

21 Day Cleanse

Introduction

The premise of our entire journey in 2018 are based upon two Biblical concepts that are reinforced by the work and science of Dr. Caroline Leaf, as well as many others that she references throughout her work.

I am convinced that based upon my more than thirty-five plus years of ministry and thirty years of pastoring that God has given us this moment in history to examine our lives and maximize our mind and brain power.

This year of Jubilee has opened with a powerful manifestation of God's favor and blessing in so many of our lives. This first cleanse is based upon adding this powerful ability to first, **Capture our Thoughts, (II Corinthians 10: 5)** "casting down arguments and every high thing that exalts itself against the knowledge of God, bringing **every thought into captivity** to the obedience of Christ."

The second Biblical principle is **Renewing our Mind, (Romans 12: 2)** And do not be conformed to this world, but be transformed by the **renewing of your mind**, that you prove what is the good and acceptable and perfect will of God.

The hardest part about achieving peak happiness, thinking and health is remembering that we can choose them. Achieving them is not accomplished by putting on a brave happy face, nor are they attained by adopting an ostrich mentality and pretending that problems don't exist or that everything will always be great. The way to find this state is by harnessing the neuroplasticity God has designed in our brains and choosing to rewire—or renew—our mind (Romans 12: 2).

This is a lifestyle that will bring us ever closer in alignment to our original design perfection (Matthew 5: 48), of being made in God's image (Genesis 1: 26).

We can actively choose happiness rather than letting our external and internal world of wired—in and learned thoughts and our biology define happiness for us. We need to wire in positive thought networks that can fill us with the power to get us back on track (II Timothy 1: 7). It is the implanted Word that will save our souls (James 1: 21). Who we are is where happiness lies, but this is so often blocked by who we have become.

A Simple Tool That Brings Peace.

Even though the 21–Day Brain Detox Plan is based on rigorous science and the Word of God, it is a simple tool to help bring peak happiness, thinking, health, and peace—not only into your life but also into the lives of your loved ones.

To detox your thought life, you need to remember *it's your thinking that will actually change your brain*. So you need to do consciously what your brain does on a nonconscious level to build a thought. You control your brain; your brain does not control you.

Several assertions:

- God is revealing more each day.
- We can all get control of our minds.
- Put your mind to it.
- It's not a heavy burden.

Summary

1. You have to choose to have a controlled thought life and to be happy and healthy. Everyone can learn how to improve their thinking, learning, and intelligence.
2. We need to wire in positive thought networks that can fill us with the power to get us back on track (II Timothy 1: 7).
3. Even though the 5 Steps of the Switch on Your Brain Learning Process that are used daily in the 21–Day Brain Detox are based on rigorous science and the Word of God, they are a simple tool to help bring peak happiness, thinking, and health not only into your life but also the lives of your loved ones.
4. To detox your thought life, you need to remember *it's your thinking that will actually change your brain*.
5. Science is catching up with the Bible daily.
6. If you put your mind to it, you can achieve what God says you can achieve.
7. You control your brain; your brain does not control you.

Your Daily Routine

Who needs this? Everyone. No one is exempt from mind issues. From the moment God created us with free will, we entered a realm of creative responsibility for our choices. It is obviously a highly complex process, but Dr. Leaf has simplified the Switch On Your Brain technique into five steps:

1. Gather
2. Focused Reflection
3. Write

4. Revisit
5. Active Reach

You Are Doing Your Own Brain Surgery

Each of these steps activates phenomenal and complex neurophysiology and neurobiology. So in essence, what you will be doing with the 5 steps is bringing the toxic thought into consciousness and then proceeding, over 21 days, to destroy it.

Mind controls matter, as we learned. At the same time, you will be growing a healthy new thought to replace the toxic one, so you will be consciously and simultaneously building up healthy thoughts and tearing down toxic thoughts.

You work on only one thought network each 21-day cycle, breaking down the toxic and simultaneously building up the healthy.

Summary

1. The 21-Day Brain Detox Plan is a deliberative, disciplined, and rigorous renewing of the mind lifestyle, not a one-time activity.
2. Your daily routine will take seven to ten minutes minimum, although some like to go longer.
3. You will be doing approximately seventeen 21-Day Brain Detox Plan cycles per year.
4. Each day you do the 5-Step Switch On Your Brain Learning Process for the seven to ten minutes.
5. Over the 21 days, you are breaking down the toxic thought and building up the healthy replacement memory.
6. It takes 21 days for certain protein changes to happen in the brain for the new memory to become self-sustaining and for the old memory to be broken down.
7. By approximately day 7 the protein connection holding the memory in place is a bump shape: and by approximately day 21 it is a mushroom shape.
8. You need to repeat the 21-day cycle for up to three more times for it to become automatized.
9. *Automatization* means it is in your nonconscious controlling the conscious thinking that precedes what you do. (Like riding a bicycle).

Step 1 Gather

You have to develop a disciplined thought lives, and part of that is increasing your awareness of what you are allowing into your mind. The **gather** step is, therefore, all about becoming aware of all the signals that are coming into your mind from the external environment through the five senses and understanding the internal environment of your mind. So as you answer the questions in this section, you are focusing on developing awareness, which means you are starting the process of bringing those rogue thoughts into captivity.

The Signals Come From Two Sources

The signals come from two sources (1) the external environment that comes in through the five senses, electromagnetic and quantum signals, and (2) the thoughts deep in the nonconscious metacognitive part.

Let me explain what I mean. Perhaps, as you read this, you have some of your favorite music playing in the background. You might be sitting in a comfortable chair, smelling a scented candle while savoring a piece of fruit.

If you are in an idyllic setting, all five of your senses—sight, sound, smell, touch, and taste—will be your link between the external world and the internal world of your mind.

Question: What are you experiencing through your five senses as you are reading this? Try to describe this in as much detail as possible. This is a simple exercise just to help you become aware of what is coming into your mind. This simple awareness can be developed to the point where you learn not to let any thought go through your mind unchecked.

As we continue don't be intimidated by the information or the process. Take your time and just enjoy how intricately God has made you. And please remember, you are brilliant and intelligent and totally capable of understanding because you are made in the image of God. (Genesis 1: 26).

- The Signals Enter the Brain

Question: What thoughts are bubbling up into your conscious mind right at this moment? Focus in and see how many there are.

- Thoughts Have an Emotional Component

When you think you also feel. This is because thoughts have an emotional component in addition to information, or what the actual memory is about. This means that when you bring a thought into consciousness, you also bring up

the attached emotion. When the thought along with its emotions bubble up into the conscious mind, you feel the emotions.

Attitude

Attitude is a *state of mind*—a thought plus its attached emotions—and it influences what you say and do.

If the attitude that is activated is negative, then the emotional response will naturally be a negative or stressful feeling. If the attitude is positive, the feeling be peaceful. The truth is that your attitude will be revealed no matter how much you try to hide it.

Question: Can you determine the attitude of the thoughts that are currently moving through your conscious mind? Try to focus in on the feelings they are generating and describe them in as much detail as possible. How does your mind feel? How does your body feel?

- **Thoughts Can't Be Hidden; Attitudes Aren't Harmless**

Your attitudes—positive or negative—not only can't be hidden from others, but also have a profound impact on your own brain and body.

However, if you change your attitude and determine to apply God's excellent advice not to worry, the hypothalamus will cause the secretion of chemicals that facilitate the feeling of peace, and the rest of the brain will respond by secreting the correct formula of neurotransmitters—chemicals that transmit electrical impulses—for thought—building and clear thinking.

Question: Do the thoughts in your conscious mind at this moment make you feel peace or worry? Be aware of how your body feels. Are you tensing your shoulders? Is there an adrenaline rush going through your body?

Although you may not be able to control your environment all of the time, you can control how it affects your brain.

- **You Can Control How the Signal Affect Your Brain**

How? The incoming information is still in a temporary state. It has not yet lodged itself into your memory, or become a part of your spirit, which defines who you are. You can choose to reject presently activated thoughts and the incoming information, or you can let the information make its way into your mind, soul, and your spirit, eventually subsiding in your nonconscious and becoming automatized, dominating who you are. Even though you can't always control your circumstances, you can make fundamental choices that will help you control your reaction to our circumstances and keep toxic input out of your brain.

Question: Do you feel like a victim or a victor over what is swarming through your mind at the moment from the external and internal signals?

Question: Did you know you are able to accept or reject the thoughts flowing through your mind?

Question: You do not have to be dominated by your perceptual library—in other words your emotions. Do you feel dominated by your feeling that have arisen out of the thoughts active in your mind?

This is where you begin some serious reflection in order to make some life-changing decisions.

Question: Ask yourself, “Do I want this information to be a part of me?”

Stress

A good point to remember is that toxic memories create the negative stage two and negative stage three stress. Stage one of stress is good and keeps you alert and focused. Stage two and three are normal stress gone wrong.

Question: Toxic thoughts are the result of bad choices. Stress stage two and three are your body’s reaction to toxic thoughts. Can you feel stress reaction—heart pounding, adrenaline pumping, or muscles tensing up in your body?

Step 2 Focused Reflection

It’s is always fun to see science catching up with the Bible. Focused reflection is an example of this. It is an ancient Biblical principle most of us know. But it is also the current rage in neuroscience, and there are hundreds of studies with headlines like”

- “Mindfulness Meditation May Relieve Chronic Inflammation.”
- Evidence Supports Health Benefits from Practicing Mindfulness–Based Practices.
- Breast Cancer Survivors Benefit from Practicing Mindfulness–Based Stress Reduction.
- Don’t Worry, Be Happy: Understanding Mindfulness Meditation.
- Mindfulness Meditation Training Changes Brain Structure in Eight Weeks.

So you see.

I Always Boils Down to One Thing

Although a lot of these studies talk about Eastern meditation techniques, what it boils down to every time is deep, intellectual, disciplined thinking with attention regulation, thinking, body awareness, emotion regulation, and a sense of self that

changes the brain positively. Consequently people gain health, happiness—and peace—exactly the instruction and consequence of Philippians 4: 8.

Getting Out of a Toxic—Thinking Block

If you are going to get out of any toxic—thinking block, you need to think, understand, and apply the wisdom you gain. (Entering into Direct Rest/Stop Mikshake—Multitasking)

So once you have gone through the whole gathering awareness step above—which disciplines you to be careful of what’s going into your brain as well as what is coming out from inside—then you need to go deep and focus your reflection. (Applying keys 4 and 5, Catching those thoughts/Entering into deep rest).

Question: Now that you are aware that thoughts are unstable and changeable when they are in your conscious cognitive mind, can you focus on one in particular and experimenting changing it?

When You Think, You Change

This constant change means that the deeper you think, the more change you can make. This change is real and happens via electromagnetic and quantum forces as well as neurotransmitters activating genetic expression and protein synthesis (key 2 and 3, Choice and your multiple-Perspective Advantage/Your Choices Change Your Brain). (II Corinthians 10: 5, Now brining every though into captivity becomes a lot more important. Thoughts are constantly remodeled by the “renewing of your mind, Romans 12: 2)

Question: You have to make a decision. Do you want to build memories out of this new information coming into your mind?

Research has shown that mental practice—imagination, visualization, deep thought, and reflection—produces the same physical changes in the brain as would physically carrying out the same imagined processes.

We see this principle in the Bible: “Nothing they have imagined they can do will be impossible for them” (Genesis 11: 6). Brain scans show that the parts of the brain activated by action are the parts of the brain activated by simply thinking about an action.

This sheds new depths of understanding for the Scripture (Faith is the substance of things hoped for, the evidence of things not seen” (Hebrews 11: 1). Rehearsing things mentally is a great everyday example of how you can think and more deeply reflect on daily actions, because each time you do this, you change the memory.

Question: Have you ever found yourself rehearsing something over and over for days on end, almost like you couldn’t get it out of your head? How did that make you feel?

A health thought and a toxic thought can both be built with mental rehearsal. But you can tear toxic strongholds down by choosing to bring the thought into conscious awareness for analysis and then changing it through repentance and forgiveness—which causes protein synthesis and replacing it with the correct information, using Philippians 4:8.

Question: How do you tear down the toxic stronghold?

Expertise

When you think deeply to understand, you go beyond just storing facts and answers to storing key concepts and strategies that can help you come up with your own answers. These thoughts have been consolidated and stabilized sufficiently so that you have immediate access to them. When this happens you have achieved a level of expertise. But this can happen in a negative or positive direction, with all the contributing effects.

Step 3 Write

Your brain writes through genetic expression, so when you write things down on paper or type into your computer or iPad or whatever gadget you use, you are mirroring this process. Writing down your thoughts is important in the Switch On Your Brain technique because the actual process of writing consolidates the memory and adds clarity to what you have been thinking about. It helps you better see the area that needs to be detoxed by allowing you to see your nonconscious and conscious thoughts in a visual way. It is almost like putting your brain on paper.

Step 4 Revisit

Revisiting what you have written will be a revealing process. This is exciting as well because it is a progressive “moving—forward” step; you revisit where you are and look at how to make change happen.

After you have gathered awareness and done your focused—reflection and writing, you will have stimulated major neuroplastic activity, putting your brain in a highly active and dynamic state for marvelous and positive change.

Question: What is the main purpose of this self—reflection?

In revisiting you are not only looking at how you go about dealing with your circumstances, but you are also thinking through your reactions again, evaluating the toxicity levels, and retranscribing them. This is a positive, looking-for-the-solution step. It feels safe because you are working out the way forward.

This is where the Bible is so perfect as a guide, because it lays out all the correct management principles for toxicity. At this revisit stage, if you discover you are a worrier, the Scripture in Matthew 6: 25, which instructs us to not worry, is a good verse for you to apply.

So if we line up our revisit with the principles of God's Word instead of worldly psychology, then we have a foolproof method for becoming healthier.

Step 5 Active Reach

Active reaches are the challenging but fun part of this plan because they are actions and exercises you say and do/or do during the course of the day and evening. You in essence practice using the new healthy thought until it becomes automatized like a good habit. You decide what these active reaches will be in steps 4 and 5 each day and then you monitor, evaluate, and change them each subsequent day of the 21 day Brain Detox Plan.

The Doing Gets the Results

It is the doing nature of the active reaches that results in ungluing the branches from your thought trees. Step 1 - 4 have loosened and weakened the branches, but step 5 literally destroys the branches.

Your Faith Manifests

The active reach is the stage in which you reach out beyond toxic thinking by applying the principle, "Faith without works is dead" (James 2: 20). This is where your faith manifests and you actually do something with the detoxing that has been going on until now—you reach further.

In this final step to switching on the brain and detoxing. But you can't reach with success without the foundation created in the previous steps. Only when you have been through all of those steps and completed the process can you move forward, changed in a positive direction.

An active reach is not just the decision to forgive; it is the actual forgiving. It is not just the decision to believe God heals; it is the actual believing. It is not just the decision to stop worrying about your children and trust they will make the right decision because God is watching over them; it is actually stopping the worrying. It is

not just confessing God will meet your needs; it is the actual believing. It is not just the decision to lose weight; it is the actual lifestyle change to lose the weight. It is not just the decision to stop dwelling on the past; it is the actual stopping the dwelling on the past. It is not just the decision not to talk negatively; it is the actual not talking negatively no matter how tempting it to do so. This is when you reach beyond where you are.

Active Reaching Helps You Feel Truth

The active reach helps you feel whether or not something is true. It helps you line up the thought (imagination) with the confession (words coming out of your mouth) and action. Clearly, the, “Confess with your mouth the Lord Jesus and believe in your heart” (Romans 10: 9) becomes the principle operating here.

Here is an example of active reach: You are working on the toxic thought of saying—out loud or in our mind—a lot could-have, would-have, should-have, if-only statements. Your active reach step is saying, “I will not say this, I am putting the past behind me,” or visualizing the situation, event, or issue disappearing in a puff of smoke; or quoting a verse that’s applicable; or doing something fun like smiling, yawning, or tapping your foot.

A second example: If the toxic thought is that you keep trying to change the past by playing movies in your mind, thinking that if you did that then this would have happened, and then this should have happened, and then you wouldn’t have...active reach is to say, “I choose to stop playing this movie” or “I am switching that movie off,” quoting a Bible verse that applies, or praying a prayer you have created for that situation.

A third example: The toxic thought is you find it hard to accept that something is over, done, and in the past, and you won’t let it go. The active reach is to visualize the walls of Jericho falling down and see those walls as this past experience; telling yourself “I can’t” is a decision, but so is “I can”—choose “I can” or quote a Scripture.

Learning to Break Down the Toxic Thought

1. Gather (1 - 2 minutes)

Purpose: bring thought into conscious

Example: worrying about money.

Don’t forget, it is the Holy Spirit who “will guide you into all the truth” (John 16: 13), so let him—and not yourself or someone else—make the decision about what you need to renew.

Activity: Step 1 gather questions to guide you.

2. Focused Reflection (1 - 2 minutes)

Purpose: loosen branches

Activity: Step 2

3. Writing (1 - 2 minutes)

Purpose: start shaking the branches to loosen the glue.

Activity: Step 3

4. Revisit (1 - 2 minutes)

Activity Step 4

5. Active Reach (1 - 2 minutes)

Purpose: start melting down the branches

Activity Step 5

Learning to Build Up the Healthy Thought

Now let's look at the parallel building-up process, which you do at exactly the same time as you do the breaking-down process to balance the negative with the positive. You don't want to get stuck in the negative-toxicity—so you immediately bring balance to the situation.

1. Gather

As you identify the toxic thought in the breaking-down process, you immediately, prayerfully, consciously think of the replacement thought. For example: "My God will supply every need of yours according to his riches in glory in Christ Jesus" (Philippians 4: 19).

2. Focused Reflection

Grow and integrate healthy branches by reflecting on the positive and not just dwelling on the negative.

3. Write

Add more information and links with other branches by writing the positive alongside the negative.

4. Revisit

You are doing the same thing in the breaking–down and building–up process here. The steps cross over because you are planning the solution to replace the problem. This starts stabilizing the branches to firm up the “glue” bonds.

5. Active Reach

This is the same step as in the breaking–down process, but here you actually do the active reaches. This strengthens the new thought branches.

Repeating steps 1 through 5 daily for about seven minutes eventually eliminates the toxic tree and stabilizes the healthy tree. Like the Scripture says in Mark 11: 22 - 23, “You can say to this mountain, Be removed and be cast into the sea, and it will happen.