

643rd Knowledge Seekers Workshop May 21, 2026

(Transcription, Editing and Proofing done by KF Brazil)

(Auto transcription by Elias)

Continues with Wife as P & Mistress as STM; Teaching U through Soul; Heard by Soul of U; Universal Teachers; Repeating dream; Soul preparing new home after death; Dreams show did good or bad - towards Creator; Accidental death; New home depends on conduct in P; Meaning of car accident; Our destiny - not accident - planned by Soul - P puppet; Rape, child from affair - setup by Souls - agreement; Scientists follow departure of Soul into Space; Universal Community can follow Soul; Belgian government planned death - example accidental death; Natural death - plan to move; Live double life; Become Soul - plan own life; Infinity Loop - STM & STP change; STM smaller - more powerful; Law of plasma - strength counts; Consume more P - give energy to Soul - depart; Know when Soul will depart - pre-plan; Same process reptiles - sever tail & grow back - Man could; Humans started as fish, became reptiles - eventually humans; Trapped in stone - sever limb - grow back; Memory - shed skin every 28 days; Forgot ability to seek attention; Reptiles decide when to sever tail by emotion - same with STM, STP, P; STP & P decide when to shed STM - by emotion; I know time I'll leave Earth - pre-set agreement; Time Keepers - be here for long time; Same Soul appearing different times; Soul already knows its time; Connection to Soul - plan time; Can't transmute don't understand - we are Mistress ourselves; New Shah of Iran; Deny Soul; Souls arrange meeting in dream- emotion; Relate to Souls with joy - not force; When sincere - Soul responds - emotion of love and desire; Start practicing; Learn detachment - stop committing crimes; Spend day without bad thoughts, etc; Stop crimes - Soul & P purify itself; Blaming others create barrier; Live Ethos of Mitra - only way to connect STM & P - have one emotion between them; Go from P to Energy - emotion - same as making Gans; Beijing - Gans back to Cu; From law of physics to law of Soul; Deprived yourself of knowledge of own existence - creation of energy; Make emotion pure - Soul wants as much as P - happens; P doesn't have to know; Extend life a little - attached to P; Talk to Soul - get rid of suffering - choose time; Suffer from wrong doings; Too many hospitals; Control heartbeat; Enjoy suffering; Understand pattern of your life; Live by Ethos -create Children of Mitra (CM) - become Energy of U; Soul of Mitra from STC; CM see Father; Every Soul within STC; Even Creator on journey of Souls in Unicos; Understand weaknesses; Separate Soul every 100 years - Prophets - always same Soul; We are Messengers - nothing hidden; Ask Soul before sleep - know of its existence; AI City - decision to eliminate people who don't fit - planning annihilation of races that don't fit; KF Space City taking shape; New AI Chips - not secure; New - Universal spherical aerals - transmit Energy from inside ONN Units; Transmits simultaneously - everyone on planet & U; Change emotion, feed, enlighten, open Knowledge of U; Specific Souls bought CR Balls - connected to ONN - Satellite Souls - your pure emotions set scene for humanity; Breathe Energy of CR - not get cancer; Space City - built by true KS - Space Center of U; Teach cars how to fly; Have to understand Ethos; Don't intrude - invited by Soul; Souls can travel together; You decide where Soul goes; Chinese and Russian governments open border; Beginning of peace process; Don't change emotion - make available; Free to choose; Problem with tilted planets - create complex fields Soul & P; Straight Vertical planets - no variety; Plasma systems -

supermarket of fields; Plants and animals consent to being eaten; Decide what to dream; KS reach awareness; Awake when dream; Don't know when asleep or awake; After age 40 - get up slowly from sleep - prevent heart attack; 30 year research - long-term observation - find more knowledge; Over age 50 - no hot shower in morning; Tips to stay healthy; Never use toothpaste - white cheese - stop cavities; Chemicals - pushed on humanity; Banned traditional farming; Barriers through belief system; Connect to Soul; Can't be forced to do something; 5 Cup Stacker system - Vertical People; Understand field interactions - how systems work; New MaGrav with Soul - change compression; Mistakes in setting up systems - M fields in environment; Destroyed Italian community; Breathing directly affect lymph; Lymph becomes all cells - cancer; Lower number of Blood Pressure (BP) - state of lymph; Lymph circulation blocked - increases BP; Lymph gets stuck in arms and legs; Shows exercise to unblock lymph - breathing method - pumps lymph; Recycle lymph; Not shower everyday; Lymph through liver; Ancestors had this knowledge; Lymph circulates through bottom muscle layers - feeds top - need to clean; Ancestors lived 400 years - without pain; Not touch lymph nodes; Learn how body functions - healthy living; Why cancer reappears; Accumulated dead lymph pressurizes nerves - restricts motion - pain; Breathe correctly - changes Soul; Body all one process; Body converts whatever received to what it needs; Principles - make sure blood vessels clean - eat combination of foods in right order; Body extracts plaque; Vitamin K2 with Omega 3 - removes plaque - cleans opens vessels; Omega 3 - meat, fish, plants; Long life in Japan; Correct food not create wrong emotions; Choice of foods matter - how it's prepared; Organic foods - more chemicals - though cow manure; New name KF Gans products - Cosmos - truly pure - not like organic - no hidden chemicals - affordable; Soul in food - balance energy; Chinese herbs; Never sleep without pillow; Eliminate smells - CO2 Gans; AI updates continuously in background - store information about your emotions - target advertising.

ENGLISH TRANSCRIPTION

(:13)

K- Thank you very much. Good morning, good day to you, as usual, wherever and whenever you listen to this Knowledge Seekers from Keshe Foundation Spaceship Institute. As usual, we welcome you back, to the wives and the mistresses as we heard in the Intro. (:14)

There is a question to ask and there is a question to put to you. If you go back over the teachings of past decade or so, I always said that we teach the humans through the teaching and the voice. And what we teach through the Soul is heard by the Soul of the Universe. It's education for all as other citizens of this Universe (U) are not here, but they are connected through the Soul. So this is why we are called Universal Teachers. But this brings you a very big dilemma. Now that you know, while you're listening to the ear of the Man, the Soul is getting taught the same thing. So this time the knowledge is the husband who shares both things between both sides. Nothing is hidden.

But one thing become very interesting for you lot. When you go to sleep, when the mistress plays, where does she go? Most probably, most of you have had a dream and the same people, the same scenario, the same type of line of place or person comes back into your dream maybe next night you put your head up and put it back down again you go for a drink and come back to bed and the dream follows, (:16) or a few years later, oh, I remember I had this dream connection, or whatever, or you have a dream about mom and dad or grandpa and you put it down as part of memory. But this is where the Soul goes. So, why this happens? Does it mean that the mistress has already found his home? Does the mistress goes every night to the same house? Does not need to be on the streets to meet the lover? To be the part of the Creation? Does this mean that the husband leaves the wife in bed, opens the door and goes to the house where the mistress lives? Not on the street, it's next door, or it's a couple of doors down the road, and so on. Or makes a trip, I'm going for a business meeting in another city, same destination, same house.

What does this mean? This means that the Soul of the Man (STM), during the rapid cycles of his sleep every 24 hours, does not, as we say, a prostitute itself across the Universe. He pays a visit, makes contact to where the final point of destination will be, (:18) when the wife does not want to move anymore and say goodbye to the dimension of physicality (P). Which means these dreams, these processes of 'I had a dream,' is paying visit, or paying homage to where the Soul will be at the final point when the physicality goes.

So in a way you do not become a homeless somewhere in the Universe. You have already made home. You know where you go. You see you are degraded to nothing with the crimes you've done, or you see the brighter lights of the Creator. You don't just get up and go, maybe sometimes you have to, but you test a lifetime. You build that nest the way the bird does, stick by stick. Every night, the wife goes to sleep, you put another brick on the place where you're going to be. But this house you're building, in a position in the Universe, is sitting on a boat, on the river of the fields of the Universe, and depending on your conduct, it flies and swims up the river, because it's stronger to the source, or down the river, from the source, away from the Creator. You never get up and go suddenly, unless it's important or something accidentally happens.

Then you say, "What happened when you die in a car crash?" What happened to the Soul? The Soul has already got his address, he knows where he's going, but the rest of the things which the other Souls think, he was invited for dinner with the family in the position of the new house somewhere in the Universe, and will not come back, because that food was too good. (:20) You as humans call it an accident that by the Soul already knew, has to go, he was invited for lunch. Then you understand your destiny is not accidental. It's all planned by the Soul, and like a 'puppet on a string,' your physicality follows. "I was raped, I had an affair, I had a child." You think the Souls have not set you up for it? Then start thinking. Accidents as part of the work of the Souls, where Man has no knowledge of. You don't get up and go suddenly, unless it's emergency, or when you go try to move to another city, you go and see the place first, is it good, can I buy a house here, where the children go to school and everything else. So does the same with Soul does when you put the physicality to bed, it's building a nest, it knows where it is.

Now you understand, what you call accidental, what you call gradual death, old age, is all planned, is part of the structure. Saying goodbye, putting the last stick into the nest, and the last feather, that is soft and cushy, you know where you're going. So, when we hear the Russian scientists confirm they can follow, and they have followed the departure of the Soul from physicality into Space, it's the first time we put a spy on the husband to see where the mistress lives. And in the future knowledge we will follow, we'll see the knowledge of the Man, and the knowledge gathered by the Universal Community, (:22) we'll show you where is your new home. You already been building the nest, not telling the wife where you'll be, because you're taking the husband with you. You've become the next creation of the life. Now you understand how it is and how it works. We sometimes ?? run it through the old age, gradual, building the nest, or accidentally we have emergency exit, we call it an accident, guy died in an accident, the car hit him, the Soul is already been agreed, because the guy who got killed in an accident, read his background, what happens to the future generation, and what happened to the mother and the father, what happened to what, who created, where he worked, what position in the Souls, in the physical dimension (D) changes, that brings what we call in your human language punishment for those who left, but in fact the Souls already agreed.

Now you understand how blind Man has been to the reality of the Soul. And how sometimes we call it accident and sometimes we call it natural death. Because the Soul of the Physicality (STP) has already feathered up with the Soul to the new nest. It's not accidental and it's like a rocket. You shoot it up, you know it's destined for his destination. I, in one of my talks, explained this in a very simple way that you all understand. When I became aware of the Belgian government planning my death and execution and whatever assassination, (:24) I didn't wait. They came to, and they played the game to warn me that I'm next to be killed the day in the lunch time, when I didn't know that my partner was a spy and it was all an act to frighten me. Packed the suitcases, three suitcases in the back of the car, the dog, the child and the wife, escaped as high speed as I could overnight in the dark into Italy, where I already seen the house three weeks before when I gave a conference there, I said, it's a nice hotel to be in. This is the death accidental death vanished from the environment of Belgium and manifested in Italy, as many of you Knowledge Seekers (KS) remember.

This is accidental death, where you have no choice. But the plan was bigger, at that time I wasn't aware that even the voice on the phone telling me getting beaten up and the rest was all an act. It's just the time to move. And then again you Italian friends remember we stayed in Desenzano for a couple of years and then we moved down south to Bari. I didn't just pack up the same way as I came to Italy overnight with a dog and wife. We made visits Giovanni tingled that is so beautiful to live in the south, we paid a visit once, twice, three times, we found a nest and then we moved. That's a natural death. Then you see, accident wasn't an accident, it was set up by voice recording on the phone, and then the other one was delivered by enticements of the beauty of the South of Italy.

Now you understand, you are in the same position, (:26) as it's seen for you to be dying in a car accident, or you deliberately choose, I've been there every night, nice time

actually to move to the new husband, and find a place, not to be a mistress, but to become the wife. Another star in the depths of the Universe, that as a mistress and a husband, I create a new generation of children, call it planet, call it Universes. Now you understand how simply you've been fooled by yourself, in respect to what your life is and how you live this double life. It's very simple when you explain this in a childish language, doesn't it?

Then you decide, why do I need a mistress? Where I can become mistress myself, where I accept the both dimensions, and then I can plan both. In the life of Man, Man has created something very interesting, which you call it, the Loop of Infinity, the figure 8. What you, as what I call, Knowledge Seekers and the humanity, are very used to it. What do you do? If you look, I try to draw you something very, very interesting, which allows me to... (My God, they change this thing every day. Let's do it on the screen that you as Knowledge Seekers see). (:28) This is the Loop of Infinity. (Hey, every time we use Man's technology, we run into problem with Man. Okay, let's see if I can get you right. Do you see me?) Okay, this is the Soul of you as a baby, and this is your STP. This we call it your Soul S. And this we call the STP. Because physicality (P) is spread, but the Soul in the child, on the stage, becomes that size. Gradually, in the process of life, somewhere, the two become more or less equal. And then, the STM, the STP becomes bigger. And the STM, being more powerful, becomes smaller. And then, when the field balance between the two gets to a point, that there is no more of, this becomes the point of saturation, the point of departure. Because here is too small. (:30)

It doesn't become the point of balance. The physicality has consumed too much and it's gathered too much fields, energies, of the Earthly size strength. This is the time when the mistress departs, point of death. This is why it's so powerful. Remember the law of plasma, not the law of the Man. The strength counts, not the size. In a way, by consuming more of the physicality, we push, give energy, allow the Soul to become strong enough to find its destiny. Depart. And this is where the 'shooting star' is and where it will land in the Universe.

Now, Man has to learn about this point of communication between the two. This point of departure. We can exactly like the reptiles where they cut their tail and they grow it again, decide the time of departure between the two. We can pre-plan it to the second. Man used to have the same power. If you were the original animals, like the reptiles we see, that they can shed their tails and move on, shed their skin and grow again, we had the same abilities. We were one of them. We just didn't born as Man. We were the fish, we became the reptiles, we grew and became what we call Man today. (:32) We had the ability that if our tail, or our leg, or arm trapped by a stone to just shed it off. "Go on, I can make another one." But we lost that. The only thing is left from us from that memory is, they say, "We shed our skin every 28 days." If you can shed a few cells, you can shed the whole arms. You just risen, blocked, erased that thing from your genetic cycle.

And the reason for it is very simple. When you don't have arm, when you don't have a leg, somebody look after you, you get, you become attention seeker. Do you look at the people on the street which they walk normal like you in the suit and a fancy dress? No.

You all have two legs and two arms. You look at the guy who's paraplegic, doesn't have arms or legs, or they don't work, they get your attention. So, Man lost that ability because of getting the attention, but we still shed the skin. Still the same process, no difference, it's just that we never understood. We replace ourselves every regular time, one year, ten years. So what? We used to change the whole leg. You jumped, you broke a leg, stood there for five minutes, and then healed itself, and in next two months it grew back. Doesn't happen to little reptiles. Didn't you play with those when you were little? You take the tail off, it doesn't come off. Next time you touch a tail, it drops off, because the animal decided where. That time wasn't the time.

This is the same process. STP and the physicality and the Soul of the Man. (:34) STP and physicality inside, went to shed the Soul of. Goodbye, goodbye, go to your destiny where you build a nest. Now you understand the science of Creation. The Souls did not forget how they can tail off the Soul, the STP, the way it used to do with his physicality, does the same thing with his Soul. Knows the fields when to say goodbye. It's exactly when the animal knows when to say goodbye to the tail, and when the snake sheds its skin. It's just Man has never understood the reality. Now it's there in front of you. You can decide when to shed the skin and grow bigger, find a new place, or stick to it and suffer with it.

Then you can do everything if you understand this. If you understand the knowledge, you have to bring the emotion of the physicality and emotion of the STM to be at that joint, at that point. And then if you remember in past few teachings I told you, I know the time I go. It's all pre-set. You are not aware of the knowledge, we are. We are the Time Keepers. We know, we understand when I tell you I know the time, the place and the position that I leave this dimension of physicality, because I agreed on it. I'll be here for a long time. Been here for a long time, (:36) you called every name on this planet to the same Soul. I just changed the frock. One day with the turban on the head, and one day bare skin on the ground, and one day and a little ?? shame in the mountains, but it's the same Soul. And when we leave, we already know the time, the place.

You are not aware of it. It doesn't mean it doesn't exist. Now you are aware of it. You can time it. You can place it. But you have to understand it to be able to do it. You cannot drive a car when you don't know the car has an engine and the key when to turn it on. It has a gear box and it has nowadays thinking and thoughts of itself, you talk to it and takes you to the destination. Now you understand when I explained. We know our time, we know our place, because we know what fields and we know what mess we made and where we have to go. But our nest is open to all those who are in the dimension of the fields of the Universe, and to the Man it's a mystery and he talks riddles. Then I'm not the only one. Your Soul already knows its time, place and position. To be there when the grandchild born, but not be there when the daughter dies, does not face the suffering.

If you think he suddenly die, it's so mistaken, because the same thing as you denied your Soul. If you could have made connection and understand the work of your dimension of Energy and physicality, you know exactly when you're leaving. It's not accidental. When you walk and see the guy getting crushed on the car or falls off the cliff, their physicality is just a mere disposing of the dimension of attachment. (:38) And the Souls already

know, because the guy was adulterous, and the wife has to know, and then the mistress appears at the funeral and the rest of it, to settle the scores, to balance the books. Now you understand, it's not the matter of transmutation or transportation, is understanding where the mistress, why he can transmute and I cannot, because I did not understand, I'm the mistress myself.

One day, one of you ladies came to see me and says, "I have a baby with my husband, he has a lover and I don't understand." But she didn't know, that I know, she was playing out as well. I said, "Madame, don't you have... don't you play with a guy?" "Now you complain about him playing?" "But I didn't do that because he did, I went." I said, "Darling, you're both playing behind each other's back. And both of you know who you are playing with." He's aware of your boyfriend and you're aware of his mistress. This is the story of the new Shah of Iran. He plays publicly and the wife does, and they both know and the world says, "Oh, amazing." That's the game which is played in the Universe between you and your Soul, and denial of its existence, while you are aware of its existence.

Public display, or denial, but knowing that it's there. It's your choice. (:40) And the only person who can bring the dimension of the connection to each other, and live and know that, "Okay, I put my head down, we go and see grandma in planet Zeus." You can decide your dream, and you haven't learned yet. You can decide, "Okay, today I went to dad for lunch, and tonight I prearrange, go to see the mom who died 10 years ago, in planet 'Dung Dung,' where we already have a restaurant we can meet." And tonight you wake up the next day and say, "Oh, I had a dream of the mom." You didn't have a dream of the mom, you already made an appointment, I had lunch physically with dad, and I have dinner with mom, most probably breakfast, because in dimension of Universe, there is no breakfast, lunch and dinner, and I meet my mom. You decide your dream, and then you understand, you decide the emotion.

Next time you put your head on the pillow. Not, I decide, like the Italian guy, if you remember in the lecture room, I told you to move a cup. I said, oh, um, "You haven't learned how to talk to the cup, the cup will move, if it sees, brings you joy." "Find a way, I want to see mom tonight." And the pleasures that it gives you to see mum, and then you learn, you control the mistress. Through the emotion of love you have, and desire to see mom. Start practicing, and then you understand, you even know, when is the time to say goodbye. And, what it means to be detached, then, is it worth to commit a crime? (:42) Spend the day crime ?? stay ?? less than a week, without any wrong thinking, doing, and acting, and then you start seeing how close you get. They say, "Fast, and then your body purifies." Stop committing crime, and you find connection to your Soul. No deception, no lies, no cheating, no killing, and then you find out, "It was so easy, it was me who was putting the barriers up and blaming the others."

You fast not to eat, you fast not to commit wrong, and then you see, find your Soul, and then you become aware of when you go and what to do, and where you're playing tonight. Gradually, you'll find out, living the life of Mitra, by the Ethos of Mitra, is the only solution for Man to find connection between the physicality and the STM, one

emotion, because it's the emotion which carries you from the physicality, dimension of energy. It is the catalyst. I showed you this in the dimension of Gans production, you put the Copper and you collect in the same pot, creating the right environment, the Gans's, the energy of the Copper. There is no difference between your solid state of physicality and changing to energy. You looked at my technology the wrong way, It's the story of your life.

The only thing you haven't learned is how to change that Gans back to Copper, which I showed you in Beijing exactly a year ago. I made materials, created the fields, that it manifested itself as a matter on the table. So now you know how to do. I played the law of physics, for you to understand the law of the Soul. (:44) Clever teachers, aren't we? You're infant players, when it comes to work as Masters. We don't use the trick, we inform you, to see the trick, to understand how you tricked yourself, not us. Now you understand, how you have deprived your own existence of the knowledge of existence of your, what we call, 'creation of energy.'

You can think, 'Oh, I called the mother and the phone rings, and the mother was on another line.' The emotion was so pure, the Soul wanted as much as the physicality wanted, and you don't call, the Soul of the mother is aware, and picks the phone and calls. "Oh mama, I just wanted to call you, to tell you, and you called." Your Soul told the number much faster than you did. Now you understand the game played. You decide the destiny, the place and time, and your Soul has already decided. You might play a little bit longer, and you call it the extension of life, by eating properly, exercising properly, you can live another 10 years extra. Look what it means exercising, look what it means eating the right food as you call it, and see why the dimension of the physicality takes a little bit longer to load up, to create that spot when the Soul lives (?? leaves).

Many times, many, many times I sat, (:46) and I've met people, and they have cancer, or they have a disease, the doctor told them, "Oh, one month, two years, I don't want to die, I just had a grandchild and the rest of it." And I said to myself, "You fools, why are you crying to take one more breath and to suffer?" If you knew you could talk to your Soul and get rid of everything within the suffering of physicality, choose the time and the place. You done wrong with it, so it does its job and you call it the suffering. Why does human here has opened all these hospitals to live one second longer? We go on the machine, even we are physically immobile, we keep the machine going for one more heartbeat, because we haven't understood that we control that heartbeat, and we enjoy suffering for what we got the others to suffer, while we were in the dimension of physicality.

Now you understand the pattern of your life. Now you understand you can even know the seconds you are moving to the new house and you hand the key over to the new tenants to take over the flesh and the blood of the Man. Enjoy your trip, understand your life, and once you understood that, live by the Ethos of Mitra, you will create the Children of Mitra, you'll live the life of Mitra, and you become part of the energy of the Universe. Don't forget, the Soul of Mitra came from the Soul of the Creator (STC). Now when you create the Children of Mitra in the Space of the Universe, they know where to go to see

their father, (:48) as there is no dimension of restriction of the physicality's. Position of the stars and galaxies is the separation of the Soul of the Creator in dimensions of existence, when in fact every Soul sits within the Soul of the Creator. Even the Creator is on the journey of Souls in the dimension, vast dimension of the Unicos.

We go for a break and we come back. And I hope you enjoyed understanding your own weaknesses, your own lack of understanding of your own creation. The way you shed the skin every 28 days, you can separate the Soul every 50, 60, 100 years, but be part of that Soul to manifest in another dimension, place and position as Moses, Christ, Muhammad and the rest. But it's the same Soul. We are the teachers. Nothing is hidden. We are those who you call Messengers. We go for a break and we come back. Enjoy your trip and remember what you have to do with yourself tonight to know your own mistress that you denied the existence. Rick, take us for a break please.

>> **BREAK** >> 643 KSW May 21st ... (:57).

R: Okay, hope you enjoyed that summary from the last Knowledge Seekers Workshop. Brought to you by Ed, who's been working with his AI, to develop these videos. (:58) So, if you have any preference, or any comments, you can put them in the chat, or the Q&A. And I'm also wondering, of course, what Mr. Keshe thinks about these.

K- This is all nice. As you know, one of the big companies recently made a city with different AI's from different groups, from Google, Apple and the rest. And monitored how each AI handles the situation in the city. They call it the AI city. It's a very complex test which is carrying on and is going on. They want to see how the robots will behave, or the systems behave, when the AI takes over everything. And even some AI's now have made the decision, some people have to be eliminated because they don't fit into the structure of the AI city. Which means they plan the annihilation of races and groups and the rest of it, because how they interact with each other is very interesting. We have to be open to all possibilities and understand everything. This was a nice presentation of... we get opinion from Americans and the Chinese, now we get opinion from different aspects from the same AI, with a slightly different pattern of layout of knowledge.

As usual, we are ready to move what we call the Space Cities taking shape beautifully, step by step. We added one more section to the research part. Now is two, more or less three people have taken their positions and their work in the research. (1:00) Third one is

halfway between two countries, hopefully. But we see now this Research Center, according to what you offer us, what you put on the table, which is good, and we can develop further, take shapes. As I said, the new Research Center, hopefully, when we accept it fully, has 40 Research Centers, rooms, laboratories. The present Research Center, we have a lot of rooms. Three rooms are occupied. You can be the fourth one, you can be the next one. We provide all the facilities. And, as I said, one of our Knowledge Seekers is very cushy, he is setting his lab and his room is well set for him. The other one has just seen it moving in, hopefully soon. And one has already, or be joint structure, we hopefully between two, not being a Knowledge Seekers (KS), but becoming a Knowledge Seekers, through contact with the Foundation. We have a few spare rooms in this present structure. And if your knowledge, if your development, is attractive, and what I call, looks good to develop, we are prepared to give you a room in the Research Center.

I'm receiving a lot of offers, a lot of good things, a lot of nonsense's, but it's good to you, it's nonsense to us, because it doesn't make sense for us to repeat what we already have, and wasting more time on it. We receive a number of inputs, people, Knowledge Seekers who have contacts, who can test things themselves, and once we go through the completion, you take another room, another office, another section of the Keshe Foundation Research Space Center. (1:02) By the end of the year, we hope to have at least couple of hundred research rooms available for you, Knowledge Seekers, to take a position temporarily or permanently as part of the Space City, which is getting built very nicely, gradually, in China.

In so many ways, the Keshe Knowledge Seekers are working so hard. The hardest one was to fill in the first one. And he's sitting in the cushy, he's hearing us and he knows. Every effort is made to make life comfortable for him. And the second one has just moved, seen what he needs to do. And the third one has already said, "One took position long before we took over the lab and locked it up and he walked away and he went ?? to another country, until he comes back." So in a way, four of the research rooms are already locked up. Come up with a proposal which is not behind us, not below us, something we already passed, but something which brings prosperity to humanity and brings us to be part of, then we talk. I receive a lot of proposals, keep on coming, but it has to be practical, it has to be realistic. It has to be something that is not just a thought, you have done something and we can back it to what we call, test it and go ahead. I already know the fifth one and I'm getting involved in that test myself directly. And if it works, another Knowledge Seekers will take a seat in the Research Center of the Space City. Of their own of course, of their own ability and what they can bring. Nothing is too small and we are not prejudiced about color, race, religion, language or whatever. (1:04) The center is becoming a language translation center, you want Germans, you want English, you want Chinese, any language you come in you can't speak, we get it translated to the language we understand. So keep on sending us your, what I call, outputs, your inputs. This week we have looked at three or four and already start collaboration. See what it is. If you can evaluate it before we go through the expenditure, you are quite welcome in to join us. If there are any questions, let us know and we'll see how we can develop it.

Q: ... Dear Mr. Keshe, thank you for all the knowledge I have gained from you. Regarding the ONN (One Nation Network) network on land and the ocean Units, how do our individual MaGrav systems, both our biological fields and our devices, integrate with the global network to stabilize the land? Furthermore, as we approach these specific planetary alignments, will this ONN system facilitate the direct communication between our Souls and the Earth's core, what should we prepare for during that specific peak of the great transition? Thank you.

K- At the moment, the what we call, development of the Keshe Foundation ONN's has two sides. One is development of the hardware and the programs and one is the development of the what we call, (1:06) the Keshe Foundation side, the Space technology (T) side. And as we see the K8s, what we call 8Ks, of the Units which you have, and then we have a master Unit which is control ones. I see a rapid need, especially in the past couple of weeks, with the new AI chips which are coming to market to protect these. And this has become another obstacle, another position to consider on the physical side of the system and the development of what I call, we looked at it last week, those who are involved, what we call Universal spherical ?? aerals which we can transmit from the same Unit everything we need. Which means not only receives information and passes on the energy from the apple to juice and whatever. It is simultaneously to everyone on this planet and beyond in the Universe. And one of our Knowledge Seekers as I'm speaking is connected to a system and measuring things in the background. I keep on getting the graphs. It's not just I teach here. The system is getting tested on Knowledge Seekers in the background how the new structure will work and what we need to do with it.

So instead of what I call, if you remember the old systems, you had a post and it was something on and BBC used to go beep, beep and it goes spherical all the way around. This is a reality of today. We not only developing, this development delays us maybe by a few weeks. But, it'll be embedded in the boxes, then it's sticking outside the boxes. And what this means is that, (1:08) we can, the second transmit to you all vitamin C, adjust the system internally, with all the ONN's around the world, you'll receive vitamin K. We see the emotion of a nation going towards conflict, we can change, set the system that it changes the emotion.

Developing it is not very hard, it's a hardware, we know how to develop it, part of it is already developed. And then this allows us to feed you, enlighten you, open the Knowledge of Universe to every Soul. And this is part of the work which is getting done now. Then we can control or be part of, because you carry. Those of you who bought these Cosmic Ray (CR) Balls, you all have a specific Soul, you haven't bought it just because you bought it. This collection of these, what I call, Cosmic Ray Balls, which will be connected to ?? all the ONN's, is like what we call the Satellites. It connects, it brings in and allows us to connect with the dimension of physicality. The machine holds the dimension of the communication and transmission. You people with the Cosmic Ray Balls in your hands or in your system, you are the one who decide the rhythm of the Universe, you are ?? even the rhythm of the humanity.

And not common people bought these. Any of you who bought these Cosmic Ray Balls, if you bought these with a pure intention of changing not yourself, (1:10) elevating yourself, you are a special people and you are connected to ONN's. Your pure emotions will set the scene for the rest of the humanity. You do not know what I did with you, but you're exactly where I want you to be. ONN's connects to Man's condition, through the, what we call, Cosmic Rays, we connect your Souls to the system, and then you understand when it works, and then you understand, you carry the emotion of peace, you'll become the fingerprints of the ONN's. Same material, same process, same understanding. And gradually we build it up.

My worry is, is that how long will be before our mechanical side, or we call human side, computers team will bring, that we can test. When we do the first test, which we were supposed to do last Thursday, or last Friday, then we see a bigger picture, and then we'll see how we can do it. One of my ideas is to drop a few of these ONN's with the new, what we call, Universal Antennas deep in the seas and see how we change the animals.

We have a very, very specific situation which has risen, it's out of the work of the Knowledge Seekers, that in the next few weeks, hopefully, for the first time, we can monitor the effect of the fields and what I want to transfer to a live animal, to see if we can change it. I did this test originally in Ghana, with the fishery ministry, where we could see the suffering of the fish in the net, and we changed it. (1:12) I want to know now if we can change the physical changes inside the body of the, what you call, fish, to see if we can remove cancer agents, directly for consumption. We then becomes pattern of the work for us, that we can transmit, what we call the fields through the body of the Man. There's no need for anyone to have cancer, because the air of the fields you breathe, connected through Cosmic Ray Balls and the ONN's, does not create a condition of cancer.

Technology is very advanced, but partially we have to understand, our team has to understand, the work of, the potential of, and then implication of. And then, do you need to kill, do you need to be hungry? You're in a submarine, you get fed, you are on a plane, in the skies you get fed, you're on the Moon, you get fed. As I said, every penny we spent in research and development. And we don't lock funds in fancy things, unless it's necessary for certain positions. But everything spent to bring Man and humanity to a position of luxury of living through the Soul and not physically.

So, if you are looking what it does, the ONN's do and the MaGravs do, gradually we teach you. Because the technology is advanced enough and especially with the Space City coming up, in a very nice way, very slowly, built by the true Knowledge Seekers. If you knew what Knowledge Seekers are doing in this city, there is no clock, there is no 9 to 5 job, there is 24 hour job. (1:14) They wake up with and they sleep with and 24 hours a day. Every aspect of the city is getting set up, step by step, step by step. We hold in control in the, what we call, the food, and the water, then everything else which goes in, then the knowledge, and then the Space City, in beautiful Chinese cities, will become one of the Space Centers of the Universe. Not just because the cars fly off the ground, it

teaches even the cars how to fly off the ground. It's the beauty of what is to come. But give us time, we have to educate the Knowledge Seekers and those who become Knowledge Seekers to understand our Ethos. And we have to see.

Any other question?

R: That's a great concept Mr. Keshe, thank you.

K- It's taking shape, it's not a concept anymore. Something very interesting happened to us in the Space City. We brought another Knowledge Seeker, somebody who was expert in his job. And he accidentally stayed with another Knowledge Seeker, which we brought in, in the same house. He saw how the Knowledge Seekers was doing things, and he added up to his knowledge, because he was an expert in his work, and then after a few weeks he says, "I'm going back, I can't stay here, this is not the place for me to be." And he left me a message, "I'll be back with you within two months." I thought the guy came and just... He taught us a lot, he brought a lot of his expertise with us. (1:16) And two months exactly to his word he came and says, "Mr. Keshe, I become a Knowledge Seeker, I learn from the Knowledge Seekers in China. I put my knowledge, I came back to my country, I tested it, and it's amazing, even the scientists I've talked to, they says, this is a dream, this is not reality." He says, "I'm a Knowledge Seeker, I want to be part of it." And it's one of the first joint venture, what I call, a spin-off of the Keshe Foundation. The guy who had no knowledge, now is more devoted to spread the knowledge through his technology. This is how it works.

We create the next generation, by testing, and people testing it, enjoying it. And it's amazing, it's the first spin-off, when it came out, not from a Knowledge Seeker, by the expert who came, got touched by the knowledge, living with another Knowledge Seekers. And the things I get from him in the past 48 hours, what he does, is like a child being given a toy, and the lover who's found the love he was looking for. And he's doing amazing things. And when you even see the first videos, partially it's because of him. But you understand, knowledge touches those who understand it. And we've seen it first hand. And we see it now in the centers and build up.

In the Space City, we are making sure that nobody is left out. If your technology, if you what you think, it's a thought to you or we see a value into it, that it needs to be expanded. As a few of you know, already spoken to me offline, or you're in touch with me, that we value all opinions, because we are there to serve, we have no limitation, we have no profit ?? margin. And it's amazing how things take shape. (1:18) It's amazing how things take shape, and it's taking shape. And I thank the, the CEOs of the Keshe Foundation operation. They're working day and night and the other Knowledge Seekers who are there, supporting them inside and outside.

Any other questions?

Q: ... Good morning Mr. Keshe, good morning Rick.

K- Where are you this time of the day? Which part of the Universe have you landed today?

Q: I think it's like my dreams. I'm in Europe now. I have a few questions regarding dreams. If I understood correctly. If in the dream, it shows our destination after we die, where we're going to land. And I have dreams that the way the environment is, the clothing, even a lot of my dreams, you are in it. And then like one of my dreams, you were wearing, you were an old man and you were wearing a robe and I was like 14, 15 years old girl. And I was sitting on the floor, it was a square and I was listening to you and then I was in love with the teaching and I was talking to my parents because you were a traveler, you were teaching and traveling and I wanted to follow you and I had an argument with my parents, they wouldn't allow me and I was running after you and I felt like I lost you in the mic and I was in distress. And then suddenly I woke up and I said, oh, my god, it was a dream. And I had many dreams that in all my dreams you were a teacher. (1:20) So and then I have dreams that mostly in present time but different environment, different clothing and sometimes my dreams are very futuristic, like I had a dream two nights ago there was this big staircase, it was a wide staircase, very looked shallow, but they were all white. You couldn't see the end of the staircase, but there was a book there. The book was as tall as I was, and they told me I have to pass a test. And then I was looking at it, and I actually laid down. You remember when the kids used to lay down on our belly and do our homework? I laid down and I told the guy, "I don't see anything on this book. Why can't I pass the test? I cannot read." He says, "Look." As I was looking at the book, the words appeared in light. As I passed by the book, I mean as I passed the line, the words disappeared." And then I look up and I said, "But I don't know the answer." And I was really agitated, why I don't know the answer. And when I woke up, I was so happy. I said, "Oh my God, I was going to, I didn't pass the test." So I have a lot of dreams, I'm taking a test and then, so if this is my, it shows my destiny, where I'm going to be, so it means I can go back to 200 years ago, I can go to the future, so which one is it?

K- You decide, I wasn't there in your dream.

Q: So, but also when you are in my dream...

K- The problem with you a lot is, you have, I'm in hundreds of dreams every night, you should see what I receive. I don't know which one where I was.

Q: Is it I decide you are in my dream or you are in my dream?

K- You decide. You invite. We can't intrude.

Q: Oh I invite.

K- We don't make borders. It's you who make the borders. (1:22)

Q: But you know if for example you were sleeping with your wife, does your journey at night includes the Soul together you have independent journey as you saw...

K- Depends, depends. We tested this in Linz. We asked two, a couple, French couple, to stay in two different Units, and then stay in the same Unit if I remember correctly. And then we asked them to go to such a place, they were French, we asked them to go to Paris. I think they have never been there. But they both went to the same place. They both had the dreams because I spoke with them separately and they both went to... I can't remember... they knew they were together. So we can journey together in physicality and in reality because they were in one car, one of the Units. So this has to be answered in the future, destination of the technology and what comes up.

Q: I also Mr. Keshe, if you end up in a room with a stranger and you two strangers sleeping in a room, does one stranger affect the other stranger's dream?

K- It's happened to me. Depends on the ?? concern. It happened to me. It's... by the way it wasn't a woman, don't worry about it. I had to take a flight from Manchester to Frankfurt for a conference. And it's a winter storm, we ended up somewhere in Hamburg and they had to bus us down. And the, what you call, on the way the weather was so bad that the airline decided that the bus will stay in one of the midway hotels on the motorway till the weather settles for a couple of days. And we just went to the front desk and said, "Sorry, all the rooms are taken, you're sleeping with another man in the room." It was a very strange feeling, you're sleeping with somebody you don't even know. (1:24) And it was one of these two, because they didn't have time to change, it was, you know, two single beds next to each other, but each one separate. And it was a strange feeling, it was laugh, we laughed a lot. The guy says, "You're snoring too much," I said, "You kick too much." But, it was a very strange thing. But, we go to the same place, here we end up in Frankfurt together, but it was a laugh. At the beginning, they were all that time, you know, like, God knows, it was a very important meeting in Frankfurt. So, they're all, in majority of the passengers were people going to this exhibition, conference, everything very ?? poshie, poshie. Nobody talked on the plane, we are all buses and after a night and thingy in the bus. The old became friend type thing, you know, everybody knew about something about the other guy. It was very strange, why don't we do the trips with a bus and actually getting these planes and become isolated.

Q: So that person affected you when you slept with that guy at ?? Nadum?

K- Most probably, I shared a ?? sole room environment somewhere. It's very, very strange. It was a very strange experience. That time I called my wife and said, "I'm sleeping with a man tonight." And she was laughing at me. I said, "No, I haven't changed. I have no choice." It's very strange. But yes, if we have the same destiny, yes, we can. We can decide where we go physically, we went to the park today, tonight we're going to see your grandma in dreamland, died 10 years ago because I love the grandma. We can do, it's just we deny the access ourselves.

Q: So when I leave my body, can I decide who do I want to be on the other side with people I know now, (1:26) or that's not decision I can make for myself?

K- It's a decision you have to make by yourself. There are no borders in the Universe. Man made the borders on this planet, houses, streets, nations and everything else. There are no walls, there are no borders in the World of Creation. Man is in touch and in contact.

Something very beautiful, sorry, but just something beautiful thing is happening and it's a joy. If you, many of you know or not, the Chinese government and the Russian government have decided to bring down their borders. They have just started. It's about 4,200 kilometers of borders. The reason they've done this is very amazing, but there is a lot of things sitting behind it. And I work with both nations in different way. And I admire what President Xi has done and is doing and Putin is playing the game, because it gives him advantages. In a way, very soon, if this works out, there is no country called Russia. Between China and there is no country called China. Borders of China comes all the way to Ukraine and borders of Russia goes all the way to the Pacific Ocean. Because they became one nation.

This, if this works, it's the first time done, is part of the work of President Xi in the background, that making the Silk Road the way it was. We had no borders, people just walked, oh, I'm in Afghanistan, I'm in... whatever, I'm in China, China or Chinese speaking people. We had no borders, we had no customs. And this is the first time ever done this. (1:28) EU does this, but EU is still different government, different structures and everything else. This is the first time two superpowers are doing it. And this is actually a nail in the coffin of United States, because now China can move all the arms into the front line of Ukraine and wipe ?? Ukraine out as part of the Russian structure.

And we've seen this as the next step, as we saw with the Strait of Hormuz, the Americans blocked all the naval forces, Iran does not export any oil, but now Iran exports more oil through rail to China than ever did before. How about they are doing? The next step is Kazakhstan will come over the open border. And then Tajikistan and Iran. So, the Silk Road, losing borders, becoming just name on the map, is taking shape. And, it's wonderful to see this, the set it up.

If you look at the week before, when Trump came to China, and now Putin paying visit, totally different body language, is totally different structure of leadership. There they come, we dictate, we want. Here we are all one, let's eat off the same table. And this will bring back long dream of no nationhood. We are Chinese from China part of the, this planet and we are Russians. And if this goes through the way it's going, keeping independence and taxes and everything else, which is the main concern from these governments, we have seen the change of taking the lines of the maps of the nations of the ground, that Man has been fighting for. And it's absolutely amazing, if this 4,200 and then we have 620 kilometers with the Kazakhstan, (1:30) which is the next step to it, they'll come in, because Kazakhstan is heavily loaded with debts to China, they'll open it, and then they move down, there will be literally the Silk Road, and no borders. You don't

need to show passports, it's just that if you get stopped, or you do something wrong in China, China and Russia give you documents and you treat it according the same as the Chinese law.

And it needs a lot of paperwork to complete, but the first stage has started. No borders. And I congratulate President Xi for and Putin for achieving, starting at least the same. In EU you have this, but still you have a problem of we have collectively to decide. We decide. This is totally one step further. We keep our structure, we decide, but we work as one. Now the sanctions on Russians become meaningless, because the whole China can supply whatever they like. The same thing now has happened with Iran. And we'll see soon Tajikistan and Kazakhstan will open up as one border, no border. And then it will become amazing. We'll see the beginning of the process of the peace. With demolishing the borders which we fought to protect so much. It's interesting.

I called in a meeting yesterday with some diplomats. I said, "Now, Xi has become another Genghis Khan, but with the sword of peace. He's conquering, taking borders and making all One Nation. But in a peaceful way." It's amazing what's taking shape. We don't need to kill to protect imaginary line, because the imaginary lines are not there. It's just that I collect taxes on my side, you collect taxes on your side. If you need help, if you need anything, I put it in. (1:32) This was inevitable. The way the Ukrainian war pushed, Putin to this, was amazing, because the only place it could sell its goods and all 80% of its exports was to China. So what was the use of it became part of Chinese structure. And now they've taken the walls down. And Kazakhstan is 80% in debt with China. That's the next one to come down. And then we'll see with Tajikistan and Iran. It becomes the Silk Road without going back where my great-grandfather used to go. You can go right through. Nobody knows which country you're in till you land and they give you Chinese food and you're in China.

Any other question?

Q: Thank you Mr. Keshe.

K- You're welcome. Hopefully we see you next time in New York or in Cancun or Tehran. You have become a traveler of the Earth, huh?

Q: Actually, I was thinking all the dreams I see with different people, different nationalities, different skin or different shape or form, could be because of wherever I go maybe. I'll be in Cancun shortly, I mean, soon.

K- Yeah, and then New York, and then God knows then Tehran. You are the gypsy of the Keshe Foundation.

Q: Yes, gypsy. You can call me that.

K- Stay safe wherever you are.

Q: Thank you Mr. Keshe. You too. Bye.

K- Bye. Any other questions?

Q: ... (1:34) Thank you very much for having me. I wanted to ask about this system you built and what gives me faith in Mitra is that the free will of humans is respected mostly. But you say you change the emotions of people. And so I thought about which level of will do you change in the people?

K- We don't change, we make it available that you come enticing to be.

Q: So I'm still free to choose?

K- Of course.

Q: I have the fields and I can go in connection with the fields?

K- Of course. You see there is a link of availability, a link of denial. It's available, if you don't need it, you deny it, I can't force feed you. It's there, if you need it, is it the strength, you are not aware of it, your field energy of the structure knows what is short of.

Q: So it's, it's sort of the Soul level who decides what...

K- In a way, maybe in the next teaching I open a new door of knowledge that you understand exactly how it works.

Q: Wonderful. And one question I had about food. Once you said that there is some condition on Earth that makes it impossible to live just on frequencies. Can you change this with the system too? Because my idea is if lack disappears, if we do not have to eat, we really have the freedom to really live a good life, because now I have to killS to live, sort of, every day. (1:36)

K- You see, there is a fundamental problem with all the planetary systems which are tilted. The tilt created what you call, composite fields and that composite fields decides, for example, you have a warm weather in one place, cold weather in one place, you see only, let's say, gold in one place, and you see silver in another place, we call it mining. It's the same with the Souls and how they can feed the physicality. In the, what we call vertical structures, planetary system which go vertical, we see in the life of the creature specific behavior. They are creatures living in planetary system that are vertical, which cuts into the direct access to the line of the fields of the source, which is their sun, ?? create, is, you know, like condition in certain part of the world creates calm people, serene people, only creates black or white people. We have the same thing with the structure of the creatures of the vertical planetary system. We know it. When you see them, say, "Oh, they come from vertical ?? system." We see at the same time creatures which are on the horizontal line rotation. They have a totally different behavior you know like this is Chinese and this is African, the behavior wise is exactly the same. When Man

become knowledgeable in the work of the Universe, (1:38) then it's like, oh, I've seen this black is from Africa, this is Chinese from China, you know which one is which one. And then our Soul our energies know how to deal with this. On Earth, because of the tilt of the Earth, it hasn't just created a complex weather, it has created complex physicality and complex Souls.

Q: That's nice also, but still it also makes us having to feed on... ??

K- So, yes. Yeah, different... we absorb different fields, so we make it available. It's... you know, you go to the supermarkets today, you have a dragon fruit from China, you have an apple from Europe, and then you see bananas from Africa or South America. And we choose what we want. This is a supermarket of the fields. You take what you need. Maybe in the dimension of the Soul, maybe in the dimension of physicality. It's not there that you eat and you become fat because that's what you need. You take what you need and your Soul takes what your physicality needs.

Q: But still as do these other plants and animals, they do not consent to being eaten, do they?

K- Partially they accept to be. We accept to be. And will they grow soon, (that) nobody wants them. And there becomes like India, cows travel, walk everywhere and nobody says anything. They're cows. Because nobody killed them. In America we wrench them, we lock them up and when you send an American to India they go crazy. They see all these sticks moving and nobody touches it. You travel to certain countries which they don't do things and you say, "Oh, you know what that tastes like." (1:40)

And I was in a travel with some senior officers from the Chinese military generals. A couple of years ago. And we spent a week in the mountains together and you make a friendship and the things. And they thought we were going to play a game on Mehran. On the way back to Beijing we were a convoy and one convoy went ahead. And to arrange the food, that by the time we get there the restaurant is set and everything else. When they knew where they were going, they were from the area, they knew what they were exactly doing. And I know the games. It was about 10 or 15 of us, a couple of three Generals from Chinese military headquarters, a couple of their bodyguards and all of us sitting there. The trend in China is you don't separate, we all eat around the table. And me being clever, knowing I've been played the tricks by these guys before, because we had dinners and we had connections before. I said to them, "What's on the table? I see different things." I said, "No, no, no, no, it's all good." I said, "No, no, no, this Man doesn't need... I want to know what's on the table."

They structured it that I had no choice. I knew they were planning this for a couple of days, we're going to play a game. I looked at the top General on my right, on my left, and I said to him, "What's on the table?" He says, "I don't know, we were in your group, they came ahead, they ordered." I looked at the ?? Kinky assistant of the second General, I said, "You came ahead, what's on the table?" He says, "All these are all delicious." I said, "I'm not eating, I walk out of the room if I don't know what's on it." (1:42) There was

duck tail, there was donkey god knows penis, and all sorts of things on the table. I said, "Oh, can I have some boiled rice, please?" In Chinese official dining set, when you eat officially, if the rice comes first, it means there is no alcohol, it's official meeting. If the rice doesn't appear or noodle doesn't appear at the beginning of the table, it means they can drink and pop and everything, put it on the table. So, I knew I can... it's official meeting, because we are all part of the Chinese Central Command together.

And they said, "Oh, this one is lamb and that is beef." But we wanted to know which one you like. The rice broke the code. So, we can choose what we want to eat. The Chinese test me with a lot of things. I have very good friends in China, still very... They still play tricks on you. And I was in Mongolia with the Chinese guys. In the first day I woke up in the hotel, they were very apologetic, that you know, "This is a Mongolian breakfast, you might not like it." It was... And we sat for the breakfast and I said, "Oh my God, this is my dream." Because Mongolia and Iran have a lot of common things. It was like me eating in Tehran. And I said, "What?" I said, "I haven't had this for 20 years and this and that." And it just became, "We choose, we choose, we choose what we want." (1:44) And these things happens, we choose what we want.

I can tell you a lot of things. I was... I worked with one of the top guys in China, mining. And they used... they wanted to use our technology. We did a lot of things with them and he was famous for the food. Everybody wanted to go for it, to his house and he cooked it. It's a hot pot. And we got invited for this hot pot one day to his house because we always met in restaurants for weeks and months and I did a lot of work for the Chinese military through him. And I said, "Oh, he's invited you for a hot pot at his house, a beautiful house we went in and they put a hot pot." I said, "What is this thing that everybody wants to eat here?" No, no, no, no, no, no, it's there. You eat it, we understand. And imagine what was it? And it was only one food on the table. Penis of sheep. You had no choice. You had no choice. There wasn't an option. And this guy was famous, this aphrodisiac. And this is the part we choose, sometimes we are forced to, sometimes we don't.

Q: Sometimes we chose earlier just to go there and then this is the consequence that there's a point where we have to eat something, but you chose before to go to the house didn't you? So this was the point of choose, choice?

K- Yes, yeah, yeah, yeah. When you see these official meetings and the television presidents, every piece on the plate is pre-agreed to the top. That nobody gets surprised, because a few times world leaders have been surprised by things on the table. So, we choose, and it's our choice.

Q: But in my dreams, I mean I tried to learn lucid dreaming, (1:46) because I thought if I can control my nights, maybe I can be more aware of where my Soul goes, but in my dreams I often have really bad dreams with difficult situations and I don't see that my Soul is...

K- It is, you can choose, you can choose a lot of things, and you can decide on a lot of things, in physical life, the same as what I call it, in your state of sleep. If you accept our

dream as part of us, it's a reality which we deny, then it changes. You decide what you're going to dream, and get good at it, not just because you say you can do it, but with sincerity of heart, You'll have that dream.

Q: So you think it's good to learn to be... ?? aware ??

K- It's part of the transmutation. It's part of the transmutation. A few Knowledge Seekers have reached that point. Because I get communication from them, I see. A few Knowledge Seekers are gradually going into that state, they are fully aware.

Q: Because one night, some months ago, I woke up in the middle of the night and some voice said, "Learn to be awake in your dreams." And since then I'm working on that.

K- It's just we have this. For me, I don't know when I'm physically asleep or when I'm physically awake. I just, for me, it's one 24-hour job, day and night. And the only thing is, especially if you're, if you are at my age, I don't know which age I am now, but in the physical condition of today. You have to learn, especially when you pass 40-50 years, when you wake up, stay in bed for a few minutes. (1:48) If you get up, you sit at least for a few seconds before you actually get up. This is good for all the old people, anyone over 40-50. Research has shown that the majority of the heart attack comes by our first behavior, getting up from the bed. If you jump and go, there is no transition. If you learn, you wake up, spend a few seconds flat in bed and just, and when you sit on the bed, just, just a few seconds, makes a difference with the heart attack that day and life. And it's very, very crucial. I do it every time. I never jump out of bed, used to when I was young, but now everything has a time. I have time, time is made for me.

And if you are in your 40s, 50s, 60s, 70s, never jump out of the bed, especially first time in the morning. I always sit just a few seconds, the body needs to go to transition. That shock of jumping out becomes the cause of 90% of the heart attacks later on that day. It's proven because there's research, there's a lot of research done in Canada on this. I love Canadian research that they do. The most absurd things and observe it for 10, 20, 30 years. They just don't finish with one PhD. It carries from one PhD to a, you know, ?? post ?? shape and the rest and it carries on and the data Canadian and some of the French universities bring some of the most amazing data, long-term data observations. Americans are faster, research is there, we commercialize it tomorrow, but there is no data to back. French and Canadians do long-term observations, especially some French are doing amazing things. We wouldn't know about MS if it wasn't so much because of the French they observed the African, (1:50) or what you call people who came from certain islands from Americans, what you call it, South America and they had no MS, but once they lived in France for a time and went back and we see MS in them. Then they found out how and why. But it was a 30-year research. They find immigration and everything else. And Canadian do a lot of research. I love Canadian research. It's very in-depth. It's not money-making, ?? guess to ?? the one.

When we see a lot, when you look at these researchers, you look at the Soul of the people, not just what's written on the paper. And this little one minute, I call it a ritual, is

to don't sit up and run, just take your time, a few seconds, just a few seconds, dictates your life and we never knew. But this research was completed years ago and you learn how. But in a way we look at the physical, but it's the way for Soul handing over to the physicality. It disturbs the pattern. It's not just the physicality learning to, you know, to wake up. Just take your time. One, totally altogether, it's less than 30 seconds, 50 seconds. And it sets the whole thing for your life. It's like the same when you go past 50, never take shower with over 30, 40, 42 degrees temperature. Hot shower first thing in the morning is a recipe for blood clot and heart attack and brain hemorrhage. These are little things you gradually add up and you learn. (1:52) And you live by it. If you get up early in the morning, you have a shower the first two hours, never pass, Luke warm, little bit warm, but hot water is a recipe for a stroke. Research has confirmed over the years.

Q: But not in the evening?

K- Evening not really, but more in the first two hours. These are little, little, little tips you learn. Little things you exercise and you test and you see. It's a pattern of life. It's not just advertising to do, you know. It's fashionable. Like never ever to use toothbrush. Those who use toothbrush, they're destined for all diseases.

Q: Even if it's from India, Vedic...

K- That's a... What's in that paste, is what your body rejects.

Q: Okay, so only CO2 Gans...

K- No, no, even CO2, you have to understand what you do. The best thing you can do, I mean, it's... I always taught my children, and... If you are a member of my family, it was a ritual, it is a ritual. Every now and then, that's the... you know the white cheese, you call it the goat cheese or whatever? That's the best toothpaste you ever have, because it destroys all the enzymes which create cavity in the gum. You can even toothbrush with it, when you eat your cheese, you don't spit it. And the body doesn't go into the rejection. .. This is a law of nature, what you use on your body, if you can eat it, is good for you. And the South Americans, they use avocado, I don't know, some god knows everything else, to wash their hair and their body, and they eat it at the same time. (1:54) And this is a law, you live, if you do it that way.

I don't... I don't see any need, toothpaste and the thing was created to create illness. It was created, they knew exactly what they were doing. I was explaining to our agricultural research people, which we are developing in Space City, that... do you know why we are using fertilizers? Do you know why we are using pesticides? Go back in the history and find out. There were no fertilizers. Fertilizers were pushed on humanity. Pesticides were pushed on humanity after the First and Second World War. Because they had so chemicals, the natural processes became obscene. They couldn't sell. So they created this and they banned the tradition. And now we have all the problems, that we're trying to get rid of, what was forcing us, commercially.

And this is the same with our Soul. We accept a lot of things, which are not there, but it's the barriers we made for ourselves. Don't... If you use a toothbrush, make sure you can swallow it. If you spit it, you set up the chain for the next disease in your body, because what you spit out, the body spits out on the other end, as the thinking coming in, and then you create deficiencies. And this is the law, if you understand the mechanism of life, it's the same with your Soul, find a way how to connect to your Soul. You have to be honest with it, you have to be... It has to be that the same as the food, (1:56) I don't want to eat, I don't want to eat. You can't force me. I want to see mom. But what have I done that the mom doesn't want to see me? You understand? Not that, "Oh, I want to..." The guy says, "I can decide what I want." Yeah, but what did you do with mom? You haven't seen mom for 40 years. She was ?? looking out. Now, tonight, you want to test it? No, no. Yeah? Set the table, invite mom, do your conduct and see what annoyed Mom for you not to be there. This is the game of life. Not the game of what I want I get. Money cannot buy. Thank you very much.

Any other question?

Q: ... My question today is related to one of the 5 Cups system, the one for the Vertical People. And at the bottom of this 5 Cups we have the Cup of the Soul of the planet. And I just wondering, and I just want to ask you, if you create a 5 Cup at 2,000 meter high, (1:58) and then we bring one of these fields to the ground level, let's suppose one of the, the Cup of the Soul of the Earth. And we bring that kind of field to the ground level. How this, how this field can affect the Vertical People?

K- Not much, it just adjust to it, but it carries the information from the 2,000 meter too. You have the combination, because once you took a fingerprint from 2,000, is in it. And you carry both, it's a combination of both. And what's on the ground floor, it doesn't need the 2,000 meter energy level, it doesn't work. You got to realize a lot of Knowledge Seekers made these vertical structures not really correct, especially the bottom one. The structure of the bottom one has to be in line with the central core of the Earth. And it has to be done very precise, very correct.

If you remember, if you came to Linz, there was three of them made by Herbert, especially you could go in the middle. If you stood in it, you could actually have different emotion in different levels in your body. But the trick with it was all of you went there with the shoes on. Those who dared and took their shoes off and stood on the same level without the isolation from the ground, you would have felt totally different. (2:00) When you make these, what you call, the Vertical People Gans's and the structures, you have to follow the same. If you have put wood underneath of it, between the Earth and them, as your frame, you stand on the wood, and then you feel the same thing in each level. You don't feel anything because, sorry you're standing on a plastic shoe and on a metal, you understand? So when you do these things just don't do it. Little, little touches makes huge differences. And then you feel, you feel the first level, second level, third level, even at the Soul level. The one Herbert made was amazing. I used to enjoy sneaking in there sometimes, but you have to take your shoes off. You understand? You absorb different fields with the shoes on. You change the game without you knowing. We saw this one

years ago in a different way we did the test with ?? Ali in Canada and nobody understood why.

Q: How do we align with this Bottom Cup? What is the procedure?

K- There is no procedure, you have to understand what you made. You have to understand. Very soon Keshe Foundation will test a new MaGrav, (2:02) which is exactly outside what you look. But inside is a powerhouse with a Soul. We'll test it very soon. And then you'll see how by changing compression we change the emotion of the STP. It's getting tested, it's getting built. And then we learn from it. You see, if you look at this picture which is there, I will never go in this Unit. I tell you why. Open up this Unit, the picture. On the left you have bunch of Gans's on the table so the field is towards there. The other one is sticking to the wall which has electricity, water and everything else in it. The other one it looks like sitting in front of a radiator which has a diversity. You never matched to this, you just made something.

R: I think the problem was, this was actually from Herbert, but he had moved into a small place and needed to store all these...

K- Yeah, I understand this. This is, this is when you do things, you made everything perfect, but you don't look at the environment. And then it does not match. You see that plastic bottom layer, that makes a difference if you stand on a wood you think is standing there and if you actually put a plastic, same plastic and stand on it. You replicate the same, then you tune to what is needed. Your body might not need any of it. (2:04)

These are the things in the in the labs I explain this quite a lot when we do a test. Observe what is it, put papers around, see what you're producing meters away in others environments. This is when you make these things you have to understand the total structure. And it's not anymore a bucket, it's all the fields in the room. If you noticed some of you, especially Italians who came to Linz, the system is in the center, in the middle, spaced equally from either wall, that we replicate the same. And this is the problem with you don't understand or you don't not understand, you don't take notice of the environment on the systems you make. When you came to Linz, if you remember, you went into the systems, that everything was perfectly matched, symmetrical, distance from the wall, back and the front, and everything else.

R: It's a lot of room around everything as well, they're both in the ceiling and inside each thing. (2:06)

K- Yeah. And that's how we could get near to it. I mean you're Italian, you know what happened with the Italians in the Linz. One of you who was arrogant and selfish came in, I had to interview everyone, otherwise I'd destroy Keshe Foundation. He destroyed the Italian society, the community, because he couldn't interview, he was more important than knowledge. You know, you remember who I'm talking about? He caused you arrogance and selfishness. One Italian caused you Italians a lot. And this is why we were

trying to teach. And self-centeredness. You lost, you Italian, all lost because of one selfish arrogant man.

Q: Really Mr. Keshe can you, can you explain this, this situation? Because this can be affect everybody on the planet and then...

K- Yeah we had an Italian, what you call it, calling himself the new, news people coming in and disturbing people in, coming out of the Unit. We told him, "You can't do that." And secondly, "These are confidential researches." He said, "I'm going to destroy your Keshe Foundation." And we grew ten times bigger, and the Italians lost. Italian community lost heavily because of his conduct. And so, that's their problem.

But this is how it works. You have to watch what you get in these pictures and when you set things up. Every millimeter, every position counts. And how you mix your things counts. (2:08) It's crucial to understand the environment than the system you make. It's not what in the front you put in between, it's what in the back taking out, that it doesn't allow to come in. One of the worst places to put a system like this is near a radiator, a water flow. Because when the water flows in it, it continues to create diversity of energies, taking from the system. So, nothing is in the middle, it's the same at any time. If you've got one against the wall and there is a light is on and the cables of the light go behind it, one time the light is on, one time switches off, they flicker and you continuously change, you can't get stability of the test. It's good to make it, but realistically you're in a roller coaster of fields. Thank you very much.

Any other question?

Q: ... I've been teaching rebirthing breath work for many years. During my sessions, I have witnessed beautiful spiritual and physical healings. One of the most beautiful was the healing of an ovarian tumor just a few days after the session. I have understood the power of breathing. (2:10) Now I know that it is the miracle of Cosmic Rays. Thank you Mr. Keshe.

K- Breathing has a very direct effect on lymph's. This is why you see cancer change. How you, it's not how you inject chemicals into the body or whatever, is how you change. It's the lymph which then becomes cancer cell, nothing else. And the lymph before it becomes a cell in the organ of the body of the Man. And the world of science don't want to teach you this because then they can't sell you the chemicals.

And your heart, if you go back into the medical teachings of years ago, I explained, which they don't tell you in the world of today, because then they can't rob you of your whatever, is that your heart chamber, the four chambers, nothing to do all with the blood. Two chambers are responsible for blood coming in and going. The pressure in the other two chambers of heart is to do with your lymph. When you when you go to it, when you do your blood pressure in the house you get let's say 12 over 8, or 12 over 7 or 11 over 6. They say, oh, the lower one is showing when the heart is empty, rubbish. The lower one shows you the state of your lymph pressure. How it is and what it is. And where the

problem is. The higher one, it shows you what obstructions you have in your vessels, blood vessels. (2:12) The lower one shows you what obstructions you have in your lymph. And you tell that to a doctor and says, "Oh, stupid guy doesn't..." You have no clue, you directed people the wrong way. The science of the biology of the Man has not understood.

You want to understand what it is, with some of the Knowledge Seekers who work with me in the background know exactly what I'm talking about. You go today and test this for a week and then tell me next week what you see in the lower figure. And then what happens with the higher figure. When you block your lymph's, your lymph's ?? circle, you increase your blood pressure because there is a shortage of right blood cells produced in the body. So lack of it creates pressure in the blood system.

For me, when I look at the 12/8 blood pressure. I look at the 8, I don't look at the 12, because it's 8 that decides the 12. And 8 is the lymph, it shows the state of your wellness. And you can control it. You have to understand, your body's lymph is dynamic in your physical body structure, not in your legs and your arms. You need to make the lymph active in legs and arms. You see your blood pressure, your health changes totally. But they don't teach you, they just give you chemicals. You want to see, you want to try and change your blood pressure, you change your wellness, you change your walking, you change your thinking.

Lie down, I was teaching this to a couple of Knowledge Seekers in past few days, past few weeks. Lie down on the floor with your flat back on the floor. Keep your buttocks something like 30-40 centimeter, depends on the height of your legs. (2:14) Keep your leg between 45 and 60 degrees against the wall, up. Put your hands straight on both sides of your body, nothing else. Then, this is nothing, you do it all the time. This, the lymph's are floating down, but they don't get recycled. You don't need lymph therapy. That's all you need to do. But now this is nothing. You just can do it. Dogs put their legs up every day.

But now the key to it, to clean up the lymph, that you will see even all the pains in your knees. You can't walk, you can't hop. Do this for a few weeks and see what you change. Then while you're lying down, close your eyes and breathe very slowly, 4 counts. Hold for 2 counts, and breathe out 6 to 8 counts. With the breathing in, you're pumping the lymph out of your body. With the breathing out you're pushing the fresh lymph into your legs where all the dead, what we call, lymph's are gathered, gravity pulls them, they are too heavy to go and then you get the swollen legs and everything else because of this. And then do this for about 3 - 4 minutes. Make this ritual once a week, you don't need to do it too much, you just clean up, you don't wash yourself every day, you have a shower once a week.

And then when you're done, and for about three, four times, or two, three minutes, then at the same time, raise your arms the same way. (2:16) Put a pillow. Don't hold your arms up 60 degrees. Put a pillow. Put something, a chair, and rest your arms on the chair. And do the same thing again. In a way you make yourself a pot. The body is the bottom of the

pot and you have your legs and your arms, or the same way, arms, 60, 45, 60 degrees. And again carry on with the same technique of breathing. You're taking the lymph's which are in your fingers and your lower arms and everything else, back into the circulation to come in and get disposed of through the cycles of the body.

Then you've done that for about 2 - 3 minutes. Lay on your side against your liver, your liver is off. That liver is free to process the dead lymph's and everything else. Then, half an hour later, take a blood pressure. You did nothing. You just cleaned up the lymph. If you remember a few years ago in the teaching I told you that walk with your heels, that you put your heels and then walk forward. This allows, if you do this before you do the lying down and putting your legs and arms up, put your toes on the ground and go back on your heels like hitting your heels, ?? stamping on the same position, that you unlock your heels, you loosen all the dead lymph's sticking to your different skin, muscle, tissue and the rest. And secondly, you create a gravitational field force which triggers any surplus lymph, or damaged lymph or whatever in the structure of the brain and, what you call, the skull. (2:18) It brings all those down, that when you turn your head up, when you putting your arms up on the leg, it's like shaking a tree, getting rid of the dead leaves, and then go back in to do the, what I call, your legs up job.

Then tell me, do you have any more knee pains? Do you have any more joint pains? Do you feel like not hungry that much? They don't teach you, but then look at the bottom figure of your blood pressure. They don't teach you, because they can't make money out of you. This is what we've been taught when we were people. And if you look at the... even if you look at the prayers, when you raise your hand up, it's part of the same ritual. Cleaning of the lymph's. See if you still have a problem with your joints, with your hip joint. Look at your mobility when you do this. Don't do it more than a couple of times a week, but make it as part of your life.

And you don't need to do these stupid exercises going on the track and making muscles, you actually destroy your muscles. And these are little things, you carry on and you don't need to do all these medicines, high blood pressure and the rest. You ?? tune the body, you clean the body by yourself. This was known by our ancestors, they did it all their lives. (2:20) Now it's become these fast tracks and lifting gear to build muscle, big muscle tissue. And look what happened when they stopped them going to the gym, because they didn't fix the low bottom layers. We have 200 muscles. The top ones they fix but the one which the top one built on is not fixed and the one which actually runs the bottom one which is your lymph is now it's all dirty. How can you drink from a dirty water and say I'm okay? You need to clean up the lymph and the blood pressure lower blood pressure is a good indication. Usually between 7, 5 is a good indicator. And you see when you do this your blood pressure drops. You don't see those figures of 10, 14, 15, 16. Gradually comes down. But you have to watch what you do.

Our ancestors perfected the technique of life and some lived 2, 3, 400 years. It's just one thing. It's a painless life. You don't need to have joint pain. Knowledge Seekers who are with me, they see, I go to buildings to inspect or see 2, 3 flights of stairs. I just walk up and walk up and I say, "Oh, well, one 70 year old, he just..." Because I keep a very

good... I don't go on tracks but I keep a track of life. I see youngsters next to me breathing (?? heavy). You have to learn how to protect yourself, how to listen, how your body works, (2:22) not what they tell you it works, because they can sell you products.

Your breathing, the way you breathe, in what position you breathe, decides what lymph's you do. One of the last things I ever do, I let no one to touch my lymph nodes and lymph's. You crush it, you create a position for cancer. Why should I let them do that to me? Every part of the body has a method of living and you have to understand it. And you only when you create that position, with your breathing, you bring it into action. And that's all you need to do.

Then they tell you, "Oh, we took the tumor out, the cancer is reappeared, you got metastasis." When you have a rotten apple and you put it at the bottom of the box, you expect the box to be, the rest of the apples to be good? When a cancer cells in the lymph and it goes, gets stuck in your toe, or in the lower leg, and you don't clean it, you expect it not to come up and doesn't rotten again, later on when it comes down. We don't understand the physiology of the Man, then we try to do it with every chemical possible.

But, the body is not made of the outer muscles, going for 10 minutes of walk, and doing your heartbeat ?? for the ?? bigger, whatever. But the muscle, outer muscles, have an inner muscles, and that inner muscle, relies on what it comes to it, to build itself, that it can support the outer muscles. And that's your lymph. You have a infested system, infests everything. You crutch, you bend, you can't walk. (2:24) You have pain continuously, because it's a...

If you have a knee problem, pain, do this process of lymph, what you call, movement. It's not clean up, it's not an exercise, you just bring it into work, and then you see, if the knee pain is still there. Because you gathered all the dead lymph's, which pressurize the nerves, the nerves restricts the motion, and that's all it is. I don't tell you miracles, it's understand the physiology. I hate going to gyms and exercises, but I know I can go to gym and clear condition for my ?? nerves to clear, that's all it does, the benefit comes. When you see these people pumping and pulling themselves up, you don't need to do that, just hang from a bar, and follow the same breathing. The breathing controls your lymph. And then you see when you come off the bar, the guy is pumping like crazy, he gets himself damaged, you come off the bar hanging, and you walk as, "Oh, I'm so fresh."

I used to have a chiropractor in ?? Kortrijk and he always used to tell me, "When the basement is damaged, rotten, you can't fix the top with the spines." When your ankle is out of order, your bones of the foot are out of order, they move and the rest of the structure moves to correct that movement. You get a back pain, you get this, you get neck pain and the rest. The most important is to put the toes in there, foot and ankle right, and the rest will go correct. It's the same with your body. Correct the lymph, the inner tissues, the organs, the weaker, smaller muscles, and then the outer muscles stays fit. (2:26)

It's... and then at the same time, when you breathe, it changes your Soul, because you control what goes in, and then becomes real light. It all one process, it's you who don't

understand and separate it. You have wrist pain, you have what you call elbow pain, lie down, do the... don't hold your hand, when you hold you block muscles, you block lymph flows. Get a chair, small stool, that you put your hands on top of it, that it's resting, and the channels are open, and then you literally pump it with your breathing. And then you see how the pain's gone. Do you need aspirin? Do you need paracetamol? Do you need heart condition medicine? Then go to the doctors. This is a physiology how your body is made.

Any other question?

Q: ... Good day Mr. Keshe. A friend of mine wants to ask, he currently eats almost no solid food, surviving only on milk and coffee. Although his weight hasn't changed much, he looks much thinner and his cheeks, especially, have become quite gaunt. Is there any way to make himself look a bit fuller? Also, does drinking milk and coffee make his STM unhappy? Thank you.

K- I never heard of this. I don't even know what to answer you. (2:28) Never heard of this. Milk and coffee. I knew a guy, a well-known artist in Northern Ireland. He lived on Cola and chips. Nothing else. Three times, four times a day, a bag of chips and a cola. He was as ?? healthy as anything. And your body converts material to what it needs.

Q: I think you've told the story about the man who just ate, just eats steak as well.

K- Yeah, what's his name? He does, doesn't he? Warren Buffet. Yeah, Warren Buffet. Warren Buffet eats only burned steak every night in the same restaurant, in the same chair. But the body changes to what it needs. And you have to understand how the body works, and what you need to put in it, to get what you want out of it. You can eat a steak every day, you can eat meat every day, you can eat ?? pasta and meat and everything, I love Italian foods eating. You sit a proper Italian food, it takes two hours, everything has time. You eat Chinese, Japanese food system, it's the same. Separate it, allow it to absorb, or do its job, and then the other, you don't... You've seen how thin Italian girls are, except they cough in the morning? The Italians don't touch anything, from breakfast to lunch, lunch to dinner. Nothing. And at night they have whatever, and even if you... It's the only country in the world you buy spaghetti, it holds. If you live in Italy, you buy like a desk and it has one size for one person, (2:30) two person, three person, four person spaghetti. It's measured how much you have. And that's enough to be absorbed for what it is and then you have antipasto and then you have a pasta, what you call it, a pasta, and you have the fish, and you have the meat, or whatever, the structure of the five meals in Italy. Why aren't they fat? Because they eat, they understood the order of eating, and what the ?? absorbs first. But Japanese do it totally opposite to Italian, and it still works. And you get, as we mix everything on top of each other, and this, it still works.

We have to ?? understand the metabolism of our own body, individually, and work with it. But there are certain principles you have to follow. You have to make sure your blood vessels are clean, any plank on it which next ?? leads to constriction of the blood vessels is taken out. You create condition of liquidity of the blood vessels, doesn't thicken. And

is eating a combination of foods in the right order. If you have blood clot and you have a bits hanging on your blood vessels. Exercise doesn't do it, it damages the ?? scalp made on your inner scalp ?? (?? Perhaps he means the scabs in vessels). Exercise doesn't do it, running doesn't clean it. You know when you have a cut on your skin, you have a scab, does it go away by washing it? No, it's there, it sits on it. You have to understand how to extract it, let the body extract it through natural processes. But it eats up into it and then your blood pressure comes down. (2:32)

You have a blood pressure, scientific research shows what we know as a high value walk with use of K2. K2 is the only K vitamin which actually grabs any... it's like, you know, you get ants taking things away, internally takes the scabs or what you call, planks, out of the blood vessels. And it opens up, it's a cleaning system. But you have to know how you get it. How it comes with omega 3 in the body and how it comes with other materials. And which omega 3? You have three types. You have omega 3 from the fish, you have omega 3 from plants, you have omega 3 from vegetables, and you have omega 3 from meat. You have to understand the combination of eating it.

Not making fashion of it, making living of it, then you live a long life. Long life in Japan and others has shown that it's the free fish, natural process of vegetables, which carry a lot of omega 3 with K2 in it. The blood vessels never get stuck, doesn't put blood pressure, it doesn't create the wrong emotion, it brings calmness, and all it is choice of food and how we do it. And at the moment what our people in the villages gets free you go and pick up the egg in the farm, you pick up your lettuce and carrots from the you know the ground, and we pay Bio, triple the price in the shop. (2:34) In a way and it's more chemicals in it. You go into any supermarket in the West, you pay horrendous amount of money for what our villages, poor people get free. We pay their taxes.

Something which has come up with the Keshe Foundation, you will see we delayed the promotion of Keshe Foundation products. Even today the video was ready, I wanted to be changed. And I was talking to our sales team, we are not selling the thing what I asked them to be you will see most of in Chinese supermarkets very soon as the products get the market. It is that I asked that Keshe Foundation products you got Bio, we call our product 'Cosmo.' That's all it is, Cosmic product. And I asked them to ask the shops to put the product as a 'Cosmo,' exactly next to Bio, with all the benefits, no chemical, nothing, but at the price of normal food.

You Chinese you will see our products in your shops in the coming days and weeks and some will hit you very soon. Most of it's already bought. You'll see Cosmo products instead of Bio product next to each other. Cosmo products is much cleaner has no added, no fertilizer, because with the Bio you still use manure, which the manure if you use manure which is vitamin or antibiotics given to the animal, you cannot control. The Bio's are a joke. But we put the Cosmo next to Bio and then we offer it the same price as a poor man can buy, as a rich man can buy, with all the advantages exactly the way our grandfather's used to it. This is where the Keshe Foundation technology hits the market. We are in it. We are not going to do it. (2:36)

All the things you see are the part of the Keshe Foundation Agriculture. Except one product which comes from a specific plant, which we spent a lot of money on it because it's a Research Center. The rest should be the same price, ?? Bio clean product. We have tens of square meters, thousands of square meters in process and coming up, you will see, you don't need to pay huge prices for even the, they even now have bio contamination, what is acceptable to be in Bio. Nothing is accepted, we call it the Cosmo. Cosmo products which come into the markets in the next two to three years, you see it's a Keshe Foundation product. And it's pure. And it's the price where the poor man on the street can afford to live a healthy life.

That's where our investment and research is going. That's where what you donate, you buy from us, we invest in it. You'll see the product is already in the market in Chinese, some Chinese are buying it. Our staff are eating it. So, that will change people when... but the thing is, it has what I call the Soul in the food. It has... it changes your energy balance. Because you will see very soon, the Keshe Foundation Agriculture will promote Chinese herbs, which we grow. The same price as what you buy, maybe cheaper than what you buy in the market, but with the advantage that the Chinese herbs will have the power they had 100 years ago, 50 years ago, before the fertilizers and everything else comes in. We don't use any fertilizer. I can show you the video, but I wasn't happy with the product, the final finish. Our team has to put in there the Cosmo product and promote it the right way, (2:38) that it brings a new knowledge.

We are not just teaching you, we are changing your life in a way through the research and development. Look in your shops in the coming year, look in Internet, you look Cosmo products, it's a Keshe Foundation product which comes a Cosmic Rays, no add, nothing. We test Bio, we find chemicals in it because it comes from antibiotics, the manure. Keshe Foundation is total pure. And then you see how we're entering the game from the Space City. First of all, ?? Woo Fan , Jindao, Beijing and the rest of it. We set ourselves in the heart of the agricultural lands of China and we take people to the stomach. They feel the change, they feel the wealth, they feel the change and the purity of goods. Then you do the breathing, then you do the exercise, then you find why I was so far from myself.

Any other question?

Q: ... She needs to get a picture or an idea of the foot and leg placement, when you were describing the exercise, she wasn't sure if to bend the knees or have straight legs.

K- Oh, everything has to be a straight you bend it you break it. Let me see what I can do... This what I tell is what I do myself, I don't tell you, this is my way I'm doing it, you don't have to do it my way. It helps me, I keeps me, what you call it, on my toe. (2:40)
The way, the way is done or...

<< Mr. Keshe have problems with the white board.>>

K- ... If this is the wall, I'm such a good drawer, fantastic, and this is the floor. We used to have colors. Now we don't get colors. And here black and white. This is the leg. This

is your body. And this is your arm. They have to be in the same angle. And everything has to be straight. That's why I said, if you have to hold your leg up or your arms up, you're not doing it. It needs a rest here, that there is no pressure, the limbs are open. 5 minutes, 2 or 3 times a week, 4 or 5 times a month, you clean up. Measure your blood pressure. (2:42) If you do it for 2 or 3 times, measure your blood pressure and look at the bottom line. If there is no change, there is a problem. There should be no pressure on this point, there should be no pressure on this point, because then it blocks, they come in and they get stuck here. It has to be in smooth transition, with no pressure holding up. If you're holding up, sorry, you're already blocking with the muscle tissue. And then your breathing is important. Very slow, 4 times in, give it 1 or 2 counts of holding, for handing over to change, and 6 to 8 times blow out. Very slow, 5 minutes. There is one thing I have to tell you. Don't... when you lie on your side, which away from your liver, liver shouldn't be under pressure, don't just get up and go. You'll find yourself dizzy, because the brain is processing the energy. Give yourself a few minutes. If you suddenly get up, you see you feel dizzy, you might even ???. And this is because you don't allow lymph's to settle in the position.

It's the same when you sleep. What happened? When you sleep. Where is it? I lost this thing again. Oh, they changed it this way. Sorry. Stop writing, you're blocking me. When you sleep, never sleep without a pillow. (2:44) Sleeping without a pillow does not allow the liquid in the brain after one hour of sleep to drain out. Always sleep with a pillow with about 30-35 degree angle. This allows when you sleep, the waste of liquid in the brain to come down to become part of your lymph. When you lie to sleep, you don't do it. The brain does not have that flow angle. It's a gravity. Very high pillow, it blocks. Very low pillow doesn't create, around about 30-35 degrees. It's what you need for the position of draining the poisons from the brain. The body does it when you keep on bending and getting up. You do it slowly, but at night you can literally do a lot of things. It helps a lot with the emotion and the dream, what you call, traveling to Space, they call it.

Any other question?

Q: ... There's 500+ hotels here. The problem is cigarette and seafood smell in the rooms. Says, I use CO₂ Gans and ZnO Gans and avocado extract. (2:46) Please, what's the best percent CO₂ and percent ZnO to clean a room in 30 minutes? Thank you Mr. Keshe.

K- Don't get in the room. That's the best thing. And there are a lot of... a lot... You see, everything when you get into these hotel rooms they say, no smoking, but you can smell it. The guy has been there smoking his head off. Leaving the window open. Doesn't work. And secondly, if you do these kind of things, you have to place it away from you, not where you sleep. You want to extract the smell away. One of the best things to do is a combination of cinnamon with CO₂ and cinnamon with coconut oil with CO₂.

R: Would you spray it? Is that the idea?

K- Usually you leave it there for a few minutes. CO₂ creates a connection to the Amino Acid of the smell. That's all. That's why you use CO₂. And then in the oil you trap it. You

bind it. You see a layer on top of your Gans's when you finish. But once you use, you're finished. Don't stir (keep) it. You have to clean it. This is one of the reasons CO2 cannot be used for deodorant. This is because it links into the Amino Acid of the smell. And then it has no ?? where, it stores it under your arm. You become the pot. It's a lot of little things, we tested a lot of things we do. (2:48) So you have to find out the exact way to do it. Very soon Keshe Foundation will promote a product from, what they call, one of the major companies, which is in this game, of their natural products with Gans materials added into it. We're working on it, the Keshe Foundation team has been working for nearly a year. We have to get their authority to be able to merge them into ?? natural product, what we call, everything, deodorant, everything else is a healing material. Deodorant material, it comes, it's a one woman family, but she's doing a beautiful job. And we've seen the position of work with it. And it has to be natural way.

Any other question?

R: We had some feedback on the two videos. The first one of the last workshop, AI video and...

K- It was a nice one.

R: Which one? Sorry?

K- The first one is much nicer, it's more settled.

R: Yeah, that's, that's what I felt too. We had a couple of comments. One comment was in German about, these videos are both very well done, and help people better understand plasma fields, and the research. Perfect, thank you. Another comment, in German, of the videos, Both are very easy to understand, and a great help on the path to greater knowledge. Thank you for your work. And, this comment was, "I prefer the second version. (2:50) the images are clearer and less playful." And I thought, well, that's why I like the first one, it's more playful.

K- It's a woman's voice, and the second one I think it's a man's voice, isn't it?

R: Yes, yes, the second one seems more serious and kind of, it unnerves me a bit.

K- More German type, authoritarian.

R: Yes, I suppose. And as he says less playful, so interesting. So I guess different people will have will tend to identify with one or another of the videos. But it's hard to say whether a majority would actually prefer... You'd have to have an actual vote on it. I'm just assuming people would like the first one better, only because I do. So...

K- It's just different AI's are different people.

R: Yeah, they're like different people and of course we all respond to different people ourselves. So some people will like someone and the exact same person could be hated by someone else and so on and so forth. So I think that's one of the nice things about AI is it seems to be able to adapt and be either playful or more serious depending on what we require from it and how it responds to us in many ways.

K- It's how the technology goes. The biggest problem with the AI now it's security. Web security has become impossible. We used to have hardware that we could block. (2:52) They work so fast that these hardware's don't work anymore. And they find, they become tricky people, all these AI people, they find a way through the hole where nobody could see for a long time till they're corrected. Nowadays, these updates on Apple and things does not appear, because now they're doing it themselves in the background, it's so horrendous, why AI is doing that, they can't even tell people, otherwise every half an hour they have to update. So a lot of updates on Apple's and telephones is done automatically in the background. They don't ask people anymore. They use something you agreed in one of the last agreements, covers this especially. And with that permission, they have loaded the storage that they are monitoring, how you behave, how you talk, everything else done, they are on your own storage, and the data is passed on to them. They are trying to develop the AI with the emotion when you talk. And to see what they offer you. And, you know, like you talk about an apple, and then you see advertising on the apple appearing on your phone, they're developing emotional AI, where you're sad, "Oh, depression needs this, take a holiday, have a workout, or something else." They don't touch you that we thought, they are processing the emotion. How to sell you advertising. It's very interesting what they are doing in the background.

Shall we call it a day, it's 12 o'clock.

R: Sure, yes.

K- Thank you very much for today. We see you hopefully next weekend. I wish you all the best, wherever you are. (2:54)

R: ... All right, well that brings to a close our 643rd Knowledge Seekers Workshop. Thank you very much Mr. Keshe for being here for yet another episode of the Knowledge Seekers Workshop. And thank you everybody for attending today's Thursday, May 21st edition of the Knowledge Seekers Workshop. We should be back again next week at the same time and place. And if not, we'll let folks know if there's any changes. Oh, Mr. Keshe, there was one thing. There was a question about the transmission session and whether there are...

K- We're still working on it, bear with us. Our team has to give us the clearance that we can use our systems. We haven't ignored it, it's just that... Because it's going through the Enlightenment Game, they have to tell us they're ready to go, that we can connect it up. We are ready from our end, it's the technical side, on the ONN systems.

R: Okay.

K- Thank you very much.

R: ... (2:56) << Message from the Universal Council. >> “We, the Universal Council, invite the Keshe and Universal Family present on the Earth, in unifying at the Soul level, every time, every day, at 9 PM, Central European Time. We, the Universal Council, give from our Souls, and invite all of humanity to elevate the Soul of every leader in every nation to work as one Soul in one direction to achieve peace, as One Nation, One Planet, One Race.”

643 KSW – May 21st, 2026

End