

10/9/17
Week 42: Transport LIFE
James and Betty Robison
Dr. Caroline Leaf

James: Thank you! Thank all of you. Welcome to *LIFE Today*. I'm James Robison. Betty and I are thrilled to have you.

We spent a lot of time in Africa and Peter Pretorius is pretty much the... you might call him the general overseer of the whole continent of Africa as far as *LIFE Outreach* is concerned. He told us about a lady there in South Africa that was talking about the brain. She's got a new book and it's going to have to do with how we think but it is called *The Perfect You*: Includes the Unique Qualitative (UQ) Assessment Tool. We're going to ask what that is, a blueprint for identity. But it actually has a whole lot to do with being able to deal with the stress and the pressures that come and not let your brain get cloudy and bogged down.

So she's been a real blessing and she's kind of become a missionary from Africa over here to us. I don't think she is through with Africa yet. I think she needs to go back some. But would you welcome Dr. Caroline Leaf back to *LIFE Today*?

Dr. Leaf: Thank you so much!

James: Caroline, why don't you start right off?

Betty: First of all, this is a beautiful book! I love it. I love the colors and everything. But the title, *The Perfect You*, I want you to explain that a little bit because I know as a woman, a lot of women think no way -- no perfect in me. We always put ourselves down so to speak and we think, how can anything be perfect about me? Whereas, if we could see through God's eyes, there we would see -- God didn't make a mistake when he created us. So explain a little bit about *The Perfect You*.

Dr. Leaf: Well, I'm so glad you asked about that title because a lot of people have challenged and said, "We're not perfect." But then you have to look at the fact that we are made in God's image, we're designed to reflect his glory, we bear his image, we are the royal priesthood, we're stewards of creation. If you look at all of those, and God doesn't make any mistakes -- I'm a scientist, so I always go back to the science. So okay, is this reflective; we're spirit, we're mind, we're body -- we're spirit/soul/body. So will this design be reflected in our brain and our body?

If you look at the fact that he laid, Ecclesiastes 3:11, He laid eternity in us, a divine sense of purpose. All these -- there are so many scriptures that show that there is a design, a plan. He gave us power, love, and a sound mind. So scientifically we see that our bodies made of 75 to 100 trillion cells -- that's a lot, including the brain. Every cell has got its own genetic, it's got its own nucleus with the genome in it. And the human genome, which they've been studying for years and years, there are some very revolutionary research that's been done which proves that we are wired for love. So if we're made in God's image, God is love, that means we're wired for love. So our natural, normal design is wired for perfection. God is perfection. So I come from that stance that our natural normal is wired for perfection.

Linked in with love is the fact that we choose, God gave us the ability to choose him. If we were robots we wouldn't choose, we would just automatically love God. So inherently interlinked in the concept of love is the ability to choose. So then you look at the science of choice, you look at the science of being wired for love and you see that inherent in mankind is a natural normal wired for love zone.

Let's look at the human genome very quickly for a moment. The human genome for many years they only understood about 3% of the human genome. What that means is the fact that we're sitting here alive is that 24/7 your genes are constantly doing work to keep you alive. But they found that the action happened in 3% so they didn't know what the other 97 to 98 percent was for so they called it junk D.N.A. which is what scientists do. If they don't understand something they call it "junk" or "black" or -- I don't know why.

Then they discover actually that that 97 to 98 percent -- and this is so so powerful -- is actually word based. It is regulatory. It regulates the three percent. So the 98 percent regulates the two to three percent and it's word based which means it responds to a language. And our thoughts are based on language and word. And "In the beginning was the word and the word was God and the word was with God." God is the source of all consciousness and the word *word* means "intelligibility, logos, intelligence."

So what we see in science we see in the genome research, we see in quantum physics that the source of all -- everything inside of us is based on this regulatory function of the word and it's actually designed and wired for good word, good decisions, good thinking. We've got nothing in the design of the genome inside of the brain and the body for anything toxic or negative. This is what the scientists are finding.

The quantum physicists are finding that up to 95% of quantum physicists are turning to God because they are finding that the source that actually drives the ability of the genome to express itself, which keeps us alive, is driven by a conscious intelligent signal and that we as humans, our D.N.A. is connected to a source and that source must be a supreme God.

So in a nutshell, what we have going on here is the word, "In the beginning was the word and hovered over the face of the earth," Genesis 1:1-4. "And God spoke and said, 'Let there be light' and there was light."

And God spoke and the world was created. We know all of that. We see this in science. Science is saying this is what is happening. We have this Genesis power inside of us. As God spoke he placed that design in our genome and as we are thinking and feeling and choosing, being led by the word of God or not being led by the word of God, we are making decisions that are creating physical changes in our bodies. And what we do with our spirit, soul, and body then impacts the world because as you know as we were discussing this earlier on about the love concept, about we need to be more loving, what we do is going to impact the world.

In order for us to be true bearers of his image, a light to the world, we need the light of God moving through our D.N.A. So the way we have to do that is step back into our "perfect you" nature. That's what this book is about.

Betty: And then ask God to release that in us.

Dr. Leaf: Exactly! Because it is our natural design so we can choose to step into our "perfect you" nature or if we've not been ignoring that and then we're in our "imperfect you" nature then we make wrong decisions. And there's cause and effect, we change the structure of our brain. We impact the world, we don't do what God's called us to do; to operate in the love mode that you were talking about earlier on, where we're selfless, where we're loving, where we're giving, where we're truly operating by God's designed us to operate, we have to be led by the spirit of God. And science also shows us that we're able to do that every ten seconds.

So within our "perfect you" design, our brain has been designed that we can consciously self-reflect, self-regulate what we're about to think, feel, and choose every ten seconds; that means six times a minute, we're designed to be led by the spirit of God. I mean it is phenomenal. I get so excited when I talk about this.

James: You talked to us when we were just chatting about and visiting about the book that people live in a stressed, let's say, atmosphere. There is a lot of pressure coming from very many sources. If you move into a stress place or a point of panic -- I've never felt like people made very good decisions in a state of panic. I think sometimes we have to react quickly for protection's sake but panic is never healthy.

Is there something that happens in our mind that would keep us from doing the more perfect thing if we operate under stress to where it is jamming our thought processes? Is that even

realistic what I just said?

Dr. Leaf: So realistic! It's so much easier than what we actually realize. That's why it is so important to blend science, which is God's stuff anyway into the word because it gives you very practical tools for how to do that. So stress is very normal. Stress is very healthy. When you're in a stress state you actually think more effectively, you have more cognitive -- your heart beats differently so you have more blood flow to your brain, you have more oxygen to your brain. You actually are able to -- all your neurotransmitters flow in your brain, your D.N.A. is express -- the genetic code is operating like it should.

So what happens then is if we are in our "perfect you" nature, stress works for us. We have a little genetic code deep down inside our brain that when we're in challenging situations and we step into our "perfect you" nature, in other words being led by the spirit of God, stress works for our body, enables us to respond quickly with clear thinking, et cetera.

The problem comes in when we choose -- now choice is an incredible thing that God has given us. And if we recognize the power of choice you'll realize that you're always in a Genesis moment. You're always creating. So if we choose wrong then stress works against us instead of for us. So if we don't choose to rejoice despite the circumstances, as the scriptures say, if we don't choose to say, "I don't know what to do. Show me what to do." If we don't, like I say, "freak out in the love zone" -- so the love zone is the "perfect you," and if we don't freak out in the love zone we will freak out in the "imperfect you" zone, we block off the leading of the Holy Spirit and that causes neurochemical chaos in our brain and our body.

So instead of our heart, the blood vessels around our heart dilating and pumping more blood and oxygen to our brain they constrict and that means we have less oxygen, less blood flow, less neurotransmitters, less clarity and this is where we operate in toxic stress. So stress is now working against us.

We have a little genetic code deep down inside somebody called the hippocampus in our brain, which is deep down inside our brain and it is a little genetic code that's a total gift from God. What it does is as we're in these difficult situations, if you respond correctly by turning to the Holy Spirit and saying, "I don't know what to do. But I know that you, God," or whatever word you use, it activates and your body goes into protect mode and helps your body to work with all the reactions in your body and balance, what we call the sympathetic and the parasympathetic nervous system, which is in every organ of the body. If you don't, all that switches off.

So that's one mechanism. We have a multiplicity of mechanisms in our brain and our body that work and align with our natural nature and that switch on the fruits of the spirit. They literally, the fruits of the spirit will activate love, joy, peace, patience. Those are things we will experience

as we step into the love zone.

So even if you're crying and it is a terrible situation, which is life, suffering is part of life. God suffers with us in that situation and he gives us the clarity and the wisdom.

Then we see things like in Hebrews 11:1 where we start understanding through the power of quantum physics shows us that faith is the substance of things hoped for, the evidence of things not yet seen. So here we have a paradox -- substance and evidence that we have not yet seen. But there is substance and evidence in this love zone, and I'm pointing to the left side of you. When you step into that, the substance and the evidence that God created because he is beyond space and time. He is not waiting for your tomorrow. He has the solutions. We have to get the wisdom to activate and step in.

So we have to recognize as a royal priesthood, we have to start recognizing the role of a powerful mind. I don't believe as the body of Christ we've understood it. I don't believe as a human race we have understood the humanness, the power of our humanness to really access the incredible power that God has placed within us.

There's Oxford mathematicians that don't believe in God that are calculating and working out calculations that show that the embedded in space time are all the values of goodness, all the values of intelligence, all these God-like values. As we choose we access them. So they try and pretend God's not there but God is just using mathematics to show how he has placed within this world that we live in this ability for us to access his power, access this energy from God and make these right choices. And then that helps us to operate correctly in stress and make good decisions.

Betty: As Christians, and growing Christians, we should be able to tell the difference for we know as a Christian when God has carried us the moment that we accepted him. We know something happened at that point in our hearts and in our lives. So as we grow in him through his word we should be able to recognize better; shouldn't we when we're being carried by his spirit or where we're just reacting?

Dr. Leaf: That's brilliant! That's brilliant! We should but it's not happening because statistics in the world are the same as they are in the body, in the church. So if we're all being led by the spirit of God every ten seconds we would all be praying continuously like the word of God says we're supposed to do, then we should be different.

But the statistics don't say that. We have the same -- people are falling into mental ill health issues, people are allowing themselves to be labeled. The word of God says bring all thoughts into captivity -- not drag all thoughts into captivity. We're trained by the spirit of God to face and

self-evaluate and access and we do know that we can't know unless we choose to know. And choices...

Betty: It's about the choice.

Dr. Leaf: That's what I found as a therapist for years practicing and even now what I do, we get thousands of emails as you can imagine of people saying, I'm going through this crisis -- that crisis. Well, life is full of suffering so we're all going to. But we can get through these things. We can get through them but we have to choose, we have to choose to not to try to dampen down that pain. We have to choose to step in and go into what I teach and what is a quantum physics concept called "superposition."

What they've found from research, this is what I've been doing in my work as well, is that when we are about to choose and this is, Betty where your question comes in, when we're about to choose our brain has been designed that we're able to focus on the incoming situations, so the suffering, the phone call, the drama with our children or life or whatever is happening. There's trauma -- we're able to focus on that and that obviously, we have lots of memories from, trillions of memories that we've been building with our experience of life. Those are moving up, our experience moves up into our conscious from our unconscious to our conscious mind. So we have incoming, we have upcoming information and we start going into a superposition, a state where we haven't yet made a choice. In that state we are thinking and feeling and choosing.

Now research shows that before we choose and all this genetic stuff happens and this genome and this, we can choose to access the energy from God, the source of all intelligence by -- our brain is designed to access a third dimension, which is God. So we can choose to accept -- okay, Holy Spirit, I've got this. I've got that. What do I do? How do I do this -- every ten seconds? So in superposition we can access the power of the Holy Spirit. It's a discipline, it is a training and then we can actually start learning to build these thoughts into our brain because thoughts are real things as we've taught and they start building up a foundation, where we start learning how to feel this way and make those correct choices.

James: You actually, amazingly because you've covered a lot of ground and you talk from a scientific point of view but you don't talk above people. But a lot of the things that you say, the terms and references cover a tremendous amount of ground. And what I feel like you do in print is you're able to expand and explain more clearly some of these very important matters and issues.

Then you actually have in here a test, which is not like a test you dread but it's like a personal analysis to where I'm going to be examined. Like it would be nice if I could go to a doctor and he wouldn't just tell me everything that's wrong and diagnose me as catastrophic terminal illnesses

and here we go. But to actually say here's the way that you can make some adjustment in some things and it will absolutely change everything in a positive way.

That's what this analysis does. It lets you look at yourself from what I'd call a point of view of wisdom and look at it from a God and a biblical point of view, which Caroline is talking biblical stuff so much, if you're not a pretty good student of the Bible you think she's maybe talking south Africa language to us or something and this may be a little above the United States language but it's not. She's actually basically quoting scriptures.

She talked a while ago about walking in continual prayer. People think, that must mean I'm down like this in my prayer closet. There is no evidence Jesus ever got in a closet. What he said was he did get on the mountain a lot. I sometimes say he is up there looking for white tail deer but they didn't have them there.

But here's the deal. He would get alone so he could hear clearly the sound of the Father and silence the sounds of crying humanity to hear clearly the Father. When you pray continually, what we're doing is we're continually sharing our heart with God. We don't have to be talking out loud. Our mind is thinking, we're talking to God and then he wants to talk to us. He talks continually to people who are anxious to hear his voice. And when you know his word you can know his voice and you can live in just a constant fellowship. It just does amazing things for the brain.

That's really what Caroline is trying to show us; that this is life itself. We have to live with continual communication so that we're illuminated by God and we never change his word because if you deny or change it or twist it you have accepted the life of a prisoner, of being in bondage, of being defeated because you don't know the truth, you don't hear the truth, and your mind bogs down.

Now this is putting it in kind of lay term, old Texas term but you've got to get your brain straightened out and I think she can help. Would you say thanks to this wonderful gift from Africa to the United States?

[Applause]

The book is in the bookstores and you can get it online. Do you have a website where they can find out where you're speaking?

Dr. Leaf: Yes. DrLeaf.com.

James: DrLeaf.com. So go there.

Well, Dr. Leaf, you know as well as anybody that we have spent 25 to 30 years helping the people in Africa and all over the third world countries. You know Peter Pretorius because he introduced us to you.

I was amazed when I went and saw the trucks that we had given them because when we got there none of their trucks worked. We just heard from all of our missionaries. As a matter of fact, we had to push every truck Peter had and it broke my heart because nothing would start, and they were just worn out, the tractors were worn out. I said, "Let's give them trucks." We give them hundreds of trucks -- to the missionaries.

But right now the mission workers all over the world, it's not just in Africa, they're telling us we need over 70 trucks right now. Not maybe/if/and/but. We did not anticipate this. This is not something you plan for. People don't get excited about trucks. But these trucks determine life and delivering the love that people desperately need.

I want you to watch and here's what I want you to do. We've just got a real brief window here. I want us to be a miracle. I want us to deliver these trucks. Watch closely.

On the mission field

Announcer: They say the shortest distance between two points is a straight line but there are no straight lines on the mission field. Instead, you'll find some of the most challenging roads on earth. They wind through mountains, jungles and deserts full of bone-rattling potholes and grinding sand. In fact, calling them roads is often an exaggeration. Many times there is little more than a trail to follow from village to village.

While many people are moved to help feed the hungry, provide water for those who thirst and bring freedom to those caught in human trafficking, they rarely stop to realize that without transportation the majority of *LIFE's* outreaches would come to a grinding halt.

David: This is a good example right here. We talked about it everywhere we've been. We can't get through here. If we can't get through, these kids don't get anything. They don't get water, they don't get the food. They don't get any supplies that we're going to have. We've got to get through. This is a prime example. You've got to have the right vehicle for the right terrain and this is clearly not the right vehicle.

Announcer: In order for the gospel to continue down these roads in both word and deed, there must be reliable transportation. The wear and tear these vehicles are subjected to is incredible with some having already logged hundreds of thousands of miles under the worst conditions

imaginable. Maintaining these vehicles is no longer a viable option. They must be replaced and soon if the outreaches of *LIFE* are to continue to reach out across the world to those for whom Jesus died.

Cissy: Our mission is to reach every person with the gospel of Christ and to rescue every child from the evils of human trafficking. Our big truck is 14 years old now and on its last legs. We are in need of a new truck to keep our children as safe as possible.

Announcer: So it comes down to this, while some people only see trucks and other forms of transportation, others see the feet of the gospel by which thousands across the world are coming to know Jesus and his love. The real question is, what do you see?

End of clip

In the studio

James: Well, I hope you see love delivered. How are they going to hear the gospel unless they're sent? The bottom line of even getting the gospel out is sending. With these vehicles, as a matter of fact, it isn't just trucks but it is also vehicles because sometimes we need a four wheeler, sometimes we need a motorbike, sometimes a motorcycle; that's how we deliver most of the messages on the line of Christ in India; is they get up on the mountain roads taking the projectors, even the screens strapped to motorcycles and going up narrow paths. We have literally led somewhere around 15 to 20 million people to Christ just in that outreach.

So we're talking about the over 70 vehicles that we desperately need right now. Betty, I'll never talk about vehicles -- now listen to this because when we tell you something is important, it is important. Sometimes we don't realize how important. We ask you to give vehicles to get back to remote areas. When Betty rode in those small four-wheel drive trucks, which so many times will be going between pit holes and sometimes they would bomb -- where bombs had exploded and left a pit that you could lose a truck in. Betty always rode the jump seat in the back. And in the over 20 years of riding and pounding, and she took a beating, she herniated two disks.

Now you say, "Why are you bringing this up?" Because I want to tell you something. We looked at you and said, "These missionaries have to have an airplane that can land on short fields and take in a big load. It's going to have to be a big plane but it can land on short fields." You gave it. One of the most expensive things we ever gave to missionaries.

When Betty herniated those disks, we laid her down flat on the floor in that LIFE Angel, that's what we called it; it's the only plane she ever rode in, the only thing she ever rode in where she could lay down. The doctor said had she not been able to lie down, Betty would have come home

from the mission field paralyzed.

So here's what happened. We told you there was a need, you met the need. It helped us save thousands and even millions of lives and win millions to Christ -- but you also saved Betty's health and we want to say thank you for that. So see what you did is you responded to a request the missionaries made, it ended up blessing my wife beyond words and you blessed us. Thank you. I'm telling you right now, over 70 vehicles, over a million dollars that we did not plan on, did not budget, it's come right at us.

Father, we need a miracle. So I'm asking you to raise up people right now who will give \$40, \$80, \$120, whatever -- \$1,000. Please give us these vehicles; in Jesus' name.

We want to send you some gifts to say thank you. A beautiful classic hymns instrumental CD -- and get this! You're going to love this. *The Sweetest Name*, the history behind the hymns, how were they inspired. And then Betty, I've got to be honest. This is the finest cover, the most beautiful Bible and now I have 20/20 vision because of surgery, thank you, Lord! And a surgeon's help, but now we've got a large print Bible.

Betty: We can really read it!

James: And I could have read without even having had -- this is fabulous! I don't believe I can explain how much this is going to bless you. I have an idea this is going to be the Bible you're not only going to study; you're going to carry to church. You're going to love this. So we're sending it to those of you who will make a gift of \$120 or more to help us.

Then we have the beautiful "Determined Eagle" bronze for those of you who will make a gift to help with the vehicles of over \$1,000. Would you go right now to that website? Please do it, would you? Or would you dial the phone number there? Take your bankcard, and make the gift God put on your heart. Let's be an answer to not only the missionaries' prayer but the need of all those people they're helping. Thank you so much for doing it!

On the mission field

Announcer: It's a missionary's nightmare, having lifesaving relief supplies in your hand and no way to get it to those who are suffering. Some of the vehicles so vital to our outreaches are completely worn out and must be replaced. And in some critical areas no transportation is available at all. *Life's* mission partners have immediate and urgent needs to transport lifesaving supplies to children and families in remote locations. An additional 1.1 million dollars is needed

to purchase 71 vehicles, large and small. Your gift of \$40, \$80, \$120, or \$1000 will help purchase these vehicles and provide lifesaving food, clean water, medicine, and the good news of Jesus to people in need.

With your gift of any amount, be sure to request *The Sweetest Name* classic hymns CD with a booklet containing the history behind the hymns for all twelve songs.

With your gift of \$120 or more, please request the NIV Super Giant Print Reference Bible, ideal for anyone looking for a Bible that's gentle on the eyes.

Finally, please prayerfully consider a gift of \$1000 or more to help transport life. And you may request our beautiful Determined Eagle bronze sculpture.

Please call, write, or make your gift online!

End of clip

In the studio

James: I want to remind you that you can get this book. It is online. You can go to Dr. Leaf website that she mentioned. There it is on the screen. I do hope that you will give us the opportunity to say a big thank you. You're going to love this Bible and you're going to be showing people the power of God's word. Thank you. Say thanks to Dr. Leaf for sharing!

[Applause]

Thank you very much. Thank all of you. Thanks for watching us.