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your thoughts change your brain. The  
more you focus on a particular belief  
or belief system, the stronger those

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connections become. If you focus on God being loving and compassionate, you increase the amount of love and compassion in your brain, and your outward behaviors. If you focus on God being vengeful and hateful, you increase the amount of hate and anger in your brain, and your outward

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and Mark Waldman, researchers at the Center for Spirituality and the Mind at the University of Pennsylvania, have interviewed and scanned the brains of the actively faithful, including Franciscan nuns in contemplative prayer, Buddhists meditating, and Pentecostal church

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appears to permanently change the structure of those parts of the brain that control our moods, give rise to our conscious notions of self, and shape our sensory perceptions of the world. 5.

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