

7-16-2022 USPA Zoom Masterclass #31
Chat Pineal Stimulation for higher Health and Consciousness with Ellen Kamhi

Time	Last, 1st IN.	Comment
1:04:42	Allan P.	Mayways Cordyceps is the best, if you are a practioner and can get an account with them, Their C4
1:09:55	Allan P.	sure , or on Amazon
1:46:35	Allan P.	thankyou so much!!!
0:55:03	Amber H.	I've heard that studies show that radio frequency radiation (RF) from Wifi, cell phones, etc has the same effect as visible light on the body at night, and also disrupts melanin production. What's your opinion on this?
0:57:42	Amber H.	I meant to say melatonin production, not melanin.
1:28:51	Amber H.	I meant microwaves, not waves from radios.
1:46:17	Amber H.	Wonderful information, thanks so much!
1:27:41	Andy H.	at old age melatonin production stops. What can we do then.
1:36:33	Charleene C.	Any guidance for aggressive prostate cancer?
0:31:37	Constance G.	Can we have the slides I would love to study the graphs again thanks you Constance
1:28:29	Constance G.	so that is what is wrong with Biden!!!
1:47:08	Constance G.	God bless cg
1:23:40	Daniel T.	Would you say a few words about Pineal calcification and decalcification please?
1:46:37	Daniel T.	Thank you so much, Ellen!
1:47:54	Daniel T.	Thanks, Scott!
1:47:32	Denise H.	Thank you very much. Awesome!!!
0:22:09	Derk M.	Awesome
0:23:14	Derk M.	Thanks for sponsoring!
0:26:14	Derk M.	It's really good here...
1:45:21	Derk M.	Thanks awesome!
1:46:50	Derk M.	Appreciate y'all! Carry on...
0:55:22	Eileen B.	QUESTION: I saw things when I was a child ... that I described as "fairies." Could that be because of an unadulterated pineal gland?
1:27:38	Eileen B.	HAVANA EFFECT?
1:31:14	Eileen B.	Movie: A BEAUTIFUL MIND
1:33:26	Eileen B.	FLICKER
1:36:44	Eileen B.	Be sure to authenticate your shungite.
1:46:19	Eileen B.	Thanks so much Ellen. I LOVE your beautiful energy!
0:42:53	Emmanuel F.	I remember petitioning a stata council years ago to not install new bollard lights that had a high color temperature. It took some work, but they did eventually install lights with a lower color temperature
0:43:20	Emmanuel F.	It also disrupts the photo cycle of plants too
0:44:36	Emmanuel F.	f.lux is great!
0:45:05	Emmanuel F.	I also change color themes to eliminate blue wherever possible. I also use dark themes when it's available

0:58:04	Emmanuel F.	white LEDs are actually constructed from a blue LED that has a yellow phosphor over it. There's always going to be some blue light with high photon energy that leaks through
0:59:44	Emmanuel F.	color temperature is also important too. "warm white" (2700K - 3500K) has less blue light than "cool white" (4100K +). "daylight" spectrum is the worst (5000k - 6000k)
1:00:58	Emmanuel F.	Daylight spectrum is meant to reproduce the color spectrum of the Sun at high noon. It's often used in environments where color accuracy is used (design studios etc)
1:02:47	Emmanuel F.	For dealing with blue LEDs on electronics, I use red tinted tail light repair tape, that you can get at the auto parts store. Two layers is enough to knock out a substantial portion of blue light, and you can still see the LED status as a dull magenta color
1:04:04	Emmanuel F.	Another technique I've used is to paint the blue LEDs with a thick layer of orange luminescent paint. It'll glow an amber color instead. The phosphors do wear out over time
1:04:23	Emmanuel F.	I've also desoldered blue LEDs and replaced them with amber ones
1:09:18	Emmanuel F.	For cheap blue light glasses, you can get some amber tinted safety glasses for tool supply and hardware stores. The good ones should make blue colored object appear green
1:11:31	Emmanuel F.	the dedicated blue light blocking glasses specialize in bandpass filtering blue light. They work better, but also cost more.
1:14:34	Emmanuel F.	quercetin is the active ingredient in hydroxychloroquine
1:27:32	Emmanuel F.	There's geomancy tools like BioGeometry that you can use to harmonize harmful radio frequencies
1:28:44	Emmanuel F.	2.4 GHz is a neuroactive frequency (also used for cell network, Wifi & Bluetooth signaling)
1:35:04	Emmanuel F.	Incandescent bulbs are also a full-spectrum light source. They produce low wave IR that is also beneficial for health
1:48:01	Emmanuel F.	Thank you so much!!
1:47:48	Ermion P.	Thank you so much for this wonderful presentation!
1:25:55	Gail W.	https://www.ifm.org/
1:46:34	Gayle N.	Thank you! that was wonderful.
0:57:01	Gene G.	why are LEDs worse than incandescent lights? Thanks.
1:23:30	Ilene F.	Thank you very much!!! 🙏❤️🙏
1:34:15	Janet S.	please repeat that article name
1:35:02	Janet S.	article on effects on LED lights
1:37:34	Janet S.	Everyone please check out Nano Soma. Dr. Rhagu discovered/created it. just sugar cane not separated from molasses. proven to trigger the body to heal all 4,448 diseases known to man. Kerry Cassidy interviewed him

1:39:44	Janet S.	https://projectcamelotportal.com/2021/11/02/nano-soma-path-to-health-2/
1:42:54	Jani E.	How can we guard against "flicker rate" on screens? What is it doing to our eyes and brain?
1:26:18	Jerry G.	if you want me to describe what happens with seeing with 3rd eye when you undergo kriya training, I can describe that. Jerry
1:35:44	Jill v.	friends of mine say they have no difficulty getting to sleep, but don't stay asleep after the first sleep cycles. Any reason you could advance for this ? They lie awake for hours.
1:47:05	Jill v.	Thank you for a fascinating presentation. I've learnt a lot more than I already knew.
1:37:15	Julia S.	How do you authenticate?
1:45:29	Julia S.	Brilliant presentation thank you so much for sharing
1:24:54	Kevin K.	Can you have drug interactions using Radionics
1:34:50	L A D.	can u talk more about discernment of spiritual visions vs technological assault Havana syndrome etc
1:26:44	Margaret M.	having internet issues
1:47:33	Margaret M.	Blessings to all
1:47:31	Nora R:	Thank you !
0:28:26	Sabine H.	yes
1:43:14	Sharon B.	How did she say to use the Shungite?
1:34:25	Sharon J.	what is the name of the nasal expanderss and blue blocking eye glasses
1:24:16	Sky D.	Honoring this magnificent presentation.
1:47:10	Stephen Q.	Thanks for the presentation!
1:28:42	Susan B.	yes, "Havana Effect"
1:35:45	Susan B.	And snow flake obsidian
1:46:36	Susan B.	"young, young, young, dead". ahahaha! :-)
1:47:00	Susan B.	Thank you for this talk!
1:00:51	Tina C.	Good for you! I love Oyster Bay.
0:38:00	USPA	we will post the slide show in members area, if Ellen agrees to share.
0:44:05	USPA	Thanks everyone for attending today. Please support the USPA by becoming a member and or donating to our mission of educating people on cutting edge science.