

FORMULA FOR MIRACLES VIP CLUB SPECIAL EVENT

Brain Optimization

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Day 7: GABA

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Now it's time to shift gears away from the stimulatory brain natures (dopamine and acetylcholine) and instead focus on the inhibitory brain natures (serotonin and GABA). Today we'll be focusing on GABA, which is produced in the temporal lobes and is associated with the calming and healing theta brain waves. (If you've studied energy healing and the Formula for Miracles, you know how important theta brain waves are for accessing and clearing the programs in your subconscious mind!)

A GABA nature is dependable and stable, the "rock in the storm" that can relentlessly focus on details and is capable of staying grounded and calm even in difficult or uncertain circumstances. If you have a GABA nature, you are probably quite dependable and will always be there when others need you most. Most likely you are effective at setting goals, being discipline, sticking to the schedule, showing up on time, and getting the job done. You are a natural organizer, and regularity and repetitive tasks are second nature for you. You are probably a great team player, sensitive and stable at the same time, and able to stay focused on the "big picture" even when chaos swirls all around you. Unlike the more volatile natures, you are not prone to strong swings in emotion or violent outbursts. Tradition and ceremony are important to you, as they provide a firm, stable structure for the rest of your life.

GABA is the most common dominant nature, accounting for nearly 50% of the global population. Comfort is important to you, and you'll always strive to make both yourself and the others around you comfortable. Things like organizing and cleaning that may seem like chores to others are instead more like a pleasant hobbies for you!

In terms of the Meyers-Briggs personality system, most SJ types (that is, sensory judicious types) have a dominant GABA nature. This personality type prefers structure, organization, and predictability over chaos and uncertainty.

If your GABA is deficient, you are likely to have difficulty remaining calm and focused, and may suffer from both conscious and unconscious anxiety. (Unconscious anxiety often shows up as tension in the neck and shoulders, difficulty relaxing, restless sleep, and adrenal fatigue or burnout.) Without sufficient GABA, unforeseen stresses and pressures may throw you off balance and make you irritable, nervous, and/or angry.

Of course, as with all brain pathways, it is possible to get unbalanced by having too much GABA. In this case, you may become overly passive and too reliant upon others that are close to you to make decisions for you, deferring to them in all matters, even when you know better.

There are numerous conditions and illnesses related to GABA deficiency, including but not limited to allergies, nervousness, excessive muscle tension, anxiety, insomnia, phobias, digestive problems (including constipation, diarrhea, and irritable bowel), short temper, and unexplained chronic pain. More severe GABA deficiencies may lead to marijuana addiction, alcoholism, rage, migraines, and seizures.

(Of course, you may notice that some conditions appear correlated to deficiencies in more than one nature. The various pathways are not totally independent, and it may be necessary to address multiple deficiencies simultaneously to achieve the results you are seeking.)

Because anxiety is strongly associated with GABA deficiency, you may get temporary relief from anti-anxiety medications. It is normal for the GABA deficient person to think "If I could just get a few good nights of sleep, I'll be fine!"

If you are GABA deficient, you may crave protein and/or carbohydrates. If you are seeking to heal a GABA imbalance through diet, you might consider minimizing or eliminating white flour, simple sugars, and gluten products.

The obvious supplement to take for increased GABA is - duh - GABA! :-)

But as someone who has struggled with GABA deficiency (it is my opposite nature and the pathway I have been most deficient in), I've learned that there is a lot of controversy about using GABA supplements. The most controversial question is: can GABA cross the blood-brain barrier?

There are those who believe that GABA can't cross the blood-brain barrier, and therefore taking GABA supplements is a waste of money. As a result, a specific form of GABA called picamilon

has been developed that some scientists claim is more effective than other forms of GABA because picamilon has the ability to cross the blood-brain barrier.

On the other hand, there are many people (including myself) who have benefitted from other forms of GABA supplements. One theory as to how this works is that because many of us have so much brain damage, the blood-brain barrier has been compromised to the point that GABA is able to cross the barrier, and hence taking GABA supplements (usually pills or powders) can be effective.

In addition to GABA, a mineral that is critical for calm and relaxation is magnesium, which many of us are deficient in. Quite simply, without enough magnesium your muscles can't relax properly. (We won't go on a long historical digression here, but the USRDA levels were changed during WWII to reduce the recommended levels of magnesium because there was a shortage of magnesium, which is a critical component in making bombs and tracer rounds for the military. Unfortunately, it never got changed back, and as a result even those who regularly take high quality vitamin/mineral formulas are often deficient in magnesium.)

I have personally used a variety of GABA supplements, including picamilon, Gabapentin (a prescription medication that is extremely inexpensive, costing less than most over the counter GABA supplements), and GABA powder from the Life Extension Foundation. Dr Braverman has also created a formula called Brain Calm, designed specifically to promote healthy GABA levels, which contains Inositol, GABA, passion flower, and L-glycine.

Personally, I didn't notice much difference between using GABA powder, picamilon, or Gabapentin. After much experimenting with many doctors and healers, I found that a combination of using Brain Calm, Gabapentin, and baclofen (a mild prescription muscle relaxant) made a BIG difference in the quality of my sleep: for the first time since I was a teenager, I was able to fall asleep easily, stay asleep most of the night, fall back asleep quickly if I woke up, and wake up feeling refreshed. Be warned that it can be tricky to find the right formula to balance your GABA, and the information here is based on my personal experience and research - your mileage may vary! In particular, if you take too much GABA it can make you feel depressed. But the huge benefits of balancing your GABA and getting better sleep and relaxation can absolutely change your life, and I think it is well worth the effort and expense to find the right GABA solution for you.

In terms of energy healing, here is a short list of common blocks and downloads that you probably want to fix to help you balance your GABA levels. Along with the recommended muscle test result, either T for "TRUE" or F for "FALSE":

I have Creator's perspective on having health, balanced GABA T

My perspective is the same T

I know how to have a health, balanced acetylcholine level for me T

I know what it feels like to have a health, balanced GABA level for me T

It's safe for me to have a healthy, balanced GABA level T

I know how to relax T

I know what it feels like to relax T

It is safe for me to relax T

If I relax, something bad will happen F

I know how to stay calm when under stress T

I know what it feels like to stay calm when under stress T

It is safe for me to stay calm when under stress T

If I stay calm when under stress, something bad will happen F

I know how to process anxiety with grace and ease T

I know what it feels like to process anxiety with grace and ease T

It is safe for me to process anxiety with grace and ease T

If I process anxiety with grace and ease, something bad will happen F

Balancing your GABA can be tricky and may involve some trial and error; of all the brain natures, it seems that the GABA pathway is the most challenging to get just right. However, given that so many of the problems I associate with "modern life syndrome" – including but not limited to chronic stress, excessive muscular tension and stiffness, trouble sleeping, low energy, exhausted or burned out adrenals, and difficulty relaxing – can be solved by balancing your GABA, I think it's worth the effort!