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Ancient Wisdom and Modern Science About the Basis of our Health and Happiness



Maria Kuman*

Holistic Research Institute, USA

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

Email: holisticcare@mariakuman.com, www.mariakuman.com

Abstract

Both ancient wisdom and modern science say the same: the key to health, as well as happiness, is balanced energy. The ancient wisdom says that the key to good health is balanced energy of the upper part of the body (Yang) and the lower part of the body (Yin). Ancient wisdom also says that the key to happiness is to have the negative emotions (Yin), which drain energy (Yin), balanced with positive emotions (Yang), which increase the energy or activate (Yang). However, since both ancient wisdom and modern science say that one negative emotion can be compensated only with 3 to 4 positive emotions, the key to happiness (and health) is to learn to avoid negative emotions. The united ancient wisdom and modern science also help us understand the meaning of the Christian cross during prayer.

Keywords: Health; Happiness; Ancient wisdom about health; Ancient wisdom about happiness; Modern science about health; Modern science about happiness

Introduction

Let us introduce some concepts of nonlinear physics, which we would need. The flux of running river-water would be linear, if the bottom of the river is smooth. However, if there is a big stone on the bottom of the river, the water needs to flow around the stone and the water flux becomes nonlinear. Behind the stones, turbulence would be observed manifested with a couple of: vortex spinning clockwise and anti-vortex spinning counterclockwise. Following the law of the folded fingers of the right hand in physics, when the folded fingers show the direction of the currents (or the direction of spinning), the vertical thumb show the direction of the induced magnetic field. Following this law, the vortices (which spin clockwise) would induce magnetic field toward the surface. This would make the vortices to suck energy in. Following the same law, the anti-vortices (which spin counterclockwise) would induce magnetic field off the surface, which would make the anti-vortices to emit energy.

Ancient Wisdom and Modern Frontier Science for The Influence of Positive and Negative Emotions on our NEMF Called Spirit

The Russian scientist Shkatov found with his patented 'torsemeter' [1], which allows him to measure the spinning of the human NEMF (Figure 1), that at positive emotions (joy, happiness,

etc.) the human nonlinear electromagnetic field (NEMF) (Figure 1), spins clockwise. According to nonlinear physics, the vortices spin clockwise and suck energy in. This means that when we experience positive emotions, our NEMFs spin clockwise and suck energy in. This explains the energy uplift we usually feel when experiencing positive emotions. I spent 40 years of my life measuring the human NEMF including how positive or negative thinking influence it. Our electrical measurements of NEMF [2] found energy increase on top of the head (Figure 1) at positive emotions or just positive thinking. This means that electrical energy has been sucked from the atmosphere through the top of the head, which energized or activated (Yang) the whole NEMF including the spinning of its vortices and anti-vortices called 'chakras', which in Sanskrit means 'spinning wheels'. The Russian scientist Shkatov also found that at negative emotions (anger, hatred, sadness, etc.) the human NEMF spins counterclockwise [1]. According to nonlinear physics, the anti-vortices spin counterclockwise and loose energy. This means that when we experience negative emotions, our NEMFs spin counterclockwise and loose energy, which explains the low energy we feel when experiencing negative emotions. Our electrical measurements of NEMF [2] found energy decrease on top of the head (Figure 1) at negative emotions or just negative thinking, which means

that energy has been released. This deactivate the whole NEMF and reduces the spinning of its vortices and anti-vortices called 'chakras'. However, how this is going to work for females, whose NEMF is spinning in direction opposite to the man's NEMF? [3].

The Daily / Nocturnal Dynamics of Our NEMF Called Spirit

Yogi books [4] claim that the chakras, which are the alternating vortices and anti-vortices of the human nonlinear electromagnetic field (NEMF) change the direction of their spinning to opposite at dawn and dusk. If the alternating vortices and anti-vortices of our NEMF change the direction of their spinning to opposite at dawn and dusk, the spinning of the whole our NEMF must change to opposite at dawn and dusk. This makes sense because during the day, which is the active cycle of humans, the man's torus shape NEMF (Figure 1), must spin clockwise like a vortex and suck in energy from the atmosphere through the top of the head. The

said above is in full agreement with ancient Chinese texts, which claim that during the day (Yang), when the Sun is active (Yang), the processes in the male (Yang) body are more active (Yang). For this to happen, the man's NEMF must spin clockwise and suck energy in. The sucked energy is not just any kind of energy - it is energy that stimulates (Yang). Since the electrical energy stimulates (Yang), during the day (Yang), the man's (Yang) NEMF must suck electrical (Yang) energy from the atmosphere through the top of the head to get energized or stimulated (Yang) (Figure 1) [5]. During the night, the man's NEMF must spin counterclockwise like an anti-vortex and loose energy through the top of the head because this is the time when man rest and sleep. Ancient Chinese texts claim that during the night (Yin), all the processes in the male body are passive (Yin). This means that during the night (Yin), man's NEMF must spin counterclockwise and release electrical (Yang) energy in the atmosphere through the top of the head, so that the body can rest and sleep.

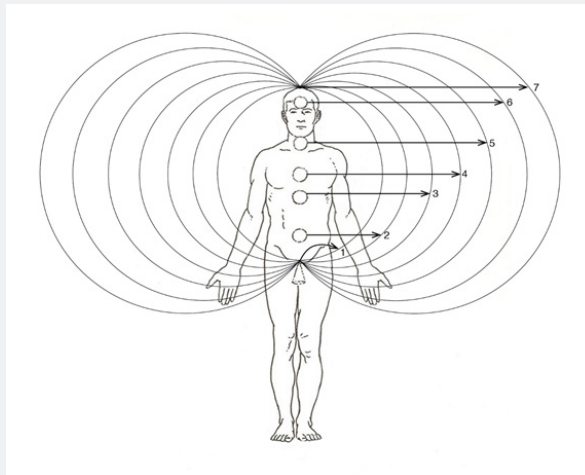


Figure 1 : Vertical cross section of the human torus shaped NEMF with its vertical chain of alternating vortices and anti-vortices and their corresponding energy levels.

Thus, man (Yang), breathes in electrical stimulating (Yang) energy during the day (Yang) when the body is active (Yang), and breathes the electrical stimulating (Yang) energy out during the night (Yin), when the body needs to rest (Yin) and sleep. However, how this is going to work for females, whose NEMF is spinning in direction opposite to the man's NEMF? [3] Since the male and female NEMF spin in opposite directions at the same time of day or night [3], the female (Yin) NEMF must spin counterclockwise during the day and suck magnetic (Yin) energy from the Earth (Yin) through the Earth chakra, which is at the tailbone open to the Earth. During the night, the female (Yin) NEMF must spin clockwise and release the magnetic (Yin) energy to the Earth (Yin) to calm (Yin) down the processes in the female (Yin) body so that the female (Yin) body can have the needed rest (Yin) and sleep. The activation of the male (Yang) Spirit (NEMF) during the day by sucking stimulating electric (Yang) energy from the atmosphere

is probably the basis of our concept of Father God in Heaven. The activation of the female (Yin) Spirit (NEMF) during the day by sucking magnetic (Yin) energy from the Earth (Yin) is probably the basis of our concept of Mother Goddess of Earth. The ancient Chinese texts always underline that keeping the Yang and the Yin balanced in everybody (male and female) is the key to good health. But based on what we just said, balanced Yin and Yang means balanced activity and rest (and not only this-see section 5). Balanced Yin and Yang is also the key to happiness. Why and happiness?

Ancient Wisdom and Modern Frontier Science for The Importance of Keeping the Energy Balanced

Let us go to the beginning of section 2. The Russians found with their patented 'torsemeter' that positive emotions (joy, happiness, etc.) make the male NEMF spin faster clockwise. Nonlinear physics

teaches that vortices spin clockwise and suck energy. Therefore, at positive emotions or just positive thinking electrical stimulating (Yang) energy will be sucked into the male NEMF. This energy uplift at positive emotions is called “being in high Spirit”. The Russians also found with their patented ‘torsemeter’ that negative emotions (anger, hatred, sadness, etc.) make the male NEMF spin faster counterclockwise. Nonlinear physics teaches that anti-vortices spin counterclockwise and emit energy. Therefore, at negative emotions or just negative thinking the male NEMF loses energy. This energy downfall from negative emotions is called “being in low Spirit”. However, the same energy decrease on top of the head at negative emotions or just negative thinking would be measured if instead of release of electrical (Yang) energy from the top of the head, as it is in the case of men, magnetic (Yin) energy has been released through the tailbone to the Earth, as it is in the case of women. If so, the balance of Yin and Yang determines not only our health, but also our happiness because it reflects balanced positive and negative emotions. But consider also that Yin and Yang

would be balanced only if our positive and negative emotions are balanced, which means that to be healthy (have balanced Yin and Yang), you need to be happy, i.e. emotionally balanced. But there is more to it (see the next section). Contemporary studies of the neurotransmitters emitted during positive and negative emotions found that we need 3 to 4 positive emotions to compensate for one negative emotion [5]. This agrees with statements in ancient Chinese acupuncture texts that we should never pursue Big Goals, and if we fail (negative emotion) in achieving one bigger goal, we should have ready 3 to 4 smaller goals, the successful achievement of which (positive emotions) can compensate for the failure (negative emotion) to achieve the bigger goal. So, the ancients knew that we need 3 to 4 positive emotions to compensate for one negative emotion [5]. If this is so, we should do our best to avoid negative emotions (and avoid pursuing Big Goals), if we want to have our Yin and Yang balanced, which is the basis of our health and happiness. To appreciate the wisdom of the ancients and understand its origin, read the author’s books.

Ancient Hebrew Texts About the Dynamics of The Human NEMF Called Spirit

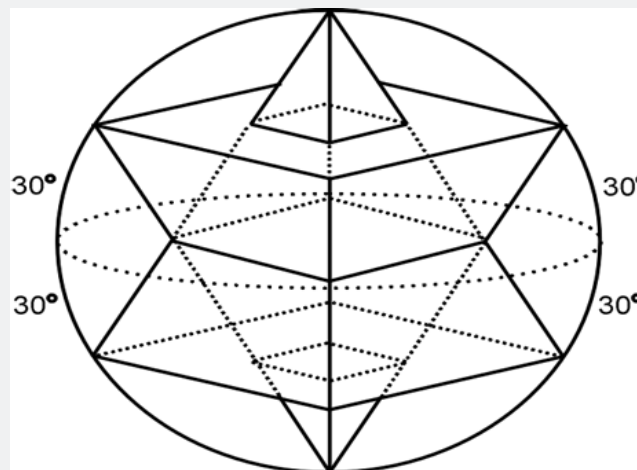


Figure 2 : Tetragrammaton-the shape of the NEMF of the Creator (GOD) imprinted on all His creations.

Ancient Hebrew texts (see Zohar [6, v. 12, p. 21] say that the shape of God Yahweh, Tetragrammaton (Figure 2), which means four letters God, Jude Hei Vav Hei, was imprinted on all God’s creations (see the author’s books [7, 8]. According to the ancient Hebrew texts, Jude Hei is the upside-down pyramid on (Figure 2) which they say is the light Male pyramid (called Yang in ancient Chinese texts). Hei is the pyramid with top up (Figure 2), which they say is the dark (female) pyramid (called Yin in Chinese texts). And here is the dynamics of the NEMF (the Spirit) of God Yahweh. When the light Male pyramid penetrates the dark Female pyramid, the intersection zone Vav of both pyramids becomes active and its turbulence increases. This is how God creates new species. At such penetration, anti-vortices start emitting spinning energy balls, which are caught back by nearby vortices. This is exactly

what happens when the Sun is active. Thus, the active zone Vav of Jahweh, which creates everything, is secluded between the area of intersection of the two pyramids and the inscribed around them sphere. It has a torus shape and energetically interacts with the surrounding media. Since the Creator God created everything in his image, the whole material world (alive and not alive) is a material body and donut shaped NEMF [9]. The presence of this NEMF in all material creations is what makes quantum mechanics applicable to the whole material world [10]. Two-dimensional representation of the Creator God Yahweh or two-dimensional representation of the three-dimensional Tetragrammaton is the Star of David. In it the upside-down triangle is Jud Hei, the upside triangle is Hei, and their intersection is Vav. Let us impose the Star of David on the chakras of the human body, which are the vortices

and anti-vortices of the human NEMF, called Spirit (Figure 3) (see author's books [7,8]. The top 4 chakras (#3, #4, #5, #6) belong to the light upside-down triangle Jud Hei. Since the aura (light) we see is our Spirit, these are the alternating vortices and anti-vortices of our NEMF called Spirit. The lower 4 chakras (#1, #2,

#3, #4) belong to the dark upright triangle Hei, which are the alternating vortices and anti-vortices of the NEMF of the dark material body. Chakras # 3 and #4 are the intersection of the light Spirit and the dark material body-they are called chakras of the Soul. Thus, Soul by definition is the unity of body and Spirit.

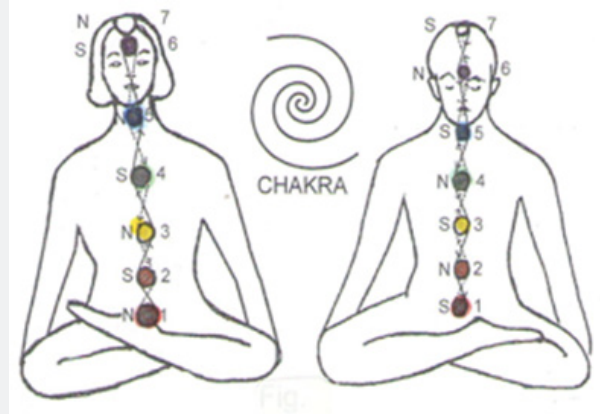


Figure 3: The alternating vortices and anti-vortices of the human NEMF spinning in opposite direction in males and females.

It seems that the light Spirit, which activates the body, is dominantly at the upper part of the body, while the dark material body is in the lower part of the body. Also, since the chakras (the vortices and anti-vortices of our NEMF, called Spirit) spin in opposite direction in males and females, the whole NEMFs of males and females spin in opposite direction [3]. Since during the day the male NEMF spin clockwise (to the right), the right (Yang) side of males (Yang) is stronger. Since during the day the female NEMF spins counterclockwise (to the left), the left (Yin) side of females (Yin) is stronger. For that reason, when checking the energy (Yang and Yin) balance with pulse diagnosis before acupuncture treatment, the pulse is checked on the right hand in men and the left hand in women. This means that when we make the cross during prayer touching our forehead and our belly, we ask God to balance the Spirit (Yang) and the material body (Yin). When we touch our right and left shoulder, we ask God to balance the male (Yang) and the female (Yin) within us. There is no 100% males and 100% females, we are all mixtures of male and female with different ratios [11].

Wolfgang Goethe wrote a book: "On the Metamorphosis of Plants" published in 1790 [12], in which he claims that the plants also have Spirit. The Creator God created prototype of plant Spirit (NEMF) with unlimited possibility to adapt and by adapting to different environmental conditions the whole variety of plants appeared. Goethe named the tendency of the plants to grow up toward the Sun (Yang) or Male (Yang) and their tendency to grow roots toward the darkness (Yin) or Female (Yin). All this means that the light Spirit (Yang), which is seen as Aura, activates (Yang) the dark material body (Yin). This also means that procreation

takes place only when the light male (Yang) NEMF (Spirit) enters the dark female (Yin) NEMF, which leads to a fertilized cell ready for cell division and development of an embryo [13]. Therefore, the Light Spirit rules and regulates the embryo development and later rules and regulates everything in the material body. Based on this concept, a new medicine can be created, which restore the normal functioning of the material body by modulating the ruling informational NEMF. Such advanced medicine was already developed in Russia without their understanding how it works, but it works [14].

Conclusion

Both ancient wisdom and modern science say that the key to health and happiness is balanced energy – the positive (activating = Yang) energy must be balancing the negative (deactivating = Yin) energy. The article revealed that such energy balance takes place when the negative (energy sucking = deactivating) emotions are balanced with positive (activating) emotions. Since both contemporary studies and ancient wisdom claim that we need 3 to 4 positive emotions to compensate one negative emotion, obviously we should do our best to avoid negative emotions.

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