

Positive Impact by Positive Thoughts Our Brain Chemistry

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"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." Psalm 139:14

Several years ago, a major university conducted a study to determine if there was a difference between boys and girls. The researchers confirmed what is intuitively and experientially known; boys and girls are different. Not only are we different as genders, but we are also different as individuals.

King David, the writer of Psalm 139, informs us that we were fearfully and wonderfully made. The Lord created us uniquely and specially for His purpose and glory. Our fingerprints, footprints and even voiceprints are like no other person's. We each have a unique biology, physiology and even psychology. Furthermore, we each have our own thought patterns.

Our thoughts are now known to literally reside in our brains and actually take on physical forms. These forms called neurons resemble trees. Positive thoughts are full with many branches, places of connection, and patterns. However, negative thoughts take on a form that is similar to a withered tree. One thought can set off another and another in what is called a "cascade effect." One negative thought can easily lead to another and another unless we consciously work to stop it.

What happens when we have negative thoughts, and hang on to anger, frustration, disappointment, fear or hurt? According to neuropsychologist Dr. Caroline Leaf, each thought we have creates a chemical reaction. When we experience love, joy, happiness, peace and passion, chemicals flood our brain that increases our ability to feel these positive emotions. However, when we experience the negative emotions, an abundance of the same chemicals flood our brain and we become over loaded. Dr. Leaf calls this overload "chemical chaos." If this chemical chaos occurs too often, it can result in inflammation of the brain.

Our thoughts are built by our minds, wills and emotions. Negative thoughts can adversely affect our health if left unchecked. Scientists now estimate that 87% - 95% of illnesses come directly from our thought life, regardless if the illness is mental, emotional or physical. With age, our brains can grow and thicken, therefore increasing the surface area. This increase allows for more processes and connections to take place.

In His infinite mercy, God created our brains to be changeable and moldable. This change is evident in our thought life also. Romans 12:2a tells us "do not conform to the pattern of this world but be transformed by the renewing of your mind." With the Lord's help, our minds can be renewed. In Philippians 4:8, Paul teaches us "finally brothers

and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, if anything is excellent or praiseworthy- think about such things.”

Sources:

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