



Solari Wellness Series

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Changing our Lives with Epigenetics with Charan Surdhar



Guest: Charan Surdhar

Link: <https://charansurdhar.com>

I invite you to listen to my interview with Charan. She discusses the basics of genetics and epigenetics as well as her experience with cases of diseases caused by genetic mutations that were successfully reversed. The most interesting part, I think, is to realize how our emotions can affect our gene expression. And this is something we should all be aware of.



Brigitte Mouchet: Hi. This is Brigitte Mouchet with the Solari Wellness Series. I have the great pleasure to interview today Charan Surdhar, a DNA scientist. Charan joins me from the UK. Charan is a DNA scientist working in the revolutionary new field of epigenetics. She has a Bachelor of Science degree in microbiology and a Master of Science in human genetics.

After that she worked in the field of genetics for 13 years identifying genetic mutations for a whole host of genetic diseases and contributed to many scientific papers as well as textbooks.

Now she combines the three pillars of science, spirituality, and ancient wisdom to bring about a shift in DNA expression that reflects health and well-being. She is currently also undertaking a PhD in integrative medicine on directive consciousness to alter DNA expression.

She is an author and has a passion to create animated videos to explain in a simple way concepts such as epigenetics which you can find on her YouTube channel.

Today we are going to talk about epigenetics and how it can change our DNA, body, and lives with a pretty simple method.

Charan, welcome to the Solari Wellness Series.

Charan Surdhar: Hi, Brigitte. Thank you so much for having me here. It's a real pleasure. I love your audience and everything that they stand for.

Mouchet: Thank you so much. I just watched your video, *Bursting the Bubble on Genes*, that I recommended to our listeners to watch as an introduction for this interview. I think it's really the perfect introduction for our discussion today, and I hope that most listeners did watch that video.

Let's start with the science part of your background first. You studied genetics. What was the most significant piece of information you learned while you were studying genetics? Do you remember?

Surdhar: Just before I even answer that, I will go back to the video. I want to let the listeners know how that video came about.

I actually had a lot of information that I wanted to share with people. My passion is to really help people get things in a simple way. So I had an idea to start creating animations. It really helped me to put the information about what epigenetics is in a very simple format.

I've had people come back to me and say that their children watched it and got it. So if people haven't watched it, I really encourage you to go watch it because it's fun and it's simple.

Coming back to your question about if there was one thing that I learned with genetics, the fact that Watson and Crick discovered DNA was so exciting. I've always had this passion to know more about the mysteries of life and the magical aspect of how we were created and the science behind it and putting it all together. That started the journey to where I am today.

Mouchet: That is a powerful realization. I'm glad you chose that field.

Why did you choose to study epigenetics after that? Is that a common path for geneticists?

Surdhar: No, it's not common; it is very uncommon actually. What happened is that when I was younger, I think I was 11 when the AIDS epidemic came out. At that time, the way that people were being discriminated against for having AIDS kind of fueled the passion in me to find something that would help people come out of situations where they were feeling a victim. That led me to becoming a geneticist, and then working 13 years in the laboratory with DNA. Then I went on to become an epigeneticist.

All of my working life I was working with genetic disorders and all of this, but at the same time, I gave birth to my son who was diagnosed with eczema at three months old. I went down the normal routes of the medication and all of that that I was recommended, but I was noticing that nothing was helping.

To go back a step further, when I was a child, I was always taught meditation and how to do yoga. That was my background. From that, when my son had that issue show up and I realized that none of the medical stuff was actually helping – it would alleviate things a little bit, but not completely, and then come back – I began to study different modes of energy healing. I started looking into hypnotherapy. I even trained as a clinical hypnotherapist during that time.

What I didn't realize at that point was that my son was really a gift with his condition. He was a gift anyway, but his condition was also a gift to allow me to start studying and moving towards this, even though I was working in a science-based area.

After 13 years in, I was continuing to study all of that. At that point my contract came to an end at the hospital, and it was almost as if I was being led to the next area of my life, which was fueled again by that passion that I had at 11 years old.

Every stage was happening on its own. At that point I was given Bruce Lipton's book, *The Biology of Belief*. If anyone has not read that book, I highly recommend it. That book actually brought together full circle for me everything that I had learned as an academic in that it put the information of the cellular biology together in such a way to show me that we aren't victims to our biology, and we are not victims to the DNA.

So here was me at 11 years old wanting to help people come out of situations bringing about them being a victim in their life, and then here was a book that summarized how we aren't victims to our biology or our lives – all based on science. It was phenomenal because that completely changed everything.

Then I began to start looking for ways to bring and help people with this information. So I am going to go ahead of what your question actually asked, but that was what happened with the epigenetics and how I came to where I was.

Mouchet: That totally makes sense. It is very often a personal story that guides you through your life's work, right?

Surdhar: Totally.

Mouchet: So would it make sense at this point to go back to genetics 101 and see if there is some basic science that we all need to know about this topic so that everybody is able to follow the discussion?

Surdhar: Absolutely. Basically genetics 101: Watson and Crick, when they discovered the DNA, said that this was the source of life. It was very much based on Newtonian science, which is that there is something in matter that creates something else. So it's matter to matter. They said, "This is the most fabulous discovery. We are going to be changing lives," and then the Human Genome Project came about later on. They said, "If we can find the genes for each condition, we should be able to do all of these other tests and do genetic engineering and change things," and all of this stuff.

So there was a big hype when the DNA was found in that sense, and it led to so much more in the years to come after that. But it was all based on the fact that DNA was the source of life. When we have DNA, it goes from DNA to protein. The protein then creates our physical make-up and everything that we are made up of. So that is where things kind of go slightly awry. If somebody has a genetic condition, if there is heart disease in the family or diabetes or any of these chronic conditions, then the person will think, "I can't do anything about this. It doesn't matter if I exercise. I'm still going to get this."

That in itself is that victim mentality. With this way of genetics it is very difficult for people to come away with that feeling of empowerment. Instead it feels very disempowering. So that is genetics 101.

The shift happens when we go from that to epigenetics.

Mouchet: Can you talk a little bit about scientific evidence that epigenetics is real?

Surdhar: Definitely. Before we even go there, I would like to talk about epigenetics 101. In epigenetics, the prefix ‘epi’ means ‘above the DNA’. So there is stuff influencing the DNA other than the DNA.

So if there is a genetic mutation or mutations resulting in diabetes or any chronic condition, with epigenetics it’s saying something else. When they did the Human Genome Project, they were expecting to find that one protein would equal one gene, and that there would be a particular gene responsible for creating that protein. But they didn’t find that at all. In fact, what epigenetics has shown is that every gene can be transcribed 30,000 different ways. So each gene can create 30,000 different proteins.

There are different signals that go to the DNA to create the different proteins. So then that is where epigenetics comes in. It’s above the DNA. There is something controlling these genes being read in a different way. That is where ‘epi’ comes in.

Then we begin to ask the question: So what is it that is influencing this? On a physical level, there are certain things. With histones in the scientific research, people have been finding that the DNA wraps around these histones. It’s a protein that the DNA wraps around. If it’s wrapped around, then that will create a different gene expression.

There is also methylation, which is where we have methyl groups attached to the DNA at certain points. What this does is it changes the DNA expression again.

So if you have different methylation sequences around the DNA, you will create different genetics expression. That is the physical level. But if we think about it, what is telling those histones to wrap certain DNA around? What is telling the DNA to methylate in certain areas and not in certain areas? There is something else that is beyond that. This is where we go into the field of quantum physics and go into the energetic aspects of our being.

Before I even go to the research, it is important to get this information. With the old way, it was DNA to RNA to protein. It’s called the downward causation method. When we start looking at what is influencing the DNA, we get the upward causation which is basically that there is consciousness which is the super-mental level, and then we have the vital body, the mental body, and the physical body.

There is this upward causation of looking at how we as an entity – each one of us as an entity – fits in with the universal scheme of things.

The old way is where you are just an individual. You are one entity just moving around, not attached to anything. Nothing influences you. You are just that.

The other way is that we have got to look at the whole being, and that includes how it is connected to the whole of consciousness – the universal life force energy – that is running the planets and growing a seed into a flower. All of this exists inside of us. There is a source that is there and ever-present that is allowing us to be the way that we are. It is allowing us to show up in that way.

It's like a baby in the womb. A mom can't say, "Now it's time for the toes to form." It doesn't happen like that. It happens because there is this universal force that exists, and it has its perfection. It knows how and when to create those toes.

This is the difference – and a very important difference – between the genetics and the epigenetics. You can begin to see that the epigenetics becomes more of an overall very connected form, and it brings things together in a very big way.

Coming to your question about the scientific research, there have been quite a few studies. One of them is mouse studies where they were looking at how these mice, when they were exposed to the smell of cherry blossom, they were shocked at the same time. So what they found was that they created anxiety. Every time they had this smell of the cherry blossom, it automatically created an anxiety because they were expecting that shock.

They reproduced these mice and created pups and grandpups, and what they found was that these pups and grandpups who hadn't been exposed to the two stimuli of the shock and the smell of cherry blossom together, when they were exposed to the smell of cherry blossom they reacted in the same way as their parents or grandparents – depending on whether it was the pups or the grandpups.

What they found was that this behavior got passed down from generation to generation. So there is something there that is actually influencing the DNA and being passed down and creating that response. That was one study.

More recently with that particular study, that was reproduced. They wanted to see if they could reverse that in the grandpups. I can't remember for certain whether it was the pups or the grandpups that they did that with. I will have to look that up again, but they did some behavioral techniques, and they were able to reverse that.

There was another study that was done in Northern Europe. What they had there was a village that had all of the information of what these individuals who had lived many years ago had gone through. So they had all of these books that had documented everything. They had their age and everything that they had experienced in their lives when they died, and what they found was that these individuals had experienced famine and drought. Looking at their grandchildren, they found that the predisposition for Type 2 diabetes was increased in the individuals who had experienced famine or drought. So there was that connection made there as well.

They have also looked at the women who were in their third trimester during 9/11. What they found was that the children who were born from those women were found to have higher levels of cortisol which then connected them to later on developing chronic disease – whether it was heart disease or other diseases.

So these are a couple of studies to show that.

Mouchet: Let's go back to the example of when a baby is born the baby comes with a certain DNA. Is that DNA going to change during that person's life, or is it really fixed and just the expression of the DNA is changing?

Surdhar: That is a good question. From what I have studied and looked at what others have studied, it's not the DNA that changes; it's more the expression that changes.

I was in contact with a Russian scientist, Peter Garieav. He has done a lot of studies, and we can talk about that in a bit. He actually worked with a child who had a genetic condition. In fact, can I talk about that now?

Mouchet: Sure.

Surdhar: We were talking about what influences the DNA. Well, this is extremely interesting because he has a device that he uses where he can actually take the energy or the frequency of some individual and convert it into an MP3. That MP3 can then be played by somebody else to change things. So what he did was he had a child – a patient – who had a genetic condition. The prognosis was that she was going to die at around six, and she was four or five when she came to him.

He took the frequency with his machine of this child's cousin who was normal. He converted that into an MP3 and gave it to the mom of this girl who was ill. The mom actually played that. I'm not sure how many times a day she played it or what the protocol was, but the little girl basically became well. Even though she had the genetic mutation still – because he looked to see if that had changed and it hadn't – she was just expressing things in a way that created wellness.

It's the fact that we have the ability to express the genes in so many different ways that allows us to change our health and wellbeing.

Mouchet: If you go a little further as a species, do you think that our DNA is changing right now? If so, is it naturally occurring as part of evolution, or are the changes caused by our behaviors or by the environment? And can we even choose how we want to evolve?

Surdhar: That is a very loaded question, and I have a lot to say on that.

I don't know if our DNA is changing right now because I haven't done any genetic testing nor do I have the ability to do that right now. For that we would need to look at a big population and all of that.

I don't know, and I haven't looked to see if anybody else has done that. But with regards to the second part of your question: Are the changes caused by our behaviors or by the environment with regards to evolution?

This is where epigenetics comes in. The third part of your question is: Can we choose how we want to evolve? Absolutely we can. That is how we can change not so much our DNA, but the expression of our DNA.

How is that so? If we have certain behaviors or certain ways of being, how is it that if we shift those that we can choose? Obviously everyone is not walking around thinking, “Well, I will change my behavior so that we can change evolution,” right? No one is thinking to that level. But everything that we do in our day and everything that we think is influencing the way that it impacts our DNA. I say to clients all the time, “Our DNA is always listening.”

Depending on whether we are angry or upset with all of the things that life brings us, how we react to life actually impacts the way that we show up. I believe that that is a critical factor in how we evolve individually and collectively.

Mouchet: I see. Thank you. This could be the right time to talk about how we can change the expression of our DNA or even rewrite it, as you say sometimes. This is exactly what you have been focusing on for the last few years, right?

Surdhar: Yes.

Mouchet: And you developed a method that can be used for a lot of things from accessing the fountain of youth, which everybody is usually interested in, to dealing with things like emotional eating or even quantum manifestation.

Surdhar: Absolutely. This is my favorite bit, along with everything else of course.

When we talk about wanting to rewrite or change the expression of our DNA, we have to firstly understand that there is so much more than meets the eye as to what can be influencing our DNA expression. The second thing that we have to understand is that we are a technology inside of ourselves. The human being is a technology.

If we can learn to use this technology, no matter what is happening on the outside or inside, if we can finesse it we can move away from this place of victimhood to a place of empowerment. When we learn this technology, what happens is that our DNA aligns to that. As it aligns to that, as it is listening to our whole being – and I was talking about the upward causation – if it is coming from consciousness down to super-mental level down to the vital body, which is a morphogenetic field which we live in, that encompasses everything from our emotions to what our ancestors experienced to what people around us are experiencing to all of that, down to the mental body and then the physical. So your physical body is always going to be representing what is in the other realms like the vital body.

I actually posted a quote on Facebook today which I'm going to read because I think it is an important connection to this. It is from the *Quantum Doctor* book by Amit Goswami. He says in there, "The objection of dualism is no longer tenable once you invoke quantum thinking. Consciousness can collapse simultaneously and non-locally the possibility waves of all of the bodies within consciousness – the physical, the vital, the mental, and the super-mental."

What that is really saying in plain English terms is that everything is connected, and if we come from the place of consciousness, there is no wrong or right. It is actually when we get to that place that it all collapses, and everything that we are experiencing comes into alignment with the truth of our being. And what is that? You can be talking about this forever, but what is it?

Well, what they found is that we are connected very much to nature. We are not apart from nature. We resonate with nature, and nature has a frequency that is conducive for growth and wellness.

What they found was that the heart creates a field around us that responds very much to the same fields that the plants around us and everything around us corresponds to. When we are experiencing certain emotions or experiencing life in a certain way that is taking us off balance, we are not matching up to this frequency of nature.

That field that we create around us is what actually informs every cell in the body that, for instance, the liver cell communicates with the brain cell, or the brain cell communicates with your toe, or the toenail communicates with your kidney cell. How does that happen? Well, there is a field that is formed by the heart, and it has been studied by the HeartMath Institute.

Anybody can go and check their website for all of the studies that they have done on this. They have even shown how when 9/11 happened – just before it happened – they have these devices that have been checking this frequency around the planet. When 9/11 was about to happen – just before it happened – there was a big spike, and it was connected to the fact that there was this field that knew that this was going to happen. So everybody sensed it.

If you look at the full moon, it's like that kind of thing. People are more likely to get emotional around that time. So there are all of these connections.

I'm sorry. I keep talking, but really we are connected, and this is how we can change our expression of the DNA.

Mouchet: Is it a good time to talk about your method? And then what kinds of things can we change? Anything?

Surdhar: The method is really based on trying to teach people to understand their own technology that we are as a human being. We are frequency generators, and what we believe is going to create a certain frequency. It's almost like if you put red sunglasses on or yellow sunglasses or green, you are going to see the world in a different way. As you see the world in that different way, your DNA will respond to that.

So the main thing about this technology is to understand this: Does what you are seeing create fear? Or does it create harmony?

If anything is creating fear in your life – whether it's outside of you or an emotional reaction or whatever it is – it goes into the fight or flight response. Whatever we are experiencing is going to impact our nervous system.

Most of us live in that place where it's like the hamster on the wheel; it is constantly chasing itself, not realizing that it is. If you think about all of the things in our life that we have that result in our nervous system being in the fight or flight response mode, my method and the process is really to get people to understand that getting the awareness that we are in either one of those in particular situations in our life, that step in itself can change the expression of our DNA.

Most people are walking around with no awareness that they are even in that state. The process is really to get people to the place of freedom. How do they get to that? They get to that because they learn the technology that allows them to be able to go from that awareness to freedom.

Most of us when we are running around the hamster wheel, the past is influencing the way we think, the way we act, and the way we are. Whether it's our belief system of the past, our thoughts about it as a result of the beliefs that we are holding onto, all of that is creating a certain perception, and we continue just running around this hamster wheel.

But the step of actually getting the awareness that we are doing it is the first and the hardest – and sometimes even the easiest. It's almost like you don't know it until you know it. Do you know what I mean?

Mouchet: Yes.

Surdhar: It's like once they get the awareness, that can shift things. So people listening right now, just take a self-check. When you wake up in the morning, what are your thoughts? What are you thinking? Is it already stepping into what's not complete? What needs to be completed? What is not right in your life?

All of these things are influencing the way your DNA shows up. They get the awareness, and that is the first step towards recognizing the power that is within them. That is where things can change.

Mouchet: Thank you. When you work with someone, it seems like it is affecting their DNA, but also the DNA of their ancestors. Can you talk a little more about that?

Surdhar: I know I mentioned the study that they did with mice where they saw that they could reverse that with the mice. It came from the ancestors, and then they reversed it. So we know from those studies that it is impacting the DNA. But from my work personally, I have had people who have done the work and then come back and said, "My family member is completely changed. My dad's brother didn't get along with him, and now all of a sudden he is all back to normal with my dad."

Or I've had someone who was working with me with thyroid condition, and when we worked on her, there was stuff that came up around the lungs. It was ancestrally-based. When that was worked on, she said, "My dad and my sister have asthma."

Then the next week in our session she said, "I just heard that my dad didn't use his inhaler for a week."

It's things like that. If we understand the upward causation that we have at the super-mental level, the vital, the mental and the physical, I am going to keep saying that because I think that those levels are really important. If we just focus on the physical, we are not creating that shift. But when we go to the level of the quantum where there is no time and space, where time doesn't exist, where there is the possibility of anything other than the present reality to show up, when we go to that, anything becomes possible.

I've got a friend who works with the ancestors. She lives in the U.S. When I was working with her as practitioners getting together and having discussions when we were doing this work, she said to me, "I can actually see the ancestors in them. I can see how they actually feel the benefits of this work."

That is one thing. It can get a bit 'woo-woo' when we get into all of that, but the fact is that present day people say that things improve and their moods improve around them. I had somebody else who I was working with, and she said that with her family members, suddenly everyone was getting along.

That is what can happen.

Mouchet: Something that I heard a long time ago is that for healing to be complete, you need to heal that thing in all of your lineage. That is something that I had told to me by an alternative doctor a long time ago, and I did not fully understand it at that time. But I think it is a little bit similar to what you are talking about.

Surdhar: I would agree, but I would also like to add to that because one thing is that we want to do that, but we have to understand that if you have a wheel, we are the center of that wheel. Whether all of those different spokes coming off of the wheel are one particular ancestral lineage and another or whatever with different things in our life, if we come to the center, we can align with all of them. That is what this technology does. It allows us to get to the center which then changes our physiology as a result of changing everything around us – including the ancestral.

It's not because we want to change the ancestral lineage; it's because we take responsibility for our present way of being. That is the important point that I would add to that.

Mouchet: You have seen many positive results in your work with your clients. Can you share a little more about that? You have already told us some stories. Is there anything else that you would like to mention about that?

Surdhar: Yes. I had two women come to me, and they were both pregnant. This was years apart – not at the same time. Obviously I have permission to share. One of them was in 2012 and the other was three or four years ago.

They were in different parts of the world, and they both had been told at three months along that their babies were diagnosed with Down syndrome because they showed significant nuchal edema, which was a marker for that. Obviously they had other tests as well to show that.

I have to say outright that I don't go into this work thinking that I can help any condition as such; I am not a medical practitioner. My job is to really go in and work with the upward causation – to go to that level of the quantum and do work there – and then see what happens as a result.

With both of these we did the work, and both babies were born normal. We had the tests done when the moms were about nine months along. That is when the babies were showing normal, and then they were born normal. They are both doing okay and well now.

Mouchet: That's impressive.

Surdhar: Those were two cases, and then I had a situation where I was asked to work on a girl who had cystic fibrosis, which is a genetic condition. For this case both parents need to have the mutation in order for it to manifest in the child. It's a recessive condition.

They came to me when she was around six. She was diagnosed at birth. Here is the interesting thing. Both parents decided – not out of ignorance, but more out of knowledge – to be careful about their beliefs around the condition and to not take on what the 'norm' would be of this condition.

While she was growing up to about five or six, they didn't really talk about it. They were just treating her as normal, and she was doing okay. But around five or six she started to get ill. As I said, the prognosis was age six for her to pass away.

They came to me, and we started working on her. She is now 11 or 12, and she is doing well. She has got a sister, and they are both okay. She gets a cold here and there because what cystic fibrosis does is it actually disrupts the immune system and creates a lot of mucus in the lungs that leads to a lot of infections. That is basically what gets them down. But she is doing okay.

Mouchet: That is great! Thank you.

Another question that I had is: Can this method be used to deal with environmental issues and even heal the planet? As you know, there are a lot of things happening in the world affecting the planet that we feel that we don't have much control over. Can this method be applied to those types of issues?

Surdhar: This is a really important question because the environmental issues are huge, and we have to acknowledge that. We have to acknowledge that there is a lot going on on the planet with all of the things that are going on.

Whether you believe the conspiracy theories or whether you believe in other things, it is all valid. We have to understand that. But, I want to propose another way.

I started off by saying that my journey began to actually help people come out of that place of victimhood.

When we believe what we believe, if we are looking at the upward causation model of consciousness, the vital body is encompassing the morphogenetic field of where our beliefs are coming from around environmental issues. That can influence our biology – and not only ours, but everybody else around us.

So, if we want to take a step toward creating a positive field in our environment, then we have to take another stance. There has got to be another way. Einstein said, “You can't solve a problem with the same mind that created it.”

If there are these environmental issues caused by certain people or the planet, whatever is going on, we have to understand that we are not going to change that from the same mind that created it, and that is from fear. On one level, what that is doing is that it is causing us to stay in that place where we are in fear, and that is going to impact our nervous system, and that is going to impact our biology. It's a vicious cycle that we keep perpetuating this cycle with this. If it is going into the morphogenetic field, it is going to keep creating that.

With regards to healing the planet, that is the same thing. We can't help others from the place of fear. This doesn't mean that we ignore it. I'm not denying that. I am saying that all of these issues are very valid, but I would like to propose another way.

I said to you, Brigitte, that I wanted to read a little passage – just a paragraph – from this book called *Do Less, Achieve More: Discover the Hidden Powers of Giving In* by Chin-Ning Chu:

Carl Jung, Sigmund Freud’s premier student in the field of psychoanalysis, often spoke of the power of miracles by telling the following story: There was a village that had been experiencing drought for five consecutive years. Many famous rainmakers had been called, but they had all failed to make rain. In the village’s last attempt, they called upon a renowned rainmaker from afar.

When he arrived in the village, he set up his tent and disappeared inside it for four days. On the fifth day the rain started to fall and quenched the thirst of the parched earth. The people of the village asked the rainmaker how he had accomplished such a miracle. The rainmaker replied, “I have done nothing.”

Astounded at his explanation, the villagers said, “How can that be? After you came, four days later, the rain started.”

The rainmaker explained, “When I arrived, the first thing that I noticed was that everything in your village was out of harmony with heaven.”

Just to add a note here, this is what I was saying earlier about ‘harmony with nature’.

“So I spent four days putting myself into harmony with the divine.”

That is the super-mental level.

“Then the rains came.”

That is a powerful paragraph because it shows us that we are not to be disempowered by anything going on outside of us. If we can learn this technology and get this awareness, then if we can tune ourselves to nature, we create a shift on a quantum level and in the morphogenetic field that begins to shift things around us quite dramatically. That doesn’t mean that you don’t take action. That doesn’t mean that the firefighters don’t fight. Everyone has got to do what they have got to do. But what is important here is: Can you become aware of what your thoughts are? Are they in harmony, or are they in fear?

If you are in fear, then you are creating and perpetuating that morphogenetic field that will continue to impact you and others. But are you going to step into the place where you can actually shift what is in the morphogenetic field by coming into alignment within yourself? As a result, things on the outside begin to change.

A lot of studies have been done on this with Lynn McTaggart. Anyone can look her up. She has got *The Intention Experiment*, and she has done a lot of work on showing how when collective groups of people get together – and those are collective groups, but I am talking about how a single person can shift a planet. When we do it collectively, it can shift things even more obviously.

Mouchet: That is very, very powerful. Thank you. I think that we can all reflect a little bit on this part.

I want to ask you a personal question. Do you personally see a need to have your own DNA tested?

Surdhar: No. Absolutely not. I don't see a need for that. That is my personal choice. Anybody else can make their own personal choice, but I don't feel that that would tell me anything. What I know will tell me something is my state of mind. That is what changes my DNA expression.

Mouchet: Of course a lot of people are going to want to have their DNA tested for whatever reason. Do you think that they should be concerned about privacy and protection if they get tested? Have you heard anything about that? Do you have any recommendations?

Surdhar: No, I have not looked into this. I can't really comment on any of that.

Again, I think that it is a personal choice.

Mouchet: I think we have talked about a lot of things that I wanted to talk about. Do you have any final thoughts on this discussion? Also, can you tell people how they can find you?

Surdhar: If anybody can take anything away from this conversation, it is this: You are a technology in yourself. As soon as you get an awareness of that – that your compass is: Are you in fear, or are you in harmony?

You can still be in harmony even though you are experiencing certain emotions because we are human beings. We are still going to experience emotions. You are not going to be constantly blissed out. That is just not the way that we are.

If you are the center of the wheel, you can experience life when you come to that place, and you can experience life from that place. That has an impact on everything around you – your morphogenetic field, the people around you, everything. If people can get that they can just come into awareness when they are recognizing, “Am I in fear, or am I in harmony?” that will change your DNA expression. So that is really, really crucial.

People can find me on my website, www.CharanSurdhar.com and I am also on Facebook and Instagram. I am sharing regularly on there. You can also check out my YouTube videos. I have a lot more there.

Mouchet: Charan, thank you so much for talking with us today. I really hope – and I am sure – that everybody who is listening will feel more empowered about their health, their wellbeing, and their life in general.

I have worked with Charan for about six months now as part of her GeneOM program and community, and I want to say that Charan and her program have been a wonderful new resource for me in my life.

Charan, thank you again very, very much for our discussion today.

Surdhar: Thank you.

Mouchet: This is Brigitte Mouchet with the Solari Wellness Series. Thank you for listening, and take good care of yourself because it's more fun to be well.

MODIFICATION

Transcripts are not always verbatim. Modifications are sometimes made to improve clarity, usefulness and readability, while staying true to the original intent.

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