

The Wisdom of Your Cells by Bruce Lipton (2006)

The New Biology



- we are not victims of our genes, but creators through our thoughts
 - by stem cell research Lipton saw that a gene's fate is determined by its environment
 - you are a community of 50 trillion individual, sentient cells
- you are a collective consciousness
 - in every cell exists all the functions of the larger human body
- therefore, we are made in the image of the cell
 - the medical model is that the human body is a biological machine comprised of chemicals, controlled by genes
 - the medical model does not go with the latest research that shows that genes are controlled by their environment; nor does it go with the findings of quantum physics

Parts of the Cell

- Both cells and humans should not look just to genes to see how we thrive ... we must look also to the environment.
 - You can experimentally remove the nucleus of a cell, whereby it can still function for a time. This shows that genes do not control life, since they are in the DNA, in the nucleus.
 - So what is the function of the genes? Lipton says the genes are like blueprints. They are just instructions, that you can follow or not follow. They do not have the power to cause certain traits to turn on or off.
- Organelles are the parts of cells. The word organelle means diminutive organ. Bacterial cells are very simple, for example. They don't have a nucleus. What is interesting is that even though they are simple, they have complex lives. What is the bacteria's digestive system, respiratory system, excretory system, and brain function? It just has a membrane and a drop of cytoplasm without any organelles. The membrane is the first organelle to develop. Historically (and many biologists today) see it simply as a skin with holes in it. Lipton's research turned toward the membrane. He finds it is a liquid crystal semi-conductor with gates and channels – it's like a computer chip!
- So, what is the brain of the cell, if not the *nucleus*? Lipton says that his research reveals the *membrane* of the cell to have the 'brain power' to access the *genes* as a blueprint ... and then follow that blueprint ... *or deviate from it*.

Lipton's Human - Computer Model

- Lipton's model of the human goes like this.
 - The genes are the blueprint, like programs on a hard disk of a computer.
 - The membrane is the brain, like the computer's keyboard from which you run those programs.
 - You are a signal from the environment, like the person typing on the computer keyboard.
 - Lipton's most profound discovery is that he thinks you are not a physical part inside the cell. He theorizes that you are probably the consciousness from the environment outside the cell. You send electromagnetic signals through the interface of the keyboard (the cell membrane). Thus, you make requests of the body you live in.
- So, what is the new biology? It is that the nucleus, DNA, and genes do not control life. The cell membrane – the skin, interfacing between the interior of the body and the outside world - selects and deselects genes and thus controls life. But what tells the membrane? You do – you are the environment for the cell – you are outside the cell, telling it what to do. So, you are something that is not material that plays through your cells.
- We perceive the environment and adjust our biology.
- So instead of adjusting our genes as with the efforts of the human genome project and genetic engineering; Lipton believes we would have more control if we adjust our perceptions.

Lipton asserts that your cells number in the trillions of separate, sentient living entities that are a community. They decide to go along with each other most of the time. This is called health. Your body is the single whole that they comprise. Our

cells can be understood at a microscopic level and yet tell us how we work at a macroscopic level. For instance, consider how our intelligence or awareness evolved over time. Awareness can be mathematically measured by counting receptor/effector pairs in the cell membrane. So, the question is, if intelligence is to evolve ever higher and higher, how can more pairs fit on a cell membrane? Since the membrane must be a mono-layer, at first evolution had only bigger cells and therefore more awareness. For almost 3 billion years there were only single cell organisms.

So, in order to increase the number of pairs, evolution needed more surface area on a cell membrane. About 700 million years ago collections of cells could plug together and share awareness by becoming multicellular organisms. These communities divided up the jobs, which led to the organs like the stomach and brain. Primitive brains looked like balloons, which at first got bigger, then started folding the surface to get more surface area. So, a primitive awareness means a smooth surface and an advanced awareness means a folding surface. Thus, we arrived at the many folded surface of the human brain.

Putting surface area into space in geometry goes past Euclidean Geometry – to Fractal Geometry. It uses iterated equations (reintroducing original equation into itself to evolve structure). Fractal images from iterated equations are complex and beautiful – like nature. From this repeated iteration, shapes and images reappear throughout organism. This supports the age-old concept AS ABOVE, SO BELOW.

Thus, cells reflect, microscopically, the traits of the human being, macroscopically. The immune system of the cell community is like the healthcare system of the macroscopic human community. The handling of the ATP molecule (adenosine triphosphate) in the cell is like the handling of currency in our economy. There are correlatives to the human political system, complete with voting, the emotional system, and even bodily health feedback such as symptoms, and autoimmune responses. Therefore, you can gain insight into the life of the human by watching cells. We are made in the image of the cell. We form communities, with division of labor just like cells. Our entire biosphere is one organized community or organism.

Therefore, we are shaped by the environment – made in the image of our environment. So, putting these facts together, Lipton shows us that:

Nature has fractal imagery.

The greater the awareness, the greater the evolution.

To get more surface area means greater awareness.

Therefore, the geometry of expanding a 2-dimensional surface area in space requires fractal geometry – which means that nature is built above as below.

Other books by Bruce Lipton ... *The Biology of Belief* (2005), *Spontaneous Evolution* (2009), *The Honeymoon Effect* (2014)

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