

## 16<sup>th</sup> Knowledge Seekers Workshop – June 26<sup>th</sup> 2014

- **Main topics of this Workshop**

- **Talks about Vatican Meeting, Unifying Religions**
- **Half Spheres Formation (Change of Polarity)**
- **Conversion from Plasma to Matter (Ex of The fields of the Sun Converted into N)**
- **Stars are Plasma Without Containers**
- **Use of the Technology for the Collateral Effects of Chemotherapy**
- **Explanation of How the Decontamination of Fukushima is Done**
- **Food that we Use are in Gans State**
- **Plasma Give and Receive Just What it Needs, no Danger**
- **Cup of Life (No Need to Eat Food)**
- **Curing Cancer with the Cup of Life**
- **Fasting**
- **Gaps in the DNA and the Gaps in the Nano Layers of the Cu Wire are the Same**
- **RNA Structure and DNA Structure are the Same**

(:01) Dr. Eliya assume and talk about the meeting in Vatican. When Mr. Keshe entered the Q started a huge rain. (:10) Their intentions attracted people around them to ask about what they were doing. (:16) Marko assume and talk about a conference that happened in Italy. (:21) The KS arranged another Star Formation and are still working on it. (:30) Shows a video of Armen making the reactor. Armen says that this technology is secondary and the most important is about how to correct ourselves through this technology. (:34) Ivan assume and says that he felt the emotion of Armen. (:36) As Dr. Elya said a storm happened when Mr. Keshe entered the room and it is said that the storm stopped right when Mr. Keshe left the room. (:40) They are trying to work with reactors with half cores, Armen call them the female reactors because they look like women with dresses dancing when the reactor is on. (:46) **Mr. Keshe assume.** There is couple of points for us to explain, the reason to go to Vatican was nothing to do to put down the integrity of the position of the Pope, but to unite the Religions. The invitation is very simple, we meet in the cloth of man, not with higher hierarchy. We have invited 6 world leaders for this meeting. Its not about to create another Religion. (:49) Keshe says that Elyia became the mother of the Foundation, he thanks her for everything that she is doing. We have set up the structure for the Health Center in Malta. (:54) Keshe talk about the Foundation and that Jorge left. Sometimes the things become too expensive to stay in the Foundation, and they are working for people who can not afford to pay stay for free. (:56) In Italy the things changed, the authorities are recognizing the technology and understood that we are serious in our work. Even the Institute (Research part) is in the same location as the Foundation (Organization), they work separately from each other. We have been advised from our advisers to make this. Some people will be in both places or just in one. (:58) I came across with a genius of the Science, he said very simple that he has found the system to detect Earthquakes 6 to 24 hours before it happens. This man made the presentation, and his daughter was sit next to me and then I said to her that her

father is a genius, because he explained as a nuclear researcher how he detected the connection btw radar and the EQ. According to what he did and what he announced he saved some 300 lives, people who was listening to him they moved in the night before the EQ that happened in Italy. Countries like Taiwan has adopted this systems, but he stills is getting all sort of problems, persecution and the rest. His name is in the program. He was in the podium afterwards discussing how his system can work, and what he explained to us made sense as a scientific engineer, he has touched one of the major problems of humanity. In understanding his explanation scientifically we see the connection with the systems in the Foundation, what we call the Star Formation but if you look at it is exactly like the Earth, we think we immediately after his talk 3 or four got together, and I believe that we can replicate and facilitate for him to physically show the conditions of the radar and the EQ conditions, with adjustments in one of the reactors in the inner core we can adjust the tectonic plates on the Earth and show the correctness of his theory. As I said in the talks there in the podium that my Foundation is his. EQ has killed millions of people and this man has found the solution, most probably you will see a collaboration in respect with this work. **(1:04)** They are setting two systems and we will inject these with Gans, Armen made a sphere few weeks ago so you can see the formation of Gans, it explained to me a lot of about the movement of the material inside the sphere and after the meeting with this gentleman brought a lot of things home. We can replicate liquid conditions of Earth trough Gans materials, different Gans densities, so we have the spheres of Armen, and we see a lot of things in it in respect to the separation of matter into Gans, and we have tested the 2 reactors that John brought in, the whole structure will teach us a lot. You talk about these new systems, and now we have the whole structure, now we have the 2 formations, one is a full sphere and the other is a half sphere. The half sphere is to be more stable in respect to the polarity change. But we saw the polarity change in the half sphere when we move the system which has been put in the center, I heard somebody saying that this change of polarity is because now it is independent in respect with his twin star, and this is exactly correct. The change for the polarity in Ivan's reactor is more or less we might see the changes and this is what we always said, when the system change the polarity the other one will rotate, Einstein called this the funny thing because he couldn't understand it, but now we have a system to physically show this. The N pole of Ivan is interacting with the S pole and vice-versa. And the polarity change in the half sphere is for the first time. The first indication is that the sphere is totally Nano Layered in Ivan's sphere, so the Mag fields of the Nano Layers are creating the MaGrav fields of the environment that the Plasma inside this reactor is working independently own his own, this is why it has change is response to other reactors. The difference is that one is half and the other is full, so the position of the half sphere will dictate the position of polarity. It's a new understanding, it opens a new door of understanding. **(1:08)** John was explaining about the reactors, specially Ivan's reactor, that we see the release conversion of a Plasma to matter, this system is totally airtight we see gradual reduction in the vacuum of the system. As we already vacuum, when we lived it starts to get back to release gas again, I believe that these gas that we are extracting is of H which is a Plasma converted, I can explain how Plasma can change to a matter and this we see in the upper atmosphere of the Earth, somewhere in the structure of that reactor the position created which I can know these reactors as my own child, because I build every single one of them I can explain why I see the conversion of

Plasma into matter, and if it carries on we can see the total change of the Plasma into Matter. This is the same process of a reverse of what you are doing in the process of your Gans materials and the CuO<sub>2</sub> layers. You create an environment where you convert matter from molecular structure in atomic Nano layers and then you create a similar environment which is for Plasma and the into a Gans. And then if you go into the gas state directly to a Plasma now you are creating the same environment as you do with the salt water in the production of Gans and the Nano Layers which you have created. So you are in fact doing the same process just with different medium. This process is going further, as we do more experiment and teach more open the technology we go into these knowledge. **(1:11)** Question to Mr. Keshe repeat what he said. Keshe: Yes, because of the Nano Layers in the inner core the environment where the Plasma behaves exactly like your CuO<sub>2</sub> behaves in the water with the salt. In the conversion you use the Nano Layer to convert into a Plasma to become a Gans state (CuO<sub>2</sub> or CO<sub>2</sub>, whatever), and these cores like Ivan there is a position created where due to the MaGrav fields layer of the Nano Material which we have used to coat this reactor, creates the same condition, but in reverse, now we created a Plasma due to using the same material in putting the reactor in the double SF the Plasma inside this core is getting pulled to one side of the core, so in fact you are increasing and creating condition on the other side, if the normal gap btw Plasma and the wall was, let's say 2 centimeters other way around, now is 1 cm one side and two and a half in the other side of the sphere which is looking into other SF. So this expansion btw the gap and the wall allows the conversion of Plasma into matter. The Plasma leaves the Sun and when it gets into the right condition it converts into N and other materials, but if it doesn't get in touch with Earth it goes to another planets and if is not touched by any other planets it becomes part of the layers of the outer shell of the Solar System. Now we have created a position where we convert a Plasma due to its expansion and have give these few cm that converts Plasma back into Matter condition, that condition is created somewhere in our reactor due to a glue or stick thing. Has made that condition of Earth to convert Plasma into matter, we see this as a release of gas in the core. **(1:15)** Question: Is this just happens in the dynamic reactor? Keshe: At this moment is the first time we see in the Ivan's reactor, we have no leakage, these systems are totally sealed... Questioner: Do you spread Gans over the Nano Coated places? Keshe: No, these layers have been glued on we put gases in over weeks and converted it into a Plasma, the Magnetic holding of the Nano Layers kept the Plasma inside, and something which is been a puzzle for so much people, how much this core is holding up, this reactor is literally taking all the Mag fields which is in the layer of Gans which was before it was put in. We created a Plasma and this Plasma was contained inside the reactor, the Plasma doesn't sit there, it is dynamic. So even when we don't see the motors running, the Plasma itself on its own run. As we always say, we don't see any motor on Earth rotating or the Sun, but the Plasma rotate, we have manage to create this same condition in this reactor. We have created an environment since we put the new position that it has created a condition enough for the Plasma to convert into matter, and every time we put the vacuum system on we see dropping of the vacuum in small amounts. This has come about by changing the polarity to become stable, and secondly in moving the position of Plasma, not centralized, but moving to one side. There is a lot of things which I try to open up to understanding. **(1:19)** Keshe talks about been aware about the changes in the data of measurements of the fields, this can be very dangerous, even more dangerous than

Fukushima. You ignore it and put in the direction of a plane that is flying and that plane crashes in a city you are responsible for that Soul. Anybody who works with these systems, measuring amperage and other things and see fluctuation on the measurements, stop, till you solve the problem. Fluctuation means problem, and that was what we saw in the core number 3 here. We start to see the next phase of development, you called two SF now you have two atoms which are interacting, now we can replicate as the number of reactors increase, the atomic structure. The KF is the only organization who has this facility. Now we can for the first time very soon put two reactors at the same time in the center, then you can replicate He. Science enters a new dimension, we don't need to guess what an electron does. We can now replicate and change the parameters within these cores and very soon we can even create reactors and control them and understand the properties of Pu (Plutonium) and U (Uranium). Now we have page of data of behavior of one reactor, we have a reference point. Now we move the two detectors inside and outside the circle of the SF, each detector is looking in the environment of the SF not just at one reactor core. Now we see the fields across the two. Both detectors have been showing vertical push, that means that we don't get a fluctuation, but we get the strength variation on the down (??), which means that the original SF is sitting on the origin of lift, but its not going because the numbers are not reaching the same level. Something has happened before we go for Rome, I went to the lab and the core of Marko which is a still core was all four at 12, I tried to understand the reason, why I could see 12 in one reactor and some centimeters we saw no indication on the second detector. The only explanation at this moment is that that core reached a lift, and as the field moved out the sphere the field came directly in touch with the field detectors which are with current of energy, and the field collapsed. So for that reason we moved the detectors outside the system. **(1:27)** We went out for 10 days, no reactors were shut down, we came back they are still running, it shows the hard work has paid off. **(1:28)** We lose the vacuum but the center core did not lose the Plasma. This has proven again that by loosing the vacuum, once you have created the Plasma due to the property of the Nano Materials which holds the Plasma to the center is not a worry again. I would love to break John's reactor, when I saw this the intentions became stronger, because John's reactor is a center pin which we literally leach the Plasma to it. In his reactor there is no Nano Coating, there is only one dog leash in the middle, we put a pin of Nano Coated Material, which the Plasma is holding on to. We have glued to the Plasma to this electrode in the center and we have show by the lost of the vacuum on the Mother core, we do not need, once you established Plasma and you can hold it that it can establishes enough in its own strength, you don't need the container, so in reality this is exactly how the stars works, we don't see any solid container in the top of the Star. It will be very easy to repeat the structure of the Sun on the main reactor. **(1:32)** Keshe said that since they came back from Vatican there was an attack in Italy. **(1:33)** We can repeat a lot of theories in the world of Physics. Keshe invited a Bulgarian to work with the systems. The door of knowledge is open. **(1:35)** Keshe is helping to develop the Bulgarian reactors. **(1:37)** Question about the Diabetes paper. Keshe: I have to finish this paper, what happened, this lady I have to literally chase her for information. In 6 weeks or so, she had reduced the use of insulin in about 50%, and as I hear, the changes are very drastically, but one of the reason we went to this cas was not so much because of Diabetes, we know that Diabetes we can change from our fisrt case 7 years ago, Diabetes 2 have a full solution. The reason we took this diabetic

condition is because the diabetes has damaged the Kidney, so the lady needed a Kidney transplant and what we are heading for is to stop the need for this transplant. We took it up to see if we have enough time, the brother, father and ancestors have the same problem, and all died of this process of Diabetes and Kidney failure. At the moment not much information. **(1:39)** We were asked about Cancer from a member of the audience in the conference, that if we can help her grandmother who went through a cancer, and she has been to Chemo, I can give this data. We have confirmed this from the Hospital in Germany. We are spreading the knowledge around the world that it can not be put in hand of one nation. We were approach from a gentleman who is a doctor and the father is a dentist, the father has a Brain tumor and they took it out, and they told that the life expectance was 12 months, that is the normal with this kind of Cancer. The guy asked me help, they were going with Chemo and even with Chemo there was a life expectance. I accepted the case due to the new understanding and my strong belief that Chemo is the best solution for Cancer, but the side effect of Chemo which are causing the problem, so I set out to understand how we can use the Chemo and change the condition for the benefit of the Mankind. So this has been in our table for 2 or 3 years and the conclusion for me was, I can understand more and more development of the Lymph, and how the Chemo has been more the cause of the Death, more then helping, so we built a system to reduce or eliminate the side effect, or at least give the support for the body to produce his own Immune System and the side effect of the Chemo. Since the day we started the doctors in Germany monitored the gentleman on a weekly base, then the Center of the Chemo who did the procedure, they put condition if there is any progress or backward of this cancer, this test was done last week in Germany and they have done the MRI and blood test, there is no sign of cancer in the MRI, and there is no sign of cancer in the blood test, the blood test is as good as mine. So is been clear and now we know, I showed the data to Ivan. This shows that Chemo can be changed for the benefit of man by reducing its side effects. So we gonna monitored this case for the next months. Not we just found the solution of cancer, but we found a solution for the side effects of Chemo. **(1:44)** One has to understand that there is no much difference btw radiance Therapy and chemo therapy. You look at one material that you have given to your body, at the end of the day is delivered a large dose of Plasma MaGrav field of certain strength, and the problem with the Chemo is this MaGrav runs through the whole body, so it delivers energy to everywhere, not only to the cancer, so if you can reduce the energy in 2 points in the body, then the material stays the same and the IS of the body works normally, we have found how this can be done. We will release the data because we need to open more cases, in large scale development. The other point due to the decontamination the data with the cleaning of the atmosphere and the liquids its still in the carrying on. They did tests in Japan. The Japan asked for the help of the Foundation for another decontamination that is more dangerous. There is enough knowledge in the Foundation to correct Fukushima situation. **(1:48)** In respect to Fukushima decontamination: The Cs is Gamma radiation, you create Gans or systems which are MaGrav based, so Gamma been a radiation gets absorbed, so Gans materials as Mitsue has shown is the best field for Gamma rays, which are the most dangerous. Now that you have the Alpha and Beta these are more matter energetic system, then you have to find an intermediate for this process, and this process of producing Gans we have this intermediate. You convert from one to another or you confine all the radioactive strength into a radiation level that the Gans

material can neutralize, or absorb and bring it to itself. So this material are developed, soon will be tested again. Any Gamma ray which is in the material, converts it back to lower state of Alpha and Beta, so you see rays of Alpha and Beta when you have no level before, or sometimes you see a increase of Alpha and Beta because you bring a step down, this is for those who are working in this industry, because I know the nuclear scientist in China and Japan are closely following the next developments and listening to these programs. You have to find a warm, which is food is Alpha and Beta. So have found that warm, so we let it eat and it convert to a Gamma and to Gamma to neutral state, is not doing, is pressurizing it. Keshe talks about again who speaks the same thing in these matters but in reverse, he gets the Alpha radiation material through a specific process to Gamma and to Gamma he can detect the strength. We have found this in the warm condition the radiation of change to Gamma allows us to neutralize the radiation. This is the whole process of the change of the reduction in radiation. **(1:52)** Question about radiation in human body, can Gans materials can be used to neutralize radiation on people? Keshe: Your skin has that, part of the skin structure has that property, that is why is there for. Dr. Elyia will explain. Dr. Elyia explain. The skin is a Nano Coated layer and it have three parts, the last part is the Nano coated part, so you have protected from the Nano layer skin. Question is about if people get contaminated by radiation as in Fukushima. Keshe: You ask a question that we got to open another chapter on the medical side. In a way yes, if you swallow radioactive materials or breathing in, you can use the health side even as a Gans to reduce or even cancel the damage, or allow the material to be absorbed, this is done frequently as a protection system. Part of this is part of the research we are doing with ILS. We have had good results in slowing or blocking the development of ILS, we have very good development of people with ILS to move, but we could not stop the process of development and the final death, now we go the other way, we stop the process in the Brain structure itself, but this new process was opposite to what we needed for the physical improvement, so we got to a point that the new system, if we use one stop the other and vice-versa. A person was with ILS in final state, in death bed and in 10 days we could see the positive results with the technology. Which means that we have manage to kick in the physical movements and the structure of the body internally, by using very much the process of understanding the Plasma and using the process of food chain. A gentleman lost the control of saliva, the muscles in the neck stopped to function properly. His wife said that this week and past few days she did not needed to use the suck machine to take out the saliva because the body has start to work, even he having a pipe in his stomach. This gave the indication that we can reach the process of Gans Materials for Physical movement, and use the new system for other ILS volunteer that we can see. **(1:59)** The food which human race use it is in Gans state, but you got to understand that how and where to use and the way it has been done, you can use it as Gans state material for specific conditions as far as we can tell now. There is a possibility that we can use the Gans more or less like tablets, where they give you radiation dosage in a tablet and you digest and get washed out in your body, in your blood, you can use it now as a safe system, like a Gans, there is no radiance damage, this is a discussion to be done in the future. So yes we can use the Gans if you can stop the capsule to be opened up in your body and going through your digestive system that go through your body and change the environment in your body and reduce the Gans. This process started in the Stomach and Intestines with a lady from Russia with cancer. She

had a cancer in the top of the Intestine and at the bottom, now she is going to give 6 weeks collaboration with the doctors to see if she can reduce the condition of the cancer. People who go to Belgium saying that we are doing illegal things in medicine, we have legal certificate that we can do so. We will have the opportunity to start the Health work in Malta. **(2:02)** We can not teach the medical side to everyone, as the Indians say, half doctors is dangerous. Dr. Elyia will organize a way to teach the Health side. The same we brought the Religions together and try t brought the politicians together, we have to bring all sectors of the Health together, and take the best for Human Race. This is the next step, as I asked Elyia to bring all the side of medicine. **(2:05)** Question about the production of layer of Gans in the bottle of water close to the reactor. Keshe: We are looking for this already in about few weeks, we understand that part of the process of the cleaning is not using the material direct to the water we are in design composition of this system. It is like when you put material through micro wave and don't get damage, we are looking for this same thing in a very commercial way. This is part of the work of other scientists out of the Foundation. This is like a table top, where the fluids flow over and the water get decontaminated, we need this process for places like rivers, and to air pollution. The questioner interrupts and ask about the safety of these materials, if it is dangerous to keep close of the MaGrav fields. Keshe: Not really, as long you don't get in touch with it, keep these things away, that we can analyze then we can tell you. Go to the video on the first talk I gave Saturday. It changed Ph content by 66%, it dropped N content, and this is just by contact. As far as we can see and Chemical analyses, nothing reaches to change the human structure, nothing at this moment, but at the same time the data is very thin, let us to our work. You got to realize, that part of one test cost to the Company 2500 thousand Euros. These people are investing a lot of money to understand this. We understand more and more. **(2:14)** There is no danger, the rules of Plasma, it just take what it needs, and will just give what is need to be taken. In so many ways if you use in a correct way, whatever body needs to adjust to short of it will receive from it, this is the beauty of this technology. But what does it means, does the body needs because it takes it? As far as we see and from the data from years we have seen any negative thing with the use of Gans. It releases a lot of energy, because it is a Plasma, the same as your body, but now we see physically in change of the materials, look at the report of the data from the lab, you can see the changes. **(2:16)** When you produce mozzarella cheese, there is a waste water, and it cost the company thousands of Euros just to clean the water to be throw in the land, with this process that cost come to zero. In a very simple way you get rid of thousands of cost to small factories. What we see now in the lab is that you can wash the material and continue the new production. **(2:18)** Now you can produce these systems that can neutralize the bacteria of your tomatoes. Not necessarily damage the fruit or kill the fruit,, it brings balance. The thing is that people started to understand the process. **(2:20)** Question about the decontamination of the sea near Italy. Keshe: We are working on this for nearly a year. Italians authorities are proud that we are here. There is a lot of work going on, the governments are seeing the benefits of this technology. **(2:22)** Keshe says that the Italians hide them from the hand of the Belgians. Keshe talk about everlasting pans with Nano Coated pans. You can seal Nano materials layers that you can cook, that you can drink with it, but this is the process that when you do it you do not need food to digest, but you have to know how to do it to not receive too much energy. The reason that we eat different food is to receive spectrums of different Plasmas, if you understood why

Nano Layers are dark and black, and you can do something with it in a correct way you do not need to eat, Nano Coated Cups will give you everything you need because they bring the balance of energy which is in there within the water. This is the water of life. You have to seal when the governments agree in a peaceful way that the foods are not used as a ransom and the seeds are not kept, need to be delivered away. When you Nano coat cups just go back and understand the technology in a correct way. The Nano layers absorbs the spectrums of energies that is why is black. You can create the condition in the leaves and it releases what you need from it accordingly with what you put in it. We open the doors as much as you can understand it, otherwise it looks like magic. You do not need to slaughter a cow to get protein, you see in the cups in the labs with the fat in the top. Now if you can make a cup and seal it in a correct way, then the spectrum of the MaGrav Plasma in the cup will transfer its energy accordingly to the molecules of the water, don't forget that even the water, the air comes from different spectrums of fields. We are seven billion in this planet not one of us is exactly the same, it is the same with the air we breath, just because it is O... so we can use this affectively in feeding the man. You put a cup everybody put the water in it and the body take what it needs. You don't need these elaborated systems of feeding and the rest, but at the same time we did this about 8 years ago in Belgium because habitually we need to chew, then we go back to eating. Now we end up with the control of foods! If you know how to use different cups, even different coating you absorb different energetic levels your body need, you don't need to eat, we have done these tests. **(2:28)** Question: The Nano Coated Material will not get in touch with the center material in the cup itself? Keshe: It can get in touch with it but you have to understand what are you really seeing in the cup. The knowledge is deeper then just make a Nano Coated cup and start drinking from it. You got to realize that, like Ivan reactor, we get a Plasma from it and now we are releasing as a matter, go back to the same principle in the cup, you do not need to o in the lab conditions, we test the reactors for the medicine because we need to. I developed the proteins aspect in Plasma, what we call Neuro Amino Acids, you can do the same thing in the cup, you put your soup in and you get what you need in your body, you can put a water in and that water becomes the food, but let the scientists do the full day analysis in the next year or 2. No one in the world needs to die of hunger. **(2:30)** You have two mobile phones, I give you everything yu need t survive (Mr. Kshe refers here with the material in the mobile phone to produce Gans, I think). When you drink a balanced cup, water, nothing in the body goes unbalanced, even if its unbalanced becomes balanced, so the cancer becomes a history. The world of Science has changed because we understand the process of the Creation. One of the reasons we got a lot of misunderstandings is because people go and put their fingers into the Gans material and say I didn't get energy so you are wrong, this is stupid. They don't understand that the energy that has been delivered is so vast that it can cause danger. Now we open the cup of life. If you can make a composite like Nano material, like a Zinc, Cu, whatever, and you can get it all coated and drink from it, you receive the Plasma of all your minerals, metals that your body needs and if there is too much of it, when you digest it you say goodbye to cancer, because your body does the process of balancing. Life expectation through this process will reach thousand years, even the youth regeneration. You don't become younger, but the body comes in balance with what it needs so it doesn't destroy itself. Now you receive the right amount of food and medicine directly from your own drink. No child will go hungry, but if you do it in



one goal you create mayhem. We can do the same through the inhalation in the cup, pass the air pipe through the system, so the Lung receive the right Plasma for the Brain to work. Then the question goes where does the Physicality of the man goes to? Keshe goes out abruptly. **(2:34)** Keshe reads the message that he received talking about the results of the water. We got to change and understand the process of change. I asked for the KS have you prayed for your system? Even the cup you drink you pray for it because is that that is giving you life, because it gives part of its energy to you. This is the whole process of the Creation. And more and more companies knows that we are doing in the correct way. If anybody dares to make the cup and use it, we saw woman get the menstruation back at the old age, it is truth because the body balanced to its original position. **(2:37)** Rick ask about fasting for better health and says about science researches that fast can cure cancer and other diseases. Keshe: First of all I can not fast, I tried in the past, after three days I started bleeding, I was not born to be a religious guy. Go to understand the process of fasting, you know in the fasting is about learning the process of adjustment of the body not to eat. In different religious people fast, they eat like a pig before or afterwards, this is not fasting, the fasting is done in a normal way and is kept in a normal condition, there is a fasting called (??) that became fashionable, you eat whatever you can do whatever you like in specific times of the day. These are radical changes. You have to understand what does the fasting do. In not eating in introducing new materials to your stomach, you create a new condition to your stomach. Fasting is creating of condition. The acidity and the enzymes in the stomach don't change in a way or stay the same because you haven't eaten. You smell stake your body starts to produce the enzymes because it thinks it gonna eat it. Even if you are fasting your body doesn't stop working. I started to understand the process of the fasting of the Italians. Italians fast everyday, they wake up in the morning, they get a espresso and a piece of cake, and you put the most delicious thing in front of them at lunch time they don't touch anything, and the they don't touch anything until the night time. Italians fast everyday, there is a reason for it, you have to go back to the culture of the Nation. These people did not have food so much available as we have, these are the war nations. They taught themselves that can eat one meal a day for their survivors, it became a habit. 80% got perfect bodies without regimes or diet, it is about the way they live. **(2:44)** Rick talk about research about fasting increasing the longevity and health. Keshe: The point is when you eat normal, you use whatever you need, is the chain process. The chain process of getting fat is that they have realize that common link to make money. You look at the sugar, you look at the C, the CO<sub>2</sub> with gases and the salt, you continually make sacks of water, and that water need to be maintain, otherwise you get cancer or dehydrated. If you can irradiate you hunger with water then you are obese, because that water doesn't just fill up the stomach, the Brain takes it unless it have had enough to keep the salt floating and the protein, as we call the fat layer in the same condition. So, if you are hunger and you can take a glass of water and the hunger goes, you are obese. The Italians don't even accept the glass of water. You don't need a diet for it, if you diet, diet correctly. This change of habits, these youngsters suddenly become vegetarians, they cause themselves huge damages, they are happy and call themselves vegetarians and don't kill animal, it doesn't mean that it doesn't walk it doesn't mean that it is not alive. I have a talk with a vegetarian and he said that never ate a single animal, and I went to a data to show that man eat at least six spiders a year, they are in your food, they go in your mouth when you are sleep, so

nobody is 100% vegetarian. **(2:47)** Question about the DNA and junk DNA. Keshe: I can tell you very direct about junk DNA, they don't understand it, every piece in our DNA has a meaning, but since they don't understand they call it junk. Even a DNA part is used a gap is needed for the information be kept in the next chain of DNA. There is no junk. One of the things they call junk DNA is the connection btw the DNA and the RNA, the information link, the DNA doesn't stay in one place, I wrote a paper about the conditions of the spiral of the DNA, why it is like this. It is because of the MaGrav field f the protein and the Ph backup, the spine of it, they create a condition exactly like the Nano layers you built on your Cu wires, there are gaps btw and those gaps in your Cu wire, they sits on each other flat, but in the DNA the force of the MaGrav fields of the DNA forces that shape, for its stability and at the same time in interaction and connection with the RNA forces, the RNA are at the same structure of the DNA but in the Plasma form, it holds enough information from the day the first man opened his eyes on this planet. What they search for gene defect, in RNA in time the man understand the Plasma condition you will find in each Plasma like CuO2 or CO2 there is a structure in the RNA and the information stays at its structure, but at the moment they don't understand. These links where they think that there is no activities, RNA and DNA they can not exist of its own, is like the Soul of the man and the body of the man, they exist in connection, these links are needed, if they are not there is separation they can not exist and the information will not be transferred. **(2:52)** Question about the number of cords in the DNA. Keshe: Everything is on accordingly with what is needed, and what is off to you is open to another channel. Nothing is off. Is the same with the information channel btw your Brain and your toe, just because the toe is not used for 10 years, doesn't mean that the body is gonna reject it.