

Spooky2

Dear friend,

Welcome to Issue #569 of the Spooky2 Weekly Digest.

Spooky2 Blog Articles 📖

[Energy Sensitivity: How to Stay Grounded When You Feel More](#)

Some people notice emotions, environments, and subtle changes more deeply than others. Explore why some people experience heightened sensitivity and discover simple grounding practices to create more calm and balance in daily life. [Click here to learn more.](#)

[Spooky2 Biofeedback Scan Modes for Different Hardware](#)

New to Spooky2 Biofeedback? This guide explains the four scan methods and helps you understand which option fits your hardware setup. [Click here to learn more.](#)

[How Hydration Supports Cellular Energy and Communication](#)

Water does more than keep you hydrated. Discover how hydration supports cellular energy, communication, and overall wellness, and explore the role of [Spooky2 Scalar](#) in your daily routine. [Click here to learn more.](#)

Spooky2 Testimonial 🥰

[Exploring Weight Loss Peptides](#)

I started in April, 2026 helping friends with weight loss, and I had success with both of them. One of my friends is in her twenties, and I asked her neither to change her diet nor to exercise. I asked her to continue with life as usual in order to know the efficacy of the peptide. I sent her via remote the peptide Weight Loss, and in six weeks, she lost 7 pounds. The interesting part is that I continued with the same peptide for another two weeks, but she stopped losing weight once she achieved her normal weight. She has maintained her weight since then.

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

Rife Healing Frequency Video 🎧

[Heart Function Activation Frequencies | Heart & Circulatory Wellness](#)

💙 Slow down, breathe gently, and make time for yourself. This Heart Function Activation Frequencies session offers a calming soundscape for quiet reflection, meditation, and your everyday wellness routine.

Find a comfortable place, release the distractions of the day, and enjoy a peaceful listening moment. All frequencies are sourced from the Spooky2 software database.

🎧 Listen at a comfortable volume. Headphones are optional. Start with 20–30 minutes, or enjoy the audio as a background for relaxation.

[Click to Listen to the Video](#)

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

Spooky2 Q&A 💡

[Could a red light mat erase imprinted stickers?](#)

If the red light is shining directly on the imprinted item, it can slowly erase the frequencies.

If the red light is not shining directly onto the imprinted item, it will be ok.

You also need to see if the mat is emitting any EMFs. If it is, it could affect a sticker. [Click here to learn more.](#)

[How to remove a specific peptide from a peptide preset?](#)

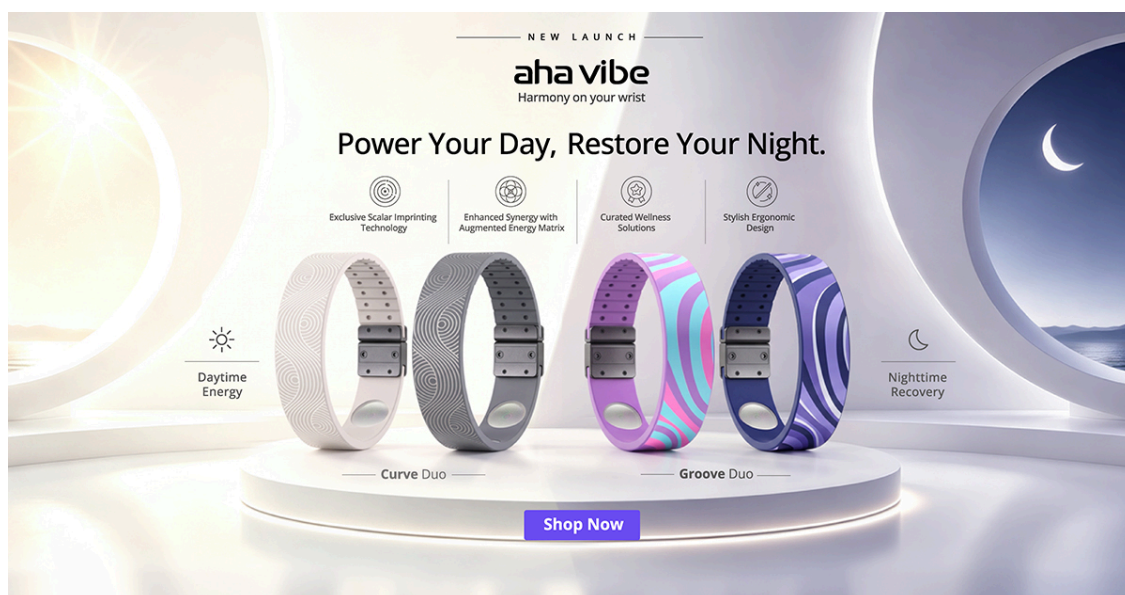
Click on the preset, say like Muscular Strength. Go to the Programs tab and find the 2nd program in the preset, the one matching Peptide 2 that you want to delete. Double-click that 2nd program. Now save the preset into your User folder with the Save button in the Presets tab. [Click here to learn more.](#)

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From the Spooky2 Family: Meet Aha Vibe ✨

Discover Aha Vibe, a wearable frequency experience designed around your daily rhythm. With dedicated AM and PM bands, it offers a simple way to explore frequency technology throughout the day without charging, apps, or complicated setup.

Special launch offer: Enjoy \$30 off any Aha Vibe Duo with code **VIBE30.**



[Explore Aha Vibe →](#)

Spooky2 Discussions

[Spooky2 Rife for Life Facebook Group](#) 📘

[What can I run for post-exertional malaise?](#)

I have been sleeping with Scalar running Peptide Presets: Cell Danger Response, DNA/RNA Repair, and Chronic Inflammatory Response Syndrome. I no longer get weak and sweaty at the slightest activity or just standing for a few minutes. Need for naps has also resolved. Noticed a difference in a few days and over a few weeks, noticeably better. [Click here for more discussion](#).

[Spooky2 Forum](#) 💬

[What frequencies can I use to treat any potential pathogens or infection for an extracted tooth?](#)

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Tooth extraction creates an open surgical wound to the gums, periosteum, and jawbone. For full coverage, rapid healing, and prevention of complications, you can use Peptides. [Click here for more discussion.](#)

Training Course 📺

Spooky2 Online Training Course – Spooky2 Software

On Thursday, Oct 15th, we will have a new training course, hosted by Jaime Retamoso, one of our certified Spooky2 trainers. In this webinar, he will discuss the following points:

- An Overview of Spooky2 Software.
- What is in the Menu Tab?
- Details of the Preset Tab, Program Tab, Control Tab, and System Tab.

[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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