

# Thoughts Affect Genes

Carol-ann Jamison reports on Dr Bruce Lipton's book *The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles*.

Cellular biologist Dr Bruce Lipton, a former medical school professor and research scientist, was at one time an agnostic rebel working in the scientific community. Looking under the electron microscope he started to see things 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 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 Dr Lipton discovered, and other scientists later confirmed, that the genes do not control biology. Certainly there is much to be learnt from the genes, but we are not at their mercy, as scientific dogma tells us.

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 behaviour. Dr Lipton informs us that, '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 that the secrets of our behaviour is in the membrane of the cell (the outer layer of a cell), the organic equivalent of a computer chip, which he likens to the cell brain. His experiments, and that of other leading-edge scientists, have examined in great detail the processes by which cells receive information. The implications of this research radically change our understanding of life. It shows that genes and DNA do not control our biology; that instead DNA is controlled by signals from outside the cell, including the energetic messages emanating from our positive and negative thoughts.

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 rather simple.

From the edge of a cell membrane Dr 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.

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, 'Genes are not our destiny,' writes Dr Lipton. Environmental influences from nutrition to emotions can modify genes, without changing their basic blueprint. 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 colour of our eyes.

Dr Lipton shows that human beings can control gene activity and even rewrite their genes by focusing on their beliefs. These beliefs, true or false, positive or negative, creative or destructive, exist not simply in our minds; they are directed downward to the level of the cells of our bodies. He also shows how even our most firmly held beliefs can be changed, which means that we have the power to reshape our lives. Isn't that what the mystics have been saying all along?

Dr Lipton believes that this emerging model of cell biology will have as great an effect on our scientific paradigm as the emergence of quantum theory had on physics. The fact that energy impacts cells as profoundly as physical molecules provides a scientific explanation for the efficacy of conventional medicine, alternative therapies, and spiritual healing. This fact provides the underpinning for pharmaceutical-free energy medicine. The traditional antagonism between science and spirit and between alternative and conventional medicines will soon be obsolete.

What Dr Lipton has provided through his amazing research and this inspiring book is a new, more awakened science of human growth and transformation. Instead of being limited by

the genetic or biological constraints that we have been programmed to live by, humanity now has before it a way of unleashing its true spiritual potential with the help of simply transformed beliefs guided by 'the gentle and loving hand of God'.

If you want to know how all this operates, *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. This will show that you are really in charge of your life and that you have the power to change any situation should you so choose. □

*The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles*, ISBN 0-9759914-7-7

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