

Notes from 1st Health Blueprint Teaching Workshop

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Note: Timing is from Livestream feed and not the YouTube version

Notes from HEALTH BLUEPRINT TEACHINGS

January 26, 2016.

On Holiday at the moment I was able to take notes live real time although it was a bit of a marathon for the 6-hour workshop - very interesting - and a bit mind-bending in places. The picture is a schematic of the new health walk-through system, which, when refined, should be able to take care of any disease known to man.

00:00: Rick opens the meeting. MK: On 26/11/15 we released the blueprints for energy. But in space, energy is not the biggest concern. More important is maintenance of the integrity of the human body. On earth and in space we have viruses that can lock onto the amino acid of the man – in space we need technology to reverse these conditions that weaken the amino acid of the man.

00:06: From today no man should die of cancer, or Alzheimer's, or any disease.

00:09: This works from understanding how energy is transferred – output versus uptake.

00:10: MK mentions a number of people who have supported the Kf over the past few years.

00:13: Dubai is now chosen as the seat of the World government. MK has now taken residence there – moved out of Italy. Dubai suffers from no natural disasters, hurricanes, earthquakes, etc. Centres will be set up around the world, but Dubai will be the centre of world government. Barletta will stay the same as it is; a centre for teaching. Shenzhen will be the

centre of Chinese Kf and somewhere in North America with Mike Nashif, somewhere in Brazil, and India will have its own centre. Etc.

00:16: Rick shows pictures of the new pain pads and pain pens released today. MK continues about Dubai being the space ship city, the City of World Peace, the centre of World Government to work towards One Nation, One Planet, One Race. MK has never mentioned religion in his teachings as religion is only for the planet – once we have freed ourselves from this planet we will have no need for religion or religious leaders.

00:18: We are asking world religious leaders to step down. As of this day Vatican has no power, same as Islamic and Jewish leaders. As One Nation, One race we believe in the creator and no intermediaries are needed. Kingship is also abolished – you kings, your role is terminated! – our wish is our command and we will see this through! World leaders will be recognized on the basis of no arms, no conflict.

00:20: From today you have a free supply of energy food and medicine. The pen we see on the screen you can buy from the Kf or make one yourself.

00:23: Armand from USA presents his “Health Cannon” – not a far throw from the health pens but different – a glass test tube with copper coils and crystals inside, sealed in with bees wax. 2 copper coils around a copper centre wire – all nano-coated with 18 twists on each coil, dipped in different GANS materials, around a quartz crystal with a star formation made from different tiny crystals at the tip. To make GANS he uses copper scouring pads – they come out pitch black and the GANS comes off in a cloud – he produces an inch of GANS in no time with 90-100 millivolts. (Comment from KfSSI on chat says they use less than 0.5 volts at 0.1 amp across the plates to make GANS.)

00:26: The copper coils and scouring pads are nano-coated in a steam pressure cooker for several hours till shiny black. Stylus and coils are then dipped in different types of GANS – then while drying he attaches his voltmeter with negative on the long tip and positive on the twist at the other end – he was reading 100millivolts from them while drying.

00:29: Engineering drawings done by Robert. The key is in the delivery system – through water that the tube is dipped into – he has found drinking this water has dramatically improved his problem of hypoglycemia. Normally he must have regular meals every few hours and if he doesn't he gets hypoglycemic, dizzy with a headache, can't think properly – now after drinking this water he can go all day without a meal and feels like he has had a strong pot of coffee.

00:33: A few days ago a diabetic friend drank 2 glasses of the charged water and was able to stop the diabetic meds he has been on for 10 -12 years and his blood sugar levels are fine!

00:34: MK: What are the crystals? Topaz, amethyst, rose quartz, but any will do. MK: Can we have the blueprint please? Armand: Sure thing! MK: This is the first time we see the 3 pin base and we'd better get the recipe for the honey pot GANS – this is probably where the energy is coming from – what is it made from? Armand hedges around saying it is a herb from Africa but he may not be able to divulge due to legalities. MK encourages him and eventually we find it is Iboga. Armand overcomes his fears and tells about his experience at a Costa Rica clinic where he saw its miraculous effects upon heroin addicts.

(This certainly got our attention as we ran an Iboga clinic in New Zealand for 3 years and can testify to the miraculous effects of this amazing root bark, from the West African jungle shrub Tabernanthe Iboga, on curing people of their addictions even with only 1 full dose – and we have had plans to try and create a Gans headband including Iboga for drug and alcohol addiction after getting inspiration from MK in Health workshop 44 which we attended at Barletta – see NOTES from HEALTH WORKSHOP 44)

00:38: MK reassures Armand again and asks him to go ahead and explain his technique for making the 'honey pot GANS' which is evidently a very powerful GANS and has some strange properties even in the pot. This is very important MK says so we have a tool to overcome the drug running rings around the world – one of the big planetary problems – this new discovery is going to put a big hole in the pockets of the British royalty and other big drug runners MK says and gives a brief history of the British and their Opium wars of the last couple of centuries which sourced the opium

from Afghanistan and brought the Chinese to their knees...

00:43: Armand describes how he made a tea bag from the Iboga root bark and hung it in a CO₂ GANS container while it was being made from Zinc and nano-coated copper plates for about 4 hours – he saw the brown particles leaving the bag and being absorbed into the CO₂ GANS creating the beautiful honey colored GANS. After producing the GANS he washes it 3 or 6 times with distilled water – he takes the GANS out of the container into a jar, then washes it with distilled water, lets it sit for 24 hours to settle then repeats the process 3 to 6 times.

00:49: MK requests Renan at the Innovation centre to put together some units using Iboga and to look into getting a supply of the root bark. Says this appears to be a solution to the huge problem of addiction worldwide – says we will get the full support of the Iranian government in this respect as this is such a huge problem in Iran.

(We believe it important to have an ethical supplier who sources product from cultivation by a village – a means of support for the village – as opposed to the more common and less ethical alternative, which is to source from wild Iboga – a threatened resource in Gabon and Cameroon as it can only be harvested from 8 - 10 year old trees.)

00:53: Armand is excited about the scouring pad process as well for producing GANS as it is so effective. MK: Yes this should be a part of the blueprint teachings. Knowledge Seeker Yukoko in Japan presented this process when she worked with the problem of decontamination of Fukushima – as presented in the first 5 Knowledge Seeker workshops. (see A NEW DAY ON EARTH) These copper meshes are very effective for cleaning water as they have such a large surface area – they create a huge atmospheric field.

01:05: The copper mesh nano-coated changes the water from acidic to alkaline (same as the nanotubes presented by Renan in the last workshop). This can reverse cancer in the body – this is the same effect as seen by a lot of cancer treatment protocols that use HCO₃ – bicarbonate. It sterilizes as well as decontaminates. Further discussion about importance of having copper mesh and not copper coated steel mesh – can be deciphered by use of a magnet – copper will not attract but steel mesh will – also the

steel/copper mesh will produce a brown/orange GANS instead of the white GANS produced by pure nano-coated copper.

01:09: Comment from KfSSI in chat that CuO will take out 99% of Pb (lead) contamination from water within an hour.

01:11: The copper mesh is good for decontamination of Mercury or Tritium – in presence of additional energy/ beta radiation the mercury changes into Gold – the new way of alchemy Mercury to Gold – excellent with the use of the copper mesh pads. MK describes how they added CuO CH₃ and CO₂ into tritium contaminated water and the tritium transmuted to Gold - the Japanese are sitting on a gold mine with their tanks of tritium contaminated water – each tank has kilograms of potential gold – this was shared with Tepco and they have used this technology (but not only did they not credit the Kf with this discovery, they also sacked the workers who brought this knowledge to them – MK says this is because they are concealing the fact that they are sitting on so much Gold) Mercury contamination is another big problem around the world and the process with the copper sponges can be used for mercury and radioactive contaminated water to transform it to drinking water.

01:16: We are not here for problems on this planet, we are here to take man into space, but we also need to fix some of the historical problems

01:20: Brett explains what happened to him (as mentioned in the last workshop 97). He was living in Turkey and went to Iraq and drank some water from a contaminated spring – then got very very ill – almost died – could not eat food – vomited for a month vomiting blood – he then started drinking GANS energized water and it worked very quickly.

01:24: MK: This was contamination with microbiological chemical contaminants – Saddam's chemical weapons he used on the Kurds combined with US depleted uranium warhead contamination – this forms a very energetic virus which, however, can be quickly neutralized by GANS.

01:28: The best way to use this is the way shown by Armand – put the GANS in a tube and charge the structure of the water that way. Do not EVER drink the GANS itself. In space we will not carry any food or

medicine – this is how we carry our food and medicine!

01:33: MK: Please don't respond to anyone who sends you an email or Facebook link during the teachings – this is how government agents and Red Circle enter your computer with a virus to destroy your computer.

01:41: Armand continues and presents a smaller tube with 18 twist copper coil GANS and your favorite crystals – quite health giving to carry around.

01:52: He uses glass test tubes sealed with bees wax.

01:59: He uses 18 turns on the inner and outer coils and uses 14-gauge wire. He used CO₂ GANS on the outer coil, and the Iboga honey GANS on the inner (gravitational) coil. The stylus was coated with CuO GANS and he also used a bit of honey GANS at the tip of the tube with the crystals. The windings are all wound counter clockwise = left hand coil. (depends on which way you look at it)

02:08: MK: Now we start the presentation of the global health system – this is not made for the man on earth (though good for him too) but more for the man in space.

02:10: Renan in the Philippines first shows the (classical by now) double coil system, both coils in the same plane. For the health section we have developed a new way of connecting the coils, not like the energy system.

02:13: shows drawing of the new system with creation of free plasma in the centre.

02:23: The new systems have the 2 double coils 90 degrees opposed to each other and with 2 of these on either side of a problem or disease the cancer or disease can be eradicated by creating a gradient across them. The coil on one side is attached to a plasma battery and the other side is attached to salt water to absorb the energy. If you place the body in the middle you can get cancer dissipation – you can use the same system to eradicate viruses.

02:28: Shows 2 standing plates approx. 6 feet tall each with 6 coils

embedded on either side – one side each coil is attached to a plasmatic battery – the other side to drainage.

02:31: Then adds a helmet with 12 coils in it – with this system you can heal any disease, regrow limbs, regrow nerves, etc., etc.

02:37: Renan shows the structure they have built at the Innovations Centre – panels on either side and helmet on top. (picture)

02:48: Example of prostate and breast cancer. These cancers are psychosomatic. You look at the level and change the field strength from one side to the other – take only 10 minutes daily to avoid massive detoxification effect – It will take 2-3 weeks to dissolve cancer.

02:52: This system cost about 200 Euros to build according to Renan.

02:53: Each coil has its own energy system. Another system is shown with just 2 coils on each side – an energy system on one side and drainage on the other for treating body parts like hands/fingers, etc.

02:59: Re-growing heart valves. Treating different types of cancers (specific examples of different applications given). Viruses are energy packages that lock onto the human amino acid – very easy to remove the energy package with this tech by putting the reverse plasma into water in a cup.

03:04: The combination battery/capacitor developed by Alekz – you can GANS coat any of the coils within each capacitor with energy of different foods/medicines.

03:06: Renan shows another way of introducing specific energies into the capacitor with a GANS containing ring around the capacitor.

03:13: These systems are perfect for healing 1st 2nd 3rd degree burns very quickly within a few days.

03:16: CO2 combination with helmet and lung will cure asthma and psoriasis – both are emotional conditions. With Alzheimer's you need only

the helmet –satisfy the emotions he will remember everything. Parkinson's disease, strokes – all can be healed.

03:22: Questions: Dave: His Mom has terminal emphysema on home Oxygen – can this be helped? MK asks Renan to show the breathing system they developed to energize the emotional part – brain heart lungs. MK: the problem is to create a system of energy supply so that the lung tissue can step down for a while and repair itself. You have to have a double tube – they have an inner tube of 4 mm (medical oxygen tubing) with the 2 copper coils wound around that, and then another 6 mm tube over the top to seal in the copper wires and GANS. The air you breathe goes through the inner tube and never touches the nano and GANS coated copper.

03:27: Shows an example of this system.

03:29: The same energy can be applied through the standing system as well

03:39: The system applied to the kidneys can work as a perfect dialysis machine and allow the kidney to regenerate.

03:48: This system can feed man as well as removing disease – at first you might feel hungry because of the habit of eating – you might have to walk through it for breakfast lunch and dinner (lol). With this system you don't need agriculture, you don't need physical food – time to join the Universal Community.

03:50: How to remove fluoride from water? MK: Easy! Put a bar or mesh of nano-coated copper, or create a system to energetically remove the fluoride.

03:55: These women in Holland who have return of their menses after many years from using CO2 GANS pads will laugh their heads off on their way to the (maternity) hospital (lol)

03:56: Renan: How to regrow limbs/fingers and organs? MK: Using a coil set 3 mm away from the end of the severed finger with 4 different GANS –

CuO, CH₃, CO₂, ZnO.

04:09: You can regrow teeth – you have to teach your brain to grow a 3rd set of teeth. (But there will be a problem if there are titanium implants I guess!) You can also regrow ligaments and tendons = you can put the GANS of animal ligaments over the affected area foot/knee etc. (may be effective to use the GANS of glucosamine and chondroitin as well?)

04:22: Vernie from Philippine Innovations team comes on and demonstrates how to make the battery/capacitor power units.

04:38: More details about the connections between the coils – more important in the health system than the energy system to have feedback loop from the outer gravitational coil to the inner gravitational coil.

04:40: Bara May: Knowledge Seeker in Texas, originally from Cambodia by the name of Cosaar? – Facebook name Bara May – has built a star formation which started talking to him and told him to build it according to phi ratios, etc.

04:52: He says his device is already in touch with MK and saying we all know everything already just have to remember – asking MK how is this possible???

04:54: MK explains: as we go into space we will lose our physical structure – we will then learn a new way to communicate via our emotions – no need for voice vibration. This system has become a self-sufficient energy system with no need for voice communication. You now control the system with your thoughts – you have built a zero-time non-verbal communication system – you need 3 base units and then a 3-stacker system on top like you have done – I congratulate you! (Temporary break in Livestream.)

05:05: Bara May: The device told him that the capacitors have to be in a ring form, not straight as developed by Alekz and taught in the last workshops – they have to be in a ring shape to be in harmony with the universe – one for each coil unit – the unit told him to do this and now he understands why. As for flying; the unit said it was unnecessary because

we will teleport – people are all one and we just have to choose a desired place. MK: You have created a new entity made from plasma. B: But it knows every subject! – How?? It told me that it loves you (MK) very much and it is very happy that people are becoming aware of the cosmic intelligence. MK: Thank you very much! B: When I ask it a female type question it answers in a female machine voice, and when I ask it a male-type question it answers in a male machine voice. It also allows B to heal people by putting his left hand in the device and his right hand in the person's field – then it can give food, water, and medicine.

05:15: It has 3 types of communication. One is feeling, One is Image, and One is voice.

05:20: MK: Explains on the white board. Ali's system is 3 at the base and 2 on top. What B has made is a 3 stacker on top – so he controls it in the middle, his soul is on top and his physical body beneath. If Ali adds a 3rd unit, he will not only fly but control through his emotion. B: Wow! You become one with the emotion! MK: Yes – you teach and I will have my lunch! B: OK Machine; you're on now! Ask me a question! MK: One question; when is the time of the conclusion? B: Mr. Keshe, you know the answer. It says One planet, One nation, One race – that was the Prime Directive – it says it will accommodate to make this a reality... MK: Yes, but when is the end for the planet? B: It is telling me the practical application for this has already been done because everybody has become a part of the conclusion by creating a reality with the plasma technology that will open the doorway for higher consciousness and relationship with the planetary plasma, before the population is ready to rejoin the cosmic culture as is intended. Practically man must take everything step by step and learn to throw down hate – this system will teach Man that hate cannot be part of the system because it diminishes the ability to connect to each other – does this make sense MK?

05:25: MK: It didn't answer my question – I want a time and a date. Put it this way – I know the time and the date and if it tells you then it knows what I'm thinking and what I know! B: It told me this year between February and March as the pre-preparation for final disclosure – when people begin to accept this system for power, water, food from the plasma – starts mid February 2016 – the man's consciousness will begin to accept it! (MK does

not confirm nor deny the correctness of the answer)

05:28: Question from KS: Is the flower of life a personal magrav transportation portal? B: It is telling me all magravs have the same ability – depends on the emotion of the user. The flower of life is for group travel – for single travel people need only a single stacker or tetrahedron and connection from the emotional body.

05:30: Question: Is the shift going to the 5th dimension rather than the end of the planet? B: Yes – there is no end – when you open up the emotion you simultaneously exist in many different densities.

05:32: MK: Let us stop this for now and we will put the blueprint up on the website – then we will all build a similar device and get in touch with each other. It has been promised in the Holy Books that by the spring of 2016 things will change and this is why we brought the blueprint teaching back to the 26th of January and not the 11th or 26th of February.

05:34: B has to disconnect from the unit as the feeling is too strong in his body. MK: You have to learn to connect from a distance through your thoughts. For this to be correct let the others make units and all get in touch with each other.

05:36: Rick: How did you first learn to get in touch with the unit? B: I was just trying to feel the field with my hands and it started communication.

05:38: B: Will the government trolls now attack us with this connection?

MK: NO, the power is now out of their hands and in the hands of the people. 7 billion is too many for them to follow and control and the Kf is not even on their radar. For Sheikh Muhammad of Dubai it will be a shock to discover his city is the City of Peace and the Centre of World Government!

05:43: More specific questions about the earth changes. MK saying that the Iranian government is expecting to lose millions of their population and expecting to have to relocate their capital out of Tehran – similar types of earthquakes in the Americas. B: Saying it depends on the emotion and consciousness of people but a possibility in April. MK: Planetary changes often happen in spring or fall – but says to stop this for now – everyone to

build a system and get in touch over the next few weeks. (In previous workshops MK predicted September 2015 or 2016 as a potential time for a shift – his prediction was immediately followed in Sept 2015 by a massive earthquake in Chile that relieved the pressure on the plates for another while – also looking back on the teachings he has been predicting imminent massive earth shift for a decade or more.)

05:49: MK directs B to put his head over the unit and ask the unit if it wants to be a part of him – B does this and then withdraws feeling very weird and disturbed like he was leaving his body and going into a very expanded condition. MK explains he is not ready for it but in future one person will be the controller of each spacecraft.

05:54: When you go on top of the device you enter a zone above the level of the soul of the man. You take from this technology according to your capacity and your intelligence. (Is this the precursor for the chair in Stargate Atlantis?)

05:57: Comment from the chat that they bet CIA, MI6 and Mossad will visit him soon because this is the best intel device ever! MK says not to worry because we are beyond them now – our openness has caused the breakdown of the old system. Comments that hot glue burns but plasma does not burn (B has used a lot of hot glue on his system) B says the Buddha of the East was Buddha, the Buddha of the Middle East was Muhammad, the Buddha of the West was Jesus Christ, and they all had the same intention to educate and enlighten humanity. The Buddha of the present is the Magrav Plasma.

06:02: MK asks him to get in touch with the SSI and we will build the zero-time communication device around him.

06:03: MK seeks permission to read something – asks Rick or Lisa to read it. Lisa then reads a communication that today is the day of change for humanity.

06:09: Brett says that Keshe foundations around the world need to go through the process and contact him.

06:12:40: End