Cells, World, Belief, People, Powerful, Mind, Perception, Health, Needs, Healing, Character, Children, Community, Reality, Stress, Inspirational, Science, Destiny, Believe, Thinking

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.

~Bruce H. Lipton

The moment you change your perception is the moment you rewrite the chemistry of your body.

~Bruce H. Lipton

As soon as you start to tell yourself in your perception that you can't do something anymore, then your biological system will adjust to prove you right. You will not do what you think you can't do.

~Bruce H. Lipton

Your perspective is always limited by how much you know. Expand your knowledge and you will transform your mind.

~Bruce H. Lipton

People need to realize that their thoughts are more primary than their genes, because the environment, which is influenced by our thoughts, controls the genes.

~Bruce H. Lipton

You may consider yourself an individual, but as a cell biologist, I can tell you that you are in truth a cooperative community of approximately fifty trillion single-celled citizens.

~Bruce H. Lipton

Beliefs and thoughts alter cells in your body.

~Bruce H. Lipton

Life has everything in it. But you only see what your perception allow you to see

~Bruce H. Lipton

You are personally responsible for everything in your life, once you become aware that you are personally responsible for everything in your life.

~Bruce H. Lipton

What quantum physics teaches us is that everything we thought was physical is not physical.

~Bruce H. Lipton

We are conscious co-creators in the evolution of life. We have free will. And we have choices. Consequently our success is based on our choices, which are, in turn, totally dependent on our awareness.

~Bruce H. Lipton

Most illness is just stress from not living in harmony

~Bruce H. Lipton

Our thoughts are mainly controlled by our subconscious, which is largely formed before the age of 6, and you cannot change the subconscious mind by just thinking about it.

~Bruce H. Lipton

When we truly recognize that our beliefs are that powerful-we hold the key to freedom.

~Bruce H. Lipton

The Universe is one indivisible, dynamic whole in which energy and matter are so deeply entangled it is impossible to consider them as independent elements.

~Bruce H. Lipton

A miraculous healing awaits this planet once we accept our new responsibility to collectively tend the Garden, rather than fight over the turf.

~Bruce H. Lipton

To fully thrive, we must not only eliminate the stressors but also actively seek joyful, loving, fulfilling lives that stimulate growth processes

~Bruce H. Lipton

...[E]very person perceives the world differently. So essentially, there are six billion human versions of reality on this planet, each perceiving its own truth.

~Bruce H. Lipton

Your own beliefs are selecting your genes, and if you don't have the right genes to handle the stress that your in, your belief will rewrite your genes in an effort to do so.

~Bruce H. Lipton

We can control our lives by controlling our perceptions.

~Bruce H. Lipton

The new physics provides a modern version of ancient spirituality. In a universe made out of energy, everything is entangled; everything is one.

~Bruce H. Lipton

I am the master of my genes, not the victim of them.

~Bruce H. Lipton

It is far easier to be entertained by a reality TV than to participate in our own reality.

~Bruce H. Lipton

Nature is based on harmony. So it says if we want to survive and become more like nature, then we actually have to understand that it's cooperation versus competition.

~Bruce H. Lipton

Drugging out symptoms does not solve the problem, it helps us ignore it - until the vehicle breaks down.

~Bruce H. Lipton

In reality, a cell is a biological mini-me compared to the human body. A cell has every biological system that you have.

~Bruce H. Lipton

Humans are more dependent on learning for survival than other species, We have no instincts that automatically find us food and shelter!

~Bruce H. Lipton

Deism is the belief that nature and God are one and the same thing. If you study nature, you're getting insights about God.

~Bruce H. Lipton

If humans were to model the lifestyle displayed by healthy community of cells, our societies and our planet would be more peaceful and vital ~Bruce H. Lipton

The planet's hope and salvation lies in the adoption of revolutionary new knowledge being revealed at the frontiers of science.

~Bruce H. Lipton

Modern science is predicated on "truths" verified through accurate observation and measurements of physical world phenomena.

~Bruce H. Lipton

Our problems are not with the data, itself, but arise from our interpretation of the data.

~Bruce H. Lipton

E-Motion will have a very positive impact on the evolution of human consciousness

~Bruce H. Lipton

A human can alter their field, but can't change the world.

~Bruce H. Lipton

...cells are not controlled by genes and neither are we.

~Bruce H. Lipton

Only when Spirit and Science are reunited will we be afforded the means to a better world.

~Bruce H. Lipton

Your children's genes reflect only their potential, not their destiny. It is up to you to provide the environment that allows them to develop to their highest potential.

~Bruce H. Lipton

Once we go beyond this and start to open up and question and experience things in a different way, we can move forward.

~Bruce H. Lipton

The human being is a skin-covered petrie dish.

~Bruce H. Lipton

I watch Jon Stewart because I need to laugh. Otherwise, life gets too serious. Besides that, I don't watch any news.

~Bruce H. Lipton

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