

The Human Body Power Source Problem

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There exists a science problem that has plagued scientists for years, and for which modern science has no answer. The query is just how does the human body create all the power necessary to keep the human body so hot (98.6 degrees F)?

A human body at rest generates (and radiates away) about 100 watts of power, or 2,400 watt/hours of power over the course of a day. This is an enormous amount of power, being equivalent to three or four car batteries being drained each day just to keep the body hot and powered with electricity to function.

The default answer is that the food we eat provides the power (and heat) from metabolism. But a typical 1,500-calorie daily diet contains only a tiny fraction of the energy needed, and when I fasted for twelve-days without any food input, my body temperature and function did not diminish in the least amount. Even the fat my body burned during that fast did not come anywhere near 2,400 watt/hours of power each day. So, where is the body getting all this power from each day?

The place to start answering this question is to examine the hottest part of the body, as logic dictates the highest temperatures would occur nearest the power source. The hottest part of the human body is inside the human brain. The brain is roughly two degrees hotter than the rest of the body. But this begs the question just what inside the brain is generating so much power?

That answer comes from religion and the study of near-death experiences. Many accounts from witnesses of a person dying, often times report a small spot of bright light leaving the dying person's head and traveling up through the ceiling and out of sight. This small spot of light energy is the human spirit leaving the human body and presumably traveling towards heaven.

Doctors will not declare a person dead until they determine no electricity remains in the body. Usually, an EEG would determine this. The person's electricity (human spirit) moved on from their body, leaving their dead body behind.

The center of a person's brain is called the *Thalamus*, and just below is the *Hypothalamus*, which we know regulates body temperature among other functions. But the *Thalamus* acts as the central hub of body functions, similar to the flight deck of a jumbo jet where the pilots sit and fly the plane. The human spirit is the pilot flying our plane.

Scientists do not know where consciousness (being awake/aware) is created in the human brain, and I propose consciousness exists in the human spirit. This human spirit is very hot and requires the constant flow of blood (and oxygen to preserve/heal tissue) to cool it down, thus heating the body. The extremities of the body (arms and legs) act as a radiator of sorts to dissipate the heat cooling the blood to be pumped back to the brain where it is heated once again by the super-hot human spirit.

During exercise the body draws more energy from the human spirit making it even hotter which requires the heart to pump blood even faster and the lungs to supply more oxygen, to otherwise dissipate the extra heat generated. The term “*cooling down*” after exercise is exactly such.

During hypothermic (cold) conditions where body temperature is forcibly reduced, the heart slows down pumping to conserve heat, even to the point of ceasing pumping altogether along with cessation of respirations leaving the person in *hypothermic coma* (a death like state.) Once the body warms back up, the heart and lungs restart restoring blood and oxygen flow to cool the once again hot human spirit.

It is God who creates the *human spirit* and powers it with the light that constantly flows away from God.

Zechariah 12:1

...The Lord, ...who forms the **human spirit within a person, declares:**



Technically, the part of the human spirit located in the center of our brains is called the “*soul spirit*” (consciousness) while the part that operates the human body is called the “*human spirit*.” Likewise, a rabbit has a “*rabbit spirit*” and a “*soul spirit*” as well. In fact, all animals on earth have a “*soul spirit*” and a respective animal spirit. Apostle Paul explained it as:

1 Corinthians 15:44

...If there is a natural body, there is also a spiritual body.

This is why God called all of us “*gods*” with a small “g” of course, because it is the flowing light from God that keeps our spirits alive (and hot.)

Psalm 82:6

"I [God] said, "You are "gods"; you are all sons [and daughters] of the Most High.'

At death, it is our spirit that travels to heaven, leaving our animal bodies behind on earth. That which comes from heaven, returns to heaven, while that which comes from the earth, returns to the earth.

URL to this sermon: <https://eliasmonastery.com/Human-Body-Power-Source-Problem.pdf>

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