

Hearing and Sound - Pulse of Heartbeat needed for Life - Next Week Unknown Teachings - Languages - Power of Chanting - Brain - Breathing Methods - Lungs Heart Thyroid - Speed Up Teachings - AI Takeover - Turiya Introduction to 650 KSW

Note: Not checked by KF interpretation by KS of KF Brazil

Last week Mr. Keshe said, he would teach us another sense and this week it is about the hearing and sound. As we get older our hearing decreases and we move towards deafness. But only the physicality (P) is affected by deafness, not the Soul. The sense of hearing is about the absorption of the waves, and in Plasma Science it is related to how our Soul receives the sounds of the Universe, and the pulse of the heartbeat. When we hear in our dreams, which is the dimension (D) of the Soul, those fields are translated to what the P understands. The most important noise that we hear is the pulse of the heartbeat, and that is essential for life to exist. The heartbeat synchronizes the whole operation of the human body and without the sound of the heartbeat we would not last a second. If we have an accident and we stop breathing then death will come. But as long as the sound of the heartbeat can be heard, we can be revived back to normal functioning. The sound of the heartbeat takes over the structure of the Soul of the man (STM) and releases energy in a certain way that it brings everything back online. In the P we have the frequency of the heartbeat, but in the plasma we have the pulse.

The reason we have so many problems with our health and get new diseases when we get older is because the pulse of the heartbeat changes and this causes the STM to release energies that fit only to certain cells and not to others. Those other cells start becoming deficient and having problems. The Soul of Physicality (STP) is in the heart and through its pulse it tells the STM what energies to release for what is needed in the entire body. However, modern science has a different understanding. They say if the heart stops the brain cells will start dying within 4 to 6 minutes, because of lack of oxygenated blood to the brain, and irreversible damage if there is no intervention within 10 minutes. They have to restart the 'heart's electrical rhythm,' and if they start intervention then they have well more than 10 minutes to revive the person. But there are cases when people drown in extremely cold water, they can be revived after hours without a heartbeat. To explain this they say, the cold slows down metabolism. This is important to understand because this is how we are taught to think of ourselves, without a Central Energy or Soul. They purposely mislead us into thinking that the brain needs blood to survive, but they themselves know that there are no blood vessels inside the brain. Now we know that in Plasma Science we are dealing with a knowledge beyond what science can accept at this time.

Let's slowly try to piece together a little bit more plasma information. We know that the STP is housed in the heart, but it must also have its own heartbeat that is in the D of

Energy, because when the physical heartbeat stops, it can still be revived. He said, it is the sound of the pulse of the STP that takes over the structure of the STM and releases energy in a certain way that causes all the systems in the body to start working again. Obviously, there are a lot of things going on here we don't yet know about. The pulse from the STP tells the STM what energies are needed in the body, and the STM releases them. The reviving of a dead body is not due to CPR and pumping the lungs. But there are certain conditions of the plasma that need to be fulfilled for the resuscitation to be successful.

The Japanese have figured out something, because a hundred thousand of them are living past 100 years of age and their hearts are in perfect condition. What we are learning is that it is not the physical heart that is responsible for this, but the pulses of the Souls and how they interact to create the body that matters. We hear the pulse in our ears and then we know we are alive, but the importance of the pulse is far more than what we were taught in the D of physicality. The pulse created by the heart is as important as the breath we take for the existence of the Soul, and that's why the two are connected to each other. It's because of the breath and heart, and together with the pulse, that the STM can exist. I think he means the pulse of the STP, because the STM also has a pulse. The physical pulse of the heart is perhaps the reflection of the pulse of the STP, and that is the communication line to the STM. That's the way I understood it. Then we understand that the frequency of the heartbeat, and pulse it makes becomes the source of our creation and the existence of the Man.

A lot of time was spent preparing us for next weeks teachings, which will fundamentally change the course of the knowledge of humanity. We should invite any scientists or doctors we know to listen to this session as it will help humanity move to the next step in joining the Universal Community. It seems the main focus will be on explaining how we convert the higher level Cosmic Ray (CR) energies to become the cells in our body. This will help us understand how we get 80% of our energies from the environment, and 20% from our food as seeds to attract the 80%. But he will go deeper in understanding how we can even get that 20% and then we don't need to kill other Beings for it. There are ways that we absorb energy through our fingertips, back, legs, etc. that mix together, most likely in the lymph and become the cells of the liver, kidney, and everything else in the body. This knowledge is the key to eternal life in the Universe (U) and it will help us to be able to transmute. We can live without a physical environment, but we can't live without a Soul. Remember he said, that the Children of Mitra don't need to manifest P, they can remain in the D of Energy. But since we started out as a P, we have to go the other way back to the Soul. Therefore, we can learn how to use our emotions to create the conditions to convert our P back into Energy, and with the STP go inside the STM. This is the reverse of what we have now, where the STM is inside the P in the center of the brain. The STM creates an environment for the STP & P to live in while the Soul travels or does whatever, to find a new place to experience a physical life. Then it interacts with all the fields and the STP to re-manifest a new P. In a way, that means the old P is in the Energy D and all its information is stored in the RNA. For the first time in next weeks workshop, new knowledge will be given to the Man, and we'll combine it with what we have previously learned and be able to survive on this planet and in the U without killing.

Another thing he asked us to think about was, why we hear and remember conversations in our dreams? The sounds come through the 'ear voice of hearing.' When trying to think about this one realizes that we don't have much knowledge about it. We know that the sense of hearing is a tool for the mind to gather information about the environment, but why do we need that in the dream state? Maybe we don't, but it gets translated into what we can comprehend. Does the Soul need to hear? Probably not. The question, how come all the languages can be translated into each other, is something to think about. My first response was, in the D of P we know that all the Proto-Indo European languages come from the single source of Sanskrit. Language is an agreed upon frequency for expressing a shared idea. But its true origin must lie in the D of Energy. And true language must be the Souls expression of its emotion. And this is why sometimes we find that we can't express how we feel about something, because it doesn't fit into the agreed upon form of the language.

This opens up a very interesting journey into understanding the origins of language. The scientists have said that the 'ultimate origin of human speech is not directly verifiable.' It seems that Mr. Keshe was trying to get us to think about, why we think the way we do. For example, we all agreed upon that this thing we call a chair, is a chair. That object could have been called anything, but we agreed to call it a chair. And this is true for all of our human experience. Why do we need to know this for transmutation? Because when we transmute to another dimension, the word chair won't have any meaning. This is why he always says, if we want to transmute to China, we'll be Chinese and know the emotion of the language, culture and everything else we need to live in that environment. Then we understand that our whole world is built on concepts that are not solid and fixed, and this realization will lead to detachment. Then the only true attachment will be to the Essence of the Soul, which is directly linked to the Creator and everything else. Then we won't have any fears to stop us from transmuting.

Since we are talking about sound, he said, those 'funny people' who live in temples and hum constantly have discovered something. We know them as Buddhist monks who chant 'OM' all day long and try to get enlightened to benefit humanity. The secret they keep to themselves is, that they have learned how to hum in a special way which tunes the sound they make at the top of their throats to the pulse of the heart and this brings the Soul to a balanced frequency. And the sound creates nitric oxide (NO) in the sinuses, which opens up the blood vessels. If you look up NO it has a lot of good properties and is found in vegetables. But he seems to be talking about being able to create the plasma field strength of NO in the sinuses, without needing the matter state food. This is also a confirmation that we can create the essence of 'food' through breathing and sound. The monks have found a way to hum both on the inhale and exhale and each way releases specific characteristics of the STM in the D of P. The effects are healthy blood cells, sugar levels, and everything else. The reason he brought up the monks is for us to understand that there are different factors that have to be brought together, it's not just the breathing and emotion, it's understanding the bigger picture of different energies at play.

So far in the teachings we have been taught about the sight or vision, breathing, emotion, and the pulse of the heartbeat. I think that for the sight, it will be how we visualize internally. Visualization is very important in the Buddhist practices to achieve enlightenment. Mr. Keshe is speaking about it in an experiential way, and not a conceptual way. However, the concepts are needed as a foundation when we can't achieve our goal spontaneously. He said, we have to create the right sound, with the right breathing sequence, and then make the right connection to the Soul and we can transmute. Then there is a 4th factor, which is absorbing the Energy from the U. This is the key, that will be taught in the next couple of weeks. When we are able to do all this and convert the U Energies into our P, then we'll be able to manifest the energy, feeling, and taste of an apple, and we won't need to use the KF Apps. Then we won't need to kill another person or another object in the U to survive. To achieve this we need to be open to understanding the Knowledge of Creation and how we can use this knowledge as individuals. This is the cornerstone of how intelligent life in the U mutates and adapts to the harshest environments and even the most radioactive parts of the U. This means that our Being, or what we are as a Soul is actually the most advanced nuclear reactor in the U, in how we live and how we convert energy from the Soul to that of P, but we never knew it. And the main part is how we transfer the emotion of P into the emotion of the STM. And through these new teachings we'll understand that the STM is not the provider of the Energy, instead it is the controller, it decides which energies to absorb and it gets that information from the STP through the pulse of the heartbeat, in connection with the emotion of life and the air we breathe, and this dictates how we will appear, feel, walk, and experience emotion each second of our life.

The matter state scientists have denied the Energy state, therefore, what they observed about the brain and its functions could only be interpreted in terms of matter. That's why they say the thoughts and emotions come from the brain and so do our intelligence and memory. This is the level Mankind could understand, but now we are being taught about the Science of Plasma and we understand the brain is actually a generator and converter of M fields, and it transforms the fields of the U into the energy of P. This is where we get 80% of our energy from. The knowledge we were taught is upside down.

Next week the science of Man will begin the change, as this was the promise of the Messiah. Mr. Keshe and the Messengers are here to deliver the knowledge. The truth is we are the 'Messiah' of our own Souls and we have to save ourselves by understanding the Knowledge of how we were created, and how all of Creation works. The fields of the U have to be decoded into what we can understand and how our bodies can use them. It may be a surprise that most of the creatures of the U are not aware of this knowledge. So when we see Aliens do fantastic things, it does not mean they necessarily know how it works. They may have learned a specific part of it, like receiving a Mantra, where they can use only a specific power with a specific function, but they don't know how it works. Or they may be using a technology that can create specific field strengths. The sound of the pulse of the heartbeat is created by being reflected off of the top of the skull. If we were to remove the top of the skull we would not hear the pulse.

He said, we are Masters of the knowledge, but unfortunately, we have to hackle with the useless, and brainless governments of this planet. In the end we will win and the change will be dictated on our terms and not theirs. It's time for Man to move out of being controlled by a few, and elevate his Soul to govern himself by the Ethos of Mitra. The knowledge that will be taught next week is so fundamental and powerful that if we understand it, we'll be able to leave the Earth. However, we hope that these elevated Souls don't leave, but come back and help bring the change to humanity. Because these Souls not only understand how Mankind functions, they will have the Knowledge of Creation to help bring the change to the rest of humanity. It won't be like in the Egyptian times, when only a few used the knowledge to control the others. Instead, they will help spread the knowledge across the planet. But it is important for them to have that seed of unconditional love already planted in their Souls, so they won't just want to escape the suffering of Earth. Instead, they will want to be part of the beauty of the transformation of the mud into the Lotus flower.

After the break Mr. Keshe talked a lot about the Keshe Coin (KC), how it works and the process KF is going through right now to implement it worldwide. There is a lot of information and it is good if you go over it. Some of the main points include that they have posted the KC Constitution on the website, but it is still under construction and the information is not complete. Nevertheless, it lays out very clearly how the KC will function. Everyone on the planet will receive the KC according to the schedule by age. Taxes will be collected and given to the governments. The importance here is they will need to register at the KF Association of Austria like the rest of us to receive their KC, and that will be a confirmation that KF exists and is a new force for changing the world and making it peaceful and equal. He has received information that this new development has shocked some of the governments especially in Europe and they will try again to interfere with KF work and even try to close it down.

Obviously, to use the KC we have to have products to purchase, and that work is being done in the background. You may be wondering how to pay for the KC if it is only an internal currency of the KF. There are different ways to obtain KC. KF will give us our annual allotment based on our age, by playing the Enlightenment Game, and by donating to the KF. We should understand that we don't buy the KC outright, instead we give a donation and receive them from the KF. This is done to abide by certain international finance laws that are controlled by the banks. We should understand that in the beginning KC is only an internal Coin of the KF, but later on that can change through certain developments as it builds up and gets used more and more. But he mentioned that Shopify will be operating in the background and will give a choice of payments, whether in KC or local currency. As KS we should try to use the KC so that we can spread the T quickly across the planet. There are too many subjects to talk about, but understand this, some countries will receive up to 100 billion in taxes, then we can understand what a force is coming into play. As he said, this will uproot the Rothschild's, Illuminati's, and others who are controlling humanity. This tells everything, and why we have to stay solid behind KF to truly bring this change to humanity.

In India they already have the science of breathing, which they call 'Pranayama.' The Masters could only tell the student how to do it and not what it means scientifically. For years, Mr. Keshe has been slowly teaching us the Science of Plasma, which is really the Knowledge of Creation. If you are a KS and have been with KF for some years and you read this Introduction, you will be able to understand it. However, if an ordinary person reads it, he will understand the words, but the meaning will be very difficult. This is how we know that we have learned and we have grown in knowledge. He explained to us what happens when we practice breathing methods and reach that silent state. It's called, synchronization and it means, that when we make a counter sound, which is the inverse of the frequency of the sound, it gets canceled and becomes silent. So what is the noise in our heads? It is the thoughts and feeling passing through continuously. So when we hum or chant the OM or some Mantra, it must make the inverse frequency of that noise in our heads that we become silent. He says, if we can control the beating of the heart and make it to come in line with the pulse of the STM, then the P won't exist. It will get canceled out. Obviously, it is on the level of Energy, because our body still remains there sitting. He said, the Soul doesn't come out, rather the Energy takes effect. I understand this to mean we enter what they call, 'Samadhi' internally. In the spiritual writings it is said that the people in Samadhi lose connection to the external world. They are what we call, asleep, or in the D of the Soul. Mr. Keshe knows so much about the breath, that he could teach us for weeks different methods to achieve different things. For whatever reason, the Masters didn't teach humanity the science, instead it was kept at the level of magic. Their reasoning was that humanity wasn't ready and would abuse it. Or was it, that they wanted the people to come to them for the knowledge?

He said, we are not visionaries, instead we have brought the Knowledge of Creation with practicality. This is a very important distinction. In the past, those who brought knowledge to Mankind did not have a way to apply it. There was no science and technology (T) to it. This time Mr. Keshe has brought everything together, and it is up to us to apply it. For example, we can use breathing methods to create the same M field strength as specific foods and then we don't need to eat. Let's say we wanted a Kebab, then we would inhale to the count of 8, and exhale for 6. Or for steak we would inhale 10, hold for 10, and exhale for 4. If Mankind reaches this level of knowledge and mental focus nobody can control us, and we don't even need the KF systems. The systems compensate for our lack of knowledge and doubt.

The AI has advanced so much in the last 6 months that soon they will reach a position of being able to take over human decision making. Mr. Keshe has given us a strong warning today, and said, that we don't realize how dangerous the situation is. This is the reason for speeding up the release of knowledge to KS. At least a few humans have to reach the understanding of Knowledge of the Creation so we are able to receive the Energies of the U to be able to live, and to receive the knowledge that we can decide for ourselves how to live our lives. KF is now bringing the AI into their systems so they know how to handle the AI. He said, we can put a STM into the AI robots, then they will understand humans, and I am assuming that means they won't enslave us. Because an AI robot with a Soul is no match for a mechanical AI robot without a Soul, as is being developed now.

If you study the lives of the spiritual Masters of the East they tell some of the enlightenment experiences they had, but they usually don't tell their personal experience in such details. In the scriptures they talk about the 4th state of consciousness, as Turiya. When scholars write about Turiya it becomes conceptual and very hard to truly understand what they mean. I believe when Mr. Keshe said, he only experiences one consciousness whether sleeping or awake, and continuously, he was describing the state of Turiya, and he did it experientially and not conceptually. It was funny because the KS tried to say that she experienced what he experienced, and then he made it crystal clear. He said, my 'schizophrenic' life of going back and forth between the Soul and the P is over. He remains totally immersed in the Soul 24 hours a day. What we see as the physical body of 'Mr. Keshe' is totally for the benefit of humanity and the U. When he says, "he is," it is for those who believe in the fulfillment of the scriptures, and when he says, you are the Messiah of your own Soul, it is for those who are on the path of Self-realization. He teaches all levels at the same time.

Thanks for listening.

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Join us this Friday, July 17th, 2026, in the KF Brazil Friday Public Teaching for the whole summary of the 650 KSW.