

The Biology of Belief

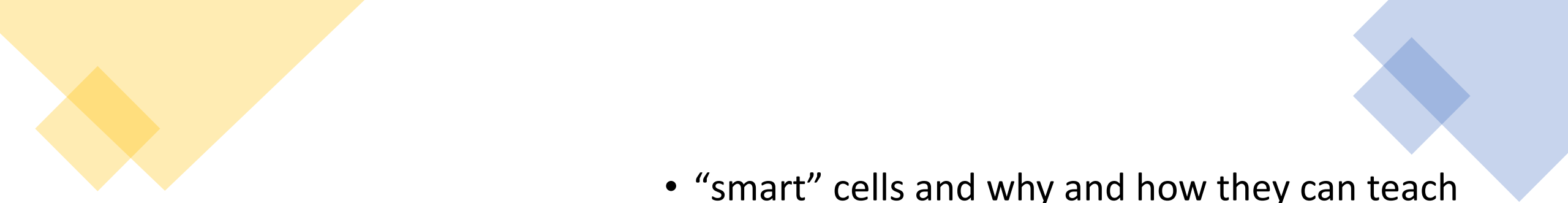
Bruce Lipton

Biology of Belief


Just like a single cell, the character of our lives is determined not by our genes but by our responses to the environmental signals that propel life

Cells teach us not only about the mechanisms of life, but also how to live rich, full lives

The “New Biology,” which casts life as a cooperative journey among powerful individuals who can program themselves to create joy-filled lives



Chapter 1: Lessons From The Petri Dish: In Praise Of Smart Cells And Smart Students

- “smart” cells and why and how they can teach us so much about our own minds and bodies
 - Nowak¹
 - divided populations into “cooperators,” those who support others, and “defectors,” those who do not support others even after accepting help from others
 - sums up what he has discovered through his simulations, with the conclusion that “life is not just a struggle for survival but also a snuggle for survival
 - Most striking areas where we have ignored the importance of cooperation among organisms is in our own bodies
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Chapter 2: It's The Environment, Stupid

Epigenetics, a booming field of biology that is unraveling the mysteries of how the environment influences the behavior of cells without changing the genetic code

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

Telomerase

Life experiences can stimulate or suppress telomerase² activity

For example, stressful prenatal developmental experiences, childhood abuse (both verbal and physical), domestic violence, post-traumatic stress disorder (PTSD), nutritional deficiencies, and lack of love all inhibit telomerase activity. These factors contribute to the onset of disease and a shortened life span

Exercise, good nutrition, a positive outlook on life, living in happiness and gratitude, being in service, and experiencing love, especially self-love, all enhance telomerase activity and promote a long and healthy life

Telomerase



Primary influence controlling telomerase activity is the mind, which is influenced by the programming we acquired before age seven.



YES . . . we can consciously empower ourselves by actively enhancing our own telomerase

Chapter 3: The Magical Membrane

Intentionally didn't cover the summary for
readers to pick the book to read

Chapter 4: The New Physics: Planting Both Feet Firmly On Thin Air

Mind-bending discoveries of quantum physics.
Those discoveries have profound implications
for understanding and treating disease

Chapter 5: Biology Of Belief

When we recognize how these positive and negative beliefs control our biology, we can use this knowledge to create lives filled with health and happiness

Success doesn't bring happiness; happiness brings success

The evidence that belief exerts a powerful influence over physiology, gene expression, and behavior has led epigeneticist Cole to conclude: "To an extent that immunologists and psychologists rarely appreciate, we are architects of our own experience. Your subjective experience carries more power than your objective situation." (Dobbs 2013)

In Cole's quote, the term "subjective experience" represents perception or belief, while "objective situation" can be interpreted as reality

Chapter 6: Growth And Protection

- Survival mechanisms - growth and protection
- Humans unavoidably restrict their growth behaviors when they shift into a protective mode. If you're running from a mountain lion, it's not a good idea to expend energy on growth. In order to survive—that is, escape the lion—you summon all your energy for your fight-or-flight response
- Redistributing energy reserves to fuel the protection response inevitably results in a curtailment of growth

Chapter 6: Growth And Protection

The longer you stay in protection, the more you consume your energy reserves, which in turn, compromises your growth

In a growth-protection continuum, eliminating the stressors only puts you at the neutral point in the range. To fully thrive, we must not only eliminate the stressors but also actively seek joyful, loving, fulfilling lives that stimulate growth processes

“You know why it’s hard to be happy—it’s because we refuse to LET GO of the things that make us sad.”

Chapter 6: Growth And Protection

What fears are stunting your growth? Where did these fears come from? Are they necessary? Are they real? Are they contributing to a full life?

Chapter

7: *Conscious Parenting*

Parents, we need to understand the role we play in programming our children's beliefs and the impact those beliefs have on our children's lives and thus the evolution of human civilization

Additional resources

1. <http://www.martinnowak.com/>
2. Cell biologists have identified a special enzyme called telomerase whose function is to extend telomere length. Telomerase activity enhances health and extends life



Thank you

SHRINIVAS SATHYA SUSARLA

Disclaimer: 1. This is just a summary; for better understanding highly recommend reading the full book
2. The summary is based on my learning, what resonates with me after reading the book
3. Please excuse for any errors or mis-representation