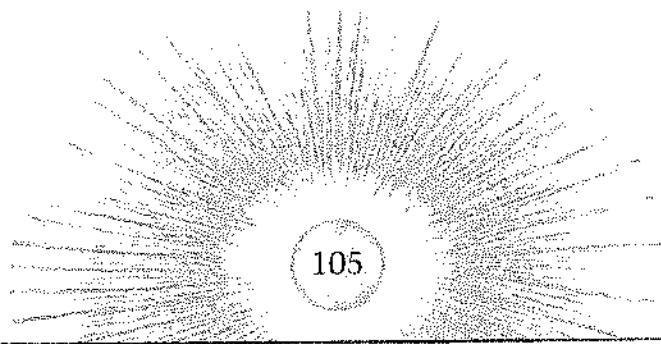


Chapter Eight
DIET, THOUGHT AND PINEAL ACTIVITY



SUMMARY OF KEY POINTS

- Foods, drinks and behavior that enhance maximum pineal gland activity and melatonin production.
- Foods, drinks and behavior that inactivate or severely depress pineal gland activity.
- The importance of positive and good thoughts for the well being of our "mind sensitive" pineal gland.
- The need for sufficient and proper sleep and exercise. Sleep with blinds down - in maximum darkness. Use a soft red night light if necessary.
- The need to change our present materially obsessive lifestyle to a more spiritual one.
- Spiritual status is the true measure of a human's worth, not the intellectual socio-economic or other artificial, arbitrary and inconsequential human-made classifications.

Improper diet and lifestyle accounts for over 70% of psychophysiological disorders, cardiovascular diseases, and cancer. There are countless books on stress management, proper diet, exercises and general healthy lifestyles. *In this section I will simply attempt to highlight certain important points as they apply to the pineal gland in particular.* The reader is advised to consult the many excellent books cited in the references for details.

Food, drinks, and lifestyle

The positive:

Those foods considered rich in melatonin and/or **beneficial** to the pineal gland and for good health generally are: celery, **pineapples**, dandelion, **watercress**, lettuce, low fat foods, high fibre, rye/bran bread, soy nut, cottage cheese, chicken liver, turkey, chicken, whole grain cereals, buckwheat. Lots of fresh citrus fruits, especially oranges, grapefruits; vegetables: **broccoli**, **fresh carrot juice** (blend with the skin), **beets**. Broiled fish, chopped garlic and onions, sea foods. Multi-vitamin supplements and at least 8 - 10 glasses of fresh water daily. Additionally, oats, sweet corn, rice, bran, tomatoes, **rhubarb** and bananas are particularly good. Reiter²⁸⁰ indicates that the **richest** source of melatonin is in the grass plant called "Tall-Fescue." Vitamins and minerals such as B-3 (niacinamide) from dried apricots, barley, chicken, halibut, sunflower seeds, and wheat bran are good. Also, B-6 found in lentils, wheat germ, avocados, and other foods already mentioned is necessary. Minerals: calcium, magnesium, and zinc are crucial for melatonin production and function. Good sources are milk, vegetables, and whole grain cereals (preferably with a minimum of processing).

The negative:

Those foods, chemicals, and drinks which are **NOT GOOD** for pineal gland function and health are illegal drugs and psychedelics, like cocaine, marijuana, LSD, etc. Also, *alcohol*, beer, *nicotine and tobacco* (from direct and indirect smoking), excessive aspirin, tranquilizers, and sleeping pills, eg. Valium, Prozac and psycho-active drugs. ***These are known to severely***

depress or even completely shutdown pineal activity. Certain medications like ibuprofen and beta-blockers eg: Inderal, if taken in excess also act as pineal inhibitors. Caffeine is particularly bad as it significantly shuts down pineal activity, increases the blood pressure and the frequency of heart palpitations. Drink decaffeinated coffee or preferably natural herbal teas and sodas with minimal to no caffeine. Additional negatives are smoked foods, fried foods, fatty foods eg., deep fried chicken, fatty meat, french fries, hamburgers, and fried bacon (especially the crispy type), pickles, smoked herring and ham, sausages, salt-cured foods, sweets, excessive sugar and peanuts. Moreover, simply limiting your caloric intake through diet alone adds many more years to your life.

██████████ The need for sports and exercises you enjoy

Vigorous and regular exercise and regular participation in active outdoor and indoor sports ***that you really enjoy*** are well known to be extremely important for cardiovascular (heart) fitness and general health. *Vigorous exercise and activities that you find enjoyable have now been shown to increase melatonin levels as well*, while at the same time decreasing stress and anxiety. **NB:** It is better if you do not exercise vigorously within (2) hours of going to sleep because you could disrupt your biological clock - pineal activity. Regularity of practice and play is fundamental, whereas working the body to exhaustion is counter-productive. Most beneficial is a schedule that is pleasurable to you and includes a spiritual dimension as well, using either visualization or deep abdominal breathing, such as taught in Yoga or Tai Chi.

Adequate Sleep. Many of us simply do not get enough quality and quantity of sleep. It is a fact that sleep deprivation depletes your melatonin levels. People who sleep 6 or less hours have a 70% higher mortality rate than those who get their needed 8 hours of sleep. It is very important that you get adequate sleep in a room that is dark as possible but well ventilated. Otherwise your pineal gland's (daily and rhythmic) activity will be severely disrupted. Your melatonin production will drop steeply and this will set the stage for psychological and physical diseases

including increasing the risk of epileptic seizures and cancer.

Adequate sunlight, light and darkness. During the day you need as much natural sunlight as possible from windows, sunroofs, greenhouses, etc., but at night you need to stay away from intense or bright light. Drink water or fluids at least 2 to 3 hours before you go to bed so that your sleep stages and melatonin levels would not be interrupted when you wake up to use the bathroom. Even then, always put on the lowest intensity lights for that purpose; preferably use a soft blue or red night light. **You would be quite amazed within 2 days how much more deeply and restfully you will sleep.** The cancer patients who have been using this technique for over 12 months definitely attest to this change. (See inside cover for their comments.)

Our thoughts (positive or negative) have profound effects on pineal activity and melatonin production.

Our thinking is influenced by the media, television, radio, music, reading and education, religious beliefs, as well as cultural conditioning and socialization.

For reasons not yet fully understood, *there is solid scientific evidence confirming that what we know as negative and positive thoughts, ie., bad and good thoughts, do have a profound influence on our mind/body and bioenergy (chakra) systems.* Consider what happens when you are angry and in a rage. Your heart races and you think of destructive things. The mere thought energy influences your mind-body systems by a series of brain chemicals and nerve and hormonal mechanisms. The brain's frontal lobe, limbic and hormonal systems and circuits are activated. Mystics have continually said that negative thinking inactivates or depresses the proper activities of the hormonal (endocrine) glands and chakras (psychic centres). *Thus negative thought patterns lead to an unhealthy flow of your bioenergies and eventually to diseases of the "mind-body-spirit."* As your aura is affected, so too is the body/mind. Mysticism and quantum physics confirm that thought energy can influence energy and matter. *Moreover, there is convincing evidence that negative thoughts have a*

direct depressive effect on the pineal gland which leads to disease. Remember the pineal gland is highly sensitive to magnetic fields within and outside the brain and to tones/sounds. Therefore, your visualized and energetic thought forms do influence pineal activity. Moreover, in 1995 as already mentioned, scientists²⁵ confirmed that the pineal gland is "psychosensitive," ie. it is influenced by "mind" activities such as meditation, absorption, visualization and the images or thoughts we hold in our consciousness and the type of music we listen to. Now you can see why only taking medication, or proper foods is still not enough. We must be very careful with the "**quality of our thoughts**" and imagery (thought forms). Negative thoughts and behaviors include persistent anger, hatred, divisiveness, envy, discrimination, selfishness, harmfulness, superiority, greed, obsession with material possessions, lust and the like. Positive thoughts include persistent opposites to negative thoughts, optimism, hope, love, altruism, fellowship, peace and the like. Also, because of the pineal's magnetic sensitivity you should always take precautions to keep your distance from prolonged exposure to operating domestic appliances, electrical equipment and electrical panels, wiring, fuse boxes, transformers, and any apparatus that produces high (EMF) electromagnetic fields if there is not sufficient shielding).

Spiritual thoughts

It is recommended that you attempt to engage in such thoughts that are of a harmonious and spiritual nature. For example, thoughts that will assist you in nourishing your inherent spiritual dimensions and thoughts that will assist you in maintaining spiritual attunement on a daily basis (this subject will be detailed in an upcoming book, *Brain, Mind and Consciousness, a Neuromystical Approach*). Engage in holistic, ecophilosophical (Global-interconnectedness) and non-polarized thinking; not in divisive thinking such as discriminating by socio-economic status, colour, creed, religious beliefs, race, gender or ethnic differences. Naturally, persistently engaging in those negative thoughts already mentioned are quite inconsistent with Cosmic law and would

create lack of resonance between you (the microcosm) and the Cosmic (the macrocosm). What is interesting to note, is that the mind/body connection is so well integrated, that physical and psychological harmony or disharmony go together. In short, your attitudes and thoughts should be changed from a materialistic and divisive mode to a more unified one, focusing on those positive thoughts, and a mystical, spiritual, reverential, and sacred perspective on life and humanity. As you consistently shift to this way of being in the world, you will experience improved health and wellness at **all** levels of your being and in your relationships.

Life-style

Naturally you should engage in those educational, vocational, and social pursuits and behaviors that assist you in *optimizing* proper thoughts and nurturing your spirituality and life's mission, together with proper diet, exercise, rest and sleep. Read spiritually uplifting books, listen to sacred music, participate regularly in your religious /mystical activities and make sure that you engage in **SOLITUDE for your private spiritual communion**. You should also know that we must become more environmentally conscious. Many environmental toxins emit free-radicals. Environmental neglect and degradation by corporations, governments and people only add to the atmospheric, water and soil pollution levels of free-radicals, which cause untold diseases to humans and other life forms.

Our lifestyles would be much more fulfilling when we devote our time, money, energy, effort and leisure to activities that do more than merely distract or entertain us. Also, we need to work towards self-actualization and perform our vocation to identify and fulfil our life mission (Duty to God), rather than work only for money or merely for maintaining our excessive lifestyle and existence. High degrees of stress and anxiety seem to come with an urban modern lifestyle and unquestionably we need to focus our time, effort and resources in the direction of self-development rather than on further distractions. A remarkable understanding comes to us as we allow ourselves the space and time we need for communion with what we come

to know as our "true self"—not the everyday self of on-going concerns, worries, and stress. This true or higher Self is who we really are, and once we reach this point in our understanding, life's daily drama becomes more manageable and less fearful.

Indeed, it is truly remarkable and amazing that we humans survive in spite of ourselves. *Our modern fast-paced unhealthy lifestyle* has contributed to the rise in A.I.D.S., cancer, cardiovascular diseases, stress-related disorders, insomnia, depression and psychiatric disorders to the extent that we often feel lost. Essentially, according to Ajaya⁶, a psychologist and yoga teacher, we become confused and entangled in the world of names and forms. *We experience the illusory world of melodramatic entanglements. Caught up in these entanglements a person remains confused about the nature and purpose of his existence. In a hypnotic-like spell, one lives in the bondage of time, space, and causality. Mysticism and spirituality assert that one can release oneself from this enchantment and awaken to the experience of God.*

Fortunately for humanity, we are now collectively experiencing a spiritual renaissance, that is, a global shift in consciousness towards "spirituality." Away from a materialistic world view marked by a profound sense of spiritual and social separation and alienation. Ajaya says, in order to know higher states, *one must learn to turn inward*, to experience the joy radiating within. That joy is ever so subtle compared with the coarse, dense, noisy experiences that come from contact with the external world. As you relax and quiet yourself, and learn to tune into your inner state, that dim, far off radiance will shine with ever greater intensity, until you find yourself at the centre of radiant bliss. You will attain a state of happiness many times more intense than the pleasure that can be experienced through sensory, materially-oriented channels.

One cannot turn inward toward that internal ecstasy unless he lets go of his preoccupying desire for external objects. Thus, mysticism encourages one to give up desire and thereby experience joy.

Spiritual class and status is the only genuine criterion to properly assess, respect and value a human being.

As you shift from a materialistic to a spiritual perspective, you will realize that we must each continually and daily work on enhancing and nurturing our *SPIRITUAL BEAUTY*—the true criterion for “class” and status. We must realize that the only true standard to measure or assess ourselves is *not* against our fellow person’s socio-economic, “caste,” intellectual, religious, ethnic, or racial status or any other artificial and false classifications, but rather it is by our *spiritual status: The extent to which our or (their) thoughts, words and deeds are in accordance with Cosmic law. Also the extent to which we are performing our vocation, and fulfilling our duties to humanity and the highest spiritual forces. Fame, fortune, power and other criteria are false, illusory, ephemeral and inconsequential.* With compassion and patience we will come to a balanced state of awareness that radiates health as well as beauty. We will naturally spend less and less effort, time, economic and other resources on the pursuit of a transient physical beauty and material possessions. We all agree that an aesthetically pleasing environment and appearance are not immoral or wrong, but rather are reflections of well-being and a sense of harmony. However, there is today an extremely excessive fixation on fashions, designer clothes, watches, perfumes, makeup etc.—all for enhancing socio-economic status and fleeting physical beauty. Most of humanity today is on a runaway train that is going in the *opposite* direction to *spiritual* things—away from our very salvation. Our eyes are directed outwardly instead of inwardly; we need to use our “third eye” much more frequently. The pineal gland itself is our gateway to an appreciation of higher states as well as to a perception of Cosmic beauty and grandeur that resonates at all levels. Indeed it is our “Personal Cosmic Bridge.”

An addition to this technique, that of therapeutic touch, will now be examined.