

The Key to Health and Happiness –Measurements show that not only is it Important What You Eat and Drink, it is Equally Important What You Think



Maria Kuman*

Holistic Research Institute, USA

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*Corresponding author: Maria Kuman, Holistic Research Institute, 1414 Barcelona Dr., Knoxville, TN 37923, USA

Abstract

The Russians patented "torsemeter" and measured the spinning of the human donut-shaped nonlinear electromagnetic field (NEMF). They found that positive emotions make the human donut spin faster clockwise, while negative emotions make it spin counterclockwise. Measurements with our patented sensitive energy meter showed that when people think about the happiest moments of their life, the energy of their NEMF increases and is better balanced, which means they are healthier. When people think about the saddest moments of their life, the energy of their NEMF drops down and the balance becomes worse because their genetically inherited weak organ, drops in energy maximum. This would be the organ to develop a chronic disease first under distress or negative thinking. According to nonlinear physics, vortices spin clockwise and suck energy in. Since positive emotions or thinking make the donut-shaped NEMF spin clockwise faster, the spinning clockwise vortex on top of the head obviously sucks energy in, which explains the measured increased energy on top of the head, the increased total energy, and the improved energy balance. Since negative emotions or thinking make the donut spin faster counterclockwise, the spinning counterclockwise anti-vortex on top of the head would release energy, which explains the decreased total energy at negative thinking. Thus, to be healthy, not only is it important what you eat and drink – it is equally important what you think.

Keywords: Physics; Health; Happiness; Positive thinking; Negative thinking; Spinning of donut shaped EMF

Abbreviations: NEMF: Nonlinear Electromagnetic Field

Introduction

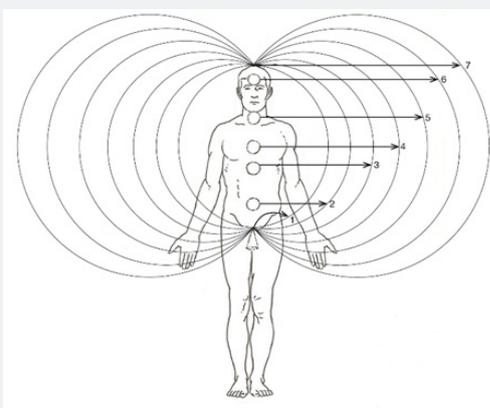


Figure 1: Vertical cross section of the male torus shaped NEMF, its seven alternating vortices and anti-vortices along the backbone of our nonlinear field and their corresponding discrete energy levels.

The Russian scientist Shkatov patented equipment, called 'torsemeter', which allows him to measure the spinning of the human energy field [1]. With his 'torsemeter', he measured how positive emotions (joy, happiness...) increase the spinning of the human's EMF in positive (clockwise) direction and how negative emotions (anger, hatred, jealousy...) increase the spinning of the human EMF in negative (counterclockwise) direction. Since in nonlinear physics turbulent spinning in clockwise direction is called vortex and vortices suck energy in, energy must be sucked into NEMF during positive emotions, which would explain the uplifting we feel when experiencing positive emotions. Since in nonlinear physics turbulent spinning in counterclockwise direction is called anti-vortex and anti-vortices release energy, energy must be released from the NEMF during negative emotions, which would explain the drop in energy we feel when experiencing negative emotions (Figure 1).

Our Measurements on Human's NEMF - Dynamic of Its Functioning

This agrees completely with the measurements of the weak NEMF of people done with our patented supersensitive energy meter.

i. We asked people to think about the happiest moments of their life and we measured their energy. We found that positive thoughts increase the energy. We also found that positive thoughts improve the energy balance by filling with most energy the places with lowest energy (just like a river would fill with most water the lowest places). Since

improved energy balance means improved health, positive thoughts make you healthier (Figure 2) [2].

ii. We asked people to think about the saddest (unhappiest) moments of their life and we measured their energy. We found that negative thoughts decrease the energy and worsen the energy balance. What was dropping in energy maximum was the genetically inherited weak organ with lowest energy, which means that each negative thought takes you a step farther to a disease of the genetically inherited weak organ. In other words, each negative thought makes you sicker (Figure 2) [2].

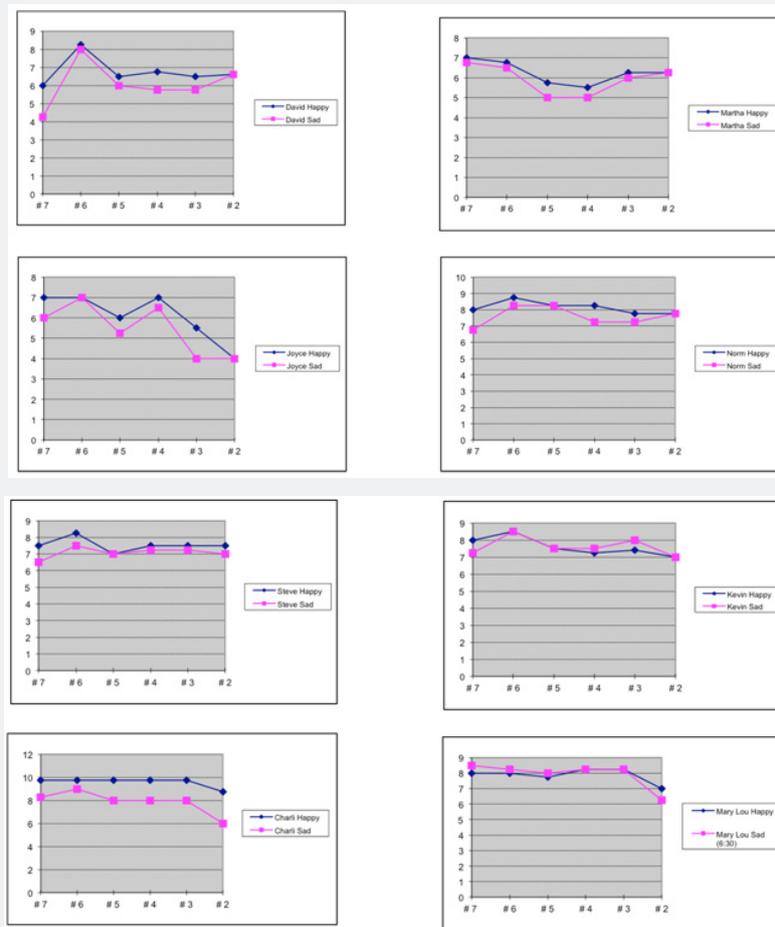


Figure 2: The NEMF energy at positive thinking (blue line) and negative thinking (pink line) measured at the alternating vortices and anti-vortices along the backbone of our nonlinear field located along the backbone (Figure 1).

Energy measurements of Reiki healers and their patients were also done with our sensitive equipment. Reiki healing is energy healing done by laying hands over the bodies of patients. 'Rei-ki' means 'universal energy' and our measurements showed that indeed universal energy must be involved because after Reiki healing not only was the energy of the patient higher and more balanced, the energy of the healer was higher and more balanced. This is possible only if a third source of energy is

involved (Figure 3) [3]. We also noticed that after each Reiki healing the energy on top of the head of the Reiki Healers was getting higher (Figure 3). In acupuncture, this point is called Bai Huei, which means point of union, and looking at Figure 1, one can see that it is indeed point of union. The energy increase on top of the head indicates that this was the portal point through which the 'universal energy' was entering the bodies of the Reiki healers.

Obviously, the Reiki Healers suck electrical energy from the atmosphere (Universal Energy) through the top of their head, where the vortex opening of their donut shaped NEMF field is [1]. On the horizontal axis of Fig. 3 are the consequently numbered alternating vortices and anti-vortices along the backbone of our

nonlinear field of the human NEMF along the backbone. On the vertical axis are the measured energies of NEMF - the measured energy on top of the head is between Solar Plexus and Back Left (Figure 3).

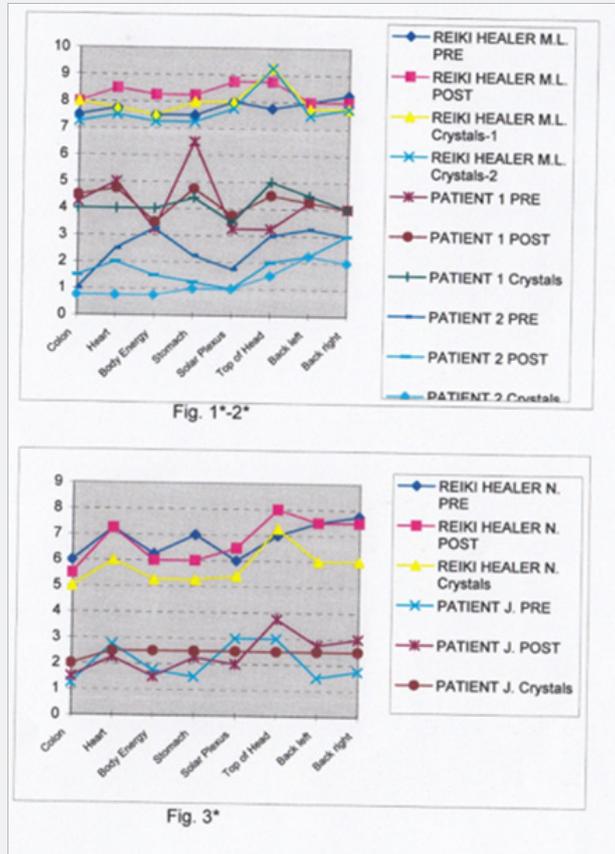


Figure 3: The NEMF energy of Reiki Healers (top curves) and their patients (lower curves) measured at the alternating vortices and anti-vortices along the backbone of our nonlinear field located along the backbone (Figure 1).

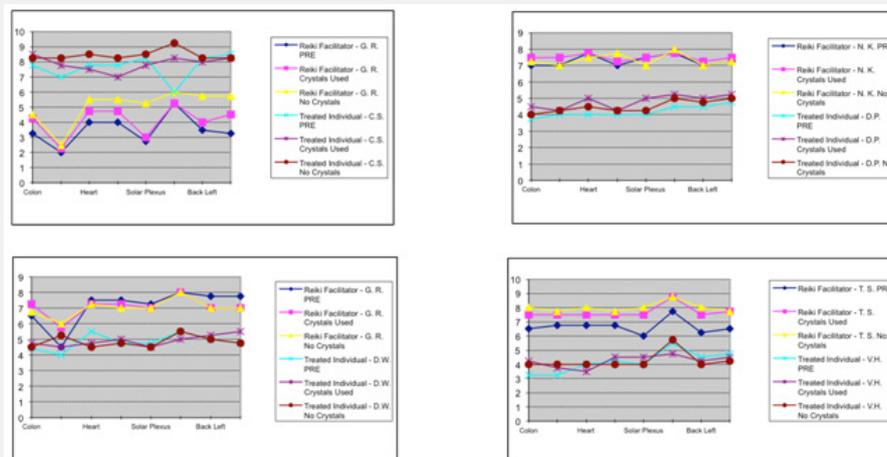


Figure 4: The NEMF energy of Reiki Healers (top curves) and their patients (lower curves) measured at the alternating vortices and anti-vortices along the backbone of our nonlinear field located along the backbone (Figure 1).

The NEMF energy of Reiki Healers (top curves) and their patients (lower curves) measured at the alternating vortices and anti-vortices along the backbone of our nonlinear field located along the backbone (Figure 1 & 4). The upper hole of the donut shaped NEMF on top of the head and the lower hole of the donut at the tailbone (Figure 1) determine the axis of spinning of the donut. Fig. 4 pictures the donut shaped NEMF of the human heart as measured by the HeartMath Institute in California (Figure 5) [4]. To check how the energy, which the Reiki Healers received, is delivered to their patient through their hands, Reiki Healers were asked to hold one hand on the solar plexus (one inch under the ribs conjunction in front of the body), while doing healing with the other hand. We found that energy was not delivered to the patient.

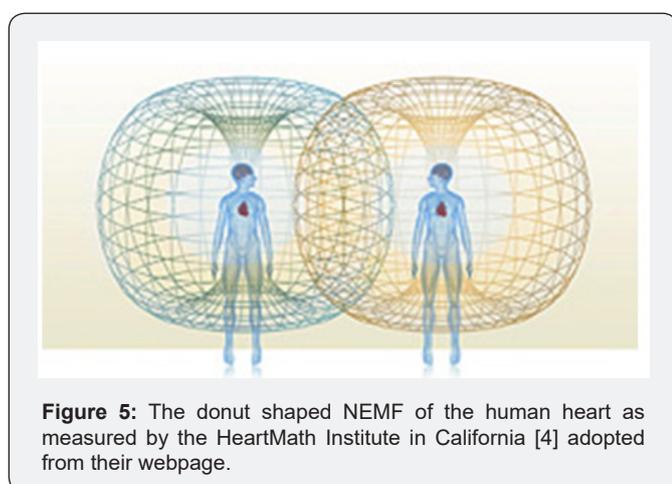


Figure 5: The donut shaped NEMF of the human heart as measured by the HeartMath Institute in California [4] adopted from their webpage.

However, energy was delivered if the hand, instead of being on the Solar Plexus, was hanging down. Therefore, the energy sucked through the top opening of the donut shaped EMF of Reiki Healers is delivered to their hands and to the patient through their solar plexus (which is in the middle of the donut axis of spinning). When combining the measurements done with our patented supersensitive energy meter with the spinning measurements, which Dr. Shkatov did in Russia on humans with his patented torsemeter (see the Introduction), the following dynamic of the human NEMF becomes obvious:

i. Positive thinking and positive emotions make the human NEMF spin faster in clockwise direction, at which the vortex point on top of the head (at the center of the donut shaped NEMF) sucks energy in. This energy increase explains the uplifting we feel at positive emotions or just positive thinking. When we are happy, we have the feeling that time runs faster. This is because happy thoughts or feelings make the donut shaped NEMF spin faster and obviously faster spinning creates the perception of faster running time. When Einstein was asked what relativistic time is, his joking answer was: if you sit and chat with a young beautiful girl, two hours could feel as 2 minutes, but if you have to sit two minutes on a hot stove, two minutes could feel like two

hours. Here is our serious explanation of the joking answer of Einstein: when we feel uplifted or happy two hours can feel as two minutes because our donut-shaped NEMF spin clockwise faster, which we percept as a fast running time. Also, the faster clockwise spinning donut sucks energy in through the upper hole of the donut, which determines our feeling of being uplifted.

ii. Negative thinking and negative emotions make the human NEMF spin counterclockwise, at which the anti-vortex point on top of the head (at the center of the donut shaped NEMF) emits energy. This energy release explains our feeling of low energy at negative emotions or just negative thinking. I have seen Kirlian photos of angry people (in Russian books), on which one can see the energy emitted from the top of their head like lightening.

The Stars' and Humans' NEMFs have the Same Shape and Dynamics

Amazingly, in astronomy stars exhibit similar dynamic of sucking or emitting energy through the hole of their donut shaped NEMF. In double stars, it was observed how the dimmer star was sucking energy through the hole of its donut shaped NEMF from the donut hole of the brighter star, which was losing energy. This continued until the energies of the both stars became equal [1,5,6]. Recently, Sarafina Nance of the University of Texas at Austin claimed in an article published in Monthly Notices of the Royal Astronomical Society that the rapid spinning of the famous star Betelgeuse was a result of swallowing another star [7]. Betelgeuse probably engulfed the other star through the hole of its donut shaped NEMF because similar behavior was astronomically observed in double stars [1,5,6].

Conclusion

As seen from measurements with our patented high sensitivity energy meter and the Russian measurements on the spinning of the human donut shaped NEMF with their patented 'torsemeter', happy humans (or Reiki healers who do energy healing), just like the stars, can suck energy through the hole of their donut shaped NEMF, at which the donut starts spinning faster. Thus, happy people have higher energy because they have faster spinning clockwise NEMF, which sucks energy in. The sucked energy goes to fill the places in the body with lowest energy, which leads to a better energy balance – perfect balance means perfect health. Therefore, be happy or have only happy thoughts, if you want to be healthy. Therefore, not only is it important what you eat and drink, it is equally important what you think. Most of the people know that we need to be healthy to be happy, but not many people know that we need to be happy to be healthy.

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