



PLASMA ENERGY WORKSHOP SUPPLIES LIST

COMMUNITY STYLE WORKSHOPS: Bring your skills, tools, materials, wisdom, cookies; we accomplish more together than alone.

T.E.A.M. "together, everyone achieves more.

Synergy: the Whole is Greater than the Sum of its Parts.

WHAT TO BRING: This is a list of supplies utilized in workshops, and a starter Supply List for making Plasma Energy Tools. We bring most items to the workshop - HOWEVER, please bring a few items that you have available. Finding items in your location is part of the learning process - and whatever you have will help you get started right away at home. Thrift stores, hardware or building supplies, junkyards, recycle centers, barns, basements, garages and online are all great resources.

****PLEASE BRING ITEMS MARKED WITH DOUBLE ASTERISKS ****

THE ABCs OF PLASMA TECH: GaNS, Nano Coating, Health Pads, Health Pens

Playing with Plasma, the fourth state of matter...access life force, well being & more...

HEALTH PADS or PAIN PADS (We will bring supplies to workshop & you will be able to make pads to take home). Supplies for making Health Pads at home:

1. FOOD SEALER for plastic (maybe a person in community has)
2. EXTRA ROLLS of Food Sealer plastic bags, for sealing into pads
3. Plasma Infused water from your GANS - mostly C02, CH3, CU0 / and more...
4. FABRIC SCRAPS or paper towel (white, turquoise/blue, red & more)
5. SHARPIE and/or LABELS or pen to mark type of Health Pad
6. SCISSORS

**** Bring your own selection of colored fabrics to tailor make your patches**

**** Extra scissors always welcome, make sure to label your tools**

GANS (gas in its nano state) (We will bring supplies to workshop to demonstrate GaNS making). Supply List for making GaNS at home:

****Bring 1 to 3 SMALL JARS or watertight containers to take GaNS home from workshop**

1. JARS OR PLASTIC CONTAINERS minimum 3 (ie: Mason, wide mouth 1 qt. with lid; jars with lids; old plastic containers with lids; straight edged vase from thrift store - about 1 qt size to start)
2. CLIPS/CLAMPS (clothespins / utility clips)
3. SALT - Ocean water (strained) or SALT pure no additives (rock salt, or Sea or Himalayan salt for health applications)
4. NANO COATED COPPER 3 plates or coils (see nano coating instructions below)
5. ZINC - plate, piece or roll - (zinc plated roof edging under \$30 at Home Depot)
6. IRON - 1 piece (cold pressed iron, used in twisted wrought iron; or old fashioned uncoated iron nails)
7. COPPER PLATE (variety thickness) OR COIL (heavy gauge) (3 pieces nano coated for passive GaNS & 1 piece not nano coated; 1 for carbon rod method-nano coated)
8. COPPER WIRE (2-3') Thin or multi-strand to affix to GANS process
9. LED bulbs - (3 for Passive, blue or green pref/not required, 1 for carbon rod method)
10. PHONE CHARGER - 1 Amp output max (used at thrift store) (carbon rod method)
11. DC ADAPTER - \$6-\$12 on Amazon /keeps current below (carbon rod method)
12. ALLIGATOR CLIPS (for converting old phone charger) (carbon rod method)
13. ELECTRICAL TAPE (carbon rod method)
14. "GOUGING ELECTRODE" CARBON STICKS from welding supply (for carbon stick method) / approx 12" x 1/4-5/8" / without copper preferable / can use with copper
15. SYRINGE (Turkey baster, large syringe, droppers, etc.) to rinse & transfer GaNS
16. PLASTIC TUBING - about 2' (aquarium size to use as a syphon) opt.
17. PLASTIC COATED WIRES WITH ALLIGATOR CLIPS (opt.) to run between containers in GaNS process
18. FISH TANK AERATOR (small)

HEALTH PENS or Pain Pens

1. NEEDLE NOSE PLIERS - shorter easier & without teeth if possible
2. WIRE CUTTER
3. PLASTIC CONTAINERS or ZIP LOCK BAGS (gallon and quart size) for nano coating
4. RODS/MANDRELS - 2 sizes (coil will fit inside the other (such as metal round rods, wooden spoon, knitting needles, screwdriver etc) Can also do this freehand without rods.
5. COPPER WIRE - 2 sizes, heavier for core pin (less than 1') and 24-18 gauge (min 4 ft or more according to creativity)

****Bring 2 sizes of copper wire to make your pen and two sizes of zip lock bags or container for nano coating, to make and take home your Health/Pain Pen. Extra supplies will be available if you are not able to bring your own.**

NANO COATING

1. LYE - NaOH 100% [caustic] (plumbing supplies, hardware store or order food grade lye & KOH-potassium hydroxide from Amazon, or lye & potassium hydroxide from Walmart - soap making supplies)
2. GLOVES - rubber or plastic, disposable
3. VINEGAR - spray bottle of any vinegar dilute with H₂O (antidote for caustic)
4. 3 METHODS for Nano Coating:
 1. COLD CAUSTIC - large zip locks OR old casserole dish with lid, or plastic container with lid;
 2. CROCK POT OR STEAM METHOD or Pot on burner - 1 small piece aluminum foil (activator), hardware cloth to raise bottom of pot or crock pot; *Note:* Round or concave pots enable field flow more than a straight sided pot.
 3. TORCH: fire method
 4. NATURAL - wood ash, sea water, sun, rain, wind

POWER UNITS / CAR UNITS

****[BRING SUPPLIES FOR MAKING YOUR OWN UNITS]**

To wind your coils in the workshop to get started to make your units bring your wire.

** Extra Power Drills, pliers, jewelry type pliers are good to have available at the workshop, please mark your equipment

1. COPPER WIRE Approx 150 14-16 Gauge wire [strip plastic or buy bare/ no coating]
2. DRILL - Variable Speed (can be shared among group)
3. MANDRELS - smaller size to fit inside larger size with tiny bit of space
4. NANO COATING - see list above
5. GaNS (learn how to make in Part 2) C02/zn, CU0, CH3 - ABOVE
6. CENTRAL SUN Small container for GaNS (ping pong balls, hobby shop containers)
7. STACKER MATERIALS (plastic or wood) for between layers
8. EXTENSION CORD (indoor) to cut,
9. ELECTRICAL TAPE
10. HAND TOOLS: utility knife, needle nose pliers, wire cutters
11. COPPER WIRE various gauges 14-16-18-20 gauge; (14 is used mostly for household Magrav units as it matches the house/ 16 is nice for car units / 18-20 for pens & other devices, or lighter gauge for health units, etc)
12. BAKING / PARCHMENT PAPER
13. THIN COPPER WIRE - 18-20 gauge / GaNS
14. BLUEPRINTS - Keshe foundation.org (we will have copies)
15. HOT GLUE GUN & or Silicone for affixing items to unit
16. WIRE, Bare Copper (no coating)
17. ROUND BARS FOR ROLLING COILS (bring your own if you can)
 - 12 AWG - min 150' 3/16th and 3/8th Round Bars
 - 14 AWG - min 150' 7/32nd and 23/64th Round Bars (we have)
 - 18 AWG - min 150' 7/32nd and 5/16th Round Bars (we have)

GENERAL SUPPLIES

Gloves

Protective glasses

Paper towels

Vinegar

Pliers

Wire cutters

Short needle nose pliers for making wire loops

Scissors

For Nano Coating

Plastic container

Pot (round, 8 qt.)

Chicken wire 12 x 12 in.

Sodium Hydroxide (100% Lye)

Distilled water 1/2 gallon

Burner (used with a pot)

Copper plate 4 x 8 in.

Zinc plate 4 x 8 in.

For Making GANS

Plastic container 4 x 4 in.

Green LED light

Copper wire 100 ft.

Copper plate (4 x 8 in) or Graphite plate

Zinc plate 4 x 8 in.

Chicken wire or Nails (iron)

Distilled water (1/2 gallon) + Salt or Ocean water

Plastic spoons - 5

5 Glass Jars (to collect GANS and amino acids) â€” about 5 oz. each

Power unit (optional)

Small fish pond Aerator

Distilled water (to rinse GANS)