

Lessons from the Biology of Belief

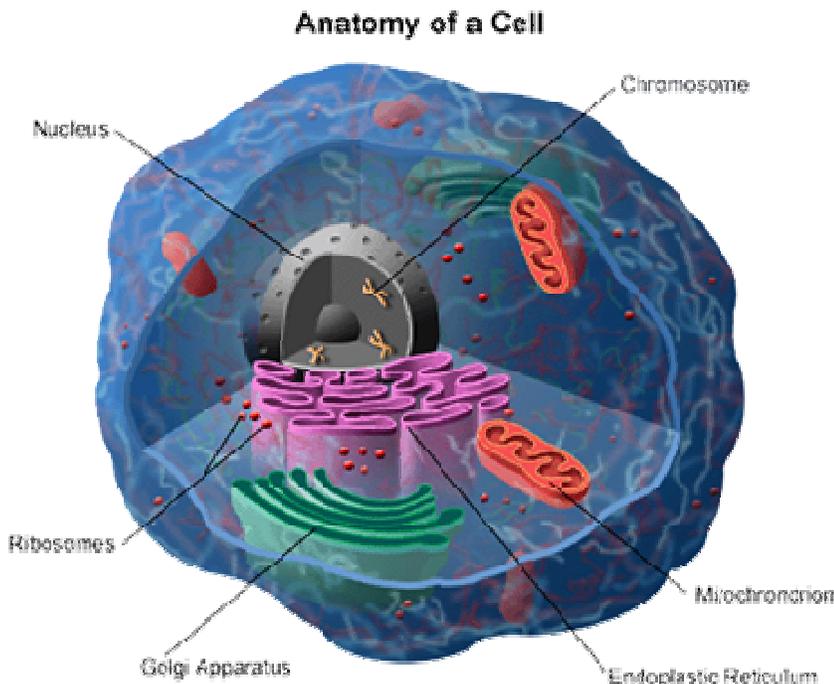
by Dr. Bruce Lipton

Based on a book and a video by Bruce Lipton, Ph. D.

<https://www.youtube.com/watch?v=jjj0xVM4x1I>

- Stress
- Memory
- Perception
- Stress
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- Anatomy of a Cell

Anatomy of a Cell



Within every one of our bodies at this very moment, there are billions of stem cells, embryonic cells designed to repair or replace damaged tissues and organs. However, the activity and fate of these regenerative cells are epigenetically controlled. That means they are profoundly influenced by our thoughts and perceptions about the environment. Hence our beliefs about aging can either interfere with or enhance stem cell function, causing our physiological regeneration or decline. Then must a period of degeneration, “aging,” precede death? Can we get old without aging?

- Part 1: Points Gleaned from Bruce Lipton's lecture, "The Biology of Belief"
- Part 2: Additional Notes by Max Haroon
- Resources

Part 1: Points by Phil Feilds

The DNA you inherited from your parents as part of the nucleus in every cell in your body does not control the health or illness you will manifest in your lifetime. Its purpose is to act as a blueprint for the cell to replicate and replace itself when it is worn out. The several trillion cells in your body make up tissue, be they bone, skin, nerve, hair etc. which in turn make up your organs which in turn make up you.

All of the elements in and of your body are called protein which in turn are a complex made up of amino acids. Amino acids are the building blocks of protein.

It is the different complex and length of the amino acids which make up the protein that dictates its function, i.e.. muscle, enzymes, blood cells, immune system proteins and hormones to name a few.

Dr. Lipton was able to prove that the DNA in every cell played no role in directing the activity within the cell or its intracellular activity. He was able to determine that it was the environment, either external or internal that directed the activity of the cell.

It is the perception of changes to the external or internal environment that directs this activity. The outer covering of the skin, brain, liver and other organs are called epithelial. The inner coverings such as the arteries are called endothelial. These are equipped with sensory apparatus to determine its environment and changes in its environment. Externally, these could be cold, heat, radiation from the sun, airborne toxic elements or trauma on the skin.

Internally, this is a continually, ongoing process. It could be the introduction of hormones into the system such as insulin, cortisol, enzymes or the introduction of bile into the small intestine to emulsify food fat. I believe this would be a good place to introduce emotions and thoughts into the internal environment mix.

Since 1976, (not sure of the exact date), when Candice Pert, then an undergraduate, discovered the receptor sites in the cells for neuro-peptides which are the proteins produced by emotions and thoughts, she proved once and for all that what you think and what you feel has the power to change the chemistry of your body. Not to include this as part of your internal environment would be a very big mistake.

It is the body's perception of any and all of the aforementioned elements, which are referred to here as signals, both external and internal, which are able to elicit some bodily response, and are able to cause a change in the body's chemistry.

Part 2: Additional Notes

STRESS

“95%+ of illness and disease is directly related to stress. The other 5% is caused by a genetic mutation that occurred in your ancestry - caused by stress!”

“Even the perception of stress can take 10 years off your life.

“There is absolutely hope that the DNA damage is reversible.

UCSF - Newsweek Jan. 17, 2005

CELL

The cell is like a camera. Whatever is in the environment, the membrane is like a lens, it picks up the image and sends that image to the nucleus where the data base is. That's where the stored images are.

The ability to display images internally and to order those images in a process called thought. (p89)

What would happen if you put identical cloned cells in different environments? The cells have identical genes so one would expect the cells to grow identically

But changing the environment causes cells to grow differently. One cell may grow to form bone, one may form muscle, and another may form fat.

Not what we expected.

The genes don't control cell growth so what does?

The fate of cells is determined by the environment - not by the genes.

Can this be applied in a practical way to change your life?

Thoughts are powerful. Positive and negative thoughts are equally powerful but in opposite directions.

Science has proven that the placebo effect, which is positive thought or expectation of healing, can positively influence your health. It is just as true that negative thoughts can negatively influence your health or undermine your success in life.

THOUGHTS

Since 70% of your thoughts each day may be negative, they can have a big impact on your life.

If you practice positive thinking can you change your life?

Positive thoughts by themselves cannot change your life. You have a conscious mind and a subconscious mind. The subconscious mind operates like a tape recorder; recording thoughts and playing them back continually.

If these thoughts are negative you end up with a self-destructive recording playing over and over in your subconscious mind

This unconscious mind runs your biology 95% to 99% of the time. Because the unconscious mind has so much control over your biology, positive thoughts in your conscious mind are overpowered by the recording constantly playing in the unconscious mind.

If these recordings in the unconscious mind are negative, you need to change them to positive.

Hand-out of Healthy Living Presentations

Resources

You can download this, previous presentations and more from Life Transformation Institute's Website:

<http://tinyURL.com/healthhandouts>

More on the subject: <https://biologyofbelief.wordpress.com/>

Life Transformation Institute's website

<http://tinyURL.com/healthhandouts>

- Glossaries (Health, Heart, Heart Diseases)
- List of Health Magazines, Books
- Articles, Presentations ... more

Appendices of Book: "7 Steps to Dental Health"

<http://7stepsdentalhealth.com>

- Health Websites
- Health Organizations
- Glossary of Holistic and Dental Terms
- Dental Knowledge Test

Learning Guide to Classic Books

A Learning Guide provides:

- ▶ Synopsis of the book and its Author
- ▶ What Others Say About the Book
- ▶ Quotes from the Book
- ▶ Key Insights from the Book
- ▶ Discussion Points
- ▶ Full text of the Book or short summary of the book
- ▶ Audio recording (if available) .

The following learning Guides are published by the Life Transformation Institute and available at <http://tiny.cc/bookguides>

Learning Guide - *As a Man Thinketh* by James Allen

Learning Guide - *The Prophet* by Kahlil Gibran

Learning Guide - *Secrets of Millionaire's Mind* by Harv Ecker

Learning Guide - *Thoughts Are Things* by Prentice Milford (TAB)

Presentation by Phil Feilds

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