

# 13 Steps to detoxing your mind

Like most of you, I started my new year with several personal goals I hope to achieve. The first is to lose an additional 85 pounds in the next year, which will bring me closer to my goal weight of what I weighed on my wedding day almost 35 years ago. I also have decided to make a conscious effort to live a more healthy life, by detoxing my brain from negative thoughts and becoming even more positive and wiser in how I live and think. I have just finished taking a four-day workshop with Dr. Caroline Leaf, PhD.

Dr. Caroline Leaf is an author and lecturer on the human brain. She received her training in Communication Pathology (BSC Logopaedics) at the University of Cape Town, South Africa. Dr Leaf also holds a Master's degree and PhD in Communication Pathology from the University of Pretoria, South Africa. Since 1981, Dr. Caroline Leaf has researched the human brain with particular emphasis on unlocking its vast, untapped potential. She is specifically focused on the cognitive neuroscientific aspects of TBI/CHI (Traumatic brain injury/Closed head Injury) and the science of thought as it relates to thinking, learning and renewing the mind, gifting and potential. She has been received all over the world by a variety of audiences, due to her unique ability to link the scientific principles of the brain to intellectual and emotional issues in simple and practical ways. Through years of research, she developed the Geodesic Learning™ theory (brain-compatible learning), which is a scientifically and statistically proven approach to thinking, teaching, and learning. She is the author of the book, God's Plan for Achieving Emotional Wholeness.

I found her teaching to be absolutely empowering and very informative. By understanding how our brain works and how toxic negative and healthy positive thoughts affect us physically, mentally and spiritually, I feel I have been given some extremely valuable tools in which I can apply in my personal life.

For now, I would like to share what Dr. Leaf has to say about Detoxing your mind.

## **13 Steps to Detoxing your Mind**

1. Control your thought life. Thoughts create your moods and your attitude. I choose to be a faith-based thinker – not a fear based thinker.
2. Frame your world with your words. It's not what you think that holds you back, it's what you think you are not." Live a life of "POSTIVE" self-talk!
3. Express those repressed emotions. Acknowledge your feelings, face them, deal with them in a positive way, and then move on.
4. Take responsibility and take control
5. Dream On: Physiologically, your dream state allows the psychosomatic network to retune itself and get ready for your waking life. Write down your dreams this will help you detox. Catching your dreams can enlighten you.

6. Think Forgiveness: Forgiveness is a choice, an act of your free will. It releases those toxic thoughts of anger, resentment, bitterness, shame, grief, regret, guilt, hate, etc. Research has proven that forgiveness makes you healthy.
7. Love – Tune into your heart: Studies show clear changes in the patterns of activity of the autonomic nervous system, immune system, hormonal system, brain and heart when you experience emotions such as love, caring, and compassion.
8. Monkey Hug Therapy: Touch releases the endorphins and enkephalins to break toxic strongholds. Love, hugging, touching and caring heals. Hug those you love every day!
9. Play and laugh A LOT! Play reduces aggression, fear and grief; improves thinking skills and flexibility of thought and connects us to others, turning our focus outward, away from ourselves.
10. Exercise: You need to get your heart pumping in order to increase the blood flow to nourish and cleanse your brain and all your organs!!
11. Diet: What you feed your brain – you feed your body. Your brain's primary need is for oxygen – the secondary is for protein. Eat correctly (healthy) 80 percent of the time.
12. Grow Spiritually: We are God's children and spiritual beings. Any healing of the body or mind will not happen unless our spirituality is addressed!
13. RELAX: Relaxing is necessary to keep the autonomic nervous system healthy. Make a conscious decision to balance your work and rest before it is too late! Learn how to "chill out."

*"As a man thinks in his heart, so is he." Proverbs 23:7*

*"...out of the abundance of the heart the mouth speaks." Matthew 23:7*

To learn more about Dr. Leaf you can check out her website at

<http://www.switchonyourbrain.com>.