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# Sing in the Pandemic for Health – The Science of it

By Prof. Maria Kuman, PhD
*Holistic Research Institute*

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*Keywords: singing; emotional impact of singing; health effect of singing; singing and the emotional spirit.*

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# Sing in the Pandemic for Health – The Science of it

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## I. We are Emotional

We are emotional creatures. Proof of this is the fact that we cannot live only with the food that feeds the material body, we crave Love, which is the food for our emotional Spirit [1]. This means that we are a material body and emotional Spirit. Strangely, our science and medicine claim that we are only material body. They refused to consider the important role emotions play in our life, health, and wellbeing [1]. However, the Heart Math Institute in California (a free-lance institution) found that meditating on Love makes the functioning of the heart, lungs, and brain more harmonic [2], and harmonic functioning organs means healthy organs. This means that meditation on Love and the emotion of Love make us healthier.

## II. The Denial that we are Emotional

If our science denies the existence of the emotional Spirit (and the important role emotions play in our life and health), it is because the Spirit is a very weak field (1,000 times weaker than the field created by the biocurrents of the material body). If so, it is difficult but not impossible to measure this weak field. I studied this weak field for more than 30 years and I developed sensitive equipment that allowed me to measure it [3]. I started my studies with photographing the aura with Kirlian photography, which uses high frequency electric field to multiply the photons of the weak aura and make it photographable. I found that when we experience positive emotions the aura is brighter, but when we experience negative emotions the aura is dimmer, i. e. I found that the aura is emotionally sensitive.

## III. The Aura is Emotional and it is our Emotional Spirit

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 emotional aura must be our emotional Spirit. Then I found that the ancient Jewish Cabala was teaching to high priest that the aura was our Spirit. I found with measurements with my sensitive equipment that the weak field of the emotional aura (Spirit) ruled and regulated everything in the body, and is the one that made possible the functioning of our organs to be modulated by emotions. I also found that the weak field of the emotional aura (Spirit) ruled and regulated everything in the body not with its strength, but with the information this field carried. Since only nonlinear fields can imprint information, I decided that the field of the aura (Spirit) must be nonlinear electromagnetic field (NEMF) [3].

## IV. The Vortices and Anti-vortices of the Emotional Aura (spirit) NEMF Called Chakras

Nonlinear fields have alternating vortices spinning clockwise and anti-vortices spinning counterclockwise. With my supersensitive equipment, I was able to measure the alternating vortices and anti-vortices of the aura (Spirit) NEMF, which are along the backbone numbered from bottom to top (Fig. 1) [3]. They are called "chakras" in Hindu texts, which means "spinning wheels" in Sanskrit. The first 6 chakras rule the 6 glands of internal secretion, which by releasing hormones in the blood in amount mg/litter rule and regulate everything in the body. The seventh chakra on the top of the head rules, regulates, and integrates the function of all 6 grands [4].

*Author: Holistic Research Institute, Knoxville, TN 37923, USA.*
*e-mail: holisticare@mariakuman.com,*
*www.mariakuman.com*



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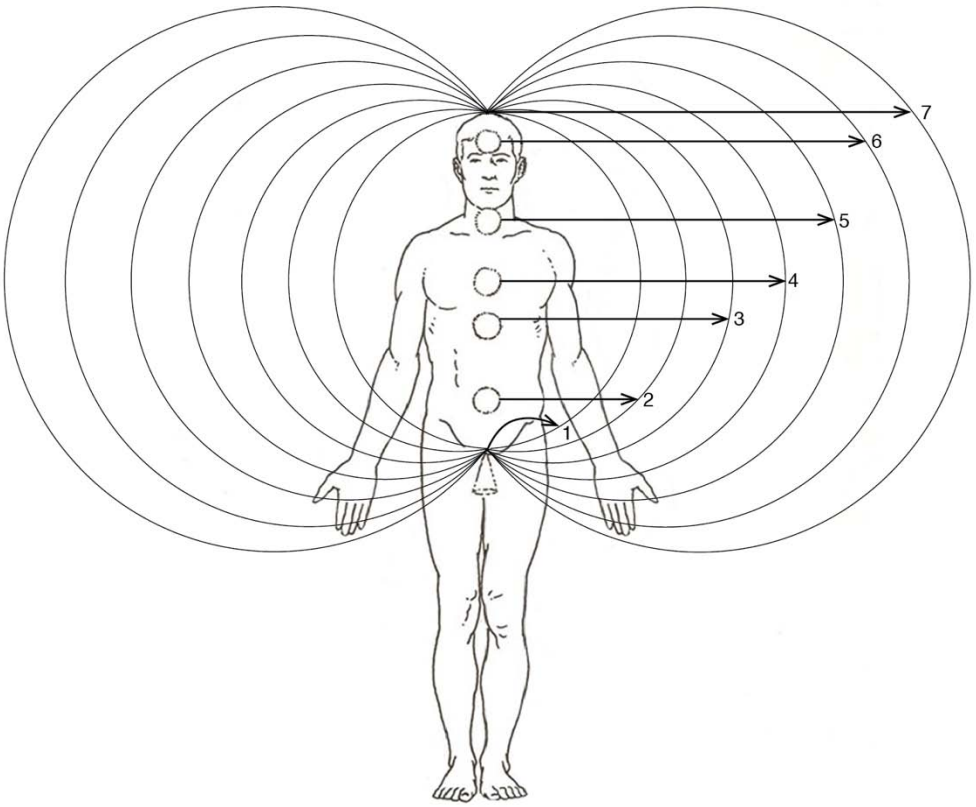


*Fig. 1:* The seven chakras along the backbone and their corresponding seven discrete energy levels

1/ The first chakra (called Base Chakra) has frequency 4 Hz and consists of 4 sub-spirals with common origin – they are like 4 curled snakes with heads together. (The anatomy of the vortices was first observed in vitro by Krinski and it was cited in the book of Prigogine [4]). The fist chakra rules the function of the adrenal glands and relates to our survival instincts. It is red in color and is activated by red color. It responds and is activated by the sound oo. It governs the spinal column and the kidneys [5].

2/ The second chakra (called Sacral Chakra) has frequency 6 Hz and consists of 6 sub-spirals with common origin. It rules the function of the gonads and relates to our sexual desires. It is orange in color and is activated by orange color. It responds and is activated by sound oh. It governs the reproduction, the lymphatic system, and the lower abdomen[5].

3/ The third chakra (called Solar Plexus) has frequency 10 Hz and consists of 10 sub-spirals with common origin. It rules the function of the digestive system. It is yellow in color and is activated by yellow color. It responds and is activated by sound aw. It governs Stomach, Liver, Gall Bladder, Pancreas, and the whole metabolic energy [5].

4/ The fourth chakra (called Heart Chakra) has frequency 12 Hz and consists of 12 sub-spirals with common origin. It rules the function of the heart and is considered the seat of our emotional Soul. It is green in color and is activated by green color. It responds and is activated by sound a. It governs the Heart, Lungs, blood and blood vessels, and the Vagus nerve [5].

5/The fifth chakra (called Throat Chakra or Chakra of Communication) has frequency 16 Hz and consists of 16 sub-spirals with common origin. It rules the function of the Thyroid gland and relates to our ability to communicate. It is blue in color and is activated by blue color. It responds and is activated by sound e. It governs the verbal communication and singing [5].

6/ The sixth chakra (called Chakra of Intuition) has frequency 96 Hz and consists of 96 sub-spirals with common origin. It rules the function of the Pineal Gland and relates to our intuitive vision, creativity, and clairvoyance – ability to foresee the future and see the past. It is indigo in color and is activated by indigo color. It responds and is activated by sound om. It governs the intuition, the creativity, and the ability to see with the mind the past and the future of the people and the Universe [5].

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7/ The seventh chakra (called Crown Chakra) has frequency 972 Hz and consists of 972 sub-spirals with common origin. It rules and regulates the function of the whole body. It is white in color and is activated by white color. It responds and is activated by sound ee. It governs the thoughts, and determines the knowledge and the intellectual level of the individual [5].

While the first four chakras #1, #2, #3, and #4 are the chakras of the material body, chakras #6, #5, #4, and #3 are the chakras of the Spirit. If so, chakras #3 (Solar Plexus) and Chakra #4 (Heart Chakra) belong to both – the material body and the emotional Spirit. They are called chakras of the Soul because: a/ the Heart, which is emotionally-sensitive (chakra #4), is considered the seat of the Soul, and b/ the emotionally-sensitive digestion (chakra #3 Solar Plexus) is another seat of the Soul. This defines Soul as a unity of body and emotional Spirit.

Thus, the ancient knowledge on chakras, confirmed by my measurements of the chakras, claims that the chakras are sensitive to colors and sounds. If so, we can expect both colors and sounds to influence our emotional aura (Spirit), which rules and regulates everything in the body. If this is so, we can expect sounds from singing and from listening harmonic music to influence our emotional aura (Spirit), which rules and regulates everything in the body. However, we can expect the sound produced by the body during singing to have stronger effect on the body and Soul, than just listening to the sounds of music produced by somebody else. We can expect singing to emotionally uplift our Souls, and since Soul is the unity of material body and emotional Spirit, which rules and regulates everything in the body, we can expect singing to positively influence our health.

## V. Conclusion

Thus, singing positively influences our emotional Soul, which is the unity of our material body and emotional Spirit. Since the emotional Spirit rules and regulates everything in the body and makes the functioning of our body to be modulated by emotions, singing by influencing positively our emotional Spirit is expected to influence positively the functioning of our body, i.e. to influence positively our health. If so, sing for health during the Pandemic.

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