

Bruce Lipton:

Rose-colored glasses are necessary for your cells to thrive

By K. P. Borkfelt

“I was drawn to the conclusion that we are immortal, spiritual beings who exist separately from our bodies...You may be surprised that it was science that led me to that moment of spiritual insight...As you know, spiritualists and scientists approach life in vastly different ways,” writes Bruce Lipton in his best-seller *The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles*ⁱ (p. 155).

Bruce Lipton, Ph.D, was an internationally recognized stem cell biologist, working at universities like Wisconsin School of Medicine and Stanford University, when he suddenly realized that the cells in our body are managed, *not from inside* by our genes as he had previously believed, but *from outside* the cells. The implication of this is, as he realized, that our “self” exists in the environment whether our body is here or not. Lipton:

“The fact that scientific principles led me, a nonseeker, to spiritual insight is appropriate because the latest discoveries in physics and cell research are forging new links between the worlds of Science and Spirit. These realms were split apart in the days of Descartes centuries ago. However, I truly believe that only when Spirit and Science are reunited will we be afforded the means to create a better world” (p. 155)

Lipton is now a recognized voice in “new biology” that works on bridging science and spirit. The following is my summary of the explanation Lipton provides in his book.ⁱⁱ

The cell community

A human body is according to Lipton a “cooperative community of approximately fifty trillion single-celled citizens” that have evolved a cooperative strategy for their mutual survival (p.xxv). Each cell is an intelligent being that can survive on its own. It will actively seek environments that support its survival and it selects appropriate behavioral responses to stimuli from the environment. The cell learns from experience, has memory and will pass on its knowledge to its offspring.

The cell has a membrane that can be compared to “a liquid crystal semiconductor with gates and channels” (p. 60). The membrane is partly made up of Integral Membrane Proteins (IMP). IMPs can be subdivided into two functional classes: receptor proteins and effector proteins. Receptors can be compared to radio- and television antennas. Some antennas respond to environmental signals and others monitor the internal milieu in the cell. These receptor “antennas” can read vibrational energy such as light, sound and radio frequencies. All of us communicate and read our environment by evaluating energy fields (p. 90). Our conscious mind experiences signals as emotions (p. 102).

Cells are programmable just like computers. The programmers are in both cases outside the computer/cell. To sum up: “A cell is a ‘programmable chip’ whose behavior and genetic activity are primarily controlled by environmental signals, not genes” (p. 61). The membrane’s receptors can be compared to the cell’s ‘keyboard’. The “receptors trigger the membrane’s effector proteins, which act as the cell/computer’s ‘Central Processing Unit’” (p.62) “Every protein in our bodies is a physical/electromagnetic complement to something in the environment” (s. 159).

Biological behavior can in other words be controlled by invisible forces including thoughts as well as it can be controlled by physical molecules like medicine.

Beliefs control biology

Unconscious, learned reflex behavior like walking, speaking your native language or driving a car is programmed into the cell's memory. "The subconscious mind is similar to a programmable 'hard drive' into which our life experiences are downloaded" (Lipton p. 135). Humans have on the top of that developed a specialized region of the brain associated with thinking, planning, and decision-making called prefrontal cortex. This is the seat of the self-conscious mind that observes our own behaviors and emotions. The conscious mind has a capacity to override the subconscious mind's preprogrammed behavior. This is what we call "free will" (p. 104) But be careful. Tensions between conscious willpower and subconscious programs can result in neurological disorders (p.140).

Thanks to the human brain, we can learn not only from our own experiences but also from teachers and role models - for good and for worse (p. 104). It is great for those who have "conscious parents and teachers who serve as wonderful life models, always engaging in humane and win-win relations with everyone in the community" (p. 139). Unfortunately, that is not always the case and not all our learned perceptions are accurate. Just think of people who were told by their parents or teachers that they would never succeed, that no one would love them e.g. Perception controls biology, but perceptions may be true or false. Lipton: "Therefore, we would be more accurate to refer to these controlling perceptions as beliefs. Beliefs control biology" (p. 105)

Looking back in the history of science, the ideas of two well-known scientists are important for the present discussion. The one is Darwin, the other Einstein.

In his book "The Origin of Species" (1859), Darwin suggests that "hereditary factors" passed from parent to child control the characteristics of an individual's life (Lipton p. xx). Scientists later suggested that the DNA double helix, the material of which genes are made, was the "hereditary factors" of which Darwin wrote. However, after studying genes in a microscope for years, Lipton started questioning what he calls 'biology's Central Dogma', the premise that genes control life:

"That scientific premise has one major flaw – genes cannot turn themselves on or off. In more scientific terms, genes are not "self-emergent". Something in the environment has to trigger gene activity" (Lipton p. xxiv).

Einstein discovered the law of the photoelectric effect, which was pivotal in establishing quantum theory within physics. According to Einstein and quantum physicists, matter is actually made up of energy and there are no absolutes. Lipton writes:

"Today's physicists have completely failed to inform the public of the purely mental nature of the Universe" (p. 79).

"Human intelligence can only be fully understood when we include spirit ("energy") or what quantum physics-savvy psychologists call the "super conscious" mind" (p. 131).

Improve growth

The findings have implications. Lipton:

"You can filter your life with rose-colored beliefs that will help your body grow or you can use a dark filter that turns everything black and makes your body/mind more susceptible to disease...if you chose to see a world full of love, your body will respond by growing in health...there is nothing wrong with going through life wearing proverbial rose-colored glasses. In fact, rose-colored glasses are necessary for your cells to thrive" (p. 114)

He recommends that we examine the consequences of energy invested in thoughts as closely as we monitor the energy we use on physical activities. In other words, try to avoid spending energy on

activities that drain you of energy such as boring meetings. Focus on activities that involve growth because growth not only use energy but produce energy (p. 116).

Try also to avoid anything that seems threatening, because to protect yourself from the perceived threat you will close down the system wall. Growth processes on the other hand require an open exchange between an organism and its environment. In other words, humans will automatically restrict their growth behaviors when they shift into a protective mode. The longer, you stay in protection, the more you consume energy, which in turns compromises your growth (p. 116).

Lipton:

“To fully thrive, we must not only eliminate the stressors but also actively seek joyful, loving, fulfilling lives that stimulates growth processes” (p. 117).

“The best growth promoter is love” (quoted from Rumi, p. 151).

Earth Landers

The total “cooperative community of approximately fifty trillion single-celled citizens” is our body. Lipton compares the human body with a television set that can receive signals containing the broadcast program. The spirit is energy and it can be compared to the television signal. If the television set brakes, the signal is still in the air. If we buy a new television set, it can receive the signals. Lipton:

“The TV’s antenna, which downloads the broadcast, represents our full set of identifying receptors and the broadcast represents an environmental signal...The cell’s receptors are not the source of identity but the vehicle by which the “self” is downloaded from the environment. When I fully understood this relationship I realized that my identity, my “self”, exists in the environment whether my body is here or not. Just as in the TV analogy, if my body dies and in the future a new (biological “television set”) is born who has the same exact set of identity receptors, that new individual will be downloading “me” (p. 161).

In other words, you are a spirit who for a lifetime controls a body, and when that body dies, the spirit can use another body or will exist without a body. Lipton:

“You and I are like ‘Earth landers’ who receive information from an environmental controller/spirit. As we live our lives, the experiences of our world are sent back to that controller, our Spirit. So the character of how you live your life influences the character of your ‘self’. This interaction corresponds to the concept of karma. When we understand it, we must heed of the life we live on this planet because the consequences of our life last longer than our bodies. What we do during our lifetime can come back to haunt us or a future version of ourselves. In the end, these cellular insights serve to emphasize the wisdom of spiritual teachers throughout the ages. Each of us is a spirit in material form” (p. 163-64).

ⁱ Bruce Lipton: *The Biology of Belief: Unleashing the Power of Consciousness, Matter & Miracles*, California, Hay House Inc. (2005, 2008)

ⁱⁱ I tend to use Lipton’s own words even when I don’t use quotation marks. Consider most of the resume a collection of quotes that have been re-arranged.