



The Mystery of Life and Health

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In the December 2021 issue of the journal *Physics Today*, Bas van Ravensteijn and Ilja Voets in their article “Colloids Out of Equilibrium” [1] said: “Although the progress made in the field of colloidal self-assembly is impressive... it runs short when compared with an average living cell that is able to dynamically reconfigure, adapt, amplify signal, self-replicate, and self-heal”. And farther, “the structural dynamics of typical colloidal self-assembly resemble rocks and gemstones rather than self-regulating and adaptive cells. Luckily, there is more to life than thermodynamic equilibrium... To function such a system relies on the continuous net exchange of energy or matter with the environment... The dependence on an influx of energy endows the material with a direct way of interacting with their environment” [1].

This is a deep intuitive envision of the authors. What distinguishes a living system from the rest of the material world is its active exchange of energy and matter with the environment. My 40 years studies of the aura, which I found to be weak nonlinear electromagnetic field (NEMF), allowed me to see that the active interaction of all living beings with the environment is done through their aura NEMF, which sucks energy in through its vortices, and emits energy out through its anti-vortices [3]. This active interaction with the environment determines the unlimited abilities of living beings to adapt to new environment. When the adaptation requires too drastic changes, the living beings evolve to new species [2]. Thus, we are a material body and weak NEMF (seen as aura), which allow the material body to be in energetic balance with its environment called adaptation to the environment.

Being nonlinear field, the NEMF can imprint information. The weak NEMF of the aura scans with its waves the new environment, and if changes are necessary to adapt to the new environment, sends information signals to the material body what kind of changes it needs to make to adapt to the new environment. This forward and back connection of the weak informational NEMF of the aura to the material body is specific for all self-sustained self-organized systems. Thus, the presence of the aura NEMF in the material body makes all living beings (plants, animals, and humans) self-sustained self-organized systems capable to adapt to any environment (and evolve to new species if necessary). My 40 years study of the aura started with photographing the aura. I noticed that the aura was brighter when we experienced positive emotions and dimmer when we experienced negative emotions, which meant that the aura is emotionally sensitive.

Since we say 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 emotional aura must be our emotional Spirit. Once I discovered this on my own, I found that the ancient Jewish Cabala was teaching to high priests many thousands of years ago that the aura is our Spirit. It seems that the

material body and its aura (Spirit) live in symbiosis [4]. Symbiosis by definition is co-existence of two entities, at which each entity benefits from the presence of the other. The Spirit NEMF when living in symbiosis with a material body can enjoy food and sex, while the material body when living in symbiosis with the emotional Spirit can experience emotions, be emotionally creative (there is no creativity without emotions), and be able to adapt to any environments and even evolve to new species if necessary.

Thus, regardless how well the colloidal solutions are studied, “the structural dynamic of colloidal assembly will always remain closer to rocks and gemstones rather than self-regulating and adaptive cells.” What distinguishes the living beings from the colloidal solutions (even solutions in dynamic non-equilibrium state) is the presence in the living beings of NEMF (seen as aura and called Spirit), which allows emotional response and ability to adapt to any environments (even to evolve to new species if necessary). For humans being emotional also means to be emotionally creative (there is no creativity without emotions). What makes us emotionally creative is the emotional Spirit, which comes from our Creator (God) Hu [5], who being creative must be emotional. Thus, when we name ourselves Humans, we acknowledge the fact that we are man of the emotional Creator-God Hu, which makes us emotional and creative.

How is the weak informational NEMF of the emotional aura (Spirit) attached to the material body? In my article [6], I explained that the whole material world is a material body and NEMF, which results from the way the material world was created. The whole material world was created by Black Holes of anti-matter and the NEMF that separated the matter from the anti-matter got imprinted on all material creations. This automatically explains the dualism wave-particle [7] and could also explain how the NEMF1 of the material body and the weak informational NEMF2 of the emotional aura (Spirit) are attached. In Kundaliny Yoga, the two fields are pictured as two intertwined energy spirals. Not only is the energy in both spirals running in opposite directions, the spirals spin in opposite directions, creating opposite magnetic polarity. If so, the weak informational NEMF2 of the emotional aura (Spirit) is magnetically attached to the NEMF1 of the material body.

Being nonlinear fields, both fields NEMF1 and NEMF2 will have alternating vortices (spinning clockwise) and anti-vortices (spinning counterclockwise). They are called chakras in ancient Hindu text - “chakra” means “spinning wheel” in Sanskrit. In ancient texts the lowest two chakras (#1 and #2) belong to the material body, the highest two chakras (#5 and #6) belong to the Spirit, while the middle two chakras (#3 and #4) belong to both – the body and the Spirit. They are called “chakras of the Soul”, which means that Soul is the unity of body and Spirit. If so, in Kundalini Yoga, the two

energy spirals running along the backbone in opposite directions represent: the spiral running upward is the NEMF1 energy of the material body, while the spiral running downward is the NEMF2 energy of the Spirit. Since they spin in opposite directions, they create field with opposite magnetic polarity, which makes the NEMF2 of the Spirit to be magnetically attached to the NEMF1 of the material body.

This answers the question what is Life. Until the material body has high enough energy to spin and create magnetic field (NEMF1) strong enough to attract the NEMF2 of the Spirit, the person is alive. When the material body is worn out (or damaged) and its NEMF1 does not have energy to spin any more and create magnetic attraction, the NEMF2 of the Spirit becomes disconnected from NEMF1 of the material body and the Spirit leaves the body. However, it takes 3 days and 3 nights for the Spirit's NEMF2 to become fully disconnected from the body's NEMF1 and leave. Russian scientists measured the weak field of the Spirit – it was present 3 days and 3 nights and they couldn't detect it any more afterwards. This makes me think that if during these 3 days and 3 nights we add NEMF energy to the body's NEMF1 through powerful Reiki healing (healing with Universal (Rei) energy (Ki) and make it to spin again, it will magnetically attract the Spirit NEMF2, which will result in reviving the dead.

How could we believe that we are only material body and develop science and medicine based on this false belief? Look at a dead body – after the Spirit (that brings life to the body) leaves, the body is an empty shell that need to be discarded. 1/ Only after the Spirit NEMF2 enters a fertilized cell, the development of an embryo (life) can start. 2/ When the material body is weak (worn out or damaged) and its NEMF1 does not have the energy to spin any more and magnetically attract the Spirit, the Spirit leaves the body and there is no more life – the person is dead.

Thus, what makes all living beings (plants, animals, and humans) alive is the Spirit NEMF2 magnetically attached to the NEMF1 of the material body. The Spirit NEMF2 makes all living beings self-organized systems capable to adapt to any new environment and if necessary to evolve to new species. The waves of the Spirit NEMF2 scan the new environment and send signals to the material body how to change to adapt to the new environment, and if the required changes are too big the living beings evolve to new species. It is high time to acknowledge the presence of the Spirit NEMF2 in all living beings and its important role in life.

Once we acknowledge the important role of the Spirit NEMF in life, we will start curing with frequencies by adding the missing frequencies to the aura (Spirit) NEMF [8], [9] and we will start restoring the health through preventive medicine by putting the person in optical camera with stationary laser waves, which will synchronize the waves of the emotional aura (Spirit) NEMF, which were desynchronized by stress (negative emotions), and prevent the development of chronic diseases

[10]. We need to give credit to Dr. Valerie Hunt for her pioneering work underlining the important role for maintaining health of the scalar (stationary) waves [11] in our aura (Spirit) NEMF (which she called biofield).

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