

# The Biology of Belief

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## SESSION ONE

Introduction

Life before science

What is truth?

Quantum mechanics

The beginning of biology

The central dogma of biology

The Human Genome Project

Proteins and the nature of life

Signals and movement

The 3 sources of biological dysfunction

## SESSION TWO

The function of the cell membrane

Your skin as your brain

How the cell controls behavior

How perception influences behavior

Epigenetic control

Changing biology by changing perception

The 3 types of perception

Love and fear

Perception and the immune system

## SESSION THREE

The 3 sources of perception

Conscious and subconscious behaviors

The importance of the fetal environment

Childhood brain development

Conscious intention and subconscious behavior

How to change your subconscious programming

Freeing yourself from the past

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