

# What does my brain have to do with it?

Information taken from

*Switch on Your Brain* by Dr. Caroline Leaf

You, yes YOU, have this amazing ability to determine, achieve and maintain optimal levels of intelligence, mental health, peace and happiness, as well as the prevention of disease in your body and mind. Neuroscientific research is confirming what we innately knew all along: what you think every moment of every day becomes a physical reality in your brain and body. These thoughts affect your optimal physical and mental health which in turn collectively form your attitude, which is your state of mind. It is your attitude, not your DNA, which determines much of your quality of life. And, science is starting to prove that.



You are a thinking being. You think all day long and even while you're asleep. Daytime thinking is a building process, whereas nighttime thinking is a sorting process. You are making your way to a decision of some kind when you are thinking. No matter how complex the decision or how small, thinking is active. With various types of brain imaging we can see the brain at work. Just reading the next few lines will generate electromagnetic, electrochemical, and quantum action in your neurons. It causes:

- Magnetic fields that can be measured
- Electrical impulses that can be tracked
- Chemical effects that can be seen and measured
- Photons to be activated that can be captured on computer screens
- Energy activity that can be explained using quantum physics; and
- Vibrations in the membranes of the neurons that can be picked up by instrumentation.

The signal you just created goes on a journey through cells and chromosomes to activate a strand of DNA and makes a 'code.' This code then gets photocopied and replicated which is called "genetic expression." While scientists have done a brilliant job mapping the whole sequence of gene expression and protein assembly, very little attention has been given to the signals that got the whole process started in the first place.

Our choices are incredibly important.

Epigenetics is scientific proof that our choices bring life

or death, blessing or cursing; and they reach beyond us to influence the next generations. (Deut. 30:19) So our thoughts affect generations after us. This reality poses this question:



## ***What is in your thought life?***

The scientific power of our mind to change the brain is called *epigenetics* and spiritually it is 'as a man thinks, so is he.' (Prov.23:7). The brain changes as a result of mental activity and scientifically called neuroplasticity. Spiritually this is called 'renewing of the mind' (Rom. 12:2). If you're thinking is off ('toxic' or 'pathological'), then your communication through what you say and do is off, and visa versa. It is very interesting that every cell in the body is connected to the heart, and the brain controls the heart and the mind controls the brain. So whatever we are thinking about affects every cell in our body...positively or negatively. Therefore, we can alter our patterns of activity by altering our attention, which remaps the cortex. This includes patterns of activity related to negative situations in our lives or genetic influences passed onto us from previous generations.

***An undisciplined mind is filled with a continuous stream of worries, fears, and distorted perceptions that trigger degeneration processes in the mind and body. We cannot afford not to bring all thoughts into captivity to Christ Jesus. (2 Cor 10:15)***

## **How does this work....Neuroplasticity???**

Neuroplasticity, how experiences reorganize neural pathways in the brain, can operate for us as well as against us because whatever we think about the most will grow-both the positive and negative ends of the spectrum.

Thus we want to use neuroplasticity in the correct direction by rewiring events with the positive thinking of Phillipian 4:8: "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things." (NIV)

When we consciously choose to bring a negative memory up it becomes 'plastic' enough to be changed – meaning the physical structure of the memory becomes weakened, vulnerable, malleable, and is able to be manipulated. It is then the person

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chooses to replace the crushing mental event with the implanted work of God. During this process we will observe the toxic traumatic memory as a weakening and dying experience at the same time as we observe the new healthy experience growing in us. By practicing this daily, we can wire the new healthy thoughts deeply into the mind.

Neurons that do not get enough signals – negative thoughts or memory of the event - will start destroying the emotion attached to the trauma. In addition, positive chemicals will start flowing to those traumatic thoughts weakening them even more. This leads to wiping out negative connections and rebuilding new ones.

The active mind changes the brain; the brain is the passive part of existence. Epigenetics research shows that our environment, internal and external, as well as our lifestyles, can transform our genetic expression ~ turning our genes 'on' or 'off'. We have all the power to change the negative beliefs and thoughts that manifest toxicity in the brain and body. Neuroplasticity is God's design for renewing the mind. IF you change your perception, you change your biology!! *Dr. Caroline Leaf*

**FREE WILL** ~ "Quantum physics has as its basic ingredients free will, directed attention as the result of a choice, and the effects and consequences of these choices. For example, Proverbs 4:20-27 says that if we direct our attention to the Word of God, we will align our thinking and subsequent choices with God, and the outcome will be healing and health." *Dr. Leaf*

Deuteronomy 30:19 (NIV), "I have set before you life and death, blessings and curses..." You have a choice to choose life or death in every thought every day. Options and choices are made by our free will and gathering current information and converging it with memories and information we already know. In other words, you become what you choose to think in your mind ~ your body will listen to your brain. The power of healing is in God's Word ~ we get to choose whether we want to apply to our daily life and struggles or not.

Dr. Caroline Leaf does a brilliant job articulating the scientific research that is finally catching up with the Bible. She also quotes in "Switch on Your Brain", the original Copenhagen formulation of quantum theory made by Niels Bohr of Copenhagen University in 1927 which says, "The free choices made by human subjects are a subjectively controllable variable, which simply means that you control your choices. Quantum mechanics can be used to prove that thinking and

choosing are real and measurable. The way you experience your feelings, the way you interface with your thoughts, and the kind of attention you give them will change how your brain functions. "

There are over 12 hundred studies linking intentional prayer and healing.

***"The Science of Thought ~ Linked Science Concept:***

***"What you wire into your brain through thinking is stored in your nonconscious mind. The nonconscious mind is where 99.9 percent of our mind activity is. It is the root level that stores the thoughts with the emotions and perceptions, and it impacts the conscious mind and what we say and do. Everything is first a thought. The Geodesic Information Processing Theory is a scientific way of understanding this truth."***  
*Dr. Caroline Leaf*

Because we take in so much information 24/7 through our 5 senses, it is critical that we process the information before responding to the input. We process what we think into physical reality ~ good or evil; truth or lies.

The conscious and nonconscious parts of our minds form the nerve networks by which we act or take action. The input is processed automatically ~ we need to choose whether or not to let the thoughts go further down the process into attitudes, emotions, actions, behaviors, etc. **This is referred to as 'self-directed neuroplasticity'. Deep thinking changes brain structure and function day and night. "If we allow ourselves to learn fear, it creates chaos and havoc in our brains" ~ POWERFUL TOXICITY!!!**

**This handout is a collection of principles, scientifically proven and articulated by Dr. Leaf, to support why we make ourselves sick and also have the POWER to receive the healing from God and His Word. I have personally and professionally experienced the healing of God in so many ways and on every level of my life. I urge you to read Caroline's book and engage in the 21-Day Detox your brain protocol. Renew your mind daily as God tells us in Romans 12:2. Do not let the enemy steal from you what God has waiting for you!!!**

**Dr. Christine Stueve**