

Trinity Broadcasting Network

Quarterly Report

January, February & March 2014

WWRS

Mayville, Wisconsin

Ascertainment List

Leading Community Issues

Results of ascertainments from civic leaders, response by telephone from TBN viewers, printed media comprising newspaper and magazine publications whenever possible.

ECONOMY

CIVIC AFFAIRS

EDUCATION/SCHOOLS

FAMILY

ELECTORAL AFFAIRS

HEALTH

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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ECONOMY

PR14-01	30:00	15:00	L	PA/O	01/02/14	11:00 AM
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Sarah Klavas, WI Dept of Tourism Relations & Services Bureau Director, talks with Host Patti Hutton about tourism. It is an economic driver for the state that works with businesses that host visitors. Agriculture, manufacturing and tourism power the state's economy. Tourism adds 168 billion dollars to the economy. For every \$1 spent on it, \$6 is returned to the state. Oftentimes tourism is an indicator of how other sectors are doing. Other sectors are impacted by tourism and intersect with it. Tourism brings quality of life impacts. Businesses need the best and brightest talents, who, when not working, become tourists in their own state. Communities can use the return on investment strategies to make choices with a targeted message to bring in tourists. A Community Assessment is a tool that takes 6 months to identify weaknesses and strengths to help make a development strategy. This can bring shareholders together to make local areas a tourism destination. Customer service is important. People need to have a good experience when they are visiting. Communities that know the value of tourism usually have strong grassroots collaboration where people recognize its value. Wisconsin is definitely a leader in the tourism industry.

PR14-07	30:00	15:00	L	PA/O	02/13/14	03:00 AM
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Elaine Motl, Executive Director of the Washington County Convention & Visitors Bureau talks with Host Jackie Kahlhamer about tourism in Washington County. Tourists, whether coming for a day or a weekend, leave behind dollars in local communities. Tourism is the #3 industry in the state. The state budget even allocated an increased amount for tourism. Tourism has a trickle-down effect on local economies. It brings in 2 types of tax dollars for individual municipalities- hotel tax and sales tax. The high cost of gas could actually be beneficial to local tourism, bringing in those that might have travelled farther. Festivals are the #1 attraction for bringing in tourists. Tourism is hard to track and measure in the same way as other businesses. If there is an investment in marketing tourism and sales taxes increase, but population doesn't, then it is probable that tourism increased. The county is actively pursuing business travelers. When a business is considering a move to an area, they will look at the quality of life that exists there.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR14-08	30:00	15:00	L	PA/O	02/20/14	11:00 AM
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Host Jackie Kahlhamer talks with Terri Respalje, Director of the Waupun Food Pantry, about helping those who are experiencing hard times. People are served in a dignified and confidential manner. The pantry serves 500 persons a month (80-90 families.) This is a high ratio for Waupun's population. Twelve years ago 5-8 families a week were served. The economy might be improving but prices are high and jobs are not paying so well. Gas, food, and the LP shortage affect the working poor. Not as many seem to be unemployed. The working poor are not making enough to pay rent, groceries, etc. The pantry also offers items that can't be purchased with food stamps. The Waupun community's response to the pantry has been fantastic. They want pantry users to have a good experience and want people to be able to laugh before they leave. Some families have several jobs between the parents. Even with a nice job, there may be high insurance payments. Seniors should not have to worry about having enough food. There are income limits for using the pantry. Even with a good wages, someone might still might qualify if they have high expenses for insurance, meds, etc. They should call and see if they qualify.

PR14-11	30:00	15:00	L	PA/O	03/13/14	11:00 AM
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Pattie Carroll, Family Living Educator for the UW WI Extension- Dodge County, talks with Host Jackie Kahlhamer about financial well-being. Financial security means to meet the short term financial demands. The path to it requires accessible and accurate information. The hope is to also save money for longer term goals. The Dodge County Coalition for Financial Education consists of representatives from many organizations who come together to provide financial education and workshops which promote financial literacy for children and adults. People are dealing with tighter budgets and higher expenses. Heating costs have been very high this year. When going through a time of financial stress, people should try to determine how long the stress will last. Living expenses should be paid first. Disposable income goes fast. Pattie teaches on distinguishing needs vs. wants. If someone loses their job, they can consider using the services provided in the county for eligible citizens. This includes gas vouchers, housing, utility expenses, etc. It is important to get a free credit report three times per year. It helps people to track spending and to ensure they are not a victim of identity theft. Different seasons of life require different types of financial needs. Continued education is important for all these seasons.

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PR14-12	30:00	15:00	L	PA/O	03/20/14	11:00 AM
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Host Desiree Hoard and Penny Ross discuss growing the local economy. Penny is the Chairman of MakePlayce. Penny discussed women owned businesses and their importance to the economy. Only large corporations and women owned businesses showed growth during the recession. Women are engaged in all types and sizes of businesses, encompassing over 5,000 in a local three county area. In order for businesses to succeed, owners need access to capital and networking. There is often a fear of failure and lack of confidence. Many women use their personal savings and don't know how to delegate. Eighty-five percent of women owned businesses in the state are micro businesses. If each one hired just one person, unemployment would be eliminated. It is very helpful for women to have a place to work together and share expertise with each other. Mentors are extremely valuable to business success. Penny would like to see girls as young as 5 being exposed to job shadowing and by 6th grade have a portfolio. Girls should also be involved in STEM classes in school. Many women have an entrepreneurial spirit but don't know where to start. They are vital to the local economy. They could fill storefronts. Penny talked about women owned businesses that are sharing spaces with each other to keep expenses down.

CIVIC AFFAIRS

PR14-01	30:00	15:00	L	PA/O	01/02/14	11:00 AM
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Holly Hisel, Environmental Health Technician and Marc Schultz, Environmental Health Specialist, with the City of Watertown & Dodge County Designated Radon Information Center discuss radon with Host Jackie Kahlhamer. Radon is a radioactive gas that can seep into homes. Long term exposure can cause lung cancer. Wisconsin is a hotspot for radon. It enters homes through cracks in the basement. The only way to determine if radon is in the home is to test for it. It cannot be seen, smelled or tasted. If a home has a high level of radon, it is recommended to install a system that will minimize the amount in the home. It is not required, but it is recommended to test for radon when a home is for sale. The best time of the year to test for radon is in the winter. Testing is very easy to do.

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PR14-04	30:00	15:00	L	PA/O	01/23/14	11:00 AM
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					01/27/14	10:30 AM

Host Patti Hutton talks with Dodge County Sheriff Pat Ninmann about being Dodge County's first female sheriff. There is one other female sheriff in the state and there are 42 nationwide. This is absolutely breaking ground in Dodge County and Sheriff Ninmann hopes to be an inspiration that will encourage others who have the right initiatives and are goal orientated, that they can succeed (in whatever field they chose.) Women may not always see themselves as holding leadership positions, but may now be more inclined to do so. Sheriff Ninmann is often the only female when she attends sheriff's conventions. She has worked her way up, having 20 plus years of experience. In law enforcement one has to prove themselves. During the process of being appointed sheriff, others wanted her to cut her hair so she would look more masculine (which she did not do.). She believes it is important for her to get out to the public so they meet her and understand her. By explaining her history in law enforcement, people have changed their opinion of women in it. Women ask her if it was worth it to get to where she is today. It is important to set your goals high and set daily goals and have a positive attitude. It is important to never give up on goals and dreams. For men or women in difficult positions, they will face many difficulties but should continue to rise up.

PR14-05	30:00	15:00	L	PA/O	01/30/14	11:00 AM
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State Representative Jeremy Thiesfeldt, 52nd Assembly District and Common Core Select Committee Chair talks with Host Jackie Kahlhamer about legislation addressing education. The Committee on the Assembly side put 8 recommendations together which passed and were sent to the Speaker. There are 3 bills that came out of the hearings. The US Dept. of Education was looking at collecting biomedical data on students- there are privacy concerns about this. There was a bill to restrict this. Another bill would restrict data sent to the feds and outside contractors. WI has no set way of reviewing its academic standards- they are inadequate. There is a need to adopt a process of standards and how they are looked at. He wants to make sure the Legislature has the look at them. A committee would be formed to look at these every 6 years, to review and alter if needed. They should continually examine policies. Standards are reached through curriculum. WI has been training teachers how to teach CCS. If every state & district has the same standards, it would lesson flexibility. CCS could affect the cost of education. The cost would come from having to do standardized testing. Next school year there will be the Smarter Balance test, which will be expensive to administer. A lot of districts will be doing other testing and those will be costly. The standards we have are inadequate; we must have something in place of them. Back in 2005 – 2006, the state reevaluated the standards in the midst of CCS coming into the picture. The state still went about the process and submitted them to an organization that praised those standards- then they were filed away. Rep. Thiesfeldt saw them and believes that they are an option to CCS. Local districts and parents know more about what is best locally. A grassroots group was upset about the standards and the Legislature responded. We have to look to the future. Standards adopted could be in place for the next 15 years, and they may not be the best.

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PR14-09	30:00	15:00	L	PA/O	02/27/14	11:00 AM
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Host Jackie Kahlhamer discusses the Village of Iron Ridge with Brain Esselman, Board President of the Village. With the extreme cold weather, people have been encouraged to leave their water running. It has been so cold for so long. They haven't yet had any issues. Spring sees the most water main breaks. The roads are taking it hard this year. Hwy S through town is heaving in certain areas. It will be taken care of when the weather permits. The LP gas shortage has affected the county. The cost was up fivefold. The Governor was working to bring in more propane Brian was not aware of anyone in the village running out of propane. The reconstruction of Hwy S was discussed. It takes a long time for a project. They are looking to start in 2017. Engineering is still being done. It is a very fluid project. The infrastructure needs to be done before the road. The best way to address the railroad bridge issue is still being determined. It must be done very quickly and is costly. The detour has not yet been determined. It is important it keep an open access to businesses. Iron Ridge is being affected by epidemic of heroin- most people don't think it's in their backyard. Law enforcement officials need the help of parents and residents to help stop it. It must be taken care of now or crime and thefts go up. Brian is very accessible to citizens and they are encouraged to make their views know about village concerns.

PR14-10	30:00	15:00	L	PA/O	03/06/14	11:00 AM
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					03/18/14	02:30 AM
					03/20/14	03:30 AM
					03/27/14	04:00 AM

Nancy Franke, Director of Restorative Justice for Dodge County talks with Host Jackie Kahlhamer about restorative justice. It gives opportunity for victims, offenders and the community to come together and look at ways to move forward. It gives the offender a 2nd chance and helps victim and the community to get questions answered. For the offender it is an eye opener to see how their choice affected others. Transition teams are now working with men and woman released from prison. They must take responsibility and be accountable and commit to attending circle meetings. The teams guide them and share about resources available. These can help deter recidivism. Ex-offenders have need of almost everything when released, including clothing, transportation, housing, food, household items, employment and a driver's license. Volunteers on the transition teams are very important links to helping those released from prison.

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EDUCATION/SCHOOLS						
PR14-03	30:00	15:00	L	PA/O	01/16/14	11:00 AM
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					01/20/14	10:30 AM
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<p>Host Desiree Hoard talks about online learning with Rick Nettesheim, Principal of eAchieve Academy. The academy provides an alternative to traditional schools by using the internet. Not all students work well in a traditional setting for various reasons. The academy provides flexibility. It is a public charter school. There is not a physical school building. Classes meet online on a private network and coursework is just as rigorous as in traditional schools. Students are able to receive individualized help from teachers. Students need to put in 6-8 hours daily to keep on pace. Parents have the primary role of monitoring their children's progress. There is an open enrollment period for any state student to enroll. If a student does not have a computer, one will be provided for them.</p>						
PR14-04	30:00	15:00	L	PA/O	01/23/14	11:00 AM
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<p>Host Jackie Kahlhamer and Mike Soika, Milwaukee Succeeds Director, discuss improving lives through education. Mike talked about the Milestone Report which gave a baseline of education issues in Milwaukee. Currently only 15% of all 3rd graders are able to read at a proficient level. This is an area of concern that needs to bring different groups together to work on it. Milwaukee Succeeds has a cradle to career perspective on education. The cradle portion is to prepare children by utilizing three means: quality preschool, helping parents understand their role and increasing the rate of immunization. The results will be measured using data. Mike discussed how the 3rd grade reading issue can be addressed. Tutoring, which may have to be looked at differently, experiential learning and parent education would be components of addressing it.</p>						
PR14-05	30:00	15:00	L	PA/O	01/30/14	11:00 AM
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<p>State Representative Jeremy Thiesfeldt, 52nd Assembly District and Common Core Select Committee Chair talks with Host Jackie Kahlhamer about Common Core's effects on schools. Education is going to be one of the biggest topics in the next 10 – 15 years. The U.S. has fallen behind in other countries in education. We are using an old model of education. WI edged towards new models with School Choice in the 1990's but then stood in place and other states passed us up. Common Core Standards are a set of objectives- what all students need to know by a certain point in their educational life- at 4th, 8th & 12th grades. CCS sets them at every grade level. They are looking to boost the rigor of the standards. There is a lot of controversy about CCS. They were implemented in WI with very little public engagement and school boards did not have a lot of input. They were implemented without any real notice. There were signed on by the State Superintendent without input of Legislature, parents or school boards. CCS are essentially a nationally set of standards being pushed by the federal government. Many people feel it is not good for federal government to dictate this. WI school boards have a lot of independence. They are required to adopt standards. Local communities know best what their schools need. It could stifle innovative ideas locally. There is a big chunk of federal money that comes into the states. CCS are carbon copies of what everyone else is doing. Private schools are not required to adopt them. But many schools are making their curriculum based on CCS which limits the wide array of materials available. They will not be able to get the resource materials to be able to do things differently with an independent viewpoint.</p>						

The figure designated as TOPIC SEGMENT DURATION is based upon our good faith judgment and may not represent exact time.

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PR14-09	30:00	15:00	L	PA/O	02/27/14	11:00 AM
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Host Jackie Kahlhamer talks with Dr. Doug Keiser, District Administrator of the Hustisford School District, about the district. The district works to make sure there is a solid foundation in core academic areas, so students can succeed wherever they go- to college or to work. Dr. Keiser discussed Common Core Standards. They are rigorous academic standards. The district is looking at them and breaking them down into terms of how they will be taught in the classroom. They are revamping the curriculum to meet the standards. Parents need to understand on a broad scope what they are asking kids to do. There has been a lack of investment in technology. They have been working for the last 12 months to understand where they are and where their technology needs to be in the future. They are looking at their infrastructure first, then looking at the devices for students and teachers. They want to expand the horizons of students with resources and opportunities. There are advantages of being a small district and there are disadvantages. Teachers know students well- they know their strengths and weaknesses. But, they can't provide the opportunities, resources and activities of larger districts. It can be hard to recruit and train teachers. Their teachers must wear multiple hats. The district looks how to use resources outside of it. Online courses fill in the gaps for what they can't provide. Students are becoming more interested in the courses. They have wonderful, outstanding and hardworking teachers in the district.

PR14-13	30:00	15:00	L	PA/O	03/27/14	11:00 AM
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Pete Rettler, MPTC West Bend Campus Dean and Host Jackie Kahlhamer discuss technical college advantages. There can be a misperception of the value of a technical college education. Parents may have the perception that their children must attend a 4 year university. Pete believes they should give consideration to a tech college education. Students in the RN program at MPTC have excelled with high scores. There are a lot of transfer agreements with a number of 4 year colleges. Pete talked about the advantages of a 2 year versus a 4 year college. There is currently a skilled labor shortage. There has been a big push in high schools for AP classes. Students should be encouraged to take at least a tech education class. Local technical colleges have plenty of programs, but need more students interested in those careers. Boot camps at tech colleges are accelerated courses. The big thing is to expose middle & highschoolers to manufacturing careers. For some students it is very important to get into the workforce sooner. We have an aging workforce. In the fall of 2012, 20% of students entering technical college already had a full or partial 4 year degree. Pete encourages students and parents to find if a tech college is a good fit.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
700 Club NewsWatch #02032014	CBN	1:00:00	5:00	REC	PA/O/E	02/03/2014 2:00 PM

EDUCATION

CBN News Reporter Heather Sells reports: For years, American families have accepted soaring tuition costs as a necessary evil to pay for a college degree and promising career. The recession, however, forced a change in thinking and pricing. Universities and students are seeing cost-cutting as a new way of life. This desire, or shall we say demand, has colleges racing to come up with plans for an affordable degree. The latest average price increase for a four-year public school rose by 2.9 percent, the lowest increase in 30 years. This era of cost-cutting has also led to new ways of educating. Imagine not having to lug heavy textbooks around, let alone pay for them. That's the idea behind what's known as a textbook-free degree. The expected savings for a two-year degree: \$2,000. Teachers access what's known as open educational materials — free online. Colleges and universities are also getting more creative with financial aid. At least two Christian colleges, Houghton and Spring Arbor, will help graduates repay their loans if they earn less than \$38,000 a year. Christian colleges have a special mission to help those students entering the ministry, who can't afford major loans. For them and others who have high hopes and little money, there is growing interest in what's known as MOOCs ~ Massive Open Online Courses. Unlike traditional online classes, these aren't tied to a semester schedule. MOOCs are also free for students not pursuing a degree. Those who need college credit can get big discounts. So the latest advice for students? Keep your options open and compare financial aid packages before making final decisions. Plan ahead by taking college classes in high school, and be organized.

FAMILY

PR14-03	30:00	15:00	L	PA/O	01/16/14	11:00 AM
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Host Desiree Hoard talks with Amy Polsin, a Parent Peer Specialist for Wisconsin Family Ties, about families with special needs children. Families with children with mental health concerns often require additional support. Support groups help to empower parents. They can share their stories and learn from others dealing with similar situations. Amy encourages the use of language that empowers parents. Rather than saying her son is autistic, she prefers to say she has a son who has an autistic diagnosis. It is important how a family talks about itself. It is hard to go into stores when the child starts to scream or act out. Some parents carry cards they hold up to explain the situation. It is important for families to know they are not alone. A support group is a good way to find out from others about available resources. There are many positives to having a special needs child. It is very important for families to reach out. Other siblings need time alone with mom and dad. Parents can explain to siblings in an age appropriate way about their sibling with special needs.

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PR14-06	30:00	15:00	L	PA/O	02/06/14	11:00 AM
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Kathy Duffek, Community Education Coordinator and Emily Outcalt, Program Assistant for Parents Place, talk with Host Jackie Kahlhamer about strengthening families. Parenting is very rewarding, but also very challenging. Families can be struggling with lost jobs, single parenting, children with special needs or mental health needs. Today's parents face the challenges of basic needs and having an emotional connection to community. They often feel alone which creates the stress and anxiety. Isolation is one of leading causes of child abuse. Children may have multiple issues, such as Asperger's Syndrome and all that goes along with that. Single parents have additional challenges. Children go through a lot as well and need to know that they not alone with the issues faced and to learn skills how to deal with those. When parents argue, the effects trickle down to the children. It is difficult to ask for help. It is important that parents realize they are not alone and are not being judged. Parents in support groups have developed close relationships and also a calling tree, for when they need to talk. Parents may not have family nearby or may have a breach in the family relationship and need support from others. Families are facing new challenges every day. Parents Place moves with the trends to meet families' needs. Positive parenting teaches parents that they don't have to make the same mistakes their parents may have made and that they can be successful parents.

PR14-06	30:00	15:00	L	PA/O	02/06/14	11:00 AM
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					02/20/14	03:30 AM
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Host Jackie Kahlhamer talks with Mickale Carter, the Founder & President of The Dodge County Parenting Project, about parental support. She is also a guardian ad litem for the Dodge County Court system. She sees "wars" in Dodge County- unrest, fighting between parents and children end up being the collateral damage. This brought up the idea of starting the DC Parenting Project. If a parent seriously injures a child, the county brings in all kinds of support for the family. There is nothing for regular people who have not harmed their children. A three part program- seminar, support group & mentor programs are what has been put into place. Parents need to know strategies of how to deal with their children. Children have different personalities and parents need to know how to deal with a particular problem with a particular child. If the problems are not dealt with when children are little, it can become a bigger problem. There should not be a stigma attached to asking for help. Seeking instruction gives tools and knowledge to become a better parent. Stepparents face issues and need a delicate balance between creating a bond before creating authority. If authority is used too soon, it can create resentment. It is important that the stepparent not try to look like they are taking over the parents' role. Families are more mobile now and parents don't always have someone to help them. It is important to reach out and to let parents know they are not bad parents if they seek out help. If parents are facing issues, they should seek out assistance. It is good for all of us if all children succeed.

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Barb Dittrich, Executive Director of Snappin' Ministries and Host Jack Kahlhamer talk about support for families with special needs children. Parents may need help to know how to deal with medical & school professionals in a loving way, while advocating for their child. It is good to spend personal time together with other families of special needs children, to build each other up. A free quarterly respite program is offered. Special needs families need to redefine normal in their lives. They are always advocating for their child and have to step in on their behalf. Financial needs are often a concern. There are more pressures and stresses but also many blessings. Parents want a bright future and want their kids to be included. Siblings have a particular challenge and might feel neglected. Families need a listening ear or just someone who cares but doesn't minimize what they are going through and doesn't have to fix their problems. Bringing a meal and being there for the long haul are ways to help families. Parents meeting together, who can relate to each other, helps them to know someone else is walking a mile in their shoes. When parents mentor each other, it is very beneficial. Friends and relatives should be careful not to blame the parents and should have compassion. Let families know they are loved and accepted. The children may have certain behaviors or challenges. Barb encourages others to be understanding and include and invite them. People should avoid making comments about the behaviors. The parents may already feel awful and powerless to change behaviors. Changes come over time. Families with special needs have a lot to offer. It is important to get to know the person beyond the diagnosis. It is important for families to not feel shame. It is good for friends to check in and see what they can do to help.

PR14-10	30:00	15:00	L	PA/O	03/06/14	11:00 AM
					03/07/14	12:00 PM
					03/08/14	03:00 AM
					03/10/14	10:30 AM
					03/11/14	02:00 AM
					03/13/14	04:00 AM
					03/18/14	02:30 AM
					03/20/14	03:30 AM
					03/27/14	04:00 AM

Host Desiree Hoard discusses father absence with Terrance Ray, Director of the Milwaukee Fatherhood Initiative. The goal is to make sure every kid has an involved, responsible and committed father. Father absence means a child is not living in a home with their biological father (or involved in their lives.) It's a problem in our country. The concept of fatherhood has taken on different forms over the years. If there was not a dad in the home, there was a significant male in the neighborhood that everyone respected. The role has taken on so many different forms. A social father might be the guy on the block who will do things out of concern for the children. Father absence creates a myriad of issues. The children may lack the confidence of knowing there is a father there to protect them. This creates all kinds of problems in the family and neighborhood. There are many reasons for father absence. Men may feel they are not in a position to provide for family. This impacts his self esteem and his desire to be around the family. The initiative has 6 areas of focus. An important one is the driver's license recovery. They work with men who lost their license, to help provide a road map to get their license back. The annual fatherhood summit brings men together for 2 days to provide resources and services to help them get back on track with fatherhood. They see they are not the only ones dealing with these issues. The male bonding that takes place helps them desire to be the best dad they can possibly be.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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ELECTORAL AFFAIRS

PR14-11	30:00	15:00	L	PA/O	03/13/14	11:00 AM
					03/14/14	12:00 PM
					03/15/14	03:00 AM
					03/17/14	10:30 AM
					03/18/14	02:00 AM
					03/20/14	04:00 AM
					03/25/14	02:00 AM
					03/27/14	03:30 AM

Deanna Boldrey, Village of Jackson Clerk/Treasurer and Host Desiree Hoard discuss the spring 2014 election. The election will be held on April 1, 2014. Various state and local offices will be on the ballots. Information can be found on the internet, newspapers and postings at polling places. It is a good idea to view the ballot before Election Day. Deanna discussed residency requirements, voter registration and absentee voting. There are provisions for those who are homeless, in a nursing facility or the hospital. The posting of election results was discussed. There does have to be a time allowed for a possible recount. Voters can get candidate information from local newspapers and candidate discussions. Deanna encourages citizens to vote in local elections. It is possible for one vote to make the difference.

HEALTH

PR14-02	30:00	15:00	L	PA/O	01/09/14	11:00 AM
					01/10/14	12:00 PM
					01/13/14	10:30 AM
					01/23/14	03:30 AM

Host Patti Hutton discusses crisis pregnancy support with Vikki Sauer & Judy Johnsen. Vikki is the Chairperson and Judy is the Treasurer of the Pregnancy Support Center of Dodge County. There is a great need in the county for these services. There are high school and middle school girls that are pregnant who need a place to go and receive guidance. They are educated and encouraged to know there is a way to cope with the pregnancy, while never being judged. The women must bring in a signed note from a doctor that states they are pregnant. The center does accept baby supplies for the mothers. The expectant mothers often face the stigma of being pregnant. They need a safe environment to work out problems and to help envision themselves further down the road. Counseling is available for the pregnant woman and also for her family and friends. Every situation is different and so is the reaction from the parents and the father. It is very important for the pregnant mothers to receive proper health care for the baby and for herself. The center offers nutrition classes. Other area organizations are partnering with them to offer services. Pregnancy aftercare is provided to continue to encourage the mother.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR14-02	30:00	15:00	L	PA/O	01/09/14	11:00 AM
					01/10/14	12:00 PM
					01/13/14	10:30 AM
					01/23/14	03:30 AM

Tonette Walker, First Lady of Wisconsin and Host Desiree Hoard discuss wellness. Being active and connected to the community are means that contribute to our wellness. People should know their number (blood pressure.) There are different ways to be active. Mrs. Walker started a Walk with Walker program encouraging walking in state natural trail areas. Putting on an exercise video at home is also an option to get moving. It does take motivation. It is a good idea to choose fruit over other non-nutritional snack foods. The 3-bite rule was discussed. If a dessert is really wanted, taking 3 bites of it can help someone feel they are not deprived. Our health plays a big part on how we feel emotionally. Making small changes can lead to better health. Schools are doing a good job of teaching health and nutrition. Emotional health is a top priority. Life is stressful. People should take time to relax, breathe or read a devotional. A good thought process is important. People's well-being and success go hand-in-hand. Changes don't have to be extreme. Being active as a family is good. It is better for them to work together and change. It's never too late to do so. Winter has its challenges but there are ways to be active in cold weather.

PR14-08	30:00	15:00	L	PA/O	02/20/14	11:00 AM
					02/22/14	03:00 AM
					02/24/14	10:30 AM
					02/25/14	02:30 AM
					02/27/14	04:00 AM
					03/04/14	02:00 AM
					03/06/14	03:30 AM
					03/13/14	03:00 AM

Jane Hooper, Clearview Administrator talks with Host Jackie Kahlhamer about meeting different levels of health care needs. Persons with many different disabilities are served under one roof, including those with brain injuries, dementia, intellectual disabilities, behavioral health and mental illness. There is also an assisted living component. Families caring for someone at home may need to utilize short term respite services. The Marsh County Health Alliance is composed of 12 counties that use Clearview's services. There is a lot of need for short term rehab, for those living alone, or those who have scheduled surgery. There is a continued need for services as consumers are becoming educated and vocal about what they want. With an aging population, the focus is to keep them in home, or in the community as long as possible. Assisted Living is under a different license than other parts of facility. Someone could be first admitted to the brain injury unit, then to assisted living and then maybe to independent living. There is a continuum of care. A dementia support group is offered. Clearview tries to be an educational resource for those in the community.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
PR14-12	30:00	15:00	L	PA/O	03/20/14	11:00 AM
					03/21/14	12:00 PM
					03/22/14	03:00 AM
					03/24/14	10:30 AM
					03/25/14	02:30 AM
					03/27/14	03:00 AM

Host Jackie Kahlhamer talks with Jody Langfeldt, Dodge County Public Health Officer, about the Dodge County Health Assessment. The priority for Dodge County has been determined to be nutrition and the lack of physical activity. They are now looking at the second phase to see what steps can be taken to bring solutions. Public Health is more focused on prevention and education. There can be relationships between chronic disease and these issues. Part of chronic disease does come from genetics. Diet and exercise can be used to improve chronic disease. The focus is control rather than curing. Quitting or never starting tobacco can be one of the biggest things to disease prevention. Public Health has moved to being population based- to make the population healthier in general through better choices. Working with families to limit screen time for children is part of the strategy. Activity and exercise does not have to cost a lot of money. A couple of years ago, Dodge County did not score well in food access. A number of the rural communities do not have a grocery store. People can be encouraged to use the farmer's market and other ways to access fresh fruits and vegetables. People can do little things to increase physical activity and improve health. Any amount can be helpful. Any amount of nutritious foods can be helpful. There are things that can be done to start small and improve health. Small steps can be encouraging and not set oneself up to fail.

PR14-13	30:00	15:00	L	PA/O	03/27/14	11:00 AM
					03/28/14	12:00 PM
					03/29/14	03:00 AM

Mary Rosecky, Dodge County Human Services and Health Dept. Public Health Nurse, talks with Host Jackie Kahlhamer about child safety and injury prevention. A coalition was formed to address preventative measures. Events in infancy & early childhood can have lifelong health effects. One issue of concern is Lyme Disease. An educational brochure was made to address it. Another issue of concern is safe sleep. A brochure was made discussing the ABC's of safe sleep for infants. These are: sleeping alone, on their back and in a crib. Safe sleep is one of the biggest factors and the coalition wants to give consistent and accurate information about it. The county has a child carseat and a cribs for kids component. Both are income based. Bike and seatbelt safety are issues also addressed. They are working on a web page with information and accurate links. Car seats have expiration dates. If unaware, parents could inadvertently use expired seats. It is also important that they are installed correctly. There is a need for continued education. The more people hear, the better informed they will be. When children's safety is compromised, health effects may not be seen until they are older, such as making poor choices or chronic health issues. When different groups work together collectively, it broadens the focus and gets the information out to more people.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
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Health

700 Club NewsWatch #01292014	CBN	1:00:00	5:00	REC	PA/O/E	01/29/2014 2:00 PM
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CBN News Medical Reporter Lorie Johnson reports: Common herbs and spices not only add flavor to your favorite dishes, the right ones can also help fight cancer, diabetes, and heart disease. But how do we incorporate them into our everyday lives? Many of us have lots of little bottles of herbs and spices in our kitchens. But too often they're just collecting dust! Sadly, we only use them for special occasions, like Thanksgiving. Now it's time to open the right ones more often for better tasting dishes and an even healthier lifestyle. Herbs and spices come from plants. The difference is herbs, like basil, rosemary, and oregano, come from the leaves, whereas spices come from the other parts. For instance cinnamon comes from the bark; ginger comes from the root. Just a teaspoon of cinnamon packs a powerful punch. Turmeric is one of the healthiest spices around. In fact, it was actually used as medicine in ancient cultures. Turmeric is a beautiful yellow color and has a rich, smoky flavor. The great thing about using herbs and spices to flavor food is that we rely less on sugar and salt for taste. Garlic, for example, is a versatile food that fits a variety of needs. To get the greatest health benefit, let it sit for 15 minutes after chopping. If you do cook it, make sure to keep the temperature low. Add raw garlic to salad dressing, or cook it in pasta sauce. Speaking of Italian cuisine, oregano, common in Italian food, is gram-for-gram the highest in antioxidants of all the herbs. Ginger is a healthy addition to tea, desserts, side dishes, and main dishes. The wonderful flavor from herbs and spices translates into eating less because we tend to feel satisfied sooner than when we eat bland foods, according to research. The active compounds in herbs and spices degrade over time, so purchase the brands with the "Best By" dates on them. Also store them in airtight containers away from heat, moisture, and direct sunlight. While dried is great, fresh is even better! You just need to use twice as much fresh than dried. You can find fresh herbs and spices in the produce department of your grocery store. You can also grow many at home, even inside! So step out of your comfort zone and start using herbs and spices in your everyday cooking — for better taste and better health!

Health

700 Club NewsWatch #02062014	CBN	1:00:00	5:00	REC	PA/O/E	02/06/2014 2:00 PM
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CBN News Medical Reporter Lorie Johnson reports: According to President Barack Obama, expanding his signature health care law will be a major priority during the remainder of his administration even though polls show Americans don't want it. Obamacare has been around in one form or another for more than three years now, but most Americans still don't know what it means for them and their families, including members of Congress. More than half of Obamacare is paid for with cuts to Medicare, mostly what Medicare pays hospitals. One result will be hospital cutbacks, which will likely mean a reduction in nursing staff. If you know you're entering the hospital, you should put aside some of your own money to hire a private duty nurse, at least for the first night or two. Those Medicare cuts will also hit individual doctors as their reimbursements for treating their Medicare patients will drop. So plan ahead. We all confide things to our doctor that we wouldn't tell anyone else. But under Obamacare, doctors are required to enter all that private information in a computer. We've all seen the headlines, from the Target credit card breach to National Security Agency spying ~ it's clear that sometimes our private information on the web can fall into the wrong hands. So take precautions. This year an estimated 25 million people will lose the health insurance they have through work. Employers won't be able to afford the new small group plans that contain all the benefits the government requires. So don't be caught off guard. If your company insurance goes away, you'll need to budget more for healthcare.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #001	28:30	28:30	REC	PA/O/E	01/07/2014	11:30 AM

Today on Switch On Your Brain, Dr. Caroline Leaf discusses the mind being the switch that helps to control the brain. The mind is your intellect, thinking, choices, feelings and emotions. These mind actions switch the brain on or off. Thoughts are real things that take up space in the brain and look like forests that have been built up since you were in the womb. We control our brain. Our brain does not control us. Through your mind, you have the ability to think and choose; the ability within yourself to change your world quite literally. Science has proven that the mind changes the brain. The mind changes the body. The mind is instrumental in developing the spirit. It was once believed that once a brain cell died, there was nothing more that could be done about it. Research now states that we can change our brain. We can redesign our own brain. Neuro means brain. Plastic means to change. Neuroplastic means the brain can change. You can change your brain. Now this is called brain surgery. You are completely unaware of ninety to ninety-nine percent of the activity going on inside your brain. Right now you are processing information through your five senses into your brain. Your mind activity is a signal that goes to the DNA, to the gene code, which is just sitting there dormant waiting for your signal, and then as soon as your signals comes, it switches on and you start making amino acids, which group into proteins and you grow trees in your brain which are thoughts, right now at 400 billion actions per second. You are creatively growing stuff inside of your brain. Mind over matter is total reality. The mind actually controls the body. The spirit controls the soul, and the soul's the mind realm, and the mind controls the body. We know from science now that the higher level is the mind and the lower level is the brain, so the brain actually represents what the mind has actually worked out. You're a thinking being. You think all day long. You're even thinking at nighttime while you're sleeping. But at nighttime you are sorting out your thinking for the next day. Even though every human's brain follows the same euro physiology and the structures of the brain and those kinds of things look the same, the way that you uniquely perceive the world means that you will design your own architectural landscape of your brain. So the way you perceive the world is reflected in the physical structure of the brain and we call that the law of diversity. We do not have fixed IQs. You are as intelligent as you want to be. Intelligence is something that increases constantly throughout your lifetime the more you use your brain. You are designed with free will. You are designed, enabled, and empowered to choose. You can choose whether you are going to believe the negative or the positive. You choose whether or not you are going to operate in peace. There are only two choices that we can really make: love or fear. The choices that you make, which are the result of the thoughts that you think, are going to become physical realities in your brain. We have to focus on what is important and make the good choices that we have to make because when we make the good choices we wire health into our body. We wire health into our brain. We wire health into our mind. We wire health into our spirit. Thoughts are real. Thoughts are growing on a moment by moment basis that you, with your mind, grow. As you are growing those thoughts they are changing the structure of your brain and impacting how you run your life. We need to be aware of our thought life. We must never let thoughts go unchecked through our brain. We must always be aware: What am I thinking about? What am I listening to? What am I reading? What is going on in my mind? As we create that awareness, we can start bringing those thoughts into captivity.

Health

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #002	28:30	28:30	REC	PA/O/E	01/14/2014	11:30 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses the scientific term "You Are Wired For Love." Humans naturally are optimistic. Scientists correlate that with being wired for love. We actually have to learn fear. The brain is part of your body. You are designed in perfection. You are wired for love and you are well able to think in a perfect way. Fear is the opposite spiritual force. You have the spirit of power, love, and a sound mind. The norm is love, power, sound mind, made in His image, the mind of Christ. Research called "The Optimism Bias" shows that the natural inclination of man is one of being positive, making good choices, and thinking healthy thoughts. Scientifically, we have seen the brain circuitry for only positive choices, positive optimism, seeing the good in everything, wiring, neurochemicals, structural organization inside the brain, that is all in the direction of healthy thinking. Yet when you make a bad choice, because we have free will, we see this whole process being distorted, creating a physical change in the brain which impacts the body. This parallels with the Bible, which encourages us to think of healthy positive things, and if we don't, there are going to be consequences. The hardware that is fixed is the wired for love. We are made in God's image. That's our original design. That's our normal. That's our default mode. That is who we are, but God gave us free will. In life, we run the software, and

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that software is how we process the events and circumstances of life and how we actually design the landscape of our brain, so the software is how we uniquely process that information according to what is already inside of us. Moment by moment of every day we are thinking. So moment by moment of every day, we are changing the software and changing the reactions. We get stuck in certain habits. Whatever you think about the most will grow. So whatever program you design to work in that way, the hardware then responds. So if you don't change the software signal, and it's always the same signal, the hardware will just respond in the same way. But if your software says this hardware is not good, then you can change the software. This is all mind activity. By having an awareness of this life that we're living as hardware, we can use our mind to change that and bring ourselves into the natural state, which is wired for love. It's all choices. It's all mind work. The non-conscious part of your mind works at 400 billion actions per second. In the non-conscious part of your mind it guides the conscious part of your mind. The conscious part of your mind operates at 2,000 bits of information per second. The non-conscious mind is pretty much that part of who we are. It is all the thoughts that we have been building from conception to our current age, that are driving our conscious minds. At any given time there are only a few thoughts in our conscious mind. Thoughts move in and out of the conscious mind as they are required in order for you to function. The non-conscious mind has trillions and trillions of thoughts and they can be changed. Those thoughts that you have implanted in your mind can be altered and changed as they move into the conscious mind and then move back into the non-conscious mind. We have structures in the depths of our brain called the "Default Mode Network" which is a group of circuits that span the structures in the middle of the brain. The Default Mode Network, think of it as a conductor. All of the circuits inside your brain work together like an orchestra when you are using your mind properly. Research has shown that every seven to ten minutes you are supposed to slow down, become introspective, become self-reflective, become calm, switch off to the outside and switch on to the inside and get into the depths of who you are, and when you do that your brain moves into the highest intellectual state that it possibly can. On an FMRI scan, your brain goes into what is called gamma activity. Gamma activity is where you are super intelligent. When you have gamma activity happening in your brain, you are processing with wisdom, you are seeing things that you did not see before. The fear zone essentially is negativity; toxic thinking. Our choices have consequences and our bodies help us to understand these consequences. You have to choose to live a full life. You have to choose to be happy despite the circumstances. Spirit, soul, and body is a connected thing. Your mind is what you use to decide how connected you are going to be between your spirit, soul, and your body. It is with your mind that you process, intellectualize, experience your feelings, make your decisions, interface with your thoughts, and make your choices. The biggest thing in change is the recognition that we have choice. It is also the hardest thing to take responsibility for our own thought life and our own actions. The quicker we realize that we make choices and that our choices have consequences, it will set us on the path to healing with the recognition that we have the ability to choose. We are wired for love. We know right from wrong. Our natural default mode is one of love, which is choosing well. When you make a bad choice you are going to have a physical consequence inside the brain. Your brain has no structure for bad choices. We're wired for love. We were designed to make good choices. If you make bad choices you're going to have a negative physical reaction inside our brain, literally you will build a negative toxic tree inside of your brain, and that will impact your physical body, soul, and spiritual development. You are wired for love. Love is your normal. Everything about you is designed to be like God. You can make good decisions. You can think well because that is your norm. So when we choose badly, we're actually stepping into the fear zone, or the abnormal zone, and experiencing negative emotions. Because that is not your norm, it doesn't have to dominate or control you. You are able to get free because you are wired for love. Research shows that we are wired for love and we can change. Really focus on the fact that everything about you is geared in a positive direction. Your norm is to actually make good decisions.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	01/21/2014	11:30 AM

Health

Today on Switch On Your Brain Dr. Caroline Leaf discusses how making bad choices leads to toxicity. You are a thinking being. You're thinking all day long. Every time you think it automatically leads to a choice. As you are thinking and choosing your DNA actually expresses, which means it makes proteins, and those proteins group together and you grow thoughts that look like trees. Sometimes we choose badly. Instead of the proteins forming correctly they actually form incorrectly. You can actually see the result of a toxic choice inside the brain as literally this toxic tree. If you think of the analogy of a forest where there has been a forest fire, there's this huge black patch and that's kind of what our toxic thoughts look like. Our body recognizes it as an abnormal structure. Our brain actually reacts negatively to a toxic thought. Toxic thoughts are like these foreign invaders and they increase our vulnerability to disease. Seventy-five to ninety-eight percent of current mental, physical behavioral illnesses today come from toxic thinking. You're spirit, soul, and body. You are a triune being. Your spirit is your true you. It's your intuition, your conscience, and your communion; your communion being your worship with God. Your soul is your intellect, will and emotions. Your soul is basically your mind. You are thinking, you're choosing, you're feeling, all of that is the mind; soul activity. You live in a body. Your brain is part of your body. The design and the

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natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is the central point. The body simply is then going to house the consequence of your mental decisions of your mind; soul decisions. God gave you this ability to choose. When we think and choose badly and we wire those toxic thoughts into our brain, those toxic thoughts are seen as foreign invaders inside of our brain and this is because we are wired for love and we have to learn fear, so therefore the toxic choice is actually a fear response. Not fear as in scared, but fear as in negative; anything on the negative side like discouragement, despair, hatred, anxiety, worry, etc. You are in life processing. You're in these events and circumstances of life, those things are coming in through your five senses, you are thinking these things through, and you are reacting to these events and circumstances that have come in through your five senses as electromagnetic life forces that we can measure through quantum physics and describe through using quantum physics and brain science. So if with our mind we make a bad choice that spiritually is going to have a whole lot of consequences on the way that your mind is functioning as well as your spiritual development, but it also makes a huge impact on the way that the body functions. Current research tells us that seventy-five to ninety-eight percent of current mental, physical and behavioral illnesses today, come from our thought life, so these illnesses are very real things. They're talking about the big five as well as just down to getting a virus like a flu or something like that. These manifestations of illness and physical illness inside of our bodies, seventy-five to ninety-eight percent of it, comes from our thought life. It is our thoughts that change the physiology of our body. It is our thoughts that change the way you feel and function. When we have a flu or a virus or something passing through our body, our immune system is immediately activated to fight that invasion. So anything that is not part of the normal cycles or structure or function of the brain is treated in the same way. Our thinking produces physical realities in the brain, actual physical little thoughts that look like little trees. When it is a healthy thought, the trees look healthy and are balanced. But when we make a bad choice we literally throw our brain into neurochemical chaos. The dead tree represents a negative thought, a bad choice. When we make the decision to choose things incorrectly, we upset the natural function of the brain, which is for love. So every time you express your genetic expression happens, which is the result of your thinking. Your thinking is the signal that causes these proteins to express and to capture this information in the form of a tree. The green tree represents the healthy tree; this is your norm. Scientists have found that we are wired for love. You are wired to think well, choose life and build life into your brain. Our normal is a sound mind. The abnormal is an unsound mind. We're in a world that says depression is normal, anxiety is normal, the negative is normal, worrying, etc. is just a part of life. It's not part of life. It is the result of choices we have made. Scientists and medical research show the same thing. Toxic thinking, bottom line, makes you sick. When you think badly sickness will manifest in some way. When you make a bad decision and you choose to do the wrong thing, when you choose to think a negative thought or a toxic thought, your peace goes. When we are choosing incorrectly, we are going to grow toxic thoughts. We need to recognize that this is what causes a lack of peace in us, but this is not a death sentence. Your brain controls every single cell of your body. Your brain is designed to be controlled by your soul, which is your mind realm; your thinking, your choosing, and your feeling, changes the physical structure of your brain. Your brain and your body represent the physical result of the decisions of our mind, and if we make bad decisions, and we wire in the toxic zone, we will feel the impact inside of our body. Science is showing that when we aren't positive, when we're negative, when we don't forgive, when we do all the stuff that we're not supposed to do, and enter that zone, we will physically change the nature of our brain. As you think, and as you choose, and as you make proteins, you are growing branches, and the branches are all attached to these trees, and these trees are all intertwined in each other. Your brain is about the size of your two fists. Believe it or not, you have an infinite amount of space inside your brain. You can grow branches, and each branch contains information, for three million plus years and you still won't fill up your brain. Every time you think, you are going to grow branches, and these branches hold this information, which are your memories. When you make a good decision it looks healthy, but when you make a bad decision your heart gets affected, and everything gets affected, and it creates like a black cloud. So what we find inside of the brain when someone is not thinking like they should, when they're making bad decisions, operating in the negative domain, this causes a reaction in your heart, which causes a reaction in your DNA, which causes a reaction in the chemicals of your body and the result is that you actually build this distorted image which is recognized by the body as a viral invasion, or as an invasion. It is not seen as the norm. Now, when you cut yourself or you hurt yourself, immediately your body releases C-reactive protein, plus a bunch of other stuff, but C-reactive protein is a manager one, and the C-reactive protein goes to that site to try and help to heal. It's a part of the healing process, but in the healing process there is inflammation. The first reaction is inflammation occurs. When doctors are looking for signs of a viral invasion in a body, they look at the C-reactive protein count. If you have a lot of those in the body, there is something going on. Your body physiologically reacts to damage, to viral infections, to physical damage by releasing these C-reactive proteins. Research has shown that toxic thoughts also cause C-reactive proteins to flow. So the minute you choose badly, you will find inside the brain that all the electromagnetic balance, all the chemical flow, everything is distorted at that point. There will be a high level of C-reactive proteins, a high level of inflammation. Wherever there is inflammation in the brain, or throughout the human body that is not dealt with, inflammation that stays will bring disease. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline. You have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts, and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. Every choice you make has a consequence. You're a thinking being and moment by moment of every day, you are thinking and you are choosing, and those choices that you make become physical realities inside of your brain. This is a scientific fact as well as being a spiritual fact. So when we choose the wrong choices, the toxic choices, the

despair, discouragement, irritation, frustration, you name it, we're going to have a physical result inside of our brain because thoughts are real and they take up mental real estate. The toxic choice impacts how you function. Remember, we cannot always control the events and circumstances of our life, because those events and circumstances are the result of other people's choices and other people's decisions, other people's thinking. But there is something you can control and that is your reactions to those events and circumstances of life. Your reactions to events and circumstances of life are the choices that you make about what you're doing with your life and how you are going to cope every day.

Health

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Switch On Your Brain #004	28:30	28:30	REC	PA/O/E	01/28/2014	11:30 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses stress. There is good and bad stress. Stress is how your brain and your body reacts to how you're thinking. When you are in a positive state of stress, which is stage one, your neurons are lining up and everything is happening like it should. Stage two and three of stress is considered negative stress. Your body goes into negative stress when you build toxic thoughts. Every cell in your body is subject to every toxic thought that you keep, increasing vulnerability to illness and disease. When we make a negative choice we throw our body into a state of toxicity. Science tells us that seventy-five to ninety-eight percent of current mental, physical, and behavioral illnesses come from our thought life. There are three stages of stress. Stress stage one is actually good. It is normal and is the natural flow of the brain in helping us as humans to focus and deal with life. When we make a bad choice, we actually upset the natural cycle of stress and upset the natural flow of chemicals and cause an imbalance in our thinking. So good stress becomes bad stress and we move into stage two of stress where we have neurochemical chaos. As we're thinking and processing information, we have about 30 neurotransmitters and 1,400 different chemical reactions happening while we are just living. But as we enter stage two of stress, which is caused by a bad decision, which is caused by a toxic thought that we physically build in our brain, we cause neurochemical chaos, upsetting those 1,400 chemical reactions and 30 neurotransmitters. Stage three of stress is when we stay in stage two of stress for a long time; when we've kept those bad habits, when we've kept those toxic thoughts, and we just don't move beyond and nurse those things and suppress them in our subconscious mind. When it's there for too long, eventually, the damage becomes greater and greater, and we shift over into stage three of stress, which is a good thing gone really bad and doctor's generally talk about that as the death zone. Stress is the body's reaction to the foreign invasion of a toxic thought. Your choice, which is your reaction, determines if stress will make or break you. Every single cell in our body has like little doorways on it. Every single cell has multiple receptors for a specific purpose, little doors and windows, each letting in certain chemicals, certain substances, at certain times, in certain amounts. It is called cell specificity. When it's all going like it should, when you are in stress stage one, which is the good stress, when you're thinking correctly and making right choices, when you are in line with your wired for love natural design, then the receptors work correctly. The minute we think and choose and make a toxic decision, when we move into the wrong way of thinking, out of alignment with our natural way of thinking, that causes neurochemical chaos in the body. When we have neurochemical chaos in the body that literally causes the doorways to be ripped off the hinges, causing the windows to be shattered, removing protection from the cells. Now whatever is flowing through the bloodstream, whether it's chemicals that you've inhaled from a perfume that you've sprayed, or food that you've eaten, the incorrect balance of chemical signals from a toxic reaction. All of that is actually reality inside of our blood flow. Now that can enter into the cell and into the heart of the cell, which is the DNA, and affect the way in which the genes express and effect the way in which you hold thoughts. Your spirit is the true you. It's who you've really been created to be. Your soul is your intellect, your will and your emotions, so your soul is your mind realm. Your physical body houses your spirit and your soul, so your brain is part of your physical body. The way we are designed is that the Holy Spirit guides your spirit. Your spirit guides your soul. Your soul dominates your body. Your thinking mind controls matter. Your thinking is changing the structure of your brain and your body. The Holy Spirit lays down in your spirit what you know to be the correct thing, but it is with your mind that you must appropriate that. It is with your mind that you understand what the spirit knows. We've all been at the place where we know what we're supposed to do and can even quote the scripture, but our mind is still not really believing what is true. This is called in scientific terms: cognitive dissonance or lies. You are getting input through stimulus or signals from the external to the internal part of your mind through your five senses, so your five senses are the contact between the external world and the internal world of your mind. When these signals move into your mind they're moving as electromagnetic impulses, waves, and all kinds of fantastic things, and they are in a temporary state and they move through the hundred structures of your brain. You're in the events and circumstances of life and the enemy comes and distorts those events and circumstances. When someone speaks you receive those signals, you process and think about it with your mind. As you're thinking, you cause your brain to genetically express, which means your brain has a physical reaction to your thinking. Thinking is an electromagnetic wave, which is a signal that causes your brain to make proteins. Those proteins group together into little branches that hold information that you are hearing. The stuff from outside becomes a physical reality inside. You receive it, but you have a choice. You, with your mind, have to choose whether you are going to appropriate the truth of God and step into His

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grace, and the signal that changes your brain is your mind. What you are thinking changes your brain. Your brain then controls your body. Your brain then receives either a negative signal or a positive signal. The lie of the enemy has no strength, no substance, until you take it and make it physical substance. Whatever you think about will produce an action and words. Everything that you say and do in your life is first a thought that you have built inside of your head. Your thoughts are the source. As a man thinks in his heart so is he. You don't have stress chemicals in your body, you have chemicals that flow in the wrong quantities. Everything inside your brain and your body is designed for perfection. When we make bad choices we disrupt the natural rhythm of the physical body that we live in. There have been thousands of studies showing how the physical heart is linked to the brain. In the heart there is a mini little brain that has about 40,000 nerve cells. This little mini-brain inside your heart is connected to your brain and what happens is that as you are processing the events and circumstances of life, as you are reacting to the events and circumstances of life, as you the observer outside of the system are observing the events and circumstances of life, as you're intellectualizing through the events and circumstances of life, you are then going to make a choice. You will always make a choice. This is how you are designed. Thinking leads to a choice. Put your past behind you. Acknowledge, confess and repent to rewire your thinking. It's time to stand up and take responsibility for our thought life. Stress literally causes brain damage. We cause our own brain damage every time we make a toxic choice and throw our body into negative stress. Positive stress is good, that happens as you're thinking and making good choices. Negative stress stage two and three is when you've made a toxic choice and you've kept it there. We need to realize that we need to bring our thoughts into captivity and renew our minds. When we get rid of those toxic thoughts we decrease our vulnerability to illness.

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Health						
Switch On Your Brain #005	28:30	28:30	REC	PA/O/E	02/04/2014	11:30 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses the ability to change and renew your mind. You can rewire your brain. You can change and get rid of those toxic thoughts. As a man thinks in his heart so is he. What we have wired into our brain very much determines what we say and what we do. If it's a toxic thought it produces toxic words and actions. You don't have to get stuck in that. We're not a victim of our biology. We can change that. We can rewire and get rid of it. In science we call this neuroplasticity. Neuro means brain and plastic means to change. You are designed to change your brain. It takes time. It takes a full twenty-one days according to the science to breakdown a thought. You are in control. You can break those thoughts down. Renewing our mind means that we change our thoughts. You are a thinking being. Thoughts are real things and they occupy mental real estate. If you have a toxic thought it causes physical change in our body, which is toxic. If you have a healthy thought it brings health to our bodies. This is what science has found that when you have a healthy thought you have health in your body. Toxic thinking brings a lack of health to your body. You have a non-conscious mind and you have a conscious mind. Your non-conscious mind operates twenty-four hours a day. Your non-conscious mind operates at four hundred billion actions per second and that non-conscious mind drives the conscious mind. Your conscious mind is what you do when you're awake. The conscious mind only operates when you're awake but it is driven and controlled by the non-conscious mind. At any one time around about four to seven thoughts are in the conscious mind. As a thought moves from the non-conscious to the conscious, it becomes malleable, plastic, changeable, and this is when we start doing brain surgery. This is a massive breakthrough in brain science, and psychiatry and the world of psychology. It was once thought that the brain could not be changed because it is fixed and immutable; it's a machine. Research now shows that your brain does re-grow; it is neuroplastic. Every day you get new brain cells. When you bring a thought into the conscious mind, there's a massive change that occurs inside the networks of our brain. We see a physical change in the brain. In the mind realm there is a massive change and in the spiritual realm there is a massive change. As soon as we bravely take the initiative of acknowledging our wrong doing, our sin, our stronghold, our toxic thought, whatever you want to call it, then immediately we see the work of the cross coming into action. This is really, I believe, where the Grace of God hits us because when we see this is who I've become but the truth is that I'm wired for love, Jesus died on the cross, and He rose again on the third day. I can believe this. That is knowledge you have built in as a tree. That is something you had to process and build in as a tree and as you are using this healthy thought you look at the negative so you start talking about the situation and you start acknowledging, repenting; all that is a process that takes a minimum of twenty-one days. This thing that you thought up is filled with emotion. Every thought that you've built has got emotion and information. The information of the event plus the emotion attached to that event. When it's in the non-conscious the emotions are operative, but when it moves to the conscious mind those emotions become feelings, so we experience the emotion. So as you talk through you redesign this whole thing, meltdown the toxicity, eliminate and get rid of all the negative toxic emotion, and toxic feelings, and you rebuild a healthy truth that says this is how I used to be. This is the negative reaction I used to have. You have these lights going on in your head. You suddenly get this insight and awareness because as you're going through this process the Holy Spirit is laying down in your spirit what you actually know to be truth, and then with your mind you're starting to understand truth, and as you start doing this conscious work of understanding the truth and rebuilding a healthy thought, you overcome. When you make bad choices the proteins that you express are all distorted and tangled up. They look different to the proteins that you express when you make a good

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decision. As you are thinking and choosing, when you choose in the death zone; when you choose a bad choice, when you shift out of alignment with God, you build proteins that are incorrect, so you're still going to wire in the toxic tree, but it looks different. Science tells us that if you're going to change one of these ugly networks in your brain you have to have discipline, you have to direct your attention. You have to be very focused. You have to make a decision and rigorously push through a period of time to change that thing. On day three or day four, most people just stop. When you just stop and give up that is a decision of your mind. You chose to stop and give up. You could have chosen to push through with diligence and perseverance. It shows us in science that nothing happens until day twenty-one. It takes twenty-one days of major scientific stuff to break down the thoughts and then once you've broken it down, it takes another two cycles of twenty-one days minimum to make that a habit in your life. It takes at least sixty-three days to make a major change in your life. In science what we have found is that in order to build a stable memory; that means that something is there and they're not going to go away unless you change it, which you can do, you have to go through a process of up to twenty-one days to build a basic new little memory. It also takes twenty-one days to break down a memory. You may have been thinking in a negative pattern for the last thirty years. In just twenty-one days, you can get rid of that toxic tree and at the same time rebuild a healthy tree. You have to push through. Awareness is the signal that starts breaking down the toxic tree. You have to push through because the first two days there are a lot of chemicals flowing that will give you a lot of motivation. Day three and day four those chemicals stabilize. You have to push through beyond day three and day four, because even though you may not feel it, major change is occurring in your brain on the nonconscious level. If you think of a tree and you think of the branches on the tree, the branches have to get stuck to the tree. By day seven the branch is stuck with like a little bump. By day fourteen the connection between the branch and the branch that it is growing from has become like a lollipop. It's only on day twenty-one that the connection has become like a mushroom or an umbrella. What that means is that when it is in that shape the protein has become self-sustaining. The memory has become stabilized. It will then move into an unconscious mind and it becomes something that you have worked through. So we need to push through to twenty-one days. Work on one toxic area at a time, one toxic habit at a time, one by one. If you're working twenty-one days; that means in one year you can fix seventeen areas that need fixing in your life. Most people are the same now as they were five years ago. Five times seventeen imagine what you could do! It takes seven to ten minutes a day of the exercise and five steps that are all scientific. You are your own base brain surgeon. This means that you are designed with your mind to change your thoughts. You can get rid of those thoughts. You can wire them out It's a process. It is not going to happen overnight. Most people are very motivated to change and forgive and get rid of a toxic habit in the first couple of days and that's because of chemical reactions and the motivation that occurs around that whole state. But day three, day four, historically, and statistically, people tend to give up. We've got to push through. Science shows us that once we're aware of a toxic thought, we need to focus in on working on one toxic thought, which has a whole lot of branches growing out of it like a tree trunk which is the root with all the toxic branches and manifestations growing out of it. Science shows us that twenty-one days is the minimum that it takes to break down a toxic thought, and as you're popping off those branches and rewiring, you are also building up at the same time a healthy new thought.

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Switch On Your Brain #006	28:30	28:30	REC	PA/O/E	02/11/2014	11:30 AM

Health

Today on Switch On Your Brain Dr. Caroline Leaf discusses how "I can't" is a decision. It is a choice, which means "I can" is also a choice. Your brain follows what your mind decision makes. If you, with your thinking, choose to "I can't" you will get stuck. When we say, "I can't" we are building ourselves and locking ourselves in. The minute patients were desperate enough to change, the minute they directed their attention in the direction of "I can" things started happening. Realize that "I can't" can become "I can," that it's a choice that you make and you don't have to be bound in that depression and negativity. Those are all manifestations. You can change. You can change your "I can't" to "I can." We are made in the image of a perfect God. Our normal, our natural, our default is phenomenal, brilliant, marvelous, fantastic, fabulous; it is outstanding. You are outstanding. When you say "I can't" you've actually made a choice because you're either "I can" or you're "I can't" - there is no gray area with God. It's either you choose life or you choose death. When we say "I can't" we are actually choosing to give up. We're making the choice to pull out and pull back and to not take responsibility. And then we can't heal because we actually increase our toxic load when we do that. This "I can't" applies to logical things, decisions that are blocking you from moving forward in your life. We're not going to walk around thinking that if I say "I can" "I can." It's not positive thinking, it's much deeper. We're dealing with where we use the words "I can't" that keeps us stuck and bound in chains of negativity and bad habits and bad toxic thoughts. That's the "I can't" that we need to overcome. Your thinking and your choices will impact right down to the DNA right down to genetic level and that impacts everything about who you are and how you are functioning. Ninety-nine percent of our perceptions in life are based upon what we have planted inside or our brain. A lot of times, we say "I can't" because it is scary to change. There is a fear involved because this is familiar even though I know it's wrong. There's also the thing of "I don't know how to change" this almost helpless feeling which has come from the world that we live in, the

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environment that we've lived in, the nurturing that we've received, where we've been told and labeled this who you are and you can't change. This is where it is good to recognize and understand who we are scientifically in Christ which means that we are naturally wired for love, so we're naturally wired to overcome. We need to have truth brought into our life about how we can do this. It is something we are able to do. When we're bound in these chains of things like anger, frustration, alcoholism, addictions, addicted to me, myself, and I, addicted to pornography, whatever it may be, these feel like chains that hold a prisoner to a wall. You need to know that your mind is more powerful than any addiction. Your mind is more powerful than any toxic chain. Anything in the negative realm, your mind is stronger than that and that's what science has proven. The ability of humans to be able to be positive over the negative, to be able to heal over the addiction, is so much stronger than the negative.

That's what we need to hang on to and that will help you start. When you recognize that we have this ability to break our chains, that our thinking is more powerful than the chains, the chains actually start breaking. You're a thinking being. You think all day long. You think, you choose, you build. As you're thinking and choosing, you're expressing proteins, which is genetic expression building proteins, and you're building these brain cells inside of your brain. Now if you make bad choices, the proteins that you express are all distorted and tangled up. They look different to the proteins that you express when you make a good decision. As you are thinking and choosing, when you choose in the death zone; when you choose a bad choice, when you shift out of alignment with God you build proteins that are incorrect, so you're still going to wire in the toxic tree, but it looks different. Link back to God, implant the Word of God. Let your mind understand what your heart, what your intuition of your spirit, already knows, and that is you cannot do this thing without God. So you first link to God. You first find a scripture. You first give thanksgiving and praise and worship. You do whatever it is that you get yourself connected to God and then you go into battle. Step 1: You first link to God. Then you start working on this and as you make the decision this thing is no longer in my life and you start working every day diligently, disciplined, directing your attention; it's call the quantum zeno effect. If you don't do it for twenty-one days, it will not go away. It takes a full twenty-one days. The best way to get out of the "I can't" syndrome is to do twenty-one days of practicing saying "I can." So whatever the "I can't" is, if you can identify and be very specific. Science shows us that the more specific we are the easier it is to start breaking down and identify things. If we can find the pattern of our negative toxic reaction, that is the first step in starting to break that down. When we are saying "I can" to get over the "I can't" you can't just say it, you have to really believe it. You have to identify a truth in the Word of God that will be something that you can hook the "I can" onto. As a tree has roots, so your thoughts have roots, so everything you say and do is first a thought. Nothing that you say and do is a vacuum. So whatever you're saying is coming from a root. If you're saying "I can" but you are actually thinking "I can't" the root is the more powerful. The thought in your non-conscious is the more powerful thing than what you are saying, and what you are actually saying is actually the negative, and that's called cognitive dissonance. We've got to have an alignment here. We've got to make sure that when we start saying the "I can" that we are hooking it on to the truth of the Word of God and that we mean it. Even if we are just trying to go through the process; "I'm really trying to believe that I can do this," that sometimes takes twenty-one days just to convince yourself that you actually can apply the Word of God. It's baby steps all the way through. It's only when you start to thank God that He actually listens. When you thank God, in your brain things change. Serotonin, dopamine, oxytocin; all the remodeling chemicals start being released. Various structures in your brain start getting very excited in anticipation of good stuff. Someone is about to make a good decision to be thankful, to be in a state of praise. The brain changes accordingly. The brain gets hyped up in a good sense and excited in anticipation of the good things. When you expect good things, good things are going to happen. "I can" is a decision. "I can't" is a decision. You have a choice daily to say "I can" or "I can't." "I can't" is a decision. When you make the correct decision, your natural wiring is to make correct decisions. When you choose to "I can" instead of "I can't," when you make that decision, change happens in your brain. Physical change happens in your body. Physical change will produce change in your mind, which is the soul realm, which will impact on your spirit. "I can't" is a decision. Never think "I can't" is a cop out, it is a decision. "I can't" is not neutral. Have a look this week at how many times you actually say "I can't." Train yourself to be aware of the fact that "I can't" is a physical thing. When you say "I can't" you're building an "I can't" thought network into your brain that keeps you stuck and bound and chained. You're capable of changing that. You're capable of changing the "I can't" into the "I can."

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Switch On Your Brain #007	28:30	28:30	REC	PA/O/E	02/18/2014	11:30 AM

Health

Today on Switch On Your Brain Dr. Caroline Leaf asks the question: "What Lies Are You Believing?" We need to be alert and discerning because there are truths and lies in every single situation that we face. In life there are all kinds of decisions that we have to make on a moment by moment basis and those decisions come from a pool of choices called probabilities. A probability is something that actually hasn't happened yet. When we believe a lie that means we have processed it through our brain. Whatever you think about the most will grow. One lie that you constantly think about can grow and grow and influence how you function. We need to catch those lies. We need

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to be more discerning and be aware of what lies are we actually believing in our brain. You are in life processing. In the events and circumstances of life those things are coming in through your five senses. You are thinking these things through and you are reacting to these events and circumstances that have come in through your five senses as electromagnetic life forces measured through using quantum physics and brain science. We cannot control the events and circumstances of life, but we can control our reactions to those events and circumstances. Lies are empty until we process them into something. We need to watch the lies that we're believing because people can say things into our lives. They can speak things and things can happen. We process that, and as that information comes, we think about that and it becomes these physical realities inside our brain. The minute they actually become physical realities, we start acting on them, because they become a part of our non-conscious mind and everything you say and do was first a thought inside your head. When someone says something to you or something happens, or a circumstance happens, and we make these assumptions, we are believing the lies of the enemy and we are taking it inside our mind and making it into physical realities. We have love, power, and a sound mind wired into our brain. Our norm is not to make bad choices. Our norm is to make good choices. We have to develop our spirit of discernment. We have to become much more aware of what we are doing with our mind. You are triune being: spirit, soul, and body. Your spirit is your true you. It is made up of your intuition, your communion, which is your worship, and your conscience. Your soul is your mind, your intellect, your will and your emotions. Your body is physical substance we can see. Now the way that you are designed is that the Holy Spirit speaks to your spirit. The spirit speaks to your soul. Your soul controls your brain. Your brain is in your body. Your brain and your body are subservient to the soul. The soul is the mind realm. Thoughts are connected. The brain is the size of your two fists. There are 100 billion thoughts in your brain. Each thought can grow up to 200,000 branches. You have three and a half million years' worth of space in your brain. Each thought becomes a universe. No thought is ever in isolation. Whatever negative toxic thought you have will grow little vines like a vine grows, and as you are thinking about it, it connects with other thoughts. The connection that occurs is almost like a cellular network as well, because we have other cells between the thoughts that carry the electromagnetic energy of those thoughts to other thoughts as well. We have so much more control than we actually realize. The love zone is represented by two trees. The larger green tree represents God. The smaller green tree represents you made in God's image. The toxic dead tree represents the fear zone. There are only two types of emotion. There are two basic spiritual forces: love, which is God, and fear, which is the counterfeit, the opposite spiritual force. You are either operating in love or fear. You must choose which of these zones you will run your life in. You have the ability to think and to choose. God is revealing the quantum level. The quantum world is telling more about Godly principles than any other form of physics that's ever been known. You're in life and life is filled with events and circumstances. You cannot control the events and circumstances of life, but you can control your reaction. What science quantum physic tells us is that there is this probability wave. The probability wave is that there are all these possible choices that you could make as an individual about this particular event or circumstance. Quantum mechanics can actually do a mathematical equation that can predict this probability, but can never tell you exactly what it is that you are going to choose. Until it has actually been chosen, until you have thought this thing through and made your choice, it's just a whole wave of probabilities. Then you, as an incredibly brilliant thinking human being, you think, you choose, and you make your choice. You as an observer outside of the probabilities, and as you choose, you collapse the probability wave, which means you turn something that is simply a probability into an actuality and it becomes a physical structure inside of your brain. Everything that you say and do is first a thought inside your of head by you yourself. When we have this realization that these things inside of our head are not truth, that we've made them truth by actually processing them into physical realities in your brain, the realization that this is not truth, that you can actually rewire that, that will start freeing you. That realization that this is not who you are, that you can rewire it, that starts the process of freedom. As we think about things they grow. As you're in an event or a circumstance, as you're in a lie, as a lie is presented to you through whichever means, we take that into our brains and for twenty-four to forty-eight hours it stays flowing through the middle of our brain and it becomes what we call a temporary memory. Now if you ignore it, it will go away. If you don't think about it anymore that actually becomes heat energy, it converts and goes away. If you think about it, it starts going through the process up to seven days, fourteen days, twenty-one days, and it becomes a self-sustaining memory inside of our brain. If you start thinking about it more, you then act upon that because whatever we do is coming from these thoughts that we've built in our non-conscious mind. The more you think about it the bigger it gets. The more you meditate the bigger it gets. If you're in a crisis situation, what are you going to revert to? The thing you're thinking about the most. Heb 11:1 in reverse. Faith is substance. When you are building your faith in something you are building a physical network. Your brain is following the structure of your mind. Gen 11:6 Faith. Substance. Imagination. All of it is building substance. Substance is stuff; something physical. As you are thinking, you are creating thoughts. You first build a thought and then you see the evidence. The evidence is the words, the actions, and the manifestation. First the thought then the evidence. When you are in a circumstance that's bad and you're connected to the vine you are going to draw on the correct thing from your non-conscious mind to inform your conscious decision, but if you're not, you're going to draw on the negative to inform your conscious decision. How do we know what is truth in terms of making decisions about whether something is good or something is bad? First of all, you are wired for love. It's the scientific way of saying you are made in God's image. We know right from wrong. Within the depths of our spiritual part of who we are, in the depths of our intuition, the Holy Spirit will lay down truth. With our mind we need to understand what that truth is. We use our mind to understand the truth that is already inside of us, but that takes discipline, that takes walking by the spirit, that takes discipline practice about not letting thoughts just go crazy and unchecked through your mind, but stopping and evaluating "Is this thought in alignment with God or is it in alignment with the worldly way of thinking." We can train ourselves to discern because our basic nature is one of knowing good from evil. Whatever negative thing you are saying inside of your head, you've taken a lie, which was nothing, and made it something. A lie cannot be measured. Light is

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what we measure. Darkness is the absence of light. A lie is the absence of truth. We measure truth. We cannot measure a lie. If a lie is put in your soul, and in your mind, and you think, you're going to make proteins, and those proteins are going to become realities. They become physical substance in your body. Your mind controls your body even down to the subatomic level. That is why when you pray your words influence the subatomic level. Your thoughts change the C-reactive proteins in your body. Your thoughts, your words, change everything right down to the DNA level.

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Switch On Your Brain #008	28:30	28:30	REC	PA/O/E	02/25/2014	11:30 AM

Health

Today on Switch On Your Brain Dr. Caroline Leaf discusses how we walk through life with unnecessary baggage which are toxic thoughts that we've built. What we've stored in our minds is basically impacting how we function. Research shows that patterns for adulthood are laid down in childhood and the way that you function in the future is based on the now. Our mind is split into the conscious and the non-conscious. The conscious operates when you're awake. The non-conscious operates twenty-four hours a day and that's where all the thoughts, the good trees, the baggage, all that is stored in the non-conscious mind. We know from science that the non-conscious mind drives the conscious mind. So if your non-conscious mind is filled with baggage that is what is going to drive your conscious perception of how you deal with life. Cast all your burdens upon God. Get free from that baggage. You are spirit You are soul. You are body. Your spirit is your true you. Your soul is your intellect, your will, and your emotions. In other words, your mind. You live in a body which is dominated by the brain. Whatever you say and whatever you do, it first comes from a root, and that root is something that you have planted inside the depths of your mind. So it's a bit like we've taken these toxic things and we've put them in this baggage and we try to pull this along with us and we go to bed with it and we've always got this baggage with us and we never let it go and it's heavy and it makes us feel weighed down and that is literally what we're doing when you keep a negative thing in your life. When you keep an unforgiveness, anger, frustration, irritation, a way of reacting, being overemotional, whatever it may be, being oversensitive, taking offense, all these things, when we do that, this is baggage. This baggage will affect the way that we are perceiving life because this baggage is deep down in our non-conscious mind and the way we perceive life is going to be through these memories in our non-conscious mind. Each time something reminds us of an event or circumstance of life, it reminds us of that piece of baggage. It will move it to the conscious mind and influence how you handle that situation. Until you remove it you're going to continue in your toxic pathway. The Bible says, and so does science, you first build a thought and then you see the evidence. The evidence is the words, the actions, the manifestation. First the thought then the evidence. When you are in a circumstance that's bad and you're connected to the vine you are going to draw on the correct thing from your non-conscious mind to inform your conscious decision, but if you're not, you're going to draw on the negative to inform your conscious decision. Where are you putting your mind time? Where is your mind time focusing on? Train yourself to be aware of your thought. No thought should ever go unchecked through your mind. No thought is harmless. A negative toxic thought is doing damage in your brain. It's made up of proteins that have become distorted because we don't have any proteins in our brain for negative thinking. The proteins that we make are supposed to be made based on healthy choices. So when we make a negative toxic choice, we distort the proteins. So the proteins accumulate, and instead of it being a beautiful green tree, it's this wiry distorted, inflamed, awful looking kind of thought that affects the blood flow. The activity looks incorrect when you look at a brain scan. You can actually see negative things. And that's what happens in life as we're going on, we're building these thoughts. We build thoughts with our thinking, our mind, our intellect, our will and our emotions, the thing in the middle that impacts the spirit and the body. As we think, our brain is housing, and capturing, and building, these thoughts, and then these thoughts impact back into our mind because these thoughts get built and then they get laid down in the non-conscious part of our mind. Your thoughts are real. They occupy mental real estate. You think all day long. You're a thinking being designed in the image of God. At nighttime when you're sleeping you are still thinking, but you're sorting out your thoughts. Your non-conscious mind houses all these thoughts. Your non-conscious mind operates twenty-four hours a day, it's always going at 400 billion actions per second. Your non-conscious mind drives your conscious mind. Your conscious mind is what is awake now. It is through our conscious mind that we process information. Your first build a thought and then you speak. You live out of what you have built. If you have built toxicity in your brain, you are speaking toxicity. If you're not dealing with issues, if you've got unforgiveness, if you've got bitterness, it is toxic inside your non-conscious mind impacting how you are processing the world. Ninety-nine point nine percent of your perceptions are based upon what you have implanted in your non-conscious mind. That is why James 1:21 so correctly says that the implanted word of God will save your soul. We need to be memorizing scripture. We need to be meditating and practicing the presence of God. Everything about your life needs to be given over to God. Left unchecked, baggage will destroy your life. From your conception to your present age you have been building these thought trees. These thought trees are like the root of your words and your actions. So in your non-conscious mind, you've got these trillions and trillions of thoughts. Your conscious mind is driven by your non-conscious mind. So when you're in a situation and you start to have conflict, the conflict are signals that start to come in and you're building these toxic trees. Whenever you are in a similar situation, because you have not gotten rid of those toxic trees, they move into

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the conscious mind and there is conflict again. Seventy-five to ninety-eight percent of current illnesses today, mental, physical, etc. come from our thought life. These thoughts are not isolated. Thoughts are connected. We have the phenomenal ability to stand outside ourselves and to look at ourselves, and when these things occur, we are able to overcome them. When you choose badly you build death into your mind. You build it physically. So though your mind decisions, which is the soul realm, you create a physical reality in your brain and in your body, which is the body realm, and your mind has a foot in the door of the body and a foot in the door of the spirit, so in my mind is chaos, chaotic and confused, I build that physically into the physical nature of my brain and my body. I throw every chemical, every circuit, every part of my body into a negative toxic state. My body becomes vulnerable to illness and disease and seventy-five to ninety-eight percent of current mental, physical illnesses today come from our thought life. This is the death. When we keep negative things inside of us, when we keep the anger reactions, the unforgiveness, the bitterness, the frustrations, the things that people have done to us, when we keep these hurts inside of us, these are physical substance, real physical things, and if you keep enough of them it's like baggage, packing things into luggage, and they get heavier and heavier, and we drag these things with us and it weighs us down, and we feel emotionally weighed down. Inside of your brain that toxic thought looks different, it acts different, it creates inflammation, it sets you up for disease, because that baggage is what throws your body into stage two and three of stress, which is negative stress. It's that accumulation of those toxic negative thoughts that put you in that dangerous range of seventy-five to ninety-eight percent; the baggage of our thought life are the things that are causing the physical illnesses. We need to always remember that we operate from what we're building. So we're carry baggage and that's going to be determining how we perceive and manage life. We need to get rid of the baggage. We've wired it in, we can wire it out. It's a myth that you use only ten percent of your brain. You use it all. Every part of your brain has a function and most of your brain is active all the time. Inside of our brain God has built this whole strip in different parts of our brain of these nerve cells that operate like mirrors. We literally are built in the design of our brain to reflect each other's emotions. We're built for relationship. These mirror neurons help us to cry together, laugh together, empathize with each other, feel each other's pain, and feel each other's joy. We're naturally entangled in each other's lives. These physical structures are just one of these tangible scientific ways of understanding these incredible truths of how we're all connected to each other. God says to cast all your cares upon Him. Your job is to forgive because if you don't forgive you are connected to that person and you have given the curse of cause to land in your life. You have to forgive. Otherwise your body is suffering, your mind is suffering, and your spiritual development is suffering. Quantum physics gives us tangible evidence of God's incredible grace. Science shows us that we're just not designed to carry unnecessary baggage. Unnecessary baggage in terms of science is all those toxic thoughts in our mind; that we've made bad decisions, and we've wired the stuff in, and we're operating from these in our non-conscious mind. Our non-conscious mind is filled with millions of thoughts and a lot of those are baggage thoughts. They're not healthy thoughts. They're weighing us down and they're impacting how we function on a day to day basis. We need to unpack those. We need to pray and ask God to help us unpack those. We need to get order back in our mind and that's done prayerfully, not on your own. You need to ask God. The Holy Spirit will lead us into all truth. The Holy Spirit will show us what we need to unpack; all the baggage that's weighing us down.

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Switch On Your Brain #009	28:30	28:30	REC	PA/O/E	03/04/2014	11:30 AM

Health

Today on Switch On Your Brain Dr. Caroline Leaf discusses emotions and feelings and if can we control them. We can control our emotions and our feelings. Every thought in your head that is a physical reality doesn't just have information, it has emotions as well, and we feel that. The emotions are in the non-conscious mind and there are millions of thoughts in the non-conscious mind. At any one time in the conscious mind we have around four to seven thoughts, and they're moving in and out of the conscious mind. When a thought moves into the conscious mind it becomes a feeling. We feel those emotions. We can control them because the minute the thoughts are in the conscious mind it become changeable, which means we can change the feelings. Feelings we experience when we are consciously aware of the thought. Emotions are when the thoughts are tucked away in the non-conscious mind. We detox the thought, we get rid of the emotion, and we get rid of the feeling. We can control our emotions. How we are reacting to the events and circumstances of life will determine our stress levels, the state of our physical being, how our mind is functioning, how we are coping with life, and how we are expecting to cope with life in the future. Every thought that you build inside of your brain is a physical reality. Not only do those thoughts contain information, but they also contain emotions. As you're building a thought, that thought tree, with its emotions, moves into the conscious mind from the non-conscious mind, then those thoughts are experienced as feelings. Feelings are the conscious experience that we have in our mind and in our body physically of the actual emotion, so there's a difference between emotions and feelings. Right now at 400 billion actions per second you are generating a quantum signal in your brain as you process information. There is a signal that goes right down to the level of your DNA and the DNA literally, like a hand reaching out and switching on a light, you are causing the light signals to be expressed and as you express those lights, as you switch on the lights, as your signal hits the

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DNA, so the DNA expresses and as the DNA expresses it makes proteins, and as those proteins group together you form thoughts, and chemicals get involved as well, which carry the emotions because the chemicals of the body become molecules of emotion. God gives you a physical representation of a mind soul action that is designed to be guided by the spirit. Every thought that you have, always, every single time, will become a physical reality inside of your brain. We've got all of these thoughts inside of our brain that are real and occupy mental real estate and they look like trees. The thoughts that we build look like trees. As we're thinking and choosing we're building all of these trees inside our brain, with these branches and these leaves, containing all this information. Every thought also has emotions wired into it. We have a forest of trees and it's raining, if you look at the trees you'll see the raindrops on the trees, those drops of rain on the trees, that's what the emotions actually look like, literally. Because the emotions are represented inside your thought as chemicals, every thought that you build has all these chemicals intertwined within them and it looks like rain drops on trees. So in your brain you have this physical reality for this mind thing that has a spiritual component. The amygdala is another structure in the brain that looks like little almonds which are like libraries, which are perceptual libraries. Every time that you think and choose and build a memory, you're actually going to build the memory into your brain. As you build the memory into your brain, not only do you put information on the leaves, but you also have chemicals involved in the process. The chemicals that are involved in the process we call scientifically molecules of emotion. The chemicals carry the emotions, this means every single thought that you build has this emotional component. When that emotion is in the non-conscious mind where all your memories are stored it is an emotion. When it moves into the conscious mind you feel your emotions. The feeling is the experience of the emotion. A perception is another kind of connective memory which we store in our amygdala. So we have a perceptual library, like a library contains books of information, so your perception is your perception of that event. So information and emotion is in the thought and the perception is in the amygdala and it is connected, so as you draw a memory into the conscious mind and you remember the information and experience the emotion, you also activate the amygdala and you experience the perception. Life is represented by the green tree. Death is represented by the dead tree. Life, represented by the green tree, is the love zone. The dead tree represents the fear zone. The larger green tree represents God and the smaller tree represents you, because you are made in God's image. The love zone is the normal zone, this is your normal, this is your default, this is who you are. Scientists call this being wired for love. We are wired for love which means all of our circuitry, our structures, everything about our brain, and everything about the physical body is all designed for the positive. Your normal is wired for love. Your normal is good thinking, good choosing, good thoughts, good decisions, wisdom. You are made in God's image. God is made of love. It's a spiritual force. The Bible tells us that perfect love will cast out all fear. The opposite spiritual force is fear, which is abnormal. Scientists tell us that we are wired for love. We learn fear through the choices that we make in our soul realm. The design and the natural order that God has set up is that the Holy Spirit informs your spirit, your spirit informs your soul, and your soul controls your brain and your body. Your brain and your body do the bidding of the mind or the soul. Your soul has one foot in the door of the spirit and one foot in the door of the body. It is through the soul mind realm, which is supposed to be dominated by the spirit, which is supposed to be dominated by the Holy Spirit, that you then control your body. But we live in a world where we reversed this thing; where we worship the body, where we go by how we feel. You are either led by the spirit or you're led by the body. When we have issues in our life there isn't a quick fix. We need to realize that chemicals, drugs, putting things into our body, alter brain function. Taking a drug for being unhappy, or depressed, or anxious, is not really the solution. It may have to be part of the solution for a very short period of time, but the real work is in your mind. The real work is you recognizing, acknowledging, working through, and persisting through for twenty-one days. Your mind is stronger than any chemical, any drug, and any medication. Many doctors are seeing that the effectiveness of any kind of medication comes from how a patient is actually managing their mindset in terms of their illness. The stuff coming in from the outside is an external signal. Those signals in your brain activate the genetic expression. So the stuff coming in, your thinking, activates some existing memories, and then all that combination causes the proteins to grow and you start growing some brain cells. You have one hundred billion neurons in the brain. Dendrites, which look like Christmas trees, are what you're building in your brain. When you're making good decisions they're healthy. When you're making bad decisions they're unhealthy. Whatever you think about the most will grow and they connect to other parts of your brain. You are a brain surgeon because you can change your own mind; you wire these in, you wire these out. You as a brain surgeon need to renew your mind, which means that you need to apply the scientific principles of neuroplasticity; neuro meaning brain, plastic meaning to change. You as a brain changer need to change your brain, renew your mind. So you make the decision and you can operate at multiple levels at once, so at any one time you can have a bad thought coming in and a good thought coming up and you can control this process because you are brilliant. We can learn how to discipline our thought life. We need to recognize that if we can bring all our thoughts into captivity, the thought has the emotional component, so therefore, if you are bringing the thought into captivity you're also bringing in the emotion, which is part of the thought into captivity. That is our natural design. In science we see that when a thought moves into the conscious mind and it becomes active and we feel it, if it is a toxic thought we feel a toxic emotion. If it is a happy, good, healthy thought, we feel the healthy emotion. Your awareness of this is your starting point to the healing because your awareness enables you to see your reactions. That awareness starts helping you with the healing process. If you're aware of something then you can do something about it. There are only two types of emotion: love and fear. Love is the natural design that we have. Love grows all the good stuff: love, joy, peace, kindness, gentleness, patience, self-control. Out of fear, which is the opposite, the counterfeit, grows the negative things: anxiety, worry, discouragement, despair. These negative things are not the normal response, but a learned response. You are wired for love. Love is the normal emotion. Fear is the learned emotion. We have emotions and feelings and we can control them. Emotions are in the nonconscious mind and when they move to the conscious mind we feel those emotions. We're designed to control them, but we need to go to God and God will help us control them. When a

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thought moves into the conscious mind you have ten minutes to make a decision as to whether you're going to move forward or whether you are going to stay stuck with it and make it a toxic emotion. You can't fix it in ten minutes, but you have ten minutes to make a decision about whether you are going to work on it or not. Otherwise it will go back even more toxic than before. This week be conscious of the thoughts that move into your conscious mind. Be conscious of the emotions that now become feelings. Remember, in the non-conscious mind they're called emotions. When they move to the conscious mind they become feelings. In that ten minute window, make a decision if it is toxic, to ask God to help you to start working through the process of detoxing that particular thought network, which takes work. It takes twenty-one days, but you can start working on that. Don't ignore that ten minute window.

Health

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Switch On Your Brain #010	28:30	28:30	REC	PA/O/E	03/11/2014	11:30 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses "It's not who you are, it's who you have become." Evil comes from us, from choices that we make. Every time we make a bad decision and we wire that toxic thought into our brain, we've created evil and then we act upon that. But that's not who you are, that's who you have become. You can get free. There is nothing that you have done that you can't get rid of in your brain. Obviously, it starts with acknowledging, repenting, confessing, accepting the work of the cross. You can wire that out of your brain. There is a tendency that we can get stuck in that negative groove and then grow this thing and then we think that's all we are. You need to stand back. You need to recognize you're made in God's image and that's not who you are, that is who you have become, so therefore you can un-become that. Our norm, our default mode, is one of making good choices. We can think well. We can choose well, because we are made in His image. You may feel like I react like this, this is who I am; this feels like it's me. Yes, because every choice that you make, if it is a good choice, you wire in the healthy. If it is a bad choice, you wire in the negative. It has become part of your biology, the toxic side, the fear zone, this not who you are, this is who you have become. If you wired it in, you can wire it out. When the brain is inside your head and you're alive and living, you are generating mind and your mind is actually changing that brain. We are wired for love. Scientifically we see this; all of our circuitry, all our chemicals, everything is geared in the direction of making good choices. When we choose badly, as it says in Deuteronomy 30:19, the implication in that scripture is that if we make the wrong decision we step into the death zone. Spiritual truth is reflected in science, where we see that people that have made bad decisions, and we all do that, those bad choices get wired into our brain and affect the physical structure of our brain because we design the landscape of our brain in a positive or negative direction. Your natural wiring is beautiful, healthy, green trees. Because you can think, you can choose. Whatever you chose became either healthy stuff or baggage. When we have issues, that's not who we are, that's who we have become. So if we've become that, we can un-become it. If we've wired it in, we can wire it out. You control your genes in your body. We are not a victim of our genes. You first grew a toxic thought then you did that. Whatever you think about the most will grow. So if you're living that lifestyle, you're growing that, you have chosen the inhuman root and have wired in the toxicity and are living out that toxicity. As you are living out that toxicity it produces the toxic effects. This is the stronghold of the enemy. It is something that we choose and these are consequence of our choices. Your natural is that you are wired for love. As you are thinking and as you are choosing, as you are about to make a decision, the front part of your brain becomes extremely active. As you say and do whatever you say and do, you cause genetic expression, which means you make proteins, and you grow things in that part of your brain. Basically, whatever you think and choose results in a physical substance. That physical substance is a thought, and as you are thinking and choosing, the physical activity will increase in the front part of your brain and you will actually grow a thing in your head. If you have chosen good stuff, something positive, you're going to grow something healthy in your head. If you have chosen something negative, you will grow something unhealthy and it will look different. If you grow a lot of toxicity in this part of your brain it interferes with your ability to make wisdom decisions. Science has shown that this part of your brain becomes well developed the wiser you become and it becomes healthy. When you make bad decisions, you get negative wisdom. It's not really wisdom, it's negative toxicity. You're doing the bad stuff because you first made a bad choice. Evil has no way of working and existing until you believe a lie. Evil has no control over you until you react to it. It's your reaction that takes it inside of you and makes it a reality and then you act upon that. It is with our mind that we understand our intuition. As we discipline our thought life and become more aware of our intuitive, instinctive, recognition of this is who we really are, and this is who we have become, as you develop that, you will find it easy to separate and easier to work on the negative stuff. We have many opportunities to get rid of toxic thoughts and behaviors, but if you choose not to, they go back even stronger than before. No matter how strong they get, you can still get rid of them because your mind controls matter. Your soul controls your body. Your body and your brain are designed to do the will of your mind. Your mind is designed to do the will of the spirit and the spirit is designed to be controlled by the Holy Spirit. As a neuroplastician, if you wired it in, you can wire it out. God has designed your brain to follow the decision of your mind, to follow the leading of your spirit. When you do that you create change in your body. We create the evil when we make bad choices. Even the worst evil can change. The circumstances of life sometimes make us feel in life that this is who we are, but that's not who

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you are, it's who you have become. Who you have become is not the truth. It is not the reality. We're made in God's image. We're wired for love. We're thinking beings. We can make choices. So when we fall down, we can get up. Make the good decision of your mind. Plant that tree and get up and carry on. It's not who you are, it's who you've become. Wire out the "who you've become" and go back to who you truly are in Christ. When you've made a wrong choice in your life, and you've wired this evil into your life, you must remember it's not who you are, it's who you have become. Admit it, quit it, and beat it. When we've made bad choices and we've built this toxicity into our brain, we don't have to become a victim of that now. We can change that. You can back into who you are. You go to God, you take that to God, and you let God walk with you through the consequences of that decision that you've made. This week work on admitting, quitting, and beating. Make that a motto of your life. Admit it, quit it, and beat it.

Health

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Switch On Your Brain #011	28:30	28:30	REC	PA/O/E	03/18/2014	11:30 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses the impact of toxic thinking on your mind and body and spirit 350 million people worldwide suffer from depression. More than 40 million people in the United States of America suffer from anxiety disorders. There are more deaths from suicide than there are from car accidents. Seventy-five to ninety-eight percent of current mental, physical illnesses come from our thought life. When you build these toxic thoughts in your brain, your brain inflames, you increase your vulnerability to disease. There is a problem. When we go toxic, the toxic spreads like a virus and that impacts how your mind is functioning, and that impacts how your spiritual development is functioning. Deuteronomy 30:19 is becoming a reality in today's world. There are consequences to our choices and it's time that we stand up and take responsibility for the choices that we're making. It's impacting us spirit, soul, and body. It's making us sick. It's making the world sick. We need to recognize that we can't hide it anymore. We have to change. We have to start recognizing the impact of toxic thinking. The brain controls every single cell in your body and your brain is connected to your heart. Your brain and your heart are the only actual organs connected to every single cell in your body. All the other parts of the body connect in many different ways, but your brain controls every single cell of your body. God has invested you with the power, and when you make the decisions, your powerful mind builds a consequence. Whatever you think about will become a physical structure and you will operate from that structure unless you renew it and refine it, which is the renewing of the mind. The distorted signal still causes genetic expression, but what we've found in science is that the proteins fold incorrectly, they look different, they function different, and they build a toxic thought. We can see negative activity in the brain. Our mind, which is our soul realm, has one foot in the door of the spirit and one foot in the door of the body. What happens is with our mind we make decisions and those decisions impact our body and impact our spirit. No thought is harmless, because as you are thinking you automatically will impact the physical domain; you'll change your brain because moment by moment you're physically changing the substance of your brain. Also, you are developing or you're not developing your spirit by the thoughts you think. If you choose to read your Bible, if you choose to apply your Bible, that is a mind decision and you wire it into your brain, and that brings brain health and at the same time you are developing your spirit. The opposite of that is if you choose to get irritated, and every day you get more and more irritated, that's a mind decision that becomes a physical structure inside of your brain which cause toxicity and inflammation, and sickness, and all kinds of things in your body, and also impedes on your spiritual development because if you're keeping it there, you are blocking your conscious, you're blocking your intuition, you're blocking your communion with God, so you're not developing the spiritual realm. Our thoughts that we build are foreign invasions in our body. Research shows that your immune system will respond to a toxic thought that you build through a choice that you make, which is the signal which activates the DNA. Science has shown that as you build those, your body will respond in the same way as if you cut yourself, or had a physical illness, or had a virus in your body. Your immune system sends out all kinds of things to fight that to bring healing to your body. One of the things that they look at is the C-reactive protein, and that C-reactive protein, whenever there is a site of physical damage in the human body or a virus, it is in abundance at that point. It is sent out by the immune system to try to heal that part of the body. Also what happens is that you get inflammation, and that's part of the healing process. If the healing takes place like it should, eventually the inflammation will go away and the wound will heal up, and it takes about twenty-one days, so therefore, the same thing happens in your brain. Research is finding that when you think a toxic thought, at the site of the toxic thought, because there is no wiring for that, the proteins still form, because you're still thinking, you're still choosing, the proteins fold incorrectly, forming a distorted version of the truth. Toxicity will manifest into something. We can deal with these manifestations if we get to the bottom of the way we are thinking and the kind of thoughts that we are building. Every bad choice that we make is giving birth to an addiction. The addiction of me-myself-and-I can cause a manifestation of depression, convert maybe to bipolar which is a deeper form of depression, OCD, or schizophrenia, all these mental names for mental disorders. These are not diseases. The difference between a disease and a disorder is that you can control a disorder. It comes from choices. Every mental disorder is the result of the choices we have made. God gave you a phenomenal foundation, brain and mind, but he gave you free will. The ability to think is the most powerful thing in the universe after God. Your ability to think

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is a mind action. It's where everything starts. Your mind is the soul realm and it's through your mind that you make a decision. Every time you make a bad choice you will feel it in your body. Your body is designed to recognize and reject negativity. So you feel it physically and this rejection of the negativity is experienced like a depression, anxiety, worry, fear, discomfort, tension, you feel like your body is out of rhythm because your heart is affected, and you have no peace. All the things God talks about in the Bible: the peace of God that transcends all understanding and guard your mind in Christ Jesus. All these spiritual truths have very physical components. You with your mind apply a spiritual truth and you will experience the consequence in your body because that is how God designed you. When people make bad choices the proteins in the brain become distorted, and if you do not get rid of them, set you up for illnesses. These decisions that you make on a moment by moment basis impact not only your spirit, soul, and body, not only the people around you, but those decisions actually go through to the third and fourth generations. In science they have now proven through the science of epigenetics, that our decisions go through the sperm and the vulva and go into the next four generations. So there is stuff in your head from your great, great, great, grandfather. and you might be thinking okay now that's why I do what I do. Having this information is not an excuse for you to behave badly or to say I can't help it; it's part of my biology. You are not a victim of your biology. Those things that are passed through the generations are actually dormant, which means they are asleep and inactive. They can either be activated or they can be destroyed because they're not truth. They're not who you are, they're who you have become. The way to manage it is if you're aware of behavior patterns, or you're experiencing a behavior pattern, don't give in to it. Control it and actually break that down and eliminate it. Mind choices are powerful and can eliminate and make the change in the body and the spirit. The minute that you start thinking in a toxic way, you are altering your DNA in a distorted manner. Positive intentions change the DNA expression. Every single thought that you think is generating energy, impacting you, your body, spirit, soul and body, your loved ones, the people in your environment, the people in your life, and everyone in the world. Our decisions have consequences. We are an integrated triune being, spirit, soul, and body. When we make a decision of our mind, which is what the brain does, which is the soul realm, there will be a physical reaction inside of our brain. There will be a spiritual impact on how we function, and those physical things are distortions inside of our brain that cause and manifest in things like anxiety, depression, and illness. Seventy-five to ninety-eight percent of current mental and physical illnesses come from the choices we make in our mind. They are consequences of the choices and the actions that you take. Scientifically and spiritually, science and the Bible, tell us that there is an impact from toxic thinking. God tells us not to fear and to do all these good things and science confirms exactly what the Bible is saying. God uses science to show if we don't take responsibility for our thinking and responsibility for what we're saying and doing, it's going to impact how we function physically, spirit, soul, and body, as well as impact the people around us. God put us in a body for many reasons and one of those reasons is for us to recognize that we can use our physical body to tell us when we're doing something wrong. We need to be more aware of the people around us and the impact of our actions on other people.

Health

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Switch On Your Brain #012	28:30	28:30	REC	PA/O/E	03/25/2014	11:30 AM

Today on Switch On Your Brain Dr. Caroline Leaf discusses how we are designed to bring all thoughts into captivity. Part of the front part of the brain is designed to enable us to stand outside of ourselves and observe our own thinking. God's design of the human brain fulfills the ability to bring all thoughts into captivity. We can actually stand outside of ourselves, observe our own thinking, focus on an area that needs to be detoxed and we can fix it. It's like the first step that we need to apply in being able to actually sort out our thought life. You have the ability to bring all thoughts into captivity. When we think we choose and when we choose we change our brain and then we live from what we have created inside of our brain. Everything that you say and everything that you do is first a thought inside of your head. We are neuroplasticians, neuro meaning brain and plastic meaning to change. We are designed to change our brain. Moment by moment of every day, you are redesigning the landscape of your brain. You are changing your brain. You control your brain. Your brain does not control you. We are not victims of our biology. We are victors over and above the events and circumstances of our life. If you are negative, it hits the proteins right down on a micro level and they start breaking down and over time they manifest and make you vulnerable to illness and disease. A study shows that people are protected by worship; protected against depression and anxiety and worry. They have shown scientifically that the more people worship, the more you develop your relationship with God, and the brain actually gets thicker in the parts that need to get thicker to protect you against depression, anxiety and worry. The more you worship, the more you are protecting yourself against all the challenges that affect us in life. Inside your brain you have internal networks that we call the default mode networks. As you are conscious and as you are going through the day, every seven seconds, you shift into this default mode, and you basically switch off to the external and you switch on to the internal, and you process what you have just taken in. Research is showing that those people that are meditating correctly, the activity in the brain increases and you're becoming more intelligent. When you are in a state of peace and calm and you are thinking with wisdom and clarity. Christians who are meditating on the Word of God and saying "Trust in the Lord with your all your heart. Rely not on your own understanding. In all your ways acknowledge Him and He will direct

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your path all day long," their brain entered into the highest intellectual state possible. God has designed your brain to obey your mind, and when you do what God tells you to do, and you choose life, life grows in your brain, good stuff grows in your brain, your brain health increases, your immune system improves, your cardiovascular system improves, and the entire health of your body improves. As you're in life, you're exposed to multiple things that are coming in through your five senses. Your five senses are the contact between the external world and the internal world of your mind. There's a lot of signal coming into your brain, but it stays in the middle part of your brain and it activates certain internal signals, which are four or five of the existing memories that are moving to the conscious mind. You can discipline yourself to become aware of what you are gathering; what is coming in from the outside and what thoughts are being activated. Sometimes it takes twenty-one days to get our minds disciplined. We need to discipline ourselves to slow down, watch our thoughts, not let any thought go unchecked through our mind. That's our natural design and that's what bringing our thoughts into captivity means. We are all faced with all these choices and quantum physics talks about them being probabilities. Probabilities have not happened yet and they have no substance yet. A probability is simply something that could happen. You, the observer outside the system, look at the probability and you make a choice, and you turn the probability into an actuality. When it becomes an actuality, it becomes a physical structure inside of your brain. You operate from that physical structure inside of your brain. We are designed to bring all thoughts into captivity. Bring is an instruction and it is a mind action. When you decide to bring all thoughts into captivity that is mind action. That's intellectualizing, that's choices that we're making. The frontal lobe of the brain is very active when we are conscious and it enables us to literally stand outside of ourselves and observe our thoughts, and make change. Discipline yourself to self-reflect. Discipline yourself to self-regulate. Where you are in your mind is going to determine where you're going to be tomorrow. It's with your mind that you are going to grow spiritually. It is with your mind that you are going to get your health under control. Deal with the issues that are in your life. Science shows us that thoughts are real things. Your mind is in the soul realm and your mind deals with the intellect, the will, and the emotion. Although we can't see the intellect, the will, and the emotion physically, we can see the result, which is what people say and what people do. First there is the thought that you've built, which is the root in the non-conscious mind, that moves into the conscious mind, and then you become consciously aware, and then you speak and you do. Thoughts are built as substance and evidence in your mind, as you build those you will be acting upon those. Your DNA doesn't control you. You control your DNA. You cannot control the events or circumstances of your life, but you can control your reactions to the events and circumstances of your life. You are not a victim of your biology. You are totally in control by the decisions that you make, influencing your spirit, soul, body, and health. God has designed your brain in such a way that you are able to stand outside yourself, observe your own thoughts, and rewire your brain in a positive way. You're not a victim. You can rewire and you can change through a single decision to make that decision to change.