

## **Your Experience Shapes Brain Structure**

So, the brain is feeding your behavior, your thinking, and your feeling, but at the same time how you feel, think, and behave alters the structure of your brain. Which is why I keep coming back to this whole thing of transforming your mind. I think there's a reason Paul said, "think on these things" and he gave a long list. Things that are pure, things are noble, things are just, things that we need to focus our attention on to wire our minds in a certain direction rather than in this direction. Just as brain structures can affect behavior, likewise, personal experience can affect brain structure. So, what you physically do out in the world, actually affects the physical part of this.