God created man in his own image and likeness-Genesis 2:26b through love. Our bodies more so our brain is wired for love though many people make wrong choices. God gave human being the ability to think and to make choices. The choices made is determined by either being positive or negative but God’s original state for man is to think positively which results into healthy talking and right choices.

Fear is also in human body which emerges from the earth and is controlled by the brain. Our brains are full of thoughts which grows everyday it is compared with trees in the forest which have a lot of branches. It is very interesting to know that thinking and choosing correctly leads to proper bonding. Everyone has the ability to control all the thoughts coming into his/her mind.

We must be careful and courteous of attitudes because it is contagious. We should properly know who is surrounding us. Attitudes are either positive or negative and as stated earlier it is acquired.

We have five senses which helps someone to decide what is good and best for him. Toxic thoughts comes as a result of bad thinking. Intelligence comes as a result of deeper thinking and wider understanding.

Everyone of us is differently gifted in thinking, and the level of intelligence differed. Our minds posses chemicals which brings balancing, much chemicals in the brain brings imbalance and inflation which leads to toxic thinking.

Stress comes as a result of our bodies fighting imbalance in the brain. Everyone has the ability to change what is in the mind by thinking well. But God is the only Solution not a doctor.