

THE SUMMARY OF "WHO SWITCHED OFF MY MIND" BY DR. LEAF

**THE SUMMARY OF "WHO SWITCHED OFF MY BRAIN?" CONTROLLING  
TOXIC THOUGHTS AND EMOTIONS.**

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OUTLINE

THE SUMMARY OF "WHO SWITCHED OFF MY MIND" BY DR. LEAF

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- I. INTRODUCTION.

## THE SUMMARY OF “WHO SWITCHED OFF MY MIND” BY DR. LEAF

This book is a great work of Dr. Leaf trying to elaborate to her readers about how the brain science lives up with the scripture, - meaning that the mind can be renewed; that toxic thoughts and emotions can be swept away and that the brain really can be “switched on”. Toxic thoughts are like poison, but one can break the cycle of toxic thinking. By breaking the toxic thinking, the thoughts start to improve every area of the life, the relationships, health, and even success. Harmless thoughts may become toxic and thus become physically, emotionally or spiritually dangerous.

According to Dr. Leaf, thoughts are measurable and occupy mental “real state”; thoughts are active; thoughts grow and change; thoughts influence every decision, word action and physical reaction we make. Thoughts actively change brain and body for better or for worse. Toxic thoughts don’t just creep into the minds as a result of abuse or a horrific trauma. They affect people at all ages in life, everywhere and always. Dr. Leaf introduces “The Dirty Dozen” in areas of our lives targeted by the toxic thoughts. These are:-

*Toxic thoughts, Toxic emotions, Toxic words, Toxic choices, Toxic dreams, Toxic seeds, Toxic faith, Toxic love, Toxic touch, Toxic seriousness, Toxic health and Toxic schedule*

Toxic thoughts results to stress. Stress is the extreme strain of the body system as a result of toxic thinking and it harms the body and the mind in a multitude of ways, from patchy memory, to severe mental health,

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immune system, heart and digestive problems. We have power to detox and develop the potential of our magnificent brains. Leaf further states that the common wisdom of time, suggested that brain is like a machine and if it broke down, it could not be repaired. It is also believed that brain was hardwired from birth with a fixed destiny to wear out with age, but we are no longer bound by these misperceptions for we are not victims of biology. God has given us the design of hope and we can switch on our brains, renew our minds, change and heal.

## **II. THE BOOK’S GENERAL OVERVIEW.**

TOXIC THOUGHTS are thoughts stored in the mind and in the body cells and they triggers negative and anxious emotions, which produces biochemical that causes the body stress. Thoughts are basically electrical impulses, chemicals and neurons that grows like a tree with branches, and as thoughts grows and becomes permanent, more branches grows and connections becomes stronger. Thoughts are activated by thinking, which in turn activate the attitude, for the attitude is all thoughts put together and reflects the state of minds

The combination of thoughts, emotions and resulting attitudes, imparts the body in a positive or negative way. By understanding how thoughts forms and impacts the emotions and bodies, we’ve to either, let our thoughts become toxic and poisonous or we can detox our negative thoughts, which will improve our emotional wholeness and even recover our physical health.

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Thoughts are actually felt through our emotions. Therefore, in every memory made there are corresponding emotions attached to it, which is stored in the brains and as a photocopy in the body's cells.

Thoughts create change right down to genetic levels, restructuring the cells make up. These “feel good” chemicals are released that makes us feel peaceful and also promote healing, memory formation and deep thinking, which increase intelligence when combined together. Thoughts can sweep away stress, making one cleverer. Stress is the direct result of toxic thinking, and the Dirty Dozen thrives on stress. When one is under extreme stress, chemical floods the body and create the physical effects caused by intensive feelings. If the stress chemicals overstay in the body system, because of the imbalance of the system from toxic thinking, later they will tunnel deep in the recesses of the mind. When one internalizes wounded emotions, he allows a seething mix of anger, hostility and resentment to develop, and these resentments causes serious mental and physical illness.

The protection and growth are two fundamentals for the body survival, and both are controlled by brain and nervous system. These systems are important in understanding stress because if the thought life becomes toxic, the growth and protection functions will be at odd with each other. The imbalance of cortisol levels in the body causes strain on the body's protective systems. Cortisol regulates and supports the functions in the heart, immune system and metabolism. When the cortisol level increases

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because of stress, and flows in excess quantities in the brain, it causes the memory to temporarily shrink, so one is unable to access particular memories.

Toxic emotions and toxic thoughts are naturally combination, so when toxic thinking is swept away, toxic emotions will be swept away too. When the system is stimulated by healthy, non-toxic thoughts, it becomes constructive – it makes you alert and focused and ready to move forward. Therefore stress becomes a serious problem when it moves past the temporary stage or is sparked by negative toxic thoughts.

By breaking the cycle of toxic thinking, habit of absorbing stress is broken. When you allow the stress to become ingrained in the mind, you become a victim of unforgiveness, anger, rage, hatred or any other form of toxic thinking, thus calling a need for forgiving others and also yourself. Stress attacks the heart, immune and digestive systems. Neurologically, the heart is sensitive to what one is thinking and feeling, because thoughts directly affect the heart. Where stress is the major contributor, the following heart conditions are evident:- *(Hypertension -high blood pressure; angina - chest pain and spasms of heart tissue; coronary artery disease - hardening of arteries causing narrowing, which can be triggered by anger; Stroke or cerebrovascular insufficiency- clogging of blood vessels, so brain tissues become starved.*

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Toxic thoughts prevent immune system from doing its functions of protecting the body and mind from illness and diseases. Immune system secretes peptides or hormones including endorphins ("feeling good" hormones) that send information to the brain via immune-peptides and receives information from the brain via neuron-peptides, making a direct communication between thoughts and emotions in the thoughts. The immune system generates blood proteins called cytokines when it is under an attack. These cytokines are known to produce fatigue and depression.

The digestive system works hard to help one get as many nutrients as possible from everything he eats or drink. It also fire up all your bodily processes and keep the organs in excellent health. The more you manage the thought life, and emotions the more you will learn to listen to your thoughts, and deal constructively with them. Our thoughts should be life-giving rather than life-threatening and this will be far likely to suffer sickness and diseases.

Gathering electrical impulses is the first step in the process of forming a thought. These electrical impulses make sense of the information coming from the five senses. The gathering information is travelled through a brain structure that flavor, enrich, and distribute it all along the way to a place where one can decide on the permanence of information and whether it will become part of who you are. The gather message is passed through the brain and passes a major transmitter station called the thalamus. Thalamus

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monitors and processes that information. Thalamus is also the meeting point of all nerves to the brain and all signals of the body passes through it. From thalamus, the activated attitude – positive or negative, is transmitted down to the hypothalamus. Hypothalamus is where the thoughts building processes is done and where the amount of chemicals released in the body are determined. Hypothalamus is responsible of controlling things like thirst, hunger, body temperature and the body's response to the emotional life with a flurry of stress chemicals engaging the pituitary gland that controls endocrine system.

The next stage in thought formation is journaling. This is writing down the thoughts, because it consolidates the memory and adds clarity to what you have been thinking about. Journal helps someone to see more clearly the areas that need detoxing because it literally allows him to look at the brain on paper. Journaling is pouring out the impression in the mind onto a page, and this encourages both sides of the brain to work together, integrating the two perspectives of thoughts. Journaling the thoughts pattern is a great way of detoxing the thoughts life.

After journaling, is revisiting stage. In this stage, we revisit what we have written. Revisiting journal lay down new circuits and helps detox the brain. The major role of revisiting is to modify the toned down or re-transcribed memory to become stable. In revisiting, you look at how you

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think about circumstances and rethink through the reactions, evaluating the toxicity level and re-transcribing them.

In reach level, we reach beyond toxic thinking by applying the principle of faith in James 2:20, 'faith without work is dead'. Reach level is the final stage of switching on your brain and detoxing and you can change in a positive direction. Forgiving all who have badly hurt you, you really believe your healing will happen. Moving through the whole process (gather, reflect, journal, revisit and reach) to detox your thoughts, you will have built a secure foundation for change, health, and wholeness.

Behavior and emotional genes can be switched on and off with the choices we make. By knowing God's word, we make choices that bring life not death. When one is dreaming, different parts of the body and mind exchange information, and the glial cells (support cells in the brain) clean up the memory networks, preparing for the next day. During the day we process from concrete to abstract, while at night we process the other way round. In the dream, brain shows that process of emotional perception, thus the impulses and toxic blocks that may be hidden from consciousness is revealed.

Toxic seeds grow roots that can strangle love and joy in our lives. As long as unhealthy toxic thoughts dominate the mind, you won't be able to grow healthy new thoughts and memories. If we have toxic thoughts of unforgiveness, we live under the bondage of anger, resentment, bitterness,

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shame, regrets and hatred. Holding to the past hurts, or trauma, the stress responses stays active, making them sick mentally and physically.

Toxic seriousness hates to have fun and hates when you have fun. Having fun detox the thought life, improve the health and can make you cleaver to boot. It's a God given free powerful antidotes to stress. Laughter releases an instant flood of “feel good” chemicals that boosts the immune system and almost instantly reduces levels of stress hormones. Having fun and laughter is the cheapest and most effective way of controlling toxic thoughts and emotions, and toxic thoughts reactions.

Toxic health hates exercise and health lifestyles because it knows when health invades the body, the mind and body are the next. Exercise here keeps the heart pumping faster and efficiently rather than burning calories or muscle building. Sweating improves the mood, prompts the release of endorphins, and helps generate new brain cells.

Time is precious and belongs to you only. Every day one makes schedule on how to spend time, and learning how to spend it wisely is an important part of controlling the thoughts. Focus on what is good and important to you. Many focus on little things and ignore the big things that ultimately determine their health, success and happiness.

### **III. PERSONAL APPLICATION**

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This course and particularly the book by Dr. Leaf have been of great help to me, and I have realized that brain can be switched off by the toxicity of my thinking. In execution of my daily duties in home and church, I have realized that these are grey areas where toxic thoughts are inevitable. Our family and church members don't understand what pastors go through and because of these as Dr. Leaf said; many pastors are quitting the ministry due to isolation and stress. I have learnt on how to deal with toxic thoughts by gather, reflect, journal, revisit and reach stages, and by these the dirty dozen is being cleaned. This is a long process and I have indeed started by forgiving all who have ever hurt me, changing of my attitude towards all is a great experience. Through the process I have started to heal my relationship, emotions and am looking forward to greatness.