

Week 51

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>> The way I explain it is that you have two types of emotion, you have fear-based emotions and you have faith-based emotions.

Narrator: Coming up on LIFE Today, Dr. Caroline Leaf explains how our thoughts and emotions can be either healthy or destructive to our wellbeing.

>> Well, we've got a lot of existing toxic memories in our head; everything from birth to death is stored in your brain. But that requires a lot of effort and it is a renewing of the mind process. That is what it boils down to.

Narrator: Detoxing your thought life -- next!

James: Thank you so much for giving us this opportunity to share this time with you. I'm James Robison. Betty and I welcome you to LIFE Today. We are sharing with you a series and we don't ever want to offer something that we don't believe has the potential of enhancing in every possible way your life. One thing we found out and we found it out from you, we found it from the viewers, we know we have a health crisis and many of you have affirmed that because the number one prayer request, and I've talked to ministry heads and leaders all over the world, number one: Physical problems -- physical ailments. So we have a health crisis. But here is what we found out from you, our viewers all over the world, you are interested in better health. I'm holding in my hands a series of eight sessions teaching on health. The title, "Your Body is His Temple" and it really is. Your body is the temple of the Holy Spirit. Now that's a fact. Don't touch that channel! Do not leave! What we're doing to our body, what we're doing in our mind is destroying or contributing to the destruction of health or to disease and to discomfort unnecessarily. There are things we have to deal with. I have inherited, according to doctors, from my parents, arthritis in all my joints. For now 30 years every x-ray that has been taken they see arthritis in the joints. I'm still moving. My mother couldn't move her hands. For the first time, I've had arthritis hit me here and I've got a swelling that's started here. What are you doing? I'm massaging it. I'm praying. And I keep moving. But I also have learned some things that I can do through supplementation, through other things that the medical community knows about, nutritionists know about. I've also learned about what I think and what I do. And I learn something from a lady who contributes four of the eight sessions to this teaching series, I learn something from her in the book she wrote, "Who Switched Off My Brain" and about how we can have toxic thoughts that become like an abscess or a cancer in your brain that you can actually see. Or we can have a fruitful tree that looks like it casts a great shade and it bears much fruit. And you can actually see it in here. And evidently, our viewers knew we have a real issue here because I don't know that we have ever in our life had such a flood of interest. People who say, "We want the book." Well, we've invited Dr. Caroline Leaf; she is from Johannesburg, South Africa.

Long trip over here to help all of us people in the United States get straightened out in our health crisis. You know what we found out? Canada has a health crisis. The U.K. has a health crisis. All of Europe has a health crisis. Australia has a health crisis. Africa has got a health crisis. So this is one of the major elements. Now she is going to talk to you today and to all of us about how we start detoxifying our brain. That's a part of the teaching series. I want you to get this series, "Our Body, His Temple," "Your Body, His Temple." I want you to get this and you get the book, you also get a book by Janet Maccaro, by Marty Copeland and a DVD teaching on a paralyzed life spiritually, how you get paralyzed, by Beth Moore. She is going to be a help. Would you welcome Dr. Caroline Leaf back to LIFE Today? Caroline, it's good to see you. I'm excited about what you shared. I love the viewers. I love people. God put this in my heart, it is a supernatural thing and it is very, very real. Betty and I have an awesome relationship. Both of us basically enjoy good health. Obviously, I'm fighting arthritis that crippled my mother. I'm still moving. I'm going to do everything I can to keep moving. When you were here before, I brought up an allergy. You said something bad happened, perhaps, when you were around the pecan tree. It is very rare that you would have an allergy to pecan pollen. You said to me, you were probably hurt as a child when you were around those trees. My mind went back and I remembered one of the most awful incidents happened. And I'm telling you, as far as I know, from the time you said that I have not had that problem. We got an incredible response from people who said, "I learned something and I dealt with it and I'm seeing remarkable changes." So when we talk about the brain, which you do so effectively, you talk about toxic thoughts that are like poison or abscesses. Am I misstating that when I say they have that damaging affect when they lodge in the brain?

Caroline: It is totally, 100% correct. When they lodge in the brain they have such a toxic effect. Your thought life in your brain is actually translated by -- the internal part of your brain into a physical state in your body. So your thought life is like, if you talk about attitude, attitude is a state of mind that will influence behavior. And attitude is a combination of thoughts that we have stored literally in the memory trees of our mind. If you have a look of this image over here, this is an image of what it looks like inside the brain. The trees that you were speaking about --

James: They actually would look like trees with the blood vessels?

Caroline: That is an actual slide of the brain and there is a very toxic memory. It is a very dark black one. Now that could also be good; if it was good it would be a healthy one. If it was toxic it would have all the wrong chemicals and thorns and everything and that would cause a whole toxic reaction in the body. Now you can control that. It takes four days to start altering that thought pattern. So you can spend 60 years, 50 years, 20 years, 30 years and that can be altered within four days just by changing your thought life.

James: Now does it actually change the way it looks or does it like grow branches? What I have learned is like if you have heart damage or some damage, if you do the right things

you begin to grow -- it is almost like new little vessels and things that begin to make that area healthy. You actually are putting more blood in. Is it similar to that in the brain?

Caroline: Very, very similar. So in other words, you always remember the pain, the incident that created the pecan nut allergy in you, you'll always remember that but you've dealt with that now. So the old memory stays there but it changes structure. As you release that painful toxic thought and that painful memory, those thorns fall off and you grow a new memory over the old memory. So you remember the old but the new is working over that and it makes your whole brain healthy; the new healthy memory that grows over the old memory. But that requires a lot of effort and it is a renewing of the mind process; that's really what it boils down to. And really, there are 13 steps to detoxing. One of the major steps is the primary step --

James: By the way, the 13, the entire 13 and time would not permit, that's why these ladies came in here and spent days teaching eight sessions; to cover all 13, that is the reason that getting the DVD's or the CD's, along with the book and the other books help us to get through the whole program. But she deals with it. But of the 13, you're going to touch on some of them. Go ahead.

Caroline: I'll touch on a few of them because according to the medical community, which I find very interesting, because it supports exactly what the word has been saying, the most important way of starting to detox --

James: And you say "what the word has been saying." By the way, if you don't watch regularly, when she says "what the word has been saying," she is talking about the Bible. She believes the Bible, as we do, is God's Word and we believe men twist it up and mess it up and their brain gets switched off or they make an idol out of their opinion and pretty soon you've got lopsided theology. The Bible itself says "The letter killeth but the spirit gives life." So you can take the Bible and not only beat people up with it, you can beat the very life out of them with it. So when she talks about the word, she is talking about the truth of God. Am I right about that?

Caroline: Absolutely. The Word of God says you must bring all thoughts into captivity to Christ Jesus. The word says that you must think on these things that are good, pure, of good report. God does not do that for no reason. He does that because when you actually think about those things and the medical community and the scientific community have proven that, the neuroscientists, the neuro researchers, that if you think of good healthy, positive, good thoughts, you release chemicals in your brain that actually go down to those negative toxic memories and start literally helping to dissolve those thorns and help to actually change the structure of that memory so that you can grow the new memory over the old memory. So the way I explain it is that you have two types of emotion, you have fear-based emotions and you have faith-based emotions; there are only two types of emotion. Out of the fear-based emotion come all those negative things and out of the faith-based come all of the positive things. Now you're either in one or the other, faith or

fear. They are spiritual forces and they cannot co-exist on the same memory. So you either have a toxic memory or you have a detoxed memory. And you can constantly change and bring all your thoughts into captivity. You can change that detox memory and you can change it within four days. So the main thing that I teach people in my detox steps is to actually control your thought life. What are you thinking about? People are very passive in their thought life.

They just let this chaotic mess of thoughts whirl through their head like a hurricane and it just -- do we really discipline our thought life?

James: By the way, doesn't the media feed that toxicity? And what we're exposed to?

Caroline: They really are. They use the five senses, which is the contact between the external world and the internal world of your thought life. They pump information through into the brain through all the media, through all the different things and we've got to make decisions. The most amazing thing is this information they pump through the five senses comes into your brain but there is a point in your brain -- I mentioned it the last time we got together just recently, that there is a point in your brain called the "free will" and it is a genetic structure, there is genetic code. You can use that free will to accept or reject that incoming information. So if you are controlling your thought life, you don't have to just receive all of this input that is coming in from the outside world, from the media, from external and also from your internal world; we've got a lot of existing toxic memories in our head, everything from birth to death is stored in your brain. So you're going to have information coming from the outside, information from the inside and it all meets at this point of the free will in the brain. You can make a decision at that point to accept or reject that information. If you decide this is not good for me and you actually analyze that thought and say, this is not good for me, this is not healthy. You can reject that thought and it goes out and becomes heat energy. It actually becomes hot air and it doesn't become part of you. But if you choose to think about it, if you choose to meditate on that, if you choose to ask, answer, discuss, analyze to give meaning, you push it into these memory trees of the mind, into the memory circuits and once they're there they're there for good. Once they've moved into what the neuroscientists call the magic trees of the mind, once they're there, they're there for good, you can't get rid of them. Then you've got to rebuild, that's the renewing of the mind. Much more difficult to rebuild than it is to reject so you've got two points where you can actually --

James: But can rebuild?

Caroline: You can rebuild -- that's the beauty of it, it is just harder. So when we talk about bringing thoughts into captivity, we need to consciously in an involved interactive way literally analyze what you are thinking about, is it good for you? Is it not good for you? And control that thought life and make a decision to accept or reject that information. If thoughts slip through into the brain, you need to make a decision about, if they become toxic, you need to then start the rebuilding process, which is then consciously bringing -- consciously, interactively meditating on that thought, which will come out through your

spoken words. Because what's in your head is going to come out through your mouth. What you speak has first got a root in your mind. So somewhere in your mind, your state of mind in those neuro trees you're going to have these thoughts and then they come out through our mouth and through our behavior. So by looking at what you say, which is the second step in detoxing you can actually see what is going on in your thought life. So although it is two different steps they're working very closely together because what you're saying and what you're doing is reflecting the neuro patterns in your brain. So we need to become more -- I find people in general very passive, very willing to just submit to everything out there thinking that there is no control. I have a passion to teach people that you actually have control. You don't have to submit to all this --

Betty: That is the key, is realizing you have that authority to make the choice on which thought -- take those thoughts captive. If you've accepted those negative thoughts, you chose that.

Caroline: Exactly, you've chosen that. I was on a radio station the other day. Someone phoned in and said they've been through extreme trauma and how could they get through? So many people in the e-mails, we get this all of the time. Now trauma, any kind of trauma, as you've experienced is very hard to get through. I find people in that victim mentality -- you made a decision to get out of it. People, you can make that decision to stay in it or get out of it but you need that supernatural help to submit your free will to say, I can't do it on my own, I need the help. As soon as you've taken that step and that's where the love of the people, your family and your friends, that love can help start breaking that negative cycle. So one of the healthiest ways of healing a traumatic toxic stronghold is consciously watching what you say, watching your thought, relying on the love of others because the love from others, which is one of the detox steps as well, when you actually experience love from others, they've done experiments in the laboratory where you hug and love, it releases chemicals in your brain that actually go and help to start breaking down those traumatic memories. So that's a third one that one can move on.

James: You know what I was thinking when you were talking about taking thoughts captive and about how people have a mental hang up or stronghold. We're talking about taking thoughts captive but the fact is there are many people watching us whose thoughts have taken them captive. They are actually held captive. Many people are held captive by lust. Many people are held captive by resentment and hate. And a person held captive by lust may feed that lust by feeding on that which is sensual or stimulating, along that line, which makes the stronghold let's say something that becomes to them a source of entertainment and maybe temporary relief. But also, the person that has got bitterness and anger, they tend to look for people who will support them in that anger. They build up this little army. What do you say to somebody because I guess I'm finding myself thinking if you are held captive by your thoughts, you've got these toxic thoughts and it is like that abscess or that cancer in the brain, doesn't a person have to decide I am a

prisoner? I'm being held captive and if Jesus came to set captives free, doesn't the captive -- he even has said, "Do you want to be well? Do you want to be free?" Basically, will you be? Do you want to be healed? It's like doesn't a person have to say, even if they're watching now, and they say, okay, you've got a book, you've got teaching, other have to help me -- don't they have to say I realize I have an issue or the issue has me and I need help?

Caroline: That's key! That's key to facing the actual issue. You cannot move forward unless you've stepped out of the boat, unless you face that issue. It is the first key step because otherwise, you're going to always remain under as a victim mentality. And your brain doesn't change structure, it will not change, it will not re-grow, it will keep those thorns. And what will happen is if they don't make that decision, that black thing will get bigger and bigger and bigger. Anger takes -- Physically, it grows like weeds grow through a garden and choke out, with tentacles, with the thorns and chokes out everything. And it grows and it feeds, and the more you feed that addiction, the more you feed that lust, the more you feed that pain, that trauma, the bigger it gets, the more pervasive. And then eventually it becomes this huge black thing that then filters all of your perceptions and then you're negative and you speak negative and that negative word comes out of your mouth and you attract negative back to you. Then you mix with negative people and it gets worse and worse. You break the point where you actually say enough is enough and no one can do that for you. That's the first step to healing.

Betty: I know that I can relate to it in the fact, talking about negative thoughts that take you captive, I had fear; it had completely controlled my life for years. I began to have physical signs of it. I kept headaches all of the time. I felt like I had a mind block. I had no energy. I couldn't concentrate. I felt like I was too dumb to understand the word of God. It was just like I had a block there. I was definitely a prisoner until I made that choice that I'd had enough. I wanted to be free of that. I knew that God's Word was for me too and I could understand it.

James: There was a reprogramming that Betty went through that was just awesome, the confidence that she's got. And of course, I've tried to encourage her; I know that she says that's helpful to her. But she really had to recognize, I'm tired of being somebody that's being sat on by some other force or power. There is an Old Testament passage where the tormenter said, "Lay down and you've become a smooth road for them to travel on."

That's the passive spirit where people don't resist. By the way, Dr. Leaf, there is no field that will grow weeds and briars like a farm that's been abandoned. It will really grow. And so if our mind is abandoned to something other than its purpose to think what sort of things is true and pure and wholesome and we abandon it, it will grow a bunch of junk. By the way, there is not a one of us that hasn't been affected by things that have happened to us and lodged like a thorn. And if it isn't a thorn once it gets a deposit it becomes like a pestilence, like briars, like a thorn and Dr. Leaf has shown us that even actually you can see pictures of the brain. It is what she talks about. There is not a one of us that hasn't had

these occasions of hurt or where something has been deposited that has been damaging and it is stuck and we need that release. I've had a lifetime of pain inflicted, pain offered and problems and challenges. I'm going to tell you, God is the only one that can give us the strength to do the reprogramming she is talking about. What she does is she shows you what's happening in your brain. She shows you in the teaching series, and she's got four sessions on "Your Body, His Temple" along with Beth Moore who is also teaching on how to keep from being paralyzed, emotionally stuck and spiritually, and Marty Copeland talking about how we really don't even have the ability to diet properly or to exercise and keep moving properly without help from above. She couldn't do it and she is a strong-willed person. So we need the help. Dr. Janet Maccaro, who was a wreck physically and found out what nutrition can do and good supplementation and building on the right foundation -- all of them coming together. But until a person is willing to say like Dr. Leaf is talking about, I need help. I need to reprogram. Until we are willing to say it, we are not going to start the process. But once we say we want to, I think we can use some instruction and some inspiration going through it. That's what I see you trying to offer. Do you feel like you've got something here that if people will absorb and is this the kind of thing that people can take because it is so well videoed? It is beautiful. The shots are great; it is easy to listen to. Do you think it is the kind of thing not only individuals can absorb but they can actually share in a setting where others will get it?

Caroline: I think people will benefit in Bible studies, in churches. I think it is going to change people's lives because it is practical; practical steps on how to think, how to detox, how to feed your body, how to diet. It is very practical. It is a very anointed series I believe. I think it is going to help a lot of people.

James: You can see and there is actually a presentation of all of the material and you can see what is there, what's being offered. We want you to get the eight sessions. Also the DVD with Beth Moore's teaching. And then the books on "Fabulous at 50," getting "Who Switched Off My Brain" and then Marty's top ten for how in the world you have the right diet and the right fitness and really the supernatural enabling to do it. Please know the telephone number there is always there if you need someone to pray with you. I've said it many times, it is paid for by love. Betty and I can't pay an 800 number where a million people just about every year call in saying, "I need help," just here in the states. So we can't do that. You say, "Who does that?" Love -- people like you say I want to help people that need help. Well, the number is also there today for you to call and say send me the series, "Your Body, His Temple." This is God's house. What do we need to do? We have a health crisis all over the world, certainly a big one here that no federal government is going to be able to deal with adequately. But we can begin to make some changes in the way we live and what we do. God knows we all need to but we need help. Dr. Leaf is going to help us understand how the brain works. How we can begin the reprogramming process. We live in a computer age and we need to reprogram what is going in to this greatest computer of all, we need some new software, may need new hardware, getting everything going right.

And this is what we want to help you do. If you'd like to have the DVDs, eight sessions again, all of the books, Beth Moore's teaching, we're asking you to simply send a \$99 gift that helps us in all the outreaches, helps us right here in the television outreach, helps us in the mission projects around the world. If you'd like to have it on CD we're asking for \$59. But we also would like to ask you as we have year-end emphasis and beginning a new year, we would like to ask you to help us care for 15,000 children that we've identified in tremendous need, associated with the building of 300 homes in that second poorest nation in the western hemisphere. We have found children that we want to take care of for the entire year. As an example \$50 will feed 25 children for an entire month. So will you make a gift here to help? And you ask for the tapes, you ask for the DVD's and the material, "Your Body, His Temple." Ask for that because we want to make the necessary changes. But would you consider making a special gift to help us share an opportunity to have health with those precious children? I know you'd like to do that for others and we want to also help you, that's why we're offering the material. Go to the telephone right now or you can go online at lifetoday.org and simply request "Your Body, His Temple" and thanks so much for your help.

Narrator: In this fast-paced world, it is often difficult to balance what the Bible says about health and wholeness with the latest scientific discoveries. Introducing "Your Body, His Temple," a powerful new series that will put you on the road to physical health and emotional wholeness. Through eight life-changing messages, our guests Caroline Leaf, Janet Maccaro, and Marty Copeland team up to help you achieve God's best for your life. Their professional insight and passion for wellness will elevate you from a frustrating lifestyle of stress and dieting to a lifestyle of freedom in your body, your soul, and your spirit. Plus, when you call today we'll send you three dynamic books, Dr. Caroline Leaf's, "Who Switched Off My Brain?" Dr. Janet Maccaro's, "Fabulous at 50" and certified trainer Marty Copeland's, "Top Ten Diet and Fitness Strategies."

>> I can't thank you enough. This is what I was telling everyone my whole life!

>> Thank you for explaining everything so well! The journey is not easy but I've come so far I can't turn back now, even if I wanted to.

>> This is really remarkable. Thank you for bringing this to life.

Narrator: With your gift of \$59 or more, you'll receive "Your Body, His Temple" audio series and books or request the video series and books with your gift of \$99 or more. Call today and we'll send you a bonus DVD by Beth Moore, "When Life has you Paralyzed."

As you move on your journey to health and emotional wholeness, you'll be helping 15,000 suffering children in Nicaragua take a step toward better health. Please consider an additional gift of \$20, \$50, or \$100 to help us provide emergency food supplies for 10, 25, or even 50 children for a month. Finally, please prayerfully consider a gift of \$1,000 or

more and you may request the video series along with one of the final few "As the Deer" bronze sculptures. Call, write, or make your gift online today!

Narrator: In this region of Nicaragua, thousands of children live with the empty gnawing pain of hunger. It is an area where 75% of the children are malnourished and 25% severely. [Speaking Spanish to child.]

>> He doesn't have anything but he just went ahead and gave us --.

Kathy: He doesn't have anything and he just gave up his food!

>> He went to pick it out way down the hill.

Kathy: Jose, he freely gave me this mango with an extended belly and he is starving. He freely gave and I pray that you will allow him to freely receive out of your goodness, out of the ways that God has blessed you. Will you please give so that he could have a hope and a future? So that he could have health in his little belly and we can put hope back in his little eyes?

James: It has been a joy to have Dr. Caroline Leaf here. She came a long way from South Africa. It is amazing that here we are over helping kids with their health, feeding them in Africa, she comes all the way over here from Africa to help us with our health! -- Our well being! "Who Switched Off My Brain" and then teaching in the series, "Your Body, His Temple." This is just great material. Would you like to say thanks to Dr. Caroline Leaf? Thank you, Caroline! Come back any time! All right? You're a blessing. I'm learning how to hear faster. You are a tremendous blessing. Thanks so much for watching LIFE Today. Encourage your friends to watch and thanks so much for your help!