

## **Transcript from 6th Kids Knowledge Seekers Workshop held November 12, 2014**

(v1 2016-06-18) DRAFT (Transcription has not been verified. Double check info with video)

Transcript courtesy of Zhang Hui

Video link: <https://www.youtube.com/watch?v=dWd3zpWNvVY>

OK welcome, welcome everybody. Welcome everybody on today's workshop, the sixth kids knowledge seekers workshop of the Keshe foundation. And today once again we will be in contact with Mr. Keshe of the Keshe foundation at the spaceship foundation and he'll be showing us and describing to us some of the ways the universe works in a way that the child in us can understand and we can progress our knowledge in this particular type of knowledge. OK, let's switch over to Mr. Keshe now, he's ready to go with his magic pad of wonders there, and see it's ready to go. So Mr. Keshe are you there?

Yes, good afternoon, good evening, good morning, good everything wherever you are. I think we need Keyvan to introduce to us, what he wants us to do. We will follow the title of the topic chosen. What is your dream this week Mr. Keyvan Davani?

Hello this is Keyvan Davani. Mr. Keshe, in one of the first workshops you mentioned that the fruits and the plants and everything we eat, those that are closer to the earth, absorb more of the gravitation magnetic fields of the earth, is that right?

Yes.

OK, and the foods that hang on the tree absorb more of the, let's say, atmosphere and whatever is beyond that atmosphere, of those gravitational magnetic fields, so we need both for our energy, for nourishment, to be alive, to stay alive. I mean I have a lot of questions today but I want to resolve that today for myself, because I mean, you always talk about vegetarians, I guess you also apply that to vegans who don't eat anything animal based. I need to clarify that for myself, from a scientific plasmatic point of view from you.

Are you vegetarian, are you vegan?

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I'm vegan, for 5 years and I have never been healthier than right now. And I just want to know, do you really need animal products and meat to stay healthy and alive?

OK, now you have to explain to the children the difference between a vegetarian and vegan, they think you are just a wagon going around, you'd better explain to them what a vegan is, and what is a vegetarian.

Yeah for sure. Well, vegetarians don't eat any meat but they do eat milk products, milk, cheese, they just don't eat meat. I guess there are some vegetarians who eat fish, but no meat. So there are different kinds of vegetarians.

You mean red or white meat?

For me as a vegan, I don't eat any meat, any fish, any type of animal, no milk, no cheese or eggs. Vegetarians they do eat eggs, cheese and milk. So I think this is the simple way to show the difference between vegetarians and vegans.

OK, so you (eat) vegetables, but you don't eat milk, and yogurt and eggs.

Exactly, I eat everything that is plant-based, that comes from the plant.

OK... OK, it means you like different kinds of animals, that's all it means. The thing is you eat wheat, you eat lettuce, you eat tomatoes, you eat carrots I presume, potatoes and these are all... these are all animals, but they don't walk. To you an animal, or a product of an animal is when it walks, it is kept, it's fed, it says 'maa' or it says 'baa' and then that is it or it goes 'chick chick'. But if you look at the wheat, there is 50, 60 % protein in it and protein is life. [00.05.47] It's an entity, its four little chaps called Nitrogen, Hydrogen, Carbon and Oxygen working together. So if this is in red color, you call it meat, it is no. But if it's in a brown color and it's called whole wheat bread loaf, it is yes. How can you be someone who is not touching protein? It's exactly the same. It's just you chose which kind of protein you need. Without protein your body dies. Vitamins, minerals you all take, you just... if you could go live on the internet and just put bread

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and content of the protein in the wheat. It's just that we as humans, decide which kind of animals we like to eat and we give it a different name. Every vegetation, every wheat, every kind of living animal, because it grows: in human and in animal life we walk horizontally, the vegetation walks vertically. You try to walk off the wall, on the wall. You cannot do it. But the vegetation does, that's the way they walk. You have chosen not to eat anything that is from horizontal walking creatures. But you eat what goes vertical. So it's a choice; I don't call you vegetarian, I don't call you vegans. I call you horizontal eaters, or vertical eaters. And in so many ways without protein you cannot survive. The body finds a way because (of the way) the body is made. If you eat potatoes, sugar, this is a CH, it's just for energy. But any other products more or less, any other vegetation more or less, any fruits more or less, carry certain amounts of protein. So you decide you don't like your white meat but you decide you like your white flower, and rice. So that's the change of name. In fact, you cannot leave... the human body is made of protein of what we call amino acid-based and without it it cannot survive because it needs it to nourish equal to equal. Your body, your muscles have the protein, it has the amino acid which has got the combination of energy O. So when you eat white bread, the plasmatic magnetic field of each one reacts with similarity because it's easier. You balance it off, and because our body is made of a combination of amino acids, we need varieties of protein that are in tune, in plasmatic magnetic gravitational fields with what is in the body. [00.10.00] There is a huge problem with people who have been brought up in a vegetarian family and the ones who have been brought up in a meat-eating family. If you are a vegetarian and you decide to become a meat eater tomorrow, you have a problem because you are moving from one, let's say white bread protein to meat, or vice versa. So the body, if it's in one go, means the body has to adapt. And this adaptation has to take something from somewhere or give something to somewhere in the body that replicates that the body gets the protein from the meat that is the same as the vegetarian, or than anything else. So the height, the level, the distance of a plant from the ground is very much why you eat a chicken, lamb, a cow or a kangaroo; it's the same. Different animals being on four legs, walking horizontally or a plant growing vertically takes the same kind of energy from the environment. There is a reason why all the animals are not the height of a chicken and why all the vegetation are not the height of an apple tree. This is what the world of science and humanity have to understand, why we use different kinds of animals, why we consume different kinds of food, why we consume different kinds of fruit and vegetation, why man for centuries was a root eater. Because in root, we find a certain amount of energies which we need for fast digestion. The whole process of human progress, human intelligence, change of human intelligence over centuries, actually over millions of years, has been the adoption in how he consumes protein. When we used to eat grain, grow grain, just wet them, just eat them dry, the intelligence wasn't as high as today, when the man used to eat meat raw, when he captured and killed the animals, the birds or whatever, it was not the same. The reason is, this is a phenomenon, you can go online and check. If you eat a kilo of meat, you need let's say 10 hours to digest this meat in your stomach and for a lot of energy to be used, first of all to boil it, cook it, dissolve it, whatever you want to call it. And then this energy was released slowly over time. That's why man became a

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meat eater, because you eat in one go and it would last longer. Then when we found the fire, all we did was change the stomach of the man with a cooking pot; instead of cooking in the stomach and energy taking from the body, to open up the structure of the meat so to digest the energy, now we change the cooking part to the fire and the pot, we put the meat in the pot. The cooking time went from the energy in the body, comes from the fire in the pot. The meat was already softened, the rice was already softened, the wheat was already softened. So when we eat it we get the full nourishment [00.15.02] without putting energy into it because energy was put into by cooking process. This surface of energy which we have received was over millions of years used to become the intelligence of the man because we had more energy, more plasma, more availability which was a surplus which will not go into the body as fat. So we grew an intelligence, because we had less to do, less hunting, and absorb more energy. So now if you are a vegan, instead of putting a cow in the pot, you are putting wheat in the pot. But you still go through the same process of opening up the protein when it comes into your stomach; it's easier to break up the energy and be absorbed by the body. Or the height of the vegetable, the short one is like a chicken. The ones which you pick up like the beans, is like a cow. And that's the difference, when you are higher your body absorbs different energies that your body needs. This is why we live these kinds of lives, why the human race has evolved in this way. As I have said in the other teachings, the oxygen, the air in the atmosphere of this planet is not all the oxygen, we gave it oxygen as a name but in energy magnetic gravitational field the plasma energy is the size of, let's say, an apple to the size of a huge watermelon. They are all fruits, and it's the same with oxygen, they are all oxygen, they are all hydrogen, they are nitrogen but each nitrogen has a different strength and it matches with the same magnetic gravitational field as carbon, the four to make the amino acids. When you say you're a vegan, you're not supposed to cook, and if you are in a way a vegan that does not cook any food and you eat raw, you find out these kinds of people are very very placid, very calm, they find peace with themselves. It's very simple why you are happy, why you become content, because you don't receive the extra energy that comes with the protein of the animal (which) is of the highest order of the gravitational magnetic field of protein. Because you don't have that energy, you don't have the strength to be as active as meat eaters. Gradually over time you will find that the body adapts to what it receives, the placidness, the calmness, the joy of not being in a rush actually comes from not having the energy in the full spectrum of what the muscle tissue needs. I always give an example, us, Keyvan is Iranian as well, we come from the culture of the Middle East and central Asia. Iran, Afghanistan, and India. And in the process of 1,000 years, 15,000 years, we used to be very calm and very placid people because, first of all, meat was part of our food order but we were more vegetarian, we were eating more roots and wheat. But with the coming of Islam to this area, and because Arabs did not have so much access to meat as was available in the Middle East and Iran and central Asia, they became meat eaters... in that the process became part of the structure of the life of what we call Muslims. But the main part of Iran on the other side, the Zoroastrians, the Hindus stayed vegetarians, and these are all brothers and sisters and cousins. They are not strangers; half became one kind of belief and half became the other kind of belief. What happened after 14,000

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hundred years, because of the huge consumption of meat, and because of the aggression of killing and watching the animals (is the belief) that you are more superior, so you are more powerful. The features of the same brothers from the same race changed so much so that in the past 50 / 60 years, the ones that became meat eaters or mainly meat eaters in one kind of belief, look totally different than the rest of the nation, so they made two nations: Pakistan and India. Vegetarians line of, very much, like vegans.. well not vegans, but vegetarians than meat eaters as a main line of consumption [00.21.15]. When you go to Pakistan and you see the Indians, even though they used to be brothers, cousins and uncles, they have totally different features because of the consumption of energies and the vastness of the energy they use. And because you have less energy, you absorb lower level amino acids from the proteins from vegetables. You will find that you behave the same because there is not that much energy to be aggressive, so you become placid... war is the last option. Whereas when you live (with) so much meat, so much energy, fighting is the first option, so it brings a different kind of approach, a different kind of mentality and then you will see how in the different kinds of cultures we use different, what we call herbs, according to the infections which are available in an area, you like mint, mint is a herb, you like different kind of vegetables, these are all what is needed to allow the human race to survive the infections at the time and in the present. So when you tell me you're a vegan, I tell you, you are a vertical eater, you still eat animals. In the lab here, when we run a test, and when the very first bottle reactors were made and a string was long as height, what I call the vertical reactors or vertical lines, on the top we see a very small hexagonal vegetation protein. In containers when we have wires twisted together and we have compact energy we see thick fat on top of the container, very much like animal fat. So either way, you want to eat, vertical or horizontal, you are still a protein eater and you still eat live entities. If, let me explain to you, if you can eat a stone, dust and metals, then you are a true non-animal eater but I don't know many people that can eat stones and stay alive to understand that just because we don't see blood and because we don't hear 'baa', the plants talk, the trees talk, they communicate with each other, they have a life and they are part of the structure of the living entities and they have a soul too. And this is very important. So that's the food you eat, it doesn't matter what source it comes, but not pretend to bless, but be open to receive the soul as you are open to receive the soul. Now you understand that you are still a protein eater and you still eat the non-walking animals, vertically walking. I hope that I have explained it in detail and I'm sorry that you are a vegan. I didn't want to go... but you have to realise something, I always give this warning, to a lot of people especially to the youngsters because it has become fashionable to become vegetarian, 'I don't want to eat meat'. If you want to become vegetarian, or if you have become vegetarian, plan it over 10 to 15 years, 20 years. If you wake up one day and you say 'I don't want to eat meat because it is fashionable, my boyfriend will love me more', you are heading for a disaster which you cannot even imagine. Your body, over centuries, through your parents, through your grandparents, through your ancestors, has changed it uses to a meat protein level. Then you decide not to do it, it's like you are sitting in a car driving down the road at 200 km per hour, (while) everybody else is going at 100 km per hour If you decide to stop and you put the brakes on, what is going to happen? You

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are going to crash into the wall, you are going to swing around or you are going to crash into others and it's you who gets hurt. You cannot put a sudden stop on a process that has gone on for thousands of years in your body, because your body is a collection of the information from past generations. [00.26.27] So, if any of the youngsters decide to become vegetarians, understand that vegetables are still animals, they are beings, alive, they breathe. Secondly, if you want to change from one protein consumption to another, start with two days a month, these two days don't eat any meat. After a year or two years, increase it to three days or four days a month. And then plan it in 5 years maybe, you don't eat meat one week a month and the further you go down you can increase it. Then the body adapts and it allows no damage to be done. Because to you there seems no damage, you feel better but you may feel better, all your organs have to be reprogrammed, and the respiratory program is a mass program. When you organize, it's just like when you go to a shop, you can pick very slowly what you want. If you run in and take, you don't know what is in your basket. And this is a recipe for a lot of psychological depression, psychological behavior because everything has to be re-organized from the emotional part of the brain to the physical part. So if you decide to change the habit of eating different types of animals, you call it plants or cows. If you go from one side to another or vice versa, plan it over time. Then you will find that the body accepts, you do the job correctly, and at the end of the line you will not come with mental, psychological, physical, emotional and loads of other problems [00.28.36]. I always say to be a proper vegetarian or vegan or whatever, you should take three generations, the third generation will be a true vegetarian or vegan or vice versa. Ask me a question, what's your question?

Mr. Keshe, my question was leading to probably why most people turn vegetarian or vegan... because of the whole torture and pain and killing issues that are associated, and the mass...

Have you ever heard the cry of an apple when you pick it off a tree, have you ever heard the pain of a lettuce when you cut it off its roots?

OK, so you are saying that a plant or a fruit feels pain right?

Of course, of course, they are a being. They are plasmas, they interact. It's a school of thought how we justify our behavior.

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OK.

So it is whatever we eat, is a combination of plasmas and it comes from a living entity, so it must be living. It depends on the percentage of water content that we call it alive when there is less water in it but it's still dry, it is still active. Don't forget that vegetation is in the GANS state as much as the human body; there is no difference. So when you have a herb, according to the height from the ground, you absorb different energies. If you are closer to the ground, you absorb most of the energy from the earth because the minerals of the earth are connected to your body. The further you are away from the earth, you are more made and absorb the energy from where your original life protein came from, because the life on this planet comes from the interaction of the materials above which is in the atmosphere coming together to make the protein. And then when they join or link with the plasma of the minerals of the planet, they lead to creation of intelligent and active life. Doesn't matter if the intelligence is called a plant or an animal or called a human. Because they have enough intelligence to replicate themselves, know when to grow, know when to sleep, which way to turn to the sun. All this takes intelligence. Just stand in a field in the sun, and sunflowers, watch how they all follow the sun. You wouldn't do that but they will because they have the intelligence to say 'this is what I need to do', to absorb as much as I can. So if a plant goes up a wall and knows which way to go and then you call it afterward we call it a grape (vine) or bush or whatever, this has an intelligence, otherwise it just doesn't happen. Just because you don't hear its noise doesn't mean it doesn't live. According to its height, it can absorb most of what the body needs. It turns out to be how and where the food comes from. Now are you a vegetarian or are you a vegan or are you still eating animals in different names? Notice something; most plants when you cut them, most will have a juice coming out of them or they will have a white sap. This is the blood of the animal; this is the blood of the plant. Just because it is not red doesn't mean that it is not the line of his life. It's true what it communicates, what it receives, what it nourishes itself. This is what the humanity has to understand. The best thing is that in space, you absorb energy without anything. We call them plasma eaters but that is still to come. So any other question?

So a plant, OK, I have always felt that a plant has an intelligence or a soul but can it suffer, does it have pain, can it? Is that what you're saying?

Of course it is, of course it is, how can it not? It's got a neuro-system because it's got a carbon in it (which) means it communicates. When it's hot, it shivers, when it is cold, it dies, it shuts off. How can it not have a feeling? It goes to sleep the way you and I go to sleep, but we choose to go to sleep 8 hours, 365 (days) a year, (plants) puts all the 8 hours together and sleeps half the year,

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or four months of the year. If you add up the total sleep time of a plant and a human being, it is exactly the same. Take when the trees lose their leaves, November around December, January, February and March they regrow that let's say one third of their life. One third of the year we don't see them with any plants we say that they are in hibernation. So count your own life, you sleep 8 hours a day so in fact you sleep 4 months of the year as well. When you have the carbon, plasmatic magnetic connection, it means you communicate, it means that you live, that you make decisions. So of course they feel pain. The only thing is that they don't go: 'Ahhhh', but actually if you listen they do go 'ahhh'.

OK, well my whole concept of being vegan is a little bit upside down right now but...

No, no but we have to understand, it's not putting anyone wrong. It's the preference of the habit. It's very much, especially... let's put it this way. If you lived in Europe and then you go and live in, let's say India or China, and you have no access to anything you are used to in Europe. You have to adopt the environment, adopt the culture, eat what is eaten in the environment that you live. You will find a lot of problems. The biggest problem first of all will be psychological. You will have to do things you don't like, you would not like to eat dog, because in the west we don't eat dog, we cuddle them, we love them and now you have to eat them. And then you have no choice; dog is there it is on the menu every day. What are you going to do? I have been in this situation. Let me tell you, they were ashamed to tell me in Korea, in South Korea that they eat dogs because they have a special restaurant (where) they eat dog. But it is part of their culture. If you have no choice, you will have to eat it, what's going to happen? Psychological changes, we will see physical psychological changes. The same thing happens when you go from a meat eater to a vegetarian or a vegan. You are very happy, you are very calm because you don't have the energy to run anyway; unless you find a supplement with a high energy to take. This is what I warn children all the time because it has become fashionable, to be vegetarian. Over-night, 'I don't want to eat meat, I don't want to see blood' and do you know what is the funny thing, they as much vegetables because they are the vertical growers and they think it is not the same thing because they can't see it growing and it doesn't cry. This is what we have to understand, and teach. There is a problem with the youngsters because we run these programs for young children, will it make anorexia (that) comes as part of the change of the eating habits? Because when you change from one eating habit to another and the stomach cannot accept, then you have to make accommodations for it. Then the stomachs digestive systems have to adjust. Then anorexia, or bulimia, when you put your fingers in your mouth, you vomit what you have eaten, which the kings used to do for years so that they could eat more. If gives you what we call [??][00.38.45] and you think nobody can see it. When we walk down the street, I know which girl is playing the game of 'I'm a vegetarian, and I'm eating only half a plate in a restaurant and going back into the



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toilet and trying to vomit, because the body has to be slim to fit in with friends'. These are all the games you do not need to play with your body. Because being a vegetarian is fashionable for future psychological problems at the moment. Any other questions?

So hopefully when we are in space we will be exclusively....

You can have plenty of GANS to eat, we will give you plenty of GANS to eat, they still have life, they still have a respectable life. But, on the other hand, there is no bleeding and no crying. You absorb what you need and you get. We are going to sell very soon plasma reactors food menu, I think that is what you are asking, you will have to wait 10 or 20 years for that.

I'll be old by then.

Yeah but you have to understand, the children have to realise (that) to live a normal life you need a certain amount of energy. This energy has to be added to the body every day at a certain level for life or for (the) body to be healthy. If you take from somewhere / something from it, you have to find it somewhere else to keep its balance. And if it cannot find it, the body goes inwardly to take it from what is inside to use it. And when the storage finishes, the diseases start. This is very important, especially for youth, to understand. There is nothing wrong with changing from one menu table to another but if you change, understand that you have to change over long term so that the body can adjust to the new type of protein. What's our time? Have we passed our 40 minutes?

Yes.

It's past the 40-minute mark, yes.

This is very nice Keyvan because this is something, I think, we have to bring back to the children all the time. Just because you don't see the growth of the plasma in the way you have been brought up, it does not mean it doesn't exist. Like we see in the space technology, we come

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across new animals and new structures. We call them animals or whatever and they are not all edible, they are friends, you do not eat your friends. Thank you very much for today.

Thank you indeed, Mr. Keshe. Thank you.

And as usual we will meet tomorrow morning in 12 hour's time for the adults and see what kind of meat they like to eat.

Yes, we will see exactly. I'm sure this topic will come up in several workshops. I can see it would be of interest to many people.

Thank you very much indeed have a nice evening, thank you.

Thank you Mr. Keshe and thank you Davani.

Thank you Vince, bye bye.

And that brings to a close the 6<sup>th</sup> kids knowledge seekers workshop. Thanks everybody for attending and goodbye for now.