

Book Review

Review of Bruce H. Lipton's Book: *The Biology Of Belief: Unleashing the Power of Consciousness, Matter and Miracles*

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ABSTRACT

I found Lipton's "The Biology of Belief" very readable, and worth reading. He is brave to say what he believes. Lipton describes "smart" cells, some perhaps living in a petri dish. Their collective properties are found smart. Lipton also presents his ground breaking ideas on epigenetics, a body of study that looks at the impact the environment has on controlling our genes. Further, Lipton also deals with cell membrane, quantum mechanics plus more. You can find this book at Amazon http://www.amazon.com/Biology-Belief-Unleashing-Consciousness-Miracles/dp/0975991477/ref=cm_cr-mr-title .

Key Words: biology, belief, consciousness, miracle.

In chapter 1, Lipton describes "smart" cells, some perhaps living in a petri dish. Their collective properties are found smart. Rather than a blind competition, what is discovered is a novel collective behavior leading to multi-celled organisms. In Lipton's (page 40) words: "to survive at such high densities, the cells created structured environments. These sophisticated communities subdivided the workload with more precision and effectiveness than the ever-changing organizational charts that are a fact of life in big corporations. It proved more efficient for the community to have individual cells assigned to specialized tasks." And Lipton finds favor in Lamarck's account of evolution. He (page 42) writes: "Not only did Lamark present his theory fifty years before Darwin, he offered a much less harsh theory of the mechanisms of evolution. Lamarck's theory suggested that evolution was based on an 'instructive,' cooperative interaction among organisms and their environment that enables life forms to survive and evolve in a dynamic world."

In chapter 2, Lipton present his ground breaking ideas on epigenetics, a body of study that looks at the impact the environment has on controlling our genes. Lipton observes that DNA is not self activating, a direct contradiction of the Central Dogma where information flows out of DNA but not back into DNA. Proteins are found necessary for activating DNA, but they are affected by the environment. Lipton (page 67) writes: "epigenetic research has established that DNA blueprints passed down through genes are not set in concrete at birth. Genes are not destiny! Environmental influences, including nutrition, stress and emotions, can modify those genes, without changing their basic blueprint. And those modifications, epigeneticists have discovered, can be passed on to future generations as surely as DNA blueprints are passed on via the Double Helix."

The cell membrane, with its protein channels and switches, is described in Chapter 3. Lipton (page 86) writes: "In contract ro conventional wisdom, genes do not control their own activity. Instead it is the membrane's effector proteins, operating in response to environmental signals picked up by the membrane's receptors, which control the 'reading' of genes so that worn-out proteins can be replaced, or new proteins can be created."

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Lipton's chapter 4 is about quantum mechanics. Upon first reading chapter 4 I felt that Lipton's account was trendy, with his account of reality as a relational flux of change that is typical to some New Age interpretations of quantum mechanics. Nevertheless, Lipton ideas about vibrations began to sink in after some reflective oscillations. Lipton (page 117) writes "the behavior of energy waves is important for biomedicine because vibrational frequencies can alter the physical and chemical properties of an atom as surely as physical signals like histamine and estrogen." Lipton is not alone in these speculations involving quantum mechanics. I have myself used a threeness property in my book, "Trinity", to help resolve energy as a felt vibrations in the context offered by quantum mechanics; threeness permits a return to something less relational, less trendy

Chapter 5 relates directly of the impact of belief on biology. This includes a treatment of emotions, as feeling the language of cells (the subconscious). Lipton (page 133) writes, "the actions of the subconscious mind are reflexive in nature and are not governed by reason or thinking." Lipton looks deeper into the placebo effect, and how it relates to his theory.

Chapter 6 treats growth and protection behaviors. Stress is said inhibit growth mechanisms, impacting our vitality. To much fear can be soul-sapping.

Lipton stresses the importance of conscious parenting in his last chapter. Lipton (page 178) gives this bit of advice: " You are personally responsible for everything in your life, once you become aware that you are personally responsible for everything in your life. One cannot be 'guilty'of being a poor parent unless one is already aware of the above-described information and disregards it. Once you become aware of this information, you can begin to apply it to reprogram your behavior. " I won't force personal responsibility on my readers by telling you what the "above-described information" is all about, as it remains your free personal choice to read Lipton's fine book.

References

Bruce H. Lipton, 2005, *The Biology Of Belief: Unleashing the Power Of Consciousness, Matter and Miracles*, Mountain of Love.