

"Charity suffereth long, and is kind; charity envieth not... is not easily provoked, thinketh no evil... Beareth all things, believeth all things, hopeth all things, endureth all things." — 1 Corinthians 13:4–7 (KJV)

"The love of God is shed abroad in our hearts by the Holy Ghost which is given unto us." — Romans 5:5 (KJV)

1 Corinthians 13 is not merely the great love chapter, it is a description of the emotional environment in which a human being was designed to live. Love suffers long. Love is kind. Love does not behave unseemly, is not easily provoked, thinks no evil. These are not just moral virtues, they are the characteristics of a brain operating in its optimal neurological state: a brain governed by love rather than driven by fear.

Dr. Caroline Leaf, whose research has led her to a striking conclusion, writes: 'Our brains are made for love. Not fear. Not performance. Not aggression. But LOVE.' And further: 'We see that the brain and body are literally wired for love... If you're operating in love, we actually drive a healthy regulation on our mind.' Love is not just the highest spiritual virtue, it is the optimal brain environment.

Oxytocin, sometimes called the 'love hormone', is at the centre of this reality. It is released through genuine relational bonding, acts on fear circuits to produce felt safety, is negatively correlated with cortisol (meaning that love and chronic stress cannot fully coexist), and drives neurological changes that move the brain from isolation to connection. Dr. Stephen Porges's Polyvagal Theory identifies oxytocin as the substance that transforms the freeze circuit into one supporting deep intimacy,'immobilisation without fear.'

The most powerful emotional detox available to you is the love of God received and extended. Romans 5:5 tells us that 'the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.' This is not theoretical love, it is love as a neurological event, a biochemical transformation, a spiritual experience that physically rewires you from the inside out. To be filled with love is to be detoxed of fear, shame, anxiety, and bitterness simultaneously.

WHAT THE EXPERTS SAY

**38 DAYS TO DETOX  
NEGATIVE EMOTIONS**

"Our brains are made for love. Not fear. Not performance. Not aggression. But LOVE. We see that the brain and body are literally wired for love, if you're operating in love, we actually drive a healthy regulation on our mind." — Dr. Caroline Leaf, Switch On Your Brain / Nobu Podcast

"It is only when we are known that we are positioned to become conduits of love. And it is love that transforms our minds, makes forgiveness possible, and weaves a community of disparate people into the tapestry of God's family." — Dr. Curt Thompson, Anatomy of the Soul

### PRAYER POINTS

1. Father, shed Your love abroad in my heart right now by the Holy Ghost. Let it flood every broken place, every fearful chamber, every ashamed corner of my inner world.
2. I receive the love of God not as a doctrine but as a living experience. Holy Spirit, make me feel the reality of being loved perfectly and unconditionally.
3. I declare that love is the governing environment of my emotional life. Fear, shame, anxiety, and bitterness are being displaced by the presence of divine love.
4. Let me become a carrier of Your love, so that what has detoxed me flows outward to heal others, in Jesus Christ's name.

In the mighty name of Jesus Christ. Amen!

→📱 Join us at [www.fawnnation.org](http://www.fawnnation.org) | Download the FAWN Nation App on iOS & Android

— From the Desk of Chief Seer, Dr. Andre Thomas

DAY 21 | WALKING IN EMOTIONAL WHOLENESS — THE TRANSFORMED LIFE

# 38 DAYS TO DETOX NEGATIVE EMOTIONS