

Clara Cohen: Take a big deep breath because today we are going to dive into something we have never done on the show before.

My guest is Claire Norman and she's a guide for the Gene Keys. If you don't know what the Gene Keys are, believe you me, there are completely related to Chinese medicine. Acupuncture, and if you know about the Book of Change, which is the I Ching, then you'll see where the correlation goes and how we connect it all together.

This amazing, amazing tool we have, which are called the Gene Keys, to help us understand who we are, connect with the world around us, and become better ourselves. Are you ready for this one? Let's go.

Welcome to AcuPro, a show dedicated to making Chinese medicine and acupuncture. Easy to grasp and fun to learn. Hi, I am your host, Clara Cohen. I support practitioners and students and like you in changing the world one patient at a time. My goal is to share my passion for TCM and empower you to achieve superior patient care.

I love to showcase the amazing benefits of acupuncture because after all, acupuncture rocks.

Clara Cohen: We are breathing in today something completely different, and I'm excited for my guests because it's a dear friend of mine. Most of my guests have been either colleagues that are friends or people I have never met, but I'm really passionate about what they have to share and the value they can bring.

But today I'm super pumped because it's the first time. It's a really, really dear friend of mine that's here, and she's here to talk about a subject that some people may have heard, and some people don't know what that is at all, which are the Gene Keys. , If you've ever heard of human design or the enneagrams or Gene Keys, there's kind of like the same. Idea, but very different, but it's the same concept behind it. To give you an idea of where we're going with this podcast, before we start and I get to bring Claire on, if you are on YouTube and you are watching this, there is a big book called The Gene Keys, which I have, and if you can see it, it's a very.

Thick, very big. If you are listening to the podcast, you are not able to see it in Clare's, like showing her copies, who has been used a lot. There are a lot of pages. There are 64 Gene Keys, and each of them have a lot of pages, some have way more pages than others. And we're gonna explain to you today, what are they?

What do they do? Are they helpful to us? And in what way can they help us in our personal life, professional life, spiritual life, and our own health? So, welcome to the Clara Cohen Show,

Madame Claire.

Claire Norman: Thank you. I'm so excited to be here. I feel very honored to be on your wonderful podcast. Thank you for inviting me.

Clara Cohen: You're so cute. You're so sweet. So Claire is from England. You'll hear her beautiful British accent. And then I have my French accent. So this is a very European podcast today. She's been doing this for a long time with the Gene Keys years, and she has helped me a lot tremendously.

We used to have. Three hours long, sitting down at a coffee shop and discussing one gene key, just one. And we would not even finish after three hours, try to contemplate to see what this key is telling us. What is this information giving us for us to contemplate, to think about, and to try to grow.

Front it. So all this, if you've never heard of the Gene Keys, you're like, okay, wait, what? So when we were started, before we press record, she's like, one of the dreadful question is people ask all the time, what are the Gene Keys? And that's a dreadful question among the Gene Keys community. So before I ask you that, I'm gonna go easier and I'm gonna start by.

The Gene Keys in a simple way for someone that never heard about it who is the person that started it, why did they start it, and what is the idea behind it? Then we can go deeper.

Claire Norman: I think the best answer to all of that is for me to tell you a little bit about how it came to me. The Gene Keys found their way into my life eight years ago when I was integrating my healing journey with Ayahuasca and I'd been to the Amazon a couple of times and I'd felt incredible healing, but it had been very difficult for me to put words to what had actually happened to me. And also about what had changed inside me. One of the things that the messages that I received from Ayahuasca was that I needed to work with people at the end of life and to sit with people who were dying. And so I was training to do that. And one of the people that I was training with, told me that she thought that I would really, really enjoy the Gene Keys book. And as you mentioned, it's very thick. It's just over 600 pages, and densely packed words. But almost as soon as I opened it, I realized that it was this book that I'd been looking for my whole life without actually realizing that I'd been looking for it.

And. Richard Rudd, who's the guy who wrote it basically wrote it after he had a series of downloads in his earlier life from a very young age. And then again, I think during his late teenage years and then his late twenties and, he was very much a student of the world, had practiced with lots of, Eastern masters.

And then he wrote this incredible book in 2007. And basically what this book is, it's based on the same universal code as the Chinese I Ching, which first arrived here about 2,800 years ago. basically, the I Ching came up with 64 archetypes of consciousness. Actually recognizable patterns of how we humans move through the world. those patterns they're very familiar. Everybody feels doubt. That's one of the shadows, confusion's, one of the shadows. Desire is one of the shadows. conflict is one of the shadows. So they're very recognizable patterns. Understanding that your shadows, the parts of our subconscious that we don't really have much access to, but have an enormous effect on our lives, physically, mentally, spiritually, and emotionally. He added in understanding that our shadows also contain a gift. And that when we actually start to deeply accept and allow and ultimately embrace the shadows and, and embrace how we really feel and what's really happening inside us, that we have the ability to live much more whole centered, grounded lives. Where we get to experience more of what most of us are really all looking for, which is just to feel okay each day to feel a grounded sense of inner peace and joy. And I think when we do that work, whether it's through. Being acupuncture practitioners or whether it's through being mediums or whether it's through being a Gene Keys guide, you know, when we're, when we're actively involved in that work I think we start to feel much more interconnectedness everything in everybody around us.

And that's very much the ethos of the Gene Keys Two, it's very much a teaching for the individual, which helps you to feel better as a person, better in your relationships and better in the way that you experience the world. And I think that's very much what the world needs more of.

Right now. and more of us are waking up to the fact that we are being called by an evolutionary urge. So that's really what the Gene keys do. And there are lots and lots and lots of different ways of contemplating the Gene keys. We've both shown our book, but there are there are lots of different Gene Keys books and different ways of, of getting into the teachings based on what most resonates with you.

Clara Cohen: Thank you. I'm going to walk everybody through a little bit of how I was introduced to the Gene Keys, which was by Claire. And by the way, if you don't know what Ayahuasca is, it's plant medicine and it's an all whole other podcast on itself. But I remember when Claire went for her first

Ayahuasca down in Peru, she came back so enlightened. The experience was very profound for her. So. She's been a Gene Key's guide for a long time. She really is immersed in it. She really loves it and so for me, the experience when she introduced me to it and guide me through it exactly what she did is that if you go and we'll have the link to the website in the show note.

But if you go to the Gene Keys.com website, you can get your Gene Keys profile. And so I went to the website and I got my husband's profile. 'cause you know, it would be fun to do that as well. And I got my own profile. And so I know . If you're not on YouTube, you don't see this. But anyway, it shows your profile with a bunch of different numbers and different sequences.

And so it comes in also with a few explanation, but it's a very, very short explanation. And so it's much more for me. Rewarding to get the book and look at each of those numbers. So those numbers are gonna be between one and 64. Like Claire said, there's 64 different keys that come from the hexagram from I Ching.

And so each keys has so many yin bars, which are full bars if you know your I ching. And then so many yang bars, right, which are broken in half. Those are the yang bars and each of them. Correspond to amino acids. They also connect to other keys within that realm, if you wanna say. And then they also connect to different organs as well, system as well.

And then all of them. Like Claire said, have a shadow. So something that we need to kind of work at a little bit. I would connect the shadow as cheese stagnation and TCM more like we feel stuck. We feel like we're not in sync with ourselves. We're maybe not quite working really well within ourselves.

And then the next. Stage is the gift where you're feeling more in the flow, your chi is flowing better. And then the spiritual stage, which to me correspond to the shen in TCM, is the Siddhi, which is like the the highest self that you can be. When I got my profile done, there are 11 keys.

It is free. That's why I really recommend you go and do it 'cause it's a lot of fun. And so there's 11 keys or 11 numbers that we can go into the book and look and pick a number. So I'm just going to give you one just to kind of give you an idea. One of my number is 25, so that's the 25th gene key, right?

If you look it that way. And just to give you an idea. So the shadow for me on the 25th Gene Key is constriction. And I remember when we did this with Claire because I said, this is fascinating because one of my big, big values.

Freedom. And one of the things I don't like is really, really tight clothes. Like a turtleneck, I feel constricted, you know, like the boar constrictor. So that is really interesting that I have a Gene Key that is in with the shadow of constriction because that's something I struggle. I do not like to be bogged down, tied up.

Emotionally, physically, in any way possible. And then the gift was acceptance. So being able to reach acceptance. And then the Siddhi, which is kind of like the highest one, is universal love and I love that. So we went through all the shadows, the gift and the Siddhi, and we worked at what resonated with me, what felt like, oh yeah, this is something I need to work at.

This is something I struggle with. And. What I love is it allows you to kind of self-reflect, to go deeper and figure out, okay, what can I do to try to make my life easier, like Claire, I said, to get more joy into my life. To be able to really rise to the best person I can be. I just wanted to walk you through how that works, and then I will let Claire continue on that journey.

But I just wanted to show you how this whole gene key started for me as well, since Claire shared her journey as well.

I know life can be busy. Busy is probably my middle name. This is why I offer quick. Powerful 90 minutes online master classes to help you sharpen your TCM skills in a quick, easy way. These classes were all on Zoom Live originally, but I added them for all the people that could not attend the live and still wanna benefit from all the content I create.

This is why you'll love those master classes. They're just 90 minutes, which is perfect for. US busy people. You still earn CU continuing education hours. You have lifetime access so you can wash them over and over. If you need to refresh your skills, you can access them all by clicking the link in the show notes so you can dive in in TCM treatments for headaches and migraine or get a great grasp on TCM diagnosis made.

If you need to prepare for boards and you're a student checkout, ACQ exam made easy masterclass. It is a fantastic, and many students have told me that it has helped them pass their board. Yay. If you need help growing a successful practice, I also have a masterclass for that too, and I'm adding new masterclasses regularly to give you more tools to change your patient's lives.

And because, well, let's face it. I love to connect with TCM Rock stars all around the world on live Zoom classes, so this is my opportunity to connect

with people and then everybody can benefit from the recording. Check them out by clicking the link in the show notes.

Claire Norman: And having done that, how did that free you? How did reading the 25th Gene Key affect you?

Clara Cohen: I feel like it was a realization that I am affected by certain things and so when my husband Craig will try to tell me what to do, you know, you should do this and you should do that. If you're someone that don't like to be told what to do, you would relate to me, but that's me.

It felt very constricted. It's like you're telling me, what to do, you're constricting me, you not allowing me to be able to be free to do whatever it is. And of course I'm not blaming him. I'm just saying that's my reaction to it. So in the shadows, there's always the passive and the reactive kind of shadows.

So for me, when you tell me what to do, it's a reactive. And so once you understand why. Then you are able to look at it from a perspective of looking at somebody else and not judging it and go, okay, so next time this happened, how can I not react to the point where it affects me or it affects Craig?

'cause he is like, I can't tell you what to do. I can't tell you anything. Right. And then that creates friction. I feel for me. The Gene keys, specifically when I work with you for all those years that we have our coffees it was really like getting counseling, but instead of just kind of, you ask me a question, I tell you the answer, it was like, okay, contemplating reflecting about it, thinking about it until you kind of grasp who you are and what really needs to be shifted so your life feels more fulfilled.

Claire Norman: Yeah. I mean, the genies are not for the faint of heart. I always say. I mean, you are talking about your life's work. And my life's work is competence. I think the fact that that the Gene Keys have enabled me to feel like I can better understand how to live life well. Literally how to live a competent life for me. And to be able to put words to that has been such a magical gift. You talked about when you go onto the website and all you need to enter into the website is your time, place, date of birth, and your email to send you the, the report.

And first time I ever did that and it spat out a chart, which I didn't understand. But it, also spits out four paragraphs. And those four paragraphs relate to the first of the three sequences in the Gene Keys. 'cause you can actually follow a particular laid out path, which just kind of adds rocket fuel to all of your self

discovery. And the first path is the activation sequence. It's literally, it's the spark that lights the flame for working with the Gene Keys. So, the free profile prints you out the four paragraphs, one for each of your spheres in that first activation sequence. The first one being your life's work, one being your evolution. So your life's work is what you're here to do. It's literally if you were an iceberg, bit of you that sticks out the top of the water. The bit that everybody can see, bit that actually quite a lot of people could point to and say, oh, yes, you are very much like that.

And it would be quite accurate because it's the clear part of you. It's the conscious part of you. That's your life's work. Then the next one is your evolution. And your evolution is, if you are only going to do one thing, it's the thing that you are here to learn. It's like the big life lesson that will unlock all the potential in you. That's your evolution. The next one is your radiance. Your radiance is really what gives you energy, what makes you burn, what makes you radiate, what gives you joy? It's the call of your heart radiating out into the world. and it, gives you life force. And then the last one is your purpose. And that's really what you're here to be. It's the trunk of your tree. It's what's underneath everything that you do.

And those four paragraphs are, they're not very big, but when, when they came off the printer, for the first time, I just remember being absolutely stunned that. Anybody could have written down in black and white things about me and the way that I feel and the way that I have always been in my life and the challenges that I've faced the personality challenges that I've faced, that they could really all be written down on a piece of paper and in front of me. and one of my prime shadows is desire. I was quite embarrassed. I actually hid my profile for the first couple of days from anybody else in my house because there were parts of me that I hadn't really ever allowed to be whole and swim to the surface before that came out as a result of just getting my profile.

I know a lot of people in the Gene Keys community, which has grown massively in the last eight years who can describe similar experiences of just seeing their Gene keys for the first time and just knowing, those are all the patterns in my life. You might not be able to instantly change them, but the, process that you described of, just being able to actually understand them, understand how you're being unconsciously driven that you are already halfway to healing whatever that wound is, or you are already halfway to bringing that piece of us that we disavow for a million different reasons through our upbringing and our conditioning. Bringing those pieces back on lines so that we can be more whole and happy. But it's not for the fate of heart because it's shadow work and shadow work makes me go zing. But for other people, it

makes them want to go and hide. so you'll know. I think, you know, when you, when you look at, when you start to really get into the genies,

Clara Cohen: I love that you share all this, 'cause I'm looking at. Going back to Gene Key 25, like you said, it's the first paragraph. It's my life's work and mine was very positive. I loved it. You know, it said your greatest gift is in who you are. It is your very innocence. The innocence is not about naivety.

But it's the one thing that no one and nothing. Can ever take away from you. You carry a certain magnetic quality wherever you go. And because of this, others will be attracted to you without really knowing why. I was like, well, this is great.

Claire Norman: That's literally spot on.

Clara Cohen: I know, but that did, that did not make me wanna hide. That made me wanna go, wow, this is so cool. I feel like I'm magical.

Claire Norman: Yes. It's a very beautiful Gene Key to have. And, and that's, that's true, right? There are some Gene keys that they're all magical. They all unlock our potential, but some of them on the surface just seem a than others. Gene Key 25, it's all about the sacred wound.

It's all about the fact that we all bring in a little tiny wound with us. It's our inner child, right? If we can hold that and we can care for it, and we can nurture it, and we can understand it, then eventually we can embrace it. And it really begins to radiate from inside us.

And. since I've known you, I've watched you light up rooms and light up coffee shops when you walk in there because you truly emanate that universal love that comes from a deep acceptance of self and others and life, you know?

Clara Cohen: Oh, you're so sweet. Thank you. I love it. Gene Key 25 really resonated and for people that are listening, you know how we said when we get the profile, we have 11 major keys that are obviously in a different sequence for different people depending where they were born.

When they were born, right? So it's the place. The time, not just the month and the year, but the time and the place. So it gives them this profile that we talked about. But there are 64 Gene Keys and we went through all my 11 Gene Keys that took a long time.

'cause one key took hours. But anyway, we went through all this and Claire guided me through all this and asked me great pertinent questions when we did this. So this was like free counseling by my friend, which is awesome. But. Because they are 64, are the other Gene Keys that are not part of my profile, are they within me and are they part of my genes?

Because that's all genetic, right? Like the one that are on my profile, but not as dominant. Can you explain the difference?

Claire Norman: You don't have any duplicate Gene Keys either. And quite a lot of people have duplicate Gene Keys. They'll have the same gene key in their life's work as they have in their core wound,

Clara Cohen: Oh, okay.

Claire Norman: have have duplicates. The premises, and this is very much proven to be true for me over a period of time. We all have all 64 Gene Keys in us. We all have 64 amino acids in us. You know, we all have those. And even if they're not actually in our profile, not only. Are they still pertinent because they often work alongside the Gene Keys that we do have in our profile 'cause they're grouped together in codon rings which is where we kind of group together amino acids into codons. But also we grow up in families. Like my mother had Gene Key 58, the shadow of dissatisfaction as her evolution. It's nowhere in my profile, but it was very prevalent in my growing up. It was very prevalent in our mother-daughter relationship. I've had a lot of experience with the Gene Key 58 via somebody else. The highest version of Gene Key 58 is bliss. When she was very happy, it was very easy to catch that bliss from her. So we all have every Gene Key in us. The way I always like to see it is, we all have every gene key, but the ones that are in our profile are the ones that have the most power for us because they're the ones that can unlock our potential more effectively than others. There are some Gene Keys that when I read them, even to this day, I can understand their relevance. They help me. We say this profile is hologenic. And that means, if you have a little epiphany, a little bit of insight with one gene key, it will help you with all the other 63. They all work together. The ones that you have in your profile just have more power to unlock that potential inside of you.

The Gene Keys so just like horoscopes do they move through the sun? They literally pass the face of the sun. 12 months the Gene keys do the same thing. So 64 Gene keys move through the sun over a period of year, each for about six days. it's fascinating if you start following that Gene Key because, you'll notice that particular Gene keys in the sun that week and it might be something about

gene key six, which is conflict at a shadow level. And you'll suddenly notice that week that conflict breaks out. Quite often through the week in the most surprising places. But you'll also see examples of diplomacy, which is the gift of conflict. As we embrace what conflict is all about, we unlock the potential of the gift of diplomacy. You'll see much more of that moving through the world too in those six days. So it can be very illuminating to help you make sense of this world, which the moment, you know, we many of us can experience is quite turbulence and confusing.

Before we continue with today's episode, I wanna share something that honestly feels like a big moment for me if you've been following me for a while. You know, I've always said no to all sponsorships. I've been approached many times, but I turn them all down because if I don't genuinely use a product or love it, I will never recommend it to you.

But today is different. I am super excited to introduce my very first sponsor. Drum roll please. Jane app. I'm also a Jane Ambassador, so this is a company I actually use and love. I am saying yes because I've used Jane for years in my own multidisciplinary clinic. Truly, it's the best practice management software and electronic medical record.

I've ever worked with before, Jane, we were using a clunky system that made everything harder than it needed to be. When we switched the entire clinic, felt the difference immediately. Jane is built by people who actually understand what it's like to be a practitioner. Running a busy practice. One of my favorite features is online booking.

There is nothing better than waking up and seeing patients booking their own appointment. Well, I was asleep. Your patients can book when it works for them and the wait list feature. Fills last minute cancellations automatically. I love that. I used to spend so much time calling eight to 10 people just to fill up one spot.

Jane also automates the things we never enjoy doing, like intake forms, reminders, confirmation. It honestly feels like having an extra assistant handling all the moving parts. You can focus on what really matters, which is supporting your patients and being the TCM rockstar practitioner. You truly are.

There are so many features I could talk about, but we would be here all day if you are looking for a system that brings more ease, more clarity and comment to your practice. I truly. Recommend Jane. You can check it out at jane.app/demo. And because you're part of the Clara Cohen community, you

can use my code Clara Cohen one mo one month when you sign up to get a one month grace period on your new account.

The link and the code are also in the show notes below for you. Now let's get back to today's episode.

Clara Cohen: Thank you. I would love to talk more about we have the Gene Keys that are within ourselves, and like you said, sometimes I read a key that is not in my profile and I'm like, wow, I love this, and I connect with it. And then sometimes I read another one like Gene Key one, and I can't relate to it.

I try and I'm looking at it, I'm like. Yeah, I don't quite relate to it, so some I relate to more than others. That's my first thought on that. And then the second one is, every time we talk you'll say, oh, this week, like you said, for six days, right? Because it's moving through the sun. This week we are in this key or that key.

Right? Does that make a difference? I know it's not today, but let's say. Today, this week is Gene Key 25. We're gonna stick with our one, since that's what we've been talking about since the beginning. Gene Key 25 is today, and it's in my profile, but let's say it's not in somebody else's profile.

Does it affect somebody more because it's a new profile or it makes no difference whatsoever?

Claire Norman: If you have gene key 25 and you feel an affinity with it and you are contemplating it, you will find that it itself both for you to understand more about it and also to celebrate your adventure throughout the six days that it's moving through the sun, you know, literally passing the face of sun it warms up the Gene Key, it adds extra heat to the Gene Key.

In my opinion, there's no doubt you'll see more examples of it but it's really, you know, whatever you focus on. I think the law of attraction says that whatever you are focused on will appear more in front of you. and I've had some huge breakthroughs in shifts during days where gene keys that have or have not been in my profile have have passed in front of the sun.

Clara Cohen: That's something that I always wondered. I'm like, does that mean one thing or the other? So my last question for you is when and if someone is listening and they've never read the Gene Keys, it's, it's harder to see, but it's a good introduction for them to understand that. What's interesting about the Gene Keys.

And you can expand on this is every time we read one key and there are the shadows and the gift and the siddhi often, which I love. It's not just focused on you as an individual, but it's also focused as a community level and as a global level. And I love that, that it talks about how we can improve globally, let's say with a shadow.

So can you explain how the Gene Keys are affecting not just that profile person, but everybody around them and the whole global earth?

Claire Norman: that's a small question. Just a nice, tiny question. When I first started on a healing path, and I think really, I mean anybody who's interested in traditional Chinese medicine is interested in the intrinsic healing of, of our heart, mind, body, and soul.

Right? And when I first started on my healing path, I went to the Amazon in order to just heal myself, was burning myself up from the inside, like a crispy husk with anger, just sheer anger that had come out of nowhere. I was not expecting it. It was something I think that had been waiting to burst out for a long time.

I had no idea that I was embarking upon a healing adventure, which would heal both me and make my marriage happier make me a better parent. I realized that through this journey that only one person needs to change in any relationship for that relationship to be given a huge opportunity to heal.

I've never been surrounded by so much love. And I think that's how the most effective healing happens. It really has to start from the individual. If we want to heal societies and our cultures our countries. I'm sat in front of something on my desk that I wrote out last week that says happiness, wellbeing, and freedom of all life on earth is the ultimate purpose of every human being, nation and society. I could not have imagined 10 years ago that that would be the manifesto by which I would live my life.

And you are right. The Gene Key's premise is that you allow in the body and you accept in the emotions, and eventually you embrace with the mind. And that's very much detailed in Gene Key 25. And as we do that, we heal ourselves, we heal our family units, we heal our communities. It ripples out from there. And I didn't know that's the path that I was heading on. I've just the breadcrumbs ' cause I followed my passion as so many of us have done and are being called to do now. I grew up in the era of working girl with Sigourney Weaver and Melanie Griffith. The highest idea of prosperity for me back then

was strapping on a power suit and going into work and earning more and more money and climbing the corporate ladder.

And somewhere along that way I lost sight of, oh my God, what do I love? Like what just brings me happiness for no particular reason? what lights the flame inside me? I worked for years and years in the Gene Keys, for no money because it was just so wonderful.

It fills me with so much joy and possibility and potential. I'm at the point happily where I've trained long enough now that I'm beginning to make a successful career of it. But I think whenever we find something that we love enough to do it for just the sheer pleasure of sharing it with other people, we are blessed, we're gifted, and that ripples out into community. Earlier this year I ran turned out to be basically the world's first major gathering, organized by a Gene Keys person, for an in-person gathering for a day in Vancouver because there's so many people here. It's very much a spiritual hub, Vancouver. And it was incredibly stressful but it was, you know, a real step forward and it felt amazing to be in the same room as other people who are all on this healing journey together and want to share that with the world.

Clara Cohen: It was a fantastic event. I was there of course in the summer, which was beautiful. I met so many amazing people. You did such a great job. I really loved it. We all had different numbers, different sequence, and we had to gather and work together and it's always fun when people connect somewhere.

I know you and your husband love music and it's the same thing. I feel like when you go to listen to the music, doesn't matter who's in the room that you may not have connected with on a normal circumstance. You connecting through that music, right? It's like you're both really enjoying the moment in the music and I think the Gene keys gathering you had this summer was fantastic.

It was a lot of fun. To finish off, I wanted to say that if people have done it, great, if you haven't done it, please go to the website. It's completely free, and do your profile. Get the book if you want to read more, but reach out to communities, gathering communities online, 'cause there are a lot of Facebook groups online as well.

Places where you can get some understanding. Claire just said something that I love, which is, she started to make a professional life out of the Gene Keys because she's in such demand. But when you said that, it really came to me and I'm like, you know, if tomorrow I win, I don't know, 10 million at the lottery.

I don't play the lottery, but let's say I played and I won the lottery. My mom used to say, I never win the lottery. I'm like, but mom, you don't play. That's not the point. I'm like, oh, I guess that's not the point. It was so funny. But anyway, let's say I played and I win \$10 million tomorrow, would I stop this podcast?

Would I stop providing support to, the TCM community? Absolutely not, because I love it. It's such a connection. I just taught a live masterclass. We are recording this in December, by the way. I know it's not coming out on December, I just did a live masterclass and people were asking questions and it was just such a connection with the TCM community and I come out of there I was really nervous and I've done it many times, 10 minutes before I'm starting to panic, I'm like, oh my gosh. And then I turn the camera on and I'm trying to breathe, and then you get in the flow and then it's amazing and you connect with.

Somebody else and many people who have the same excitement and passion that you do for the same subject. So I feel like that's something that's beautiful. So I appreciate you sharing this, and I just wanted to give you the opportunity to have the parting words on this podcast. Anything you would like to add that we haven't discussed.

Claire Norman: There are lots, actually, lots of acupuncturists in our Gene Keys community, because it's a teaching that as you mentioned, Clara there's a physiology for each of these Gene Keys. And actually for Genke 25, it's in the heart. No huge surprise there, given that the highest emanation of it is universal love. There has been quite a bit of work done actually on the exact acupuncture points that each of the Gene keys focus on. There's a really great website run by a really amazing Gene Keys ambassador called Alaya de Noel. done incredible work and has incredible materials acupuncturists work with a blend of the Gene Keys, human design, the I Ching, and also the physiology.

if you feel called usually the first recommendation that I have is get your profile. It's free. There's massive amounts of free material on the website. In terms of a book, that's the first one to get. It's about 40 bucks. The Gene Key's embracing your higher purpose.

There's about six pages for each Gene Key. Couple of pages for the shadow, couple for the gift, and a couple for the Siddhi. It's really the underlying art that goes along with the Gene keys is very much what you and I used to do in the coffee shop. just sit there and contemplate and just see what came out. To describe it as like getting a thermos of boiling hot water and dropping in the teabag of Gene key 25 and screwing the lid on, and then just sitting there and

seeing what comes out and just allowing it to easily emanate out. And then just being curious about, okay, where do I feel that in my body? Okay, well there's the physiology, it's in the heart. What do I feel around that when I read it? It's the art of contemplation. It's all about inquiry and gentleness and patience. For people who enjoy a contemplative way of moving through life, trusting our own inner wisdom. For me, the Gene Keys have been the greatest gift that I've ever received. They've transformative in my life and so many people around me, my husband, didn't adopt the Gene keys when I first did, and I never talked to him about them. But he just felt me change. He just felt how much more enjoyable it was to swim alongside me in our little soul pod together.

And he wanted some of that for himself. It's been the greatest gift. I'm very grateful to get the chance to talk to you about it today. 'cause you were one of the first people that I ever got to sit and talk about the Gene Keys with on a regular basis.

I feel like we've both learned so much from each other and our life paths together.

Clara Cohen: That's a beautiful way to end it. You know, the Gene Keys was a gift to you. You passed that gift on to me, and that's what the ripple effect is to go outside of ourselves and to reach global connection. So I love that, you saw this as a gift. We'll have all the links in the show note, including the acupuncturist who's connecting the Gene keys with acupuncture points, which I started reading recently and I actually love it.

So it's kind of interesting because gene Key 25 for me relates really much to the center of the chest, which is Ren 17 as an acupuncture point.

But I don't know if it's the right connection or not, but it feels like for me. That's what that is. Right. So thank you so much for coming today, for sharing, for being vulnerable, for sharing your journey and your love, passion, and so much knowledge about the Gene Keys.

Claire Norman: You, Clara. It's been an absolute pleasure. I'd love to come back one day.

Clara Cohen: Thank you so much for spending your time with me today. I truly hope you benefited from this episode, and I would love for you to share it with a friend that may benefit from it as well. Follow the show, live a review, and if you want more, go to my website, Clara Cohen academy.com. I have tons

of resources there with treatment protocols, case studies, free courses, and so much more.

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