

# Processing Your Chronic Illness

by  
Neil Howe



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## INTRODUCTION

This is a scenario we all dread. You have just been informed that you have a chronic illness and you sit there in disbelief. You are stunned, how could this be? You thought you just had a bad cold or a sore back. Over the next few days your emotions begin to surge. First denial, then anger, then tears, then the fear begins to take hold. How do you tell your family? How do you tell your boss? Your thoughts are raging and you cannot sleep. *'I can't deal with this now. I have too much to do. The kids need me, I have a holiday booked, work to complete. I don't have the money for hospitals and doctors. I'm buggered.'*

Somehow, like it was meant to be, this book has come into your possession. The next words you are going to read are from a wise book called The Hitchhikers Guide to the Galaxy. **'DON'T PANIC!'** You are about to commence an incredible journey after which you will never be the same person you were. Understand that you are loved and you are blessed, and for some reason your soul has chosen to take you on this perilous journey on your river of life. Whatever the outcome, wherever the destination, remember it was ultimately your choice, your manifestation, your destiny. So if you haven't just thrown this book into the trash then you have just accepted a universal truth. We are the creators of our own reality and acknowledging this means you are now on the path to process your chronic illness. It is done, this is part of your awakening so let me show you where to find the knowledge you will need to navigate the labyrinth you have now entered.

## TAKE CONTROL – BE INFORMED – DEVELOP INTENT

This may be very difficult for some people because society, religions and governments have taught us from birth to *'do as we are told'* by those who claim authority over us. I am not saying for you to immediately defy your doctor, or your parents, or your government. What I am suggesting is to not be the passive *sheeple* submitting to whatever procedure or drug that is prescribed for you. But to actively participate in all decision making steps by becoming informed from as many sources as possible of the potential outcomes, risks and dangers. There is always more than one course of action and you have to decide which is the best for you based on the most knowledge you can accumulate in as short a time as possible.

Your illness is not going to stand still while the doctors try this or that determined by

whatever procedure or drug is flavour of the month, and promoted the most by whichever hospital or pharmaceutical company they are affiliated with. Their interests are not your interests but rather the rules and regulations that have been imposed on doctors by management and government, dictated by legions of lawyers who know absolutely nothing about health care. Today profit is the hospital and pharmaceutical companies prime motive. This is the sad state that western medicine has come to, that a doctor who may be aware of a successful alternative medicine or procedure cannot even mention it to you without fear of losing their medical licence or become vilified by their more conservative peers.

So where do you start? By now your well-meaning friends and family are inundating you with advice, home remedies, cures and names of clinics where aunts and uncles were treated. The Internet, while a blessing that you can search from home, is a minefield of misinformation jumbled up with the facts that could actually help you. So you need to be discerning, find out all you can about your illness without taking it on board as a badge that defines you. Everyone is different, we are all unique and so is your illness. While it is uncommon that people can be misdiagnosed from a set of symptoms and clinical tests, it can happen, so consult several specialists to avoid unnecessary trauma from surgical procedures or drug treatments that don't address your problem. Nearly every pharmaceutical drug will have side effects and you need to be very informed about these. Search for information from independent sources that do not have a vested interest in promoting that particular drug or procedure. In the case of chemotherapy look for long term statistical analysis and you will find that there is a very low survival rate.

As you research the conventional medical approaches to treating your condition be very mindful that you are looking at the past. Your doctor was most likely trained in medicine several if not many decades ago, from textbooks written years before they began their studies. If they are able to find any time at all to consult medical journals in a busy practice, articles they may find pertinent to your condition will be from research conducted years previously and only published after more years of peer review. Any new drug or procedure that derives from that research will have to undergo at least a decade of trials and then more years waiting for approval from government regulators, so any breakthroughs in medical treatment will have taken up to 20 years before they can be used for patients.

With all this in mind you will now want to search for alternatives, both old and new knowledge that is outside of conventional western medicine so that you can make an informed decision on what is the best protocol for processing your chronic illness. Conventional or alternative or both? By doing this research you are setting your intent to take control and process your dis-ease. At first you will be confused, over whelmed by information, unsure what to do but by stepping back from your immediate emotional response and meditating without attachment a path will begin to form. Your intention to get well will guide you toward your goal. The following chapters will assist you in this journey provided that you are prepared to take the necessary steps to redefine and remake all that you are now into all that you need to become to transition to perfect health. It will not be an easy journey, your ego and lifetime of habits will cause you much trouble if you are not prepared to change everything in your life that brought you to your state of dis-ease. The reward will be your salvation and your ascension to a higher state of being. You will be alive.

## **THE EMOTIONAL TRIGGER**

During the 1980's a German physician and surgeon Dr Ryke-Geerd Hamer, developed an alternative cancer protocol he called German New Medicine based on the study of 20,000 patients with all types of cancer over a ten-year period. He found that all the people studied

had experienced extreme emotional stress or trauma several years before the first signs of their cancer appeared. He also found that on examination of X-rays and MRI of the brain, a dark spot or shadow would be seen in that region of the brain that was connected to the organ or area where the cancer developed. There appeared to be a 100% correlation between the dark spot in the brain, the location of the cancer, and the specific type of unresolved conflict arising from the emotional trauma and stress. See Dr Alison Adams summary of the research in this article <https://oneradionetwork.com/health-articles/emotional-causes-of-cancer/>

When Dr Hamer began to include psychotherapy as part of his treatment protocol he found that when the specific emotional conflict was resolved, the cancer stopped growing and the dark spot in the brain began to disappear. X-rays showed that a healing oedema would appear in that area of the brain and the tumour would also develop an oedema, become encapsulated and eventually disappear. Dr Hamer concluded that the real cause of cancer and some other chronic diseases is an unexpected traumatic shock that one is unable to resolve and deal with at the time. This sets up a cascading series of biochemical changes in the body that damage the immune system. The lack of deep sleep during emotional stress prevents melatonin production, which is one of the primary hormones responsible for regulating our immune system. Melatonin is necessary for inhibiting cell cancer growth, so physical exercise and meditation to un-stress is essential to allow your deep sleep.

With a now weakened immune system, constant emotional and physical stress elevates cortisol levels, your body is in fight or flight mode so eventually adrenal exhaustion will deplete cellular adrenaline, which then allows glucose levels to skyrocket. This encourages pathogens and explosive yeast-fungal growth that lead to causing oxidative stress and increased acidity at a cellular level, this eventually triggers a cancer when your body cells flip into an anaerobic state as the cellular voltage drops perilously low. Dr Jerry Tennant's book 'Healing is Voltage' is a good read to begin to understand that all life forms are an electric energy based entity. Here is a summary on Youtube. [https://www.youtube.com/watch?v=W4\\_8EE8a8YI](https://www.youtube.com/watch?v=W4_8EE8a8YI)

Subsequent studies at Stanford University and with the Keshe Foundation in Europe have verified that there is a direct connection between traumatic emotional stress and the onset of chronic illness like Cancer, MS, ALS, Dementia and others. Dealing with your emotional trauma memories from the past is therefore imperative. Psychological counseling for grief or trauma from birth to present time will begin the rebalancing of your mind's electrical fields and chemistry. Changing the biochemical and electrical field nightmare that is going on inside you and regaining balance must be your prime concern from now on. There are various ways to achieve this involving the matter-state, through exercise, diet and nutrition which is extremely important; and the energy-state, with meditation, yoga, qigong , reiki, homeopathy, and the new plasma science that is being developed by students of the Keshe Foundation. These are ways, old and new, of tapping into the principal field energies of the atom, the universe and the cosmos, that is the Unified Field. Combine your matter-state changes with your energy-state new practices then you have the method of resolving your problem because, if you haven't worked this out already, you are an *Energy Being* moving about in this physical world in a big collective bag of water, gas and minerals, your flesh vehicle, your body. **YOU** need to look after it.

## FINDING THE SEED

The complex sequence of events and changes to your body's normally balanced state that has led to the creation of an unbalanced dis-eased state, need to be examined. There is now a mammoth amount of research to prove that you cannot blame your Genetics. If your doctor tells you this then I would search for a new doctor for that is old paradigm thinking. Bruce Lipton, through the study of Epigenetics, explains very clearly that you need to look at your environment and the social situation that you live with, and have grown up in, which shape

your belief system and your biology. His books, *The Biology of Belief* and others, are also a must-read to help you in your search for the knowledge to process your illness. Here is a summary from a medical conference. <https://www.youtube.com/watch?v=82ShSNuru6c>

Many chronic illnesses like cancer are an energy imbalance. Nuclear engineer Mehran Keshe explains that you don't die from a cancer growth, you die from a severe lack of energy. There is usually a seed to the principal cancer that has an extremely strong magnetical and gravitational field strength. This feeds the cancer and draws energy fields from the surrounding healthy tissue. It is often a heavy metal that has entered the body from the environment or our food and water. Different seeds correlate to different types of cancer in different parts of the body. Some of these are mercury and silver from our dental fillings so get your metal amalgams safely removed. Lead from old paint and petrol pollutants, copper from our water pipes, aluminium from drinking water flocculation treatment and cooking utensils, and calcium from food and water. In addition cadmium often shows up from paint, and barium and strontium are appearing in soil and water from chemtrails and fertilizers. With a number of nuclear plant accidents having occurred in Europe, America and Japan there is also an increase in radioactive materials in our environment and food chain. When we search for the seed we often see elevated calcium in breast and prostate cancer, elevated copper and lead in brain cancers, and mercury associated with gastro-intestinal cancers.

It is very important to ask for extended blood tests to see if there are abnormal levels of metals or minerals in your blood serum. You will also need to examine your cellular tissue levels since many metals are absorbed and stored within body tissue, bone and fat deposits and not seen in the blood serum. You can get an indication of these levels through hair analysis and from an Oligoscan which uses spectrophotometry to scan the fat and muscle tissue in the palm of your hand. These devices are usually found in naturopath clinics rather than hospitals and not considered to be definitive. They do however give you a guide so that you can begin a process of detoxing the body and monitoring the results. <https://www.oligoscan.net/>

There are many ways to remove toxic heavy metals and balance the levels of excess metals and minerals but you need to be very well informed and use medical/naturopathic guidance. Very high calcium might be implicated in a breast cancer but eliminating all calcium will be at your peril as it is necessary throughout your body's cellular metabolism and physical structure, for example your bones. Mercury is a no-brainer, it doesn't belong in the body yet it was used as a dental filling for a very long time. Methods for removal or balancing your metals and minerals will be discussed in the chapters on diet and nutrition and also in the section on plasma science.

## **YOUR ENVIRONMENT**

Our physical world is changing at an extraordinary rate and it is we humans who are doing this. Since the invention of carbon burning mechanical engines, both coal and petroleum, we have been altering our gaseous atmosphere, the air all animals and plants breathe and rely on for life. Since the invention of modern agriculture we have also been drastically altering our soil, water and gas environments with our farming practices. Huge monoculture crop farms deplete the soils of minerals and ground water, which then have to be added as fertilizers and irrigation creating a biologically and environmentally unbalanced situation in that region, as well as nutrient deficient food crops. The clearing of forests to plant square kilometers of grain crops or cow paddocks can have such a devastating effect on biodiversity and the environment that it will even affect the weather in the whole region. Huge animal farms have a massive detrimental effect on soil biology, plant ecology and atmospheric methane emissions that contribute to the greenhouse affect and global warming. Even more alarming, since the invention of the radio the electromagnetic spectrum of energy emissions on this planet

has escalated at an astounding rate to such a level that it has seriously compromised the ability of all life forms to exist without some deleterious effects. The food that you eat from the supermarket, the water you drink from the tap, the air you breathe in your house and workplace, and the electromagnetic spectrum of your environment are not the same as they were 100 years ago and it is compromising your health and wellbeing.

If you seriously wish to process your illness and restore your health then you need to do an audit of your home and work environments. To not do so will make everything else discussed in this book pointless and a waste of time. If you are living next door to a massive radio or mobile phone transmitter or working in a toxic waste dump or petrochemical factory then you will have to wake up, smell the coffee and MOVE. No job or convenient home location is worth your life or the health of your family and friends. So do your audit and your research. Is your home, car or office full of new synthetic floor coverings and plastic furnishings that are leaching toxic petrochemical fumes? Are you within a kilometer of mobile phone transmitters, radio transmitters, radar beacons, high-tension power lines and other electromagnetic transmission sources? Do you have mobile phones, wi-fi and bluetooth transmitters or smart meters within your home or office, and don't forget those the other side of the wall in your neighbour's house? Do you live next to a freeway or industrial factory or a farmer's paddock that is regularly sprayed with chemicals? How much fluoride, chlorine and aluminium chelation has been added to your water supply? Even if you don't drink it you still bathe in it and your skin absorbs a huge amount of toxins. Look for the hidden sources, the transmitter tower hidden in the church cross or the room of smart power meters on your apartment floor a few metres from your bedroom wall, or the massive airconditioner electric motor on the roof above you. Download a magnetometer/emf app for your smart phone and walk about your living and working spaces mapping out the electromagnetic sources, the cables in the wall, the transformer in your computer, the fridge motor in the kitchen that is a metre from the pillow in your bedroom.



There is a growing amount of scientific evidence that electromagnetic radiation is one of several causes for the escalation of chronic illness in our society. I cannot understand why people deny this or don't comprehend. It is like watching your doctor smoking a cigarette, do they think it won't affect them? All living creatures both plant and animal work by electricity and have electric fields that are easily seen and measured. Have you never been listening to the radio or TV and had interference come from a passing taxi radio or thunderstorm? They call this crosstalk, where a strong electromagnetic transmission is picked up by the electronic circuitry of your device and alters how it is operating. You can crash your computer with a magnet or radio transmitter. Well you and all other life forms are an electric device that can be seriously affected by crosstalk from other electromagnetic emissions. Dr Jerry Tennant tells us that healthy body cells operate with an electric potential of -20 millivolts, your brain and nervous system also operates in the millivolt range and all of this can easily be affected by external electromagnetic fields. Have you never had a headache or felt the heat from talking on the mobile phone too long?

Here is a simple experiment that was designed by a group of high school students that you can try yourself. Take a batch of plant seeds like mustard and soak them in pure water, divide the group into two and place one group right next to a constantly working wi-fi transmitter for a computer. Place the other seed group in a similar light and temperature environment that is at least 50 metres away from any wi-fi source. Allow the seeds to germinate and grow then examine the results. You will see a very significant number of seeds don't germinate or are

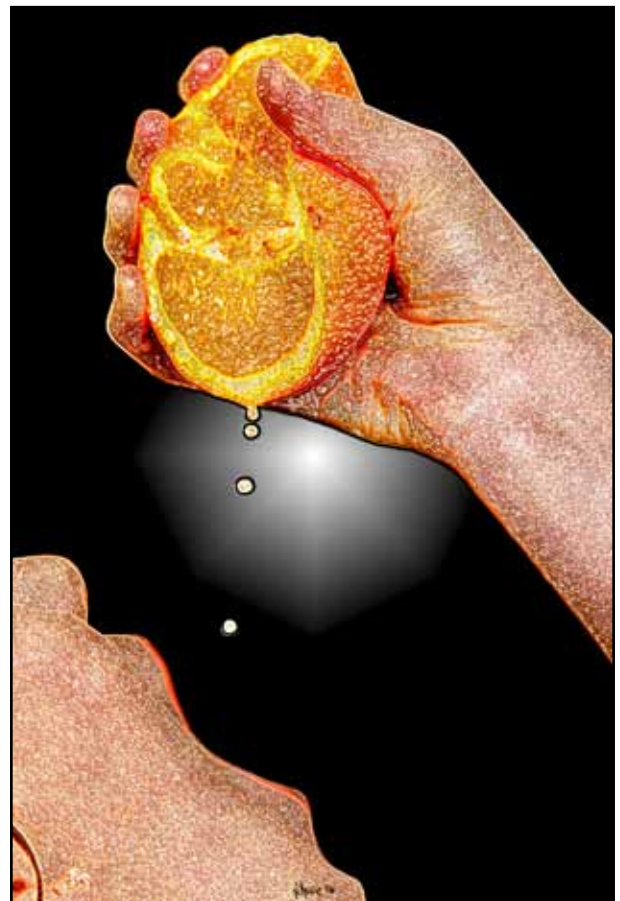
stunted and mutated with the wi-fi-exposed seeds. If you need further proof find long term brain cancer records and you will most likely see an increasing exponential curve for brain cancer that also follows the uptake and development of mobile phones. You will also see a correlation with the tumour to the side of the brain where the phone is usually held.

Since most people are city or suburban dwellers finding sanctuary from all this electromagnetic-smog is a nightmare. Even if we avoid wi-fi or mobiles in our house, electromagnetic transmissions are pervasive; from the mobile phone towers, the neighbour's wireless phones, radio and TV stations, the truck and taxi radios, the smart tv, the traffic cameras, the wireless security cameras, the bluetooth devices, even your car. Everything today is transmitting electromagnetic radiation. Many health experts are warning that when 5G networks begin operating this situation will get significantly worse.

You can try building a Faraday shield around your house to screen out the radiation, they do work, but putting your hopes on some crystals and an orgonite pyramid is pure folly. Either convince everyone on this planet to stop buying and using these devices or move to the country, live a simpler life, ditch the mobile for a landline phone. Do you really need all those material things? If you are on the way to dying from a chronic illness, then you need to find the healthiest environment you can find. Take control of your emotions, heal your traumas from the past even if it is at a soul level and past life. Find the seed and remove it. Now you need to learn about nutrition, how to keep your flesh vehicle operating at full efficiency and perfectly maintained. If you don't look after your car it will conk out, so will your personal flesh vehicle, your body. Focus on this thought.

## DIET AND NUTRITION

When I was first faced with my own chronic illness I met Zane Archer, a volunteer helping at a community dispensary for herbal medicines. Having faced multiple chronic illnesses under the knife of Western medicine he studied nutrition and herbal medicine, and through processing his own dis-ease he has developed a protocol that is helping a great many people to process their own chronic illness. His first advice to me was to look at the research of Dr T Colin Campbell and his team who did the China Study looking at the incidence of a range of cancers right across China over a period of time. This data was correlated with the type of diet the people ate and their location. On the coastal cities and towns there were more western styles of diet, high in animal protein and fats, whereas in the rural areas the diet was very low in animal protein and fats and primarily plant-based foods. The areas with the lowest incidents of cancer per capita were the rural areas with plant-based diets. Campbell and his team then took this to the lab and did feeding trials with healthy and cancerous rats. The final result showed that they could turn a cancer off if the level of animal protein was lower than 5% in the diet. Above 5% the cancer started to grow. Plant based protein did not affect the result. Rats with a vegan diet survived and healed. <https://nutritionstudies.org/about/dr-t-colin-campbell/>



That was good enough reason for me to become vegan. I once was a research biochemist

until Art seduced me to become a creative person. From my years of working in news and current affairs editing the mainstream media, I thought animal protein was good for me especially dairy, but carbs were bad and made you fat. This was my second awakening - *Uh oh cancer food*. I have been guzzling the wrong food thinking it was healthy. I liked vegies and salad with 'healthy' dressings and a big slab of cooked meat with potato chips and sea salt seasoning. For desert a modest two rows of a block of chocolate or a bowl of ice-cream. Little did I know that all this was wonderful food for yeast and fungus, the precursor for something worse, my chronic illness. The final push for me to 'go vegan' came from the announcement in June, 2017 that the American Medical Association passed the resolution calling for all American hospitals to provide plant-based meals for their patients and staff. After my experience in an Australian hospital I firmly second that resolution.

<https://www.pcrm.org/media/news/ama-passes-resolution-hospitals-should-provide-plant-based-meals-and-remove-cancer-causing-processed>

So search Youtube and watch all the videos you can of Dr T Colin Campbell, Dr Patrick Vickers, and others like Dr Max Gerson. <https://thesternmethod.com/patrick-vickers/> You need to become very informed about what you put into your body, and on your body. According to Mr Keshe's teachings your skin absorbs 80% of your energy needs from the air and water it contacts, putting synthetic chemicals on it is not a good idea, if you wouldn't eat it then DON'T put it on your skin. Get informed. Your gut is your inner skin, it also absorbs what is around it so think about what you eat and what it will do to you. Good advice I read somewhere was *don't put anything in your mouth that isn't healthy for you*. So if you want to avoid chronic illness or are now in the middle of one, the reasons to 'go vegan' are totally convincing, it is just your ego you now have to deal with. Your lifelong addiction to animal fat flavours, sugar and animal proteins like casein and meat need to be resolved. Find a new addiction, eat a raw carrot.

After a few vegan food lessons, I found that you can make very yummy vegan meals. Check it out, make your own, the supermarkets are lagging here so search online for recipes on how to make yummy vegie stews and curries, or Japanese recipes. Japan is a country with one of the lowest incidence of gastro-intestinal cancer. Why? A high plant based diet with fermented foods and minimal animal protein, and polyphenols in green tea. Food for a healthy gut biome that greatly extends most Japanese citizens' lives with beneficial vitamins, minerals and other nutrients. Look for the TV documentary 'My Japanese Diet' which follows an overweight Australian travelling to Japan, losing a significant amount of weight to turn around his health crisis in just ten weeks. <https://www.keiskitchen.com.au/review-my-japanese-diet/>

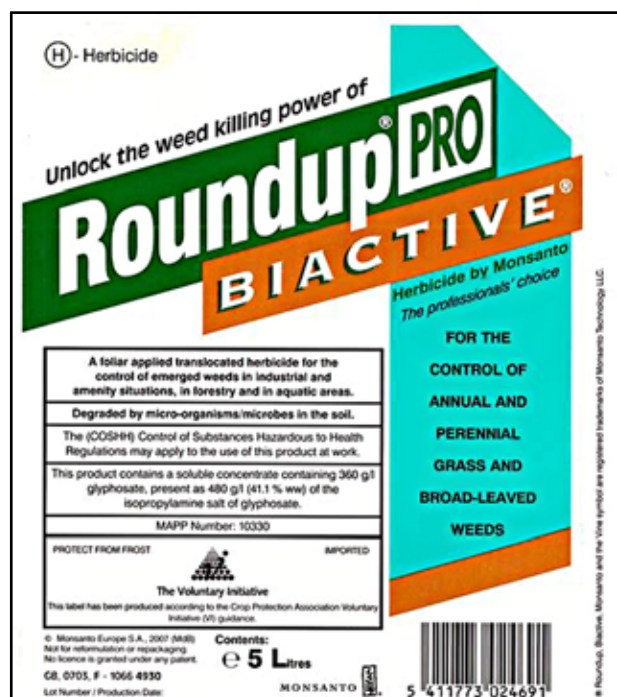
You are not all that you think you are. You are a community of other sentient beings living mostly in harmony. Your body cells, your gut bacteria, your skin creatures, you are a walking ecosystem and it needs to be in harmony otherwise you suffer as a whole. When things get out of balance, bang, chronic illness. So for you virgin vegans you will have to learn very quickly to monitor your diet so that you are getting all the necessary food groups, vitamins and minerals including supplements for those lacking in vegetables, like vitamin B12. There is a growing amount of information online now so seek diligently and filter carefully. First and foremost are your gut bacteria, friends who ferment your food and make essential vitamins and minerals for you. When you were a carnivore you ate yoghurt with your breakfast to get the acidophilus to digest dairy proteins and your sugary cereals. With plant-based proteins you need different gut friends who like to ferment plant food so you will need to take a course of probiotics with as many plant and soil based bacteria as possible. Eat lots of fermented plant products and home grown vegies, spray free as possible for there is a monster in the garden. **Glyphosate.**

Wikipedia describes Glyphosate as a broad-spectrum systemic herbicide and crop desiccant, take very careful notice of the words crop desiccant. It is an organophosphate



compound that very closely resembles the natural amino acid Glycine. It is used to kill weeds, especially annual broadleaf weeds and grasses that compete with crops. It does this by inhibiting a critical enzyme in plant and bacteria metabolic pathways. First synthesized in the 1950's, Glyphosate was discovered to be a herbicide by Monsanto chemist John E. Ranz in 1970 and brought to the market in 1974 as Roundup. It is one of the most widely used herbicides on the planet and one that has now been shown to wreak havoc with the environment and our own body biochemistry.

Dr Stephanie Seneff, a senior researcher with MIT has undertaken extensive studies on how organisms mistake Glyphosate for the natural amino acid Glycine so when this is found in the organism's food or water, they encode it into protein synthesis. This explains why it is found in meat, eggs, fish and all our grain and legume crops and everything that is made from these. Remember the words crop desiccant, farmers spray Glyphosate on grain crops prior to harvest to maximize yield and prevent mildew by drying the grain on the dead plant. This is why it is in your bread, cereals, rice, lentils, beans and even found in your beer. Dr Seneff explains that after synthesis when this protein enfolds into its biologically active form the extra atoms on the molecule prevent that protein from working properly so if this protein is an essential enzyme in a major metabolic pathway, then this pathway is blocked and chronic illness will most likely result.



If we eat a protein that has a lot of Glyphosate encoded where Glycine should be then our digestive system cannot cleave those bonds and large chunks of foreign protein pass into the intestines and trigger our immune system, which is often falsely labeled as Gluten intolerance. When the researchers examined the data they found a strong correlation between the rise in Glyphosate use worldwide and the increased incidence in a whole range of chronic modern dis-eases. This includes Diabetes, Obesity, Parkinson's, Alzheimer's, ALS, Autism, Cancer and many others. Glycine is also a neurotransmitter so when Glyphosate binds with the Glycine receptors then things don't behave neurologically as expected by the body. The final nail in our coffin is that Glyphosate also kills bacteria, our gut bacteria, and this makes room for opportunistic yeast and fungi to colonize our gut, when that happens then you are well on your way to gastro-intestinal diseases. <https://www.youtube.com/watch?v=snNRfAfSeUk>.

So please research this topic very widely and realize that you NEED to only eat ORGANIC spray-free plant-based foods. Glyphosate and other herbicides, pesticides and fungicides are endemic, they are throughout our entire food chain and they can be very difficult to find and detect in complex protein molecules. They need to be broken into component amino acids in a laboratory before tests can detect them. Nearly everything on your supermarket shelves that is not certified organic will contain these insidious poisons. It doesn't take many molecules to knock out a vital metabolic or neurotransmitter pathway and cause significant physiological damage. If you cannot lose weight when you diet and exercise and you always lack energy, then it is possible that Glyphosate in your sandwich has knocked out the enzyme that operates your fat metabolism and storage system. Only recently two major lawsuits against Monsanto have been won linking Glyphosate with cancer. Bayer, who have recently purchased Monsanto, are now faced with more than 8,000 U.S. lawsuits and even more when the rest of the world wakes up. It is a shame that the board and shareholders of Monsanto have cashed in and dodged the bullet while you still have to deal with your chronic

illness, and Glyphosate will stay in the food chain for many decades. <https://www.usatoday.com/story/news/2018/08/10/jury-orders-monsanto-pay-289-million-cancer-patient-roundup-lawsuit/962297002/>

So we with our chronic illnesses have been seriously let down by all those we trust with our health and well-being. The farmers who grow our food, the public utilities that provide our water supply, the corporations who make our communication devices, the education system who should be teaching us, the government who make the regulations, and our doctors and scientists who should be advising all of the above but are totally ignored when profits may be lost and so they are banished to obscurity. It is up to you and only you to process your own chronic illness so take control, be informed and develop the intent. The following chapters are only a guide to some of the many new alternative protocols for processing an illness. It is not my recommendation to try any one protocol, I am not a doctor or a naturopath, I simply found that they have helped me so I am sharing this knowledge. Do your own homework, don't rely on others, and always consult several suitable health professionals before you embark on a plan even if you don't intend to follow their advice. Knowledge is power, ignorance is suicide.

## NATURAL REMEDIES

There are a huge number of natural remedies that are as old as civilization. With the Western adoption of naturopathy, acupuncture, homeopathy, kinesiology and herbal medicine through the seventies and eighties there has been a lot of new research to determine how and why these natural medicines and procedures work. Those that work well are then usually manufactured synthetically so that pharmaceutical companies can have a cheap source from petrochemical products to maximize profit from a mass market. The vitamin and herbal supplement industry has grown enormously in the past several decades, but be aware for example that Vitamin D doesn't come from cod liver oil anymore, it comes from a petrochemical plant in Scotland.

So the question you need to determine is do synthetic vitamins and supplements work as well as the natural materials because often in nature it is the combined effects of a whole range of ingredients found in the plants that create the healing effect. It is very crucial therefore that your very first natural remedy is your daily diet of fresh ORGANIC fruits and vegetables, both cooked and raw. See the TV documentary *Vitamania* that recently screened on SBS. It is however still possible to go to a naturopath or herbal medicine practitioner and be prescribed herbal remedies that are prepared from fresh plant products by an apothecary or dispensary which add to your daily food diet the extra synergistic plant molecules needed to create the metabolic changes that will bring your body back to balance.

Chinese herbal medicine and ayurvedic herbal medicine have had thousands of years of development in Eastern countries and are now becoming available in the West. If you are processing your chronic illness you need to become very aware of how these materials can assist your body to heal the trauma and rebalance your metabolic pathways. Many common plant foods are also rich in substances that can have a dramatic effect on your dis-ease. Plants are full of antioxidants, anti-inflammatories, minerals, vitamins, enzymes and selective toxins that can target pathogens and diseased tissue and organs. These include polyphenols, salvestrol, curcumin, and

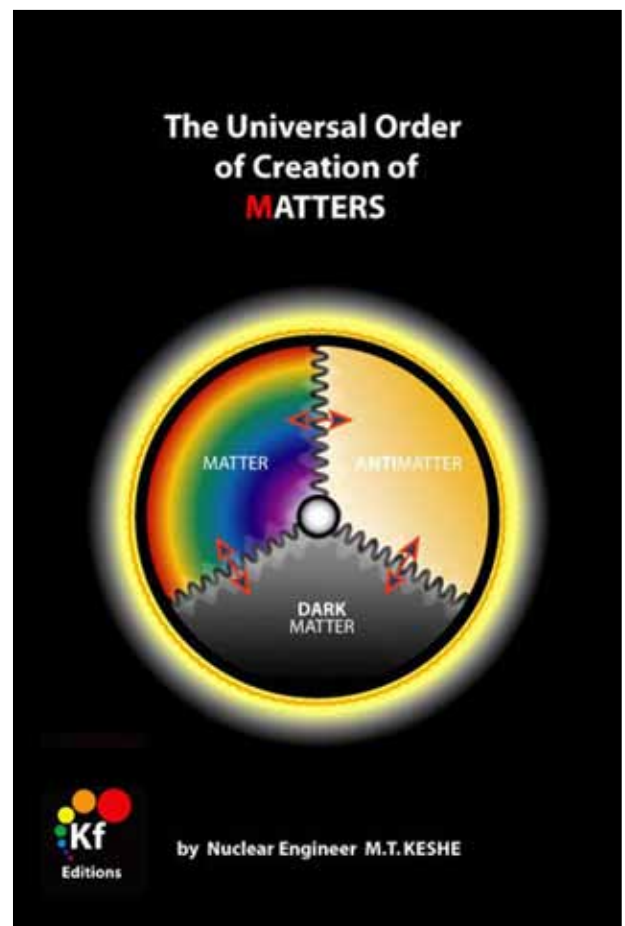


cannabinoids. Research the foods that contain beneficial components and add them to your regular diet. Everything that you eat should be healing your body and mind.

The media recently has focused a lot of attention on medicinal cannabis and after a lot of research many governments are now recognizing its medicinal benefits and legalizing the plant product. But beware the pharmaceutical companies are also researching this plant group to manufacture a synthetic version of a few of the hundred odd cannabinoids. The beneficial health effects of this plant medicine come from the combination of all the cannabinoids and terpenes found in plants bred for their medicinal properties and NOT their recreational intoxicative properties. They are not the same plant strains. You ingest or apply topically medicinal cannabis tinctures and oils extracted from the flower buds, leaves and also in the roots. Each type of plant extract has different medicinal effects, smoking the plant destroys much of the beneficial plant molecules. There is a huge amount of information on the internet so do your homework carefully. The testimonials from the many thousands of people who have processed their chronic illness with herbal medicine and in particular medicinal cannabis are astounding. Cancer and Epilepsy have seen many seemingly magic cures from the use of medicinal cannabis, one of the suggested dosages is 60 grams of cannabis oil ingested over a period of 90 days. It takes time, your problem is finding a regular and consistently high quality source of this herbal medicine. In Australia and many other countries you will need to find unofficial underground dispensaries or make the extracts yourself from home grown plants, then you run the risk of breaking the law. See the Hemp Embassy's website for information. <http://hempembassy.net/medical/>

## PLASMA SCIENCE

Several decades ago, nuclear engineer Mehran T. Keshe, a graduate of the University of London, made very significant discoveries to the nature of light, gravity, magnetism and the structure of matter and energy while working with the British nuclear industry. He wrote a series of books and patent applications, and formed the Keshe Foundation in 2003 to freely share all this knowledge with its beneficial practical applications, to all the nations of the world in return for world peace. Plasma science is the equalizer since this technology will allow all nations to achieve self-sufficiency in food, medicine, energy and transport. In 2014, to speed up the development of the technology, the Keshe Foundation began free live internet broadcasts where Mehran Keshe taught the theory and practical applications of plasma science. Stored on Youtube these public teachings have inspired the formation of plasma research groups all over the world at a grass roots level. It is kitchen sink science that anyone can learn how to make a GANS or twist a wire to make a pain pen and this knowledge is freely shared among groups worldwide on social media platforms like Youtube, Facebook, Zoom and Livestream. There are now millions of people teaching each other how to use plasma science to grow chemical free, disease free, drought resilient plants with a harvested shelf life extending weeks into months. Others are developing health and well being applications, some are developing plasma energy power systems and a few are investigating spatial





positioning in magnetical and gravitational fields - space flight.

This is the first time in history that a paradigm shift of this magnitude has disseminated so rapidly into world society. Here I am, after attending a few weekend community workshops, learning how extensive this paradigm shift will be, live on the internet every day, well a few hours a week when I can. There are thousands of hours of video teachings to wade through. Fortunately there are now teaching groups in every country and online in multiple languages, and formal university courses are in development. In your research you will find disinformation created by corporations who will be adversely affected by the world's population having free energy, universal health and chemical free agriculture. Be discerning but better still make your own plasma products and see for yourself what it can do to change your world to help you process your chronic illness. It is easy as baking a cake, all you need is lots of patience and time. You will be working with the fundamental forces of nature. Everything that we see in our universe is a plasma consisting of huge numbers of magnetic fields of different strengths, speeds and densities that come together and interact in a dynamic way to create energy or matter, whether it is a photon of light, a neutron or a solar system. The microcosm is fundamentally the same as the macrocosm, they are all plasmas. The following pages will focus on how to apply plasma science to your life and health journey. I believe that combining all of the above has helped me to process my chronic illness. Here is my knowledge, apply it with discretion, research the facts yourself and make your own decisions. See [kfssi.org](http://kfssi.org) and [the.keshefoundation.org](http://the.keshefoundation.org)

## GANS

A GANS (Gas As Nano Solid) is a plasmatic state of matter that emanates very strong magnetical (outflowing) and gravitational (inflowing) fields that can create a similar strength plasma field in water to effect a change in the environment that surrounds it. It is usually an oxide nano-particle that forms in a strong plasmatic field environment created between two metal plates in a saline solution. One of these metal plates requires a superconductive nano-layering on its surface. Different metal combinations create different field interactions based on their molecular mass and hence produce different Gans.

The principal Gans that is used in health and agricultural applications is CO<sub>2</sub> Gans. In a subtle way this replicates what occurs in a living plant leaf. The carbon fields are sequestered from the environment and converted into a solid Gans material. It's carbon and oxygen fields connect with all carbon based life forms allowing us to energetically support life by balancing or adding to the body's field strengths. The four principal GANS that you must learn to make will allow you to manipulate the field strength energies in your immediate environment. This can have a dramatic effect on any dis-eased state that you wish to process. The other Gans are ZnO which connects with your emotional system, CuO and CuO<sub>2</sub> which connects with the copper in your muscular system, and CH<sub>3</sub> which is a strong energy source for **all** living cells therefore should not be used if you have a cancer. The website <https://kfssi.org/learn-more/> will take you step by step through the process of how to nano-layer a copper metal plate, how to make a Gans production box,



how to harvest your Gans, and how to use your Gans in health, energy and agricultural applications.

To summarise, you will first need to buy some copper plate, zinc plate, copper wire, a few green LED's, NaOH (caustic soda), some pure salt, gloves and some food grade plastic tubs. The secret to your success will be how well you can nano-layer your copper plates and wires. Essentially you change the magnetical / gravitational field environment around the copper with heat and a strong caustic soda solution to loosen the molecular bonds of the copper atoms so that they become nano-particles held in thousands of lattice layers which have both superconductive properties in the horizontal direction and super-resistive properties in the vertical direction. Creating a good nano-layered plate is an artform requiring a lot of patience and care, the nano-layers are extremely fragile when first created.

After gently washing all caustic from your nano-layered plates, you suspend one in a tub of 6 to 10% salt water and connect it to a normal metal plate via a very low electrical load, for example an LED. For CO<sub>2</sub> use a nano-layered copper plate with a zinc plate, for ZnO use a nano-layered zinc plate with a zinc plate, for CuO use a nano-layered copper plate with a copper plate, and for CH<sub>3</sub> use a nano-layered copper plate with a zinc coated iron plate or chicken wire. Within a few days snowflake-like Gans particles will begin to appear in the bottom of your tubs that you harvest with a syringe and wash at least six times with pure water then store in big jars of pure water. For applications in health and agriculture you will draw off some of the Gans water from the top of the jar without disturbing the settled Gans particles. This plasma water contains the fields of the Gans that you can dilute and use in many ways to alter an environment's plasmatic field strengths. Once you have created a Gans it can last for a long time since you only use the plasma water that has been in contact with the Gans fields. You can make a Gans of virtually anything including food, consult kfssi.org and keshefoundation.org for instructions.

## PLASMA APPLICATIONS

**1. Plasma Patch** - One of the simplest tools in your home health cupboard is a plasma patch. Take a few sheets of sterile paper towel and place these flat in a large ziplock food bag or heat seal food bag. Draw off 25ml of CO<sub>2</sub> plasma water from your jar and add to the bag, also add a few ml of the amino acid precursors that form on the top of your CO<sub>2</sub> Gans production tub, a few drops of salt water to match your body salinity and a few drops of CuO plasma water to prevent mildew. Fungi and bacteria it seems are not fond of the copper fields. Independent laboratory tests at Universities have found that CO<sub>2</sub> and ZnO Gans are non-toxic, but the CuO Gans inhibited test bacterial and fungal growths. Seal your bag and double bag it for durability. You can then place this patch on areas of your body to change the field conditions. The magnetical and gravitational plasma fields in the strength of the initial CO<sub>2</sub> Gans has been shown to be a smooth muscle relaxer which allows blood vessels and lymph vessels to dilate hence facilitating reduced oedema pressure and faster healing. Since CO<sub>2</sub> Gans always has some ZnO gans in its production, the ZnO and CO<sub>2</sub> fields also seem to calm the nervous system and STOP PAIN. I found this amazing that I never have to take a Panadol again. Using two same Gans patches of different strength either side of a traumatised body area creates a field strength gradient flow where the stronger field tries to balance the weaker similar field. With your trauma tissue being the meat in the sandwich it benefits considerably from the field flow. Your body only takes what it needs to achieve a balanced field state so there is no danger of overdosing. When I underwent a colon resection I found that I needed absolutely no pain relief drugs after surgery. I had been using plasma



up to the day of admission and after surgery I had my plasma patches in my night bag. The nurses were curious why I didn't use my morphine administer or want pain relief tablets, I didn't tell them not wanting any hassles, and my liver and kidneys thanked me with no opiates to detox. I found that the plasma patch pain relief effect was residual and lasted several days. I was shopping at the supermarket the third day after surgery and the surgical cuts healed in half the time with no visible scar after twelve months.

Different Gans plasma water can be placed in these bags to achieve different effects. I have found that ZnO patches placed near or under the pillow relieve anxiety, stress and assist in getting to that deep sleep state so essential for stimulating the immune system. Mixing the Gans in a patch can have multi-effects where each Gans plasma field effects are still expressed, not blended to create a new field strength. For example to help repair muscle damage you will need both the matter-state vitamins and minerals in your diet, and the energy-state fields from your patch. You add to your patch CO<sub>2</sub> Gans plasma water for the carbon and oxygen fields to connect with your physical body, plus some CuO/CuO<sub>2</sub> Gans plasma water for the copper fields to connect with your muscle tissue, a small amount of ZnO for zinc fields in your nervous system, and some MgO Gans water for the magnesium in your tissues. Add to this a small amount of the amino acid plasma water that you have previously collected from all your Gans production kits that is described in the kfssi.org video tutorials. This connects your own home produced Gans to your amino acid based protein flesh vehicle, your body, Mr COHN (carbon, oxygen, hydrogen and nitrogen, the building blocks of amino acids). The body also needs mineral fields so I add a small amount of the seawater that I use in my Gans production kits as I am near a clean coast free of nuclear and chemical contamination. I take this from the middle of the tub between the metal plates where the principal field is located. Here I have the fields of everything that is in that seawater so I hope it is safe. You may use sea salt or rock salt as an alternative. If you are also repairing bone and cartilage then add the minerals (calcium, magnesium, phosphorous) and amino acid (cartilage) that the body will need both in the matter-state (supplements) and energetically from the plasma fields that you provide it. This has helped me repair my carpal tunnel, knee and mild wrist arthritis without pharmaceutical drugs or surgery. But I am me, I am not you so your interaction with plasma fields fully requires your intent interacting with the fields of your Gans production, so while you can now purchase some Gans from various small business and the Keshe Foundation webstore, it is better and far cheaper to make your own.

So congratulations, you are now a proverbial alchemist with potfuls of plasma energy fields, you graduate from Hogwarts, you are no longer a Muggle. The amount of shared research that is happening through the various plasma groups worldwide is accelerating the knowledge of how to utilize the Gans waters as an easy tool that any person can make from scrap metal and saltwater. In this way Mr Keshe has taught his students, which I am one, a way to work with the fields of plasmas to benefit all life forms, to restore balance and harmony. It appears to me, as guinea pig number one *heal thyself*, that plasma is remarkable for assisting rapid pain relief and body regeneration. It doesn't numb the senses like pharmaceuticals and it doesn't pollute the body with chemicals, and if someone stuck a pin in me, the body will still register a sharp pain but not a continuous pain. It seems to me the zinc, carbon and oxygen field strengths of the plasma water create an instant field transfer to our body cellular water, Joe of Joe Cell fame once told me water talks to water. This balances imbalanced field strengths, the stronger feeding the weak thus no lingering pain and the neurons regain mineral balance quicker, providing you don't stick another pin in.

My next test of these patches came with the surgical removal of a toxic root canal that was sensitive to touch. With four stitches in the gum my face was swelling up and throbbing when the anaesthetic wore off. I didn't want to take a painkiller so I applied a small CO<sub>2</sub> plasma patch to my jaw, the pain stopped, I fell asleep and by the morning there was no swelling or pain. So any dentist reading this send your patients home with a small adhesive CO<sub>2</sub>



and ZnO plasma water patch for accelerated healing and pain relief. I heard on one Keshe workshop video the possibility of re-growing a freshly removed tooth by changing the field conditions just before the extraction. My extractions are too old, I needed the patches on the jaw before the extraction. But one never knows, the shared knowledge from other people's experiments is growing at an extraordinary rate, one day soon we will be able to regrow teeth and limbs.

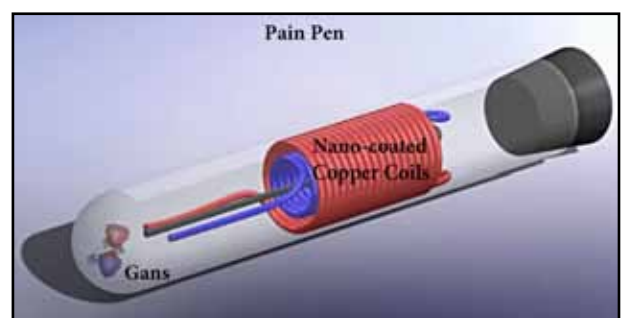
Apart from the pain patches there are also other ways to create the fields you desire. These are pain pens, plasma rings, drinking plasma water, spraying plasma water, bathing in plasma water, inhaling plasma air, plasma water enemas, plasma hats and plasma health units. You can find many small businesses providing a huge range of products containing plasma water, even toothpaste that rebalanced my mouth and now

I have no cavities forming monthly like they used to. Get your mercury amalgams removed at an environmental dentist who uses oxygen and air vacuums. It is absolutely important to remove all mercury and other toxic heavy metals from your body, so remove those seeds. This is my latest task, to remove high levels of mercury, silver, lead and cadmium from my body, and this is also your task if your blood, Oligoscan and hair analysis tests show a metal and mineral imbalance. Apart from using chelating supplements like Fulvic Acid or Zeolite together with vitamin C, Dr Walter Crinnion advocates a natural detox with brown rice bran fibre, green tea, Chlorella, magnesium sulphate, a good healthy organic plant-based diet, and specifically for mercury removal, the amino acid Acetyl-N-Cysteine. <https://www.youtube.com/watch?v=Nz2TaaJlyRs>



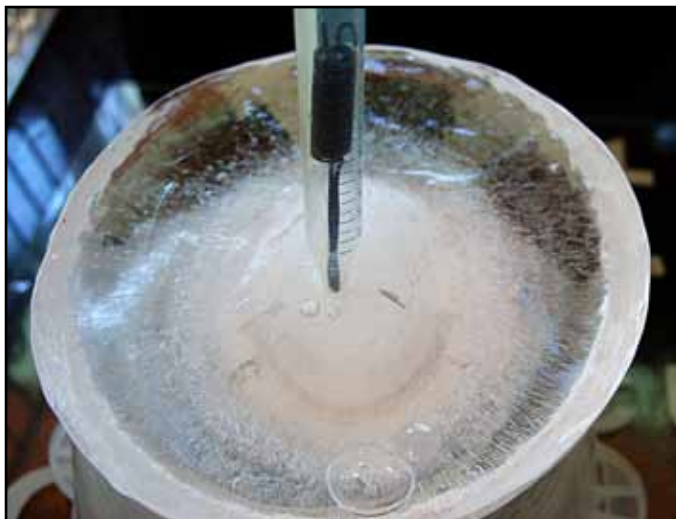
The latest research coming from students of Mehran Keshe have also developed a plasma solution for balancing these materials by creating a Gans of the material you wish to remove and using strong and weak plasma patches to create a flow of the strength of fields needed draw out the seed and rebalance the body. When a material is in a Gans matter state, as it is within our body, then we can also apply plasma science to transmute materials from one to another. Removing a proton from mercury turns it into gold, this will be possible in the very near future.

**2. Pain Pens** - One of the earliest plasma devices manufactured by the Keshe Foundation and sold on their webstore are the pain pen and the pain belt. The Pain Pen was developed from the nano-layering process and Magrav technology discovered by Mehran Keshe. The Pain Pen employs two copper wire coils, one inside the other, which are nano-layered to create a superconducting skin on the copper wire that is also a super-insulator. The outer coil is magnetical which gives field energy to its environment, the inner coil is gravitational which receives energy from its environment. A centre pin balances the two coils. A small amount of Gans at the tip of the centre pin facilitates a flow of plasma energy into your body that penetrates up to 3 cm according to



users. The pen is held a few mm from the area where you wish to create the field changes.

My knowledge of how all this works is only very slowly growing. I had to discard virtually all of my Newtonian biological science degree and start with a clean slate, this is why grandmothers and children have no trouble learning this science. In a way it suits the more intuitive mind rather than the logic mind. 'Feel the force Luke' said Obi-Wan Kenobi. When you feel it and see something you can't



explain, then it is time to open the mind and throw all pre-existing beliefs about how the universe works into the bin. When I made my first Pain Pen I began to experiment. The field energy flowing from the tip can easily be seen by taping the pen over a bowl of water and freezing the water. A beautiful torus is seen showing field lines of unfrozen water and an unfrozen toroidal core. Step by step tutorial videos how to make a pain pen, or a magrav power unit, are available on kfssi.org.

The practical uses of the pain pen are remarkable. Depending on the design and there are many, you can add field energy or take field energy from an area at either end of the coils, either bidirectional or unidirectional depending on coil termination, and focus this through a centre pin. You can get a laser like flow of energy from the tip into the body that has the field strength effect of the Gans particles located at the tip of the centre pin or on the outer coil. If



you used CO2 Gans you can turn a glass of water into the plasma water of the Gans and drink this to benefit your body or that of another carbon based entity like a plant. You can see this effect by measuring the change in pH of the water over time as the plasmatic fields develop in the water. Tap water with a pH of 6 will end up around pH 8 in less than 24 hrs. You can also hold it over an area of pain to relieve an injury rather than use opiates. I am told some countries now have these in ambulances as well as the pain pads. Pain pens also work very well as a substitute to needles in acupuncture, and in acupressure. Moving one along your foot, or hand, if you are sensitive you can feel the pen tip lock onto an area of your foot, you may then begin to feel a warming or tingling as energy flows to where it is needed to balance the fields. This can be along meridians to your distressed organs as well as locally. Eastern medicine has extensive knowledge of how the body's energy meridians work, apply plasma tools with this and you have a very powerful way of processing your chronic illness.

**3. Plasma Rings** - With a large syringe draw off some Gans plasma water from your jar and add this to a piece of 6mm vinyl tubing then use a joiner to make a ring, make sure there is no air in the ring. These plasma rings are an alternative to patches, they can be used as bracelets on your wrists and ankles, or around a knee or around your waist or neck for longer term application of the plasma fields. If you are trying to repair physical damage to the body then you will need to apply plasma fields for several hours a day over several months. There does appear to be accelerated tissue repair and there are testimonials claiming broken

bones knitted and repaired in a shorter time than normal. This of course is very dependent on the quality of your Gans and the formulations you used to create the right field conditions to assist the body's own repair mechanisms.

It has been found that when plasma water is in a ring it forms a toroidal field and when you have several rings in a column then a toroidal field vortex begins to form, which greatly increases the beneficial effects of the plasma. A few doctors and health practitioners in America and Europe have created immersive health units that people can sit or lay in a series of rings. Different Gans waters and gradients of field strengths can create directional energy flows that help the body achieve a balance much faster than a pair of plasma patches. There are many testimonials on numerous plasma user social media groups showing different home made designs of plasma ring health units.

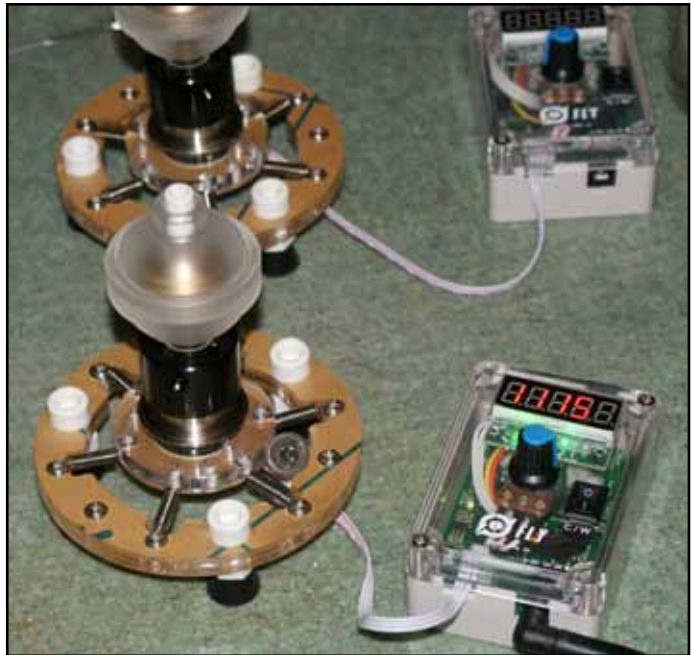
**4. Plasma Enemas** - If you are processing a chronic illness then you need to get the plasmatic fields required to change the condition of the illness as close as possible to the seat of the problem. Patches, pain pens and rings can be placed externally on the body, but to get the field changes you need internally you will want to ingest the plasma water drawn from the top of your Gans supply or breathe air that has passed through a plasma field environment in a coiled breathing tube. It is extremely important to never ingest Gans particles but pure water that has been structured by CO<sub>2</sub> Gans to carry the fields is safe to introduce into your alimentary canal either orally or with an enema. If you drink the pure CO<sub>2</sub> plasma water it is recommended to limit this to 20 – 100ml three times a day depending on the strength of the Gans water and your condition. Start with a small amount then gradually increase the amount and monitor the effects. If you drink CuO plasma water beware that the copper fields will adversely affect your gut bacteria. One of the procedures developed by the Gerson Therapy is to regularly administer an organic coffee enema. This greatly assists the liver to remove toxins from the body as well as stimulate glutathione s-transferase production, a powerful free radical scavenger. The enema fluid in your lower colon is absorbed directly by the sigmoid and hemorrhoidal veins and travels to the liver via the hepatic portal vein and on through your circulatory system. You can either use plasma water in your daily coffee enema or use the water on it's own. Do your research and consult your health practitioner.

**5. Health Units** - In the past few years devices called Health Units were developed by several doctors and health practitioners, like Dr Rodrigo and Dr Klaus, to create strong field environments which greatly assist the body with processing a chronic illness. See Dr Rodrigo's testimonial video in the reference section. These devices are still in the experimental phase of development but preliminary tests have shown extraordinary results. The first devices developed were the ring units but to get even stronger field effects it was shown





that if you move or spin plasma water and Gans, the field strengths are increased and the effects are greatly amplified. A Dynamic Reactor kit was developed by Mehran Keshe and followers of the Keshe Foundation workshops, this is essentially a ball of plasma water spun by a small electric motor with a speed controller. You can make these yourselves with a 12v computer fan motor and a ping pong ball full of Gans water glued to the fan, or you can purchase a kit from a manufacturer in China.



It appears that the geometrical arrangement of the spinning reactor balls has a very significant effect on the structure of the field energy toroids so do your homework before you build one or you may make your condition worse. One of the configurations used by researchers is the tetrahedron, commonly called the star formation, with various Gans in different reactor balls depending on the field conditions you wish to create. You have to fully understand how the fields interact and whether your body needs specific field strengths added or removed to achieve balance. Other health units were developed using Magrav coils arranged in a grid on movable vertical partitions. A few of these unit designs have been commercially developed for clinical use. It is only a matter of time before clinics will be established everywhere with a walk in walk out plasma field environment that will rapidly process your chronic illness provided that you have made all the necessary changes in your emotional body, seed, diet and physical environment to prevent the dis-ease from returning.

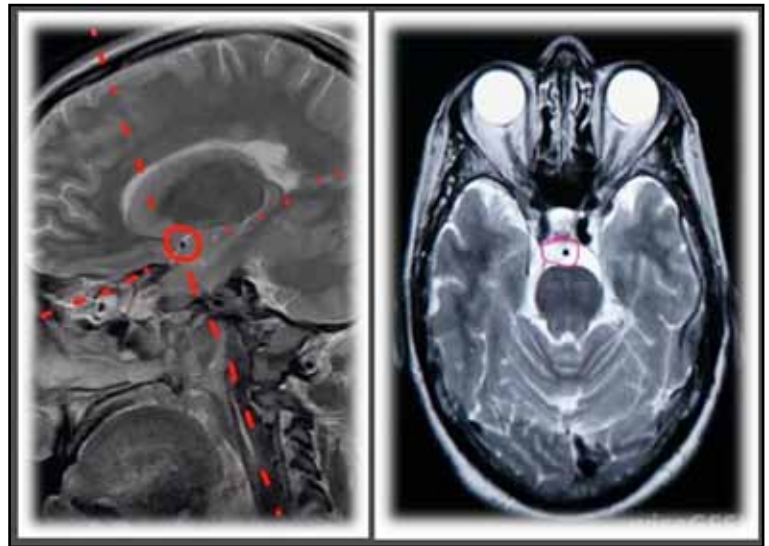


## COMMUNICATING WITH YOUR SOUL

This subject may be very difficult for most people to comprehend, the concept of the Soul has been very muddled over the millennia by the world's many religions. I come from a non-religious family, we did believe in God but we did not believe that the man standing behind a church pulpit was qualified to speak for or about God. To me as a child there seemed to be far too many silly rules and church was all about bullying others and frightening people. Later as a biological scientist I was more in awe of Mother Nature than any person in a pope's hat. It was not until I became a Steiner teacher that I came to understand spirituality and the concept of the soul that was discussed by philosophers. Fast forward many decades, Quantum Science, Plasma Science and the Unified Field Theory are now beginning to create a framework that can describe the soul, the atom, the universe and the creator.

In the past decade scientists have made some very interesting observations; the moment an egg is fertilized by a spermatozoa there is a visible flash of light, the moment a person dies there is a small weight reduction of the body, and when a person's brain

is examined closely by X-ray or MRI, a small empty cavity is seen in the centre of the Thalamus which is now thought to be the location of the soul of the entire body of man. During this past year Mehran Keshe has focused his public teachings on our soul and elevating our understanding of how our body interacts with our soul and our soul interacts with the unified field, the creator source. While I am still learning and coming to grips with these new concepts I have sketched out below what I think may be a description of the mechanism of the Soul in relation to the topic of this book, processing your chronic illness.



Contrary to what some religions might claim, all living and non-living entities have a soul whether it is a bacterium, an amoeba, a liver cell, a tree, a rock or man. This is the principal plasmatic magnetic field that is the building block of everything in the universe, what scientists call the God particle. Indigenous elders intuitively know this. In living entities this provides the spark of life, the plasmatic magnetic field dynamics and interactions that occur within that entity. Bruce Lipton describes multi-cell organisms such as ourselves, as a community of individual life forms all working together for the common good, each with a job to do and a place to live, much like a human city. So what brings them all together so that there isn't constant war and chaos like some places in the world today? This is a stable government, in this case a greater unifying field, a greater Soul which activates and energizes the DNA and RNA passed on from the parents to form the matter state of the collective cellular entities which develop into a complete living organism.

When the egg is first fertilized I believe the greater Soul enters the zygote at fertilization and as the first cellular divisions begin, the plasmatic principal magnetic fields of the soul, within the salinity of the uterine wall which acts as a filter, begin to arrange the dividing cells into the initial sacred geometrical forms of the embryonic blastula. As the foetus develops, the body grows around and along the magnetical and gravitational field forces emanating from the principal field of the soul. The soul eventually ends up situated in the thalamus at the centre of the brain with the vertical human body aligned along the main toroidal energy vortex running down our spine through our main chakras. The body's combined magnetical and gravitational fields interacting with it's immediate environment can be seen as our aura, which can easily be photographed with special cameras.



Located within the centre of the brain, the magnetic plasma field forces of the soul are able to influence the electrical fields of the thalamus where our emotions are generated and regulated. Electric fields are magnetic fields in motion. This in turn then regulates and communicates with all the outer lobes of the brain, which govern our physical body. This is why our emotional state has such a profound effect on our physical body and also connects with our soul level. When all the religious dogma is stripped away

and we think of electrical field and magnetic field interactions then we can begin to see how the body and the soul are connected and how intertwined they are when it comes to processing our chronic illness and achieving a balanced healthy body and mind.

Mehran Keshe has taught that... *'All plasmas, whatever their form, always have a principal field at the centre. This principal field, also known as the soul, is the strongest non-physical part of the plasma. It creates, controls and directs the expression of the physical dimension of the plasma. Through scientific understanding of the principal field, we will come to learn how the souls of all plasmas operate, giving us the tools to understand the essence of who we truly are.'* When 21 year old Naomi Lapadula was critically injured in a car accident that claimed the life of her companion in July 2016, her condition was so extreme that the hospital doctors saw no chance of recovery and she was transferred to a hospice to die. Even though this young woman was in a coma and the body in extreme pain, Mehran Keshe and the girl's father Giovanni managed to communicate with the her soul to see whether it still had a connection with the body. When that was affirmed, Giovanni with the help of Mr Keshe's knowledge, embarked on a two-year journey to rebuild Naomi's mangled brain and body using primarily plasma patches, rings and ingestion of plasma water combined with the loving attention of her family and physiotherapy. Today Naomi is progressing so well that by the end of the year she may be back at work at the Keshe Foundation in Italy. Against all odds, the story of her seemingly miraculous recovery and the plasma protocols used can be seen here. <https://www.youtube.com/watch?v=7ikCf7DSNng>



This journey that you now find yourself on is part of your awakening and your ascension. No matter what your ego and emotions want, the final decision lays with your soul. Entering into a dialogue with your soul, or the soul of another whom you are caring for, is a difficult challenge for those unfamiliar with meditation and spiritual practice. Two new practices that employ a form of kinesiology, Holographic Kinetics and Psych-K, appear to be able to enter into a dialogue with the subconscious and the soul. If you can find the right reasons to remain on this planet in this body and the life that you have, then you can process your chronic illness and return your body and mind to a healthy balanced state. The choice is yours to make, and wherever this decision takes you, be at peace for you are immortal, you are a plasma soul-being connected to the infinite multiverse, it is only your flesh vehicle that is returning to whence it came, to Mother Earth.

## REFERENCES AND FURTHER INFORMATION

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Dr Jerry Tennant <https://www.tennantinstitute.us/>  
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Keshe Foundation Cancer Blueprint <https://www.youtube.com/watch?v=aiJ-7cxNtvk>  
Keshe Foundation Medical Blueprint Testimonials <https://www.youtube.com/watch?v=hjWT5Ky-l0w>  
Gans and plasma products can be ordered from <https://plasmainnature.com/> and also from <https://keshefoundation.org/store>