

## Does Following the Spiritual Pathway Means Health?

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Received Date: January 23, 2023; Accepted Date: February 06, 2023; Published Date: February 13, 2023

Citation: Maria Kuman (2023), Does Following The Spiritual Pathway Means Health?, *Clinical Medical Reviews and Reports*. 5(1); DOI:10.31579/2690-8794/141

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### Abstract

The article is about the health of individuals, who chose to follow the spiritual path, which means they chose to love, forgive, and help others. Love is the strongest positive emotion, helping others also brings positive emotions (we feel good that we have done something good), and so does forgiveness. According to my measurements positive emotions increase the body energy and make it more balanced. Since perfect balance means perfect health, positive emotions make us healthier. If so, the people following the spiritual path (practicing love, helping others, and forgiving) will experience a lot of positive emotions, which will make them healthier. If Francis of Assisi suffered of psychosomatic entrenchment that made him have in real the five wounds Jesus suffered on the cross, was because of too much concentration on the suffering of Jesus' material body instead of concentration on Jesus' spiritual teaching of loving, forgiving, and helping others. (Francis died of these five wounds two years later.)

**Keywords:** spiritual life; spiritual life and health; loving and health; forgiving and health; helping others and health; positive emotions and health; negative emotions and disease

### 1. Introduction

Since following the spiritual pathway means loving, forgiving, and helping others, which means positive emotions, and positive emotions according to my measurements bring health, following the spiritual way must bring health. John, the beloved disciple of Jesus Christ, said in John 6: 63: "Listen to me because my words are the Spirit. The body means nothing." I am a scientist and after life-long studies and measurements of the Spirit, I found the Spirit is weak nonlinear electromagnetic field (NEMF) [1]. Since all nonlinear fields do not dissipate and can imprint information and since the spoken words of Jesus and his disciples are information, their words are the Spirit... and the Spirit is what matters, the material body means nothing. Speaking about the weight of the words, my mother used to say: "We need to choose very carefully the words we say to other people (and avoid saying heavy words) because the heavy words are like heavy stones. Once said, they cannot be taken back, and heavy words can break the heart of the individual you talk to... Since the heart is the seat of the Soul [2], always remember that the heart (Soul), which is broken by heavy words is like a broken vase... you cannot make it whole even if you will try to put it together (by apologizing to the person)". The ancient Jewish Cabala said that the Spirit is the aura, which some supersensitive individuals see. The weak aura (Spirit) can be photographed with Kirlian photography, which uses high frequency electric field to multiply the photons of the weak aura and make it photographable.

### 2. My Studies of the Aura (Spirit) Found that the Spirit is Emotional

Through photographing the aura with Kirlian photography, I found that the aura (Spirit) is emotional - the aura is brighter at positive emotion and dimmer at negative emotions [3]. And I found that the weak, but very emotionally sensitive field of the Spirit, ruled and regulated everything in the material body. And by doing this the emotional Spirit made the functioning of our body to be modulated by emotions. I had to develop a supersensitive equipment to be able to measure the weak (but very important) electromagnetic field of the aura (Spirit) because this field is 1,000 times weaker than the field created by the biocurrents of the material body [1]. However, the majority of our scientists think that the aura we see is the electromagnetic field created by the biocurrents of the body, which is not true. How is such weak field like the field of the aura (Spirit) ruling and regulating everything in the material body? The answer is, not with its strength, but with the information it carries.

### 3. "The Words Are the Spirit, the Body Means Nothing"

Once again – the original teaching of Jesus was: "The words are the Spirit, the body means nothing". Unfortunately, after the death of Jesus, and especially after Christianity was accepted as official religion of Rome, the Christian church started teaching that Jesus died on the cross for the sins of his followers, and his death automatically erases all their sins. This cannot be right because it emphasizes the importance of Jesus' material body, and according to Jesus the body means nothing. If the material body means nothing, the dead of Jesus Christ's body cannot erase the sins of everybody who claims to be follower of Jesus Christ. This concept led to a lot of

distorted perceptions in the life of eager followers of Jesus Christ. One of these was Francis of Assisi.

#### 4.The Life of Francis of Assisi

Francis of Assisi (1182 – 1226) was a son of wealthy merchant, but against the will of his father he decided to follow the spiritual path. During prayer, he had an envision that he needs to help restore the old local church. But when he tried to donate money for the restoration, the Bishop refuse to take the money knowing that it is the money of his father. Then Francis did the restoration with his hands and materials he collected from donors. His father took him to court and Francis gave him back the bag with money, but when his father went on to say that even the clothing on Francis belongs to him, Francis went to the next room, undress, and handed the clothing to his father [3].

With time Francis created a brotherhood of people who were willing to live like him - Jesus-like life – spending the whole their lives in prayer and preaching, living as poor, but collecting money to help the poor. They were called Franciscans. The Pop of the Roman Church acknowledged the brotherhood of Franciscans as a sect of the Roman church, just as the followers of Dominic in Spain were acknowledged as Dominicans. Francis (with a dozen of his followers) went to Jerusalem with the crusade of the Templars hoping to be able to avoid oncoming blood battle between Christians and Muslims and was surprised to find out that the Muslims were more loving and readier to compromise than the Christians [3].

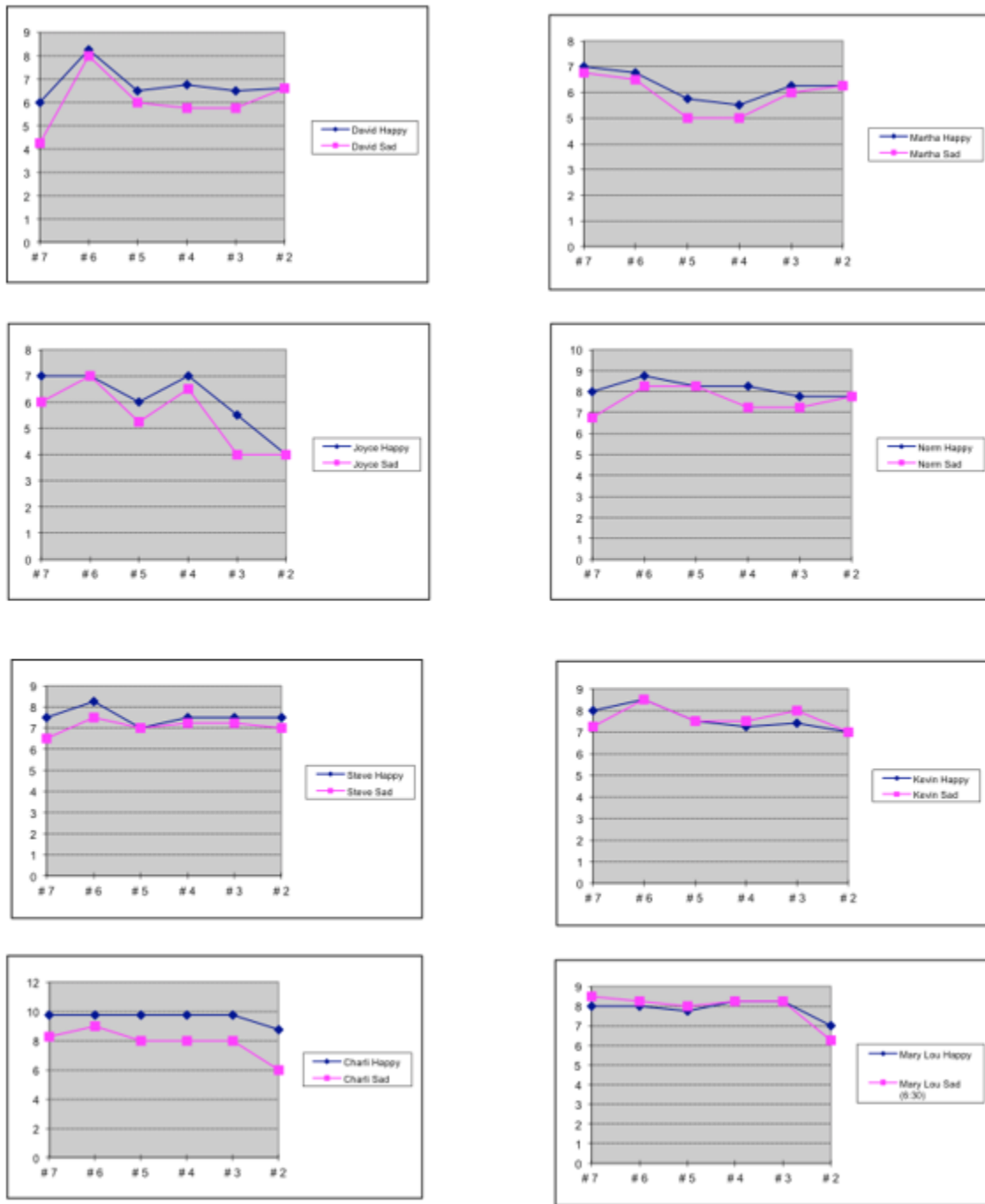
After his return from Jerusalem during prayer he identified himself so much with Jesus' suffering on the cross (pictured on the fresco in front of him) that he got on his body Jesus Christ's 5 open wounds: two on his hands and two on his feet from nails, and one on his side pierced with a lance. He could barely walk and he lived with the pain of these severe wounds for two years and then he died (in 1226) at age 44. He was the first case of this kind, but in the following centuries 300 such cases were recorded [3] and a name "stigmata" was coined for them. It is psychosomatic in nature and here

is my explanation to it. Psycho- means that it is done through emotions or through the emotional Spirit seen as aura. Francis emotionally so much identified himself with Jesus Christ and his suffering on the cross that his material body got the wounds of the material body of Jesus Christ.

#### 5.Following the Spiritual Pathway Must Bring Positive Emotions to Be Health Beneficial

Following the Spiritual pathway means loving, forgiving, and helping others. When John (the Beloved) asked Jesus, what is the basis of his teaching – what he wants to be remembered with, Jesus answered: Love one another, Love your neighbors, Love your enemies. 1/ I have articles written that Love brings harmony, and harmonic functioning of the organs means health [4]. 2/ When we forgive, we eliminate the emotional trauma, which is emotional scar caused by experienced strong negative emotions. Our brain waves bump on this emotional scar all the time. After we forgive, the emotional scar is removed, and the brain waves run smoothly not disturbed. 3/ When we help others, as Jesus thought us, we feel good that we have done something good, and this brings positive emotions.

During the years, I have done a lot of measurements on the effect of positive and negative thinking (Fig. 1) [5] and the effect of positive and negative emotions. I have the proof that positive thinking and positive emotions increase the body energy and make the energy more balanced, which makes us healthier. Opposite to this, negative thinking and negative emotions decrease the body energy and destroy the energy balance because the genetically-inherited weak organ drops in energy maximum, which means that negative thinking (or negative emotions) brings us a step farther to a disease of the genetically-inherited weak organ. All this proves the validity of my first sentence that Spiritual life, which means loving, forgiving, and helping others, should bring health and wellbeing because they bring positive emotions, which by increasing and balancing our body energy makes us healthier (Figure. 1).



**Figure 1:** Measurements showing how our way of thinking through the emotional coloring of our thoughts influences our energy balance and health

**Conclusion**

Thus, living spiritual life means loving, forgiving and helping others. Since loving is the strongest positive emotion and helping others bring positive emotions (feeling good that we have done something good), and so does forgiveness, and my measurements showed that positive thinking (or positive emotions) have positive impact on our health and wellbeing, spiritual life must make us healthier and happier. What forgiving is doing is: it eliminates the emotional scars from strong negative emotions in the past, which should also have positive impact on our health and wellbeing. If the spiritual life (of Francis of Assisi) did not have positive impact on his health, it was because of the emphasis on the suffering of Jesus’ material body

instead of emphasis only on Jesus’ spiritual teaching of loving, forgiving, and helping others.

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DOI:10.31579/2690-8794/140

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