

Transcript from 22nd Health Teaching Workshop held March 10, 2015

(v1 2016-03-10) ROUGH DRAFT (Transcription has not been verified. Double check info with video)

Transcript courtesy of Zhang Hui

NOTE: This is a very rough version and contains many transcription errors

Video link: <https://www.youtube.com/watch?v=UHfQaFMJlco>

Topic: The Olfactory System: The Bar Code Reader

00:00:00

Welcome, everybody, to the 22nd Health Teaching Workshop of the Keshe Foundation. The topic for this workshop will be The Olfactory System - The Barcode Reader. And, today, as usual, we will be speaking with Mr. Keshe of the Keshe Foundation and first we'll hear from doctor Eliya Kostova of the Spaceship Institute, and she will describe the olfactory system for us, the anatomy of the olfactory system, commonly known as the nose, but it includes more than the nose, I suspect, and then we'll have comments from Mr. Keshe after that. So, I think we are ready to begin. Doctor Kostova, are you there?

Yeah, hello, everybody, it's me, Eliya. It's nice to be with you and the 22nd Keshe Foundation Health Teaching Workshop. The subject today is the olfactory system and the nose. So, we go with the first slide. The first slide is the representation of embryology; in the part of embryo where starts the formation of nose, this is the part of encephalon, how you see in the middle picture. The nose forms in duration of our development in embryo state during different weeks, because, actually, the nose has different parts and contains different tissues. Some part of the nose is represented from bones, cartilage, muscles, and also the mucosa, and a huge amount of the nose, it is represented from the nerve system. And, how you see, the formation of the nose, in the middle picture, it is in the number 1, this is the beginning of the first central nerve system nerve, and this is the olfactory nerve; that is the part where starts to form the olfactory bulb. Actually, our nose represents the olfactory system, what starts with formation of olfactory bulb from telencephalon. At the number 2, this is the eyes area, and how you see, they start for so close place, the eyes, the ears, and the nose. In the middle of the head of the embryo, if you remember, this is the part of our emotional part of the brain, our thalamus. If you remember from the previous workshop, actually, our eyes and the olfactory bulb, they are an extension directly from our brain, from our, and especially the olfactory bulb from our limbic system; and, the part of the limbic system is our thalamus. During the development in embryo, we get from the pharyngeal arch different parts of our nose. And, how you see, on the pictures, where it looks like an embryo, it is mentioned the place where start different parts of the nose, this is like nasal pit, this is medial part of the nose, this is the lateral part of the nose, and during the development, the left and the right side of the embryo, just they close in the middle and form our nose, how you are able to see on the right side of that slide, where we have representation of the embryo in different stages, and finally we get the state

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of baby, with left and right part of our face just closed in the middle. Actually, the central line of our face, it is regarding the positioning of the left and right, because, how you see, even in development, during the embryology, we separate the embryo to the left and right, and in different weeks of our development we start to get closer to the central line, left and right part of our body, and finally, the organs, where they are situated during the central line, they start to be one, they close in the center line 2 parts, the left and right. That is the positioning of our nose, of our cavity, of our mouth, and during the all the body through all the well of the body. OK, then we go to the next slide. The next slide is the representation for you of our nose. Our nose is placed on the facial part of our head, and how, I told you, has different tissues like a structure. We have a bone part, what is represented from nasal bone, and on the tip and more flexible part of our nose, is represented of different kind of cartilage, they have actually different direction and different flexibility. Inside of our nose, if we have a cross-section of our head, we see that actually the cavity of nose is like a hole, and also around the nose we have the cavity of different kind of sinuses. During the development after our delivery, our sinuses start to open, in different ages. Actually, from the beginning, we have the opening of the, like a hole, the sinuses, like ethmoid and sphenoid, and the frontal and maxilla sinuses, they are open after the age of 7 and 8. So, the sinuses have so specific function for our head, but that will be not, they are not the subject of our explanation today. But, they are important for the formation of the air flow inside of the nose cavity. So, how you see on the cross-section, we have the bone part of our nose and the cartilage part of our nose. Above that, we have muscles from the face, we have derma, and then the epidermis of the skin of our face. Then we go to the next slide. The next slide is the representation of different shapes of nose. How other parts of our body, the nose also has different kinds of shapes, not only during the central nose, but also regarding the nostrils and the middle wall they make between them. In the center of the slide, it is a schematic representation of structure of our nose. And, how you see, it is similar to the shape of the reactor. It is so funny, but it is actually like that, we have 2 entries of the airflow inside of our nose and then the airflow just has specific direction inside of our nose cavity. Actually, when air comes inside of the nose cavity, it starts to form 3 different path ways; these are the superior, middle, and the lower airflow. Different airflows, they have different function inside of the nose cavity, also regarding ayurveda, for example, and pranayama, they are useful for increasing different energies inside of our body. So, regarding the shape of nose, in traditional medicine, also alternative medicine, we are able to recognize different diseases. For example, so specific is the shape of the nose in the patient when they get a state of syphilis, where the nose starts to deform, the bones are part of the nose, start to get different, specific deformations. Also, different kind of diseases, like emotional diseases, mind diseases, also they are represented with different kinds of shape of the nose. Shape of the nose, it is also connected with different ethos and the people with different motherhood, different ethnos, they are represented with, during the centuries, it is like statistics, they are represented with specific shape of the nose; even when we see some person, we are able to recognize what kind of genes this person carries, just from the shape of the nose. OK, then we go to the next slide. The next slide is the cross-section of the nose cavity and it represents the cavity inside. How you see, this is the shape of the butterfly or this is so similar shape of our brain, if you remember the previous workshop, I showed you the cross-section of the 2 hemispheres, they are of the same shape. Actually, all over our body we have

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a repetitive model of the shapes in different organs, in different cavities, they form mostly several shapes and they are repeated all over the body. That shape represents for you the different pathways of the air inside of our nose cavity. In the cross-section it is visible for you, it is mentioned the superior turbinate, in the medical language this is the superior, middle, and the lower conchae, and between them it's formed the flow of the air, inside of our nose cavity. Actually, different flow of the air reaches different part of the pharyngeal wall of our pharyngeal cavity, and what is important, because, if we think, and regarding the KF technology, with air we put inside of our nose different kinds of gasses, what the air contains in specific, in our region where we are living; so, actually, with that flow, we channelize directly to trigger the part of the pharyngeal wall, and some part of the pharyngeal wall, if you remember, this is the touching point with our uvula, so we get directly in touch with our emotional part, with our thalamus, even just because we have a channeling of air flow. And, on the top of the nose cavity, this is the formation of olfactory bulb, this is the zone where we recognize different kinds of smells. On the bottom of the slide is the representation for you, the lacrimal gland, this is the gland where you produce your tears, but, actually, the gland is on the eye area, but all the dots, they go inside of your nose, and, actually, one part of the tears that are not released through your eyes, they are released through your nose. So, mostly, our nose has a lot of functions, it is not only breathing function, it is also, how you see, the collection and to take it out from our body, the tears also, this is regarding the smell, and during our explanation, you see some kind of gland function of our nose. Then we go to the next slide. The next slide is the representation of the mucosa inside of our nose. Actually, it is regarding the function, we have different kind of organization of the mucosa in our nose. Different parts of our nose have different kinds of functions, it is again regarding the channeling the air flow, but mostly the organization of mucosa, it is like epithelium part. Epithelium is represented from the cilia hair cells, they have some kind of hear on the above, and this hair recognizes different, specific particles, where they are contained inside of the ear. Also, above the cilia we have the mucosa blanket, this is the liquid state which actually makes the epithelium, moist, this is not dry, all the time we have some kind of liquid water state above the epithelium, and behind the epithelium we have different smooth muscles, they are again organized in different directions, and above the muscles we have the derma with different glands inside. Actually, in that part, the glands organize that mucosa, the liquid state, what we have above the epithelium. OK, then we go to the next slide. The next slide is the representation of innervations of our nose. Mostly our nose is innervated from our nervus facialis, and, how you see, this is the main nerve from our face, and again we have the cross pathway between the 2 hemispheres. In this innervation it is mostly of the face part of our skull and also inside of the nose. This is not the nerve with which we are able to smell. This is the nerve regarding the other functions of our nose. It is like innervations of the muscles, of epithelium, of the secretion of the glands, but it is not regarding the smell function of our nose. OK, the next slide, it is the representation of the more specific function of our nose, this is the smell, how we are able to recognize the smell and why actually we need to have that kind of function in our nose. If we look the evolution of different beings in our planet, and how I represented it to you in the previous workshop, that from the beginning, most of the beings, they have a horizontal shape regarding the surface of the planet, there was on the same level like a placement of the star formation. Then, during the evolution, the human beings started to be vertical beings of that planet,

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so, actually, we change the zone where we are able to take the air. Actually, the air on the planet has different levels, and the containment of the gases and ganses in different levels, above the surface of the Earth, they are so important for organization of the consciousness of different beings. So, when we start to walk like beings on that planet, so we needed the organ which is able to recognize different kind of smells, but, actually, what is the smell?, this is the combination of different molecules, and regarding the KF technology, this is the combination of different ganses, single or mixture ganses. How, we spoke before, the olfactory bulb, this is the direct extension of our emotional part of the brain, this is our thalamus. And, how you see, it has a specific shape. This is directly placed above the cribriform plate, this is the part of the nose bone, and actually inside of the cribriform plate we have walls and holes. Inside of those holes, we have extension from the olfactory bulb; that extension, this is the actually axons of the cells, inside the olfactory bulb, they go inside the mucosa, and form different kinds of cells, what they are placed inside of the olfactory epithelium. Actually, the mucosa epithelium of that part, which is related with the smell function, this is different organization than the other mucosa inside of the nose. We have again the mucosa part, the liquid part, where, actually, all the molecules of odor, they are dissolved inside of that liquid state, and how, you know, it is easier to accept different molecules when they are dissolved inside of the liquid state of, how we say, water, but actually that is the mixture, this is not only water molecules, but all the odorant, all the ganses what we have inside of the air. Then, those odorant molecules, or, how we call, regarding the KF technology, gans, they start to trigger the, how you see, the cells have some kind of arms, fingers, and, we call, dendrite, they start to trigger that receptor, and inside of the olfactory epithelium nerve cells start to organize the nerve impulse. Interesting is, so, the different cells, they are specific to accept different kinds of ganses. Actually, we have hundred million different acceptor cells, which are able to accept specific molecules. They are not acceptors for all odorant molecules. They specify in fields to accept the specific molecules. And, when they accept the signal from the odorant, they generate the specific nerve impulse and then transcend that nerve impulse to the olfactory bulb. Inside that olfactory bulb starts the formation of glomeruli. Glomeruli, how you remember from the kidney organization, here the glomeruli only contain the nerve cells and the axon and dendrite of the nerve cells, they don't have any artery or the venous vessels inside. So, different glomeruli, they contain the signals from specific cells inside the olfactory epithelium. So, what does this mean? When we accept the signal of the specific odorant molecule, that signal transcends by specific nerve cell inside the olfactory epithelium and that olfactory cell transcends that signal to the specific glomeruli. So, actually, we have containers of those signals in the same number how much we have cells inside the olfactory epithelium. If we have the cell to accept the ammonium odorant, so we have the glomeruli which accept only ammonium shape odorant. After the collection of the nerve impulse inside of the glomeruli, we have a retransce-, we re-transcend the nerve signal to the mitral cells and then they collect all the signals inside the olfactory bulb and re-transcend through the olfactory tract to the frontal part of our brain. Actually, we have so cascade organization inside of our olfactory system, and everything is so particularly organized in folders, and, how you see on the right side of that slide, that is the specific shape of olfactory bulb, then we have holes inside of the bone structure, and how the dendrite of the glomeruli cells go inside of the olfactory epithelium. On the left side, on the bottom, this is more schematic view of that process. Actually, the olfactory sensor cells,

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they are from some kind of net on the level of the epithelium, and because they are from that kind of net, they are able to cover all the epithelium surface inside of the olfactory part of our nose. OK, then we go to the next slide. The next slide, this is more schematic view and easier for you to understand how the signals transform from the epithelium to the nerve system. We have an odorant, this is the molecule which triggers specific receptors inside of the olfactory epithelium. Mostly they are dissolved inside of the mucus layer, then they trigger the olfactory acceptor cells, and, how you see, they are even in different colors, this is easier for you to understand that different odorants, they are able to go inside of the epithelium through different cells. So, different cells accept different kinds of molecules. If we compare with the knowledge which Mr. Keshe got to us, it means that with different cells we accept different ganses inside of olfactory epithelium. Then, those ganses organize in the storage bank, this is the glomeruli layers, you see, the glomeruli, they are like balls, they are again in different colors, what they mean, they are the storage bank for different molecules, different ganses, and then these different ganses are organized in the tracks during the mitral cells and go inside the olfactory track, nervus olfactorius, and different part of the limbic system and the frontal cortex. On the right side is the representation for you, the glomeruli, they are like balls, and, if you compare with the glomeruli inside of the kidney, they have absolutely the same shape, this is the shape of reactor, it is actually that bowl we know, the shape of bowl, this is the shape where we are able to store the energy, to store the DC. And, actually, all the glomeruli inside the olfactory epithelium, they are the storage bank, they store ganses; and, then, they organize their flow through the olfactory track to the emotional part of, in our limbic system. On the bottom of the slide, this is the anatomical picture, microscopic, of the glomeruli; and, how you see, this is so absolutely the same shape and structure like the glomeruli of our kidney, but only with containment of nerve system, this is not circulatory system inside, but the shape of the structure and the materials inside, this is the same. OK, then we go to the next slide. And, the next slide is video representation for you, actually how we accept the odorant and the molecules through our test. Two systems, they work together, and they are supportive to, we be able to accept the flavor from air and from food. Could you, please, Rick, just play the video? Thank you.

OK, that's the video, thank you, we'll go to the next slide, I guess.

Yes. And, how you see the representation from video, if you noticed it, actually, our olfactory bulb, the walls in blue collar, it is actually behind our eyes, this is in, if you make the cross-section of our head, they are so close to our eyes, but if you look like a 3D model you may accept the olfactory bulbs, they are actually again in the row of eyes, but with them we accept the gans from the gas state of matter, air, and with our eyes we accept the gans with the light state of matter, through, from light. Actually, they are, it is not, how to explain, it is not need to accept the eyes, that is only they are represented in our body like on the function of eyes. You have to look each organ in our body, what it, this is the main function, and then to compare with different parts of our body. Then you will get an idea how many organs we have that they behave like eyes or how many organs we have that they behave like a tongue. This is, it is not only because they are placed in the specific place in our body, but you have to compare the shape, you have to compare the function also and relation with other nervous system. So, with the

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next slide I want to represent to you how actually is working the olfactory system. When the odorant molecule reaches the specific receptor inside the olfactory epithelium, that receptor is able to accept only specific shape of the odorant. When the specific odorant come to the specific receptor and they get in touch that connection activates the specific chemical reaction inside of the cell, the nerve cell inside the olfactory epithelium. And, how you see, we again have a, inside of that reaction, again it's involved the adenosine phosphate and releasing the organic phosphor. So, even here it's visible that all reaction we have the fingerprint to our DNA. Actually, we start with that connection between the odorant molecule and a receptor starts the first cascade of opening of potassium - calcium channel, channels. This is the first depolarization of the membrane, and then we have the second one with activation of the energy surpluses like ATP. After that activation, then the calcium channels start to activate the chlorine channels, and because of that the potassium and the sodium start to exchange between them. Actually, how you see, all the time we have the pumping mechanism between the potassium and sodium, calcium and chlorine, with activation from the ATP and releasing the organic phosphor, which is the fingerprint to our DNA, how Mr. Keshe said. OK, then we go to the next slide. The next slide is more schematic view of the olfactory system. So, it's placed in different shape the odorant molecules, how they are, and regarding that, the different shape of the receptors, so only the specific shape of molecules are able to interact with the specific receptors. Then they trigger the olfactory receptor nerve cells inside of the epithelium, all the nerve system collects inside of the glomeruli and through the mitral cells they form the olfactory tract and olfactory tract goes to the neo-cortex. And, how you see on the right side, actually, this is some kind of mapping inside of the olfactory epithelium and after that the mapping of olfactory bulb. If you consider different colors like different ganses, so we have places, gans mapping places inside of the olfactory epithelium and the same in olfactory bulb. So, actually, different ganses are able to trigger specific places inside of olfactory bulb and that place of olfactory bulb is in connection with different parts of neo-cortex. And, how you see, epithelium is separated of the zone 1, 2, 3, 4, in the same way, this is olfactory bulb, and from that zones different signals go to different parts of neo-cortex. So, it means from air we accept different ganses, where they, even from the beginning, from the periphery, from the epithelium, they start to have channels and folders where they are supposed to reach our brain. OK. Then we go to the next slide. The next slide is the microscopic and laser view of different parts of the olfactory epithelium, our receptors, how they look like. And, how you see, different ganses reach the olfactory bulb during different times. They don't reach in one go the olfactory bulb. They have a path time, how much time they need to reach the brain. And, because of that, again, regarding the time, we have a gapping, making a gapping and a mapping of our brain. And, how you see on the bottom, this is actually a cross section, microscopic cross section, of the brain of a rat, but with different colors they make a map of the olfactory bulb. And, actually, because our nerve system is so close to that of the rat, our mapping inside of the olfactory bulb is the same. And, how you see, this is the storage place with different molecules, and, how we consider, this is the storage place of different ganses inside of the olfactory bulb. And, actually, this forms some kind of bar code, so when we breathe the part of the air which reaches the portion of olfactory epithelium starts to be decoded from the cilia cells and then after the decoding different ganses, different signals, start to follow different channels and through different channels reach different parts of olfactory bulb for different time, and then part,

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the similar part of neo-cortex. OK. Then we go to the next slide. The next slide is again a representation of mapping, where, this is the storage place with different molecules. And, how you see, this is, exactly looks like, like a bar code. And, actually, with our olfactory organs we are able just to read what kind of ganses, what kind of molecules, have inside of the part of air which we breathe inside of our nose. On the right side you see even the mapping where we are able to store the smell of a meal or banana. They are stored in specific places in our olfactory bulb, and they are ever stored there, they never change the place, because they are in connection with that specific part with our brain. OK. Then we go to the next slide. The next slide is a representation of that, if you remember, I told you that receptors have specific shapes and they are able to connect with specific shapes of molecules. Actually, the shape of the receptors, they are in the shape of the diamond 3D structure and mostly the molecules, where they produce smell, they reach of benzoic, of benzoic rings, one or several. And, when the benzoic rings are organized in the 3D models, they reach different kinds of diamond structures, and, because of that, if you remember, Mr. Keshe explained to you that the smell has actually a diamond structure. And, when you see, on the right side of that slide, the benzoic ring, actually the arms, this is the hydrogen, and how the hydrogen organizes around the benzoic ring. To the next slide you will see what the importance of that is. OK. That slide is again a representation of the receptors, how they attract and connect with odorant, and, how you see, the 3D model of the odorants, they have different kinds of shapes, but all the time in space they are organized in diamond structure, how because of their connection starts the chemical reaction, and actually all the benzoic rings, they are in the organization of carbon, number of carbon atoms inside of the benzoic ring. And, how you see, on the bottom of that slide, different numbers of the carbon atoms have different shapes. Also, we have a really interesting investigation, how you are able to have the same shape, for example, the diamond structure, but if you change the hydrogen atoms from hydrogen to deuterium, smell starts to be completely different. So, it is not only that smell depends on the shape of the odorant, it also depends on the electrons which have inside of the molecules. On the right side you see the difference between the smell when the molecules contain the hydrogen and when they contain the deuterium. OK. With the next slide it is already measured the difference inside of the molecules when they have different kind of numbers of electrons and protons. Even they have the same shape, they have different level of energy in them. And, how you see, on the bottom of the slide, we have the same shape, but we have the reach with electrons or the pulse of electrons molecules, and regarding that they contain, they store different amount of energy inside of them. OK. And, regarding that, when we accept the gans, so we accept the gans regarding the shape, but, how you see, we accept the gans also regarding the amount of energy which is carried in, and then all that flow with the molecules and pulses, ganses, this depends on the level of the speaking what we have, they start to go inside of the nerves paths. And, you see on the left side, they are also in different colors because they are paths of specific molecules from the specific impulse for the specific gans materials, and then because of that we have finally a mapping of our brain. So, actually, our brain finally contains different ganses, accepts different ganses, but makes the ganses, amount of ganses, in folders. OK. Then we go to the next slide. The next slide is a representation, more schematic, when we generate that impulse, when we take inside of us through breathing the gans, how actually all the impulse, a more mathematical point of view, is organized and where, actually, goes and why. With organization of

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the impulse inside of olfactory bulb, we reach different parts of our brain, but mostly we reach the limbic system, the limbic system. Thalamus is part of that system. This is conscious one part of our brain. With that, that part is controlling our behavior, our emotions, our fears, our joy, and the consciousness of existence. And, actually, different impulses regarding what kind of molecules they are triggered from, they reach different part of limbic system, and, regarding that, with different smells, actually, we are able to trigger our emotions to have more fears or to have more joys. And, after that, after we start to organize our emotions, this is the next part, we start to act. Other part of our limbic system, this is the hippocampus, this is below the thalamus, it is regarding the action after we feel something. So, actually, through the brain and through air, when we accept different molecules and different ganses, we fit directly our emotional part of the brain, and after that through the path ways inside of the two hemispheres we start to organize our specific behaviors and motions of our physical body. OK. Then we go to the next slide. The next slide is a representation with other one function of our nose. This is so specific function of, so specific like a gland part of the olfactory epithelium, and this is regarding acceptance of pheromones. Because of pheromones we are able to recognize our species, what kind of species we are when we meet someone. And, how you see, this is so close to the olfactory bulb. Actually, the nerve signal, after we accept the pheromones from air, makes, and, how the horse makes his mouth, and the nostrils just go up, and, actually, that movement on the nose and mouth trigger that part of olfactory epithelium, and then the nerve system goes inside, the nervous impulse signal goes inside the olfactory bulb and reaches again the limbic area. So, actually, we have a larger brain than the other species before us. In our evolution, in embryology, we repeat all the states of animals. When we are born, we are born in the shape of vertical being, so actually we are animals inside of the tree. And, how you see, we have a larger brain than the other animals and we have a lot of extensions from our brain to outside to be able to reach and feed our emotional part and then our physical part of the brain with different ganses which we are able to take from light, from air, and from solid matter. And, how Mr. Keshe said, we do everything to satisfy our emotional part, and our emotional part, in the same way, this is the feeding system from our physical part of our being. So, that is from my side. If you have questions, please ask me, and thank you very much for attention.

Thank you, Eliya. Another great presentation there. I had no idea there are so many connections to the nose.

You are welcome.

OK. Do we have any questions? Anybody on the Skype call who has a question?

Yes, I do.

Yes, Keyvan? Keyvan has a question.

Yeah, this is a question for doctor Eliya Kostova and also, of course, for Mr. Keshe. From a holistic point of view, Eliya, because you are, you know, one of the few holistic teachers I've met, you know, we've always heard that smell is somewhat conveyed on a subconscious level, and when Mr. Keshe talks

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about, you know, when you want to know the intention or the, what do you call it, the essence of a person, shake his hand, I think he said, Mr. Keshe said it on certain occasions and instances, in all the workshops, in some of the workshops, and I want to do an analogy to the smelling. Now, if you, if you are near a person, I guess you most probably do smell on a very subconscious level what kind of an effect does that have on the behavior or on the knowing the information and emotional part of the brain, is there some kind of connection? Do you understand what I'm trying to get at?

Yeah, I understand you very well, yeah.

Thank you.

Every being has a specific smell. Actually, through our skin we have pores and we have sweat and our sweat has inside the aromatic molecule benzoic rings and our sweat actually has a smell, odor, and all the odors dissolve inside of the air and when you just meet some person and you're close to some person you, actually, you are able to smell him. Also, regarding the phenoral organ, what we call the pheromonic organ, you just smell the pheromones, they go through the skin, because all of us we have a secretion of the pheromones of our limbic system, but they go in-, out of us through our sweat. And, actually, you smell the pheromones first and, the second, you smell the molecules which that person just took out of the body through skin, and if regarding that smell it is good for you, it matches you, you trigger that point of your brain that makes you satisfied, happy, joyful. If it's not, it triggers the other part of your brain where actually the amygdalar, yeah, and this is the part where are contained all your fears, and when someone is angry or violent adrenal glands start to produce a huge amount of adrenaline and adrenaline is the hormone of stress but also goes out through your sweat and skin, so you are able to smell it. And, all the animals are able to smell the adrenaline in other animals, so, and because of that they take some kind of position, for defense or to attack or whatever. So, actually, the smell, even has a large Japanese investigation about the brain, and they discovered that olfactory part of the brain is the previous one which is the more important than other parts of the brain for everything. And, even if you are not able to see and to test and the olfactory part is working, because this is the direct extension of your limbic system and the limbic system is the premature one, this is the first one part which contains the most survival function inside, so because of that this is the, how to say, outside receptor for that system. And, actually, through smell you are able to recognize the behavior of someone, to recognize the emotional state, energy state. Actually, in our century we have lost more or less that ability, but if you look at the animals, they are so good for that, or if you have the training in Chinese medicine or even in Tibetan medicine, this is the, one of the most important tests of the therapist to the patient, to test the smell, through smelling. So, if you are trained enough, this is so useful part to use, you know.

Thank you, that was very enlightening. Can I ask you one more question? Is there a way to enhance or improve this function, this capability, that we once obviously had in a better, with a better function?

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Yeah, with pranayama. This is the breathing techniques in yoga. There are a lot of, this is regarding what, which one part you want to increase or develop or whatever. The pranayama, this is the one of the methods of that, breathing techniques. In yoga, diaphragm, yeah.

Oh, OK. Is just saw the...

Yeah.

... from Iyengar 'Light on Pranayama'. Is that something like what you're talking about? I haven't read it yet.

Yeah, pranayama, pranayama, this is breathing techniques.

OK. Thank you very much.

Yeah. Welcome.

Eliya, there is a question in the live stream. 'Is there anything legal we can smell to make us very happy?' I would suggest flowers work pretty good.

Yeah, but this is individual, because for someone the smell of coffee is delicious, for someone is disgusting, everyone is supposed to find out what kind of ganes make him happy. Do you understand?

Yeah.

So, it's so individual point of view. I cannot say this is that substance which is able to make all of you happy, you know.

Yeah. Good point. Is there any other questions for Eliya or shall we move on to Mr. Keshe? There's one question just came up. 'Any good cure for blocked sinuses?' And, that might go back to what you just said about the...

It's regarding which sinuses, because we have a huge amount of them, and they have so many cures, and actually the sinuses are blocked because of an inflammation inside of the mucosa, but there are different explanations of that. We have the holistic explanation and we have the traditional medical explanation. So, this is like some kind of different subject, you know, and actually this is so large because all the sinuses make equilibrium between the atmospheric pressure and the pressure inside of our head. And, because of that we get different diseases in them, you know. This is like so huge information I am supposed to explain to get the answer of that question, it is not simple, you know.

Right. OK. Maybe we should move on to Mr. Keshe now.

Yeah, sure, thank you very much for attention.

Thank you, Eliya.

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Thank you very much, doctor Eliya, it was a nice presentation.

Welcome, sir.

There are a few questions which are raised here which maybe we can answer at the end or at the beginning, it's all the same. The, in a simple way, that we look at the structure or the work of the nose is, in a way, we look at the mouth for the supply of energy, and as we, as I always say, when we speak about energy, it's plasmatic magnetic gravitational, the mouth is the supplier of energy to the physical part through the stomach. The nose, the function of nose is exactly the same, but it's the supplier of energy to the emotional part of the body. So, both the nose and the mouth are feeding channels, one to the emotion and one to the physicality. The nose, the work of the nose is exactly the same as the work of the stomach, but the stomach's work and function is the conversion of the matter into the gans state and the nose does the same thing but sends the food into the lung and converts that much more rapidly for the brain. That's why we can eat food 2, 3 times a day or once a day and physicality can carry on, but we need to breathe so rapidly because the operation of the brain uses so much energy that it continuously demands energy and that energy automatically is absorbed and extracted from the environment through our nose, through the lungs and the nose itself, for the operation. Again, the nose, in the evolution of the man, the brain has decided to put sensors that certain gravitational magnetic field means separate things to the emotional part. If the field strength is at certain level it means danger, if it is at certain level it's pleasure, if it's at certain level it's just something you have to be careful with. So, the nose and the position of the nose is extremely vital for the operation of the brain, especially the emotional part. And, in a way, the shape of the nose, why it's sticking out, is to make sure it's like a radar. It's not just what goes inside it, what is absorbed on the skin of it is as important as what it goes inside it. The information transfer from the nose is extremely vital for the operation of the emotional and the physical part of the body of the man. The food of the brain comes through the nose, but in so many ways which doctor Eliya did not refer to is that in your cores you have a feeding line and then you feed into your core. The nose has its own core. It's highly compact, extremely efficient, and it's exactly like the cores you've seen with center core inside it. Last week we explained about the tongue being in the core of the mouth and the center core being the tongue. On the top of your nose there is a very tiny, tiny bone which behaves and creates a specific field in the cavity which is exactly like core and sits right between your two eyes just above the sinuses or just between the sinuses. This core, this center core behaves exactly as if you could go back to the work of the black core, when we were using the gas reactors, which it had no connections, it was loose, it could go in any direction, or the same as the spherical uranium reactor, the white one we saw last week, where the center core is not attached to the outer core, but its motion absorbs and rejects fields as it likes, so it vibrates inside. And, we used to use these cores for absorbing or shock-absorbing the fields from the star formation. If you go back to the workshops, really early workshops, where we speak about these black cores or the uranium small cores, they have a loose core inside, so what happens in the bone which is in the center of the, this core in the par-, top of the nose or in front of your forehead, the vibration of this bone by the fields which pass through it dictates what plasmatic magnetic field is absorbed, what is received, and what is about

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to come through the field conversion. If you remember, we explained in the last teaching and the other teachings of the health section, the minute the food enters the back of the throat, it enters a magnetic gravitational field environment, and it does not behave as matter anymore. Very much like the water in your cores, when you put it with gans, even this water behaves like a gans, because it's made of atoms, atoms are made of magnetic fields and gravitational fields of the electrons and protons and neutrons. The same thing happens in this cavity in the bone. So, as the air passes through the front of the nose it enters a plasmatic magnetic field environment, which is covered by your skin and the muscle or tissues on top of the bone, and then as it enters it enters a bone structure. And, this is very much fixed. So, it has a constant, perfect field strength from the environment around it, and this bone in the middle, by its movement, by its field absorption, from now that the air has become in a gans state, absorbs the strength, different magnetic gravitational field strength, the same as the pores on the tongue, and dictates what this material is, what it is carried. And, then, as it's the same as the core, it's like your star formation. When you have a top core and you have a bottom core, the fields between the two interact and they are connected, like a twinity. The vibration and the energy which is created in this bone, as it's a plasmatic condition, is transferred immediately to your thalamus, as a twinity, and the information carried to it informs the emotional part what is happening around it from the environment, from the air which flows much faster than the matter. Don't forget, we smell an object long, long we see it with eye. So, the brain has already made the decision. It can smell danger. It can absorb the smell of the, let's say, a lion from a distance, before you could even smell it, because it's so sensitive detector. So, now the same position again. In this cavity there is a liquid, very much moisture. The bone is very much moist, the same as the operation of the lung with moisture on it, the same as the stomach and intestine moisture on it, same as the tongue in the mouth. It's a repetition of the same process, conversion of the matter into a gans, energy plasma transformation. Not all the energies are absorbed by the nose as the air goes through. This is done in a way that the body, the physicality, gets informed of like what food is to come, what is here to be absorbed by physicality too, that from the odor, from the smell, the body has established through RNA a chart, 'these things are edible, these things are not edible'. It's not that when you see it with the eye. The smell has already come to the nose and made the decision not to. In fact, in a lot of cases when it's head-on collision accident. If this part right, in front of the nose on top of your forehead between the eyes, hits the front screen, or if you get punched or have an accident, that this part where this bone is positioned, creates a condition that the bone sticks to one side of the core or moves from its position and it cannot hold in the position it was before due to the sudden rapid interaction, you can lose the sense of smell and taste, smell of your body, the environment. Majority of the loss of smell is due to dislocation of this tiny bone in the forehead. Keshe Foundation has developed a technology which we can return most of this back in majority of the cases. If the center core, this bone, is not stuck to the physical part of the core, it creates a short circuit. If you can create a condition to release this bone from the walls of the core, you find people bring the smell, you can bring the smell and taste back. And, the only way it can be done is very much that you create a gravitational magnetic field in the core that like the two ganses or the two nano layers they cannot stick to each other. They release, they get released, and then you get the taste and the smell back, because the taste is connected through a nerve in the back of the nose to the tongue there for the taste. We have done this operation

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in respect to the comma patient we had and it's videoed very clearly, and the doctors told us that she's lost the smell due to the head injury. And, it took me 2 weeks to build a system, we tested with the pharmacy which was across the road 22 different tastes, smells, from ammoniac to rose and everything else, and it was confirmed there is no sense of smell left due to the head contusion she had in the car, and after two weeks in running and developing the technology for it that it could release, this bone, she could smell everything we gave her, the same 22 smells were tested, more or less, every day, and then she could smell, because we managed to move this bone away from its position which was stuck. This is exactly what you do in your reactors. When you have a loose center reactor, then the reactors stick to each other, they create the short circuit gravitational magnetic field, and then there is no vibration to absorb other fields. Something which is very important and vital, that is to remember, all the time in the operation of the body of the man you deal with the already converted matter to a gans state once it enters the environment of the body. But, at the same time, go back to the same process. The physical food and the physical air, as we spoke last week, once they enter at the front of the nose or the mouth, they transfer the matter state energy to become a gans, to become nano-sized in the plasmatic condition. As you did with your CO2 kits, you create the energy, that energy in the matter level is immediately absorbed for the physical body, as we explained with the tongue from the nose for the operation of the odor of the body to at the matter physical level, that the odor, as you asked the question, converts in a matter strength crystal structure that it can be smelled by the others. That continuous odor production in the physical state, crystal state, comes from the energy in the matter level which the air enters your nose immediately absorbed by the body before it becomes a gans of it. So, it gets a constant matter level structure and gets spread through the skin that you can smell, that it changes a gans to a matter state crystal structure. The vital importance of the operation of the nose is the feeding and, as it feeds, the emotional part is the information carrier storer for the RNA as the physical part through the stomach is a physical supply for DNA. So, your emotion, your understanding of the environment, what you smelled, which was wrong, it cannot be eaten again, because the physicality reports to the physical side, is all recorded through the blood to your neural system immediately to all the RNAs in every single cell in the body of the man, because it's the energy transfer, it's like a speaker with millions of listeners at the same time listening to the same thing. So, the energy absorbed through the nose to the detection and the conversion to information is like a loud speaker which is transferred to your RNA through the blood through the nose. And, this is where RNA receives its energy continuously, through a blood circulation through the emotional part, and it gets updated continuously. Doctor Eliya in the talk, in her part, explained that there are similar structures in the nose as there are in the kidney. There are similarities. Of course there are. It has to be, because the kidney absorbs, due to disposition, the waste product which is when the lymph, which is transferred to it, as much as what might come through the blood, but at the same time the kidney is the cleaner of the blood, so the energy absorbed by the nose from the air, which is not needed, then it gets transferred back. At the point of not being needed, like the water we don't need, we reject through the, what do you call it, the gravitational magnetic field of the matters which are within the lymph, the kidney has a system which gets rid or disposed of the emotional energies which have been absorbed by the nose in the blood or by the lung. Up to now everybody in the world of science always thought that the job of the kidney is only rejecting

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what is surplus in physicality, but in fact most part of the job of the kidney is cleaning up the emotional waste too, which is the energy which is absorbed from the air. Where does this energy go which is not needed or is surplus or has been partially used which is not in the strength of the cells of the human body? As much as the kidney disposes of liquid, as we think in the matter level, it disposes of the energy of the air which the man breathes which is not usable. That's why you see similarity. The same way as you absorb, the same way you repel and reject. That's why in the animal kingdom the smell, if there is urine left, because it carries the emotion which has been rejected by the body which is not at the level or the level they can smell. It's not so much odor. They know, they understand through that what is the condition, if the animal is sick, partner is good or bad. So, this is part of the whole structure that the emotional part of the brain, which is the thalamus, has created for itself, what it needs, then it has made a system for it to get rid of it. Otherwise, your blood would be full of wasted energy. So, it disposes emotional energy through the same. In so many ways, I was explaining this to the knowledge seekers last few days or a couple of weeks ago, one of the first things when people get arrested in a corner by the police, they can tell you, when they arrest them, like thieves, which they hide somewhere and they find them, is that they, let their urine pass and they wet themselves, because it's the relief of the emotion, that there is no fear, there is no danger, because up to now being cornered is dangerous, it's, something is going to go, happen wrong, and when you are captured, you let go. That's why a lot of times people wet themselves, not because of anything else, but the amount of the energy which is blocked in the blood system which goes through the kidneys and then it gets released in one go, because the emotion is there. That's how you get rid of emotional energy through urine, because it's the only way the blood system can release it. So, the nose is not just a system of getting air in, but in fact it controls everything to do with a human's life on the emotional side. In so many ways your nose, the energy it absorbs, is connected to every single cell in the body of the man through its DNA operation and at the same time it tells the physicality what it needs to take. And, when the balance between the emotional part and the physical part is correct in digesting something, which is what you smell through your nose, matches to what you taste through the neural system of the physicality, then you get addicted because it's balance. Part of the food eaten and addiction to the food is because there is a balance gravitational magnetic field between the smell of the food energy and the physical food energy. And, some people, according to the balance in thalamus, go for simple single food, repetition of, let's say, chips. There are people who only eat chips all day long all their lives for years and years. And, the more connoisseur they become, people, those people will accept the mixture of the smells and the taste. And, nowadays this has become fashionable, that we change a mix to see how far we can extend this knowledge of the information between the nose and the taste nervous system of the mouth, and we mix all sorts of foods and taste together just to challenge our own physical system. In so many ways, the structure of the air we breathe in is a composite air. Not all the oxygens are of the same strength, as we explained. Oxygen man-, released by a plant, by a tree, by a bush is different, it's composite. And, that composite oxygen, when it has entered the body of the man, creates different field strength, and that field strength creates, once it's converted to a gas, as you've seen in different strengths gives you the same size like CO₂ or copper oxide or CH₃. So, the body knows which it needs more and which one it doesn't need to reject or it has to go back to another part of the body, like the lung, for it to be

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absorbed or converted, because at that level very much the wall of the lungs, as we explained in the session with the lungs, is the same as the intestine. Each part of the lung absorbs a specific kind of plasmatic magnetic field energy for specific blood cells for specific part of the body and that's what I call taxi destination. You go to the top for the emotion, you go to the part, the bottom part of the lung for the physical part neural system emotion. And, in so many ways, the whole structure of the nose is an information bank for the body of the man in what it needs, what it can do, and what it needs to absorb even for the physicality for it to be operational. And, as we explained and was explained before, as the odor is in diamond structure, the body creates a diamond structure cells, because, as we said, doves with doves, wolves with wolves. Each element crystal structure which changes into gans creates a different plasmatic gravitational magnetic field strength and that can be absorbed by specific matching, like a magnet for a wood, magnet for a plastic, magnet for metals. So, each one, each cell in the body of the man in the nose decides what is going to absorb from it and what is going to give from it. In a way, as I explaining earlier in the Chinese session, when your emotion does not fit to the energy which is absorbed through your nose through the air, the sense of fear leads to asthma attack. Physicality knows the air comes, blocks itself, and creates fear. Then you get the condition of the breathing restriction, because prior to energy being absorbed by the lung the nose has already informed the physicality don't match. So, the physical part of the lung shuts itself down. Then we call it the asthma attacks. Why we are allergic, asthmatic, or we show breathing restriction in certain conditions and certain environments and certain people? Because we absorb energy which to us, the emotional part of our breathing, the nose, does not accept to match the physicality, in our physical being, in our emotion. If the emotional does not match physicality you get anger. If the emotion does not match the physicality of the emotion you get asthma attack, you get restriction within the physicality of the breathing. This could be order of the grass, this could be the order of a person, or could be anything. But, at the same time when this condition happens, in the childhood stage, at the time when the brain is getting developed in the emotional and the physical side, this teaches that there is something very wrong in the body of the man. Creating such a condition brings me attention. Attention seeking changes the gravitational magnetic field strength in the center bone on top of the nose. Even it's self-attention seeking, not necessarily anybody else's, because I need more attention on my physical part which I am not getting. Goes back to the teaching of the Christ, bless his name. He says 'Thou shall not steal.' The biggest thief of the man is the man himself in respect to his physicality and emotions, and so. And when you steal from your emotional side, your physical side does not accept. So, the interaction comes in a way of what we call asthma attack; because the condition of the energy absorbed is changed through the emotional side through the blood circulation, and, in cases, the emotional energy matches the physical part, and it forms the physical part, and the physical part shows reaction to emotional side, instead of receiving information from the physical part of the brain. This is what we spoke about, the problem with the seeds, genetically modified seeds, if you remember, in the digestion section; when the modified gene is very close to the, in a way of the emotional side, you get different kinds of digestion problems, as we explained before. The same thing happens when it happens in the lung of the man. Everything in the structure of the man is connected to each other, and the brain, physical part, and the emotional part, have made the full system for their operation. Absorb, digest what you need, reject what you don't

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need, that you can have room for the new to come in. As the brain does not have any blood cells, vessels, it absorbs all its energy through transfer of plasmatic magnetic fields from the blood, and partially, from the lymph, depending if it's near to the physical part, on the boundary of the physicality of the brain. And, as you have seen, in the gans, production of gans materials, even though everything is gans, your copper-oxide does not match its mix with the CO₂. But if you steer it the right way, you might match something, connect something with it. So, every energy which comes through the nose, absorbed by the center bone, and the rest of the structure of the digestion, conversion of the matter to the gans and to energy, through the lungs and the nose, and the back of the tongue, all these energies are released in the plasmatic magnetic field, which spreads along, right across the brain. And each one cell in the brain is tuned to absorb which one part of, which is tuned to. So, they continuously receive energy through plasmatic condition, and not to physical condition. And that's how the brain grows. That's why, in premature children who lack oxygen, we see the stoppage of the growth of the brain. And with the technology which we have developed, and it's been tested, we have shown how easily most of, or majority of the children who are born due to the lack of oxygen, which the lack of oxygen meant to the fetus, to the child at the time of birth, stopped the process that we can save the other parts of the brain, the switch-on comes on, the switch-off comes on. So, that part of the brain doesn't get switched on to carry on growing, and then when the child comes out of the womb, and the rest of the body has switched on, that part does not switch on, because, with the first section gone. So, you see disabilities due to the lack of oxygen, and this is again what the doctors don't understand. They have not understood; until they understand this operation, that the blood circulation through the breathing of the air creates emotion and growth of the brain, then, no child should be left at the time of the birth when they see, lack of oxygen condition, to go through abnormality, and the push chair, and the wheelchair, till they die. They have to be experts at the hospital that they understand what happens. Physically, if you want to understand, it's very much like hypothermia. What happens? You get stuck in the snow. Your fingers are not needed; your toes are not needed because there is more blood needed for the heart, and the operation of the brain. So, the blood circulation retracts, to be able to support the function of the blood, the brain. So, you go through hypothermia; organ, what do you call it, pieces of the leg, upper leg, and then everything else, disconnects from the circulation, to be able to deliver energy to the brain. In the point of the birth, the same thing happens in the physical part. Fear of not being able to go through the birth, brain switches off certain parts, to guarantee the existence of the rest, exactly like hypothermia. And the physicians of today happened to understand this. The way you can wrap the brain, or leg, in the warm condition, and try to rejuvenate the toes and the fingers, you can do the same thing with the child at the time of the birth, when the lack of oxygen sends the wrong signal to the brain of the child, and the brain switches off to keep the emotionality, because the physicality is already operational. And then you get mental dementia. And if the doctors immediately, at the time of birth, within the first 24 hours, start the process which we have developed, it will be a normal child, no father and mother needs to carry a handicapped child due to the lack of oxygen. The older you get, the more this part is switched off, it's harder to switch it back on. This goes back again to the information, which, due to the time of birth, is left to the responsibility of the nose to carry the information that the air goes through. And as there is a delay in the air which the body is ready to absorb, then, it switches

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the power of the brain to guarantee the survival of the rest of the brain. And that switching off could be part of the arm section, could be part of the hand section, could be part of the side section, and then the child is born with mental handicap, wit physical disability. Just one second.

Just having a brief break while Mr. Keshe does some rearranging at his end; any comments from the Skype call at this point? OK, he is back.

Sorry about this; it's part of our moving to Bari, so, we have to answer a phone call. I do apologize. So, it comes to understanding the operation. It comes to understanding the position. It comes to understanding the totality, and the physicians have not understood this. If doctors interfere, immediately, at the time of birth, brain comes back to normality very, very quickly; and you don't need this handicap condition. And then, in the positions, when these points in the brain are shut down to save the emotional part, the information transfer becomes so hard, that a lot of information created has nowhere to go, like amputation, it creates phantom pain, this creates what is known as epileptic attack and seizures, with this kind of birth, in some cases. So, one is related to each other, and it's very simple to sort it out at the time of birth, when you send the information back through the nose, through the lungs, that everything is OK, you can restart again. And the easier, the earlier this is done at the time of birth, the easier is to retrieve the child back to normality. We have a number of these cases at the moment running around the world. And we see the development we have achieved. All around the world we are running this test now. And every single case shows us improvement and correctness of the technology, from America to Europe to other parts of the world. Any questions?

Thank you, Mr. Keshe, are there any questions from... Sorry?

I need doctor Eliya to take over for about 10 minutes, and I'll be back, because this is important.

OK.

OK.

Thank you.

Have we lost there doctor Eliya? She's gone?

Eliya, are you there? She's...

No, I'm here, just with the handset, because I was removing them, I am here, yeah, it's OK, sir, no problem.

You take over, OK, bye-bye.

Yeah, it's OK, sir. OK, if someone has a question...

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Well, there is a question on the live stream, I'm not sure it's appropriate, the question is "What is the right ratio of breathing, if there is one, like, 3-4 breaths a minute, or so?"

The question is the ratio for what kind of breathing, because, with breathing, you reach different kinds of levels of consciousness? And actually, the technique about the breathing, it is regarding with the duration of every gas; that is the secret inside of the breathing technique. So, the question what the people asked me is supposed to be more precise, you know?

Was that the travel time you've mentioned, earlier in the workshop, for the gases to travel through, is that what you mean?

There are different kinds of gases travelling; in different time, this is like a millisecond, you know, they make some kind of gapping. For example, if you have actually some molecule X, just passing the pathway like milli, milli, milli one second, the other one will have to pass the same pathway for milli, milli 2 seconds, do you understand? So not to have a crush, the traffic jam inside of olfactory tract. All nerve systems work like this. Actually, when you have the tracks, the track is from the hemispheres, and the medulla oblongata, then all the spinal core, all inside of your spinal core, everything is tracked high-waves of the signals, and between each 2 vertebrae, you organize the tracks in the ganglia, and from that ganglia, different nerves origin, which belong to that part; but everything which comes from out or to the brain, goes through high-waves, and in Latin language, these are the tracks, so every highway has a specific timing, and the, regarding the nerve transmitters, they are specific for that highway, they are also releasing of the nerve transmitters from axon to synapses; and to re-transcend the input, they have a timing too. And actually this is also regarding the sodium potassium pump. You know, everything has a timing, but, to represent here all the timings, it is the huge work, you know, this is like half of physiology of nerve system, because this is the mapping, the gapping, the synchronization, in molecular level, the medicine reached the point that it's able to make that kind of time mapping, but now, this is the point to be on the next level, to see how the ganses, gans materials, make the same timing, through the nerve system or in different enters, what we have in our body, or exits. That mapping we still don't have; and it will be completely different, because the gans materials, we are able to take it in from different places, and actually, we are able to take one gans material, like a simple gans, for example, copper, but with different strength, from light, through our eyes, from air, through our nose, mouth, like a sound, the gans of copper with specific strength will have a sound too, or just like fields, directly through our hemispheres, actually, we accept one single gans with different strengths, with different receptors, from different state of matter. So, if we have the gans, copper for example, will be with one strength in air, and in other strength in liquid, in other strength in plasma, you know, and then we are supposed to organize that strength into channeling that strength to the specific part of our body, which is able to convert that strength, it's not only to convert the single gans, but the single gans with specific strength, because, if you send the calcium to the hip bone, it will be with one strength, but the calcium in the rib bone is with other strength, and if I send the calcium with strength for the hip bone, but send to the rib bone, it will be hyper-calculus on that place, you know, I will organize the new bone, with the structure of the hip bone. Do you understand? It is like LEGO, just imagine your body like LEGO, and all the parts

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of that LEGO are supposed to be in the specific place. You cannot replace in other places, even if you see some kind of similarity. Can you hear me?

Yes, absolutely.

Yeah?

There was another, slightly more detailed question from Krasmir, who says “some doctors claim that if we inhale deeply, and hold it before exhaling would decrease our heart rate and would bring more oxygen to the body, and thus, we would live longer. Is that true?”

This is regarding the function of lungs, so, if you remember the workshop about the lungs, mostly, we collect the air on the tip of our lungs, this is the ventilation area, and the bottom of our lung, which, lying on the thoracic diaphragm, it is mostly vascularised, and if you remember the diagram, we have even different kinds of pressure between the capillary, venous, and air system. That kind of diagram, I just showed you before, with the lungs and pressure, like organized system. And actually in the daily life, when we breathe, we breathe mostly with our tips, tips of lungs. And we don't get deep inside the air on the bottom of our lungs, where is actually, the diameter of the bronchia is so small, and we call bronchial. And because of that, when you breathe deeply, and whole, you actually energize or oxygenate the bottom of our lungs, that is the huge problem of our century, even in my clinic, I teach the people how to breathe. And most of the diseases, they are because of that. And, other part of that question is that, through the lungs, especially on that part of the lungs, in the middle, goes the 'nervus vagus', this is the thin nerve of the cranial nerves. This nerve comes through the inner ear, all the pharyngeal wall, and then, to size of the trachea, the heart, lungs, and stomach. And in different organs, this nerve has different functions, but actually, when you breathe in and whole, you trigger that nerve, and that nerve has the specific function, to slow down the heartbeat. And actually, the traditional medicine has that kind of belief that you're born with already written in your genes, how many heartbeats you are supposed to have in this life, you know? So, they believe that if you slow down your heartbeat, that you actually prolong that time. And if the people who have some kind of heart disease, they know the prop of 'Valsalva', when they have a heartbeat so rapid, and when they breathe in and close the mouth, they are supposed to calculate several seconds, and then the heartbeat would just go down. This is because of the 'nervus vagus'.

I'm back.

Yeah, thank you, sir.

This is all to do with moving to Bari; OK, any questions I could answer? Or you answered all the questions?

No, there were more medical questions, sir, because everyone heard that you are not there, so, now it's for you.

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OK, any questions you want me to answer, or are you finished, and all your questions have been answered? He says 'my child not knows how to drink, and chew, speak.' Shall I read it, or have you answered this one?

No, that would be a good one for you.

It says 'My child not knows how to drink, and chew, speak; is there a part of the brain, what controls that?' Yes, it is; it depends when it happens, how it's happened, is it genetic or is it a part of the process of birth? Genetic defects, it's very hard to interfere with, with genetic defects, it's, at this moment, we don't release much information, but we know it can be done, but it's too early; but if it's part of the process of the birth, which has happened, or just after birth, most of these can be corrected to some extent. One of the biggest problems with parents who go through this process with us is not the recovery of the child, especially at the older age, it's the grasp of the understanding of the changes by the parents. Parents who are used to seeing their child to be handicapped, and behave that way towards it, the need gives confirmation of existence to the parents, and because they've done in such a long time, they are not aware that due to the use and development of the brain use of the technology, and development of brain, that now they are not dealing with, for example, with a 5-year-old child, they are dealing with the 7-year-old, in 3 months, and in 9 months, they are dealing with the 14-year-old. They are trapped in the condition of looking after a 4 or 5-year-old, mentally, but even the physically it's much older, and this is what causes the problem, the non-changing or non-flexibility of the parents in what they have accepted, restricts the child and they increase more problems for the child. We see this quite a lot. So, what is one of our, as I explained this to Armen, because he is handling a case like this with the Foundation, is that teaching of the parents after the 3rd month becomes more important than looking after the child, that the parents have to learn to let go as the child is growing up, but at the same time, if the damage which is done through the breathing process at the time of the birth creates a lot of problems with the child, if he's trying to reprocess in the later part of the life; because, they have to cover the stage of life, let's say, they are 10 years old, but mentally, through lack of oxygen at the birth, about 5, now that you start growing, you do the 5 years in real to 2 years' time. Then, the child has missed that progress, and his peers in the classroom or in the society talk about things that he does not understand. So, now it creates a problem, for the child becomes reclusive, because he cannot mix with the people of the same height, but mentally different. And this is the biggest problem for us, now that we know how to allow the brain to expand and to grow back to normality as much as possible, and in cases we've seen, the child, age of, he was mentally 4, but physically about 7, actually mentally 2, but physically about 7 or 8, and they brought him to us, and I said to the parents 'he came in February'; I said 'for next September make him ready to go to a normal school'. And they said 'This is impossible', even the father is a physician. He said 'this is impossible'. I said 'what we foresee from our experiments, this is possible'. And now, after a year, he is 9 years old now, I think, 9-10 years old, he, the last time they wrote to us, because now they don't need us anymore, we don't get that much feedback, is that he could go swimming on his own, he could walk about 3-4 kilometers every day, to go swimming, and come back on his own with his bag on his back, and, the strangest thing was that he was in a mental

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handicapped, mentally handicapped children, and in the process we brought him up, he had to spend, they took him to the school, to enroll him in the normal school, he had to sit for a test. He actually passed the test to be in the normal school, and he joined the society in the normal way. We have a case now in the US, he is 18, 19, and mental state of 4, 5. And we have brought him up, but he loses attention; we see the physical problem between the adult who has never had an interaction with his own peers, now, he is an adult, but now he sees himself becoming 9, 10, 11, 12, and thereon. This process is very easy to revert; we had a case in Belgium, we had cases in other parts of the world, we've seen these things. We've seen a girl of 20, 24-25, mental age of 9, and after a year, a year and a half, I know the family listens to this program, because it's, the family are close to the Foundation, now she starts talking about getting married and having a boyfriend; after about a year or so. It just depends on what you free, where you free, in the structure of the brain to match up. Shocks, lack of oxygen through breathing, can be the knowledge technologies in the hand of the Foundation. We have no hesitation to open up into the society. But now that we are in the Institute, we can do it, we are allowed, and we release it very rapidly. If it's not genetic, it can be helped to an extent. But, the problem is how the family allow themselves to be growing fast with the child. It's not the child which is growing fast, and as I say, in the cases we have here, I asked the boy's, 12 years old, mental age of 5, 4, and I said to the parents 'you have to take him to the shops that he can buy comics which the 8, 9-year-olds read, that he can speak to his peers, that he has a line of connection somewhere, that he can mix with the peers, that he does not stand out. But at the same time, some children, when they reach that point, they used to get so much attention, 6 months ago from the parents, now they are growing up, they are left to grow, they go back to the back position, because they still want that attention, me, me, me, ADD, and sometimes this getting attention leads to ADHA, which is attention deficit hyper activity, kinship. So, the operation of the nose, the operation of breathing, can affect the mental state and the structure. Even with the old people, the change of the nose, the way you breathe, changes the way you take oxygen, energy, through your lungs, and then it affects your health. This is because you smell the air different, mentally, you instruct your physicality to change. Smell of life, smell of fresh air, the smell of being part of the structure, allows you to live, and you extend life because you can do it, we've seen this operation in Japan, we've seen this operation in other parts of the world. Life is difficult, we can always last the difficulties, but it's when we take different kinds of energy from the air we breathe, we affect our emotions, and our emotions affect our physicality. Nose, the operation of the nose, it's one of the most vital parts of the existence of the man. Without it, as I said, stomach without intestine, there is no physical life. Without nose, there is no emotional life, it's the end of that, it's the end of the physical side. That's why, when you put a hand to your nose, life ends very rapidly. You can smell somebody for 3, 4, 5 days, it still carries on. Emotionality needs confirmation of existence, and confirmation of existence comes through the flow of the different senses, in the structure of the nose of the man. This is exactly what, in majority of cases, physicians don't understand, you can bring an old person back to life very rapidly. It is part of the structure, this is part of the existence, that physicians have to understand. You can, we've done it before, it can be done, people who are in their 80s, 90s, they are physically good, but emotionally not there, and they are paralyzed. You can through air, breathing, through the transfer of fields in the nose, by air, convert the emotional part to be fit, as good as the physicality. Man in the

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space will live for centuries, because there is no restriction on physicality. And it's so much excitement to be if the man, if he can raise the memory of the Earth, or the positions of the Earth, then man will live for centuries in the space. Second, third, fourth generation of the space human beings will not know the Earth, they have no attachment to it, and through the air they breathe, through the system they digest their food and air, they'll live a very long time life. It's very much like when you have children born in a different country, they have no connection where you came from, they see themselves and for them this is not a new country. And then, if you change them, third generation changes, fourth generation changes to another country, and another country, they are only attached to where they are; in the space the same thing. They find peace. The first generation of man, it'll be like immigrants, that they go back home to see if the home is still there. That's why we miss home. The air we breathed left an imprint in our RNA. Second generation of the space travelers will have no connection, a little connection with the Earth. And the third generation will have no memories, just the physicality of the presentation of the man in the space. Any questions?

Yes, just what you were speaking of, how'd the air be created, what would it be composed of to be useful in space, like, the best air for space? Or are you talking about not having the physicality, so you don't need air?

You need air, you have physicality, you need air, but we control the mixture of the air to fit, to get rid of, like, animal behavior. Animal behavior comes out of the fear of existence, you have to defend yourself. That has certain order, that has certain strength of field strength. The composition of the air we breathe will be controlled in a very, very systematic way.

I think you mentioned before that nitrogen had a lot to do with aggressiveness; is that, could you elaborate a little bit on that?

Nitrogen in the amino acid, and in the air we breathe, that's why even the divers go through the problem with, when they dive.

Nitrogen narcosis they call it.

Yeah; nitrogen is the nuclear diffusion on inflow of co-centralization of the limits of the energy of the hydrogen. And the more energy, the more active nitrogen you have, the more energy you release from the hydrogen vibration of the electrical, or in a way what you call it vibration, we call it loss of energy from the gans of the gans of the hydrogen in the amino acid, which leads to extra energy, you have to do something with it, and then something to do with it brings like hyperactivity more emotions, and then the emotion does not fit, the physical motion does not fit the emotional part, and then we call it aggression, or anger. The whole process can be explained in a very, very simple way now, now we understand, we know how to walk, running and jumping, as I said, it's easy. So, nitrogen, yes, has a capability to release rapid amount of energy on the outer layers in respect to gravitational magnetic field. Look at the structure of the nitrogen. Carbon is 8, nitrogen is 7, oxygen 16. Twins have twinity, stability in neutron. Nitrogen has an extra neutron, it's unstable, so it releases as much energy as it can

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for the nitrogen to reach stability, and that energy which is released from the gans of nitrogen releases, excites, or reduces field forces on the hydrogen plasma in a gans state, that that energy release leads that it has to be used somewhere by the other things, and then it creates a traffic jam, and that traffic jam of the fields has to be, call, what you call, aggression of peers. It's a burst of energy, it's like 129 plasmatic energies have got to go somewhere. You've got to go back into the matter section of the teachings, that when nitrogen at a certain condition at the outer layers of the space created in respect to Earth, some of the nitrogens are stable and some are unstable isotopes. The ones which are unstable and they can divide, they release two, what do you call it, helium, that that helium, if absorbed by another unstable nitrogen, becomes an oxygen, and if that release of helium finds stability, you have carbon, and then in that process of the release of helium, if it's not in the right condition, you have a release of hydrogen. So, that's why you have oxygen, hydrogen, nitrogen, and carbon in the atmosphere in this planet, at the upper layers, and it comes down. It's a simple process. I've explained this in the fourth book and in the paper of the amino acid in so many ways. The condition, then when you have an extra nitrogen which is really trying to become oxygen or to become carbon, you release a certain amount of energy due to that single neutron in the center. You create, you can actually create a deuterium from it. If you can release a nitrogen and a proton-, a neutron and a proton and an electron, you have that deuterium condition in the upper atmosphere, which then due to the lack of position of the high energy of the neutron in a gans state in the center of the atomic structure of deuterium the nitrogen jumps off and it creates a molecular hydrogen. That's why we have a H₂. If you can capture or separate it, then it becomes atomic hydrogen, links up with the carbon, nitrogen, and carbon-, and the oxygen, which are the subdivision of the nitrogen, and, what do you call it, in so many ways, because they had a common denominator, they all came from the same energy levels system, they come together, common denominator field strength which created them, then they become amino acid, the essence of creation on this planet. You have to understand nuclear structure in the plasmatic condition. Then you understand how simple it is. That's why in the space we don't need to create the spectrum of the materials. We need to create the condition that the atomic hydrogen, thank you very much, that the atomic, sorry, nitrogen can be created, that from nitrogen you can create other pieces of the amino acid. Then you can produce what would you like, beef, a fish, wheat, or rice, because they are all connected through this combination of the work, and how they are connected, in what matter connection they are connected, they become what you have. That's why feeding man in the space is very easy now when we understand the process.

It's half past the hour now, Mr. Keshe. Did you want to bring things to a close or we could prolong it a bit longer...?

Yeah. If there are any questions, I can answer, no problem. The structure of life is based on production of nitrogen on this planet due to the position of this planet in respect to the Sun and due to the gravitational magnetic field of the composite plasmas in the center of the planet, because the gravitational field, magnetic field strength from the Sun is constant, it has not changed. It's the planetary system which changes, moves their position as they get closer. And, in time, when gravitational

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magnetic field of the Earth in interaction with the gravitational magnetic field of the plasma of the Sun in this solar system becomes different or in different position, then we'll produce most probably, let's say, gold, from the skies will drop gold. This is the, this is what, that's why now we see with Venus a different composition with different position of rotation. That's why we see life in Mars or we say we see things in Mars, because Mars is going through the same condition Earth was to start making rivers that the oceans can be created partially from the field which is coming from the Earth which is rejecting itself out as it's burning out, it's not only absorbing everything, secondly, because of the position of the Mars can, and most probably, because it was created the same as the Earth, if it's possible, will reach the gravitational magnetic field position somewhere between us and Mars, that starts the creation of life in the physical state. Life exists in every level of creation around right across the universe. Any other question, or we call it a day? We are nearly into 2 hours, 2 and half hours.

That was a nice ending, I think.

They have a lot to learn, especially with the teachings with the university. There is something I have to say. If you are thinking to join the university as a knowledge seeker, what we call, in the executive master program of 1 and 3 years, this thing we've been told on Thursday will be released. Please understand the position we are in and how the university will be run. We'll try to be, we hope we'll be able to teach in masses than individuals and at the same time there is a lot of development that needs to be done and at the same time, as you've seen like today, do not come into to become a specialist in one thing. We teach you right across, you pick what you can to contribute back into humanity. The applications are there, I filled my application this morning to see if it gets accepted, I was rejected immediately, I wasn't good enough to be accepted as a student. So, when the real one goes up, by Thursday, fill in the form and expect to be here on Monday, on May 4th, as a student. Thank you very much.

Thank you, sir.

OK. Thank you, Mr. Keshe.

Thank you indeed. Wee, we have no more, oh, we still have the Spanish teaching today.

Yes, we do, another hour, that would be in a half an hour from now, for one hour.

I hope we are teaching, I hope we can speak fluent Spanish by now.

Ha. Ha. I can understand it better than I can speak it, that's for sure, but even that, it's very, very limited for me.

Thank you indeed. Speak later on. Bye, bye.

OK.

Bye, bye.

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And, so ends the 22nd Health Teaching Workshop of the Keshe Foundation. Thank you, everyone, for attending.