

Who Switched Off My Brain

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LS 101 Developing The Healthy Leader

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“Who Switched Off My Brain?” was really good, and very fascinating in the medical sense. I loved how Dr. Leaf used her Christianity beliefs in companion with her scientific knowledge. The good news is that we are able to transform our way of thinking and live more positive, fruitful lives.

I feel like Dr. Leaf offers a lot of solid ideas for learning how to change thoughts and control unhealthy emotions. I learned from the video that we are wired for love and there are two emotions “fear” and “love”.

Our thought life is very important. We all think in a unique way and we are thinking all the time. True gift is how uniquely you think. It was interesting to hear what happens when our thoughts create a forest of green trees or black ones. Our thoughts are manifested in our body. Negative thoughts and chemical imbalance in the brain can make our bodies sick.

What we have to do is cast all our cares upon the Lord for he cares for us. By renewing our mind with positive faith and praise thoughts, we can renew our minds. I just love it when Dr. Leaf referred to passages in the Bible that are true and fits right into her scientific explanation of things about renewing the mind. She also speaks to faith in saying: “talk to the mountain”, activate the chemicals in the brain, melting down the fear. It was so interesting on how she told the story of Jericho to show we can wipe out strongholds. We can do this if we obey the commands of the word of God and discipline ourselves and be consistent with it, we can bring down the strongholds and get rid of fear and replace it with love.

Because we are wired for love, we can find a new you. Good thoughts bring a good attitude.

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If we stop concentrating on what happened to us and control our reactions we will find that we are the captains of our souls. I am convinced that life is 10% what happens to me and 90% how I react to it. So it is we are in charge of our attitudes.