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Review Article

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Always Remember That "Anger" is Only One Letter Away from "Danger"

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Abstract

Always remember that negative emotions are destructive. Especially destructive is anger, which is a strong emotional storm that ruins your health. Ancient Indian texts say: "Wise man never allow to get angry because he knows that anger is only one latter away from danger – put a letter d- in front of anger and you have danger." My measurements of the effect of emotions (and way of thinking) on our health and well-being showed that negative emotions (or just negative thinking) make the body energy to drop down and the genetically-inherited weak organ drops in energy maximum. This means that anger will make your genetically-inherited weak organ sick (other negative emotions or just negative thinking are dangerous too, but at a lesser degree). Combining Russian studies of cancer with my own measurements of the effect of emotions, in this article, I am offering for the first-time explanation how stress (negative emotions like anger) cause cancer. Thus, if you want to be healthy, always think positively and avoid negative emotions, especially anger.

Keywords: Anger is Emotional Storm, Anger and Health, Anger and Cancer, Avoid Anger, Avoid Negative Emotions, Avoid Negative Thinking

1. Introduction – My Neighbor Heather

My neighbor Heather was diagnosed with cancer. When I asked her, what she think caused it, her answer was "anger". Then I told her that ancient Indian wisdom teaches: "Wise man never allows to get angry because he knows that "anger" is only one letter away from "danger" – put letter "d" in front of "anger" and you have "danger". "The Wise man looks close-up to his emotions, and when he notices that he is irritated, he stops the irritation from growing into anger" [1]. Heather said: "I like this!" The Russian scientist Prof. Bolotova [5] showed that negative emotions, and in particular anger, not only changed the structure of the water (the size of the ice crystals swimming in the liquid water), it changed some of the water molecules from H2O to D2O, and D2O is toxic for the body.

2. Anger is very Destructive Emotional Storm

For many years, I was photographing the human auras with Kirlian photography, which uses high-voltage electric field to multiply the photons of the weak aura and make it photographable. When photographing the aura, I noticed that the aura is emotionally sensitive – it is brighter at positive emotions and dimmer at negative emotions. 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 aura must be our emotional Spirit - aura (Spirit) that makes us emotional.

Kirlian photos of angry people have lightening shooting from the top of their heads, which illustrate the tremendous amount of energy loss at anger. So, anger is emotional storm and in the way a storm is destructive, anger is very destructive in the way storm destroys the weakest buildings first, the storm of anger destroys the genetically-inherited weak organ first [2]. I have a proof of this with measurements, but to be able to do these measurements, I had to develop a supersensitive equipment because the field of the aura (Spirit) is very weak (measured in microamperes [❍A]). It is 1,000 times weaker than the field of the material body, which is measured in milliamperes [mA]. The results of my measurements are presented on Figure 1:

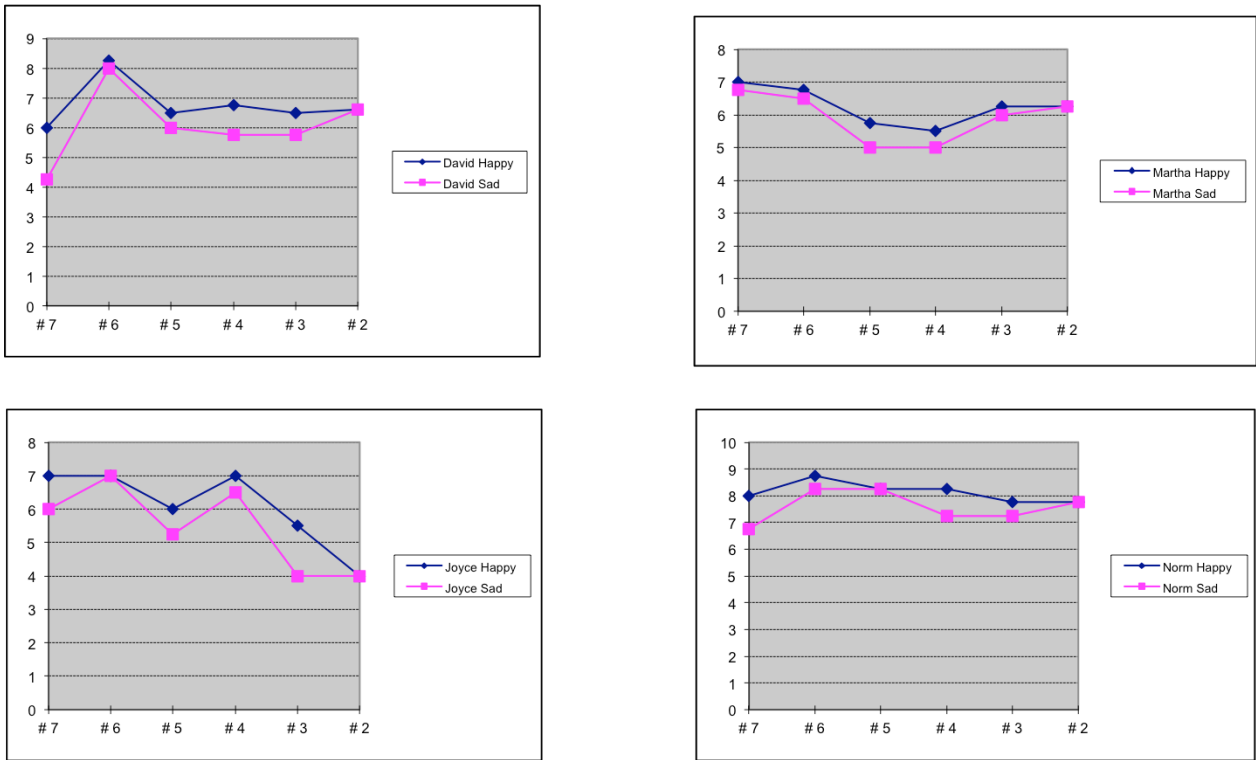


Figure 1a: The Energy of the Emotional Aura (Spirit) at the Chain of Alternating Vortices (Spinning Clockwise) and Antivortices (Spinning Counterclockwise) along the Backbone (Figure 2)

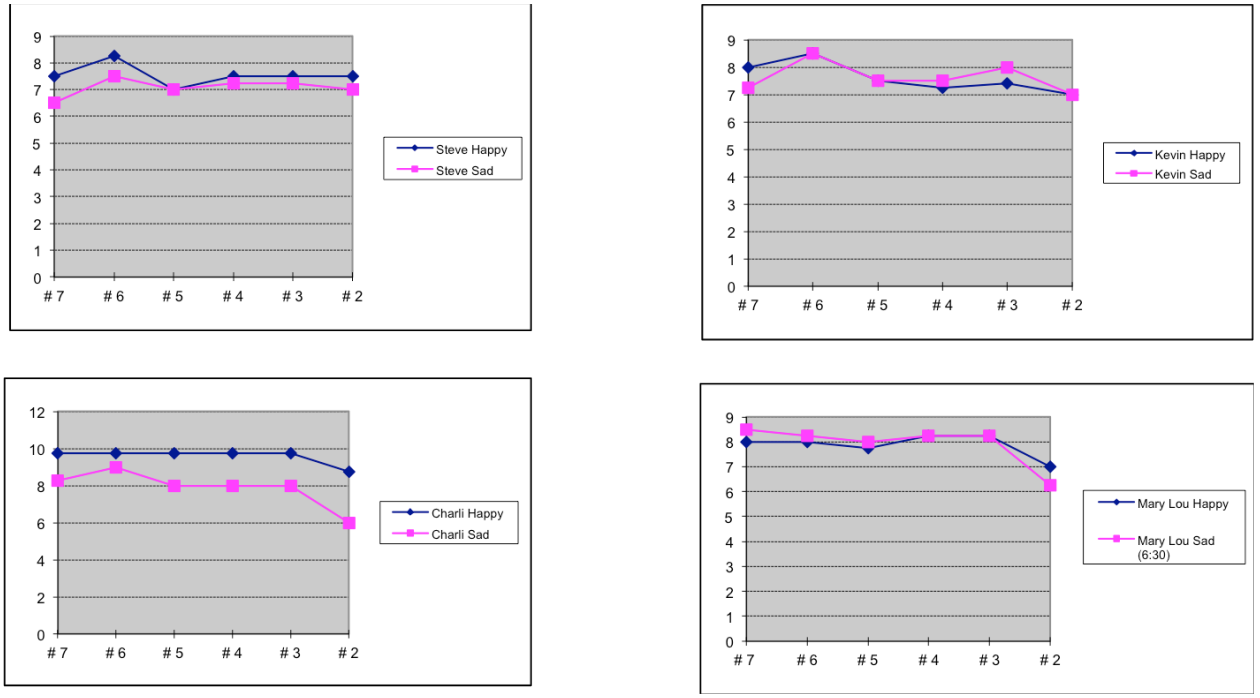


Figure 1b: The Energy of the Emotional Spirit at the Chain of Alternating Vortices (Spinning Clockwise) and Antivortices (Spinning Counterclockwise) along the Backbone (Figure 2)

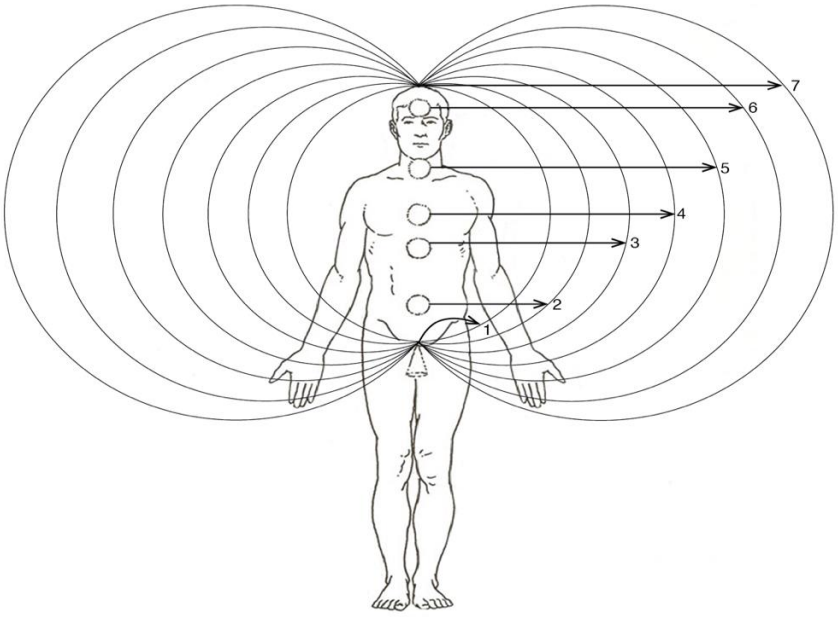


Figure 2: The Chain of Alternating Vortices (Spinning Clockwise) and Antivortices (Spinning Counterclockwise) along the Backbone, and their Corresponding Energy Levels

My measurements show that negative emotions or just negative thinking (lower curves) endanger our health because the negative emotions lower the whole-body energy and the genetically-inherited weak organ drops in energy maximum, which leads to a disease of this organ.

- For Joyce, the genetically-inherited weak organ is stomach (chakra #3 on Fig. 2). When I told her this, she said she knows it because each time she gets upset, her stomach gets upset.
- For Charlie, the genetically-inherited weak organ is prostate (chakra #2 on Fig. 2). A few years after the measurement I met Charlie and asked him how is his prostate. His answer was: "Gone for good" and explained "it started to create troubles and they removed it."
- For Marta, the genetically-inherited weak organ was thyroid gland (chakra #5 on Fig. 2) and she said her mother had problem with the thyroid gland.
- For Norman, the genetically-inherited weak organ is hearth (chakra #4 on Fig. 2) and he said that his father had heart troubles and died of heart disease.

3. What Is Cancer and How it Relates to Stress and Anger?

I the last decade, the dramatically increased number of cancer patients led to more vigorous studies of cancer. Cancer studies in Russia found that when the field between the cells decreases 10 times, crystals with the shape of stacked coins are formed between the cells [3]. This disconnects the cells and they start to multiply fast (as they do in a cut wound to heal the wound fast). But while in a cut would there is current of regrowth (that start at the cut) to guide the new cells where to go, in the cancerous tissue there is nothing to guide the new cells where to go and they multiply senselessly, which is called malignancy.

The Russians did their studies by decreasing with equipment the field between the cells. However, my measurements of the role of emotions show (Fig. 1) that negative emotions (and anger is the strongest negative emotion) lower the body energy (including the energy between the cells). This leads to the formation of crystals between the cells, which disconnects the cells, and trigger the start of malignancy. Thus, by combining the Russian studies with my measurement. I am seeing the whole picture of how stress or negative emotions (and anger in particular) causes cancer [3,4].

4. My Nephew's Cancer and His Anger

My nephew Ruslan was quite popular singer in his country of Bulgaria, when he was diagnosed with throat cancer. To remove the cancerous cells, the doctors needed to remove his vocal cords. He is now talking with electronic device, but singing is out of question. All this was caused by anger and shouting angrily to his neighbors, which started after his wife died in a car accident followed by his mother's death. Something broke in him, which resulted into uncontrollable anger. Thus, "anger" is only one letter away from "danger".

5. How to Counteract the Destructive Power of Anger and Negative Emotions?

If negative emotions (and anger in particular) lead to cancer, we must never allow to get angry! Considering the fact that it takes 3 to 4 positive emotions to compensate the impact of one negative emotion (as both contemporary studies [5] and ancient wisdom said [6]), we should do our best to avoid getting angry. If not, our life would turn into constant efforts to harvest positive emotions to compensate for the harm of a few negative emotions (or negative thinking). Since helping others boosts our energy and health (as

my measurements showed [7]), we need to be ready to help a lot of people to boost our health and compensate for the few negative emotions we have had.

6. Conclusion

Thus, anger is strong emotional storm. And in the way strong storms destroy the weakest buildings, the anger will destroy your genetically-inherited weak organ. So, avoid anger! Look up-close to your emotions and when you notice that you are irritated, stop the irritation from growing into anger… because avoiding anger (and all negative emotions) is the best way to stay healthy. We should do our best to avoid anger, negative emotions, and negative thinking, because each negative emotion is compensated only with 3 to 4 positive emotions [5-7].

Helping other human beings brings positive emotions – we feel emotional uplift that we have done something good. My mother's teaching was: "Do good things and imagine you through them in the sea. Don't expect anything back – don't expect even thanks. Because if you expect thanks and you don't receive them, this would darken the joy that you have done something good. And if you don't expect anything, nobody can take away from you the joy that you have done something good." And she was also saying, "when you don't have any more material goods to help others with, give them your love because love is such a thing that the more you give, the more you have."

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