

Book Review

The Embodied Mind: Understanding the Mysteries of Cellular Memory, Consciousness, and Our Bodies (2021) by Dr. Thomas R. Verny. Pegasus Books, Ltd. 258 pages. ISBN-10: 1643137999; ISBN-13: 978-1643137995

In this book, Dr. Verny takes us around the world with recent research on cell biology and memory in the human body. He explains the old paradigm of what he was taught in his early studies in biology, medicine, and psychiatry compared to up-to-date research in the field of cellular memory. Dr. Verny is able to validate this science and break it down, so that parents as well as psychiatrists can understand this new paradigm of cellular memory and epigenetics. What drew his interest was an article on a man in France that functioned normally in life as a civil servant, a husband, and a father, but who had little brain matter and mostly fluid (hydrocephalus).

Dr. Verny has been lecturing over the past seven years about how cells have memory, taking us back to biology class with discussing one-celled organisms. *C elegans* is a favorite subject to study. The discussions include information on DNA and RNA. Now he has combined his research along with many others across the world, how these amazing one-celled organisms breathe, eat, reproduce and excrete as normal functions, and hold memories, not only in their own life, but over generations. They have intelligence, even though many do not have a nucleus, which we were taught was the brain of the cell! Old paradigm.

There is information on the gut microbiome, how our cells work together to keep our bodies in homeostasis, and an explanation of the concepts of quantum biology. The fields of psychiatry and psychology need to realize the mind is not the enskulled brain that we thought. The brain is an organ with many jobs to accomplish, but it's only one organ. There are brain cells in our heart and our gut. They are in constant relationship, signaling hormones and "talking" to one another depending on the circumstance. The *mind* is a combination of the body and the brain, in constant communication. If a one-celled organism has a memory, why on Earth would we not realize that each cell in our body could hold a memory—and pass that memory on to future generations?

We are also exposed to the importance of understanding matter and energy. Early pioneers of quantum physics saw applications of quantum mechanics in the biologic sciences. We now have "Quantum Leaps" and "Quantum Biology" to search as the new paradigms of this science

unravels. We must now bring in the somatic influences from trauma and heal the brain *and* the body. Trauma needs to be released through both therapies.

Dr. Bruce Lipton, cell biologist, did his research many years before and explains the beginning theories of cellular memory in *The biology of belief: Unleashing the power of consciousness, matter, and miracles* (2010), and *Nature, nurture, and the power of love: The biology of conscious parenting* (2002). As a researcher, he was working with cloning and found that human cells could survive outside the body with the nucleus removed from the cell, if the right environment was experienced. I was taught that the nucleus was the “brain” of the cell, but we now know that it isn’t. This is the new paradigm.

In one case where I was involved with a family afraid to have a baby, we uncovered in the mother’s and father’s pregnancy, birth, and early childhood, that the father marinated in stress hormones as his mother ran from bombs during the Vietnamese war. This man became a doctor and was always working, not knowing how to relax. Mom had a mother that was a perfectionist and she could never please her mom. Their marriage was in question. Once they had worked through family therapy, he changed jobs, they had more time together and were ready to start a family. Through Prenatal Bonding (BA), mom was able to “mother” in the womb and dad was ready for family time. End result—a grateful, regulated family in love with their beautiful baby. They faced their epigenetic influences and worked toward a healthy family unit.

Dr. Verny admits that we have much more to learn through science and the universe, so our minds need to be open to new thoughts, new theories, and positive ways for womb ecology to improve world ecology. Preconception, gestation, birth, postpartum and each future experience will impact us. If we get the “right start” with love and support in the beginning of life, we can change the world.

Getting through the biological information and vocabulary may be a challenge for parents, but as you finish each chapter, all this knowledge comes together for anyone from psychiatrist to parents. The book is understandable, a bit dry at the beginning, but the knowledge must be shared. We must open our minds to change and face the future by understanding the new paradigms in scientific research that will continue to “blow our minds.”

Barbara C. Decker, HBCE, PPNE, CLD,
Certified Prenatal Bonding (BA) Facilitator

References

- Lipton, B. (2002). *Nature, nurture, and the power of love, The biology of conscious parenting*, DVD, Mountain of Love Productions.
- Lipton, B. (2010). *The biology of belief: Unleashing the power of consciousness, matter, and miracles*. Hay House. ISBN-13 978-9380480015.
- Verny, T. (2004). What cells remember: Toward a unified field theory of memory, *JOPPAH*, 29(1).