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LS 101

08/25/2017

Summary of "Who Switched Off My Brain?"

As I watched the video "Who Switched Off My Brain?" by Dr. Caroline Leaf it really spoke to me and it helped me to realize that I must change my way of thinking. In the video Dr. Leaf stated some interesting facts, she stated that we are able to change our own brain. We are wired to change our mind, our mouth, our mood, and our attitude. We are wired for love, we are wired for healthy thoughts, we are wired to do what God has called us to do. If we choose right then good things will follow, if we choose bad then bad things will follow. "Whatever a man think in his heart so is he." Every decision that we make is wired into our brain and it will pass through to the 3rd and 4th generation. Dr. Leaf also talked about toxicity is a strong hold of the enemy. Toxicity is defined as the degree to which a chemical substance or a particular mixture of substance can damage an organism. We cannot control events and circumstances in our life but we can control our reaction. We are the captain of our soul.