

GeneFood

Awakening Playlist





Disclaimer

The GeneFood Playlist connects science, music, and poetry to inspire reflection on the relationship between our genes and the human experience. The songs associated with each gene were chosen symbolically and intuitively and **do not represent scientific evidence or medical recommendations.**

GeneFood Awakening Playlist

For a light and fluid experience!

This is the second GeneFood Playlist to be shared. Find it on Spotify.

Choose a place where you can fully surrender to the present moment, disconnected from everything else around you. I suggest a dim, cozy setting — but you decide: what matters is that it feels special to you.

The list:

CAT	The Power is Here Now – Alexia Chellun
ADH1B	Arrival of the Birds – The Cinematic Orchestra, London
BDNF	River Flows in You – Johann Debussy
SIRT1	The Light – Robert Coxon
PER2	Dance of The Clouds – Origen
BMAL1	Now – Vexento
FOXO3	Sacred Path II – Robert Coxon
OXTR	Deep Love, Pt 6 – Anje, Annabelle Blanche
HTR2A	Song for a Pure Heart – Mei-lan
SOD2	Now We are Free – 2Cellos
VDR	Ave Maria – Ashana



GeneFood Experience

It begins by bringing us into the present moment.

“The Power Is Here Now” (Alexia Chellun) — CAT

This is the song of the catalase gene. A guardian of biochemical serenity, it protects us from oxidation like a mighty shield. When active, it whispers: the power is here now. This mantra, calm and deep, echoes the same message. CAT and Alexia remind us that we are safe.

Next comes a wonderful awakening — the arrival of the birds.

“Arrival of the Birds” (The Cinematic Orchestra) — ADH1B

ADH1B initiates alcohol metabolism, turning intoxicating pleasure into a call for balance — even if, for a moment, there is discomfort. This music captures that precise instant: the subtle moment when the body chooses to return to awareness. The metabolization begins, lucidity calls, and the birds’ arrival marks the start of this journey back.

We continue with lightness and flow.

“River Flows in You” (Johann Debussy) — BDNF

This piece has a soft, continuous energy, like a delicate inner river. In the same way, BDNF (Brain-Derived Neurotrophic Factor) nourishes synapses, sustains plasticity, and supports learning and neuronal renewal. The music mirrors this invisible flow that brings our mind to life.

And then, gently, the light arrives.

“The Light” (Robert Coxon) — SIRT1

SIRT1 lights the lamp of cellular longevity, harmonizing energy, inflammation, and repair. It wraps us in luminous peace, quietly giving permission for the body to rest and restore. The Light embraces us so deeply we truly feel immersed in peace — absolute peace.

We move on as maestros of time.

“Dance of the Clouds” (Origen) — PER2

Clock genes regulate day and night, mood and metabolism. The music floats like clouds in the wind, reminding us that time itself can be choreographed poetry. Like Daylight by David Kushner (GeneFood Flow Playlist), it evokes PER2’s role as a conductor synchronizing biological rhythms with sunrise and sunset.

We return to the “now,” with a steady rhythm.

“Now” (Vexento) — BMAL1

BMAL1 is the diurnal heartbeat of the central clock: it starts the day, induces wakefulness, and organizes the body. The track reflects this light clarity of the present — serene, repetitive action in the here and now.

The melody turns into prayer, a sacred path.

“Sacred Path II” (Robert Coxon) — FOXO3

FOXO3, a symbol of longevity, opens pathways of cellular resilience and wisdom. The song guides us along a trail where vitality and silence walk side by side.

Now comes love — deep love.

“Deep Love, Pt. 6” (Anje; Annabelle Blanche) — OXTR

Like Can’t Help Falling in Love (Elvis Presley, GeneFood Flow Playlist), Deep Love inspires tenderness and surrender. The oxytocin receptor translates connection into safety. These melodies radiate trust, openness, and profound affection.

A pure heart reminds us: let nothing disturb your peace.

“Song for a Pure Heart” (Mei-lan) — HTR2A

HTR2A modulates serotonin receptors, shaping mood and perception. Serotonin is the substance of trust, inner contentment, the subtle faith that pulses quietly. This chant evokes elevation and confidence — a sensitive portal where the mind quiets and the heart meets the light. Out of balance, this gene may cloud emotions with doubt and withdrawal; but when well nourished, it becomes the biochemical guardian of hope.

Another vision of freedom: when cells breathe with relief.

“Now We Are Free” (2Cellos) — SOD2

Paradise by Goldbird (GeneFood Activate Playlist) was the first SOD2 track; this is the second. SOD2 is essential for well-being — a tireless protector, one of our antioxidant knights, freeing mitochondria from oxidative stress. The theme resounds like deep breath: when free radicals dissolve, the body finds freedom — and the soul follows.

Finally, the zenith — the most sublime point.

“Ave Maria” (Ashana) — VDR

The vitamin D receptor intertwines light, immunity, and inner harmony. This prayer in melody is like an inner sunbeam — reverence that nourishes and sublimates the human experience.

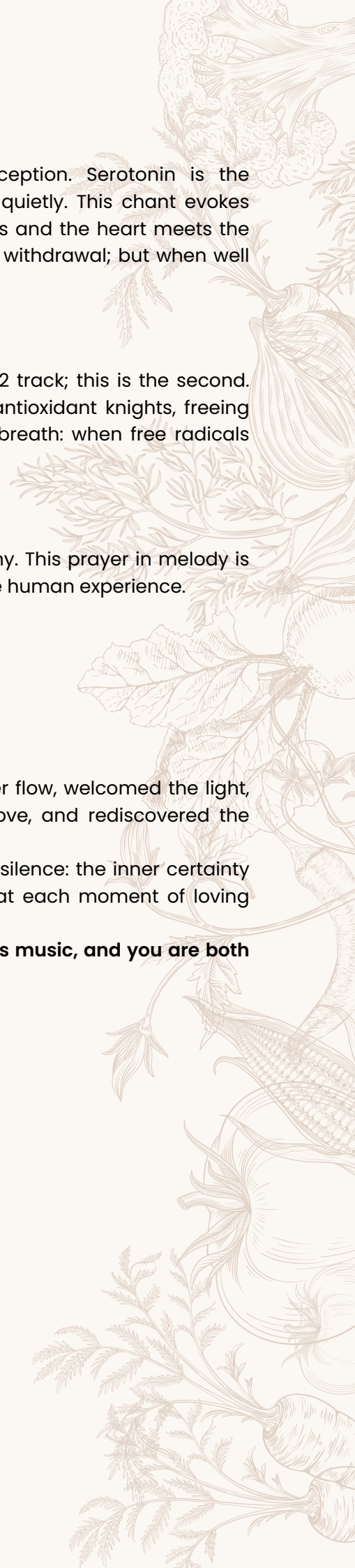
Closing message

May this playlist become a journey.

Along this sonic path, you awakened with the birds, let the inner river flow, welcomed the light, danced with the clouds, walked the sacred path, touched deep love, and rediscovered the peace of a pure heart.

Now, at the zenith — when light becomes prayer — what remains is silence: the inner certainty that awakening is not a destination but a state that renews itself at each moment of loving lucidity.

May this symphony awaken in you the most essential reminder: **life is music, and you are both listener and composer.**



GeneFood Project
Author: Isabela Stoop.
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