

SID: Science has finally caught up with the Bible. We now have proof you are not a victim of your genes. You can alter your genes, your health and your destiny supernaturally, on this edition of *It's Supernatural*.

*Can ancient secrets of the supernatural be rediscovered? Do angels exist? Is there life after death? Are healing miracles real? Can you get supernatural help from another dimension? Has the future been written in advance? **Sid Roth has spent 30 years researching the strange world of the supernatural. Join Sid on this edition of It's Supernatural.***

SID: Hello. **Sid Roth here** and welcome to my world where it's naturally supernatural. I have been so looking forward to my guest. Why? Because I have been studying the promises of God for many, many years, and I believe them because they're God's word. But now science has just figured out the words of Jesus that they're true. Now **my guest, Dr. Caroline Leaf**, has spent 25 years researching the brain. When you started researching the brain, they were really in the Stone Age as far as brain understanding, weren't they?

DR. LEAF: They really were. There's been a Dark Ages in brain research for a long time, and it's only in the last 10 to 15 years that people are really starting to get an understanding of the brain, and the more we understand about the brain the more we realize we don't understand about the brain.

SID: But when you told me that we could change our genes I wish every doctor in the world would understand this cutting edge research because, you know, you go to a doctor and say your cholesterol was high, and they say, well, exercise, change your diet, but it could be your genes and there's nothing you can do, so take this medicine that will have a zillion side effects. But you say, according to the latest brain research, if you follow what Jesus said you can change your genes. That's just so amazing.

DR. LEAF: I know. It is phenomenal. If you think of it, it's logical too, Sid, because we're spirit, soul, body and it's our soul area, which is literally the brain insulating the will and the emotions that is processing and boding all these thoughts into real things, so structural changes are happening in the brain. And whatever is going on in the soul will affect the spirit and will affect the body. So if our mind is filled, our thoughts, our mind is all filled with chaos, chaos will reign in our bodies. So, you know, the science of finding out that 87 to 95% of current of mental, physical and emotional illnesses come from our thought life.

SID: You know, Jesus put it very well.

DR. LEAF: Yes.

SID: He said, "As a man thinketh in his heart, so is he." So you're saying that these thoughts, as you say in your book, take up mental real estate. They're real. It's not just a fleeting thing.

DR. LEAF: No. It's a real thing. And even in science we call them the magic trees of the mind because the nerve cells in the brain look like trees. So your brain, which is the size of your two fists, this is a little bigger than a normal brain, is made up of all these nerve cells or neurons, and

they look like trees. And I've got some props that I brought along just to help us understand. Literally, we have these forests in our mind of all these trees branch. And as you are listening to me now your brain is processing at 400 billion actions per second. And during that--

SID: Whoa, whoa, whoa. If I heard it right, 400 billion actions per second and someone wants to say it was a coincidence creation? I mean, I don't have enough faith to believe that it was a coincidence.

DR. LEAF: No. Exactly. I agree with you. More faith is needed for that. That process in an unconscious mind is building memory as we're speaking. So every single thing that you hear, everything that comes into your brain through your five senses converts, we think about it and then we make choices, and it converts into a structural thing in your brain, which is a thought, and they look like trees. And that's why the scientists refer to the forest of the magic trees of the mind because that's what it looks like in your mind. Now you have about a hundred billion nerve cells in your brain. That's a lot of nerve cells. But each nerve cell can grow up to 200,000 branches. So that means we have around three million years plus worth of space in our brain to build memories.

SID: That's better than any computer I know of.

DR. LEAF: Exactly. That's just what we understand from our basic understanding of the brain, and it would probably be even more than that. But the point that I always like to make with people and to emphasize is that because we can't see a thought out here, it's not like my hand, people tend to think their thoughts are harmless. But a thought is real. It occupies mental real estate. It looks like a tree. As you're listening to me now you are causing the trees of your mind to change shape. You are growing branches as we are speaking. So every time we listen and think about things it results in choices that you make, which will result in thoughts or memories that we build, and that's what they look like. They look like trees.

SID: Okay. This is green and this is nice. I like to see the green where ever, a golf course or trees. I mean, this is beautiful. I want my brain on the inside to be beautiful. You want your brain on the inside to be beautiful. But show me what happens to a lot of people with toxic thoughts.

DR. LEAF: Well what happens is that this is the norm. This is how we're wired. And if you think of it, we're made in God's image and He's wired for love and God is love. So therefore, all of the processes that we go through to build thoughts is all wired in a positive direction, in a healthy direction. But God gave us the choice, free will. So it says I lay before you life and death, choose life so that you and your descendents may live. But if you choose death you and your descendants won't live. So if we choose life, good choices, we're going to build those trees. But if we make bad choices, we build toxic trees.

SID: I saw that in the lobby of the hotel this morning, and I was wondering, what is that? What is that?

DR. LEAF: Well this is just a visual image that I use to try and demonstrate the fact that when we think a bad thought, when we make bad choices and we hang on to anything that is negative:

anger, abuse, irritation, frustration, all the negative sides of emotions, that's not just a harmless thing, it is a physical change that occurs in your brain. So we are designed and wired that every time we think we will build thoughts and as we are thinking if we choose to think in a negative direction we are still gonna build thoughts, but because we are wired for love, that's what the scientists said, that we are wired for love. That's what they found in the laboratory.

SID: Finally, they're catching up with the Bible. Maybe, is this why Jesus said only say things that are good and pure, and lovely and of good report, because if you don't, if you do the opposite this is the way your cells are gonna look.

DR. LEAF: Well exactly. There's a consequence. You know, God is very conditional. He's a God of grace. But if you do this then this will happen. So our bodies are designed and aligned like that. So if we're going to choose the negative it's not the norm for the body. It's the hijack. So whenever we build the hijack into our body it's a choice that we make God has given us that ability to choose.

SID: Okay. I have a problem. I became a believer at age 30, and even after a believer I did not have my mind renewed like I do today, and have got close to 70 years of building that. What am I gonna do about that?

DR. LEAF: Well here's the good news. These things, as God, as we know in the Word it says renewal of the mind, like you've just said, that's a lifelong process. So these, fortunately we build these, but we can rewire them. And that's what I love about science. Science is a tangible way of showing the truths that God teaches us.

SID: You have a word that you describe, neuroplasty. What does that mean?

DR. LEAF: Neuroplasty. What that means is that your brain can change. These things can change. In fact, what I always say is that God made you an authority. You're a neuroplastician. I don't know if you realize that, but you are neuroplastician. So am I. So is everyone. God designed us with the ability to change our own brains. So when He says renew our mind, He would give us the ability to do that. So scientifically we find now that these ugly toxic trees that we build through bad choices and physical realities occur can be rewired.

SID: You're gonna show me how to rewire my brain. Okay. And I want you to eavesdrop so you can rewire your brain. We'll be right back after this word.

We'll be right back to It's Supernatural.

We now return to It's Supernatural.

SID: Hello. **Sid Roth here with Dr. Caroline Leaf.** And isn't it amazing, Caroline, that the scientists like yourself have now come up with a conclusion that our brain was originally wired for love, not, this is an example of a toxic brain, that's toxic thoughts. Do you know every time I

look at that, Caroline, I'm gonna remember it and I am going to watch what I say, what I think and give no place to anything that's gonna kill or steal, or destroy. So we're wired for love. Tell me about that.

DR. LEAF: Well I just think it's incredible. That's a scientists' term, by the way. They say "wired for love" and they therefore say that we learn fear, and that's very significant, Sid, because God tells us not to fear, and we know that God is a God of love, so fear is the highjack. So that's a spiritual principle, two opposite spiritual forces. But in science it's the same thing. As humans we are wired for all the positive stuff. Therefore, we have like a little chemical factory in our brain. In order to grow these branches we have all this input going into our brains, which is like electricity. Then the brain will secrete chemicals and you have this electrical chemical reaction, and when that happens branches grow, and these branches are all holding the memory that's related and it's all grouped together in that tree. So that's a whole network related to one kind of thought. And then to build that, there are needed chemicals. So now we're wired for love, which means that we are, and that's not just the love, love in terms of relationships. It's love in terms of happiness, joy, peace, passion, excitement, truth, and all the wonderful stuff. We have chemicals we secrete for each of those. If I'm building a memory and it's a great exciting thing, like now, building them now as we talk about what we're interested in, what will happen is the brain would secrete excitement and passion chemicals. But now let's say, for example, something negative happens and you shift out of excitement into negativity, some kind of negative thing, lack of excitement, lack of passion, the opposite. The brain doesn't have a chemical for that. So it will take the closest positive and secrete more and more, and more, and more throw the brain out of disorder in order to try and find lack of excitement. And then you've got to have chemicals. So it takes too much of the good chemical. Still builds the tree, but now we have an electrical chemical imbalance in this area.

SID: So that's why someone might get depressed.

DR. LEAF: Exactly, exactly, because when we have an electrical chemical imbalance around this, this is ugly. It causes inflammation in the brain. So around this area--

SID: Well what about when doctors test you for heart conditions and things and they say you have too much inflammation? Does that start in the thoughts that go to the brain, that affect the body?

DR. LEAF: Definitely, because spirit, soul, and body are linked. So the mind body connection, it's very clear. And that's why doctors say 87 to 95% of illnesses, cardiovascular, immune system, all the different disorders that can happen. And all of us will manifest differently, are a direct result of your thought life. Because what happens is that your body will take this thought in your brain and will translate this thought into a physical reaction in your body, and all of us will respond differently. Now wherever there is highjack in the body's order, because God is a God of order, the body functions on the principles of order, and very, very, very organized. So when order is thrown out, when electrical chemical balance is thrown out the result will be inflammation. Inflammation causes the immune system to start sending out all kinds of cells to try and sort this out.

SID: These alternative health doctors and medical doctors, they have medicine and they have alternative things to treat inflammation. But all that's doing is masking the symptoms that causes those thoughts.

DR. LEAF: Well it's a combination. It is. The cause is the thoughts. You know, you have to, there are doctors that are saying, listen, you've got to deal with your thought life. There's research showing that medication doesn't even work that well unless you actually have your thought life under control.

SID: But wait a second. You said 95% is connected with that. So forget that 5%. That 95 is what concerns me. Now we're wired for love, but most people are walking in fear. What happens when the body goes into fear or stress?

DR. LEAF: Well then what happens there is that fear is a choice that we've made. So when life is coming in at us we're thinking building thoughts, and those thoughts are I'm scared, I'm anxious, I'm whatever, negative, and this incident happened, and it's built and it's wired in. Whenever you think so, there's a physical structural change in your brain, if it's in this negative direction, your body then, this thought thing, this state, is translated by your brain into physical reaction in our body. That is stress.

SID: Okay. You know, I have in my notes here that there are 1400 chemical and physical responses when you go into fear and stress.

DR. LEAF: Absolutely. What happens is--

SID: 1400?

DR. LEAF: That's a lot. That's a lot.

SID: How do we stop this? I mean, why did Jesus keep saying, "Fear not, fear not, fear not." He knew he didn't want you to know those 1400 chemical, physical responses that go immediately throughout your brain and your entire body.

DR. LEAF: The entire body. It throws your body into chemical chaos. You see, what you get is three stages of stress. Stage one is a normal stage. That's what you use when you are alert, focused, building memory. So it's a good positive thing. It's called eustress. Those 1400 chemical reactions and the 30 different hormones that flow then, flow in order. So we have beautiful trees being built. You'll have a healthy green tree being built. But when we go into the fear side, the hijack happens, we make a bad choice, then the brain is trying to secrete and find that chemical so it secretes the wrong amount. It throws the entire electrical chemical balance out. So those 1400 chemical reactions move from being a positive thing into a negative thing and we have chemical chaos.

SID: Okay. Is there hope for me? I mean, wait a second now. I got to where I am right now. It took me 70 hard years. You see the gray hair? It took me 70 years. How long would it take me to get that green tree? I mean, I would like to walk. This is my passion, as a matter of fact. I want to

walk in love, not just for me. I want to do it because that's what I'm created to do. You said I was wired for love.

DR. LEAF: Absolutely.

SID: It's gonna take me 70 more years? I'll have to live longer than Moses. How am I gonna rewire myself?

DR. LEAF: Let me give you the good news, and this is the supernatural element. We can make up for 70 years. It takes 21 days to rewire a tree.

SID: Okay. I'm putting you on the clock. We'll be right back in a moment.

We'll be right back to It's Supernatural

We now return to It's Supernatural.

SID: Hello. **Sid Roth here with Dr. Caroline Leaf**, and she is a neuroscientist and has researched the brain for 25 years, cutting edge research. And she has found that no matter how old you are, if you're as old as I am, 70, or if you're 20 years old, that's a lot of years that you have wired yourself like this. And wouldn't it be neat if in 21 days, listen, it's going to affect your physical health. It's going to affect your relationships with people. It's going to affect your emotional health. It's going to affect you fulfilling your destiny of why God put you on this earth. So tell me, you said there's hope for me. Tell me what I should do.

DR. LEAF: There's hope for all of us. Well let me start by explaining, you mentioned, you asked me one of the things you loved about this is the fact that we can change our genetic expression literally. So now when we rewire, what we have to do is we have to change the way in which our genes are expressing themselves. Now all that that means is that our genes make protein. Proteins are the building blocks that build our thoughts. So what they have found is that over and above the gene there is the epigenome. And the epigenome is over and above the gene, and that simply is our thoughts. Our thoughts are the electrical flow. These thoughts are real things and they generate the electrical flow right to the gene level.

SID: So would you say that our thoughts can activate the good or the bad genes?

DR. LEAF: Exactly. That's exactly what I'm saying. This is incredibly powerful, because this is what it says in the Bible. It's what God is saying, is what a man thinks in his heart so is he. So is he, this is what's dominating my thinking. That's who I'm going to become. So I have to rewire this. I have to have more building blocks. I have to melt this down and I have to rebuild this. So I have to use my thoughts to change. So this is a negative thought. Like maybe someone had alcoholism in their family or depression, or some negative abuse thing that happened to them. This doesn't have to be something that you can keep. This is something that you can rewire. And scientifically what happens is that these, your unconscious mind is filled with billions of

thoughts. Now I'm going to hide this for a moment. So your unconscious mind with all these billions and billions, and billions of trees, forests that at any one time you'll have a mixture of black and green trees. Hopefully more green than black, but the black we want to get rid of. So then what happens is as we go through life prompting happens, and this moves into the conscious mind. When it moves into the conscious mind it then becomes, I want to shake it, malleable, plastic, changeable, and we can now use our own ability that God has designed to change those trees. That's why it's called neuroplasticity. That it's directed by our thought life. At the front of the brain you have what we call the frontal lobe. Your frontal lobe enables you to stand outside of yourself and look at these things and observe your talking, your thinking, your laugh. You can observe everything. God has built that into us, which is quite phenomenal. Now we use that ability to stand back and say, hey, this is a bad thought. This is how I'm feeling. This is what my body feels like. I actually probably have this kind of ache or pain, or whatever it may be because of these things. The fact that it's moved into consciousness God wants us to do something with it. So He's created and designed the brain in such a way that it's very malleable. If we say "I can't" that is a decision. It will become more toxic and then back into the unconscious, inflaming and throwing our body into stress, stage two and three of stress.

SID: So even if we're not thinking about it, it's there.

DR. LEAF: It's there.

SID: It's working against us.

DR. LEAF: It's working against us. It's throwing your body into stage two and eventually stage three of stress, which is called the dead cycle. So when it's out here I have a chance to get rid of it. So what I need to do is I need chemicals to flow around this tree that will melt it down. Now within 24 to 48 hours of this popping out I can make a decision with my frontal lobe of my brain, the front part of my brain to say, hey, this is not good for me, and I'm gonna believe that God is who He says He is. If we take Mark 11:22, it talks about have faith in God. When we build our faith in who God is, that He is who He says He is, if we recognize who we are in God, what it means to have a God who is a creator, whatever it is that you build your faith, as you do that you get excited. You said to me when you read the Bible you can't sleep at night because you get so excited.

SID: Right.

DR. LEAF: Now when you get that excitement rush, that is evidence that you've got a lot what we call dopamine and your transmitter that flows around this thing and starts melting this tree down. Then God says in Verse 23, He talks about, "Speak to the mountain." This is the mountain. So now we speak the Word of God at this mountain. The Word of God is living and alive. So as we speak the Word of God from what we've read from the scriptures, we speak literally, if I may, the green tree, the healthy Word of God at this mountain. So we put on scriptures we know, things that we're reading, whatever it is, and we speak to this mountain covering it. And as we do that more chemicals flow: oxytocin, serotonin, and the combination of those three, plus a few more, literally, Sid, melt this thing down and then we can rebuild next to it the healthy green trees. So the point this may be an abuse. We can get rid of this, get rid of this

pain because those chemicals carry the physical feeling of pain. Those branches carry the actual-

SID: So you're saying I can go from this to this in 21 days?

DR. LEAF: I'm 21 days. I melt this down and I start building this parallel to the thing melting down. You cannot have a black and a green tree in the same tree at the same time. There's a scripture in 1 John 4:18: "Perfect love expels fear." Perfect love expels fear. That's literally what is happening on a scientific level, and it takes 21 days.

SID: You know what she does? She works with young people that had brain injuries that doctors have given up on, explaining the Word of God based on science. And tell me one young person and what happened to their life, that you worked with.

DR. LEAF: You'll be happy to know that I work with young and I've worked with old, and I've got to tell you this quickly. So there was one gentleman, 78-years, he was a pilot. And he wanted to go, his eyes weren't good enough, he couldn't fly any more, so he wanted to go back and do his second career, which was to become a CPA. So I taught him how to use his mind and his brain, learn get rid of the toxic trees, and he went and completed that at 84, and he practiced another 18, 19 years after. So that's really an amazing story. So at any age, from whatever age you can change your brain. A young man I worked with had huge holes in his brain from a really, really bad traumatic brain injury. He was, when I started working with him it was about three or four years after his accident. Now according to the old brain research, if you work with someone after 14 months there's not much more spontaneous recovery that can happen. They kind of hit a ceiling. So in the early days of my research, when I was doing neuroplasty research with traumatic brain injury, I worked with this young man for three months. This young man made a decision. I have to stress this. He made the decision to apply the principles of neuroplasticity. He took this into his life. When I started working with him he was coping, he was 24 years of age and he was coping at around about a sixth, eighth grade level. Within three short months that young man, not only did he change, he went on to complete his schooling, went on to get four degrees, and is currently one of our top motivational speakers in South Africa.

SID: One more quick thing you told me. You know, what most people, Hollywood tells you as you get older your mind slows down and you don't remember things, and you said the opposite is true from using the Word of God.

DR. LEAF: Absolutely. When you study, when you spend time with God, when you study the Word of God, when you study the Bible, when you get the Word of God in your mind, when you pray, when you praise and you worship, your brain, they've actually seen in laboratories, the external part of the brain thickens.

SID: So in effect, you should be getting smarter.

DR. LEAF: That's what it says.

SID: I tell you what, I love the Word of God, and I love that science is proving the Word of God. Don't you?