

Trinity Broadcasting Network

Quarterly Report

October, November, & December 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.

CIVIC AFFAIRS

YOUTH

SUBSTANCE ABUSE

ELECTORAL AFFAIRS

PUBLIC SAFETY

HEALTH

CIVIC AFFAIRS

<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>
Public Report PR14-39	30:00	15:00	L	PA/O	10/03/14	12:00 PM
					10/04/14	03:00 AM
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Host Jackie Kahlhamer talks with Jim Mielke, Dodge County Administrator, about Dodge County. One of his primary duties is the preparation & implementation of the annual county budget. There will be a presentation of the (proposed) 2015 budget in November. The public will be able to comment on it. Major projects were completed and now all the human services employees are located in one building, which is more efficient than to have them in several different buildings. One of those buildings was just sold to a private individual. The county's biggest expenses are for personnel, which takes about 58 percent of the budget. Sales tax has been very strong, with 5.3 million being collected. This is the highest annual remittance since it began. Hopefully this is a sign that the economy is on an upswing. Sales tax usage is restricted to use of debt service or for capital projects. It is not to offset any daily operational expenses. It has been used for parks & highways projects. The county airport project involves the renovation of two runways. Various fed and state monies are allocated for it. The county's share will come to about five percent of the overall project. Jim discussed technology usage in the county and some of the movement to using mobile devices. A capital improvement plan is presented to the county board each September. They are not anticipating any large building projects or any large ticket expenses in the next 5 years. But they are looking at two highway shops that need upgrading. There is no definitive answer yet as how to deal with these. Citizen involvements and comments are encouraged. Citizens can contact county supervisors and can call department heads. They can go to meetings and comment on an issue with the appropriate committees. As the 2015 budget process begins, it is important to meet the public's expectations, who can speak at the start at the proposed 2015 budget meeting.

Public Report PR14-43	30:00	15:00	L	PA/O	11/03/14	10:30 AM
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Dr. Brian Peterson, Milwaukee County Chief Medical Examiner, and Host Jackie Kahlhamer discuss the Medical Examiner's Office. The office investigates deaths according to state statutes. There must be a death certificate that is signed by a doctor. There can be confusion for the next of kin when an autopsy is required. The purpose of an autopsy is to determine the cause of death and the manner of the death. The office works closely with organ procurement and the tissue bank. A death certificate is a vital document for family members to have. Possessions of the deceased will be released to the family unless they are being held by the police as having evidentiary value. There office is staffed 24 hours a day for people who have questions. Funeral homes work closely with the office to help the families through the process when someone passes. Dr. Peterson states that a forensic pathologist is an excellent career choice and there is a huge need for more of them.

CIVIC AFFAIRS

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Public Report PR14-49	30:00	15:00	L	PA/O	12/29/14	10:30 AM
<p>Patrice Vossekui, Acting Director of Restorative Justice for Dodge County and Host Jackie Kahlhamer discuss bringing justice through restoration. Restorative Justice works alongside the court and law systems. Often victims are looking for closure. By meeting with the offender, there can be healing and the restoring of trust. Some offenders are required to attend Victim Impact Panels. It is important for offenders to realize they have committed a crime against a real person, not just against society. There is a new anti-bullying program. There is a coalition that is comprised of people from many different sectors. Bullying often leads to more serious offenses. The sooner these kids can be worked with will more likely help them to become good adults. Restorative Justice is also working towards having a Teens Drive Safely program. They want to compliment what driving instructors already are doing. A great deal of data is collected to help determine how successful the programs are. It is also important to the county supervisors to know that their investment is paying off.</p>						

YOUTH

Public Report PR14-40	30:00	15:00	L	PA/O	10/10/14	12:00 PM
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<p>Christine Beck, Executive Director of Healing Hearts of Waukesha County talks with Host Desiree Hoard about helping children grieve. There are many types of losses that cause grief. Losses include death, divorce, having a parent go to prison, etc. Grief is like a gut reaction to a loss. Children tend to grieve differently than adults do. There are different stages according to age. In the beginning a child may not be able to handle the concept of a permanent loss. There are two things that can help a child through grieving- a sense of their own power & their ability to control their actions and also having someone who understands what they are dealing with. It is important for children find hope for the future. Being in a support group with other children who are dealing with loss is helpful.</p>						

YOUTH

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Public Report PR14-40	30:00	15:00	L	PA/O	10/10/14	12:00 PM
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Host Jackie Kahlhamer discusses reaching out to youth with Hans Gochenaur, Beaver Dam Campus Life Director of Badgerland Youth for Christ. Today's youth have to deal with many more issues and social media makes them more complex. There are more and more drugs available in different forms. There are more family and parenting issues affecting them. Highschoolers are just beginning to think long term. Middleschoolers don't have the capacity to deal with long term consequences. Relationships are the most effective way of reaching out to youth. It can be a challenge. It is imperative to protect youth, but they also need healthy adults in their lives. Some good adults pull back and this creates a vacuum. Parents need to be involved in their kids' lives. They need to give them more freedoms while keeping a watchful eye on them. Youth need to be challenged to grow. They need to learn perseverance and good work ethics. Parents need to help their youth learn to deal with circumstances and situations in a healthy way.

Public Report PR14-41	30:00	15:00	L	PA/O	10/17/14	12:00 PM
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Tracy Scheffler, Founder of 5 Stones Beaver Dam & Krista Hull, President of Redeem & Restore Center talk about fighting sex trafficking with Host Jackie Kahlhamer. There is a need to increase awareness in smaller communities. There is also a need for long-term restoration services. Sex trafficking is a criminal act. Methods used include force, fraud, coercion and manipulation. It is necessary to educate young people about it. Prevention is key. It is important to teach people in the community to look for red flags. The most vulnerable are on the streets, runaways, homeless, and youth in the foster care system. Most runaways are approached within 48 hours by a pimp. They tell them they will take care of them. Some victims live in the open and some are taken away from their area or state. There are even cases of youth recruiting other youth. Some warning signs are no eye contact, no hope, no dreams of the future, bruising, being branded by a tattoo, more cash, jewelry, clothing, no cash but having new things. The 5 strategies of 5 Stones was discussed. Partnership with local organizations and connections with service providers is important. Awareness is the biggest initiative right now. The goal for next year is education in schools and community events, with the goal of prevention. Krista discussed why a long term recovery home is needed for victims. They have had trauma upon trauma. They need time to heal, grow and and trust. A long term home provides a safe place with love and patience.

YOUTH

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Public Report PR14-42	30:00	15:00	L	PA/O	10/24/14	12:00 PM
					10/25/14	03:00 AM
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					10/28/14	02:30 AM
					10/30/14	11:00 AM
					11/04/14	02:00 AM
					11/06/14	04:00 AM
					11/13/14	03:30 AM
					11/20/14	03:00 AM

Host Jackie Kahlhamer talks with Teri Zywicki, President & CEO of SaintA, about helping youth who age out of foster care. Youth who have been in the foster care system lose their social & economic support when they turn 18. A number of them will face homelessness, prison, early parenthood, low employment rates and difficulty managing day to day skills. They often lack the support system that will help them navigate adulthood. Many have already faced abuse, neglect and trauma. The youth often need a mentor to help them get a job, setting up a household, furthering education, transportation and developing other life skills. They need services to help them thrive. SaintA is committed to offering services up to age 25. Teri has been able to see lives changed as a result of receiving support after aging out of foster care.

SUBSTANCE ABUSE

Public Report PR14-44	30:00	15:00	L	PA/O	11/14/14	12:00 PM
					11/17/14	10:30 AM
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					11/20/14	04:00 AM
					12/04/14	03:00 AM

Selepri Amachree, Founder of a drug intervention project, and Host Jackie Kahlhamer talk about freedom from addiction. He was addicted to drugs for 10 years and has a heart for people with addictions. Addiction devastates lives and costs billions annually, with issues related to crime, health care, loss of work productivity and incarceration. An intervention model is about developing a relationship with the addicted person. He believes in a 4-step intervention- hope, developing a sense of self, foundation & security and then purpose & direction. Many addicts must be shown how hopeless their situation is. They do not have to see this at first, but in order to go through an intervention long-term, they must see it. It is important for an addict to have someone who is totally invested in their recovery. During treatment they can learn to move forward and develop lifestyle changes. Treatment should be for at least 1 year. To someone who is feeling hopeless, Selepri would like to encourage them- the addiction is absolutely beatable.

SUBSTANCE ABUSE

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Public Report PR14-46	30:00	15:00	L	PA/O	12/02/14	02:30 AM
					12/04/14	04:00 AM
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					12/11/14	03:30 AM

Host Jackie Kahlhamer and Cindy Hartt discuss help for those with addictions. Cindy is the Founder of Lifeline Connections. She lost a son due to a heroin overdose and saw the need for a small group strategy to help those with life controlling issues. Drug addiction has far reaching effects. It affects family, friends and communities. There are various levels of addictions from reasonably functional, to being unable to function. For someone going to a rehab center, it is best for them to go out of state. They will be less likely to leave the center. It is also important to help those not entering a center. They need to get connected to local agencies and groups that can help them. A small study group can help them through the process. The addict needs to take responsibility for the bad choices they have made. Many have lost the trust of family and it takes time to have those relationships restored. Former addicts need support after coming out of structured places like jail. They need supportive, positive peers. Cindy would like to see a long-term residential center come to the area. Families also need support because they are struggling and can feel overwhelmed.

Public Report PR14-48	30:00	15:00	L	PA/O	12/15/14	10:30 AM
					12/22/14	10:30 AM

Joe Muchka, the Executive Director of the Addiction Resource Council, Julianne Davan, Board Member of the Waukesha County Drug Free Communities Coalition and Host Jackie Kahlhamer discuss opiate abuse. Some of the abused drugs that are of concern now are marijuana, prescription drugs and heroin. Opiate abuse is a big concern. Alcohol and marijuana are definitely gateway drugs. The abuser can continue to seek a higher high and move up to heroin use. At that time the prevention window closes and focus turns to treatment. Heroin abuse is very widespread in the county and a number of deaths have been attributed to it. It often starts out with prescription drug abuse and then can escalate to heroin. Communities have been affected by crime, health care costs and work performance. It has a net effect on WI of two billion dollars. Addicts turn to crime to support their habits and do things that they normally would not have done. Heroin is very dangerous, often due to the level of purity in the product. If someone stops for awhile and then goes back on it, they are often given a product that has a high purity level and their body is not used to it and it can be fatal. Warning signs of drug abuse can include loss of appetite or motivation. The community has become very mobilized about the issue of substance abuse and many groups are working together to address it.

Public Report PR14-48	30:00	15:00	L	PA/O	12/15/14	10:30 AM
					12/22/14	10:30 AM

Host Jackie Kahlhamer discusses resisting the pressure to drink with Joe Muchka, the Executive Director of the Addiction Resource Council and Julianne Davan, Board Member of the Waukesha County Drug Free Communities Coalition. For someone in recovery, attending an event with alcohol can trigger cravings, even after many years of abstinence. They need to look through the bottle to the other side and remember the bad things that happened as a result of alcohol abuse. They may have to decline certain events. Most people around them understand and should consider hosting an alcohol free event. It is good for the person in recovery to have an exit strategy and give themselves permission to leave. Being prepared for the unexpected is important. It is critical to have those who support someone's decisions to not drink. WI has a strong alcohol cultural norm when it comes to drinking to excess. There are lots of rewards of remaining sober. There are lots of resources available to help maintain sobriety. There are serious consequences for allowing children to drink. Julianne talked about the Parents Who Host Lose The Most Campaign and the CARES program, both of which address alcohol issues.

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SUBSTANCE ABUSE

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Public Report PR14-49	30:00	15:00	L	PA/O	12/29/14	10:30 AM

Wendy Borner, Founder of Hope Heals, discusses support for those affected by someone else's addiction with Host Jackie Kahlhamer. Wendy found that there are a number of people in the community suffering in silence and they needed a support group. Addiction carries a stigma and family members are often tired of helping the addict. Unless someone is touched by it, they don't understand it. Being able to support each other and learn about resources is very helpful. Families need to love the addict without enabling them. Wendy talked about what it is like for someone attending their first meeting and how hard that can be. People will usually not show up until there is a major crisis. To have hope is very important for family and is a recovery tool for the addicts themselves. A lot of people are touched by addiction- family and community members. There are different groups coming together to address addiction. The #1 thing is to prevent it. It is important to get to the younger kids and educate them. People can be alert to overdosing. For example, if someone is seen slumped over in a car in a parking lot, it is a good idea to knock on the window and ask if they are okay. If there is no response, call 911. By reaching out, you may be saving a life. Wendy has talked with recovering addicts. It is often helpful for them to reach out and talk to others about their recovery.

ELECTORAL AFFAIRS

Public Report PR14-41	30:00	15:00	L	PA/O	10/17/14	12:00 PM
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11/06/14	03:30 AM					

Deanna Boldrey, Village of Jackson Clerk/Treasurer and Host Jackie Kahlhamer discuss the Fall 2014 Election. Deanna discussed how someone can find their poll location. Also discussed were residency requirements, voter registration, offices to be elected and a statewide referendum. It is a good idea to look at a sample ballot prior to the election. Election workers are trained about all the requirements and procedures. Deanna talked about when election results would be uploaded online.

PUBLIC SAFETY

Public Report PR14-45	30:00	15:00	L	PA/O	11/21/14	12:00 PM
					11/22/14	03:00 AM
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Host Patti Hutton discusses fire safety with Barbara Behling, Spokesperson for the Red Cross of SE WI. Fire fatalities can be reduced by having working smoke alarms and an escape plan. A goal by the Red Cross is to reduce fire fatalities by 25%. There is less than 2 minutes to escape a fire once it starts. The #1 cause of nighttime fires is smoking in bed. During the day, it's kitchen fires. A home escape plan is vital. Part of that should include an outside meeting place. Doing a test run is a good idea. Smoke and poisonous gases can be fatal. Stay low, check door handles before opening- if hot, don't open, and then go to the nearest exit. Barbara discussed good, practical fire-prevention safety habits to follow.

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PUBLIC SAFETY

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Public Report PR14-45	30:00	15:00	L	PA/O	11/21/14	12:00 PM
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Barbara Behling, Spokesperson for the Red Cross of SE WI, discusses emergency preparedness with Host Patti Hutton. There are things that should be done prior to an emergency. It is good to always ask yourself- what would I need if I were unable to be home? Things like an extra phone charger, clothes and other items can be kept in the vehicle, especially with winter coming. People should know where to go at work if an emergency occurs. Families can be prepared for natural or manmade disasters. They should have a 3 day kit with important items. This can help them to recover faster. Barbara discussed what could be in the kits. She discussed the pillowcase project for 3rd – 5th graders. This encourages them to place important things in a pillowcase and keep it close to their bed to grab in the event of an emergency. The project also teaches coping mechanisms for handling an emergency. Having a plan can make it more likely to escape an emergency without a fatality. It is important to keep talking about the plan with the family. There are many resources available to help the process.

Public Report PR14-47	30:00	15:00	L	PA/O	12/08/14	10:30 AM
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Host Jackie Kahlhamer and Mark Haglin, a Thrivent Financial Partner, discuss identity theft. Identity theft is when anyone takes information and uses it for their own gain. There are several methods identity thieves use, including the taking of personal information to establish accounts, and through phishing and pharming. It is important to not throw personal information in the garbage, but rather to shred it with a crosscut shredder. People should not give out personal information on a phone call not initiated by themselves. The same with emails- even opening one can cause the computer to be compromised. Mark discussed the difference between a credit and a debit card. A debit card is tied directly to a checking or savings account. If money is stolen, it is the victim's responsibility to get it back. With a credit card, it is the merchant's responsibility to get the money back. It is a good idea to get a credit report yearly, at the minimum. It should be checked for accuracy. If something is found that is not right, the credit agency should be notified. It is important to be mindful about these matters. Victims can have a difficult time repairing their credit.

Public Report PR14-47	30:00	15:00	L	PA/O	12/08/14	10:30 AM
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Host Jackie Kahlhamer discusses E-cigarettes with Dianna Forrester and Dona Wininsky. Dianna is the Tobacco Control Specialist for the Tobacco Free Partnership and Dona is the Spokesperson for the American Lung Association in WI. E-cigarettes are an electronic nicotine delivery system. They are not currently regulated or FDA approved. The long or short term effects are unknown. The emissions can contain benzene and carcinogenic elements. There are hundreds of different brands. It is not just a matter of knowing what is in one brand. They can vary much from product to product. Those with respiratory and/or heart issues should be cautious around them. Also, the elderly and even healthy adults need to exercise caution. Youth are managing to purchase them, especially online, even though it is not legal. Many use them thinking they are safer and many of the youth have not smoked regular cigarettes. There is a general perception they are not as dangerous. There are resources available to provide education about E-cigarettes.

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PUBLIC SAFETY						
700 Club NewsWatch #12082014	1:00:00	5:00	REC	PA/O/E	12/08/2014	02:00 PM

CBN News Reporter Chuck Holton Reports: Churches are meant to be sanctuaries from all the evil that happens in the outside world. But for many reasons, churches in America today are becoming targets for protests, predators, and maybe even terrorists. From small country churches to the megachurches that see thousands of worshippers every week, violence in the sanctuary happens far too often. A former Secret Service agent, Miller said the threat against churches is rising worldwide. Miller said that security is mostly what you don't see, and that's why it's important that places that have large gatherings have a professional security team in place. Children's programs have to be especially vigilant. Part of church security is responding to routine medical emergencies as well. If a tragedy were to happen at your church, one thing is certain: Very soon after something happens, there will be satellite trucks and media standing out on your front lawn. The best advice is: don't keep them in the dark. They've got to do their job. Designate somebody to come out and give them the information you have. You don't have to give away names; you don't have to give away anything you don't want to. But it is important that you have a plan for how to deal with the news media. It's time for Christians to become educated about what's going on in the world, to be prayerful, and then to be prepared. And those things will make a difference.

HEALTH

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Host Patti Hutton talks with Dr. Ryan Dulde, a dentist and member of the Wisconsin Dental Association, about the importance of good oral hygiene. The WDA is currently having a literacy campaign that teaches adults about it, with the emphasize on prevention. Dental health cannot be separated from body health. Regular preventive care can catch small issues before they become larger ones. Health insurances is not required to see a dentist. Regular dental care is affordable. Delaying makes it more extensive and expensive. The gold standard for care is to brush 2 times per day for 2 minutes minimum, floss daily and see a dentist twice a year. Avoiding high sugar and tobacco are important. Tobacco also presents an oral cancer risk. It is important to have a dental home, especially in the event of an emergency. Dr. Dulde spike to those who may be afraid of going to a dentist. Talking about the fear can help to reduce the anxiety.

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Public Report PR14-42	30:00	15:00	L	PA/O	10/24/14	12:00 PM
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					10/27/14	10:30 AM
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Ken Lindegarde, President of NAMI Dodge and Host Jackie Kahlhamer discuss mental illness education. It is important to educate people about mental illness through a research based curriculum, which NAMI Dodge does. NAMI Dodge offers a one day a week drop in center for those with mental illness. People can discuss their problems, but not receive counsel. When people get together with others who are experiencing similar things, they often help each other work things out. Education for families helps them to realize what their family member with mental illness deals with. It is hard to find resources, especially in rural areas. It is good to have services that complement the other ones that the person with mental illness receives.

HEALTH

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Public Report PR14-43	30:00	15:00	L	PA/O	11/03/14	10:30 AM
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Host Patti Hutton and Clare Reardon discuss poverty and healthcare. Clare is the Manager for Organizational Advancement for the Milwaukee Health Care Partnership. Five major healthcare systems have come together to address this. There is a connection between poverty and poor health. There are challenges to the access to healthcare coverage, services and care coordination. Navigating the system can be confusing and costly. For low income persons it can be that much more difficult. There are often transportation concerns. Clare discussed the 10/20/30/40 formula. Clinical care comprises 10%, 20% of health is determined by the social environment, 30% by genetics and 40% by personal choices. The working poor often lack the time to exercise and access to fresh fruit and vegetables. It is a big problem when people don't receive regular health care and then have to use the emergency room for something that could have been taken care of before it became urgent. The MHCP wants to outreach to get individuals covered and connected with providers. Many people are unaware of coverage options, but Clare believes literacy is growing. The county and city agencies are very good at reaching out to low income persons and making them aware of what services are available.

HEALTH

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Host Jackie Kahlhamer talks with Heather Dummer Combs, Enrollment Project Manager for the Milwaukee Enrollment Network (MKEN), about health care coverage. About 12% of Milwaukee residents remained uninsured in 2013. It is an ongoing struggle to get every resident covered. There is a lack of awareness of the ability to be covered. Some people never had health insurance before and don't understand it, plus how to connect to health care providers. Coverage does not always mean access. The MKEN sponsors events and partners with other organizations to help people get covered. There are trained and certified enrollment assisters to help people get covered. There are various ways for residents to get help applying. Heather discussed what information they will need to have with them when applying for coverage.

Public Report PR14-46	30:00	15:00	L	PA/O	12/02/14	02:30 AM
					12/04/14	04:00 AM
					12/05/14	12:00 PM
					12/11/14	03:30 AM

Abby Sauer, Dodge County Public Health Nurse and Child Passenger Seat Technician, talks about car seat safety with Host Jackie Kahlhamer. The Child Passenger Seat Program promotes proper usage of car seats. Last year they gave out about 80 seats and did numerous seat checks. To be eligible for a car seat the parents must live in Dodge County and be eligible for WIC or meet income guidelines. Education through community outreach is also provided regarding car seat usage. The program distributes 4 different sizes of car seats. Usually only one seat per child is given. Parents are educated about what will be the next step and they are encouraged to save up for the next size seat. Children 12 and younger should always be in the back seat. Front air bags can injure them. A common mistake parents make is going to the next size car seat too early, or being taken out of the booster seat too soon. Also, sometimes the harnesses are too loose. Abby discussed some things for parents to consider when purchasing a car seat. Buying a new seat is best. If buying a used one, it is recommended to buy from someone you trust. Car seats expire after 6 years, so the manufacturer's date should be checked. The best way to know about recalls is to send in the registration card for the seat. If buying a used seat, parents can call the manufacturer and register it. There are lots of websites that list recalls. There is a lot of information about car seats on the internet. Children should not be placed in the next size seat if they do not fit the guidelines given by the manufacturer. It is not so much about age as it is about weight and height. Older children may frown about having to use a booster seat, but it is for their safety.

Switch On Your Brain #010	28:30	28:30	REC	PA/O/E	10/07/2014	12:00 PM
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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 is 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

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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 consequences 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 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 change 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.

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HEALTH Switch On Your Brain #012	28:30	28:30	REC	PA/O/E	10/21/2014	12:00 PM

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 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 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.

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Switch On Your Brain #013	28:30	28:30	REC	PA/O/E	10/28/2014	12:00 PM

Today on Switch On Your Brain, Dr. Caroline Leaf discusses how no thought is harmless and no attitude can be hidden. You know what it feels like when you're around someone who is negative? It makes you feel horrible. When you're around someone who is joyful and happy you feel great. That's because our attitudes literally rub off on each other. You can't hide an attitude. No thought is harmless. It is a scientific fact that every thought that you build generates electromagnetic energy and it produces a state of mind, and that's part of nonverbal communication. We don't read each other's actual thoughts, but we can read each other's attitudes. We have all kinds of structures in our brain that help us to reflect back each other's emotions. For example the vagus nerve, insula, mirror nerve cells in our brain literally help us to cry together, laugh together, and be joyful together. It's almost as though God has designed us so that we can actually check each other's behaviors. Become aware of your attitude and the attitude of the people around you. Every single cell in your body is impacted by a negative thought. No thought is harmless and no attitude can be hidden. It will come through in the way that your eyes are shining and the way that you carry your body. Genesis 11:6 tells us that "Whatever they imagined they could do would not be impossible for them." The science of this scripture is that as you are thinking, you are physically building substance. This science also tells us that whatever is substance in your brain you will act upon. You will live out whatever you have built, so therefore, no thought is harmless. The Bible does say that to just look upon a woman with adulterous thoughts is the same as the act. We know from science now that if you watch someone play tennis, the same areas in the brain will light up as the areas that will light up in the person who is actually doing the act. It says in the Bible that only God and you know your own thoughts but what I can pick up through my mirror neurons is your attitude which is your state of mind; it's the emotional state of your head. Every thought has an emotional feeling component and that is what we literally mirror in each other. Quantum physics actually explains this in terms of the theory of entanglement, which means we are all entangled in each other's lives. We are all connected with each other, so we feel each other's emotions. We can't hide it. We can't ever hide an attitude because of the design of the brain mirroring out the emotional energy literally from the thoughts that move into the conscious mind, we reflect those. The gene is an inanimate thing. It can't do anything until it is switched on. The dreaded diseases that people are suffering from are from the mind, seventy-five to ninety-eight percent. Even when you have a genetic mutation of something that comes through the blood line, it originally was not a mutation because Deuteronomy 30:19 says, "I lay before you life and death; blessing and cursing. Choose life so that you and your descendants may live." The decisions that your great, great, great whatever, made are in your head. You have a choice and that choice is to keep and to active those things or to kill them. What you think about, the choices that you make, will produce effects. That's pretty much the science of epigenetics showing how our choices impact spirit, soul, and body, this generation, and the next four generations. It's the sins of the father that will reach through to the third and the fourth generations. It's not an excuse because the Bible also says that you are not responsible for your parent's sins. You are not a victim of your biology. You are a victor over and above your biology. Imagination is not a nothing. Imagination is you visually thinking out. As you imagine, you are growing thoughts as well. As you are growing those thoughts, you then act upon those thoughts. They did a research study where they taught people to play the keyboard in two groups. One group learned to play the keyboard actually using a keyboard. The other group learned through the power of imagination. They brought the two groups together and the group that used their imagination actually played better than the other group. You can't see your thoughts, but no thought is just some nonevent. No thought is harmless. Every thought is doing something. It's physical structure inside of your brain. We can't control the events and circumstances of our life, but we can control our reactions to those events and circumstances. We can choose to control our reactions. So therefore the hardest thing about being happy and peaceful and enjoying life and coping with life is the recognition that we can choose. You are able to choose and your choosing makes a difference in your life and the lives of this generation and the next four generations. Attitudes are never harmless. Attitudes impact people. Your attitude that you reflect, good or bad, is influencing other people's perceptions. This week make a strong concerted effort to actually observe your own attitudes and the impact of your attitudes on other people. You will be amazed at how when you smile and you're happy how that influences the people around you. How when you're whiney and negative how that influences the people around you. Increase your observation skills this week.

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<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	11/04/2014	12:00 PM

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.

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<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	11/25/2014	12:00 PM

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 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 loved. 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

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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.

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Switch On Your Brain #003	28:30	28:30	REC	PA/O/E	12/03/2014	12:00 PM

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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 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,

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

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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.