

My Story

If you are reading this you must be interested in finding the answer to this question –

Who am I?

Finding that answer isn't one of those instant gratification things that you do by clicking on a few apps and it just pops up on your screen. It is a journey of **Knowledge Experiences (KE)** followed by **Self-Discovery Experiences (SE)**. It is a journey of exploration.

Like all explorers traveling into a new unknown environment, **you will need to keep a journal** of new discoveries. One reason for the journal is that new info is easy to forget. The other reason is that you will need what you discover for future **KEs** and **SEs**. We recommend that your initial journal be an old fashion **notebook** with **theme paper**. This makes it easy to add new pages and move old pages around as your story unfolds.

KE #1 -- Genes

Humans have about 19,000 genes.



More than a chicken.



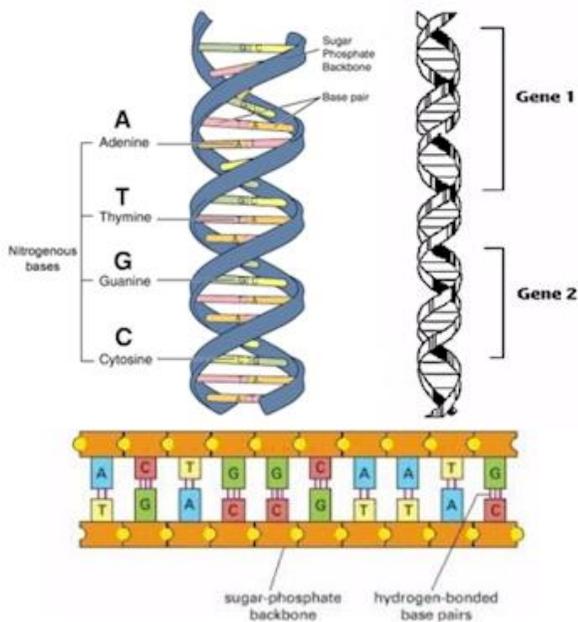
About the same as a cat.



Fewer than an earthworm.



Fewer than a tomato.

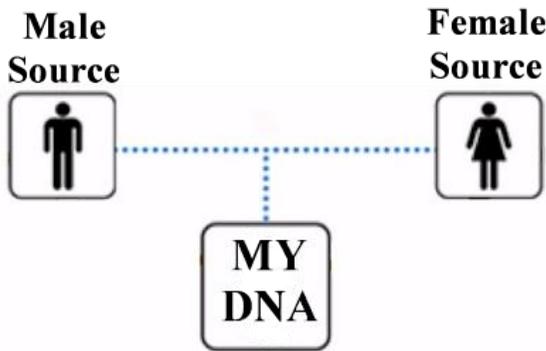


Humans are genetic creatures – *1 among 3,000,000 (three million) others*. You may be surprised that earthworms and tomatoes have more genes than you.

All genetic creatures share a four letter code (A, T, G & C) written in chemicals and stored in a molecule of DNA. *The human genetic code contains 3,000,000,000 (three-billion) letters.*

A gene is a specific section of DNA. Genes tell cells **what** to do and **when** to do it – *be a muscle, make a bone, be a lung, be a brain, be a toe, etc.*

Your DNA is the instruction manual that created your body.



One-half of your DNA came **from a male** and the **other half from a female**. Until very recently in the history of humans, all new DNA could only be created through **sexual reproduction**.

The DNA of the male and female literally divided in half and one half of each person's DNA came together to form a new molecule of DNA -- *with complete instructions to create a completely new human body*. In this case, create your body!

SE#1 – Beginning Your Journal

Now let's put the new **Knowledge Experience** above to use and begin your first **Self-Discovery Experience**. If you do not know an answer to a question, just skip it and go to the next question. If you find answers later, add them then. **THIS INFORMATION IS ONLY FOR YOUR EYES. IT IS NOT SENT TO US OR SHARED WITH ANYONE ELSE.**

Story of Your DNA

1. Write your date of birth (year/month/day):
2. Go back nine months and write your conception date (year/month/day):
3. Name of male source of your DNA:
4. Name of female source of your DNA:
5. Age of male source at your conception:
6. Age of female source at your conception:
7. What was going on in the lives of the male and female during the twelve month period prior to your conception?

Journal

Print copy of yearly calendar(s) from the internet for the year(s) of your birth and conception. Add the calendars to your journal. You will need to identify dates for future **SEs**.

First journal entry:

My name is _____ and I was born _____ (date) at _____ (location). I was conceived _____ (date). One half of my DNA came from _____ (name of male) and the other half from _____ (name of female); he was _____ years old and she was _____ years old. This is what was going on in their lives _____ in the twelve months before I was conceived (where they lived, what they were doing, other things that affected their lives, etc.).