

Week 51

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Narrator: Next on LIFE Today, Dr. Caroline Leaf reveals how our thoughts and emotions impact our physical bodies.

>> So toxic thinking in your brain will actually become a physical reaction in your body. The way in which you think will affect your intellectual emotions and your physical health. So if you submit your free will to Christ, he's going to take that and he is going to show you how to turn it around to create the healthy thoughts.

Narrator: Overcoming stress with healthy thoughts -- next!

Betty: Thank you so much for joining us on LIFE Today. I'm Betty Robison and this is James. We're talking about our body is our temple.

James: Yeah, it is God's temple. And the thing is that we had a guest on months back that you talk about somebody that talks fast, those of you in New York who watch this, you're not even out of the starting blocks yet. This lady, she was so rapid fire with her beautiful South African accent because she is from Johannesburg, South Africa. She is a Ph.D. who has really studied learning; she is a learning specialist. Her name is Dr. Caroline Leaf. Now here is the book. I'm going to tell you something, it was like we couldn't mail it out fast enough. We didn't have enough. We didn't have enough people to answer the telephone, and then that was the case all over the world, and then it was the case for her back in South Africa. "Who Switched Off My Brain?" It was like, Betty, everybody we were talking to must have felt like their brain is turned off. So they thought, hey, I've got to get this thing dealt with. Here was the little byline, "Controlling Toxic Thoughts and Emotions." What Dr. Leaf did and you're going to meet her here in just a moment and you know what Betty said, "I think she talks so fast, I don't know if people can keep up with her." Well, I watched the program later in the day because we watch it in our home. We tape this program, pre-tape it so then we sit at home like you do and we watch but we can watch it at different times. I caught it and I kept finding myself moving forward to the edge of my seat. I said, "Betty, I'll tell you what, nobody can do something else. They can't wash dishes. They can't just think about their coffee. They're going to be zeroed in." I'm telling you, it was obvious, everybody wanted some help. So what she has done is she has come back and we have got, along with Dr. Janet Maccaro and with Marty Copeland a health series with eight sessions, and Dr. Leaf taught four of them. So she taught four of the eight dealing with our brain and what happens. She is here to talk about how in fact those things that enter our brain can become like let's say an infection in their damaging potential. They become like a grip. They become like a visible deposit that you can actually see. Then the fruitfulness of good thoughts looks like this incredible fruitful tree. She is going to talk to us about it. I want you to welcome Dr. Caroline Leaf from

Johannesburg, South Africa. Caroline, we're glad to see you. Were you amazed at the response?

Caroline: Overwhelmed -- overwhelmed! Thank you so much. It was just fantastic to see how people's hearts were just so welcoming and in so need of all this help.

James: And they received it. Listen to this psychologist. We began to send these books everywhere and here -- I'll just read it to you. "I saw your television show. I enjoyed the interview regarding your latest book, Dr. Leaf, 'Who Switched Off My Brain.' I'm a psychologist in San Diego, California. I want all my patients to read the book. I want my officemates to read your book. I want copies for my friends to read." She wanted to get it to everybody. This was a psychologist -- "I want everybody to have it." And then as the people began to get it, see, knowing that this is what was happening, you were just spilling the truth, and everybody wanted it to pass it on. Now you've come in to teach. Explain to us and to our viewers so we can understand it, a little bit of the highlights of which you go into very thoroughly in the four sessions right here in the LIFE Outreach studios at LIFE Today and you taught. Tell us what is going on in our mind that causes you to use a term like "the mind being switched off" or "being damaged." What's happening?

Caroline: Well, what I've done in the series is that I first teach people about the anatomy of thought. If you can understand how your brain works, if you can understand how it functions, it makes something that is very out there something very tangible. So I teach people about the anatomy of thought, what's happening now as you're listening to me. What's going on? How does that thought form in your brain? Then if you think incorrectly it becomes toxic. So in the second part I teach people about --

James: When you say "toxic," give us a definition from your perspective of toxic.

Caroline: Well, toxic is -- basically your body functions in electrical chemical feedback loops so if you don't think correctly, the way -- the nerve cells look like trees and like you so clearly explained just now, that if it is a good thought, it will be a luscious green tree with lovely green leaves on it. But if it is a toxic thought it is like a weed with thorns on it and it becomes a negative --

James: Like a briar.

Caroline: Exactly like a briar and it takes up space and it occupies space and it grows through the brain and things like anger, hate, bitterness, and rejection and those things, that memory looks different to a good happy, positive memory in your brain. When you have those toxic memories actually physically growing, because it is a physical thing that actually happens in your brain, it actually physically grows, it upsets the whole electrical chemical feedback loop in the brain and that causes your whole body, that thought is translated by the middle part of your brain into a physical reaction in your body. So toxic thinking in your brain will actually become a physical reaction in your body. So the way in which you think will affect your intellectual emotions and your physical health. If we can understand that that is a reality, we can also change it because the scientific research

shows us that you can grow your brain at will. So if you have grown a toxic thought, you can actually fix that up, which is amazing. Because if you have an abuse or a rejection or a bitterness or any kind of -- that becomes a thought that is in your head because your brain, everything begins and ends in the brain. So if you've got this toxic thought, this toxic emotion in your brain, this actual memory that looks like a tree and it has all these thorns on, you can actually deal with that. God gives you this incredible ability -- within four days you can start changing the way in which you brain functions. So through correct thinking --

James: You can take a negative, almost like an abscess and you can eliminate it and get like an even more healthy blood flow. In other words, you can actually go from no fruitfulness, like the Bible talks about a root of bitterness, would that bitterness be like a deposit --

Caroline: It would be a deposit with thorns on it. Actually literally grows --

James: Can you actually see that?

Caroline: I've actually got a picture over here. If you have a look at this picture over here what we have is an image of the inside of the brain. Over there is a very -- it is a minute portion of the brain that has been magnified and it looks like a whole lot of spaghetti and meatballs, but that over there is a very strong memory with lots of branches. Now the more you think the more branches you grow because that's where the branches actually hold the information that is coming in. Now if it is a good memory, that's a good memory, that's a healthy memory, but when it becomes negative, it actually creates that kind of effect, like a black hole. Because when you're learning --

James: It is like an abscess.

Caroline: Literally, it becomes like an abscess. As you are thinking, it is learning is an electrical chemical process. In order to grow those branches you need electrical activity and you need chemicals. Now if it what I call a faith-based emotion or a faith-based memory, you're going to pick up the right kind of chemicals and you'll build a good healthy memory, you'll build one of these kind of memories, the healthy memory. But if it is a negative one, if it is a fear-based emotion, because there are only fear- or faith-based emotions so all the negative emotions come out of fear. And if it is one of those you will actually pick up the wrong amount of chemicals and the wrong type of chemicals. All the excess chemicals literally grow little thorns on the trees and change the whole electrical chemical status around the memory and it becomes this black hovering, negative cloud. That stimulates a whole release of chemicals through your brain, put your body into the stress reaction and makes us mentally --

James: Into stress? Depression?

Caroline: Well, depression is a side affect of stress. What happens is that the result of toxic thinking is a physical reaction in your body called stress. So stress has got three stages and stress really is the reaction of a toxic thought. The first stage of stress is good because that's what we use to actually build memories, alerts us and prepares us for the memory

building process. But your body is only supposed to be in that state for a very short time. What happens however is that if you --

James: Is that like an adrenaline rush? Similar?

Caroline: That's right. It gets the blood flowing and it gets your brain prepared to build memories but it is only a short period of time. Then what happens is if your body stays in that stress reaction, those chemicals are not supposed to flow for too long. If you're thinking is toxic, if you started building one of these memories your body will shift over into stage two of stress and your body will start releasing chemicals throughout the body that effect the way in which you function, it effects your intellect, it effects your emotions, it effects your physical body and there is a very specific route that it travels through your body. So literally, you've got an area of your brain called the deep limbic system and that's the internal part of your brain and that deals with all of our emotions; that's what I call the chemical factory. It is the part of your brain that secretes the chemicals that we need to build memory. Now if that part of your brain is secreting the wrong kind of memory, it responds to your thought life, it responds to the memories that you have built. So if you are activating negative memories this chemical factory will secrete negative chemicals and will build these toxic thoughts and you'll get a physical reaction in your body.

Betty: Can this be reversed?

Caroline: It can be and that's the good thing. Let's say that that is a negative memory and it is an abuse or a rejection or a bitterness. Actually you can't build another memory over that memory until you've dealt with that memory. It is the principle of like unto like. So what one has to do is deal with that memory first, that toxic emotion first. So you have to consciously bring all thoughts into captivity to Christ Jesus.

You've got to actually examine that thought --

James: Now you've got a Ph.D., you've studied the brain, you look at this thing scientifically and you just threw a scripture out like "take thoughts captive." Like you believe that when the Bible talks about strongholds, it would be like a grip, almost like a mental fortress, you believe that that is more than let's say a spiritual reference or truth or statement or what somebody might believe is true, you believe it is provable, that if you've got hurt or you've got bitterness or let's say you have got lustful thinking; you've programmed addictive thoughts, these bad -- anger, all these things, you're saying it becomes like a stronghold that you can actually identify in the brain and that the opposite of that you can actually identify in the brain where someone has developed not only their memory bank but the positive input and impressions and it looks more like something that's fruitful and productive?

Caroline: Absolutely! It is a physical change that actually occurs because that will cause a secretion of chemicals and electrical activity and magnetic activity in the brain that is different to a healthy memory. You can actually change those. It is a physical thing in the brain, it looks different. In the medical research, in the scientific research, they have shown that in order to overcome that, you have to go through a process of forgiveness

and repentance. This is coming out of the medical laboratories where they're not even talking about the Bible.

James: The medical community would talk about you can't hold resentment without doing damage?

Caroline: It actually causes damage in the brain; they're actually advocating that you go through a process of releasing and forgiving and bringing those -- and controlling your thought life. And as you control your thought life, as you forgive and release, those thorns start falling off. As you forgive someone, that chemical structure changes and those thorns literally fall off and that memory changes. Now it doesn't go away. Like you'll remember the things that you went through in your past --

Betty: It doesn't have a hold on you.

Caroline: No! It doesn't have a hold because you literally can grow the new memory over the old memory. So you can remember the old but the new one now is the healed memory that you can actually deal with the past, you can deal with the unforgiveness. It changes.

James: I had a very dysfunctional childhood, ten years in absolute poverty, an alcoholic father who left us -- who actually raped my mother when she conceived and gave to me at 41. But for about five years of my life as a child I lived with a pastor and his wife. And then later, when my home totally exploded, father nearly killed mother, I nearly killed him in self defense and out he goes to prison, I went back to the pastor and his wife. And my assistant said to me, "Don't you think those few years with that pastor and his wife really made all the difference in your life? Aren't you really grateful for those years?"

And I said to her, "No, I'm more grateful for the ten years when everything was wrong, when everything was so painful because out of that I learned to identify with the pain of others, I learned the capacity to forgive, I learned how to overcome those things and I am grateful for the challenges." Now here is what I hear. When I just gave that little testimony to her, I didn't know all these things that you are talking about. But it was obvious that all of the hurt that had come my way had really miraculously, in my opinion, by the love of God, reprogrammed my thinking where I could forgive all the abuse and the horrors that happened in ten years of hell on earth and actually gleaned good from it. Does that make any sense?

Caroline: It does make a lot of sense. That's what you're talking about reprogramming?

Caroline: Exactly, but you made a decision of your free will because you could have become a victim. You could have chosen out of your free will -- in your brain you actually have the actual genetic code for free will. They've identified that free will has an actual structure in your brain. So you made a decision, James, to actually take that past and to deal with it. Where, I do believe the pastor and his wife that looked after you, they would have helped you to create some really good basic patterns because --

James: That I wasn't even aware of. And they were certainly praying for me. I believe there was supernatural intervention. In other words, Dr. Leaf, I don't think that I could have dealt with the issues and reprogram -- you talked about earlier, take thoughts

captive, you just threw out a spiritual truth or scripture. I'm not sure we can take these thoughts captive. I don't even think I can practice proper self-control without a greater source of enabling, I believe I need God's control. I'm not as easy going as Betty and she is easy going but I tell you, I know the easy going Betty. I've got to tell you, this sweet, beautiful smiling girl, she needs God's help too. Not just to live with me but she needs God's help to live with Betty because she could have all kinds of insecurities and inferiority that she grew up with; God's power has helped us. And so as a Ph.D., as someone who deals with the brain, do you really agree that spiritual influence and strength and enabling are an essential part of this whole process?

Caroline: It's the most important part of the process. I believe when a person is born again they're actually giving their free will to God because God gave us a free will and there is a structure in the brain for free will and he gave that to us. When you're born again, you give that back to him. So you actually, it is a situation where we don't have his level of understanding, we don't know his thoughts. We need to find his thoughts. We need to have the mind of Christ in order to be able to submit that free will to God. Its trust in the Lord with all your heart, rely not on your own understanding; in all your ways acknowledge him and he will direct your paths. So if you submit your free will to Christ, he's going to take that and he is going to show you how to turn that around and to create healthy thoughts. It requires a lot of discipline. It requires a lot of hard work but it is not -- on our own, it is impossible but with God it is possible. With God it is possible to take all of those horrific traumas that you've gone through, we've all got stories to tell. There are terrible things out there. Some of the letters that we received that came through are heartbreaking. But every single person has that hope in Christ to actually be able to take that free will, give it to God and help him to actually cause this change of toxic -- going from toxic to de-toxic thinking. Because your thought life -- you are what you think; out of the abundance of the heart the mouth speaks. Based on that, you have a brain in your heart as well. This for me is phenomenal. You have a 40,000 neuron brain in your heart that connects directly to your free will in your brain.

James: This is a scientific fact?

Caroline: This is a scientific fact. It is quite new research and it actually controls it, links directly to the part of your brain which is more or less over here --

James: You mean the physical heart, not just the emotional heart we call the heart -- the physical heart?

Caroline: The actual physical heart has a 40,000 neuron, very sophisticated checking machine, which checks for congruence for interaction and it actually is a still small voice that goes up and helps with your decision making. You receive information, it comes in your brain and you start to formulate a thought. Now as that information comes in, you make a decision of your will, is this good for me? Is this bad for me? Do I need this? Am I going to accept this? Am I going to reject this? And you rely on the heart to guide that decision. So the heart has a huge cognitive -- it secretes a chemical called ANF, that

actually has a cognitive impact. In other words, it controls the thinking process, and that is like a checking station to help us to actually make a good decision. But if your mind is chaotic, it completely wipes out that message from the heart. Then that chemical that heart secretes brings your body into a state of peace. And if it is not being secreted because you haven't listened to the heart, your body goes into a state of disease or lack of peace and you feel it physically. When you don't feel at peace, you feel it physically in your body. So we've got this incredible ability to control our thought life and an extra checking station from the heart, which the Holy Spirit will speak to in a small still voice. So you've got all of these checking stations built into our physical nature. It is just phenomenal.

James: I find myself just -- I'm just captivated here every bit as I was sitting at home watching her on our program and finding myself hanging on her words. Don't you appreciate the way Dr. Leaf has expressed herself and all that's going on in our mind and the insight that she has given us? I want to say this to you -- by the way, she is going to talk in another program about how we begin to take steps to detoxify, to get the toxin out of our brain, to get this abscess or cancerous deposit, it is similar to that in its deadly affect and deadening affect, to how we can turn that into fruitfulness and productiveness. The Bible talks in the Psalms about meditating on the Word of God and we become like a fruitful tree that is planted by the river that is capable of drawing life and strength and then doing what it was designed to do. Dr. Leaf, Caroline, we don't have to strain -- no plant strains to grow flowers. If we are really rooted and drawing the right resources we won't have to strain to love. We won't have to strain to forgive. We don't have to gut it out and say, "I'm going to forgive you but I know some day God will get you." That's not the fruit of the spirit, that is not this reprogramming that you're talking about. I've got to ask you, did you find a comfort level and a connection with the other ladies, with Dr.

Maccaro, with Marty Copeland that you put together a whole package. I'm holding it here in my hand. "Our Body, His Temple," did you feel like God brought something together very special where you were able to go into detail and give step-by-step? And then the other women contributed in a way that you feel like if people will absorb? And then Beth Moore teaching how to keep from being paralyzed because of spiritual problems, when you get this whole combination, did you feel like we were putting something in people's hands that could go right straight into their heart and just make a big difference?

Caroline: A complete life-changing tool. It was incredible how it just worked. God's hand was on this whole program. We didn't even know each other and we just all connected and it just flowed. One dealing with the mind, and one dealing with the body and one with the nutrition of the body, the spirit, it is just incredible. It is a tool that I believe is life-changing and is essential in this day and age where we have so many New Agey kinds of things coming at us and telling us how we should -- self-help, people are desperate for self-help. We saw that with the e-mails that we got. We saw that from the reaction of the book. People are desperate for help and I believe this is a tool.

James: When I think about somebody in New Age or this self thinking and not having a supernatural help from God and from really the perfect example, which was set in Jesus Christ, no question about it, I feel like they just trade one form of being a zombie to another form of being a zombie. What God really wants to do, I'm sorry -- but by the way, churches are full of people who are like zombies. They are just pickled in religion but their brain is stuck; somebody turned their brain off. That's the name of the book, "Who Switched Off My Brain?" Well, I'm going to tell you what you can get it turned back on. All of the material that we're offering -- I'm holding here the DVD's and it is my sincere prayer from the depth of my heart that you will get "Your Body, His Temple." I want to send it to you in DVD or you can get it in CD. We're asking you to make a gift of \$99 if you'd like to have the DVD and the books and Beth Moore's teaching; we'll send all of that to you. If you want it on CD, we're asking for a \$59. And of course, you're investing in the outreach that you see right here through television but we're also going to ask you to do this, prayerfully consider making an additional gift to help us care for 15,000 children in Nicaragua where we're building those homes. We've got a tremendous number of children that desperately need our help and we're asking you to help. What a great way to end the year with a great gift to say I want to take care of those children. You take \$2 and we're able to take care of a child. \$50 will help us care for 25 children, that's a gift you'll be making. We actually need over \$360,000 to take care of the children we've already located that we want to take care of; so a great way to end the year, a great way to begin the year. Go to the telephone right now or go online and say, "I want the teaching series." I hope you'll get it on DVD. You'll be getting the three books also and Beth Moore's teaching. Go right now and ask for this. Thank you so much for helping us reach out and offer an opportunity for health and wellbeing also to the children while we try to be healthy, we can actually help some children be healthy. Thanks for making that call.

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: I know that all the viewers, Betty, of our program and I thank God for this, that you can't watch long and not start noticing others. You're going to find when we're here and our guests, we notice you. You're just as important as the children in Nicaragua. We want to thank you for helping us care for them. Ask for the "Your Body, His Temple" series; not only for your body, which is his temple but for all the people you love. I'm telling you, the insight, the information, could be life-saving and life-changing. I hope you'll get it on DVD; it is available on CD. "Who Switched Off My Brain?" I didn't know so many people felt like, mine isn't working right. I think I noticed it a few times myself as I moved about in public and even when I go to churches sometimes, it looks like we've got shut down city. People are jammed. We're going to talk to Dr. Leaf also, in another program, about how you start taking these steps to get the toxic thoughts out of your mind. You want to say thanks to Dr. Caroline Leaf? Thank you so much for being with us, Caroline. God bless you and your family. If you want her to come and be in your area, there is her web site. You can communicate with her directly. Maybe she can come and

give us some learning insight in our area. God bless you! Thanks for watching.

>> 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: Detoxing your thought life tomorrow!