

Review Article

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Ancient Texts and Modern Science about “Healthy Spirit – Healthy Body”

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Abstract

Healthy Spirit, Healthy Body! - says the ancient wisdom. In this article, the ancient wisdom of the Hindus and the Jews are compared with latest studies, which helps understand the ancient wisdom and their terminology of chakras and prana. The newly-developed Quantum-Computers operate with informational fields. All living beings are a material body and emotional Spirit (which makes them emotional and creative), and the Spirits are nonlinear electromagnetic fields (NEMF), which can imprint information (informational fields). However, we are not consciously aware of the existence of the Spirit because it was put in the Subconscious to give us freedom of choice. Hypnotists found with surprise that their hypnotized patients (with sleeping Conscious) calculate at least 10,000 times faster. This means that in the Subconscious we have a more powerful computer than the Conscious Computer on the surface of the brain. It is probably a Quantum Computer, which operates with the weak informational field of the Spirit. This Quantum Computer is our Superb Quantum Mind, which is the source of our intuition, intuitive creativity, clairvoyance, telepathic abilities, etc. However, only highly Spiritual people (with high frequency of their Spirits) have access to their Quantum Computers. Thus, all living beings (humans, animals, and plants) are a material body and a living force (Spirit) and they all have Subconscious Quantum Minds working with the waves of their emotional Spirits.

Keywords: Ancient Text about the Spirit, Spirit is in the Subconscious, Subconscious Quantum Mind, all Livings Beings have Quantum Minds, Quantum Mind is Quantum Computer (QC), QC Operates with Spirit's Waves

1. Introduction

The ancient Jewish Cabala was teaching to high priest that the weak aura is our Spirit – aura (Spirit). My lifetime studies of the weak aura (Spirit) found that: 1/ the aura is emotionally sensitive – positive emotions make the aura brighter, while negative emotions make the aura dimmer [1]. My further measurements of the weak field of the emotional Spirit (which is 1,000 times weaker than the field of the material body) with my build-up supersensitive

equipment found that: positive emotions (or just positive thinking) make us healthier, while negative emotions (or just negative thinking) make us sicker (Figure 1), which confirms the ancient wisdom: “Healthy Spirit, Healthy Body”.

2. My Prove with Measurements of the Ancient Wisdom “Healthy Spirit, Healthy Body”

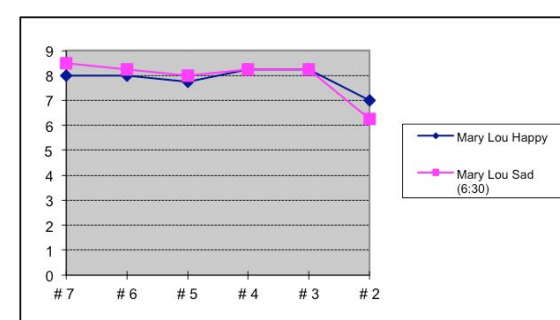
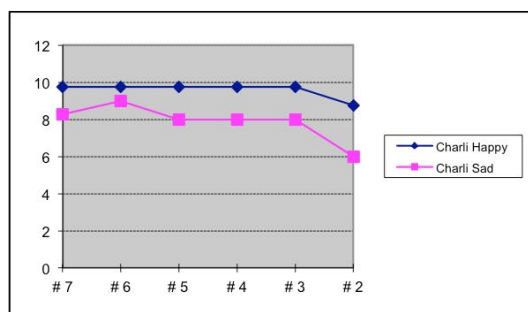
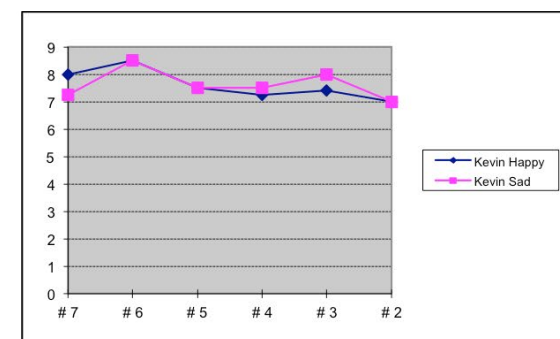
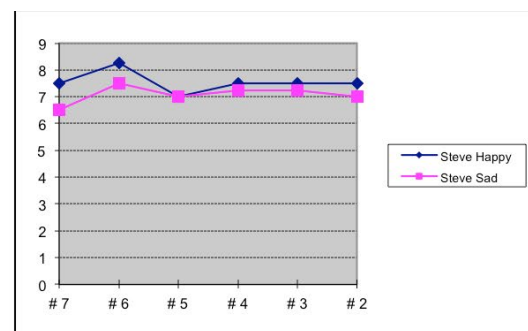
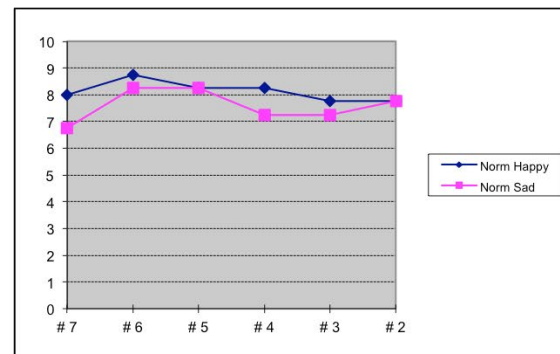
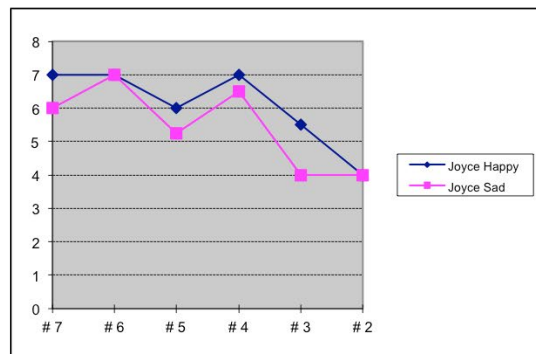
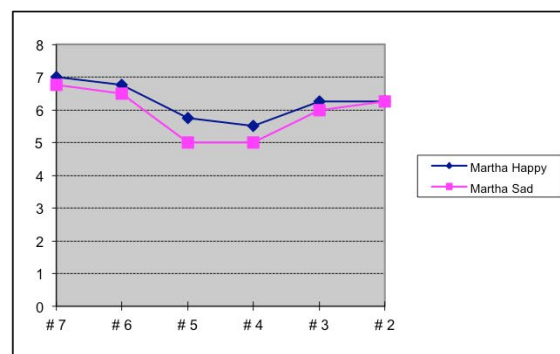
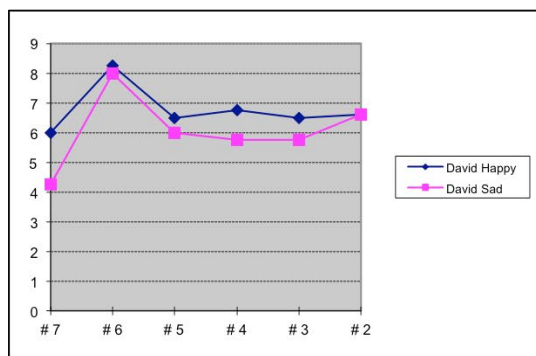


Figure 1: Proof with Measurements that at Positive Thinking (High Spirit) the Energy is Higher And More Balanced, Which Means Better Health (Blue Curves) And At Negative Thinking (Low Spirit) The Energy Is Lower And Less Balanced, Which Means Poor Health (Pink Curves)

3. The Nonlinear Electromagnetic Field (NEMF) and Its Alternating Vortices and Antivortices

My life-long studies found that the aura (Spirit) is nonlinear electromagnetic field (NEMF) and all nonlinear fields have chain or chains of alternating vortices (spinning clockwise) and anti-

vortices (spinning counterclockwise). The aura (Spirit) of our human body has one chain of alternating vortices and antivortices along the backbone (Figure 2). In ancient texts, these are called “chakras”, which means “spinning wheels” in Sanskrit and the vortices and antivortices are spinning wheels [1].

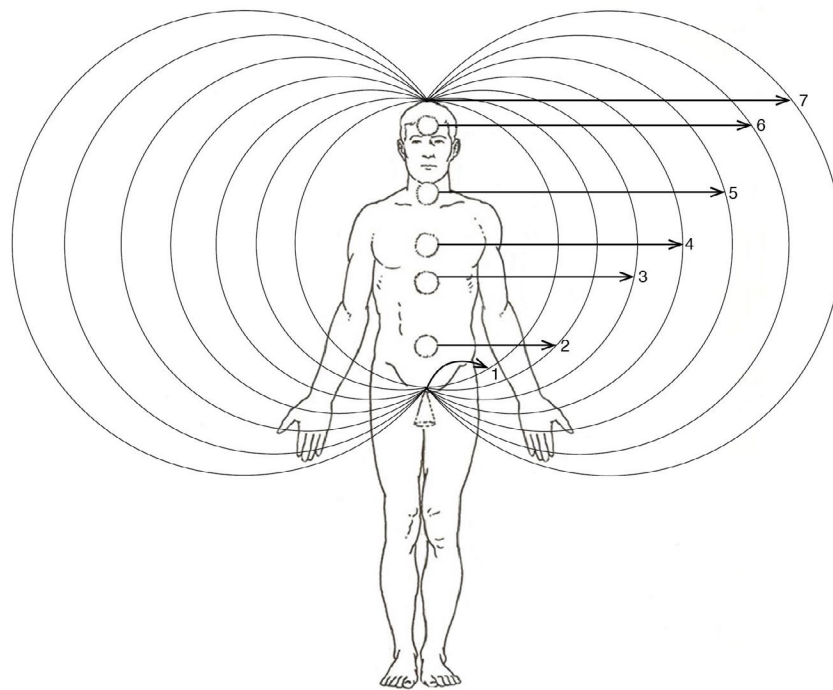


Figure 2: The Alternating 7 Vortices and Anti-Vortices of the NEMF of Man's Aura (Spirit) (called Chakras) Located along the Backbone and their Corresponding Energy Levels

The Russian scientist Shkatov developed equipment, which allowed him to measure the spinning of the aura. (He didn't know that the aura is the Spirit). He found that positive emotions made the aura spin clockwise, while negative emotions made the aura spin counterclockwise. Since I already knew that the aura was nonlinear electromagnetic field (NEMF) and I knew nonlinear theory, which teaches that vortices spin clockwise and suck energy, I could explain why positive emotions make the aura brighter - positive emotions make men's auras to spin clockwise and suck energy [1].

However, to become brighter at positive emotions, men's auras (Spirits) NEMFs need to suck NEMF energy from somewhere, i.e. there must be reservoir of NEMF energy, from which men's auras (Spirits) suck energy at positive emotions. Such reservoir of energy is the Space Matrix NEMF, from which the Universe was created. NEMF is the perfect media to create a Universe because nonlinear fields do not dissipate and can imprint information. The Creator created the non-dissipating Space Matrix NEMF, then imprinted on it the holographic (tri-dimensional) image of the Universe to be, and the Universe was created [2].

Thus, positive emotions (and according to my measurements just positive thinking) make men's auras (Spirits) NEMF to spin clockwise and suck energy through the top of their head from the Space Matrix NEMF. Positive emotions (and according to my measurements just positive thinking) make also the breathing more active, more oxygen is breathed in, and the body energy increases. The two energies - from the faster clockwise spinning of the auras (Spirits) NEMF at positive emotions (or just positive thinking) and from the more active breathing - are called in ancient

texts "prana". This explains why ancient Yogi texts emphasize so much the importance of "prana", which includes the breathing [3].

The Russian scientist Shkatov found with his equipment that negative emotions make men's auras to spin counterclockwise. Nonlinear Physics teaches that antivortices spin counterclockwise and emit energy. This explains why negative emotions make the aura (Spirit) dimmer - at negative emotions men's auras (Spirits) spins counterclockwise and emits NEMF energy through the top of their heads to the Space Matrix NEMF. Thus, when experiencing negative emotions, men's aura is dimmer and they say they are in low Spirit because their auras (Spirits) NEMF spin counterclockwise and lose energy through the top of their head to the Space Matrix NEMF.

Since at positive emotions men's auras (Spirits) NEMF spin clockwise and suck energy through the top of their head from Heaven - from here came the ancient concept of Father God in Heaven. Women's auras (Spirits) always spin in direction opposite to men's auras (the attraction between the sexes is magnetic in origin) [4]. Since at positive emotions women's auras (Spirits) spin counterclockwise and suck energy from the Earth through their tailbone - from here came the ancient concept of Mother Goddess of Earth.

4. The Seven Spinning Energy Centers (Called Chakras) Are the Alternating Vortices and Antivortices of the NEMF = $NEMF_m + NEMF_s$

Ancient texts of Kundalini Yoga teach that along the backbone there are two energy spirals spinning in opposite direction. One spiral starts at the tailbone and runs upward (I think this is the energy

spiral of the material body $NEMF_m$), and the other spiral runs downward (I think this is the energy spiral of the Spirit $NEMF_s$) [3]. Since the two energy spirals spin in opposite directions, they create opposite magnetic polarity, which means that the $NEMF_s$ of the Spirit is magnetically attached to the $NEMF_m$ of the material body.

Thus, every living being is a material body with nonlinear electromagnetic field ($NEMF_m$), which has seven alternating vortices and anti-vortices located along the backbone, called in ancient texts chakras (Figure 2). To these seven chakras correspond seven energy levels (Figure 2). Magnetically attached on the top of $NEMF_m$ of the material body is the $NEMF_s$ of the Spirit. Since the Spirit's $NEMF_s$ is 1,000 times weaker than $NEMF_m$ (of the material body), the Spirit $NEMF_s$ penetrates the $NEMF_m$ of the material-body, which makes the chakras #3 and #4 (Figure 1) to belong to both the material body and the Spirit.

Thus, the Heart chakra (*chakra* #4) belongs to both – material body and emotional Spirit. This overlapping of the fields of the material body and emotional Spirit makes our hearts emotional. The Heart is considered the seat of the Soul, which defines Soul as a unity of material body and emotional Spirit. The heart is also the birthplace of our intuition, which comes from the Spirit. Monkeys on an insulated island knew intuitively that if they eat something toxic, they need to eat charcoal. Where from they knew? Ancient texts explain that the heart (being a unity of body and Spirit) is allowed to intuitively access and use the experience of the Spirit from previous lifetimes [5].

Dr. Valerie Hunt (working at the University of California at Berkley) measured the frequencies of the aura (Spirit) (which she called biofield) and she found that the majority of the people living on Earth (about 90%) have auras (Spirits) with frequency 200 Hz [6]. These are young Spirits - happy to be in a material body, which allows them to enjoy good food and sex, and they are not interested in anything else (no spiritual interests). Such young Spirits cannot experience intuition, clairvoyance, telepathy, and the other treasures of the old Spirits [6]), and since they cannot experience them, they deny their existence.

Dr. Valerie Hunt found that the people with clairvoyant abilities (ability to foresee the future and see the past) and the people with telepathic ability have frequency of their aura 400 – 800 Hz. These people are old Spirits (with experiences of many lifetimes), who can use their past-life experiences as intuition, connect telepathically, and do other “miracles” listed in my book [8]. Proof of the existence of previous lifetimes is the fact that hypnotists, when they put the Conscious to sleep to access the Subconscious (usually to find what kind of emotional trauma caused the disease), can also access memories of previous lifetimes [9].

If our Spirits are nonlinear field ($NEMF_s$) that can imprint information, we can expect all previous lifetimes to be recorded in it. And this recorded information should be accessible and usable? Why to record everything if the recorded information cannot be

used. Obviously, Old Spirits can access and use experiences of previous lifetimes as intuitive envisions. And these old Spirits can also make quantum jumps to the future and foresee the future and make quantum jumps to the past and see the past, as well as to connect telepathically.

Ancient texts claim that the Air Chakra (*chakra* #5), (called also the Throat Chakra, or the Chakra of Communication) is the one that allows highly spiritual people (with high frequency of their aura (Spirit)) to levitate and walk on water (as Jesus did). (How levitation is done is explained in my book [7]). Also, *chakra* #5 allows to control and even eliminate pain of any kind (which I hope Jesus used on the cross) [5]. All autistic children have their Chakra of Communication open only 20%, which explains why they do not communicate much. According to ancient texts, shifting of the excitation from *Chakra* #5 to *Chakra* #6 allows direct transfer of thoughts mind to mind, which is understanding without words (communication without language).

Chakra #6 is called in ancient texts “the Eye of God Brahma” or “the Third Eye” - it is a projection of the pineal gland - in front over the eyebrows, and on the back of the head. The pineal gland (with a shape of a pinecone) is located on top of Corpus Callosum – a finger-thick cable that connects both brain hemispheres. The left-brain hemisphere is the hemisphere of our Logical Conscious Mind - product of the functioning of our Digital Computer on the surface of the brain, which operates with a set of neurons. The right-brain hemisphere is the hemisphere of our Emotional Subconscious Super-Mind - product of the functioning of our Quantum Computer in the Subconscious, which operates with the informational waves of the emotional Spirit ($NEMF_s$).

When the pineal gland is flooded with neurotransmitters of excitation (glutamates), the Digital Computer on the surface of the brain and the Quantum Computers in the Subconscious are bridged to work as one whole piece at the same level of overexcitation. This is a state of full intuitive creativity, which is access to the Quantum Computer in the Subconscious, where the experiences and knowledge of previous lifetimes are stored [8]. Individuals with old Spirits are allowed to access their Quantum Computer and see the secrets of the Universe creation, as well as the past and future of the Universe.

The seventh chakra (*chakra* #7) integrates the energies of the six chakras under it (Figure 1), which rule the body's six glands of internal secretion. By releasing milligrams of hormones (directly into the blood stream), these six glands rule and regulate everything in the body. The first two of the six chakras (*chakras* #1 and #2) belong to the material body, the upper two (*chakras* #5 and #6) belong to the Spirit, and the middle two (*chakras* #3 and #4) belong to both material body and Spirit. They are called *chakras* of the Soul, which defines Soul as a unity of body and Spirit.

Thus, the material body $NEMF_m$ has seven energy levels (pictured on Figure 1), but magnetically attached to it is the Spirit $NEMF_s$, which also has seven energy levels, from which two levels overlap

with NEMF_m. Thus, on Earth we can accomplish only 5 Spiritual levels 8th, 9th, 10th, 11th, and 12th. Figure 2 is Kirlian photography of the aura (Spirit) at level 9. As the Spiritual level grows, the light ball on top of the head shifts one foot higher with each higher Spiritual Level.

Each higher Spiritual Level has higher harmony. Since the HeartMathInstitute found that Love creates harmony, this explains

why *Love, forgive, and help others is the way to Spiritually grow* [10,11]. This also explains why the basis of Jesus' teaching was: "*Love one another, Love your neighbors, Love your enemies*". To make the picture of the Spiritual growth full, we must say that between each two adjacent Spiritual Levels, there are 7 spiritual sub-levels.



Figure 3: Aura of Spiritual Level 9

5. Conclusion

Thus, the ancient texts contain a lot of wisdom – and one of them is “Healthy Spirit – Healthy Body”. Since the field of the Spirit NEMFs is 1,000 times weaker than the NEMF_m of the material body, I had to create a very sensitive equipment to be able to measure it. I have verified (Figure 1) the ancient wisdom with my supersensitive equipment, which allows me to measure the weak field of the Spirit NEMFs and its chakras. I found that the weak field of the emotional Spirit rules and regulates everything in the body (not with its strength but with the information it carries) and this makes the functioning of our body emotionally sensitive. I found that our health depends strongly on our emotions and even our way of thinking, which proves the ancient saying: “Healthy Spirit, Healthy Body” [12].

The Spirit NEMFs is weak informational field and I hope that now when we started building Quantum Computers operating with informational fields, we will acknowledge the fact that we have in our Subconscious a Quantum Computer operating with the weak informational NEMFs of our emotional Spirit [13]. Since this Quantum Computer (operating with the waves of the Emotional Spirit) rules and regulates the functioning of all our organs, the functioning of all our organs becomes modulated by emotions, and this makes our health strongly dependent on our emotions, which proves the validity of the ancient wisdom “Healthy Spirit – Healthy Body”.

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