

# Spooky2

Dear <<First Name>>,

Welcome to Issue #83 of our Spooky2 Weekly Digest.

## **[SAMA] Episode 14: Food for Consciousness, Happiness and Health**

80% of the toxins in our bodies are self inflicted from our food choices. Holly and Clive will discuss healthy foods and how to get them. Watch the video replay here: [Episode 14: Food for Consciousness, Happiness and Health](#)

## **Spooky2 Blog Articles**

### [Spooky2 Preset for Kundalini](#)

Here is the preset for what is called Kundalini.

### [What is the Difference Between Frequency and Zapping?](#)

Learn the differences between frequency and zapping.

## **Spooky2 Q&A**

### [How quickly did you all start feeling significantly better from rifting?](#)

If you found the correct frequencies right away, it is amazing how much better you can feel in a short time.

### [When you do a biofeedback scan does it tell you the names of any pathogens identified or just the frequencies?](#)

Scan reports frequencies only. You can do a Reverse Lookup to get name of pathogens/ diseases that correlate what your frequency hits.

### [How do we keep the ultrasonic wand in place on a stomach?](#)

Putting the wand under the armpit may be quite adequate.

### [Can a Rife machine kill parasites?](#)

It is supposed to be able to kill or disable many pathogens, including parasites.

### [How do I run the program for insomnia?](#)

The first thing recommended is to run the Terrain via Remote to start detox.

## **Spooky2 Forum Posts**

### [Human Herpesvirus 4](#)

I have been patiently calculating the freqs for the 34 known strains of the Human Herpesvirus 4, aka Epstein Barr virus.

### [New article about the benefits of pets](#)

This article claims that pets introduce more various pathogens into the environment and that is beneficial, especially for children.

### [Grandson with learning difficulties](#)

If anyone has any suggestions, I would very much appreciate it.

### [80% of people will have gluten intolerance/coeliac/celiac disease](#)

Inflammation in the body is a good place to start looking.

### [Hulda Clarke Contact Preset Warning](#)

Hulda Clarke Contact Preset will cause burns if the running time is over 7 mins, because of the offset being used.

Best of health,  
Echo

Spooky2 Team

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