

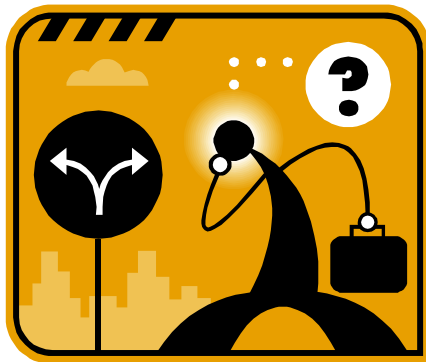
Your Thoughts,

Your Words,

& How they

Impact Your Health

The Road to Divine Health



Which way do I go?

Teaching Outline

Goal

Introduction

Lesson 1..... Foundations for Change

Lesson 2..... Authority in God

Lesson 3 & 4..... Anatomy of Thoughts

Lesson 5..... Living Well

Research shows that
Approximately **87%**
of illnesses can be
attributed to our
thought life

Approximately **13%**
to diet, genetics and
the environment.¹

1. Statistic taken from "Who Switched Off My Brain? Controlling toxic thoughts and emotions" by Dr Caroline Leaf

Series Goal

To help you better understand the impact your thoughts and your words have on your health and finding the help you need to improve your quality of life.

Introduction

These sessions are geared to give you insight and knowledge that will help you find and/or stay on your wellness road.

Lesson 1 - Foundations for Change

Definitions

What is Divine Health – Let’s start by discussing what is “Healing”?

Healing is a regenerative process that needs to occur when the body is in a **failed or impaired** state of health. Healing brings the body back into a state of wellness. From a biblical perspective we have many examples of healing that occurred when Jesus either laid his hands on someone or **spoke** the word over to them. An example is found in Luke 13:10-13 (Read).

For the purposes of this study we’ll define “health” as a state of **wellness**; and divine health as the state of wellness that comes from tapping into God’s power. There are choices that we make each day and even moment by moment that can impact our state of wellness. Understanding and applying what we know to become better stewards over the life we’ve been given by God and how we can better **cooperate** with Him to become or stay well is very important.

Man is a **spirit**, he lives in a body and he has a **soul**. In the beginning the bible says that God breathed the breath of life into man and he became a living soul. Man is a spirit with a soul (i.e. a mind, will and emotions) that has authority in the earth. Authority that was given by God to man or mankind. God made man an earth suit, i.e. a body. We have a suit/body made from the substance of the earth. Our soul (mind, will and emotions) is the bridge and the synthesis engine that our spirit man uses to influence our earth suit and our surroundings. In contrast our soul is the bridge and synthesis engine where information from our earth suit’s five physical senses is **analyzed** and **transmitted** to our spirit man.

Scriptural References

We are going to spend several lessons examining our thoughts and our words. Both are critically important to our life and to the lives of others. In Matthew 12:37 Jesus said you shall be justified (or vindicated) by your

words and you shall be condemned by your words. He also said in Luke 6:45 that a good man out of the good treasure in his heart bringeth forth that which is good and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart the mouth speaketh. Some other spiritual principles that apply to this study are 3 John 2, Hosea 4:6, Joshua 1:8, 2 Peter 1:8-10, and James 1:22-25 (READ).

The Basics

Over the past few years I've learned a few things about implementing change in my life. When I want to change what I'm seeing produced in my life I know that I need to change what I'm doing. You've heard the old saying "The definition of insanity is doing the same thing but expecting a **different** result. Well I'm not insane. With God's help I've learned that if I want different results I need to start with examining my thoughts. I take note of the things that I've been thinking about in a certain area, because that's where I'm giving my attention to, which in turn is where my **desires** are and what my **heart** is more interested in. Jesus said where your treasure is there you're your heart will be also. In other words what you give your attention to is where your heart will gravitate towards. If your heart moves in a particular direction you'll find your actions and your behavior will move in the same direction. To often when we think of our heart we think of touchy feely things. Even though that's part of it, that's not all of it. When Jesus made that statement above he was referring to any thing you consider **important** becomes "your treasure", and where your treasure is your heart will be there or your heart will be in it, and you will put in motion whatever's necessary to protect your treasure. So if your treasure is your money, if it's your family, if it's your job, if it's your sickness, if it's your hobby, no matter what it is you will put in motion whatever is necessary to protect it so you can experience the desired result. If I'm experiencing something and I want to change it I've got to do the following (to help illustrate the sequence of steps lets start with the last step first):

1. I want to change my **actions**, but I can't successfully change my actions until I
2. Change my **heart**, but I can't successfully change my heart until I
3. Change my **treasure** but I can't successfully change my treasure until I

4. Change what I consider as my treasure or more specifically what I think is my treasure.

Part of our heritage in Christ is that we have a Father that knows everything. Which means He knows exactly what needs to be done to make effective change in our life. So after asking Him to help He gives us the wisdom to see where we need to make adjustments. For me inevitably it starts with what I'm thinking about. Then He gives me the grace to begin making the change in what I'm thinking and He continues to help me in many ways to make the changes necessary so we can experience different results.

As I stated before to help us cooperate with God better in order to get the desired results we want including living in a state of wellness we will spend time reviewing the connection between our thoughts our words and our actions, more specifically our health. This study isn't about mental exercises or mind olympics or mind over matter, or human will power. This is about understanding how our thoughts and our words have an impact on our health and how we can tap into the grace available in Christ to enjoy divine health now.

Part of the grace that we have available to us is the ability to speak God's word about our families, our friends, businesses, community, schools, country, etc. God's word is full of positive affirmations about who we are and what we have in Christ. It's important to spend time regularly speaking positive affirmations (God's words) over your life and those around you. Speaking what you believe is important because it reinforces what you believe in your life. God's spoken word builds confidence and assurance in your life. Affirmations like - - - -

1. I love God's word with my whole heart.
2. My thoughts and my words are in line with God's thoughts and God's words.
3. I am His child. Greatly loved and highly favored. I'm the apple of His eye, the joy of His heart.
4. I honor Him in everything I do.
5. He and I are one.

Spend the time regularly speaking positive words over your life. Get in the habit of daily making positive affirmations about yourself and others.

With this study we will build the case that proves there is a powerful connection between your thoughts, your words and your health. Then we will show you how you can tap into the grace of God to live and be well.

Lesson 2: Goal is to first review - The Authority you have in God and Why

Lets answer the last part of that statement first – Why is because He’s good and He **loves** us and He want us to share in establishing His Kingdom.

Understanding the authority you have in Christ is critical to your well being. Remember the authority is **God’s authority** and it’s been given to us because He loves us, He wants us to have and demonstrate His character for the establishment of His Kingdom in the earth. We’ll spend some time reading and reviewing the below scriptures about this authority. In addition this lesson includes some key points that I want to be sure you grasp as we review the scriptures.

Genesis 1:26-28(KJV); God made man in his image and God gave man (or mankind) authority over the earth to ***bring to pass*** what He wanted man to experience in the earth.

Genesis 2:19-24 (KJV): To illustrate the impact of man’s authority that he received from God, the man had the ability to define the ***instinctive traits*** and the ***limits of natural expression*** for every animal.

Genesis 3:6, 22-24 (KJV): When Adam sinned the authority that God gave him was no longer connected to its source, which was God. Man had turned over his ***authority*** to the enemy. Man’s relationship with God was severed.

Genesis 9:1-2 (KJV): After the flood waters receded and Noah and his family departed the boat Noah built an altar and worshipped God. God spoke the same word of authority ***“the blessing”*** over Noah and his family as he did over Adam.

Genesis 11:1-9 (KJV): The authority that God had given mankind was so powerful that whatever mankind could ***imagine*** he could do.

Genesis 12:1-3 (KJV): God made a promise to Abram to make his ***authority*** great in the earth.

Genesis 18:17-19, 26:5 (KJV): Abraham was a man who had learned how to honor God’s authority by teaching and commanding his kids and his

household to **keep the way of the Lord** and do judgment and justice. Which means the commands, statutes, laws, and the charge of God or “**what is cared for**” by God.

Genesis 18: 23-32 (KJV); As far as God and Abraham was concerned Abraham was the **authority** in that region.

Genesis 26:1-6, 12-16 (KJV); The same promise of **authority** was given to Isaac and he believed God and it was seen in his life by others.

Genesis 30:25-33, 31:1 (KJV); Jacob taped into the same promise of **authority** and it is seen in his life by others.

Genesis 37:3-11, 19 (KJV); Joseph learned how to walk in this same kind of authority. As a young man/boy he was known as a **master of dreams** Joseph could receive direction from God in his sleep and he could interpret those messages and the dreams of others.

Genesis 41:33-39 (KJV); The gift (master of dreams) was for bringing to pass God’s authority in the earth for the purpose of the **preservation** and **expansion** of His kingdom.

Joshua: 1:5-9 (KJV); Joshua was told that he had the **authority** to bring God’s people into their inheritance (the promised land) and no one could stop him.

1 Samuel 3:19 (KJV); As a young boy Samuel’s words were **backed** by God. His authority was legendary.

2 Chronicles 1:7-12 (KJV); Solomon’s authority was known throughout Asia and Africa. The wisdom of God that he operated in was **greater** than every king or leader of his day.

Job 1:1-3, 42:1-10 (KJV); Job’s **authority** was second to none he ended up with twice as much wealth as he had before calamity struck. He and his family made more impact for the kingdom of God than anyone in his day.

Psalms 1:1-3 (KJV): The bible says that the promise of success and prosperity, which means we must have *authority* in the sphere of influence God has given to us and it's available to anyone who treasures His word.

Daniel 1:17-20 (KJV): Daniel and his friends excelled in the areas of education and learning. Their *authority* in those areas far exceeded that of their peers.

Mark 11:12-26 (KJV): Jesus gives His disciples (which includes us) the right to walk in a level of *authority* that can change situations and things.

John 14:12-14, 20-23 (KJV): Jesus declared that the same *authority* that He used in the earth to do the things that He did would be available to anyone who believed.

Romans 4: 1-25 (KJV): Paul proved that the *authority* Abraham was given was based on his faith. Also he proved the same authority was available to everyone (including Non-Jewish believers) as long as they have the faith of Abraham.

Romans 12:1-3 (KJV): We have the *ability/authority* to prove God's will in the earth. First within ourselves as grow-up in Christ and demonstrate His character and then in the sphere of influence God's given us in the earth. Spreading the Kingdom of God – God's rule, making His love known is our goal.

Lesson 3 Anatomy of thoughts and their impact on our health

Let's begin with some review. We spent time during the first session reviewing definitions about healing, health (i.e. wellness) and divine health (the state of wellness that's available by the grace of God). Later we reviewed some basics concerning your treasure, your heart, your actions and what's required to implement change in your life (i.e. starting with your thoughts first, then changing your treasure, then changing what your heart wants, then changing your actions, which will change your results). Lastly we discussed the importance of seeking God for His direction prior to implementing change and the importance of positive affirmations.

Last week we discussed the authority we have in God and why. Specifically ---- God's authority has been given to us because He loves us, he wants us to have and demonstrate His character for the establishment of His Kingdom in the earth. We reviewed multiple scriptures that show the authority that God gave mankind and how He wanted man to use it. We looked at different examples of how people used that authority to accomplish God's will and how we've been given that same authority thru Christ.

The bible talks about the importance of thinking and speaking the way God does. We spent the first two sessions laying the foundation to help us see that fact. As I stated in earlier sessions God has set the system up where man has and is the authority in the earth. What I mean by that is, our lives, our circumstances, our spheres of influence are impacted by our words and our actions. If you're God's child you have a choice whether you will listen to and follow and implement God's way in your life or if you will follow your own way (which automatically aligns you with the god of this world's agenda).

The bible says in Romans 12:1-3 (READ) that we are commanded to renew our minds to change the way we think so that we can prove what is the good and acceptable and perfect will of God for our lives. In 2 Corinthians 10:3-6 we are told that the weapons that we have in God can pull down the strongest fortifications in our thinking and we are able to change any high thing that is contrary to the word of God. But some of us know of these things but need help understanding why it's so important to control our thoughts and subsequently our words. For the next couple of weeks we're going to take a closer look at how our thoughts are formed why our words

are so important and the impact they have on our body and how that impacts our health. The goal is to help us recognize when we need to make changes in how we think and/or how to stay on track with God's word when faced with difficult situations.

Most of the material that I will be discussing for the next lessons were taken directly from the book ***“Who Switched Off My Brain? Controlling toxic thoughts and emotions”*** by ***Dr Caroline Leaf***. I'm using her material to help us better understand the natural functions and processes of the brain and the interconnectedness of our thoughts, our words, and our body. By presenting this information I hope you can see why it's so important to take control of your thoughts. Also I will be interjecting scriptures throughout the lessons to help us realize how as a Christian we can tap into the grace available to us to think God's thoughts and get His results for our life.

Dr. Leaf is a best selling author and learning specialist. She developed the Geodesic Learning theory or brain compatible learning which is a scientifically and statically proven approach to thinking, teaching and learning. Plus she developed Metacognitive Mapping Approach as a learning tool for tens of thousands of students throughout Africa. She's a lecturer and has a passion for helping people get free from their mental constraints and helping them recognize the gift in them.

In Proverbs 4:7 (KJV) *Wisdom is the principal thing, therefore get wisdom and with all thy getting get understanding.* John 16:12-15 (KJV) *I have yet many things to say unto you, but ye cannot bear them now. Howbeit when the Spirit of Truth is come, he will guide you into all the truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come. He shall glorify me: for he shall receive of mine, and shall shew it unto you. All things that the Father hath are mine: therefore said I that he shall take of mine, and shall shew it unto you.* Why is getting knowledge about how our brain functions and how thoughts are formed important? It's important because it can help us increase our understanding of how they can impact our health. Therefore that information is part of our heritage in Christ. God gave all things to Jesus and that includes all knowledge and His Spirit is here to help us grow up and live the abundant life Jesus promised.

On the first page of Dr. Leaf's introduction she states (I added the scriptural references for your review):

- You can think yourself clever – Psalm 119:97-100 (KJV),
- You can think yourself calm – Psalm 119:165 (KJV)
- You can think yourself healthy – Proverbs 4:20-22 (KJV)
- You can think yourself out of worry and anxiety – Matt 6:25, Phil 4:6
- You can think yourself out of bitterness and resentment–Heb 12:14-15
- You can think yourself into forgiving – 1 John 3:14-16, Col 3:15NLT
- You can think yourself in control of your emotions – Col 3:3-10 NLT
- You can think yourself out of stress – 1Peter 5:5-10 (KJV)

Let's dig into how we can do that by first answering the following questions:

1. What is a thought?
2. How does it grow in our brain?
3. How does it store memories?
4. How does it impact our health, either positively or negatively?

What is a thought – The dictionary defines a thought as the act or process of thinking, mental activity, reflection or cogitation, the capacity or faculty of thinking, reasoning, imagining, etc. Scientific studies support that every thought has a corresponding electrochemical **reaction** in your brain. When you think chemicals move through your body in complex electrochemical feedback loops. When you feel happy, your brain releases specific types of chemicals or neurotransmitters called endorphins or “**feel good**” chemicals. The brain releases endorphins in response to **pleasurable** feelings, like those that are released when a woman eats a piece of rich Belgian chocolate. Also exercise prompts the release of endorphins and is partly why physical activity is claimed to be **anti-depressive**. Other chemicals that the brain releases from its on natural pharmaceutical storehouse as a result of positive thoughts and emotions are serotonin and enkephalin which both help the intellect to flourish. The word of God reinforces the importance of positive thoughts and feelings. It emphasizes how we can stay on top even when it may not seem possible. We are told in James 1:2 Count it all joy when you fall into divers temptations. Neh 8:10 The joy of the Lord is your strength. Ecc 5:20 God answereth him in the joy of his heart. These scriptural examples give us direction and affirmation on how we can stay in a place of **success** no matter what we are faced with in life. Joy will produce happiness in your life. Which means joy triggers the release of the feel good chemicals in your brain which fosters good health.

When you feel sad, afraid, angry or hopeful, your brain releases different types of chemicals. In fact your brain can be compared to a prolific factory producing a variety of chemicals depending on what type of **emotion** you are experiencing. Depending on whether these chemicals are toxic to the body will determine if they will harm you or help you. If they are harmful they create conditions for a host of health problems that if left unchecked will manifest eventually in the body and the mind. Some of the emotions that regularly release a flurry of **destructive** chemicals are unforgiveness, anger, rage, resentment, depression, worry, anxiety, frustration, fear, excessive grief and guilt.

Research shows that approximately **87%** of illnesses can be attributed to our thought life and approximately **13%** to diet, genetics and environment. Medical science has already directly linked emotions, such as depression to an increased risk of cancer and heart disease.

Some neuroscientists (Dr Candace Pert was referenced in the book) believe that the mind and body function as a single psychosomatic network. The human body is made up of two systems: one chemical (endocrine or hormonal system) and the other electrical (the nervous system). All thoughts, emotions and attitudes are represented by electrochemical reactions. Which means all of the information stored in the brain is in an electrochemical format. The sounds you hear. Pictures you see, things you smell, things you touch all of the **information** that is collected from the five senses all change into electrical impulses and that's the way our brains process information. And the limbic system which is found in the middle of the brain is the seat of our emotions. Our emotions are triggered by the brain's release of certain chemicals based on the information **received** and **interpreted** from the five senses. And the limbic system (which is in the brain) produces biochemical **molecules** that carry photocopies of the thoughts that are formed in the depths of the memory networks of our brain. A **thought** and the emotion attached to it can not be separated unless you take control of it and change it (more to come on that later). These biochemical information **molecules** that are coursing thru our bodies have the ability to cause changes at the cellular level. They have the ability to actually change the outside of our cells and the DNA on the inside of our cells. Some neuroscientists purport this is how disease is able to take hold in the body. The way these information molecules are able to gain access to otherwise healthy cells and influence change will be come clearer later.

Right now let's spend some more time examining how thoughts are formed and how they move thru our body.

Think of thoughts in your brain as a tree trunk with many branches and a root system. The more branches you have on the tree the more accessible and the more intelligent the thought is for your use. Each thought tree is made up of cells called neurons or nerve cells which are specialized impulse conducting cells. These neurons make up what the author calls the "magic trees" of the brain. Each mature and healthy person has over **100 trillion** magic trees in their brain. Each tree is capable of growing up to **70,000** branches or dendrites. They've calculated that equates to our brain having **3 million years** of storage capacity for information. From a natural perspective each branch or dendrite continually processes information that come in from the five senses and stores the associated memory for the information received. The information is translated into electrical impulse and transported across synapses (which are small chemical gaps) between the magic trees or neurons that form interconnected neural circuits in the brain. Refer to the next page for the picture of neuronal cells- magic trees.

The brain builds a double memory of the content of every thought or every magic tree, one on the left side of the brain and one on the right side of the brain. The left side of the brain processes the information from **detail to big picture**, the right side of the brain processes information from the **big picture to detail**. Which means that both sides of the brain take part of every thought activity, just from different perspectives. For example when you are multiplying, the left side of the brain sees it as $2 \times 2 = 4$, the while the right side sees it as $4 = 2$ groups of 2. The old saying that left brain people are analytical and right brain people are creative is incorrect and makes no sense. Both hemispheres of our brain are designed to work synergistically. Providing both perspectives of thought on everything that comes in. The more you think, the more you understand, the more focused and aware your thinking is the more synergy will occur and the stronger the memory you will build. This literally means that the **branches** of your magic trees become firmly attached.

If you only pay little attention to the content of your thoughts, your thinking will be on lower level with less synergy. The memory you build in your magic trees will be weaker and will be **pruned** off when you sleep by little vacuum cleaner called glial cells. That is what it means to forget. God told Joshua in Joshua 1:8 – Not to forget His word and he told him how to

accomplish it - This book of the law shall not depart out thy mouth but thou shalt meditate therein day and night that thou mayest observe to do according to all that is written there in for then thou shalt make thy way prosperous and then thou shalt have good success. In other words one of the things God was telling Joshua was how to firmly establish His word in Joshua's mind, heart and life. Through meditation and keeping the word before his eyes – DON'T LET IT BE FORGOTTEN!

Glial cells or what I like to call "G-cells" are essential to the brain functioning correctly. They provide the support, resources and back up including the nourishment and protection your magic trees or neurons needs to do all of the hard work of receiving, analyzing, processing and storing information. The author calls glial cells are the brain's cell cleaners. You have up to 100 trillion neurons or magic trees and there **50 times** more G-cells. As cleaners they dispose of the waste material generated by neuronal functioning. In essence the G-cells sort out our thinking, but they can't do a good job unless we are thinking clearly. Negative or what the author calls "toxic" thoughts, negative emotions and the chemicals they generate negatively impact the free flow of these important electrochemical processes in our brain. When things aren't moving properly, the toxic waste builds up and diminishes the quality of stored memory. The toxic waste doesn't prevent memory from building; the memory that's built is **distorted** and **harmful**.

The process of controlling our thoughts involves creating conditions where the neuronal cells "magic trees, dendrites "branches" and G - Cells "the cleaners" can do their work in **harmony**. From a strictly human or natural perspective we can do this. This was part of the authority that God gave man from the beginning. When we control our thoughts the magic trees, dendrites "branches", and G - Cells are able to their job in harmony you build healthy memory instead of toxic and or distorted memory. In part that's why I believe we are admonished in the word to "Let the peace of God rule in your hearts, to the which also ye are called in one body, and be ye thankful (Col 3:15 KJV). Jesus said in John 14:27 I leave my peace with you not as the world gives. Also we are told to "Be careful for nothing but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God which passeth all understanding, shall keep your hearts and minds through Christ Jesus (Phil 4:6-7). As Christians letting the peace of God reign in our hearts and minds not only yields harmony but it also **guards** our minds from outside things that are

negative and draining because we are tapping into God's restorative and protective power for our lives.

Let's take a closer look at what happens when you first start to develop a thought. As that thought is forming you also begin to build memory. To build memory you activate a part of your brain called the hypothalamus. The hypothalamus is the heart of your endocrine or hormonal system that responds to your thought life. The hypothalamus is a pumping gland that releases chemicals related to the emotions attached to the thought you are thinking and the stimulus from the five senses. For instance if you suddenly feel a sudden jolt of fear, your hypothalamus secretes a hormone called CRH which the medical community has dubbed the "**negative**" emotion hormone". When autopsies have been performed on suicide cases there are generally ten times more CRH present in the brains of those people than from those who die from natural causes. CRH travels to the pituitary gland (which is also in the brain) and stimulates the release of another stress hormone called ACTH. ACTH then races down to the adrenal glands on top of the kidneys and stimulates them to release the biochemicals cortisol and adrenaline which is bad news. If they are allowed to move thru your body unchecked they will have adverse effects on the body causing elevated blood pressure, heart palpitations even aneurysms or strokes. They also attack the immune system making it less able to do what it's designed to do (i.e. fight off infection and disease). Next those same chemicals if left unchecked bathes the brain's nerve cells causing memories to literally shrink which affects the brain's ability to think creatively.

The hypothalamus is what author calls the "true responder" to your thought life. The hormones that it releases impact your emotional and physical well being and the negative chemicals can destabilize your brain. The medical profession has known this for years and mostly their solution has been to develop pharmaceutical solutions aimed at trying to change the brain's chemistry to make us feel good. They prescribe "**happy pills**" to help people cope. Unlike using medication like happy pills (which maybe necessary for some people for some period of time) detoxing your thought life or what the bible calls renewing your mind is **free** and it has no **negative** side effects, it **works** and above all else it **lasts**.

Review the Overview of Thoughts diagram.

Lesson 4 Anatomy of thoughts and their impact on our health (Cont)

I will start with little review from the previous lesson. Again I will be using the lesson scientific material from Dr Leaf's book "***Who Switched Off My Brain? Controlling toxic thoughts and emotions***". On the first page of introduction she states (scriptural references added for your review):

- You can think yourself clever – Psalm 119:97-100 (KJV),
- You can think yourself calm – Psalm 119:165 (KJV)
- You can think yourself healthy – Proverbs 4:20-22 (KJV)
- You can think yourself out of worry and anxiety – Matt 6:25, Phil 4:6
- You can think yourself out of bitterness and resentment–Heb 12:14-15
- You can think yourself into forgiving – 1 John 3:14-16, Col 3:15NLT
- You can think yourself in control of your emotions – Col 3:3-10 NLT
- You can think yourself out of stress – 1Peter 5:5-10 (KJV)

Jesus said in Mark 7:14-15, 20-23 - *And when he had called all the people unto him, he said unto them, hearken unto me every one of you, and understand: There is nothing from without a man, that entering into him can defile him: but the things which come out of him, those are they that defile the man. And he said, that which cometh out of the man, that defileth the man. For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness: all these evil things come from within, and defile the man.* Jesus was telling us exactly what's the source of what defiles. Specifically it starts with the thoughts we express. He started his list with thoughts then went on to delineate the expression of those thoughts. None of those things adulteries, deceit, murders (in 1 John a murderer is likened to hating your brother), thefts, etc couldn't be expressed without first having some thought to condone it, do it or practice it. It's important that we focus our minds on positive and enriching thoughts. The way to ensure they are positive is to renew our minds to God's word and put our focus on life enriching things.

Let's look at two opposites. Faith and fear are generally categorized as two important groups of emotions. But both are not simply emotions they are spiritual **forces** that impact our emotional lives. And the impact that they have can be summarized by the effect they have on our lives. Faith fosters positive based emotions like love, joy, peace happiness, kindness, gentleness, forgiveness, self control, and patience. Fear fosters negative

based emotions like hate, worry, anger, rage, hostility, resentment, impatience, frustration and irritation. Both faith and fear have their own set of emotional molecules attached to them. Which means they have their set of **electrical** and **chemical** representations in the body that directly impact bodily functions. Could this be why Jesus and on numerous occasions do not fear but only believe, only have faith? We are told in the bible that it's impossible to please God without faith. Why is that? Why is it impossible to please God without faith? Well certainly trusting God is part of it. Any relationship built on trust is pleasing. So it only seems reasonable that God is pleased when we trust Him. Besides that He set the system up to work based on faith. In addition to those things could it also be that God knows when we use our faith the electro-chemical reactions in our body foster good health increasing our ability to enjoy a healthy and fulfilling life. Isn't that what any good father wants for his kids? A healthy and fulfilled life for His kids. In contrast science is now able to demonstrate the links between fear and disease and anxiety and disease through newly created testing and imaging techniques and technology. A fear based emotion like hate, which goes hand in hand with bitterness, resentment and anger demands more and more physical space in the brain and in our thought life. As a result it causes what looks like **thorns** on the mind trees (i.e. dendrites). Like weeds they grow in abundance crowding everything else out. Could this be the one reason why Jesus said do not fear?

As stated in the last lesson it's important to remember that every thought has an emotion tied to it. As part of building memory that's associated to a specific thought the hypothalamus (pumping gland of the hormonal system) has to release chemicals that associate an emotion to the thought. When we are faced with new thoughts that are related to previous experiences our brain will release chemicals that associate the emotions you previously felt and tie them to this new related thought. And if the previously experienced emotions were **positive** then the chemicals released will be nurturing. If the previous experience gendered negative emotions then the chemicals released will be **toxic** and they in turn will negatively effect the memory you build for this new thought.

The information from the emotions that are generated each time memory is built is stored in another place in our brain called the amygdala. All of the emotional perceptions that occur are stored here. For example if you had bad memories about learning Math as a kid, those emotions that are tied to anything related to Math have been stored in amygdala. If not changed when

you are faced with new thoughts related to Math those emotions stored in the amygdala which are reactive are strong enough to control and even override any positive elements that are part of the new thought related to Math. And we have more connections from our emotional memory banks to our reasoning engine in our mind than we have from our reasoning engine to our emotional memory banks our emotions can control and dominate our rational intelligence. Which means developing measures to prevent reacting immediately to strong emotions is **critically** important. In other words don't let your mouth write a check that your BODY can't cash!

I've talked about the mind, thoughts, memory and the close relationship they have with our emotions. Now to be able to examine the ability we have to control our thoughts we need to spend some time reviewing "free will". As you know genes are typically associated with the physical attributes of our make up. Our hair and eye color, our height, our skin color, etc. Recently Geneticists have identified a genetic code that gives us the ability to change behavior in response to the environment. In other words they have located the genes that create what you and I think of as "free will". These "free will" genes provide the **blueprint** for free will but they hand over the control to the brain. Since we all make choices based on our thoughts and attitudes we create responses different from one another. This creates the uniqueness of every person. In other words at birth we are given a genetic beginning or foundation for free will. But over a lifetime of the information we receive and assimilate our free will is exercised and more information we have the more our free will increases or grows.

No one can override your free will but people, your environment, the information you process can **influence** how you use it. When information is first presented to the brain the decision to further analyze it occurs within the first 24-72 hrs. After that time period if the brain hasn't decided to analyze it further that energy is just discharged as heat energy and the information never moves into the thoughts or mind trees and memory building areas of the brain. Once negative or toxic information moves into the mind trees casting down those thoughts or discharging them out of your mind by the word of God is a choice you can make. No one or nothing can prevent you from **exercising** that ability.

The mind is the battlefield and there is an ongoing conflict between toxic thoughts and good thoughts. Thoughts that serve your mental and physical health versus thoughts that deplete your body and mind of health. Pouring

good thoughts and correct information into your mind has been proven to help support good health. What exactly is the correct information? Essentially it's using positive affirmations to replace bad memories with **supportive** ones. Positive affirmation is the beginning steps in changing or detoxing your brain. As you recall declaring positive affirmations from the word of God about you, your family, etc was one of the things I mentioned in the first lesson that was important to do regularly.

At this point there's something I need to interject. What I'm referring to is more than just making positive affirmation. Even though you can be presented evidence that something is true, you won't really believe it, unless you feel that it's true. It maybe reasonable, logical, scientifically proven or just plain common sense but you won't believe it unless your brain's limbic system (the seat of your emotions) also feels that it's true. Your emotions are not separate, but rather enmeshed in the neural networks of reason in your mind. The limbic system provides you with feelings that tell you what are real, true and important. You have your own criteria for this" self convincing" process which is different from anyone else because your **memory** and **natural** learning and thinking **style** is different. Your brain, mind, body and emotions are an intricately linked system. Keep in mind your heart is not just a **pumping** organ it also acts like a mini brain. Its been proven to have its own independent nervous system with atleast 40,000 neurons. Your heart's brain acts like a checking station or conscience for all of the emotions generated by the flow of chemicals from thoughts. It is in constant communication with the brain. . *Proverbs 23:7 "As a man thinketh in his heart so is he"*. For the believer this lines up when we recognize that God is love and of course love is more than a feeling but love does generate feelings. I believe this is what the bible calls being fully persuaded in other words when your spirit believes something is true and it impacts every aspect of your mind, soul and body. Could this be why when Jesus told story about the Lazarus the beggar and the richman how the when the richman realized he was in Hell and saw Lazarus with Abraham he asked that he send Lazarus back to tell his brothers not to come to this place. Abraham said they wouldn't believe him because they didn't believe Moses and the prophets they won't believe Lazarus. Seeing and hearing Lazarus wouldn't have been enough for them to truly believe because they didn't believe in their heart that the word of God was true (they didn't believe Moses or the prophets) and they wouldn't believe (they wouldn't be persuaded) that it was true. So seeing and hearing Lazarus wouldn't make a difference they still wouldn't accept God's word.

To better understand how your emotions are enmeshed in the neural networks of reason in the brain we must examine how the brain, glands, immune system and our entire body are joined together by discrete messenger molecules in our brain called neuropeptides. A peptide is biochemical that carries information through the different systems of the **body**, enabling the brain and the cells of the body to communicate. These biochemicals make it possible for dialogue to occur between the conscious level and metacognitive (beyond conscious) level. They form a system of feedback loops called “cybernetics”.

The cells in your body are covered with receptors which are little membranes on the cell membrane. As the emotion based biochemicals (peptides) flow over the cells they look for the receptors they will fit into much like a key that fits a **lock**. When they find the right match they latch on it and transfer the message into the cell and then move on. The message they transfer impacts the life of the cell, which includes activities such as cell division, the manufacturing of proteins and more. This process goes on in your body and brain at the same time. What this means is not just your brain has memory but your cells have memory. Because cells have memory and because of the ongoing communication between the brain and the body your body literally reflects your thought life.

As stated earlier receptors are little locks on the outside of cells and they are very discriminating. They only allow neuropeptides in that match their shape. This is very important for our health because any cellular changes from an excess of stress hormones actually erode or change the shape of the receptors resulting in the allowance of foreign neurochemicals or viruses to get into the cell. Once cells receive signals from other cells, they signal back into the peptide-secreting cells, telling them how much more or less of the peptide to secrete. When the system works perfectly the feedback loops are swift and unimpeded. In fact the faster and tighter the feedback loops, the more intelligence information becomes available to your bodily systems. And the more healthy communication that happens within these feedback loops, the healthier the system becomes overall. The converse is true. Toxic thoughts **disrupt** the flow of feedback loops, interrupting and minimizing communication making the whole system less healthy. One example of what happens when the psychosomatic system is destabilized is how the **peptides** help prevent cancer tumors is limited. Peptides do a good job of ensuring that the immune system kills tumors. Any destabilization of the peptide flow

reduces the body's immune systems ability to kill cancer cells. And the accumulation of those cancer cells over time turn into tumors. Another example is what occurs when a virus attaches itself to a cell's receptor. If your emotions are toxic or negative those peptides will flood the cells membrane and change the receptor which makes the cell more permeable or vulnerable. Any virus that is sitting on the cell can easily slip into the cell and make you **sick**. Unknowingly sometimes by our emotions we can help create the environment for the common cold or rhinovirus to make you sick. When your thoughts go wrong your emotions rule, to overcome that you need to learn to rule your emotions with wisdom and rational thinking. Emotional perceptions are not 100% reliable because they can misinterpret the truth, they mix truth and fact. Emotional perceptions are designed to create **alertness**, to guide but not rule. You need to learn how to tame and control them. In other words take the opportunity to evaluate them thoroughly before believing them and acting on them.

Some of the impacts of negative emotions like unforgiveness, anger, rage, and hatred if left unchecked or unchanged will hurt your heart. Results like high blood pressure, angina (chest pains) coronary heart disease (hardening of the heart arteries) strokes or cerebrovascular insufficiency (clogging of the blood vessels in the brain) aneurysm. Others like resentment, bitterness, lack of forgiveness and self hatred can trigger immune system **disorders**. When your immune system is under attack by the chemicals that are released by the above mentioned emotions your immune system generates blood proteins called "cytokines" which are known to produce fatigue and depression. These proteins reduce the body's natural healing process and thus making it more vulnerable to illness and disease. In effect your body loses the ability to recognize or **discern** the true enemy. So it begins to attack healthy cells and tissue and becomes less able to fight true invaders. If toxic thoughts are left unchecked over time they could cause the following immune system disorders: type 1 diabetes, Cancer, Asthma, allergies, skin problems (like eczema, psoriasis, etc.), Crohn's disease (ulcers that form on the colon wall), autoimmune disorders like lupus, and fibromyalgia. All of this means that the central nervous system and the digestive system will be negatively impacted by toxic thoughts.

The good news is that the word of God says we can begin immediately renewing our minds with His God. Science has shown that when you take the steps to start changing the way you think by detoxing your brain within 4 days significant structural changes can be seen. Controlling your thoughts

will not only make you feel better and healthier in the both body and mind but you also become more intelligent. And there's nothing more intelligent than to do what David said in *Psalms 103:1-5(NLT)* *Praise the Lord, I tell myself; with my whole heart I will praise his holy name. Praise the Lord, I tell myself, and never forget the good things he does for me. He forgives all my sins and heals all my diseases. He ransoms me from death and surrounds me with love and tender mercies. He fills my life with good things. My youth is renewed like the eagles.* 3 *John 2 (NKJV)* *Beloved I pray that you may prosper in all things and be in health, just as your soul (your mind, your emotions and your will) prospers.*

Lesson 5 Living Well

In this final lesson we will be focusing on things we can do to remove the stress, detox our thought life, and renew our minds in Christ to enhance our well being. Again I will be using the lesson's scientific material from Dr Leaf's book *"Who Switched Off My Brain? Controlling toxic thoughts and emotions"*.

To help us determine if we need to devote some time to detoxing or changing the way we think the author lists the following ten (10) questions for our consideration:

1. How many "could have", "would have" or "should have" statements have you uttered today?
2. How many "if only's" were part of your inner vocabulary today?
3. How many times have you replayed a conversation or situation in your head that pained you?
4. How many scenarios have you created of the unpredictable future?
5. How much time do you spend speculating?
6. Is your mind passive?
7. Are you honest with yourself?
8. Do you go thru the motions of the day not really committed to a goal, saying one thing but meaning another?
9. Is your thinking distorted? Are you forming a personal identity around a problem or a disease? Do you speak about "my arthritis", "my diabetes", or "my high blood pressure"?
10. Do you ever make comments like "nothing ever goes right for me, or I always mess up?"

She states that if you answered yes to even **one** of those you need to detox your thought life.

Taking steps to get the negative stress out of your life, detox your mind, renew your mind and walk in victory over the "things" in life that war against the **soul** can be done by incorporating the following steps:

1. Ask God for wisdom
2. Reflect on how a thought is formed and the impact it could have in your life.
3. Proactively analyze your thoughts. You should be asking, answering and discussing the thoughts that enter your brain comparing them with what God's word says. Positive, healthy, engaged and interactive thinking literally detoxes your brain because it forces integrated

- networking and the growth of links between stored memories. The brain grows when more **connections** are made. Which means that correct positive thinking actually grows your brain. Even though you get older you can continue to increase your intelligence without limits.
4. Make a conscious decision to accept a thought or reject it if it's negative.
 5. Deal with emotional strongholds by casting down high imaginations or everything that exalts itself above what God's word says about you and/or get spiritual or professional counsel for assistance.
 6. Build good memory by replacing the old with new memories.

The bible says that we shall be faced with tribulations in this world but we are admonished by Jesus to be of good cheer because he has overcome the world or deprived it of power to harm us and has conquered it for us (John 16:33 AMPL). Taking measures to follow the above steps will make a positive impact in your life in a short period of time. Science has shown that when you take the steps to start changing the way you think by detoxing your brain, within **4 days** significant structural changes can be seen. Controlling your thoughts will not only make you feel better and healthier in both body and mind, but as I stated above you also become more intelligent.

To build good memory you must address the negative words and thoughts you have been saying, rehearsing in your mind or have been victimized through the acts of others by speaking positive words. But as I've stated in earlier lessons this is more than just positive thinking because what you say has to line up with what you think on the inside (heart, mind, conscious and subconscious levels all need to agree). For your positive words to have an impact there must be congruence or **honesty** and **integrity** in your life. Framing your world with positive words that will replace the old negative memories is done by:

- a. Acknowledging an issue exists (pray and ask God for help by seeking wisdom);
- b. Reflect on what's wrong with your current way of thinking (be honest with yourself);
- c. Consider how you will change your thinking;
- d. Ask God and/or trusted others whether you can do it alone or need help.
- e. Then begin speaking positive words to replace the old memories.

When you speak positive words out of positive thinking you actually grow beautiful new memory over the painful oppressive one. More importantly when you speak God's word which is alive and powerful, in Hebrews 4:12 (NKJV) it says...**it's sharper than any two edged sword, piercing even to the division of soul and spirit and of joints and marrow, and is a discerner of the thoughts and intents of the heart;** it changes things. The word of God has the power to quicken or make alive your flesh awakening it to who you are in Christ. Of course you still can remember the old memory but the new memory will dominate your thoughts and memory and if you ask God he can remove the **sting** out of that old painful memory. For a Christian I believe it's important for you to take the time to build new memory through positive affirmations and the word of God to ensure that the congruence will be evident in your life. This way you prevent the impact of the positive words from fading and the negative stronghold regaining supremacy. To prevent the old from gaining supremacy Paul said it this way in Phil 3:13-14 - **Brethren I count not myself to have apprehended but *this one thing I do*, forgetting those things that are behind and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.** Paul was building new memory with new thoughts. He had already taken note of his inability to change himself but he knew someone who had accomplished it for him so he let go of the past and put his focus on God's grace to help align his thoughts with God's plan for his life. It's evident that he was talking about his thoughts because in the next verse, 3:15 He says...**Let us therefore, as many as be perfect, be thus minded: and if in any thing ye be otherwise minded, God shall reveal even this unto you.**

Another important point for replacing bad memories and building good memory is to be sure to express your emotions. Repressing your emotions is not a good idea. Repressed emotions can lead to irritability, short temper, over reactivity, anxiety, frustration, a desire for control, perfectionism, and self doubt. Expressing our emotions in an appropriate **non-judgmental** environment is the way we control our emotions. Don't deny your feelings. David did this he poured out His heart before the Lord.....Jesus even did this we have recorded in the garden of Gethsemane where he struggled with the decision to follow His father's will because He didn't want to have go thru what He did if there was any other way. We know his emotions were raging against this decision because the word says in Luke 22:44 (KJV) **And being in an agony he prayed more earnestly and his sweat was it were great drops of blood falling down to the ground.** Don't repress your emotions.

Express your emotions, generally I recommend expressing them to God. In other words complain up.

Taking the time for reflection is also important. As previously discussed the mind has both chemical and electromagnetic light forces. These forces work to link and coordinate the body's major systems and organs. The information flow is both metacognitive (beyond consciousness) and cognitive. About 90% of what happens in the mind is done on the metacognitive level. To begin to change how your mind is working you need to consciously force the metacognitive and cognitive levels to interact. You can do this by consciously thinking about what is in your mind. When you do this you literally access the psychosomatic (body-mind) network where memories are stored. Start by bringing awareness to past experiences and conditioning – which are the memories and emotions stored in your mind. And begin to replace them with new thoughts through studying God's word, reflection of what he says, meditation and speaking (positive affirmations). Like God told Joshua – This book of the law shall not depart out thy mouth (you'll not stop speaking it). Thou shalt meditate (think and mutter) therein it day and night, that thou mayest and observe to do according to all that is written therein: For then thou shalt make thy way prosperous and then thou shalt have good success. No matter what we are faced with in life God's plan is for good success to be what each and every one of us to **experience**.

Next the author states that detoxing our thought life doesn't just take place when we are awake. It also occurs when you are **dreaming**. Different parts of your body and mind are exchanging information, and your glial cells (the cleaners) are cleaning up your memory networks. During this process the content of your dream reaches your awareness as stories, complete with plot and characters drawn in a language of your everyday awareness. Although maybe not in a way that you immediately understand. On a physiological level your dream state allows the psychosomatic network to retune itself and get ready for the demands of your waking life. Peptides spill out in the brain's feedback loops and bind to receptors to cause activities necessary for homeostatis (death to bad cells). Information about these readjustments enters the consciousness in the form of a dream. And because these are the biochemicals of emotion, dreams not only have content but **feelings** as well. Capturing the dream when you wake through journaling can be helpful because you are identifying thoughts that need cleaning up. The act of simply writing down the story and your feelings of a dream have shown to increase blood and peptide flow which helps with the detox process.

Journaling everything including the fragmented bits and asking yourself how you feel will help draw valuable information to the conscious mind and out of memory networks of the mind.

Next train yourself to think forgiveness. Forgiveness is a **choice**, an act of your free will. It enables you to release all of those toxic thoughts of anger, resentment, bitterness, shame, grief, regret, guilt and hate. These emotions hold your mind in a nasty vice like grip. Most importantly as long as these emotions dominate your thinking you will not be able to grow new healthy thoughts and memories in that area.

Next, tune into the true power of love. Scientific studies have shown clear changes in the patterns of activity of nervous system, immune system, hormonal system, brain and heart when you experience emotions such as appreciation, love, care and compassion. The best way to let love impact your thought life is to experience God's love and the love of other people. Ponder on the blessings in your life. Develop an attitude of gratitude. Don't dwell on negative painful thoughts. Focus on spending more time with people who bring you joy and happiness. Focus on happy memories of good times or anticipating special happy events. Don't allow fear to cloud the messages of love in your life. When you do these things you positively impact the heart and the rest of your body. These things cause the heart to speed up its **communication** with the mind and body through the blood flow. Remember life is in the blood which is the body's transport system and the heart is in charge of making sure the transport system works. So by focusing on love and positive emotions they will have a positive impact on detoxing your thought life. Make the commitment to walk in love. Meditate on 1 Cor 13 regularly. Walking in love is a process and it requires practice and it has great benefits.

Other things like:

- Give hugs, reach out and touch someone.
- Play and laugh often,
- Exercise regularly
- Healthy Diet and nutritional practices
- Rest is important

All of these are supportive to building good memory, healthy neuronal cells, dense dendrite branches and crisp synaptic responses in the brain. Practice them often the rewards are **bountiful**.

Last and the greatest thing that you can do to renew your mind, detox your thought life and begin framing your life for success so you can live to the fullest, is to grow in love with God. I mentioned tuning into the power of love before but love deserves to be mentioned again. Only this time I'll discuss it from a different perspective. God is **love** and He is our life and out of Him flows the richest and most rewarding and most exciting life you can live. The way you grow in love with God is to grow in love with His word and doing what His word says. The best way that I've found to do those things is to first ask God to help. His nature is to give and He will give and give and give of Himself and He knows exactly how to reach you exactly where you are at any given time. His earnest desire is for you and Him to have intimate knowledge of each other. He already knows us but His desire is for each one of us to know Him **intimately**. The word of God is alive and many of you know that one of the benefits you experience when revelation knowledge comes is how it changes your thoughts in that area forever. There's a supernatural impact that is made through revealed knowledge from God that causes your thought life to progress beyond what you could ever have thought in the natural or further along in the progression of a thought than you could have attained through natural means. Revelation knowledge of the word of God comes from the Spirit of God. He gives you insight into God's word. Sometimes the insight is like a light that comes on and suddenly you can see what wasn't known before. Other times the insight is so fresh and clear it's as if you are actually there witnessing the exchange take place. All in all what you gain from that experience changes your thought life in that area forever. As you grow in love with God and His word be patient with yourself and those around you. Exercise **compassion** in your interactions with others and in a short time you will begin to see results in your thinking beyond what you could have ever imagined.

Let's look at an example and see what is revealed to you as we read and when you reflect on it later and how it begins to change the way you think. Matthew 16:13-17, John 4:1-30, 39-42; Acts 3:1-11.

Finally I want to remind you to always remember to do the following:

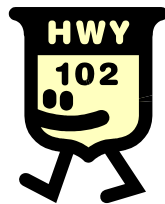
Love the word of God,

Dwell in His love,

Reflect on how fearfully and wonderfully you are
made,

Practice healthy choices and

Then you will LIVE WELL as you travel on the road of
Divine Health



I have come that they may have life and
that they may have it more abundantly.
(John 10:10b NKJV)