

Hello,

Thank you for taking an interest in the Gene Keys transmission.

I have compiled a list of go-to's for anyone to start their journey with this profound wisdom stream below...

It takes some energy and focus to bring the transmission 'alive', but it's one of the best and most empowering things you'll ever do. Simply by reading, listening and filling your consciousness with the information, it has no choice but to spring to life along with all of the magic, insights and breakthroughs within.

My top 4 recommended steps:

1. Download your Gene Keys Hologenic **profile** from the website [HERE](#)
2. Grab a copy of the **book**.
3. Download the **audios** of your Activation Sequence (The 4 outside green keys). Listen to them as well as reading the book, this will begin the traction process necessary for it to land in your reality.
4. Get the **Activation Sequence** which will allow you to fully activate it and bring it alive.

*\*If you do step 3, it includes the audios mentioned in step 2. Step 2 for people who want to feel it out first.*

In my own personal experience, there is always more depth to be found in having a session with someone who is deeply embodied in the wisdom, though it can be viewed as an optional extra and is not necessary for anyone to start the process or do the deeper work.

InJoy, and all the best for your journey down the rabbit hole 

**To begin:**

Get your hands on a copy of 'The Gene Keys' book - by Richard Rudd. Physical copy is great, but can also be downloaded on Kindle / iBooks etc. There is an audible version, yet reading the words can have a different effect.

Start filling your mind and your life with these Keys - reading and audio tracks - and the transmission will come to play shortly after.

Book: [HERE](#)

*\*Note - It is normal for people to feel that they don't 'get it' straight away, yet important to know that the information is not designed to be grasped or digested by the mind like any other book. This is literally a reprogramming language for your genetic code, the words are sinking in at a far deeper level than the mind will understand.*

*Trust that, and keep going! ;)*

**Audios:**

All of the 64 audio contemplations are available here for just \$3.50. They will deepen the experience, insights and energy of any given archetype and what it can bring into your reality. These audios are Richard Rudd's interpretation of the individual archetypes and are different to the information found in the book:

[HERE](#)

**Sequences:**

THE best way to bring it alive and ground in a deeper understanding with this work is the Activation Sequence. It is a really simple, affordable & extremely potent tool that will allow you to follow some structure and give you more insights and details into the all important spheres & 'line numbers' - the foundation of this work.

Links:

[Activation Sequence](#)

[Venus Sequence](#)

[Pearl Sequence](#)

**Patterns:**

The below pdf are the 64 'Victim Patterns' & 'Dilemmas' for each Gene Key - some are very obvious, some not so much - Good to have handy for a cross reference on your reading and audio enquiries. It can be seen as pulling together all of the information to have your own unique breakthrough in each archetype in your profile.

We have to find where the Victim is hiding. We ALL play the victim in our lives - every shadow state is a victim state of consciousness, so discovering where that is allows us to step into the world in a more empowered way through our own personal ownership and accountability.

## Gene Keys Completion Sheet

	Siddhi	Gift	Shadow	Repressive	Reactive	Dilemma	Victim State	PP	Path
1	Beauty	Freshness	Entropy	Depressive	Frenetic	Numbness	Numbness	2	From Entropy to Syntropy
2	Unity	Orientation	Disorientation	Lost	Regimented	Agenda	External Circumstances	1	Returning to the One
3	Innocence	Innovation	Chaos	Anal	Disordered	Clinging	Chaotic Mind	50	Through the Eyes of a Child
4	Forgiveness	Understanding	Intolerance	Apathetic	Nit-Picking	Reasons	Need for Answers	49	Universal Panacea
5	Timelessness	Patience	Impatience	Pessimistic	Pushy	Surrender	Impatience	35	The Ending of Time
6	Peace	Diplomacy	Conflict	Over-Attentive	Tactless	Protection	Emotions	36	The Path to Peace
7	Virtue	Guidance	Division	Hidden	Dictorial	Boundaries	Jealousy	13	Virtue is its Own Reward
8	Exquisiteness	Style	Mediocrity	Wooden	Artificial	Imitation	The Mundane	14	Diamond of the Self
9	Invincibility	Determination	Inertia	Reluctant	Diverted	Perspective	Details	16	The Power of the Infinitesimal
10	Being	Naturalness	Self-Obsession	Self-Denying	Narcissistic	Tightness	Self-Obsession	15	Being at Ease
11	Light	Idealism	Obscurity	Fantasising	Deluded	Belief	Beliefs	12	The Light of Eden
12	Purity	Discrimination	Vanity	Elitist	Malicious	Aloneness	Need for Perfection	11	A Pure Heart
13	Empathy	Discernment	Discord	Permissive	Narrow-Minded	Pessimism	Pessimistic Mind	7	Listening Through Love
14	Bounteousness	Competence	Compromise	Impotent	Enslaved	Self-Belief	Impotent Mindset	8	Radiating Prosperity
15	Florescence	Magnetism	Dullness	Empty	Extremist	Comfort	Narrow-Mindedness	10	An Eternally Flowering Spring
16	Mastery	Versatility	Indifference	Gullible	Self-Deluded	Laziness	Techniques	9	Magical Genius
17	Omniscience	Far-Sightedness	Opinion	Self-Critical	Opinionated	Politics	Opinions	18	The Eye
18	Perfection	Integrity	Judgement	Inferiority	Superiority	Flaws	Judgements	17	The Healing Power of Mind
19	Sacrifice	Sensitivity	Co-Dependence	Needy	Isolated	Heresy	Over-Sensitivity	33	The Future Human Being
20	Presence	Self-Assurance	Superficiality	Absent	Hectic	Consideration	Insecurity	34	The Sacred Om
21	Valour	Authority	Control	Submissive	Controlling	Discipline	Need to be in Control	48	A Noble Life
22	Grace	Graciousness	Dishonour	Proper	Inappropriate	Accountability	Other's Ungracious Behaviour	47	Grace Under Pressure
23	Quintessence	Simplicity	Complexity	Dumb	Fragmented	Timing	Complexity	43	The Alchemy of Simplicity
24	Silence	Invention	Addiction	Frozen	Anxious	Gravity	Addictive Tendencies	44	Silence - The Ultimate Addiction
25	Universal Love	Acceptance	Constriction	Ignorant	Cold	Anxiety	Constrictive Breathing	46	The Myth of the Sacred Wound
26	Invisibility	Artfulness	Pride	Manipulative	Boastful	Lack	Egotism or Lack of Grit	45	Sacred Tricksters
27	Selflessness	Ultruism	Selfishness	Self-Sacrificing	Self-Centered	Consideration	Self-Sacrifice	28	Food of the Gods
28	Immortality	Totality	Purposelessness	Hollow	Gambling	Avoidance	Fear of Letting Go	27	Embracing the Dark Side
29	Devotion	Commitment	Half-Heartedness	Over-Committing	Unreliable	Postponement	Commitments, or Lack of	30	Leaping into the Void
30	Rapture	Lightness	Desire	Over-Serious	Flippant	Temptation	Desires	29	Celestial Fire
31	Humility	Leadership	Arrogance	Deferring	Scornful	Choice	Need to be Heard	41	Sounding Your Truth
32	Veneration	Preservation	Failure	Fundamentalist	Disjointed	Panic	Your Idea of Success	42	Ancestral Reverance
33	Revelation	Mindfulness	Forgetting	Reserved	Censorious	Attention	Memories	19	The Final Revelation
34	Majesty	Strength	Force	Self-Effacing	Bullish	Trying	Your Physicality	20	The Beauty of the Beast
35	Bounlessness	Adventure	Hunger	Bored	Manic	Self Indulgence	The Need for Change	5	Wormholes and Miracles
36	Compassion	Humanity	Turbulence	Nervousness	Crisis Prone	Overwhelm	Vulnerability	6	Becoming Human
37	Tenderness	Equality	Weakness	Over-Sentimental	Cruel	Submission	Your Gender Identity	40	Family Alchemy
38	Honour	Perseverance	Struggle	Defeatist	Aggressive	Habit	Your Belief in Struggle	39	Warrior of Light
39	Liberation	Dynamism	Provocation	Trapped	Provocative	Blockages	Your Moods	38	The Tension of Transcendence
40	Divine Will	Resolve	Exhaustion	Acquiescent	Contemptuous	Excess	Fatigue	37	The Will to Surrender
41	Emanation	Anticipation	Fantasy	Dreamy	Hyperactive	Planning	Your Dreams	31	The Prime Emanation
42	Celebration	Detachment	Expectation	Grasping	Flaky	Disappointment	Your Expectations	32	Letting Go of Living and Dying
43	Epiphany	Insight	Deafness	Worried	Noisy	Knowing	Needing to be Right	23	Breakthrough
44	Synarchy	Teamwork	Interference	Distrustful	Misjudging	Hierarchy	Isolation	24	Karmic Relationships
45	Communion	Synergy	Dominance	Timid	Pompous	Insecurity	Poverty Consciousness	26	Cosmic Communion
46	Ecstasy	Delight	Seriousness	Frigid	Frivolous	Fortune	Over-Seriousness	25	A Science of Luck
47	Transfiguration	Transmutation	Oppression	Hopeless	Dogmatic	Ownership	Your Karma	22	Transmuting the Past
48	Wisdom	Resourcefulness	Inadequacy	Bland	Unscrupulous	Not-Knowing	Inadequacy	21	The Wonder of Uncertainty
49	Rebirth	Revolution	Reaction	Inert	Rejecting	Needs	Emotional Reactions	4	Changing the World from the Inside
50	Harmony	Equilibrium	Corruption	Overloaded	Irresponsible	Resignation	Environmental Disharmony	3	Cosmic Order
51	Awakening	Initiation	Agitation	Cowardly	Hostile	Harshness	Anxiety	57	Initiative to Initiation
52	Stillness	Restraint	Stress	Stuck	Restless	Shallow Breathing	Stress	58	The Stillpoint
53	Superabundance	Expansion	Immaturity	Solemn	Fickle	Restlessness	Inability to Complete	54	Evolving Beyond Evolution
54	Ascension	Aspiration	Greed	Un-Ambitious	Greedy	Egotism	Drive, or lack of Drive	53	The Serpent Path
55	Freedom	Freedom	Victimisation	Complaining	Blaming	External Validation	Drama	59	The Dragonfly's Dream
56	Intoxication	Enrichment	Distraction	Sullen	Overstimulated	Pleasure/Pain	Distractions	60	Divine Indulgence
57	Clarity	Intuition	Unease	Hesitant	Impetuous	Trust	Indecision	51	A Gentle Wind
58	Bliss	Vitality	Dissatisfaction	None	Interfering	Rhythm	Ingratitude	52	From Stress to Bliss
59	Transparency	Intimacy	Dishonesty	Excluded	Intrusive	Emotional Processing	Relationships	55	The Dragon in Your Genome
60	Justice	Realism	Limitation	Unstructured	Rigid	Balance	Structures	56	The Cracking of the Vessel
61	Sanctity	Inspiration	Psychosis	Disenchanted	Fanatical	Knowledge	Obsessive Mind	62	Holy of Holies
62	Impeccability	Precision	Intellect	Obsessive	Pedantic	Facts	Language	61	The Language of Light
63	Truth	Inquiry	Self-Doubt	Self-Doubt	Suspicion	Logic	Doubts	64	Reaching the Source
64	Illumination	Imagination	Confusion	Imitating	Confused	Consistency	Confusion	63	The Aurora

### **Oracle Deck:**

Rosy Aronson has an oracle deck called 'The Wisdom Keepers' - These are based on The Keys and give a great story and list of questions for each Key to deepen the exploration.

[HERE](#)

### **Giving the Keys a chance...**

It is important to emphasise the importance of spending some time to penetrate these Keys and allow the transmission to take root and come alive in your world.

It is vital for you to spend some time penetrating A Gene Key - it can be any Gene Key - Most likely it will be your Life's Work or Evolution that you can get the best foothold the quickest, but feel it out... Spend some time wherever you are drawn to be and dive on in!

Ask yourself on any Key...

***Where am I THAT?***

***Where does this come up for ME?***

***Where AM I playing that out?***

***Where HAVE I played that out?***

***Where do I see that in others?***

***Where am I - in the repressive or reactive nature of this archetype?***

***Where is that Victim pattern showing up? (attached above)***

Start rolling them around in your awareness and being, so that the transmission can come alive and show you what's really up.

If you give the time - and it's really not that much time - 30 minutes a day for a couple of weeks to read, listen to and inquire into any of your keys, and the magic WILL come alive and completely change the game of how you perceive yourself and your reality 🌟

All the Best,

**Dan Regan**

Empowerment Coach. Gene Keys Ambassador.

