**THE BIOLOGY OF BELIEF, by Bruce Lipton** (Summarized by Dr. Baldwin Tom)

[The Biology of Belief (Unleashing the Power of Consciousness Matter & Miracles) by Bruce Lipton; Publ. Hay House, 2008, 204 pp.]

HEADLINE: Dr. Lipton discovered that it is God providing our genes and proteins to choose our destinies. **Lipton moved from being a non-believer to becoming a believer in God when he realized that prayer can activate cellular responses.**

Lipton: *“I was exhilarated by the realization that I could change the character of my life by changing my beliefs, no longer believing that I was fated to what my genes dictated. I did not have to be a victim of my genes but a co-creator of my destiny. Understanding on a scientific level how cells respond to your thoughts and perceptions illuminates the path to personal empowerment. This book is a self-empowerment one and NOT a self-help one.”*

Self-empowerment is defined as making a conscious decision to take charge of your destiny. It involves making positive choices, which confirms that you are the result of your choices whether they be positive or negative choices. *Death and life are in the power of the tongue*. Proverbs 18:21: So, speak life into yourself and not death/negative words because God gave you the self-empowerment to heal through using His words in the Bible! What you believe controls what you become.

It’s never too late to become the person you were meant to be because you have control/self-empowerment through God. You no longer have to be a “victim” of your genes when you give God control through prayer! God has a good plan and purpose for your life.

Look what He says to you in Jeremiah 29:11 - **‘***For I know what I have planned for you*,’ says the Lord ‘*I have plans to prosper you, not to harm you. I have plans to give you a future filled with hope.’* NLT

OVERVIEW: Dr. Bruce Lipton is a former cell biologist and medical school professor (Univ. Wisconsin School of Medicine and Stanford School of Medicine) as I was at Stanford, Northwestern, and Univ. Tx Medical Schools. Lipton determined that what we have been taught and is repeated in the mainline press is that our genes, represented by Deoxyribonucleic acid (DNA), control who we are is incorrect. Genes and DNA do not control our biology; instead, DNA is controlled by signals outside the cell. We are not evolved from some primitive gene into our current humanity – evolution is out of the question! In fact, Lipton’s thesis is that DNA is no more than a repository of information that only makes sense when it is transcribed by proteins in our cells. Said differently, God provided DNA as a complete set of ingredients to make a person. In this regard, DNA is identical in all people; DNA has everything needed to create each person. The KEY POINT is that proteins in and on our cells help us select the translation/expression of the DNA to make each person unique!

We are who we are because of the epigenetic (environmental) selection of DNA expression; the selection process is mediated by proteins. Further, the proteins that act in this selection process are on cellular membranes. The activation of the cellular proteins is caused by environmental signals that include the beliefs we have, including our positive and negative thoughts**.** Lipton moved from being a non-believer to becoming a believer in God when he realized that prayer can activate cellular responses.

Lipton: *“The cells’ life is controlled by the physical and energetic environment and not by its genes. Genes are simply molecular blueprints used in the construction of cells, tissues, and organs. The environment serves as a “Contractor” who reads and engages those genetic blueprints and it is ultimately responsible for the character of a cell’s life. It is a single cell’s “awareness” of the environment, not its genes, that sets into motion the mechanisms of life.”*

Chapter 1. Discuss ‘smart cells; and why and how they teach us so much about our own minds and bodies.

Chapter 2. Lays out the scientific evidence to show you that genes do not control biology.

Chapter 3. About the cell membrane, the skin of the cell.

Chapter 4. Mind-bending discoveries of quantum physics.

Chapter 5. Why I named this book The Biology of Belief.

Chapter 6. Why cells and people need to grow and how fear shuts down that growth.

Chapter 7. Focus on conscious parenting.

Epilogue. Integrates the realm of science with spirit.

SYNOPSIS of the Book Chapters:

In Chapter 1, Lipton: Cells are capable of survival on their own; they multiply; cells recognize their environment and respond to protect themselves; they can create new proteins to deal with foreign attacks such as antibody-producing cells. They form organized groups of cells to offer collective benefits.

In Chapter 2, Lipton: It is not our DNA (genes) that dictate our biology or response to survival. Darwin was wrong. The focus is on the proteins that control the expression of our biology. Thus, we are NOT victims of heredity (genes/DNA), but of the protein signals coming from the environment! Also, it is not the number of genes that allows us to be superior to mice, it’s the ability to express multiple regions of our genes. PS: mice and men have roughly the same number of genes! Our DNA can be altered by environmental factors; only 5% of cancers can be traced specifically to our genes (heredity).

In Chapter 3, Lipton: Our cell membranes are key to our survival because protein signals are on the cell surface (skin) that trigger responses within the cell. The cell membrane is the BRAIN of our cells as the membrane and activities on it control cellular life, not the cell nucleus.

In Chapter 4, Lipton: The fact that energy fields have powerful effects and influence our physiology was a crucial insight. All paranormal phenomena are physics-based, including spontaneous healings, the results of prayer, etc. Frequency-specific Modulations and microcurrent modalities are physics-based.

In Chapter 5, Lipton: Mind (energy) and body (matter) cannot be separated. Thought energy can activate or inhibit the cell’s function-producing proteins via the mechanisms of constructive and destructive interference. So, where do you expend your brain’s energy that powers your physical body? What you believe controls what you become, i.e., beliefs control biology!

In Chapter 6, Lipton: Almost all major chronic diseases have been linked to chronic stress. Fear kills! Fear changes our body chemistry to cause negative endocrine secretion which suppresses immunity to negatively affect our bodies. We grow or we die!

In Chapter 7, Lipton: Prebirth life in the womb influences long-term health; It programs us to future susceptibility for diseases. We have both conscious and subconscious minds which are interdependent. You cannot do something consciously when the subconscious does not agree!

The tension between conscious willpower and subconscious internal programming can result in serious neurological disorders. Lipton illustrates this point with the concert pianist in the movie “Shine” where the Jewish pianist wanted to play his piece in a competition. His father, who was a survivor of the Holocaust, warned him that if he did, it would put him in danger with Jewish haters. Because the pianist was a great talent, his conscious mind told him to go ahead to play. While he was playing, he started sweating and had to fight to finish the piece as his subconscious mind, speaking his father’s admonition, was reigning him in. When he finished the piece, he collapsed and became insane.

In the Epilogue, Lipton speaks about the superconscious mind along with the conscious and subconscious ones. The conscious mind can think forward and backward in time, while the subconscious mind is always operating in the present moment. When the conscious mind is busy daydreaming, creating future, plans, or reviewing past life experiences, the subconscious mind is always on duty, efficiently managing the behaviors required at the moment, without the need for conscious supervision. Importantly, the learned behavior and beliefs (contained in our subconscious) acquired from other people, such as parents, peers, and teachers may not support the goals of our conscious mind. If our early years are fraught with negative life examples, teachings from evil spiritual sources, or restrictive ideas spoken to us by family and others, these will reside in our subconscious. The biggest impediments to realizing the successes our conscious mind dreams are the limits programmed into the subconscious; dissonance between the conscious and the subconscious affects our physiology and health.

The superconscious mind is the spiritual realm: It’s about the supernatural. It’s about memory in the cells that can be transmitted to others, as in heart transplants where the recipient receives the interests and food tastes of the donor! It's in the chemistry between individuals that is non-physical, but due to quantum physics. It’s about the power of prayers answered. It’s about unexplained miraculous events. It’s about words of knowledge and sensing people’s needs. The great news is that, together with the superconscious mind, we can re-program our subconscious from its restrictive behavior and free us to move toward our God-ordained destinies.