



THE BIOLOGY OF BELIEF
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UNLEASHING THE POWER OF CONSCIOUSNESS, MATTER AND MIRACLES

It's the Environment. We have the power to change our situation inside our bodies and out.

There is an excited young man in veteran researcher Bruce Lipton, busting to get out. It's probably why he had to leave a tenured well respected seat in academia and head out for the fuzzy edge of cellular biology. And it's what makes reading the "Biology of Belief" such an inspiring and delightful intellectual romp.

A onetime agnostic rebel embedded in the scientific community, Bruce began seeing things under the electron microscope that just didn't square with the rational mechanical world of science at the time, nor did they always comply with peer reviewed conventional wisdom. As a result he began his own scientific journey, and in the process Bruce Lipton became a very spiritual man. And the book he has produced, though it seems to be about cell biology, has a lot to do with the spiritual realm, and how our body communicates with it.

Early on in his research Bruce discovered, and other scientists later confirmed, that the genes do not control biology. Genes are only a part of the story, the real power in who we are and what we do with our lives comes from programming we control, we're not hard wired from the get go. "Genes are not destiny!" writes Dr. Lipton. Environmental influences from nutrition to emotions can modify genes, without chang-

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ing their basic blue print. And, most amazing, "these modifications...can be passed on to future generations as surely as DNA can be passed on via the Double Helix." That implies that our next of kin could inherit our mindset as well as the color of our eyes.

Could this mean the billions of dollars being poured into various human genome projects could just be the sound of another high tech bubble bursting? Certainly there is much to be learned from the gene, but just as clearly we are not at their mercy, and they may not be as powerful as our beliefs, "Biological behavior can be controlled by invisible forces, including thought...a fact that provides the underpinning for pharmaceutical-free, energy medicine," Lipton tells us in his book that is both science and personal history.

Telling all, including personal tales, has become derigure for a new generation of writer/quantum scientists, as if knowing that all things were connected made absolutely everything relevant – Bruce, however brings anecdotes, analogies, illustrations and a kind of wide eyed sparkle to his personal tale and the previously less than romantic field of cellular biology.

Some of these chapters are more technical than others but all have winks and nods and the ring of a story teller bursting to tell his tale. Why are the genes less important than we thought? There are simply not enough genes to account for the complexity of human life or human behavior. In a typical aside Bruce informs us, "The *Caenorhabditis* worm, a microscopic organism composed of only 960 cells, has a genome consisting of 24,000 genes, just 1500 genes shy of the number of genes in a human being." We just

don't have enough genes in us to hold genes accountable for who we are and how we behave.

Instead Dr. Lipton finds the secret of our behavior in the membrane of the cell, which he likens to the cell brain. Almost half the energy a human body uses every day is consumed, collectively in the cell membrane – here lies the mechanisms by which we turn signals from the environment into a unique individual. This can be complex stuff, involving "soupy cytoplasm", prokaryotes and phospholipids, etc. But Dr. Lipton makes the transition from science mind to everyday mind simple, in this case using an analogy – indeed a photograph and an anatomically correct diagram of a bread, butter, olive and pimento sandwich.

From the edge of a cell membrane Lipton is able to open doors on whole new worlds, showing how it is exactly we can help our bodies and our minds to manifest belief; "...all organisms, including humans, communicate and read their environment by evaluating energy fields. Because humans are so dependent on spoken and written language, we have neglected our energy sensing communication system ..." This book is much about that system. If you want to know how it operates, from the bottom up "*The Biology of Belief*" can be your manual, map, and operating guide on a journey to discover what makes thoughts so powerful in everyday life.

—Bob Belinoff