

Innovative Insights in Case Reports and Reviews

Measurements Show That Helping Others Boost Our Energy and Health

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Received Date: 19 Aug 2025;

Accepted Date: 02 Oct 2025;

Published Date: 06 Oct 2025.

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Citation: Maria Kuman. Measurements Show That Helping Others Boost Our Energy And Health. *Innov Insights Case Rep Rev.* 2025; 1(2): 1-3.

ABSTRACT

All living beings are material body and a living force, which not only makes all living beings alive and functioning, it makes them emotional and creative in their own way. It is called Spirit (without the Spirit we would be very primitive creatures). While our material body receives its energy from food, the emotional Spirit receives its energy from positive emotions. As emotional creatures, we are emotionally awarded with energy for: loving, forgiving, and helping others. When loving create harmony and harmonically functioning organs are healthy organs, helping others boosts the energy of our Spirit because we feel in high Spirit when we have done something good. The Spirit is very weak informational field, but it rules and regulates everything in the material body not with its strength, but with the information it carries. This important role of the Spirit explains why uplifting of the Spirit for helping others makes us healthier. (I provide a proof of this with measurements of the weak Spirit with my super-sensitive equipment). So, if you want more energy and more health - start helping others – we are meant to help others.

Keywords: *Helping others, Emotional award for helping others, Love and harmony, Forgiveness and harmony, Helping others health impact.*

Introduction

1.Introduction – We Are a Material Body and Emotional Spirit

We are not only a material body. A proof of this is the fact that two identical twins with the same DNA are totally different emotional personalities. Therefore, there should be something attached to the material body that makes the twins emotionally different. Thus, beside the material body with its nonlinear electromagnetic field $NEMF_m$, we must have, and have, a living force called emotional Spirit with its nonlinear electromagnetic field $NEMF_s$, which makes us emotional. The fields are nonlinear because only nonlinear fields do not dissipate and can imprint information (our Quantum Computers work with informational fields). Also, the fact that our auras (and the auras of all living beings) have the shape of a torus, means that it results from two fields spinning in opposite directions – the field of the material body $NEMF_m$ and the field of the emotional Spirit $NEMF_s$, which are magnetically attached to each other (Figure 1).

When a person is pronounced clinically dead, the field of the emotional Spirit is still attached to the material body. It takes 3 days and 3 nights for the material body to completely stop functioning (and its biocurrents to drop down to zero) - only then the Spirit can leave. Indeed, Russian scientists were detecting the weak field of the Spirit three days and 3 nights after the person was pronounced clinically dead, but not later on [1]. After the emotional Spirit (which is the living force of all living beings) leaves the material body, the material body is an empty shell that needs to be discarded – so, we cannot be only a material body.

The leaving emotional Spirit must be nonlinear electromagnetic field ($NEMF_s$) because only nonlinear fields do not dissipate and can imprint information. The field of the Spirit $NEMF_s$ is 1,000 times weaker than the field of the functioning material body $NEMF_m$ - and since our scientists couldn't detect the weak field

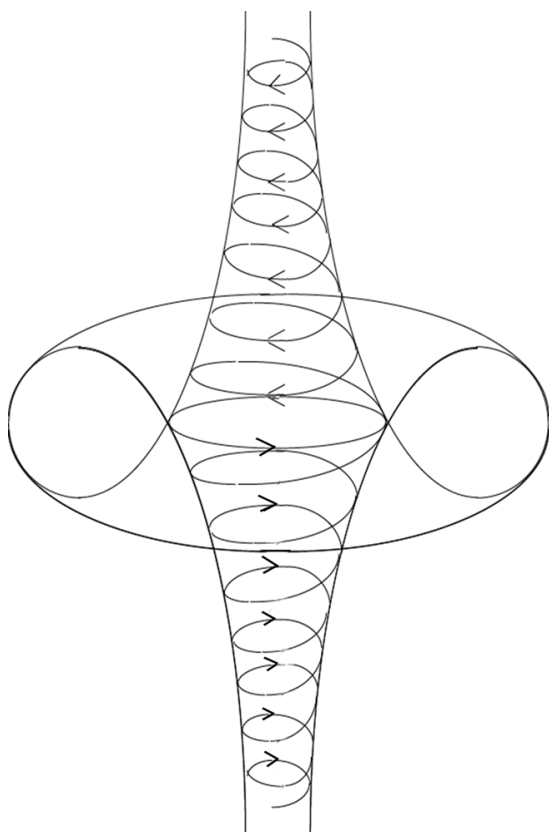


Figure 01

The field of the material body $NEMF_m$ (lower spiral), the magnetically attached to it weak field of the Spirit $NEMF_s$ (upper spiral), and the resulting torus-shape field in the middle.

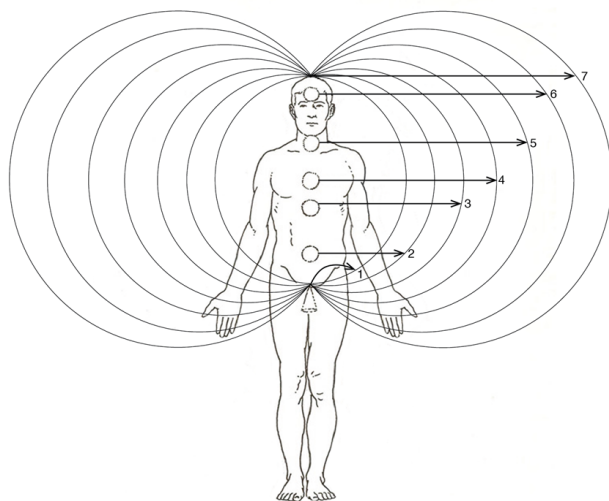


Figure 02

The torus-shape aura $NEMF = NEMF_m + NEMF_s$ with its 7 alternating vortices and antivortices along the backbone (called chakras) and its 7 discrete energy levels.

of the Spirit, they deny its existence. However, our technology allows to build equipment sensitive enough to measure the weak field of the Spirit. I built such sensitive equipment, and with it I was able to measure the stimulating effect of positive emotions (or just positive thinking) on our body and the harm of negative emotions (or just negative thinking) [2].

With this sensitive equipment, I was able to measure the energy increase of the Spirit when helping others, which is subject of this article. Thus, we are a material body with its $NEMF_m$ and magnetically attached to it is the weak field of the emotional Spirit $NEMF_s$. The resulting torus-shape aura is pictured on Figure 2.

2. We Are Meant to: Love, Forgive, and Help Each Other

Why do we need to Love? The Heart Math Institute in California [3] found with measurements that meditation on Love makes: 1/ the EEG waves of the brain more harmonious, which means that Love makes the brain to function more harmoniously; 2/ the ECG waves of the heart more harmonious, which means that Love makes the heart beats more harmonious; and 3/ Love makes the breathing more harmonious. This is what Love does – it makes all the organs to function harmoniously and in harmony.

Why do we need to forgive? Every emotional trauma is like a bump on which the brain waves stumble all the time. Forgiveness allows us to get rid of the emotional trauma (and the bump) so that the brain waves can run smoothly without obstruction.

Why do we need to help others? We are meant to help others because when helping another person, our Spirit is uplifted - we feel good that we have done something good.

3. Helping Others and the Emotional Award for It

Thus, helping others uplifts our Spirit - we feel emotionally uplifted that we have done something good. This makes our aura (Spirit) to shine brighter because as a reward for the good doing (helping others) a Quant of positive energy is added to our Spirit (seen as aura). This is the emotional award for the good thing done - helping another person. Thus, the Creator to encourage us to help each other gave us emotional award for every act of helping another person.

4. Measurements Prove that the Energy of the Spirit Grows When We Help Others

I have a friend Owen L., who is a retired veteran from the Navy, with a good retirement. He is living in assistant-living facility, where everything is paid, as veteran. Instead of doing nothing and enjoying his retirement, he works hard (including Saturdays and Sundays) and all the money he makes are given away to help poor families that need money. Many people told me that what he is doing is crazy, stupid, and ridiculous, but is it really stupid? I decided to measure (with my sensitive equipment) the energy of the weak nonlinear electromagnetic field ($NEMF_s$) of his emotional Spirit. I have done such measurements of the Spirit $NEMF_s$ and its alternating vortices (spinning clockwise) and antivortices (spinning counterclockwise) along the backbone (called chakras) (Figure 2) for 40 years.

The readings of the chakras of Owen's Spirit NEMFs were: The first lowest chakra (chakra #1) of Owen was 90% intensity. This is the ground chakra and its very high reading means that the person is well grounded, i.e. he knows what he is doing. Chakra #2 was 80% intensity. Chakra #3 (Solar Plexus), chakra #4 (Heart Chakra), and chakra #5 (Throat Chakra) were 70% intensity, while Chakras #6 and Chakra #7 were again 80% intensity. It was a surprise for me to see from the measurements that helping others boosts the whole energy of the body, but leaves the chakra imbalance the same. However, the total boost of energy makes the chakra imbalance more tolerable.

Measuring chakras for 40 years, I have never seen chakras with such high intensity. The highest intensity of the chakras of other people was usually 70% and the chakras of Owen's lowest reading was 70%. Normally, if the Chakra #5 (thyroid gland) is 10% lower, the person feels very tired – with very low energy. However, since the lower reading of the Owen's Chakra #5 was what is the normal reading of most of the people, he is not feeling tired. If he was not helping others, having 3 chakras out of balance would probably make him a very sick person, or even dead person. I am giving the reading of Owen's chakras as an illustration of the health benefits of helping others – helping others brings health and wellbeing.

5. Thus, Helping Others Can Help You

I listed the readings of Owen's chakras (who actively helps others) as an illustration what helping others can do to you – it boosts your health and improves your life. Owen does not have time to go to doctors, but helping others keeps the energy of his Spirit high, and his body keeps functioning well regardless of his energy imbalance.

6. Depressed? – Start Helping Others

If helping others boosts the energy of the Spirit, helping others would be the perfect help for depressed people with lower energy of their Spirits.

7. Narcotic Drugs or Alcohol Addiction – Start Helping Others

MRI Images of the brain show that people with darkness in the middle of the brain are predisposed to become addicted to alcohol or narcotic drugs because these exciting substances help eliminate the darkness in their brain. However, my measurements show that if they start helping others, this would uplift their Spirit, which would enlighten their brains. Therefore, if addicted personality start helping others on a regular basis, this would enlighten their brains, and they would not need exciting substances (narcotics or alcohol) to feel well.

8. Conclusion

My measurements showed that helping others has positive impact on our health and life. With them, I hope I have convinced you that to encourage us to help each other, our Creator gave us emotional award for helping others, which makes us healthier and happier. Thus, help each other and you will be emotionally awarded for it – you will be healthier and happier.

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