

# Spooky2

Dear <<First Name>>,

Welcome to Issue #276 of our Spooky2 Weekly Digest.

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## Spooky2 Blog Articles

### [9 Signs You Have Too Many Toxins in Your Body](#)

Sometimes, you don't feel very well but can't figure out why you are having these symptoms. When you visit your doctor, the doctor says you are ok. It might be that you are overloaded with harmful toxins in your body. Luckily, these symptoms can be eased or just disappear if you detoxify your body. Here are some signs indicating that you have accumulated too many toxins in your body.

### [Spooky2 Online Training Course – Introduction to Spooky2](#)

We are delighted to have Dr. Siddheshwar Chopra as our guest in this episode of the training course. In this course, he covered the whole system of Spooky2 from software to hardware and gives a detailed and comprehensive introduction.

### [Healing Frequency for Anxiety Disorders – Spooky2 Rife Healing Frequency](#)

Anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks). This frequency video will help to relieve fatigue, depression, restless feelings, and sleep problems. Welcome to listen to this frequency and share it with your friends and family.

### [6 Natural Ways to Balance Your Chakras](#)

Have you ever felt lonely, depressed, or unloved? Do you often have nightmares or difficulty expressing yourself? Are you currently feeling down or unconfident? If so, your chakras may be blocked! Fortunately, Spooky2 Scalar is here to help you. Click to learn how you can unblock your chakras and open yourself!

## [SAMA Talks]

### [Episode 156: Exercise and Think Like a Winner](#)

We were delighted to have Lisa Tamati as our guest expert in last week's episode of SAMA Talks. Lisa is a Professional Ultra-Endurance athlete with 25 years' experience running the toughest endurance events in the world. During this episode, Lisa shared with us how to cope with self-esteem, how to exercise in the correct way, how to become a winner, and her secret of staying young. Click to watch this episode now!

## Spooky2 Q&A

[Why is the frequency on GenreratorX screen different from what the program is running?](#)

What is the Square H Bomb? How does it work in Spooky2 software?

[How is Spooky2 used to kill mold?](#)

Is it necessary to use Terrain for this? Does one have to use Terrain for the first-time user?

[Should you power off all the electrical devices when using Plasma tubes?](#)

Are electronic devices going to interact with Plasma?

[How can I use Spooky2 Remote to help someone who is receiving radiation treatment?](#)

What frequencies are recommended for radiation treatment using the remote control?

## Spooky2 Discussions

Spooky2 Rife for Life Facebook Group

[Experiment about Parasites](#)

If you are experiencing some parasite issues, this post may give you some inspiration.

[Success with Healing and Regeneration Preset](#)

After trying to run Healing and Regeneration preset, one of our users had many great results. Click here to learn more.

Spooky2 Forum

[Frequency Program Preset Chain chart explanation](#)

Everyone has a different learning style. This visual chart may help to understand Spooky2 more vividly.

### [Grade Scan for Presets](#)

Is there a quick way to load a preset to do a Grade Program Scan?

Best of health,  
Echo

Spooky2 Team

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