

Wired for Connection

Our brains and bodies are wired for connection. We secrete the hormone oxytocin when we connect. Parents and babies, husbands and wives, children and parents, friends...If it is a positive connection we de-stress with feelings of happiness. If we fight, have trauma, continue to be in injurious positions in life, the oxytocin receptors shut down. However, these connections can be restored. Isn't God good to give us healing? (Inspired by recent research and God's word).

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