

**SID:** Did you know that you have a gift within you that is totally unique? I mean, no one on Earth has that same gift. My guest will help you discover your supernatural gift that can change the world on this edition of *It's Supernatural*.

*Can ancient secrets of the supernatural be rediscovered? Do angels exist? Is there life after death? Are healing miracles real? Can you get supernatural help from another dimension? Has the future been written in advance? Sid Roth has spent 30 years researching the strange world of the supernatural. Join Sid on this edition of It's Supernatural.*

**SID:** Hello. **Sid Roth here with Dr. Caroline Leaf.** Welcome to my world where it's naturally supernatural. Dr. Leaf has researched the brain for 25 years. When she started her research brain science was in the Stone Age, and as a matter of fact, people that reach your level there probably aren't too many that believe in the Bible.

**DR. LEAF:** No. I think there's only a few of us around.

**SID:** But you know what? I believe with the latest research you have, people are going to start, even agnostics, are going to start seeing, "Hey Jesus said what we're just finding out in our research." And the thing that's so amazing to me is that you say God created us with a gift and everyone's gift, and this is hard to comprehend, this is a lot of people on earth. But she says everyone's gift is so unique and when you can learn what your gift is and operate in your gift you're gonna have extraordinary peace. You're going to accomplish your destiny. You're going to be walking in Divine health. Your relationships are going to be better. And most people that take these standardized tests, they're not tests for the gift that God's given them. They're tests for their talents. Explain.

**DR. LEAF:** Exactly. Well that's exactly, you said it so well, Sid. What we need to distinguish between is our gift and then the manifestation of the gift. The manifestation is what you'll see in terms of someone singing beautifully or playing the piano or a great mathematician, or a great orator, those are manifestations. And during the course of one's lifetime, you know, you get experience of those manifestations will change and will expand, and we'll have multiple things that we can do.

**SID:** Okay. You say our gifts are so unique it's like as unique as a fingerprint. That's how unique your gift is, how special you are. What happens when people realize they're special, they're unique, and then they find out what God created them to be unique for?

**DR. LEAF:** Well it's unbelievable. You know, when I still had my clinical practice I would have boxes of Kleenex because to show someone who for years has been labeled, that you're not a label, that you're not what the IQ test or the personality test or the aptitude test is. You actually have a unique way of thinking that is different than is no one else who can think like, that you're a unique design in a way that you think a designer [unintelligible], I often say. Because what it essentially is, is that your unique gift, Sid, is the unique way in which you think. You have a unique way of thinking. I have a unique way of thinking. 6.7 billion people on the planet, each and every one of us thinks in a unique way.

**SID:** How can it be so unique? I don't get that.

**DR. LEAF:** Well it's just in terms of physiologically, what happens is this, is that we are thinking all day long. You're even thinking at night time. You're a thinking being. God has blessed us with this ability to think. As you think, you think, you process this information from outside and as you're thinking you're making choices and you're building thoughts. Now thoughts are real. They occupy mental real estate. They're real physical structural things inside your brain and they're constantly changing. So our thoughts are constantly dynamic and changing. Now the simplest way to explain this is if there was a car accident and you had five people at the scene of the car accident or 10, or 20, every single person would report differently, because each person perceives it differently. We each have this unique way that we filter information through the world as we think into both thoughts. So our gift of thinking filters and it builds the thought, and it's different for every single person. That's what the scientists have found. Physiologically, the process, and we can go into that in a moment, but physiologically it's the same, we have the same physiological process. But the way that we use that physiological process is different for every person.

**SID:** So depending on which part of the brain you start with and cycle, if you can understand what part your strengths are you can improve your weaknesses.

**DR. LEAF:** Exactly. Well absolutely. And even nicer than that is that you actually don't have weaknesses built into you. Now this is totally and accurately unique, too, the whole concept of talents and things, because we think, well I've got strengths and weaknesses. You actually build the strengths because God said, "I knew you before you were formed in your mother's womb." And he also says in Ecclesiastes 3:11, that "He has planted eternity in our minds and a Divine sense of purpose." And we've got the mind of Christ. I mean, you saw how many scripture that we can use to explain that. So what it means is that you are wired for talent, for giftedness. You're wired for strengths. So therefore, when you make bad choices, we build matrix in our mind that block our gift and weaknesses will actually manifest, but also how we define weakness. The world says, for example, that to be successful you have to be a linguist and a mathematician, and if you're an artist or something else, you're not as clever or smart. Now that's not the truth. That's just there's a bell curve. And what they do is they say well if you're in this part of the bell curve you are more gifted than anyone else out there. It's the other around. There's something that you can do that no one else on this planet can do, which makes you a designer. So that unique, that bell curve that world views and defines and giftedness is completely wrong, because everything that you can do is gifted because it's a result of the way in which you think. So there's something that each of us can do that no one else can do.

**SID:** Okay. You have a test which I took.

**DR. LEAF:** Good.

**SID:** And this test shows what I emphasize, what's the first part of my brain, the second part. Tell me what these different parts are, very briefly.

**DR. LEAF:** Okay. So the test that I designed is over years of research because I've done years of research in this gift concept and how the brain does all these things and how it builds all these thoughts, and that kind of thing. So what I was using in my clinical practice is I would help people to understand this is how I think. This is the structure of my thought processes, and if I work and in hand in the structure of my thought processes it's going to produce a better result, whatever that result or design result may be. So from the brain science I'm summarizing huge years of research. We have used the brain as an example, this model is an example. It's almost as though we can slice up the brain into seven distinct areas and each of those areas there are groups of nerve cells in each of those areas that are responsible for a specific type of thought. I call them pillars of thought, and there are seven pillars of thought. So the brain is almost in seven different groups. And that's interesting because in Proverbs 9:1 it talks about "Wisdom has built a house on seven pillars."

**SID:** So God knew how the brain was designed.

**DR. LEAF:** Absolutely.

**SID:** I'll tell you what. I want you to hold that thought. You're gonna find out how these seven pillars each operate and it's the combination that makes you so unique. And I took this test, and we're gonna find out if I'm suited to be a host of an interview show. Don't go away. Be right back after this word.

*We'll be right back to It's Supernatural.*

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*We now return to It's Supernatural.*

**SID:** Hello. **Sid Roth here with Dr. Caroline Leaf**, and Caroline, you were saying that the brain, just like it says in scripture, is divided wisdom, is in seven pillars. The brain is divided into seven pillars. And tell me what these pillars do for us.

**DR. LEAF:** Okay. So there's seven pillars of thought. We're a thinking being. We're thinking all day long, even at night, and we think the results as thoughts. So as we think we each think in our own unique. And so what happens is the brain has got these seven pillars and as we are processing thoughts, like when you digest food or when a form is developed it goes through stages. Same thing with your thinking. Your thinking goes through seven different stages. So each part of the brain, for example, the front part of the brain we would call your interpersonal type of thinking, which deals with your deep thinking and so on. Your second part deals with this and all the different areas of your brain deal with something different. So each of the seven different parts. So deep thinking at the front and then more communication going towards the middle, and more logical towards that part, going to movement, musical, instinct, right to the back where we see visual spacious kinds of pictures and images. So as you are listening to me now your brain would be cycling through these seven, but in your own unique way, and that's what's unique.

**SID:** How fast?

**DR. LEAF:** Very. Every one to two seconds you will cycle through all seven.

**SID:** But it's the combination that makes me unique from you or from you.

**DR. LEAF:** Exactly. It's how you move through. So you may start at the front and then move to the back, and then move to there. I may start over there and then everyone starts at the front. But I may go there first and then go back to there. It's just the amount of time as well that you spend.

**SID:** Okay. I took your test and it's a simple test. You don't pass or fail. It's true or false and it's very easy. And I took it and I have my results here, and I want you to tell me whether I'm suited for what I do. My highest one was Interpersonal. The next two--

**DR. LEAF:** If you wouldn't mind stopping right there. Let me show you what that is. In other words, what happens is the second part of here, this is your interpersonal area in your order. The first one opens the door to receiving information.

**SID:** That was the highest.

**DR. LEAF:** That was your highest. So your highest, there's no good or bad. So whatever is low is also good. It just shows you the order that you cycle through the seven and then the score simply tells you as well how long you spend in each. There's no wrong pattern. Every single pattern is fantastic, wonderful, superb. So everyone can rest at ease because often people think, oh my goodness, I must get higher. No. Whatever you get is fantastic. So you will open the door to receiving information through interpersonal, which means that you like to ask questions and get in people's heads, and get information in your own head through a lot of communication. And that's why you're a great host, because you start communication. You start getting to know people. That's why you like to do the radio interviews because you like to ask questions, and it's through asking questions--

**SID:** I have to tell you, when I read what these things meant I said, that is a pretty good test. I'm doing what I'm supposed to do. Now the next two, and they were both identical, was, as far as the numbers, was intrapersonal and linguistic.

**DR. LEAF:** Okay. So then what happens is you cycle, it always starts down there. So you cycled immediately to that and then you went back down there, then you cycled to here, the front. The front is intrapersonal. Intra is deep thinking, introspection, decision making, going inward. And you do that. When I watch you, you do that. You'll ask a question and then go deep inside yourself to actually analyze and interpret that information. And so your second part helps to build a temporary memory. So you ask questions to get the information in your head. And then as you deep think you start forming a memory. Then your third one down was--

**SID:** Was linguistic.

**DR. LEAF:** Linguistic. And now that is more or less over here.

**SID:** But actually, the second and third were the same numbers.

**DR. LEAF:** The same. That can happen because it's, tests in my clinic takes, in my clinical practice is a thousand questions. So you know, we would be able, all you do in this case like that, Sid, is you would just go back and redo the two sections and say, okay, is this an acquired skill or is this really me? And in that way you'll distinguish and you'll find one or two questions that you may change. 'Cause very often we muddle up what we've acquired, what people learn through experience, through life with what we really like to do. And so there you'll be able to distinguish. But let's assume that your intro comes out second and your third, and they can be very close. They can be a point percentage. It doesn't matter. It's absolutely fine. So your third one was linguistic which is more or less over there. Linguistic is words. It's the spoken and written word. And I've watched the way you interview. You've got a lot of information, lots of words. So you're using, now your third one down is where you start to consolidate information. So now I've received through the first one, through asking questions. You have started building a temporary memory through going deep down inside yourself and then you're gonna shift over to words, written or spoken words, where you are consolidating, getting that memory like kind of fixed, getting it in its place, connecting it with other memories. And what's your next one down?

**SID:** Well I just wrote those three down.

**DR. LEAF:** Okay. So that starts describing, now you would still, so in every one to two seconds, every time, all day long, two and half thousand to 3000 times an hour, up to 60,000 times a day, as you are thinking, you're gonna shift all the time there, there, there.

**SID:** Okay. I can see a young kid and you've given me so many examples. And when I did the radio interview of young people, that you as a mother, your own child, as a mother, understood by understanding her thinking process. But what about someone 70, 80 years old? Would it help them to know their gift?

**DR. LEAF:** Absolutely. Like you said, we've got four children and as a mother I believe I've become a better mother by understanding my children. I've had people in my clinical practice sobbing because they said, "I've always believed I could do that." So to show someone that you are gifted the way you think, this is brilliant. This is what it looks like. I've printed out a graph. And you can do that. You could enter it into PowerPoint and print out your own graph, and see about that. I did a lot of work in schools.

**SID:** But when people block their gifts.

**DR. LEAF:** Then it's a problem.

**SID:** Then what happens to them physiologically when their gifts are blocked?

**DR. LEAF:** Well when we block our gifts we actually use our gift. Gift is our unique way that we flip through cycles through all of these. The result of that is we're going to build memory. So we're gonna use a tree here to show memory. This is a tree because the nerve cells of the brain

look like trees. So we talk about the magic trees of the mind. So my results of using my gift will be a creation. Now the creation that I create in my mind, because my brain is neuroplastic, which means it can grow these branches and change them, could be like this, which is the normal, natural, or it could be a negative looking tree, which I call a toxic tree or a gift blocker. It could be this black tree, a gift blocker.

**SID:** So if our gifts are blocked and we build memories that look like this, what happens to us physically, socially?

**DR. LEAF:** That is considered a gift blocker. That throws our body into stress and we don't think clearly. Wherever I have inflammation, like for example, if I have this kind of set up more or less in this part of the brain over here where I'm pointing to now, it's called the ACG, anterior central gyro. So I'm just using this as an example. Now that's the part of your brain that shifts between thoughts. It's called the gear shifting of the brain. If I have a toxic thought bolt over there, as I'm cycling through those seven loops, I get there and it's like a big log in the road. If you have a big tree trunk that falls over the road the highway has got a crack in it and you can't drive through because of a big hole or if there's a bridge you can't--

**SID:** Listen, the example of the road cracking, and I've put my tire over that, I don't want that. I don't want my gift locked in any way. I want to express myself. I want to be at peace. I want to be in health. I want to have good relationships and I want to find out about these gift blockers. Don't go away. We'll be right back after this word.

*We'll be right back to It's Supernatural.*

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*We now return to It's Supernatural.*

**SID:** Hello. **Sid Roth here with Dr. Caroline Leaf.** And Dr Leaf, I was just reminded when your gift is ignored you literally can't even hear the Holy Spirit.

**DR. LEAF:** No. It blocks completely because your thinking is like a triangle between your brain where your thinking is happening, and then also down to your heart, there's like a link. So your heart has like a mini brain and that mini brain feeds up to, it's like a checking station. It checks for the integrity of the message. And that keeps your mind calm. It keeps your mind, but if we ignore the message from the heart then it throws our brain into stress. So it's almost as though God has built in, okay, you're not thinking clearly. Let's just get a little checking station from heart. Listen to the heart. And as the heart calms the brain down your heart will release a chemical called ANF. When that flows through your body you get that feeling of peace. That's the right place.

**SID:** Now you list so many gift blockers. What happens when you are involved in a gift blocker?

**DR. LEAF:** Well if I can start with something like depression, which is such a prevalent problem in today's times. It's really become, it's an epidemic. It very often will start in this area

of the brain called the ACG that I was explaining in the last segment. And if we talk about the areas of actually one of these trees over there it's like this road block. So as you're thinking it gets stuck there, and when it gets stuck there there's information in that area. So the whole electrical chemical balance is upset. So I almost like skip that part of my thinking process. And in order to think properly, to use my gift properly, which is my unique way of thinking, I have to go through all seven. So if I skip one of them or jump over one of them, or partially go through one of those areas, something happens in the process of digesting that thought, which means I won't think clearly. I'll get the feeling of fogginess in my mind. It can lead to anxiety, worry, depression, increase the depression, increase the anxiety. It becomes a vicious cycle and that's not a healthy state to be in 'cause that could manifest in the body.

**SID:** Give me another gift blocker.

**DR. LEAF:** Well you can have anything like, what I've done is to make it easy for people to identify gift blockers, I've identified 12 areas. If you think of this tree having a root, this would be a fear tree, because this not a gray tree. This root, the roots of this tree have got 12 different roots. Now why 12? I've taken what I call the dirty dozen. And the dirty dozen are like areas, because people have got so many thoughts going through their heads. Often people will say, where do I start? Where do I find my gift because there's so many things that are blocking my mind. So to simply find, okay, 12 categories, and you choose a categories where you want to start. So for example, maybe toxic love or toxic touch, or toxic dreams, or whatever, toxic thoughts, toxic emotions. So you identify the area and each one of those deals, okay, what is toxic love? What is love first of all? So we start with the positive side. Love is a very positive thing. When you're in a state of love, which is joy, peace, patience, kindness, all the good stuff, your body is wired according to how it should be operating. You've got peace in your body. You're thinking clearly. So that's on the positive side. But then we can have toxic love, which could be maybe you had a bad relationship with a parent or a bad relationship with a spouse, or there was some kind of toxic thing. So what was meant for good becomes distorted. So instead of having this experience of my mom loved me or my dad loved me, or whatever, or relationship with a spouse, you now have this big black tree in your brain and that thing is now blocking your ability to think. So then we need to renew the mind. We need to rewire that. We need to bring this into consciousness and we need to actually melt that down, which your brain can do.

**SID:** And that's the most wonderful thing. You can melt down these gift blockers and release good chemicals. I loved your section on monkey hug. Explain that.

**DR. LEAF:** That is so cute. They did an experiment with rhesus monkeys and baby monkeys were separated from their mothers. Some would live with their mothers and some were put in cages and they would just feed with a bottle. There was no touching and hugging. And these little monkeys, the ones that didn't have the touch and the hug became very ill. They have cortisol, all these stress chemicals. Their body went into 1400 different chemical reactions went chaotic and some of them even died. Then they took those baby monkeys that were quite sick and put them with the mommy monkey who loved them, touched them, hugged them, and those baby monkeys got better. If you take that experiment, the concept of that experiment, not monkeys obviously, but the concept of touch, what it did in the body, and they've done lots of experiments obviously with humans as well in terms of touch. As we touch we release endorphins in our

body. Endorphins are like pain killers. They make you feel calm. They make you feel peaceful. They make you feel good. So we have sense receptors in our body and women have 10 times more men in our body. So when we touch we actually release those chemicals, the endorphins, which then send a message to the brain that, hey I'm calm, I'm peaceful, a message to the heart, and you find yourself thinking clearly. So just by going up to someone and smiling at them and saying, "Hey, you look great today. Well done. That was great" and patting him on the shoulder, giving him a hug, that kind of touch releases, it reflects that you are showing love to them. It releases love chemicals.

**SID:** I hear a lot of people talking about sowing money so money will come back. How about the idea of sowing love so love will come back?

**DR. LEAF:** I love that one.

**SID:** And how about the Word of God? What does that do to that toxic stuff?

**DR. LEAF:** That wipes that out. I mean, if you've got the Word of God is healthy, green, live, living trees. When we memorize scripture, when we pray, when we worship God our brain gets thicker.

**SID:** What's gonna happen when someone digests what you're saying, gets rid of those gift blockers and gets rid of that, and gets that? Lift that up. How much peace are they gonna have?

**DR. LEAF:** Peace is gonna flow through their body because that sends a message from the brain down to the heart.

**SID:** My faith is soaring because I see everything Jesus said, how it affects everything we see, touch feel, react to. Get ready to walk in your destiny. Get ready to experience extraordinary supernatural peace.