

# Spooky2

Dear friend,

Welcome to Issue #434 of our Spooky2 Weekly Digest.

## Join the Spooky2 Meditation Challenge 🧘

The Spooky2 Meditation Challenge is now in full swing. We are sincerely grateful for the participants. We have received a lot of positive feedback, with many people expressing appreciation of the new meditation music, which has helped them achieve greater inner peace.

We warmly welcome more to join our challenge, enjoy the benefits of meditation, cultivate inner peace and serenity, and earn great rewards.



Participate Now

## Spooky2 Blog Articles 📄

### [Stimulate the Vagus Nerve and Recover from Trauma 🏃](#)

In the journey of healing from trauma, exploring alternative methods can often lead to surprising solutions. One such method is the stimulation of the vagus nerve. Stimulating it can have profound effects on overall well-being. So, how can we use [Spooky2](#) to stimulate the vagus nerve?

### [Try the Terrain Protocol for Effective Detoxification 🧺](#)

Many users are unsure which programs to run first while running Rife scalar

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with [Spooky2 Scalar](#)?

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## Spooky2 Testimonial 🧡

### [No More Coughing After Using Holographic Stickers](#) 😊

My gym instructor has had this cough since last year. I made up some [frequency stickers](#), and she started to use them. It completely worked. I had her class today, and **she didn't cough once!**

[Click to Read the Full Story](#)

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## Rife Healing Frequency Video 🎧

### [Healing Frequency for Sciatica](#)

Sciatica refers to pain that radiates along the path of the sciatic nerve, typically affecting one side of the body. When something compresses or irritates the sciatic nerve, it can cause pain, tingling, numbness, or weakness in the lower back, hip, and leg. [Click to listen to the video.](#)

This frequency video will help to relieve:

- ✅ Lower Back Pain
  - ✅ Hip Pain
  - ✅ Leg Pain
-

## Spooky2 Online Training Course 1: Spooky2 Contact

On Thursday, we will have a new training course, hosted by Dr. Siddheshwar Chopra, one of our certified Spooky2 trainers. During the webinar, he will share the following:

- The working theory of [Spooky2 Contact](#)
- 4 Spooky2 Contact modes and the difference between them
- Spooky2 TENS Pads placement
- What to do if you get shocks in Contact mode

[Click to Save Your Seat](#)

## Spooky2 Online Training Course 2: Spooky2 Scalar

On Friday, we will have another training course, hosted by Sara Fancy, one of our certified Spooky2 trainers. During the webinar, she will share the following:

- Spooky2 Scalar introduction
- Scalar setup and tuning
- 4 different scalar modes: pure scalar, molecular scalar, Rife scalar, and scalar harmony
- Scalar imprinting

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### Spooky2 Q&A 💡

#### [What frequencies are beneficial for pain relief?](#)

Read the post to see what programs our users recommend.

#### [GX vs GX Pro](#)

What makes [GX Pro](#) stand out?

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### Spooky2 Discussions

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[How to use Spooky2 for chronic kidney disease in dogs?](#)

What programs do our users suggest?

Spooky2 Forum 

[Protection Against EMF Radiation](#)

How can Spooky2 help with the EMF shield?

That's all for this week. Take care :)

Spooky2 Team

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Spooky2  
Room 2003, G-5 Building, Himalaya Business Centre G  
Ningnan Street, Yuhuatai District  
Nanjing, JiangSu 211106  
China

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