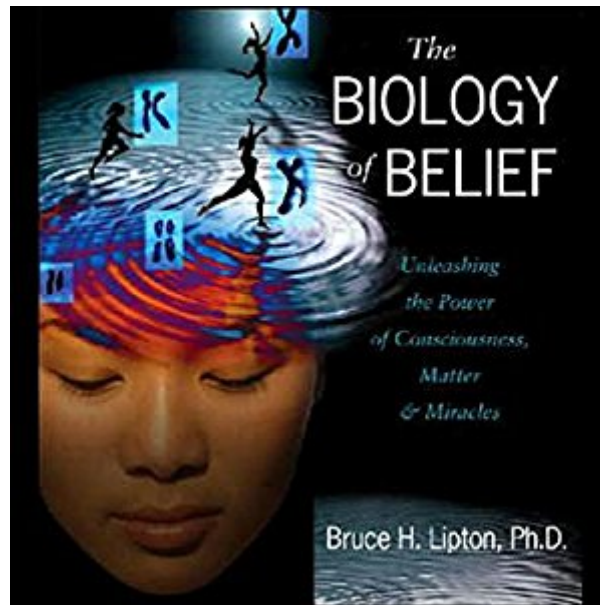


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The Biology Of Belief



Synopsis

Since the publication of *The Biology of Belief*, Dr. Bruce Lipton has received widespread acclaim as one of the most accessible and knowledgeable voices of "new biology." The science is called epigenetics, a revolutionary field that shows us how the energy of consciousness is as important in shaping life on earth as DNA and chemistry. In this original author adaptation, Dr. Lipton brings his clarity, insight, and humor to unveiling a profound change in how we perceive the way life works, including: How environment, including our thoughts and emotions, controls the character of every cell. Quantum physics and life: the key to understanding the bigger picture of how mind over matter works. Cooperation and evolution, moving beyond the "selfish gene" theory to see that a natural trend toward harmony literally shapes the biosphere. Why the oft-dismissed placebo effect is really the most powerful healing tool we have, and much more.

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Customer Reviews

I am a physician who turns 65 this week. My career was and is punctuated by the harassment one receives when one is challenging medical dogma. When I began doing outpatient surgery, I was called before the Executive Committee of my hospital to explain the "circus" I was involving myself in. When I began to put intraocular lenses in eyes after cataract surgery, I was fired from my position as Chief of Ophthalmic Plastic Surgery because "Anyone so stupid as to put lenses in eyes has no business teaching residents". When I did the research for the laser used in Lasik, I was told it was unbelievable that anyone could be so stupid as to make incisions across the visual axis of a good eye. Now it is almost malpractice not to do those things!!!!How time changes things. There are those who are constantly willing to re-examine what they think they know. There are others who

cannot deal with the idea that what they were taught might be wrong. One can clearly see that in the reviews above. Dr. Lipton has clearly challenged what we thought we knew and opened Pandora's box. Scientists have long stated, "If you can't prove it, it doesn't exist." That means that we relegate our belief system to the quality of our measuring devices. Since we couldn't measure things at biological speeds until we got Pentium class computers, we haven't been able to measure biological electronic function for very many years. Lipton has helped refocus us away from the false belief that the body is Newtonian and reductionistic to the reality that the body works at the atomic level where Newton's laws fail and electromagnetic energy rules. Buy this book---it will change your life if you will measure it against what is real instead of what you were taught.

This book will sit alongside my most valued resources in my collection. The reasoning is straightforward - conventional medicine is predicated on the Primacy of Matter - that molecules are the basic building blocks of life and the most important. But conventional health solutions are becoming less effective in the provision of long term health, and more expensive. Dr. Lipton's work is admirable by focusing on the wider interconnections between the energy of our beliefs, and the amazing behaviour of cells and now epigenetics. From changing the central biological dogma of the Primacy of DNA, to outlining the quantum nature of information flows and the astounding benefits of conscious parenting, and the failure of the genome project to find enough proteins, this book is packed full of gems sure to benefit everybody. Lipton addresses energy as purportedly 100 times more powerful than molecules. It simply makes sense we invest our 'energy' in modelling a health system geared towards both chemical AND energy based solutions - vibrations meeting vibrations. Dr. Lipton's work asks us to consider the possibility our primary source of energy comes from our internal and external environments, and our unconscious perceptions have a major influence on the health of this exchange. Obviously contentious, this book is worth 5 stars simply for the pioneering and unique message it brings. With modern technology we can repeatedly 'perceive' energy in ways we couldn't before. Science is about improving our technology, and as we are now well and truly in the ascending Dwapara Yuga (Age of Energy) we are being asked to embrace the beginnings of the wisdom and knowledge technology wave. I recommend this book to anyone who is interested in furthering their study and knowledge of biology beyond what is conventionally proselytised and thought energy or consciousness based healing practices such as energy medicine, homeopathy, reiki, energy psychology or huna had a "flaky" foundation. As an adult child of an alcoholic and abuse I know how ineffective drugs are to heal without treatment of beliefs and emotions. Perceptions very easily select actions from which we make assumptions about people and lifestyle

decisions that block energy and create pathology. In regards to the critical nature of some commentators - Perhaps there is truth to the saying, "A prophet is never known in their home town." I was fortunate to meet Dr Lipton at one of his seminars in Australia and I was blown away by his grasp of biology and the inspirational hope he brings to this knowledge. Thank you. This work stands on its own, you don't have to know anything about Psych-K to get real value from it. Regards, Daniel John Hancock, Centre for Wisdom & Knowledge Technology

Firstly, this book is definitely beneficial and worth reading whether you agree with all of Lipton's conclusions or not. Others have summarized and commented so well that I would only be redundant. Instead I'd like to respond to the understandable criticism I've read in a few of the reviews... In response to the people who complained that the book lacked "tactics" and only pointed people in the direction of a partner's Psych-K seminar to sign up for, I totally understand this reaction. I had this reaction too at first and I do think Lipton could have done better here. There is nothing at all wrong with an author cross-marketing to a complementary product or service as long as the author provides significant real value in their own material. In this case Lipton undoubtedly provided this value. Because Lipton should have handled this part much better, I don't really like giving it all 5 stars, but the book really delivers the goods overall and it had such a positive effect on me, that it deserves more than 4 stars too. I would give 4 1/2 stars if I could. Lipton could have improved it by being more clear about the other other ways there are to help people change their beliefs/unwanted patterns. Lipton did clearly state that there are a number of techniques for achieving this and that Psy-K is just one of them (the one he has personally experienced). Lipton could have been more helpful by pointing people to other general areas too. He could have done it in a way that didn't dilute his referral to the one example that he has an indirect business interest in (Psy-K) by listing some things apart from his Psy-K endorsement. Remember, therapeutic/tactical end is not Lipton's expertise though (he's a cell biologist, not a hypnotist or other therapist) and nor does he claim or imply that he is. For this reason, I think it would have been irresponsible of him to write about that end of it unless quoting someone else. Seeing a very experienced hypnotist (in person) for example is the most effective way of doing this--the least time consuming and ultimately the least costly way of doing it as well. For deep-rooted beliefs it's more difficult to do it on your own. It's not impossible though...some good resources that I know personally have worked for people are a video set titled something like "Thought Crimes In Taos" by Mark Cunningham [...], Anthony Robbins' "Personal Power II" or "Get The Edge" or "Mastering Influence" audio programs, Paul McKenna's "Change Your Life in Seven Days" cd/book (this is by far the least expensive of those I

mentioned). A well trained experienced hypnotist or other professional with a track record of real results can be extremely effective though. I realized those things above may seem esoteric, but I only mention them because I know that the effective more traditional forms of therapy involve very similar tactics. By far the most effective way to have a belief change to change behavior is a "significant emotional event" which isn't always positive (e.g. diagnosed with cancer, so you quit smoking); so the idea here is to proactively experience such emotion ahead of time so you don't have to passively wait for some other event to happen that causes you regret in waiting so long. From what I can tell from a brief demonstration on a video I saw, Psy-K includes a bit of muscle testing, NLP, and waking hypnosis. That was ultimately a teaser to enroll for the training seminar too though so I'm just speculating. Any of these routes (and never give up just because one wasn't right for you) have much greater chance of achieving real measurable results upon reading "The Biology of Belief"--I'll explain my reason for this opinion in the next paragraph. In the subject line I mentioned "The Most Important Belief of All..." I say this because this book had a huge impact on my life because it changed one important belief in me that I was always a bit "wishy washy on": THE KNOWING THAT YOU TRULY DO HAVE CONTROL OVER YOUR BELIEFS! and also how much our thoughts really do affect us on a cellular level. The book really explains this in detail which I think is very important for people who had trouble fully believing it based more on "faith" like I did. That may seem simplistic but I don't think most people are *really* convinced of this on a deep unconscious level. This book really drove that home for me and it left me with no doubt about it at all. On an intellectual level, I knew this before but it wasn't internalized because my skepticism (which serves me well in other areas) got in the way. I needed a convincing "show me" and this book did that for me. Again, I previously "knew" this on one level but it wasn't internalized. A couple of my biology classes in college and grad school would have been *much* more educational if I was exposed to Lipton's way of explaining cell biology. Instead, the pace was so fast that I crammed and memorized long lists of terms and meanings for weekly quizzes. I now realize I didn't even understand the basics of the subject. This book really inspired me and it helped me "grow up" and be more accountable in some ways - something I want to continue. As a result of this book, I've experienced significant *measurable* positive results in my life where I only had fears before. A method I previously learned years ago to change my beliefs now works *much* more effectively, because I know this to be possible in the first place.

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