Some people may have a hard time with the idea of connecting birth time with cycles of imprinting in genetics, but when you come to understand the holographic nature of the universe, suddenly that begins to make sense. In any case, the Gene Keys aren't about concepts, they are about adventure and inspiration. This is an inner voyage.

And there is one final insight I would like to share with you, and it's something more mysterious. It's something outside the domain of science and logic and systems. It's what I call the Transmission.

Every new mystical teaching that comes into the world carries with it a certain flavour, and it arrives at exactly the time it is needed. That's just universal choreography at work. In Tibetan culture, they have a deep understanding of sacred teachings. They call it the Terma, which means the Treasure. Termas come into the world through certain messengers at certain times in history. Their purpose is always to elevate the frequency of consciousness in some way. And there is also a tradition that the Terma is not just a teaching but has embedded within it a hidden essence, a spiritual...I hesitate to use the word magic, but we are dealing in mysteries here. Let's call it a grace. This is the transmission. It's as though the teaching is a trigger and when it is recognised at a cellular level, it triggers a code that has been waiting inside us. It's a sense of recognition that lies between a student and the teaching itself.

To me, the Gene Keys are a Terma, a treasure. They are here to trigger a sleeping giant inside each of us - that is those of us who are drawn to them. And this is I find a very personal part of the journey. Your essence is really beyond words, and the words of the Gene Keys transmission all point you towards that wordless essence. But here is the deepest revelation of all - that all systems have built-in flaws - they can only point to the moon, but they cannot be the thing itself. Therefore they must be entered into lightly. Life is a mystery, and no system can touch the wonder of that. Please do not get caught in these teachings - just enjoy them and let them have their way with you, and when they are done and you are done, let them go.



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So when you begin to enter into contemplation of the Gene Keys, and you treat them as a treasure, as you would treat your own essence, then your voyage through them is likely going to be filled with magic and mystery. Contemplation is a gentle path, a quiet and private path. It points you deeper into your aloneness, into the vast inner reaches of the mystery of your life. And you take it into your life, in your way, as the transmission unfolds inside you, showing you how best to use it. The Gene Keys are an open system with a generous spirit and if you are interested in these teachings, I'd like to offer you a warm welcome and wish you well on the journey ahead.