

# MEASURING THE EFFECT OF POSITIVE AND NEGATIVE THINKING ON THE BODY

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## Abstract

The effect of positive and negative thinking on the energy of the body and its energy balance was measured with sensitive energy meter. The measurements showed that thinking about the happiest moments of life increases the energy of the body and improves its energy balance. Thinking about the saddest moments of life decreases the total energy of the body and the genetically inherited weak organ drops in energy maximum. This allows prediction of the organ, which will become chronically sick.

## 1. Introduction

With my patented high sensitivity energy meter, designed to measure subtle energies, I have measured the energy of the spinning energy centers along the backbone called vortices in modern science and chakras in ancient texts. Our newest branch of physics deals with nonlinear electromagnetic fields with turbulent behavior, which have vortices spinning clockwise and anti-vortices spinning counter-clockwise. Along the backbone the alternating vortices and anti-vortices form three couples of vortex-anti-vortex.

We measured the energy of these vortices when people think about the happiest moments in their lives and when they think about the saddest moments in their lives. Figures 1 to 8 reflect the measurements. The vortices called chakras are numbered from 1 to 6 starting with the tailbone and finishing with the head. The number of the chakras is plotted on the horizontal axis and their energy on the vertical [1], [2].

## 2. Measuring the Effect of Positive Thinking

One can see from the plotted measurements' curves that when people think about the happiest moments of their lives, they have higher energy. This was to be expected because when we feel happy (or have happy thoughts), we feel uplifted. What we neither feel nor see is that our body energy is more balanced when we have happy thoughts, which means we are healthier.

If there is a chakra with lower energy, it benefits most from the happy thoughts, and so do the organ related to it. These results mean that happy thoughts balance the body energy and bring health. Perfect health means perfect balance represented by straight horizontal line.

Therefore, having happy thoughts and feeling happier makes us healthier. Usually we know that we need to be healthy to be happy, but the measurements definitely show that we need to be happy to be healthy.

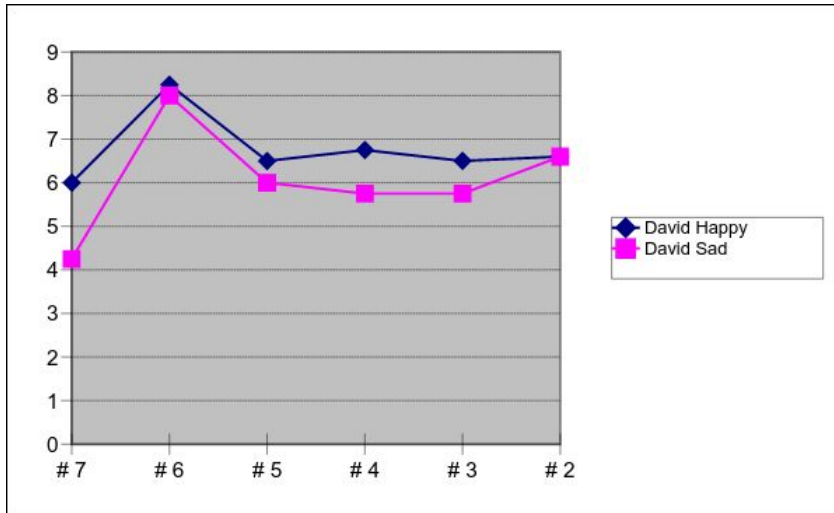


Fig. 1

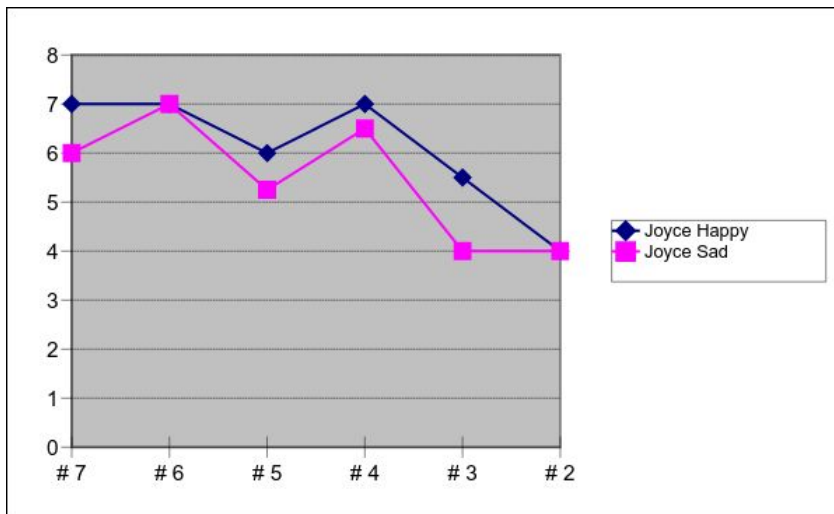


Fig. 2

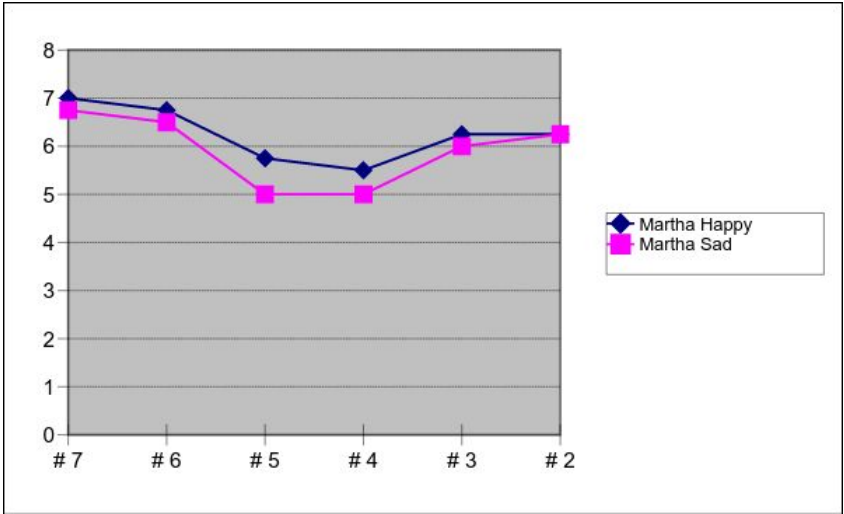


Fig. 3

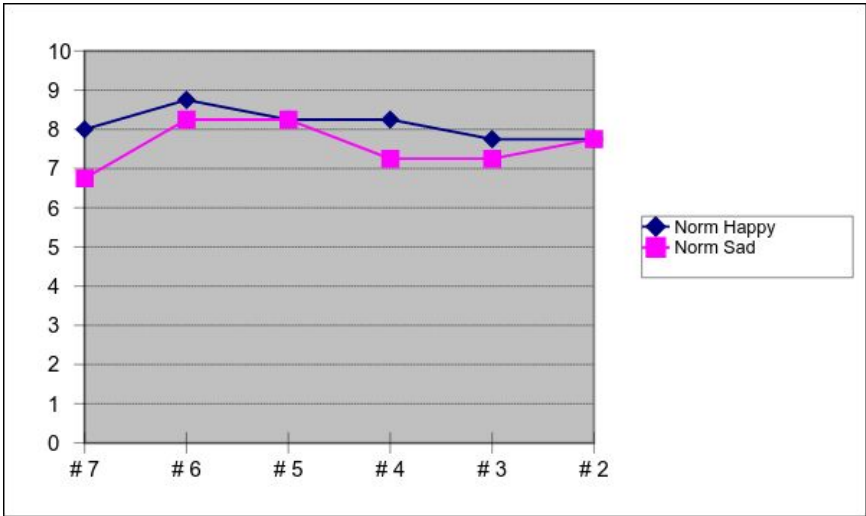


Fig. 4

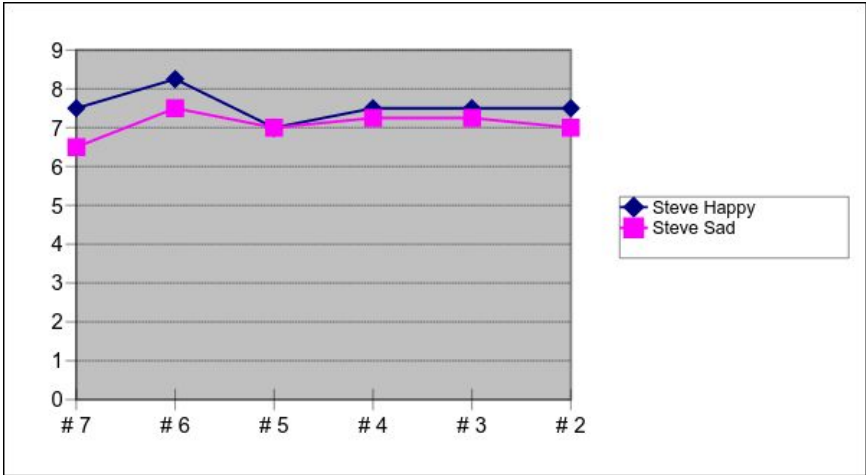


Fig. 5

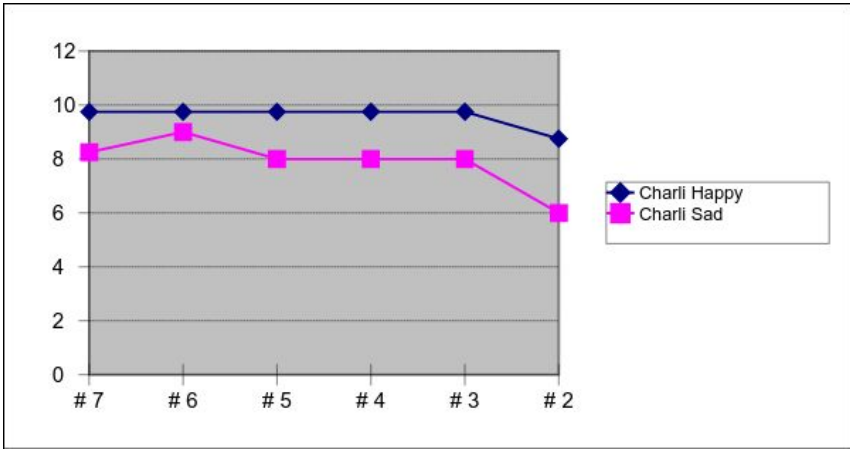


Fig. 6

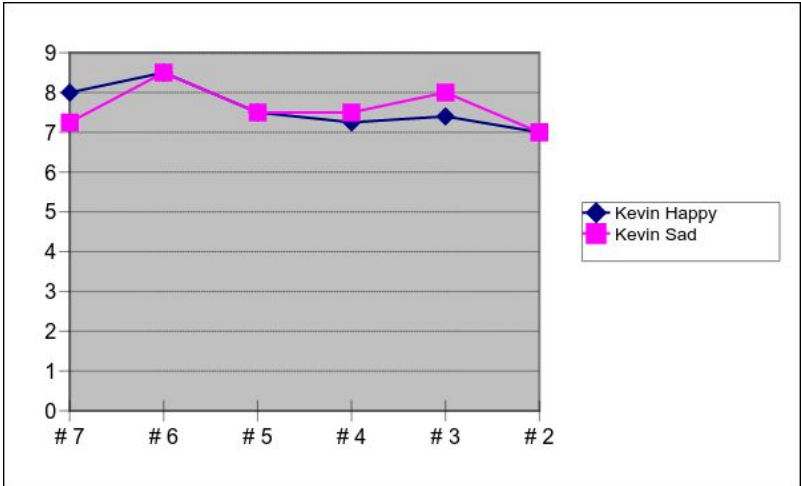
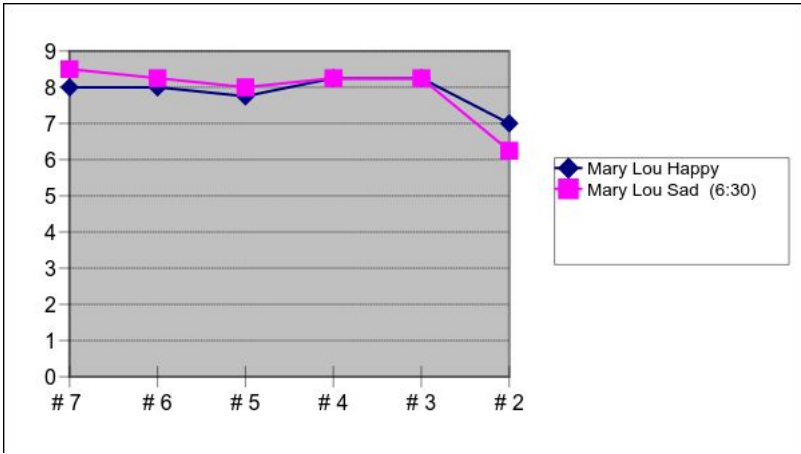


Fig. 7



### 3. Measuring the Effect of Negative Thinking

One can see from the plotted measurements' curves that when people think about the saddest moments in their lives, their body energy drops down. This was to be expected because when we feel unhappy or sad, we feel down because our energy is down. What we neither feel nor see is that our body energy is less balanced when we have unhappy or sad thoughts.

What becomes obvious from the plotted curves is: negative thinking or sad thoughts not only decrease the total body energy, they rob the energy of the genetically inherited weak organ most. This means that each unhappy thought brings us closer to a chronic disease of our genetically inherited weak organ [3].

Based on this, I could predict what kind of disease these people would probably die of, if they were dominantly sad because they dominantly thought negatively. To prevent their disease and respectfully death from happening, they need to feel happy at all time and avoid negative thinking and emotions.

For example, based on the measured energy curves I could predict for each individual, which is his genetically inherited weak organ that would get sick first and as a final point would probably bring his death:

- Since Norm's heart responded to sadness most, I told him that sadness, distress, or negative thinking would make his heart fail. So, he should do his best to avoid negative thinking. He said: "Wow, heart attack is what my father died of and he was a negative thinker!"
- David's heart also dropped in energy most at sad thoughts. This meant that the heart was his weak and endangered organ. He told me that both his parents died of heart problems. He died of heart attack 7 years after the measurements.
- I told Joyce never to think about sad things or think negatively because her stomach would get sick. She said: "I know that the stomach is my weak spot because each time I get upset, my stomach gets upset."

This means that *sad or negative thoughts are a step toward getting sick and thus a step toward death*. Obviously, the genetically inherited weak organ with lowest energy (and the chakra related to it) is robbed of energy most during sad thoughts. This will draw closer the moment when this organ would fail and disease symptoms appear. (Selye says that the weakest organ fails first under stress). Thus, unhappy or sad thoughts bring disease.

(The author acknowledges the superior organizational skills of Mary Lou Kuneman who made the measurements listed in this book possible.)

#### **4. Negative Thinking Is the Basis of Addiction, Depression, and Even Religious Extremism**

The heart-to-heart talks with my stepchildren (two of them depressed) taught me that the depressed people with low energy were usually people with dominant negative thinking and negative emotions. Frequently, they try to escape from the misery of their negative thinking, which suppresses the activity of their brain and suppresses the energy of the whole their body, by taking psychogenic drugs or drinking alcohol. We have a proof of their suppressed brain activity from MR images, which show darkness in the middle of their brain.

The darkness in the middle of the brain of addictive personalities, observed in magnetic resonance (MR) images of their brain combined with PET-scanning, is presently interpreted as predisposition to addiction. However, the doctors do not understand yet that the negative thinking of these people suppresses their brain activity seen as darkness in the middle of their brain.

For that reason, the addiction remains unconnected to the negative way of thinking of the addictive personalities. Neither our doctors, nor our psychologists or psychiatrists see this. (See M. Kuman, *Listen and Talk to Your Body and Soul* [1].

The blackness in the middle of the brain seen on MR images of negative thinkers is also seen on Kirlian photos of their auras. It is seen as a black funnel on the top of their head. Thus, the aura of negative thinkers has darkness on top of the head.

*Since negative thinking suppresses the activity of brain and body, negative thinkers usually have low energy – they feel depressed.* If you are around a depressed person for a while, you will start feeling tired or depressed. Why? One reason is: your field has become suppressed in the suppressed field of the depressed person. But there is more to it.

The depressed negative thinkers are usually energy suckers. When in your presence they would suck your energy out like vampires suck blood. And just like the vampires, who are usually not aware that the blood they suck can be contaminated and make them sick, the energy suckers are not aware that sucking the imbalanced energy of a sick person can make them sick.

With my sensitive energy meter I can measure and visualize the energy sucking. I asked an energy sucker to touch another person. The energy of this

other person dropped down to zero at the touch. This is a simple way to prove the existence of energy suckers – it is real.

The sucking of energy can also be seen on Kirlian photos, on which you can see that the person in the presence of the energy sucker is not shining at all and you can visually see his energy being sucked by the energy sucker.

Some negative thinkers try to escape from the misery of their negative thinking by joining religious organizations and usually they become religious extremists. “They are often quick to condemn others, who do not meet their standards or share their views...” and exhibit “destructive outlets as bigotry and prejudice.” (See the book of Dr. Joe H. Slate, Aura Energy for Health, Healing, and Balance, 2004, p. 196) [4].

## 5. Negative Thinking and Bipolar Disorder

The people with mood swings, who are sometimes euphoric (manic), sometimes depressed, are called bipolar. All bipolar individuals have dominant negative thinking, and the neurotransmitters imbalance caused by this this is called chemical imbalance of their brain.

I measured bipolar individuals with my sensitive energy meter and I found in all of them specific imbalance of the first three chakras. Their sexual chakra was over the norm active, which explained their over-the-norm sexual activity. These bipolar men were having sex with many women, and the bipolar women with many men.

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More details can be found in the book: Quantum Mind and Quantum Growth of the author Maria Kuman

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### References

1. Maria Kuman, Quantum Mind and Quantum Growth, Health and Happiness Books, 2015.
2. Maria Kuman, Science Speaks to God, Health and Happiness Books, 2005; revised and re-edited in 2010.
3. Maria Kuman, What Everybody Needs to Know about Chronic Pain, Chronic Diseases and Cancer, 1996; revised and re-edited in 2010.



4. Joe H. Slate, *Aura Energy for Health, Healing, and Balance*, 2004, p. 196.