

Our Ultimate Reality Newsletter

26 September 2010

Welcome to your newsletter, I do hope you have enjoyed a wonderful, abundant and healthy week.

I would first of all like to extend a very warm welcome to all new members to this newsletter - this week you number well in to the thousands once again.

Many new members have joined us as a direct result of existing members forwarding last week's newsletter to family, friends, co-workers and others, who subsequently decided to join us to receive the newsletter every week.

It is a fact that the vast majority of people interested in these subjects never actually publicly say so through fear of what others may think, but nevertheless are often really hungry for knowledge such as this.

We are all here to serve others before self - I realise most do not recognise that fact yet - and a very simple way to do this is simply by sharing this newsletter. Simply forward the email message with the link to this newsletter, or send them the link directly, and ask something like "I received this today from a friend - what do you think?".

There is no need to go in to detail or explain yourself - simply give them the same opportunity that you perhaps once had yourself.

As the transition of the ages continues, we are rapidly reaching that crucial pivot point where those who wish or should be on the path, should be on the path. It is never too late, but really it is best not to delay at this point in the process.

If you have received this newsletter from someone else and wish to receive it every Sunday, then you may join for yourself simply by adding your name and email address to the form on the top of any page on our site:

<http://www.ourultimatereality.com>

And you will also receive 7 free chapters to my book.

For anyone seeking comprehensive knowledge on the meaning of Life, my best selling book, **Our Ultimate Reality, Life, the Universe and Destiny of Mankind** will provide just that as you will see from the reviews on the Amazon.com site:

<http://www.ourultimatereality.com/our-ultimate-reality-the-book.html>

The Science of Well-Being

As we begin to leave the hot, bright days of Summer behind, we are entering another truly beautiful time of the year - Autumn - or Fall - depending on where you live.

The changing colour of the leaves on the trees, the golden fields of wheat and corn waiting to be harvested, the numerous different species of fungus growing in the fields and wildlife busy collecting nuts and other aspects of nature's harvest in readiness for the long, cold, dark winter months ahead.

For many people however, the darker, shorter days bring with them a more unwelcome experience in the form of mood changes, even depression.

There is indeed even an official medical term for this "condition" - "Seasonal Affective Disorder" - with the appropriate acronym - "SAD".

Now SAD, indeed any form of depression or "feeling down" is something that should be avoided and is indeed avoidable in several ways, and so now is the time to consider this important aspect of our emotional Well-Being.

Well there are two fundamental components:

1. Biological: The influence on the human brain

2. Light and Energy: The Sun

Let us now take a look at these factors in more depth.

1. Biological influences on the human brain.

The Sun is crucially important for the efficient functioning of the human system at all levels - physically, mentally and therefore psychologically.

A major source of influence over the human feeling of well-being are the Neurotransmitters in the brain, the major ones of which are Serotonin, Melatonin and Dopamine.

I personally believe that imbalances of these are the root of many "disorders" including "chronic fatigue syndrome".

To understand this better we need to take a closer look at the biochemistry and neurochemistry involved in these processes.

Serotonin is metabolised in the body from a naturally occurring substance called Tryptophan, which is an amino acid. Crucially, Tryptophan is known as an "essential amino acid" which means that it is not produced by the human body directly. Tryptophan is rather a precursor found in various foods in the diet.

Since Tryptophan is metabolised - converted - to Serotonin, it is clear therefore that a diet deficient in Tryptophan will result in a body, or more specifically brain that is deficient in Serotonin.

This can be the origin of a wide range of neurological "disorders". It does not end there however. Serotonin is further metabolised to a brain neurotransmitter known as "Melatonin", which is crucial for regulating sleep. It follows therefore that a diet deficient in Tryptophan can have profound effects on levels of both Serotonin and Melatonin, with sometimes devastating consequences.

The other major neurotransmitter that needs to be present and regulated in the brain is Dopamine, Like Serotonin, Dopamine cannot be made directly in the human body. Dopamine is rather metabolised from an amino acid called "Tyrosine" which is ingested as part of the human diet.

Let us review the effects of a deficiency of any of these neurotransmitters:

Lack of Serotonin:

- Anxiety
- Panic attacks
- Obsessions and compulsions
- Repetitive thought processes
- Emotional responses such as anger and aggression
- Insomnia
- Depression
- Chronic fatigue

Lack of Melatonin:

- Insomnia
- Depression
- Premature ageing
- Anxiety
- Irritability
- Lack of immunity against diseases

Lack of Dopamine:

- Feeling "low"
- Depression
- Lack of motivation
- Lack of enthusiasm
- Lack of concentration
- Unable to think clearly
- Confusion
- Tendency to additions, e.g. tobacco, alcohol and mood enhancing prescription drugs
- Weight gain
- Chronic fatigue
- Alzheimer's

The above are just a few of the main symptoms of brain neurotransmitter deficiency.

Now I am sure it must be obvious that in order to minimise exposure to these symptoms, it is absolutely crucial to ensure that your diet contains an adequate supply of the essential amino acids Tryptophan and Tyrosine.

I should point out that drugs prescribed by doctors which are supposed to help fight the symptoms listed above are generally "uptake inhibitors".

SSRI is an acronym for "Serotonin Selective Reuptake Inhibitor" which are designed to maintain the levels of Serotonin in the brain by blocking the natural recycling or "reuptake" processes.

Likewise drugs exist to prevent the reuptake of Dopamine.

I would very strongly advise against taking any such drug, an example of which is Prozac. These drugs have not been proven to be effective, but have been shown to cause other unwanted effects such as Tinnitus - persistent ringing in the ear.

SSRI's and DRRI's can seriously mess up brain chemistry - which is finely balanced - generally, causing more harm than good.

So what is the solution.

Well first of all ensure a diet that has adequate natural supplies of these brain neurotransmitter amino acid precursors.

Natural sources of Tryptophan include many varieties of nut, brown rice and many vegetables. You can find definitive lists of Tryptophan rich food on the web.

I personally recommend high quality, unprocessed brown or "wild" rice as an excellent source of many crucial amino acids and other nutrients. Highly processed rice, and other foods, which are processed to make them more "aesthetically pleasing" are often not only far reduced in nutritional value, but can, in some cases even produce adverse health effects - white bread being another such example.

L-Tyrosine, the precursor of Dopamine, also exists in many natural foods, in particular corn and Avocado's.

I suggest you carry out your own research relative to your own diet and that of your family, and favour organic, unprocessed foods rich in these essential amino acids. This is a very important matter. Brain neurotransmitters are crucial for both physical and mental health, and are fundamentally dependant on diet.

Now what of "dietary supplements".

I personally do not have a position on dietary supplements one way or the other, except to the extent I know that natural sources are always best, together with the power of the Mind - which is Principle.

If you do choose to take natural supplements, always ensure that they are from a reputable supplier, and above all contain only all natural products.

There is a dietary supplement for boosting Serotonin levels, which has actually been proven in clinical trials to be more effective for treating depression than Prozac, without any of the risks associated with Prozac.

This supplement is "5-HTP" which is short for "5-Hydroxy Tryptophan".

5-HTP is an intermediate compound between Tryptophan and Serotonin. When the body metabolises Tryptophan which is a natural process, 5-HTP is produced which in turn is metabolised to Serotonin.

Taking 5-HTP therefore is one step closer to Serotonin than Tryptophan, and has the additional benefit of being processed more easily in the form of a dietary supplement.

The only natural source of 5-HTP extract is the plant *Griffonia simplicifoli*, which is a climbing shrub that grows in Central and West Africa, and is therefore organic and natural in origin, unlike many supplements that have been synthesised from chemicals.

All meat and dairy based products are inherently alien and often toxic to the human body, even though, over the millennia, humans have developed a long-term tolerance, notwithstanding the fact that the damage is still being done as we see from escalating obesity, diabetes, heart disease, liver disease and much more.

If you feel you would benefit from 5-HTP then go ahead, but my advice is to take a long, hard look at your diet in the meantime, ensuring in particular that your diet, and that of your family, includes a good supply of essential amino acids, notably Tryptophan and Tyrosine ensuring that your brain and the brains of your family will have available the crucial neurotransmitters required for optimum brain functioning.

2. Light and Energy: The Sun

Neurotransmitters alone however are not the whole picture - crucial though they are.

Serotonin and Melatonin metabolism is governed by light entering the eyes. As fewer photons of Light enter the eyes, the brain - always under the absolute control of the Subconscious Mind - metabolises Serotonin - which regulates waking brain function - into Melatonin which regulates sleep patterns.

In addition, the higher the levels of photon activity entering the brain, the more Tryptophan is metabolised into Serotonin, and the more the effect on the brain giving rise to mood enhancement.

Photons of Light entering the visual cortex of the brain also contribute to the metabolic conversion of Lysine into Dopamine.

Dopamine is a "CNS" - "Central Nervous System Stimulant" - which profoundly influences feelings of happiness, well-being, and even euphoria.

Many recreational "substances" are either Dopamine antagonists or reuptake inhibitors, thereby boosting Dopamine levels and consequently, stimulating the central nervous system, thereby creating feelings of euphoria and other "highs".

Many ancient culture also use natural substances to create these euphoric states without understanding the physiological or neurological process taking place, but in fact they are mostly based upon Dopamine elevation with the resultant central nervous system stimulation.

It is clear then that Light entering the visual cortex is a crucial regulator of brain neurotransmitters.

I personally believe, from my own research and observations, that even if neurotransmitter levels are normal in the brain, without sufficient Light entering the visual cortex there will be insufficient metabolism, and therefore CNS stimulation.

There is a well known disease that you may have heard of or even experienced known as "SAD" which is an appropriate acronym for "Seasonal Affective Disorder".

SAD mostly affects millions of people in the Winter months, where they feel depressed, "low", lacking in energy, motivation and more.

During the Winter of course the Sun is not only lower in the sky and less intense, it also only appears for a few hours per day - depending on how far North or South you live. And of course weather is often much more cloudy in the Winter so the Sun never appears for sometimes days at a time.

There is no doubt to me that SAD is a direct result of the position of the Sun relative to the location of the person experiencing SAD in the winter months.

People who remain in the home are usually more prone to SAD than people who spend more time outside for this reason.

Many studies have also shown that SAD is much more prevalent in Scandinavian countries due to their more Northern latitude.

An exception seems to be Iceland, which incidentally is an amazing country to visit.

Research has shown that this exception could well be due to the fact that Icelandic people eat a large amount of fish in their diet of the type rich in Tryptophan's and Vitamin D, thus compensating for the lack of natural light entering the eyes.

I should mention at this point that in order for Neurotransmitters to be metabolised, regulated and balanced efficiently, an optimum level of vitamins are also required, in particular B Vitamins - B6 and B12 being particularly crucial - and Vitamin D.

Now everything we have discussed so far relates purely to the physical aspects of Well-Being in the form of foods, brain chemistry and light.

However - the ultimate and most Powerful Source of Well-Being can only originate from within - through Mind - through Source.

While most people still look to physical solutions for just about every aspect of the body, the Ultimate Truth is that Mind has Absolute Dominion over every aspect of the physical body. There is absolutely nothing that Mind cannot accomplish, for example in Perfect Well-Being, healing of any disease or ailment, even changing the physical body in any way desired.

The body usually functions on "auto-pilot" in accordance with the programming of genetics, DNA, making use of hormones, immune system and many more.

It is these that provide each of us with our physical characteristics, ability to fight disease etc as well as natural functions such as breathing and heart beat. If the immune system malfunctions, or a disease such as cancer overwhelms the physiology of the body, disease and even death can occur. It should be pointed out that the vast majority of such "diseases" originate from the "modern lifestyle. People live out their lives unaware of these truths, submitting to genetic programming.

The glorious Truth is, through the Infinite Power of Mind and Energy that flows through each of us, we can "switch off the auto-pilot" and take the "controls" of our body and Life, moulding our Experience to our precise needs, wishes and desires. We will discuss how to do this in a future Newsletter.

We have available to us the Perfect "tool" for Well-Being - Meditation. Through Meditation we may retreat in to the silence, and allow the Source of All Love, Joy and Well-Being to Express through us. We will discuss Meditation in much greater depth in a future Newsletter.

In the meantime however I have the pleasure in making available the extremely successful Brainwave Entrainment Meditation Sound Track - Deeper Than a Zen Monk - available for a short time for those who have not yet obtained your copy:

[Click Here For Deeper Than a Zen Monk Meditation](#)

Important: After your payment has been processed, it is **crucial** to click the **"Return to Mind Power Corporation"** link in order to complete your purchase.

And so it is.

Until next Sunday, I wish you a most Joyful, Healthy, Abundant week.

Brought to You In Divine Love, Light and Service,

Adrian.