**1.GOD AND THE HUMAN BRAIN: SCIENTIFIC FACTS**

Science is fascinating because we can see God’s signature written all over it.

Dr. Caroline Leaf, a Christian and a scientist for 30 years, has been sharing

amazing scientific discoveries about the brain. Let us start with a case study.

CASE STUDY

The brain activity of meditating master buddhist monks; were compared to the brain activity of nuns who were reading Bible verses.

It is important to note here that master buddhist monks need 30 years to become expert meditators.

What was observed during the experiment was that within a few seconds of reading from the Bible, the nuns brain activity fired up at a much higher state of intellectual activity than the expert buddhist monks who had been practising their meditation for 30 years by focusing on a particular object.

BRAIN

Our brain has been divinely designed to bring us closer to God.

Our brain has been designed to be fed with the word of God.

The Bible says set your mind on the things above. Colossians 3:2

TURN TO GOD

Turning to God rather than rejecting God, boosts your immune system and stops disease nearly five times as effectively.

WORSHIP

When worshipping God your brain shifts to the highest intellectual mode possible. New brain cells literally grow.

SPEAKING IN TONGUES

Speaking in tongues (scientific term=glossolalia) increases mental health and emotional stability.

LOVE

When you focus on loving yourself and others, God designed your immune system to respond by increasing its protective function to fight disease.

DNA

The genes in the neurones of our brains are activated 87-98% by our thoughts.

This means that 87-98% of mental, physical and behavioural illnesses come from our thoughts.

Genes do NOT cause behaviour, there are NO specific genes for certain behaviours or illnesses.

Genes can only give us certain tendencies to behave a certain way. But your genes do NOT have the final say: you do!

LAUGHTER

Laughter quite literally dissolves distressing toxic emotions, because you can’t feel mad when you laugh.

FUN

Having fun (being happy) helps detox our mind, improves your health and

increases intelligence.

EXERCISE

Exercise increases growth of brain cells and boosts intelligence.

TOXIC THOUGHT

Bad choices lead to toxic thinking.

Toxic thinking makes you vulnerable to physical and mental illness.

NEGATIVITY

Negativity keeps the mind locked and causes neurodegeneration in the brain.

ENVY

Envy and jealousy destroy brain cells. Celebrating others grows brain cells.

BAD WORDS

Words really do cause pain. Researches have found out that hurt feelings from words affect the same area of the brain (the cingulate gyrus)- as a broken bone or physical injury.

THANK YOU

When you are thankful, your brain releases nerve growth factors that help change the brain positively.

The Bible says to give thanks in all circumstances. 1 Thessalonians 5:18

**2. YOU ARE SPIRIT, SOUL AND BODY**

Here is some more vital information that Dr.Caroline Leaf is sharing with millions around the world:

The laws of science have to align with the bible because they are written by the same author.

We were made in God’s image. Our triune God is God the Father, God the Son and the Holy Spirit of God.

You are also a triune being. You have a spirit, a soul and a body.

The Bible also teaches that God is a spirit John 4:24.

You, are in fact also a spirit. You are a spirit that has a soul that lives in a body.

The **spirt** is the highest part of man and is supposed to dominate.

The spirit has three parts: No1 intuition; through which the Holy Spirit speaks, No2 conscience; which is your awareness of right and wrong and No3 communion which is your ability to have communion with God through worship -

The Bible tells us that God who is a spirit and wants us to worship him in spirit and truth. John 4:24

Then you have a soul.

Your **soul**, which is your mind, also has three parts: No1 your intellect which is the the faculty of reasoning and understanding objectively, No2 your will which is your desire and No3 your emotions. Emotions are there so we can feel and experience the world we are living in. Emotions is also what allows to experience love.

Then, there’s your body.

Your **body** also has three parts: the ectoderm, mesoderm and endoderm, from which the brain and the body form.

Your mind, or soul, has one foot in the door of the spirit and one foot in the door of the body. The mind creates coherence between the spirit of man and the body of man.

Your mind controls all physical aspects **and** influences spiritual development.

The mind is separate from the brain.

Your brain and your body can do NOTHING except what the mind tells it to do.

It is through your mind that you will choose to follow Christ.

It is through your mind that you will choose to submit your intellect to Christ.

The Bible says not to lean on our own understanding. Proverbs 3:5

It is also through your mind that you will choose to set up an internal dialogue with God all day long. That’s what the Bible means when it says to pray at all times.

Ephesians 6:18

Your mind is designed to be led by your spirit and your spirit is designed to be led by the Spirit of God. *(image colour body shapes holding hands)*

It is Holy Spirit to spirit to of man, to soul, to body.

You are a spiritual being with a soul that has the ability to change your brain.

**3. SOLUTIONS**

This is the last part of the three-part-series about some of Dr. Caroline Leaf’s teachings.

SCIENCE

Science is the technical understanding of what God has giving us. That includes you and the world around you.

GOD

HE has designed us in His image. He is brilliant so we are brilliant.

Your are designed to reflect a unique part of the image of God.

WORSHIPPING

Worshipping God protects your brain.

THE HOLY SPIRIT & OUR MIND

Your mind is the most powerful thing in the universe after God.

Your mind controls your brain, your brain controls your body.

And your spirit controls it all.

In order to be all you can be, your spirit needs to be led by the Spirit of God.

BRAIN

If we use our mind correctly we can redesign our brain.

We can make our brain regrow. We can make our brain change.

CHOICE

I can’t: is already a decision: it’s a choice.

DNA

It’s your attitude, not your DNA that determines much of the quality of your life.

THOUGHT

Your thinking becomes your thoughts.

Your thoughts become your words and actions.

Your words and actions become your future.

TOXIC THOUGHT

When you believe the lie of the enemy and think about it, it becomes a real physical structure in the brain: a toxic thought! So when we choose wrong, we turn the powerless lie of satan into a powerful toxic reality.

FEAR

If we allow ourselves to learn and operate in fear, it creates chaos and havoc in our brains.

LOVE FEAR

Every type of emotion has one of two roots. Love or fear. However they cannot

coexist.

FORGIVENESS

Forgiveness sets you free and cuts you loose from the people that hurt you, so they can’t hurt you anymore. Unforgiveness keeps you entangled so they can still hurt you.

GATES

We need to guard our eye, ear and mouth gates. What are we allowing people or the media to sow into us?

SOLUTIONS

Serving others is the best way to deal with negative stress.

Renew your mind. The Bible says not to be conformed to this world but to be transformed by the renewing of your mind. Romans 12:2

Let your light shine. Matthew 5:16

Do what you do with a spirit of excellence.

For more solution on how to detox your brain visit [www.drleaf.com](http://www.drleaf.com)

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Farsi translation Azadeh Give me the cash ;)