You can change your brain!

Our thoughts affect our health

Research has shown that our thoughts are interconnected with our emotions and health. As much as 87% of illnesses are a direct result of our thought life. In other words, what we think about affects our physical and emotional health. The average person has over 30,000 thoughts a day. Each thought triggers a chemical response and activates more than 30 different hormones. When we do not control our thought life and allow such things as bitterness, and un-forgiveness in our life, we make ourselves sick!

Can we change our brain?

According to leading biochemist Dr. Caroline Leaf, we can change our brains by controlling toxic thoughts and emotions. Change in your thinking is essential to detoxifying the brain. Toxic thoughts cause emotions that release destructive chemicals that damage us over time. For example: when you have thoughts of anger it causes your body to release chemicals that are harmful. This is not to say that anger is bad, but it must be dealt with in a positive way.

How we can change our brains

Dr. Caroline Leaf says that the first step to understanding how to control your emotions is “understanding what a thought actually is, how it grows, stores memories and ultimately how it affects your health.” She says that during an MRI, thoughts look like trees with branches. These tree branches appear either as dark and inflamed areas (toxic thoughts) or as healthy, flourishing branches (positive healthy thoughts). “Consciously controlling your thought life means not letting thoughts rampage through your mind. It means learning to engage interactively with every single thought that you have, and to analyze it before you decide either to accept or reject it” (Dr, Leaf).

Scientific research has shown that in order to change your brain, you have 10 minutes to deal with the negative thoughts before it goes into your subconscious; when you don’t deal with these negative thoughts it will lead to a build up of negative emotions toward yourself or others. However there is hope! In order to change your brain it is vitally essential to reject toxic thoughts within the first 10 minutes; when you do this it will literally dissipate damaging thoughts!

Research also has shown that in order to change destructive patterns of thinking, you have to completely reject the toxic thought or behavior at least seven different times in three weeks, in order to break the stronghold in your mind. The amazing news is that each time you reject the toxic thought, it literally will melt the toxic thoughts and emotions that cause you to behave and feel negatively; the ones that you say “it just wont go away!” about.

We never have to feel like we can’t help what we think. We can take control over our thoughts, and can think whatever we want to, positive or negative!