

Spooky2

Dear friend,

Welcome to Issue #565 of the Spooky2 Weekly Digest.

Spooky2 Blog Articles

[Know Your Knee Pain: Reading the Clues](#)

Knee pain can show up in different places for different reasons. Learn what the location of your discomfort may reveal and discover simple ways to support healthier, more comfortable movement. [Click here to learn more.](#)

[How to Test Your Spooky2 Remote](#)

Not sure whether your generator is outputting correctly? This guide shows you how to use a Spooky2 Remote and the Generator Signal Test to check the connection and output quickly, and explains why the Remote LEDs may behave differently during normal sessions. [Click here to learn more.](#)

[Autumn Anxiety: Why Shorter Days Can Affect Your Mood, Sleep, and Energy](#)

Shorter autumn days can affect your sleep, energy, and mood more than you may realize. Learn why seasonal changes influence your daily rhythm, explore simple ways to stay balanced, and discover how [Spooky2 Scalar](#) can become part of a calming wellness routine this autumn. [Click here to learn more.](#)

Spooky2 Testimonial

[My PSA Journey After Years of 24/7 Use](#)

My personal PSA journey while running this 24/7

I've been running the Prostate (Prostatitis) (DNA) (R) – JW preset on my single XM generator 24 hours a day, 7 days a week, since 2022. Here is my yearly physical PSA history over that time:

07/12/2022 – PSA 3.03 ng/mL

07/12/2023 – PSA 2.3 ng/mL

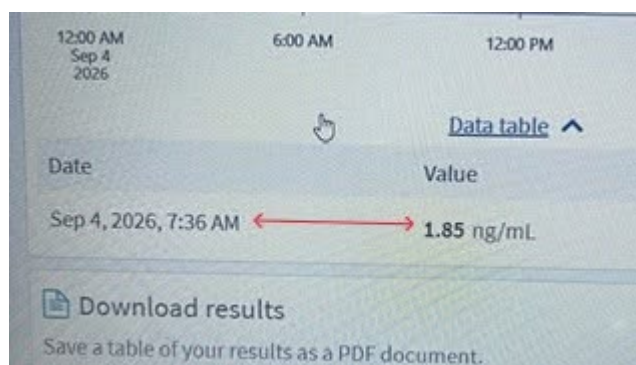
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blood markers were also elevated that round)

09/04/2026 – PSA 1.85 ng/mL

I plan to keep running the preset to help keep my PSA in the range I'm happy with.

*This is my personal experience only, not medical advice or a claim that this device treats or cures any condition. Please work with your own doctor on prostate health.



[View More Stories Here](#)

*Individual experiences may vary. This testimonial does not constitute medical advice or guarantee results.

Rife Healing Frequency Video 🎧

[Cat Fur Allergy Comfort Frequencies | Relaxing Sound Therapy](#)

Explore a calming frequency-based sound experience inspired by the topic of Cat Fur Allergy Comfort. 🐱🎧

This relaxing session combines Rife-inspired frequencies with gentle natural sounds to create a peaceful atmosphere for rest, mindfulness, and everyday wellness.

- 🌿 Designed for a calm and comfortable listening experience
- 🎵 Ideal for relaxation, meditation, or quiet moments
- 🐾 A gentle addition to your daily wellness routine

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🤖 When to Use Frequency Audio vs. Rife Machine? [Check this blog out!](#)

Spooky2 Q&A 💡

[What can I do if I saved my BFB program incorrectly?](#)

Method 1:

You can bring up your results again using the Analyze button and save them as a new program, with the correct settings.

Method 2:

You could use the edit biofeedback database option in the database pull-down and go down to fix the part of the record. [Click here to learn more.](#)

[How can I tell whether my generator is faulty if my computer can't recognize it?](#)

I've had similar errors on multiple generators. Most likely the reason was a power surge on the main motherboard. If you have another spare laptop/desktop where Spooky was not connected, you can try these steps. [Click here to learn more.](#)

Spooky2 Discussions

Spooky2 Rife for Life Facebook Group 

[Is it appropriate to use a mobile phone or iPad during frequency therapy sessions?](#)

"I had a touch lamp come on while using the plasma. I had to unplug the lamp to avoid the phone. It is that powerful."

"I've had my phone screen scramble when using plasma. I'd not do this. If doing BFB, do not use your phone. Your heart rate may elevate and give you false readings. When running programs, you are fine to use your phone." [Click here for more discussion.](#)

Spooky2 Forum 💬

[Do you have any potentially effective suggestions regarding running frequency therapy programs for her?](#)

In addition to the 2 new peptides created, Hypochromic Microcytic Anemia and Chronic hippocampal & frontal-lobe brain injury after carbon monoxide

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you can add it to your CUST. [Click here for more discussion.](#)

Training Course

Spooky2 Online Training Course – Spooky2 Remote for Intermediate

On Thursday, Sep 17th, we will have a new training course, hosted by Kanika Jain, one of our certified Spooky2 trainers. In this webinar, he will discuss the following points:

- Understanding Presets vs Programs
- Exploring the different dimensions of health you can target physically, emotionally, and mentally
- Working with the wider Spooky2 databases including DH and Peptide presets
- Creating custom programs
- Building personalised Remote presets from Shell (Empty) presets
- Creating and running Preset Chains for sequential or multi-day protocols
- Scheduling programs for hands-free Remote operation
- Live demo of custom setups & scheduling
- Tips, Q&A, real-world applications

[Click to Save Your Seat](#)

☀ Thank you for being a valued part of the Spooky2 community! Stay tuned for more updates and exciting content in next week's digest. Take care and happy healing!

The Spooky2 Team



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