How you thought affects your emotion and your physical health, also this will affect your inner thoughts. God created us bright and it depends how you think and believe. You can change your brain from negative and toxic thoughts, moods and action and have positive, good and healthy thoughts because we are wired for love and will avoid emotions which bring fear, all these happen in the brain. Each on e of us can prepare brain for positive change through new connection, improving habits, having a good sleep and A good diet, practice, improving working memory, having break because summoning a positive thought improve brain

Men and women have different size of brain, Male brain is bigger than a female brain but it is not a science it is about connection. Ultimately between a female and a male brain, we need each other.

Doctor Leaf and Doctor Caroline video ‘who switched off my brain’ teaches us that nobody can switch off the brain of another person, you can unlock or switch off your brain and also have love emotion or fear.

You are able to perform your own brain surgery positively, negatively, good or toxic thought.