



Dear <<First Name>>,

Welcome to Issue #324 of our Spooky2 Weekly Digest.

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Spooky2 Blog Articles

[Step by Step Instruction of Making Colloidal Silver](#)

Colloidal silver usually exists in a liquid form and has been used in medicine for a long time. It attaches to proteins on the cell walls of bacteria to disrupt their membranes. Follow the given steps to make true nanoparticle colloidal silver with high silver content. The silver particle size will be very small to increase the effectiveness of colloidal silver.

[What is Frequency Energy Balance?](#)

Frequency is one of the tools that you can use to describe the resonances surrounding us. It indicates the number of times something occurs in a specific period, and it is used to measure different types of waves such as sound waves, radio waves, and light waves. So, what is frequency energy balance exactly? Click to find out.

[How to Apply Spine Frequency to Scalar Field](#)

Imagine your spine is a long, curving river. As the water flows, your spine is singing a song. However, the flow of the water will sometimes be obstructed by small rocks, and your spine sings out of tune. Once out of tune, your body movement will become rigid, causing you much discomfort and pain. Click here

to learn more about spine frequency and how to apply it to the scalar field.

SAMA Video Replay

[Episode 164: Mindfulness – A Fresh Approach to Better Wellbeing](#)

In this episode of SAMA, we were delighted to have Christiana Serle talk about mindfulness. Christiana always believed fitness and nutrition were paramount to improving performance and overall health. She has been recognized as one of the Top 10 Health Promotion Professionals by the Wellness Council of America. During this interview, Christiana shared what mindfulness is, the benefits of mindfulness, the ways to practice mindfulness, and more. Click to watch the full replay if you missed the live interview.

Rife Frequency Video

[Healing Frequency for Varicose Veins - Spooky2 Rife Frequencies](#)

Varicose veins are swollen and enlarged veins that usually occur on the legs and feet. The condition is very common, especially in women. When it happens, blood can flow backwards and pool in the vein, eventually causing the veins to stretch or twist. Click to enjoy the frequencies and relieve your varicose veins.

Spooky2 Q&A

[What is the difference between running a BFB and running programs for health problems?](#)

Can BFB also help with your health problems?

[Do these machines \(the central, GX and XM\) emit EMF?](#)

If so, how much? Is it dangerous to keep the equipment under the bed?

[Can you use Save Battery mode or what do you do to save your battery?](#)

Is there an electricity-saving plan for Spooky2?

[Can I turn on my firewall after I have downloaded the programs?](#)

Will it interrupt Spooky2 programs?

Spooky2 Discussions

Spooky2 Rife for Life Facebook Group

[BFB Scan Duration](#)

Is it a problem if your BFB scan is too short?

[Your Favourite Program/Preset](#)

Do you have a favourite program? Click to join the discussion!

Spooky2 Forum

[Editing Frequencies Saved Bundled Frequencies](#)

Is there a quick way to add or remove a frequency after saving a group of frequencies from the Spooky2 Database Software?

[Brain Repair](#)

Are there any programs or presets suitable for brain damage?

Best of health,

Echo

Spooky2 Team

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