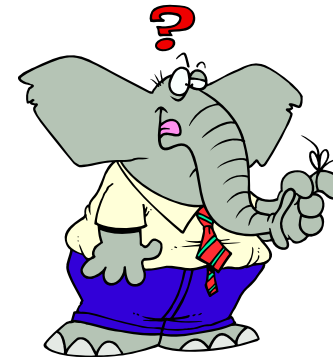




Presents

# Cellular Memory – Past, Present, Future



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Brain References

# My Goal

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**To heighten your awareness of  
an emerging body of information  
related to the science of Epigenetics  
and “cellular memory”**



**References are available on the website  
[www.arlenetaylor.org](http://www.arlenetaylor.org)  
Brain References  
Cellular Memory**

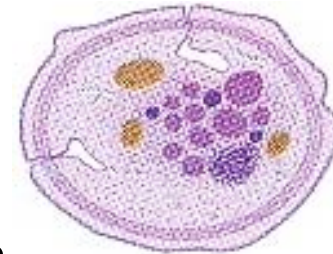


# Human Beings

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**Are the product of a unique combination  
of nature and nurture**

- **Building blocks in the cell  
nucleus transmit information  
from generation to generation**
- **Some building blocks involve the DNA  
sequence (genes and chromosomes);  
others involve strands of regulatory  
proteins (cellular memory)**



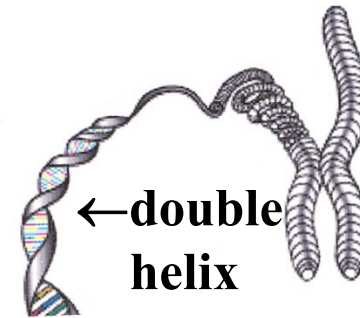


# Nature

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**Nature = inherited genetic characteristics contained in 46 chromosomes and 25,000 genes in the cell nucleus (99% of all DNA is found in the chromosomes)**

- ✓ **Genetics is the study of heredity and the hereditary pattern of organisms related especially to genes and chromosomes**



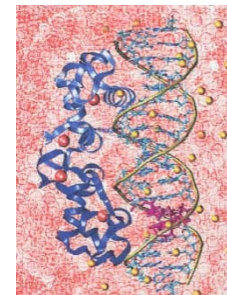


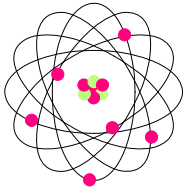
# Nurture

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**Nurture = how the environment acts upon nature and the transmittable imprinted memories stored in strands of regulatory proteins in the cell nucleus**

- ✓ **Epigenetics is the study of the transmission of information from a cell to its descendants (outside of genes and chromosomes)**

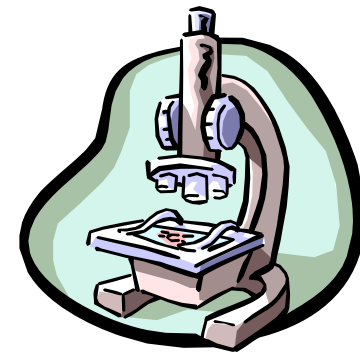




# Epigenetics

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**The science of Epigenetics has determined that a variety of environmental influences (e.g., nutrition, stress, emotions) can modify strands of regulatory proteins in the cell nucleus**



**Epigenetics may also impact how genes are expressed without changing any of their actual DNA blueprint (turn off, turn on)**



# Cellular Memory

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**A label for a form of non-declarative memory stored in the cell nucleus (not in red blood cells) that can influence a person's preferences, choices, and behaviors**



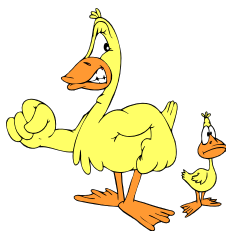
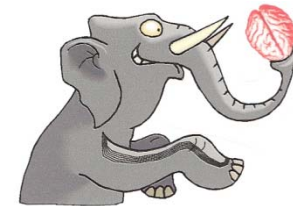
**You may be impacted by cellular memory of the past 3-4 generations and you may influence the next 3-4 generations of your biological line**

# Cellular Memory Patterns

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**Epigenetic memories may help to explain:**

- **How specific behavioral and disease patterns show up frequently in specific generational lines, albeit inconsistently**



- **Behavioral differences often observed in siblings and in children who have been adopted**



# How it is Acquired

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**Cellular memory may be acquired in different ways:**

- **Donated to you – no control over what you received but partial or complete control of behaviors and choices in adulthood**
- **Developed by you – partial or nearly complete control by your choices**



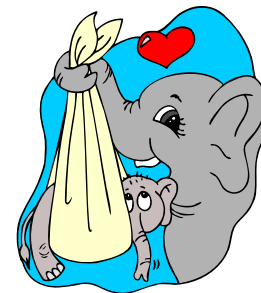


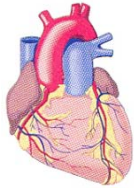
# Donated to You #1

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**The two cells with which you started life carried genetic instructions and epigenetic imprinting from your biological line**

- **What your ancestors ate, thought, and did impacted you, their offspring – alcohol use, sexual behaviors, depression, suicide . . .**
- **What do you know about your ancestors?**

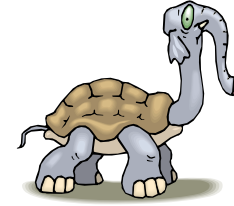




## Donated to You #2

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- Donor organs carry cellular memory—recipients may have surprisingly accurate dreams about the donor (e.g., heart transplants) and can experience alteration in food tastes and preferences (e.g., kidney transplants)
- There may be cellular-memory implications related to loss of cells...



# Developed by You

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- **During gestation**
- **The lifestyle you live**
- **Illnesses (e.g., food poisoning)**
- **Substances used (e.g., alcohol, tobacco, drugs) addictive behaviors related to these substances or other behaviors**
- **Environment (e.g., nurturing or abusive; frightening or affirming, suicide attempts)**

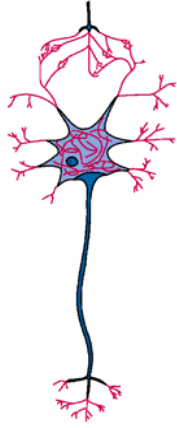


# Developed by You, Cont'd

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- **Activities (e.g., music, exercise, education, hobbies, career)**
- **Mindset (e.g., positive or negative)**
- **Exposure to viruses – (e.g., some viruses are now being connected with the expression of some conditions that require a cofactor, such as schizophrenia)**





# Affirmation Connection

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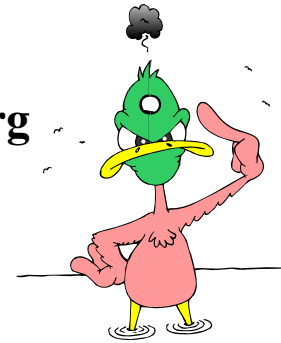
**Each receptor molecule remembers  
how many times it has been stimulated  
and whether it was over- or under-stimulated**

**This memory affects the flow of information  
through the brain and the body, which is the  
reason that abuse is so lethal and affirmation  
is so powerful**

**—Candace Pert PhD, NIH**

# Thoughts Connection

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**All thoughts that carry emotional, mental or spiritual energy produce biological responses that are stored in cellular memory** —Caroline Myss, PhD

**It appears that not just behaviors are stored in cellular memory but what you think about, as well (and you often think about what you read, hear, see, watch on TV, play for games, and so on)**

# Caveat #1

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**Once two systems come into energetic contact, they are connected forever by the cellular memories of their connection**



- **Experiences with parents / others close to you remain within you —Paul Pearsall PhD**
- **You are an omnibus in which your ancestors ride —Oliver Wendell Holmes**



# Caveat #2

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**You have at least partial control over the cellular memory you develop in adulthood**

- ✓ **Lifestyle you consciously choose to live**
- ✓ **Relationships you select**
- ✓ **Who do you want as the mother or father of your child??**



# Caveat #3

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**Cellular memory stored during an altered state may be more readily activated when you are in a similar altered state**



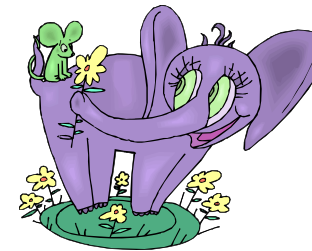
- **Alcohol, Marijuana \***
  - **School, Anger or Fear or Sadness**
- \* Think of brain grey matter as the actual computers themselves; white matter as network cables connecting the computers**

# Caveat #4

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**Cellular memory may be more readily activated in an environment that reminds the brain of the one in which the original cellular memory was laid down**

- **Holiday seasons**
- **Visit the old homestead**
- **Travel to ancestral countries**

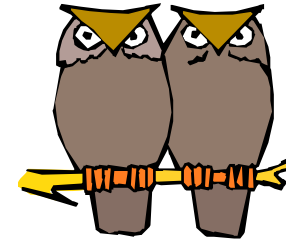


**Over-reactions often involve cellular memory and are about your past, with little if anything to do with the present moment**

# Caveats #5

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**Cellular memory may impact relationships through likes and dislikes even when you are unable to verbalize reasons consciously**

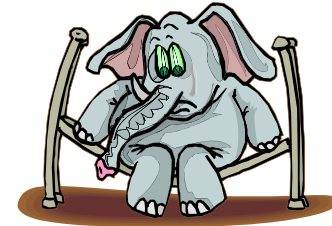


- **May cause problems for intimacy and sexual activity, especially when cellular memories exist from prior relationships (especially if traumatic or promiscuous)**

# Caveat #6

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**Old traumas stored in the body as cellular memory may be sensed as colors, or appear as shapes or images in dreams or sensations—especially when the trauma was experienced prior to the development of spoken language**



**Traumatic cellular memories can sometimes be made conscious through trauma or grief recovery—otherwise just retrain behaviors**

# Caveat #7

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**Living non-authentically may create exhausting cellular memories**

**Train up a child in the way he should go (in keeping with his individual gift or *bent*) and when he is old he will not depart from it**

**—Proverbs 22:6 Amplified Bible**

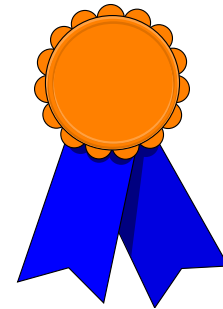
- **According to Dr. Phil and others, trying to be someone you are not can be so exhausting it can actually shorten your life by years and years ...**

# **Daily Choices are Important**

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**Practically applied, epigenetics could change the way you make daily decisions**

**For example: whether to get another order of fried chips or to exercise; whether to watch a specific movie or read a good book; whether to eat two bowls of ice cream at bedtime or . . .**





# Connections...

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**Overreactions may involve cellular  
Memory**

**Unfinished business may involve cellular  
memory**

**Past lives, so-called, may involve cellular  
memory (e.g., *Déjà vu* - already seen)**



# Recovery

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**Cellular memory can include both the information and the emotions that were experienced at the time**

**If pain and fear were present, you may be reluctant to recall the information in order to avoid remembering the pain and fear, as well, which can impair recovery**

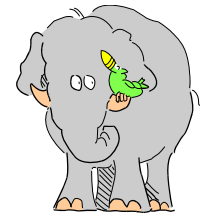


# Energy Medicine

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**Therapeutic modalities can promote healing in some individuals and may help to build positive cellular memory**

- **Therapeutic massage**
- **Acupuncture, acupressure**
- **Cranial-sacral work**
- **Neuromuscular reprogramming**



# Affirmation

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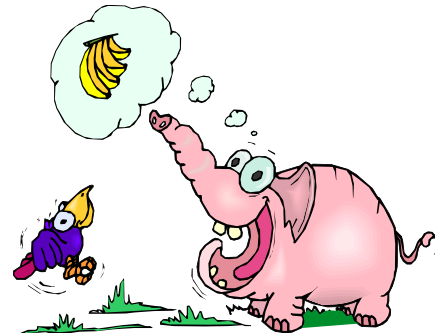
**A positive-mindset, positive self-talk, and a positive communication style can help program your subconscious for success and build positive cellular memory**



# Visualization

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**Active mental picturing gives your brain the map that you want it to follow and can help build positive cellular memory**



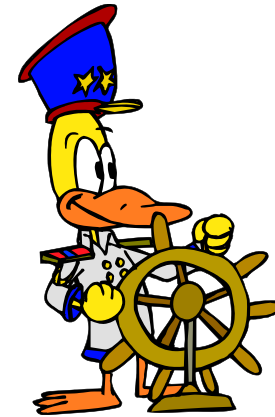
**Brains create internal pictures – what do your pictures look like?**

# Personal Vision

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**Meditation may help to dissipate repressed information and release energy for other uses**

**A sense of inspiration and a vision of what has personal meaning in one's life can contribute to an energetic sense of wellness and build positive cellular memory**





# Health Care

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**Epigenetics could revolutionize the practice of medicine (e.g., may someday include providing a cellular memory history to your health-care professional) and may lead to more emphasis on prevention and less around the diagnosis of illness and treatment with prescription drugs . . .**