

19th Knowledge Seekers Workshop – July 17th 2014

- **Main topics of this Workshop**
 - **Meeting with Religious Leaders, Unifying Religions.**
 - **Critical Point With the Reactors. KS Achieved Pre-Flight Condition**
 - **Cup of Life**
 - **Commercialization of the New Power Energy Supply and How it Works**
 - **MaGrav field of the Sun Suppresses the MaGrav Field of the Earth**
 - **Explanation of Travel in the Cosmos**
 - **You Can Not Reach the Principal Matter**
 - **Once Plasma is Created there is No Need for the Containment**
 - **How to Check in Homemade Reactors if there is Plasma in Them**
 - **Understanding What Leads to a Condition of “Disease”**
 - **People Can Feed Themselves from “Light”**
 - **Oxygen Do Not Pass the Walls of the Lungs**
 - **Digestive System and Why the Lymph is White**
 - **The Work of the Parathyroid Glands**
 - **Functions of the Thymus**
 - **Living Without Food**
 - **No Difference Btw the Upper Layer Condition of this Planet and the Lung of the Man**
 - **Creation of Protein and Life in this Planet**
 - **Life in Other Planets**
 - **Cancer as Solid Material is Controlled by the Thymus and Lymph Glands**
 - **Sleep is Just for the Physical Part, Not for the Emotional Part**
 - **Claustrophobia**
 - **Flying Car**

(:01) **Keshe comes in.** Today we have a little bit to tell you. We started to teach the technology and the Science behind different aspects on Keshe Foundation, especially on the Health side. One of the things we did not put much attention was about the human body and biological effect, this is one of the things that looks to us strange, but in fact it is the most natural way to do it. Before we get into it we have some information. After the next Thursday we will break for summer holydays. (:03) The other news is about the World leaders meeting, we had wonderful section. It was 3 day of deep learning and understanding, a lot of things became clear in what needs to be understood in respect to different kind of beliefs and what they understand and what they expect from the Foundation, in respect to the Ethos of our work. One of the points was about educate people first with Science that they can understand it. The outcome of the meetings is that, whatever you are (Christian, Jew...), **you can go to any temple and pray to One God, the difference is not the house, the difference is what sits in the heart.** In bringing all the beliefs in one, in so many ways, we came to understand that the houses of worships in any name or shape from now on are the same. The name of Religions from now on

becomes irrelevant. (:07) We see a great step forward with this move. It is not easy to move in such a way for politicians and religious leaders, it brings a lot of problems for them and the position they are and we don't talk to no prophet or priest or religious leader to get to God, in this way we see the God through our own existence and the behavior of ourselves. You are quite welcome to come with me and pray in church or in a synagogue anywhere in the world. (:08) In respect to the development of the reactors we reached a critical point in the last week. I had asked total silence for the KS, no pictures or information allowed until we decided accordingly with the condition we achieve and at the same we have to respect the Italian Government. Any announcement in regards Space will be done by Italian Government. I have to inform you that the KS have achieved the pre-flight condition. Next Thursday we should be able to show the cup of life. The samples has cost ridiculous amount of money because he had to produce it, now it is something like 12 Euro for one cup. (:10) Rick asks about the cup of life. Keshe: This is the cup that we produce that we can drink from to receive all the energy which you need. As we explained, we produced a initial one, and we will receive 50 of them this week, by next week we should be able to show you. A single can not product the spectrum that the body needs, so we have to produce 3 different cups, so the combination of the 3 should achieve what we are looking for, at least part of the daily energy that we need. Rick asks if that is something that will be available for public. Keshe: It will be available to public, but we have to run the test in a secure way, otherwise people think they can do it and they can harm themselves. It is very simple but it has to be done in a correct way. Rick asks if this will be available for people purchase the cup. Keshe: You can purchase this from the Foundation website or you can produce yourself, depends what you want to do. There is going to be a lot of changes and they are coming in a very smooth way. (:12) As you know when you buy a book you go to Keshe power cells, Keshe power technology was set up by Dirk and me. Dirk set it up for about 4/5 years ago, for the production of day and night solar cells. Because of Government of Belgium it took us 3 years to get the (?). So we were distracted from the path to deliver what Dirk and I had to do. I can announce today that the production of the cells, day and night torch and the panel has started this week, the manufactures have started the pre-production, so hopefully in matter of weeks or so we should be able to offer materials like the torch. In the coming week the Keshe Foundation team will produce the Sun panels. (:15) The Foundation will commercialize this through Italian companies. The difference btw the day and night light and this system is with the presence of solar cells you produce energy during the day time, these solar cells produce 3 times average of the day light during the night, but you have to be on the ground floor. In the present solar cells with LED light you buy you charge a battery, a re-chargeable battery, and that is what gives you power. With the new technology you only add a capacitor and the discharge of the capacitor dictate how much you have light, so night time you have the same as the day time, and night time you have more energy because you absorb more energy upcoming from the ground. This changes a lot of thing in energy consumption, because now with the solar cells you create energy and send it down the grid, or uses it or store in the battery for night time, now with this process during the night while you are using you are absorbing more energy. (:17) The development of the clean of the air and the system is in progress. The commercialization for cleaning water and soil started few weeks ago. Keshe talks about the decontamination of soil and water in Fukushima. (:20) They said to Mr. Keshe that the KF for Health in

Malta will be open in the end of August. (:22) There is not much more I can tell you, is there any question? Question if the day and night panels can be put on soil or need to be put on the ground. Keshe: We have done a test in Belgium on the table, it was in the show in Toscana. We have observed that the energy up from the ground increased after seven o'clock pm and five o'clock am, and reduces from 5 o'clock am to 7 pm. Then we understood that you don't need to have it on the roof. If you seen the torch which I showed you only for this purpose when I want to charge it up, all I do, I put on my black bags and the I leave on the floor overnight, by morning is totally charged, so this is the beauty of it. It is not charged in Watts or Kilowatts, these are all Nano Watts which go and deliver whatever it absorbs into the capacitor, and use the capacitor as a source. So how much energy you collect depend of the size of the capacitor you have put into your circuit. You got to understand the principal, how the system work and not try to copy it. Then you can make flat at night and you can put in the wall like a picture during the day, and that picture on the wall can supply all the energy in the house because it absorbs the energy. We did a test with bearing the wires into the buildings with the Nano coating, so in reality if you can Nano Coat your wires and change your light to LED light, the wires embedded in the wall, will became the energy supply to the capacitor for the light when you need it. There is no need for the main supply. We are going back to Edison and then to Tesla. All the power supplies are DC, and your power supply is with coated wires which you have in your cable, these coating of the wires can be done with the plastic jackets. Your wires can absorb the energy from the structure of the wall and deliver to the capacitor and when you need a light you can switch it on. The process that your Nano Layers work is that they absorb the minutes flow of Plasma, not Magnetic fields, so the bricks in the wall decay, the plastic of the wall decay and in this continuously decay the energy absorbed by the wire is delivered for the capacitor for the time of need. The process in the open when you put outside, and why the systems changing during the time? It is that the surface of the Earth is the bounding. When you have a day light, the MaGrav field of the Sun suppresses the field of the Earth back just on the below the surface, the P surface, and when it is night time the MaGrav fields of the Sun is away, so the MaGrav field of the Earth passes something like 20 cm above the P surface. The reason you absorb more energy at night is because the lights, the MaGrav fields of the Sun is retracted, so the fields of the Earth are allowed to push up themselves to a certain level. You can make reactors which are under and above the ground. You can have the benefit of both, day and night. (:28) Questioner says that the question was about if they are in concrete or something if it makes difference. Keshe: The field of the Earth doesn't stop just because you put steel on it, is irrelevant. But at the same time you absorb the residuals environmental energies too. This explains if you understand in this tech that we try to teach why in North atmosphere most of the food is a root eating, because most part of the energy in the winter time and short time in the summer, most of the energy sits in the high potential just 20 cm above and below. So herbs and roots absorbs most part of this energy, it is in the right balance for them to absorb. This explains why we don't need to dig deep holes to grow a seed, it can be done just a few cm below the ground, and why the plants grow so rapidly. It is the combination of the energy in both sides, the Earth and the Sun, and this has to do with the MaGrav field of the 2 entities in respect to each other. (:30) Question if with radiation they would work better. Keshe: This is to be tested, Some areas will produce more energy, others don't. We know for fact, for example when I

leave my battery on the first floor how its get charged, but when it is on the ground floor the battery gets charged very very rapidly. I showed this presentation in Toscana. The main cost of this system is the capacitor and the LED light; and at the same time the capacitor can last for years, it is not a rechargeable battery. (:32) Question: The bigger the capacity the bigger is the output? Keshe: Yes, you can choose more LED lights. As you add numbers of LED lights, or you add other pieces to the systems for load, you don't need any other (??) because the system decide how much energy is gonna pull through the wires and through the environment. The system tells the limit of what you can take, because I can not pull more from the environment. We did a test about 4 years ago, and if you look at that 3D sphere, have a cap on the top, so we have tested different liquids in this container to see if with the liquids make any difference, if they increase the power of production or not. In one case you see the increase in production. And that is with natural water. When we add natural water we see slight increase in power production. You can make a system to be in the vacuum or liquid water and you will see slight changes, but you can not use chemicals or anything else that can interfere or start to produce Gans in the system. So you are tied up to a dry condition for efficiency. (:35) Do understand that these wires can not be weld or do anything with them, they are a dynamic MagGrav field flow even though they look as matter they have a dynamic MaGrav field separation, because Nano layers create matter in gap, that gap is not empty, it is a strong MaGrav field flow btw the two atoms, so as you try to bring the 2 together the fields separate each other. The only way you can increase your power or get energy from them is through twisting the wires to each other. It's the number of the pieces you add together in series or in parallel if you want to increase your voltage or amperage. If you look for high amperage you look the system and set up in different way, and in high voltage in a different way. For the first time you don't need these re-chargeable batteries. This is the course of change, in future we will teach how to get the energy from the environment and add to the water to become food as well. Instead of eating the apple to get its energy you put the flow of the material into a water, and you get the same energy from the water, so you don't need food for consumption. (:38) Question about the device to have power energy. Keshe: You need your wires as much as possible to be outside the system that can absorb as much as possible from the casing. Your casing is your absorber of the power. You just change the wires from Nano painted to Nano coated, naturally with the Cu. Then you find out that the Solar systems will become very favorable. You can have as I said a few black and white pictures around the house and each one supplies the energy for that room for what that room needs. (:41) Question about Magnetic channels observed in the Gans materials, comparing with the same environment around the Sun, these materials can be used to travel around cosmos? Keshe: You want to go through the Sun channels? Good luck to you, you have the systems you have the Nano coating. You see the same channels in the structure of the Brain of the man. Look at the MRI. When the man goes outside the SS and look at the Plasma of the System you see the same kind of channels in the structure of the Plasma of this SS. This is a natural process when the field finds a MaGrav field balance. These channels are a normal process in Plasmatic condition. Look at the Brain of the man, you see the channels and you see the separations and turns in the Brain, and when there is a separation which is a huge information separation btw the E and the P part of the body, when you cut the Brain you see the Gap. That is another channel which is dictated by the body in our structure. If and when the

medical science open the Brain and look at the size of the gap you can tell a lot about the character of the person. These separations even in the total structure of the Brain all have a reason, these create certain field in the environment and they have a purpose. These channels are normal things when you are dealing with Plasma. (:44) Question about travel to the Cosmos, if the Plasma environment put him in specific channels when he find the place he want to go. Keshe: No, you just get pulled in. Is like when you a magnet close to another magnet, it does not go around, it goes directly. There is a process of fly system, we explain this. Flight system is not that you go direct to a position, you go indirectly in different ways before you take the course of action you have to understand what is on your path, how deep and how strong the Plasmatic MaGrav oceans are. You look the water on Earth, which is a liquid material, btw the Gaxies and btw the stars there is same kind of high power Plasmatic Oceans, you have to determine your path, you don't go to high density and the field of your craft is below, so you become like sugar in the hot water. You have to find the balance or avoid certain sections. MaGrav vortex, this is what you got to avoid. The same way you have whirlpools you have in Magnetic fields conditions. You have to understand what you do. The scientist will do these programs in time and the system will be done by thinking and not trough electrical systems. We have gone trough the phase where the KS sit in front the reactors and they try to control the operation of the reactors or what they give and take from the reactor. Armen sat in one side and John in another, opposite to each other, each one was sitting in front of a SF, looking directly into the center core, we observed the process of who gives and who takes, I was analyzing what figures would come and how they were, it was interesting to see that when one try to be better then the other this damage the whole balance of tries to predominate. One of the representative sat in front of the system, and he literally neutralizes the whole room, it is interesting to see how these people who are in touch with their inner feelings can create such condition, I had to reset everything to overcome the balance that he created trough his own natural process of giving, and there was no more to give, the room was total in balance. It was very interesting how one man with his own inner peace could give and could share it so easily. You have to learn how much you want to give and at the same time you have to teach, ok this is the path I want to go, so what is in there, you pre-train yourself in how to evaluate with the work of the reactor, to create a shield in but the balance existing forces. (:49) Question about if you use the principal matter field which are much more stronger to you become less and not get in touch with the material around it. Keshe: that is something you've got to understand, that is possible, but the knowledge and the fields you carry allows you to do this. Go to the principal strength is impossible, because further you go in there is still further down the line, so is position respective. You might be in the principal Magnetic field of the Plasma but in fact there is further in, you are in the matter level in respect to that area. So this is Magnitude field dependent area. This is what we showed here in the last few weeks to the KS. When the reactors were put together the reactors got the lift condition, then they broke up the system, in that point I realized that my assumption that these people understand were far away from the total understanding, created a lot of disappointment in the lab. I took everything back to zero point going back step by step. (:53) Yesterday we started to get the gases out of the core, in afternoon Armen and Marko extracted all the gases from the core, then we loaded with 4 units of the H, to just give a cushioning to the Plasma. You don't need any matter; we compressed the environment of the core we try to

go further down to bring the further transition and the strength out. With the Nano coated materials that we use in our reactors the MaGrav field of the Nano Layers dictates the condition. In most of the cases the reactors received the Nano coated glued on them, so in fact you have a Cu in btw both sides of the Nano Layers, which dictates the field, you can absorb or hold within the container, you can not go into the transition or the principal section of the Plasma, even though now you opened the Plasma to take the full environment of the core. Wherever you go in transition there is still another transition btw the principal, and in respect to the Magnitude. So if you thin you will go to the principal you will never reach that point, because there is more condensed fields inside. If you reach the center of the principal matter you come to nothingness and you can never reach that point. (:56) Question if the KS are working with the Gans reactors. Keshe: John has built 2 units, he is just doing the balancing. We have facility for four to make a new star formation, but at the moment the power has changed for the lift condition of the system, we will concentrate on this. (:58) Question about the work of Gans in plants. Keshe: Very scattered, because there was a lot of break up and disturbance in the Foundation because of a lot of people's behavior; and that came just about the time when the plants were planted, and it caused a lot of break up in that process, people who were in that position has left the Foundation. Maybe in autumn the Foundation will come back with the tests with plants. But we know what to expect from these tests. (1:00) Question, if it is possible to use cast steel, because of the same property as normal steel. Keshe: The reason you can not create a Nano structure on stain steel is because of the deformation, they do the crystal formation with it, any other material can be used to create a Nano Layer. The stain steel does not allow the atomic structure to become loose. You can make Nano layers with Gold or Silver. You can use clay or anything for your core, the only thins you need is to be able to create a Nano surface small enough that you can change the Plasma to it. Containment is irrelevant; this is the major breakthrough in the world of science. The breakthrough has come in be able to produce Nano Layers so rapidly and cheaply, and then due to the structure of the Nano Layers which are Mag layers on top of each other because of the gap btw the atoms creating Mag field container. If you put Nano layer in your core you have created the best Tokomak. This is the breakthrough and this is why so many nations fight for what we release, it is so simple. (1:05) When you have a rust pin and you Nano coat it, that layer of Nano coat is MaGrav and is in a Plasma condition. Now that you created a Plasma which is MaGrav, they glue to each other, you can even break up the pot, as long you can keep that nail you can walk around the house with the nail in your hand and the Plasma attach to it and you walk with a portable torch. All the processes we did was to create the Plasma, once you create the Plasma, because of the nano materials you have used, you have created the chain to hold the Plasma to, the nail in the center of the core of John's reactor or Marko's reactor, this is just the pin which you put on the ground to keep the dog, it is the leash for the dog do not run away. That is the pin, that is all you are doing. Going trough the processes of the reactors, putting the Nano Layers with the pin inside, and going to the process of ionization of the gases were to create the Plasma and nail the Plasma into the core. That is what I always said, put a pin or a nail in the center of your reactor. Those who have Nano coated the whole center of the reactor by putting Cu layers or whatever you have made a tachometer in the cheapest way, you are containing Plasma, and because you are running in the higher speed you don't have the facilities you don't have the systems. Bring your

systems to the Foundation and we measure how much Plasma you are holding. This week we ran the reactors for 8 weeks and John and Marko went to each reactor measuring the field up and down. Keshe talk about the measurements that they did of the MaGrav fields of the reactors. **(1:09)** Now you achieved the major breakthrough in science; not just with your Nano Layers by creating the Plasma, you have changed the Plasma in the containers in the same core. You don't need the gases, if you managed to create the Plasma you can hold your vacuum condition. If you have created the Nano Coating you put the gases in, and you rotated your reactors that your Nano coated allowed the Plasma to be created, you can empty your cores from the gases, the Plasma will still be on the center, but because you don't have the facilities that we have here at the Foundation, to you nothing is happening. But with us because we have 9 reactors, we see the interaction btw them. **(1:11)** We will send the materials that anybody in the world can see the work of their reactors. Once you connect your reactor with our reactor is instantaneous, we can operate your reactor from here and then you can see the changes. **(1:12)** With a coconut reactor, which you could have put Nano layers inside it you achieved more Plasma that the Scientists done with the 30 billion dollar Tokomak reactor built in the south of France. We are in silence because there is a step missing, as I said to the KS, now al of you have a beautiful Rolls-Royce parked in front of your house, but you don't get the ignition to get it to run, and we have started to open the ignition key here ate the center, that is why we are in the pre-flight condition. When we make this we release the key. All of you , if you have made the Plasma reactor, you have an active reactor in your hand which are holding Plasma. Don't open your reactors, just because you think nothing is happening. When you vacuum all the gases from your reactor, just inject one or two units of H just to cushion the Plasma, for the Plasma not get in touch with the wall and convert into matter. So that cushion stop the conversion and keep the Plasma; and then in the coming time we will release the key. This key deliberately was not put in any patent, we want to bring people around the world to this point, now you understand, and in the coming days the key will be open here in the center for the KS. **(1:15)** The Plasma in your reactor is highly active, it moves beyond the speed of light, but you are not used to it. It is the same if you hold a magnet in your hand, you hold the magnet, but you cant see the flow of the fields coming out and going inside, your Plasma is in the same condition. One of the way to check in your reactors the Plasma, when you extract the gases from your core, you should reach a position of you are holding your vacuum. If you been the whole process of building your reactor, you 99% have Plasma in your core. If you put the center pin inside then you don't need the walls. If you do not put the center pin inside then you need the walls to contain the Plasma. If you want to see how effective your Plasma is and if you have a Plasma or not, put your power supply on a fix rotation position, you put lets say it up 5 volts and 1.4 Amps. Then increase the pressure by adding very minute amount of gas into your cylinder, if by adding gases you find variation in your current or your voltage it means you have created pressure Mag fields that affected the pressure of the motor and your current drops or increases; that is the indication for you if you have achieved Plasma. **(1:18)** I will teach you how to make multi layers Plasma in the coming months. Then if you can do multi layer Plasma in your core you become like the Sun. If you can not reach, most of you have mono Plasma the only way you can confirm you have a Plasma condition in your reactor is by, first of all when you are degassing your chamber you don't open your cores in one goal to get your gases out. To extract the gases

from your cores should take at least 2 minutes, very slowly that you don't disturb the Plasma and you don't duck out the pre-Plasma condition which is a coating layer on the Plasma. One of the main things you've got to realize is that you created a vacuum pump, to be able to suck the gases out of the cylinder. You don't go to 1 bar, you go .4; .6, very low. You extract very gently, and when you have reached that level you from .6 to .8, and then you repeat the same process, you extract all the gases, then you find out you have a perfect Plasma. When you add again some gases and you compress again your Plasma you see changes in your current flow in your motor, because increases or decreases the MaGrav weight on the motor, then you know you got a Plasma. Don't touch your reactor, unless I teach you the multi layer you think you achieve nothing. For the reactors to fly you've got to create a SF or a multi layer Plasma. If you have multi-core you still can achieve lift, but you have complications of the separations of the cores. The Iranian reactor is a multi-layer, and it flies on its own. All the things you have done in the past few months were to put you in the point of maturity. We are testing two "ignition keys".

(1:27) Question about the 4 6 8 numbers relation. Keshe: No. Question about what is a ball light, it is a Plasma? Keshe: Plasma, it is a condition. These are the same conditions as the Magnetic vortex in Space, but in Earth MaGrav field. It is literally what you create in your reactor, but it is done naturally due to the conditions created in the environment. You are used to the wind because it is matter, don't forget this Planet creates MaGrav field as a Plasma too, and these flows are dynamic. You get little bubbles when you are turning the water. It is the same thing, these Plasmas are created due to the P condition of the flow of the fields within the Mag field of the Earth. **(1:29)** Question if the liquid that you put in the core will poison the Nano Material. Keshe: We saw this when we broke the porcelain core of John, and we saw the materials stuck in the center part, and the pin was clean at the bottom where actually the liquid was sitting. The reason for that is, where the water sits there is no interaction with the P, where the Gans throw due to the balance of the MaGrav field they got stuck to the wall of the center pin. Liquids do not stick. Lucien says that he experimented with oil and ask if the oil should be repelled by the nano material. Keshe: Yes, it should be repel, but you have to realize that some materials have the ability or carry both, the Gans and the matter. So this is very much very how the fields and the connections btw the fields and the matter gets established. Lucien says that he mixed vegetable oils with the Cu wires Nano coated and that he produced something, and bubbles. **(1:36)** Keshe: These are H bubbles, not O; most probably they come from the conversion of the CH bond of plastic; especially if you put nano materials around it. **(1:38)** If you understand the process of Nano layering, how you create pans and materials that you can never scratch; non destructible Teflon layers. Nothing should stick to Nano Materials, unless you create the bridge material. That is why for example you have bone in the structure of the body, it is a matter, but it allows the Gans material of the flesh and the muscles and the connections to be stuck to it; because that matter has both conditions. This process we understand very well, but the purpose is you share the knowledge the way you are doing. If we cook in these nano layers, does the meat ever burn? Now we are looking for production of Nano pans to cook, with this you can control the speed of cooking, because the meat will never touch the pan, and the vegetables are the same, they just receive the heat and they cook like steam microwave. We are testing. **(1:42)** Rick asks about the cup, if it is going to be similar with the patent that has been released. Keshe: Partially yes. We have reached major breakthrough in health aspects. We have

managed to create condition to replicate protein, encourage the production of protein in the body of man, that mean that the water you drink have the characteristic of the protein. You can make cups which can replicate the energy of beef or lam or bread. We are highly advanced, but if we release the technology people will be scared. We are testing things and we will release the knowledge accordingly. You've got to realize that officials behind the government know what we are doing. **(1:45)** We work btw 3 levels: First teaching; Secondly making; and Third the Ethos or the conduct. Keshe talk about the production of pans by Italians companies. In a way you can never get contaminated, if you produce Gans materials and you eat it, it is part of the energy system you receive, maybe you need less energy, then you eat food to feel to receive the energy you need. But this is the process which we are going to test now. Keshe says that you can scratch the pain and because of the Nano layers, that layer scratched come back to normal state. Rick read that CuO₂ can be a good coated on the inside of a normal radioactive reactors, it is because when it gets damage by the radiation it actually repairs itself. Keshe: Yes, but that is a nuclear and the proliferation side of the use of the Cu. But the Cu you hear in the industry is not the same CuO₂. **(1:47)** <Audio of Mr. Keshe goes off> **(1:50) Mr. Keshe is back.** Question about the cup of life, if that heals injuries. Keshe: You will find out, depend of the injury. We don't work that way. This is why you need to be very careful when you go to the medical application. **(1:52)** <audio breaks>... Keshe: No, we have to see the case. If it is a P or Neural damage. I will go back to the principal of the technology. Is the conditions and the environments that you create that leads to what you need. In the case of the amputated toe, we created a condition, that could recreate the condition of the body of the man that follow the process and then the toe was grow. We understood the process of cancer tumor, we build the system which goes on the upper arms and pieces of cancer literally falls, after 2 hours we take it off and it stops, so it shows that we have a full control. These are the things that the scientists have to develop, that is why I started the teachings with Dr. Eliya. With this technology you can not harm, because the body takes what it needs. **(1:56)** Lucien talk about the bad lubrication on his knees. Keshe: You need to understand what leads to that condition. Depends what you call lubrication, it is cartilage lost or liquid lost? There is a process that you can build cartilage, it can be done. You can create a condition in your joints, you have to limit the use of the joints for a time because the layers are created in nano layers, very slow. If there is no liquid inside it you have to find out what has caused it. These things are not just happening because it is there, you have to find out why the Brain has given such instruction to stop producing or reducing the amount of cartilage or liquid in that point. People think if I have a problem with my heart muscle, if it is not accidental, then order has come in for the body to change its function, you have to understand the order. This is the change of the present pharmaceutical. You have to understand the information that has come from the Brain for your joints not to produce or extract more then it receives. It is very much like Asthma. 99.9% of the Asthma unless is created due the damage to the Lung is psychological. Caroline has done research on this and gave to Manchester Hospital as a gift, on how they can help children with Asthma problems. You have to fin out what instruction has come from the Brain. Go to the source and when you change the condition in the source you find out, and they say that there is a miracle, there is no miracle. **(2:01)** John explain about people who do not eat and feed themselves from the prana, from light. Rick says that NASA did the test with a person without food for 90 days. Keshe: Yesterday I

explained in detail how these people do it. This case I explained initially 2 weeks ago when Guru Mahan was here. He does 21 day of fast every year. I explained to him how he does it scientifically and he said you are correct. Anyone can achieve the same point. Maybe this is a good point to bring this knowledge and make a breakthrough in the world of science. I explained partially this to Eliya when she was here and partially to Ivan. Now I put as a package and if you want to learn more listen to the recording of the interview that John will post; we have a copy of this interview. The process goes back very simply, back to your Nano Layers which you produce in the Cups. One of the first things you produce when you put a nano Layer in the salt water you saw that layer of fat. People who can live without any food or drink, these are the people who have managed to understand how to condition their body. The whole process goes to create the conditions and the environment. As you know in my previews talk I said how O never cross the walls of the Lung and enters the blood. The whole transfer of energy is through N ionization. From those who don't know I will explain very quickly. When you breath the air 65% of the air contains N, O has more or less 8 protons, 8 neutrons and 8 electrons. If you put as a ball, it is a huge football. N has 14 which is a smaller ball, and then C that we breath have 12 balls; and these are not balls, these are spheres of Plasma which they got MaGrav fields and they have to position themselves in respect to each other, so they have a gap btw them. The size of the ball is not just the number of the electrons or protons but is the gap that they create to be comfort to be dynamic. Then you have a H which is a single proton and electron. Now the world of science made systems to prove they are correct, they made exactly as the Earth in the center of the Universe but in the world of medicine. It is a fallacy that the Earth is in the center of the Universe, passing of the O through the wall of the Lung is a fallacy too. If that big ball can go through the wall of the Lung which is the size of O, how come the little ones can not go through? So you had to see more N, H and C in the blood then O. What happens in reality the process is in a simple way, the N through the compression and the size of the cavities and the channels in the Lungs convert into the Plasma of N, does not stay in atomic structure of matter. In that process due to the condition which is created, N releases a He, energy of Plasma you call the Plasma of He because is a constriction in the Lung. This He creates 2 new conditions and this new atom of N which has lost the He has 2 options. Because has lost a He steps down to C Plasma, and then at the same time this C has the option to link with the O which is in the air and creates the CO₂ which you breathe out. At the same time this He due to its properties breaks up into H atoms; and the centralization and vibration of the energy releases exactly that electron, which is like the electron current you have which releases the energy which cross the wall of the Lungs and the blood receives new energy. The change of the color of the blood when it passes trough the Lungs is due to receiving the energy from this ionization, or centralization which is created in the H atom. No O ever crosses the wall, all it happens, why your blood becomes brighter and is Oxygenated, it is because receives the energy and it is exactly the same process as I always say, adjust the light in the house. When you increase the current and the energy you get a brighter light in the room and when you reduce you get darker. The energizing of the blood is just by the transfer of the energy in H level exactly across the wall, not by matter level. Body is a total vacuum, the Lung is a different bag of it's own, and if you look you have a mouth and anus and there is no hole in their in these materials for air or the food to get into your muscles tissues or the fibers.

Even the same process happens in your digestive system, with the acid in the stomach and enzymes, you convert and lose the same process. When the material goes through your intestine the energy of the matter is released across the wall from the open air which is your stomach, to the Lymph, and that is why the Lymph is a bright transparent liquid, because it receives spectrums of all the energies of the food you eat. Now you understand a very simple process. In the body the man, no food or no material ever cross, the energy of them crosses the wall and they add the energy to the Lymph and the food cycle or add energy to the blood, and deliver energy to the Brain directly. **(2:12)** Understanding this process brings you back to one thing. If you can energize the blood without eating or breathing air, then you achieve a new dimension. When you look at this people who goes to the cycle of no food have mastered one thing, they have mastered to produce water, control the production of water in their body, in their Lung. A lot of people become ill when they become old and frail, and your postures changes, when you are sick, your Lung, the way you put pressures on your Lung changes and what happen to these conditions? You find people with liters of water in their Lungs, but you don't find any of these people dehydrated. The rest of the body operates normally but the Lung is full of water. If you can manage to extract even 1 liter of water from the P body into the Lung you should have a Kidney failure immediately. So where does this water comes from the body? This water which comes through the Lung is due to natural process of breathing air and through the same process of N converting to C and the C adjusting itself to CO₂ creating what is breathe as a CO₂, in condition changed in the structure of the Lung the H that releases it energy across the wall to go to the blood links up to the O too, so that creates the water, and this moisture is what it keeps the lining of the Lungs in a Natural way. The breathing and the conversion of the Plasma of N from matter to Plasma and then creating C and He and H, H in conjunction with the O creates the moisture. So when you get frail or the condition changes the rate of the production of this water increases. So your Lung gets flooded. **(2:15)** The people who go and eat from the light or don't need to eat and don't drink anything; if you get recorded the behavior before they go to this position you find out they breath totally different then when they go to eating habit. You and I have an habit of sit in the table and eat, these people who teach themselves how to change the condition of the Lung, they sit at the same table but in that table they change the rhythm of the breathing, so now the body creates exactly the flood of the Lung, but they control how much water is needed, they control, the body decided how much water they need and that water in the lung if you produce in a low speed the body will take it out, and to the system to go back to where you needed. Then it goes back to how they live without food. The food is the energy which came from the Sun as a Plasma, then became a N then you digest and the enzymes break it back, your stomach is a reverse reactor for converting matter to Plasma as it came from the Sun, so now if you understood the process, then as you condition your Lung, this time instead of energy being given across to the blood through this water the energy is given to the Lymph. So now you are nourishing your body only through the water lung which you need, but through the energy of the H which you released into this water which crosses the wall of the Lung into the Lymph, so what you've done you converted your stomach into your Lung for feeding the material energy which is needed. So if have thought and you can achieve control, then you find out you have enough water through breathing, and then you have the energy as you need. This is all the same energy, what happens to the

minerals and other things which we need. This process is controlled, what you do you put a bank of energy continuously to the Lymph, so your Lymph carries all the full spectrum of the energy the body needs. **(2:18)** You have the Parathyroid Glands. Sometimes two of your PG which is the size of a pin head, they have a control on what size the Plasma is cut, so if you need Ca, the Plasma of the Lymph is cut through the energy Plasma of a Ca. One of the glands is for matter and other for liquid, the operation in which one works with what is decided by Thymus the gland, through the B12 or the Gamma radiation which comes through the food you eat. It doesn't matter what food you eat, the gland decides in what proportion in what becomes, very much like Eskimos that only can eat a vegetation, they don't have cucumbers and tomatoes, but they still live. They are like you and me with no short of vitamins. Because the PG decided what the material they eat will convert to the material which they need, like the Ca and the rest. So these people who talk about they can live for decades and for years without any food, they changed the rhythm of their breath, and that change allows the creation of water in the lung, and the change of H into energy which is needed by the Lymph. These people sit at the table of the Universe, and simply by the air you and I breath they convert the same air through specific condition into energy and the liquid which the body needs, so they don't do anything magic. You can stay hundreds of years without food, because everything you need is been there. **(2:21)** There has been misconception in the understanding of creation of life in this planet. The life in this planet is exactly the life in the lung of the man. Plasma comes from the Sun, MaGrav field of the Sun in respect to MaGrav field of the Earth at the position which is today, their interaction leads to MaGrav friction which part of this and part of the fields which are released from the Sun leads to release of the Plasma of N. This Plasma as it gets attracted by the Earth changes to the Plasma of Gans and then to matter and through rain falls back to Earth as N. That is why whatever there is a rain you see so much green and growth, because through the rain the Earth receives the N that comes from a Plasma conversion from the Sun. Now, the same process as it happens in the Lung that the N converts into C and to O the same process happens in the upper Layers of the atmosphere. If you speak with people who are expert in the upper atmosphere they tell you they see N and He in the upper atmosphere of the Earth, and through ionization of it you receive the H or create the O. No difference btw the upper layer condition of this Planet and the Lung of the Man. When these materials come in the right combination, when the H₂ and the O comes together you get the water and the moisture what comes as part of the rain and if you get the other way you get the composition of the C. In fact what is important is a very simple principle, protein is the creation of the upper atmosphere of this planet. When you mix the 2 materials the C and O and the N and H, with the matter component of this Planet (Iron, Ca...) and you give in the right condition you create a dynamic condition with different kind of salt for the 4 elements, which we are originally created from N to come together as a molecule of AA; and when this AA links itself with the matter of the P part of this Planet, then this leads to creation of life, muscles, if it is a Cu the Neural System and the rest. So the life in fact is separated in 2 parts, the living part which is the AA which is done by the Gases part, when the Gases part and the matter part comes in contact with each other and they can link up as in a Gans state that you see in your salt water, you have the Gases in the room, in your lab, when you put the salt water and you create a nano material, this leads to creation of the fat on the top layer. So now you understand how life is created on this

planet. **(2:25)** When the AA links with the P matter of this planet then it leads to creation of life, and in different combinations it becomes intelligent. The mystery of the creation on this planet is solved. Rick asks about creation of life in other Planets. Keshe: It is the same process. If you change the N to K you will get the same kind of life but you get a green blood and green muscles. The color changes because of the MaGrav field of the spectrum of the interaction. If man learns this from his own life you will understand very soon, they way the Plasma in your body is highly energetic and is transparent, what we call Lymph, you see life in the same conditions in different dimensions in the Universe. So don't expect to see life with 2 fingers or ten heads. When the gases section interacts with the P matter section what the condition of the MaGrav field of the environment allows leads to creation of life. There is life on moon created by the moon itself. Life on Mars is created by the conditions created on Mars, nobody has planted in there. When man manages to go in the inner sanctums of Saturn you find life in the same way. Because it is pressure and temperature independent, it is in Gans state; now the knowledge has gone further that we can speak, clearly and open. You can produce as much food as you like within your body, and you find that people who do these kind of things they live of the energy of the air of atmosphere. When the body finds its balance it can be a fat or slim body. The MaGrav field of the environment dictates how the rest of the reactors internally interact with each other. There is no mystery in life. **(2:28)** We are taking out this mystery and the use and abuse of this Religions in the name of God, in what is a natural process. When you can feed yourself we can go around and start to give the cup of life, just teach the Africans how to breathe just 2 hours a day and you can stay alive in anywhere in the Universe. But you have to receive what your body need to receive and is conditioned for, this is own of the major reason I said never enter another ship. What they need to survive is different then yours. People pray to God when they have empty stomach and pain and suffering, so when you can teach a man to be I wonder how many people will walk in different houses of different things. Rick asks if people learn to create their own food form their own Lungs if they still want to go to MacDonald's. Keshe: Yes, because there is a pleasure in chewing. **(2:31)** You've got to go back to the principle, in the first workshops. That is what I said in the craft of the future, we feed trough the environment. You've got to realize that the food you eat is just about 20% of the energy you use daily. Most of your energy comes through your Lung conversion, and that is why I said we feed people through the atmosphere of the craft. Rick asks how do you feed people for the gratification of food. Keshe: No problem. You have done it but haven't noticed it. You converted the gas of CO₂ into the Gans of CO₂, so now you have a solid Plasma. How do you like this white material and with what taste do you want me to put it. Do you like to be the shape of a banana, etc. For you to smell is a very simple process to do with the front of your face. I give you the smell of banana and you will taste banana with the same CO₂. Rick says that in the end of his fasts after 10 days he have more energy. Keshe: If you go back to the SSI, when we offer the Space travel we said n these crafts we will not carry any food. Now you understand the reason. You can produce any material. You can do the same thing if you want to produce solid material in your body, you can concentrate and you can repair what you want to repair in your body, but that needs a lot of self-control and a lot of teachings to understand what is done. This is why some people say that had a cancer and ate carrots and the cancer disappeared, them everybody eats carrots and nothing happens. It has nothing to do with

carrots, the condition you created that the energy was enough to change the MaGrav field of the information that comes from thymus which orders the solidification of the matter. So in that carrot could have fertilizers that carried information and due to stress you find out that your thymus... All the solidification like cancer and anywhere with different thickness and texture are decided by the thymus and the thymus order to the Lymph Glands. How much energy you put into it makes it softer. If Thymus sends not enough information and reduce the amount of the Cesium for cutting, then it becomes harder; so, in a simple process if you understood what I said in the last 2 sentences now you understand how we save and can eradicate cancer in no time; because the cancer as a solid material is totally controlled in the operation of the Thymus Gland and the Lymph Gland. I refuse to accept any volunteer which their Lymph Glands have been removed because how can you control the feeding when you take the kitchen away. The kitchens are the Lymph Glands and every part of the body have one Lymph Gland. The thickness of the material is dictated by Gamma radiation which is released by the Thymus. So there is no mystery of how you can change a solid tumor back to a liquid and disappearing in the body. The knowledge in medical aspects is so huge in the Foundation that if I release in one goal half of the doctors would commit suicide. **(2:38)** The process is very simple, you eat B12, deposit itself because is a Gamma source is a (??) of the body, partially in the Lymph and partially in the Thymus, and then the order... You've got to look at the structure of the position of the Glands in the body, why your thyroid is just under your throat and you have the Thymus immediately underneath of it? One sees, one decided what is needed, one adjust what needs to be received and read to be distributed and cut in what it needs; so the Thymus decides how gelatinous, or how liquid will be the muscle and then become the tissue of your heart or become the tissue of the muscle of your arm. This is what the world have not understood. You can reverse any cancer within hours. People say, why you don't use it... I am still alive. In the space I can not take all the pharmaceuticals and doctors. No one needs to go sleep in hunger, in fact the cup of life creates a Plasma at the level that can be absorbed by the Lymph, there is no Vitamin B or C. That cup of life is very much like the Eskimo which just eat salmon. The energy that he absorbs is converted by the Thymus and PG to what is needed around the body. **(2:41)** Now we start to open the knowledge, up to now the interesting was: can we have free energy? Can we have a Plasma to go to moon? But if you go to moon or Mars and you don't know how to feed yourself you are a dead man. This teleportation is rubbish, don't exist, we will teach you how to create the field box that you can move in a zero time. **(2:43)** A man says that he is eating less and asks if this have relation with him sleeping less. Keshe: The sleep state is a P part of the body, there is nothing to do with the real part of the existence. Questioner: Why you have different stages though? Keshe: because you need to repair, it is a service time. And even the sleeping pattern is more disturb then before. We use to sleep on the floor, not on this electronic mattress. When we sleep on the floor, you absorb the same situation, when the light is not there and the fields come, the body absorbs a lot of energy through the fields which are coming from the ground; like the day and night panels. We came to the habit to sleep, there was the time when we could connect to the Earth and absorb the fields to balance ourselves; and the air you breathe when you are lying down is totally different then the air when you are standing up. As you change the rhythm of your breathing you absorbs different energies, in the same way you absorbs different energies when you are lying down. This habit has

changed and somehow became part of our DNA. I sleep 3 or 4 hours a night, that is the maximum I need, but I find out when I go to camping, when I have to sleep on the ground, I sleep 10 to 12 hours, that happens all the time, because it means that I need the energy which is coming from the Earth. P part has nothing to do with the E part, even though they are in the same house. Dog and the man live in the same house but have different jobs. Man is the E part and dog is the P part. When the P part is in the process of repair the E part never sleeps because it is active and it cooperates, and it works in different part of the Brain, so you say I remembered a dream, this is part of the E part which finds connection with the P part in the time of resting of the body. That is why you dream about your brother and next morning he is in front of your house, because the Soul, the E part never sleeps, and is in touch with other Souls, other fields of energies and information and emotion. So that message is so strong that you pick it up and this just leak to the P part, and you remember in the memory part of the P part, and now I had a dream about you and you are here. This is how we will explain in the future exactly how the body works. The E part is the size of a 5 cent coin, and it has nothing to do with the P part, the P part take this 5 cent around to give its energy to which needs to survive and the E side of the body has taught the part of his structure to P part what we call the Neural System. One is a leach in the top of each other, and they share the environment together this is what you call the Neural System and Glands, which is a connection btw the P part and the E part. **(2:47)** Question about sleeping underground. Keshe: You don't go fat just because you sleep ten days underground and you absorb more energy. The body only take what need from that environment. That is a very good question I want to ask: I some people are claustrophobe? You don't change anything, just put into the box, just give that emotional feeling of being underground and they start to breathe heavier and different but actually they are at the same level. Then you understand you don't need a cave, because we are afraid that we don't receive enough energy, it is just a seed of taught which we have; because we see burying in the ground the dead at the end, and so we don't want to be in the position that we replicate the death. The psychological has nothing to do but it manifest in the P form. Rick says about the Pharaohs that would put themselves in that position underground. Keshe: You know some people put their head in the black bag. One of the members of England Parliament died of this some years ago. He changed the rhythm of breathing so they go to hallucination of death, and they create very much like taking drugs. You can go to high and the fear takes over and you have different experiences. You have to look from where the fear has come from. In most case is the fear of not being able to keep the connection btw the P part and the E part, that when the definition of fear comes to the end. Why you are afraid of height, because you feel you will die and there will be a separation btw the two. One of the things you see in the fear factor that affects the P and the E is we saw in the case of the coma in Belgium. When we brought back the P to E in Belgium, when the girl open her eyes, emotionally she shows presence, but P she could not instruct her arms and legs to move, it created a fear and she went back to great shock, and it took us nearly a week to try to explain to her there is nothing wrong, and that was normal, that she would get her moves back to get her confidence. **(2:53)** One of the first things that I say for people here who deal with patients in coma is to cover the face, so that the face can not see the body, that the shock of not being able to see the P from the E part does not separate the 2 parts and gives you an emotional shock. The girl is still alive in Belgium. **(2:55)** We will announce if something

happens in the lab. Keshe talk that he will tell the Italian Government first and the Iranian Government before make any announcement about the flight of the systems. Keshe talks about the officials that listen to the workshops, and that he need to be very careful about the release of the technology. **(3:00)** Rick talks about the revolution of drones. Keshe talk about his presentation in Eindhoven, and said that he had a car there that supposed to fly in the presentation. The officer looked to him and asked the flying license, Keshe said no, and the car needed to stay in the ground. These cars have been available in the Foundation for 7 years. **(3:08)** Keshe says to put the material from Keshe Foundation not in the main computer. But the change has come and there is no way to stop this anymore.