



More About the Important Role Emotions Play in Our Health and Life

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Abstract

The article explains the harm of negative emotions. Since we need 3 to 4 positive emotions to compensate for one negative emotion (according to ancient texts and contemporary studies), the article underlines the necessity to do our best to avoid negative emotions. Special attention is paid to “anger, which is only one letter away from danger”. It is explained why anger damages the liver – angry people suffer liver damage and people with damaged liver get angry more easily – it is a vicious cycle. The ancient advise us to be wise and never to allow to get angry – we should watch closely our emotions and when we notice irritation to stop it from growing to anger.

Key Words: *harms of negative emotions; negative emotions; the harm of anger; anger and liver damage; emotional Spirit NEMF.*

Introduction

We are emotional creatures and we all know this [1]. And we know that stress (negative emotions) causes cancer, but the strangest thing is - we have developed science and medicine that disregard the emotions and the important role they play in our health and life. My lifelong studies of the aura found that the aura is emotional – it shines brighter at positive emotions and it is dimmer at negative emotions. Since we say that we are in high Spirit when we experience positive emotions and we say we are in low Spirit when we experience negative emotions, I concluded that the aura must be our Spirit. Then I found that the ancient Jewish Cabala was teaching to high priests that the aura is our Spirit – aura (Spirit).

Thus, it seems that we are aura (Spirit) in a material body and the Spirit is the one that makes us emotional. If so, it seems that we are here on planet Earth: 1/ to learn to control our emotions (which come from the Spirit (and not to allow the emotions to control us) and 2/to learn to control our ego, which comes from the instinct of survival of the material body [2]. The interesting thing here is: the more spiritual a person is, the less egotistic he is, but he is more emotionally sensitive, which makes the control over his emotions more difficult. It seems that to increase the challenge, the Creator made the emotional sensitivity to grow with the spiritual growth - the more spiritual a person is, the more emotionally sensitive he is and the more difficult it is to control the emotions.

Why Is It So Difficult to Balance the Emotions?

Ancient Chinese texts say: Never perceive a Big Goal and if you fail achieving your goal, always have ready 3-4 smaller goals, the successful achievements of which can bring positive emotions to compensate for the negative emotion from the failure to achieve the primary goal [3]. Thus, the ancients are telling us that we need 3 to 4 positive emotions to compensate one negative emotion. Contemporary studies comparing the neurotransmitters of positive and negative emotions give us the same ratio – we need 3 to 4 positive emotions to compensate one negative emotion [4]. Why is this so? To answer this question, we need to see what happens when we experience positive emotions and what happens when we experience negative emotions.

The Nature of the Emotional Response

The Russian scientist Shkatov patented equipment that allows him to measure the spinning of the aura. He found that positive emotions make the aura spin clockwise, while negative emotions make the aura spin counterclockwise [5]. I compared this with my finding that the aura is brighter at positive emotions and dimmer at negative emotions and since I knew nonlinear physics, the explanation came right away. Nonlinear physics teaches that vortices spin clockwise and suck energy, while anti-vortices spin counterclockwise and emit (lose) energy. If so, positive emotions make the aura brighter because the clockwise spinning aura (Spirit) suck energy (which make us feel in high Spirit), while negative emotions make the aura dimmer because the counterclockwise spinning aura (Spirit) loose energy (which make us feel in low Spirit). (However, for this to happen, a reservoir of energy needs to be available, from which our clockwise spinning aura (Spirit) can suck energy at positive emotions, which will allow us to feel in high Spirit. My lifelong studies of the aura (Spirit) found that the aura is nonlinear electromagnetic field (NEMF). So, the reservoir of energy must be reservoir of NEMF energy. Such reservoir of NEMF energy is the Space Matrix from which the Universe was created. Since nonlinear fields do not dissipate and can imprint information, it seems that the Creator created a Space Matrix of this not dissipating NEMF, then imprinted on it the tri-dimensional image of the Universe to be and the Universe was created.)

The fact that we need 3 to 4 positive emotions to compensate for one negative emotion means that negative emotions make the aura spin counterclockwise much faster. Probably, this has something to do with the necessity to respond fast in dangerous situations and survive. But in normal circumstances, this make the

balancing of the emotions difficult. Ancient Indian texts teach us: the wise man never allows to get angry because he knows that anger is only one letter away from danger. The wise man would notice that he is getting irritated and will stop irritation before it has grown into anger. Are you a wise man? Are you watching close your emotions and stopping the negative emotions as soon as you notice they are budding?

Why Is the Anger One Letter Away from Danger?

I have seen Kirlian photos of angry people – there is energy discharge like lightening coming from the top of their heads. What is very amazing is – stars (Fig. 1), planets (Fig. 2), and man (Fig. 3) have the same type of torus-shaped NEMF. Astronomical observations show that in the case of double stars, the older star sucks energy from the younger star through the torus hole until both stars have the same energy. It seems that the torus hole is the place of energy exchange for all stars, planets, and man with torus shaped NEMF because the energy released at anger is from the top of the head, where the hole of the donut-shaped aura (Spirit) is (Fig. 3).

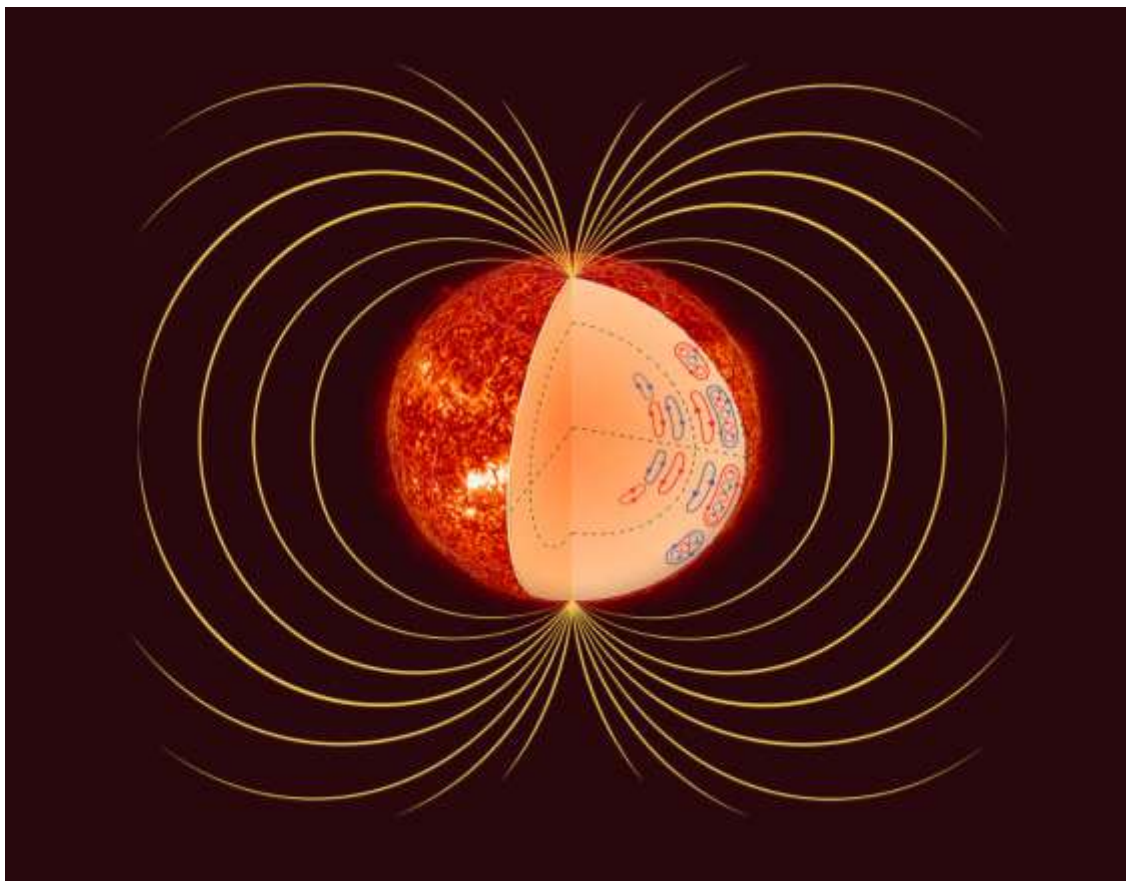


Fig. 1 The donut-shaped NEMF of a star

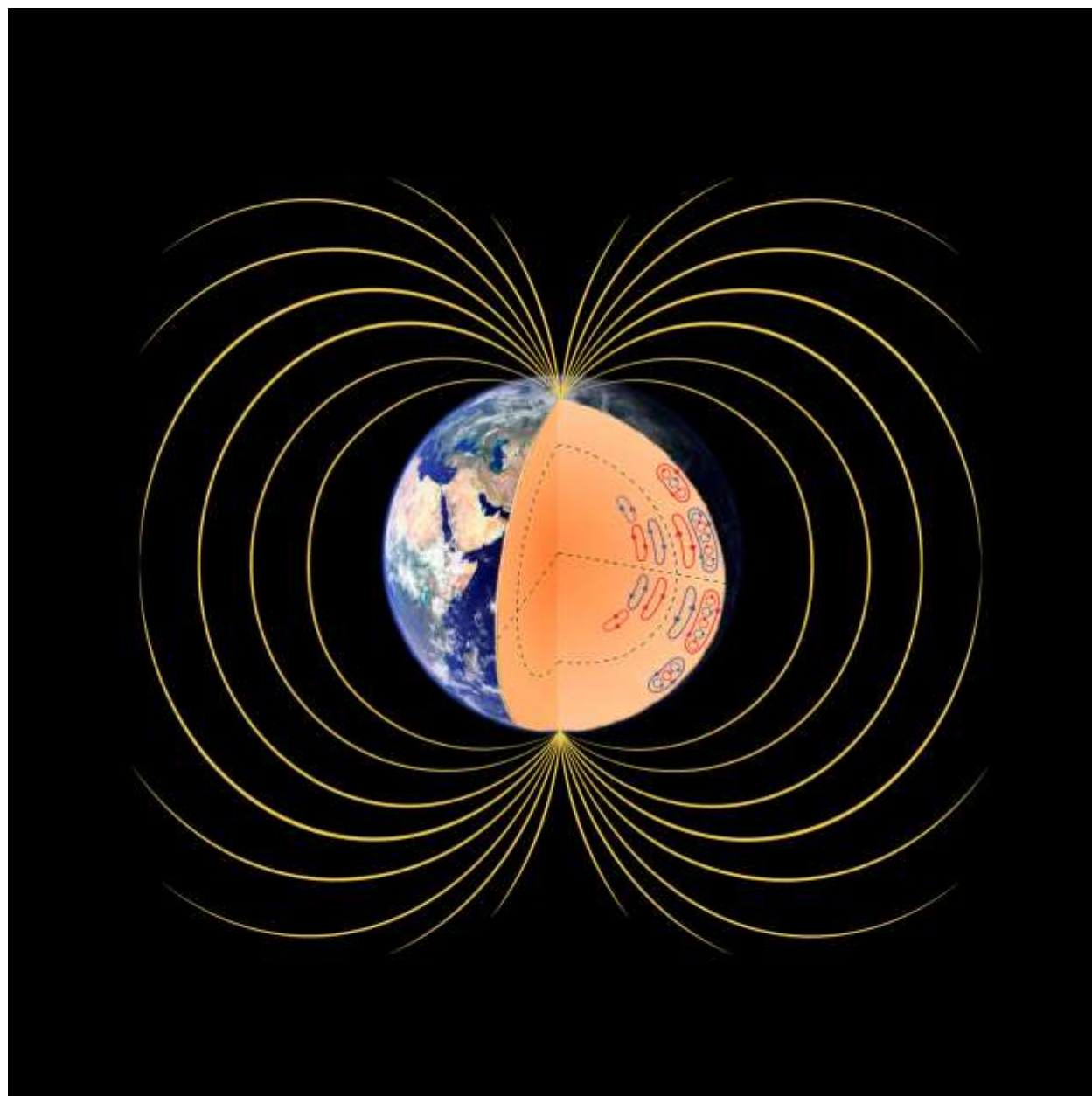


Fig. 2 The donut-shaped NEMF of the Earth

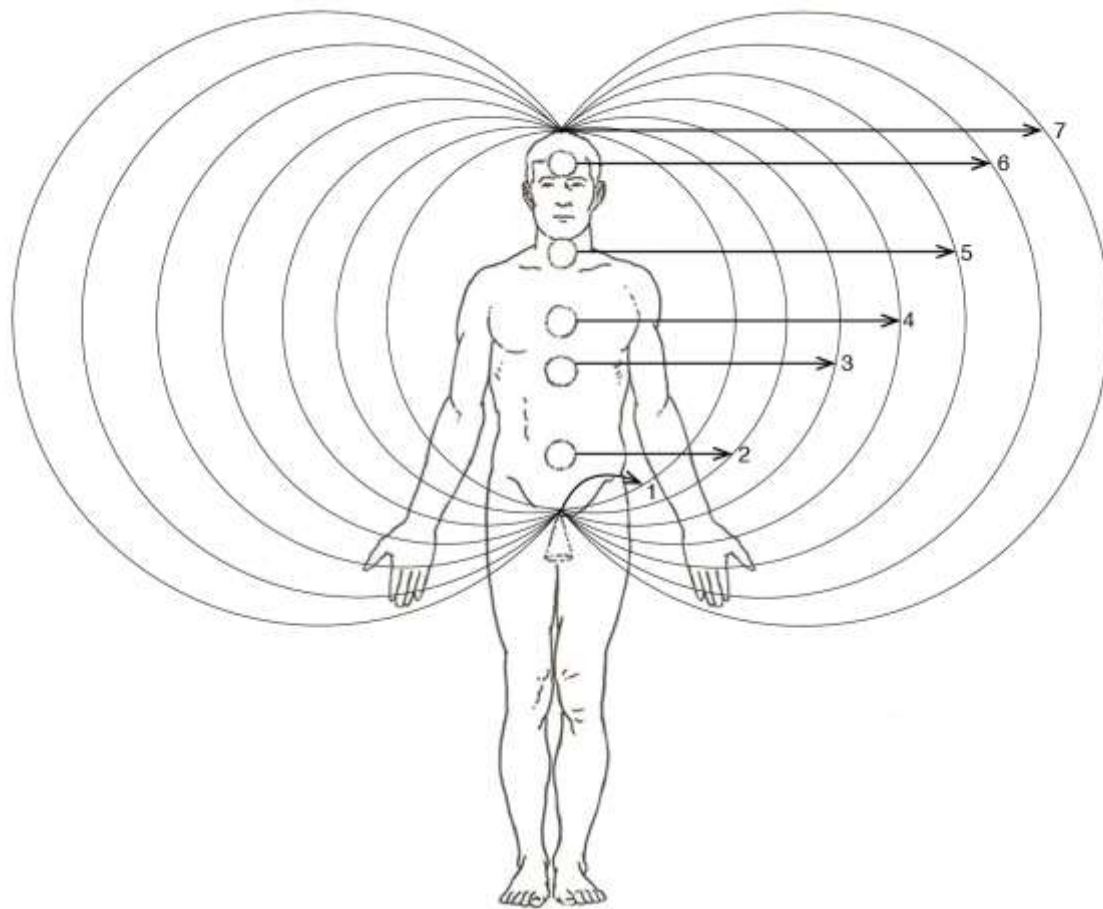


Fig. 3 The donut-shaped NEMF of man

Who produces the fire released from the top of the head of an angry person? In Kundalini Yoga, the Kundalini energy is presented as two intertwined spirals – one spiral with energy running upward, which is the energy of the material body NEMF1, and another spiral with energy running downward, which is the energy of the aura (Spirit) NEMF2. By spinning in opposite directions, the energies of the Spirit (NEMF2) and the body (NEMF1) create magnetic fields with opposite polarity, which make them magnetically attached to each other. Since the Kirlian photography shows that during anger energy is emitted from the top of the head, the lost energy is the body energy NEMF1 running upward. The Liver is the organ producing the body energy NEMF1. This explains why angry people suffer Liver problems [3] – the anger depletes the energy of the Liver [5].

Conclusion

That is why the ancient Indian wisdom says that anger is only one letter away from danger, and knowing the danger, the wise man will never allow to get angry. When he notice that he is getting irritated, he will stop the irritation and not allow it to grow into anger. Not less devastating is the emotion of fear, which is a paralyzing negative emotion. In conclusion, we should say: since it takes 3 to 4 positive emotions to balance one negative emotion, just say no to all negative emotions.

A proof that the Spirit NEMF2 is magnetically attached to the body NEMF1 is the fact that when the body stop functioning, the body's NEMF1 gradually dies out, and when there is no NEMF1 to hold the Spirit's NEMF2, the Spirit leaves and the body dies. Gradually dies out means it takes 3 days and 3 nights for the body's NEMF1 to completely die out, so that the Spirit's NEMF2 can leave. Russian scientist measured NEMF2 – they could detect it around the dead body for 3 days and 3 night, but they could not detect it afterward.

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