

# Low Frequency BioScans – How To Create Your Personal Healing Programs, Using A Spooky2 Rife Generator



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Dedicated To Everyone Who Wants To Take  
Health And Healing To A Whole New Level

By Robert Bass, updated 9/28/2026

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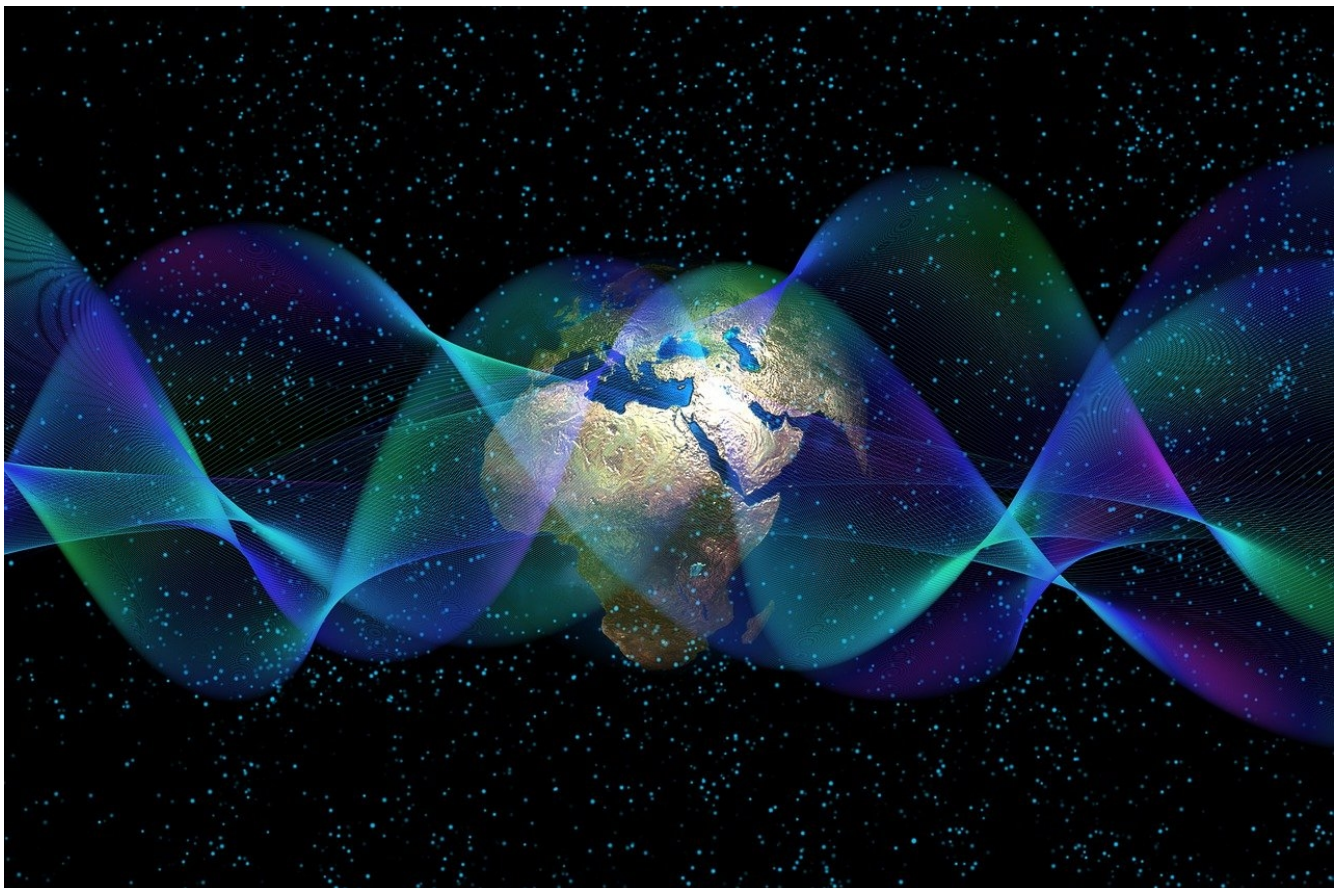


Illustration by [Gerd Altman](#) from [Pixabay](#)

## Introduction and Background

The human body is an amazing gift. It carries us through a lifetime of experience, both good and bad. We owe it to ourselves to take the best possible care of it. Life is more enjoyable when we are healthy.

There are many approaches to improving and maintaining health. My degree is in Behavioral Science. I spent 25 years working in the mental health field. I began my study of herbal medicines in 1975 after I recovered from a serious illness using herbs. My focus for many years was on nutrition, lifestyle, and herbal medicine. I've taught nutrition classes and I publish a natural health newsletter on [LinkedIn](#).

I became interested in energy healing several years ago and began my Reiki training under [Melissa Crowhurst](#). While exploring other types of energy healing, I came across Spooky2 videos on YouTube.

For most of my adult life I had considered Rife generators to be just a hoax and a scam perpetrated against gullible people. All of the equipment I saw cost thousands of dollars, and I figured people had to be pretty desperate to throw their money away on this type of thing. I never gave it any serious consideration.

Then I learned more about John White and his vision for the future of frequency medicine – to market a Rife generator so economical that anyone could afford it. My attitude about Rife began to change.

I purchased an XM generator and began experimenting with it. I found that this form of frequency medicine is indeed a fascinating topic, and has much in common with Reiki.

I've always been a science fiction buff. I was interested in the 23<sup>rd</sup> century approach to medicine and healing, and fascinated by the medical technology, especially the scanners. In a typical scenario, a spaceship crew member was either injured or came down with a mysterious illness. They went to the Med Bay, and were placed on a

large medical scanning table. The scan would pass up and down the body, discover what was wrong, and heal it with frequency treatment. At times a handheld scanner was used.

Not knowing much about Rife therapy, I thought that's what Rife generators were supposed to do. After I learned more, I found that most of the scans being done were targeted at finding pathogens, which is an important part of removing disease from the body.

I didn't see any scanning for direct healing, like in the science fiction shows. My next question was – why not? Surely if a Rife frequency scan could find a pathogenic microbe (an abnormal condition) it was capable of finding abnormal or damaged areas in the human organs.

I began my study of the resonant frequencies in the body, and found that the human body is a low-frequency organism. Plants and animals are similar – they don't vibrate at a high frequency rate.

The soft internal organs of the human body typically have resonant frequencies ranging from 1 Hz to 100Hz, with some exceptions. I'll provide more details on that topic later in the PDF, [here](#).

[How Robert Used Spooky2 BioScan to Heal Chronic Body Damage](#)

A few examples of some resonant frequencies in the human body:

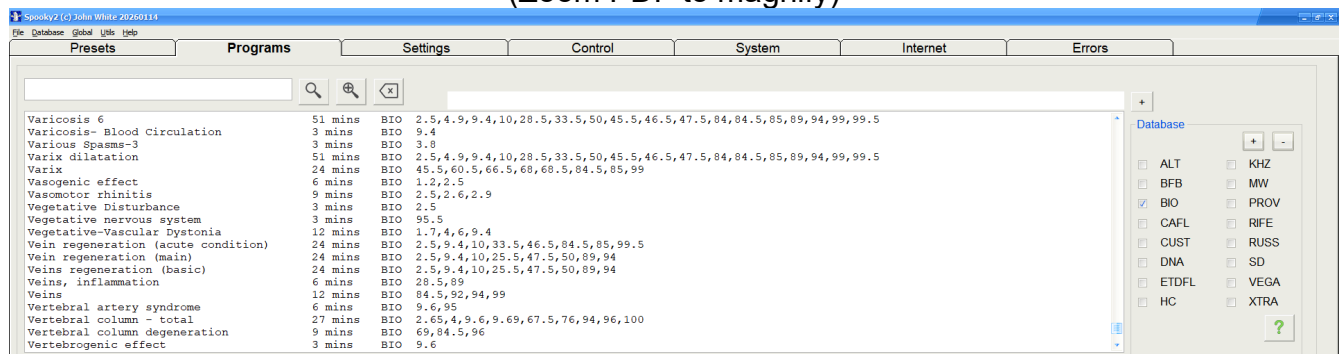
| Organ/Tissue | Resonance Frequency Range (Hz) | Influencing Factors            |
|--------------|--------------------------------|--------------------------------|
| Liver        | 6-10                           | Elasticity, Mass Distribution  |
| Kidneys      | 6-10                           | Elasticity, Damping Mechanisms |
| Heart        | 8-20                           | Mass Distribution, Damping     |

This article has more information about internal organ frequencies -

## [Exploring Resonance Frequencies of Human Body Organs](#)

The Spooky2 database has many treatment programs (example, the BIO frequency sets) with frequencies ranging from 1-100 Hz.

(Zoom PDF to magnify)



I knew there was a reason for focusing on this range of frequencies, so I began my experiments scanning the low frequency range using an XM generator, Spooky2 Remote, and Spooky2 Pulse. I was surprised, and quite frankly, amazed at the results. It seemed that my entire health history, the current condition of my body, and even inherited risk factors were being revealed by the reverse lookups!

As I continued exploring this with additional scans, I found that the scan results were consistent and surprisingly accurate. The same conditions show up in multiple scans over a period of time.

Now we have a method for discovering areas of the body that have been damaged by disease, poor nutrition, and stress. We can balance the frequencies in those areas to support healing. This method of scanning and healing is no longer science fiction, it's science fact.

To sum it all up – when your body frequencies are in balance, you are healthy. When they are out of balance, your health and happiness will suffer. In this PDF, you'll learn about a special kind of frequency balancing and systematic healing for the human body.

## The Science Behind The Process – The Quantum Matrix

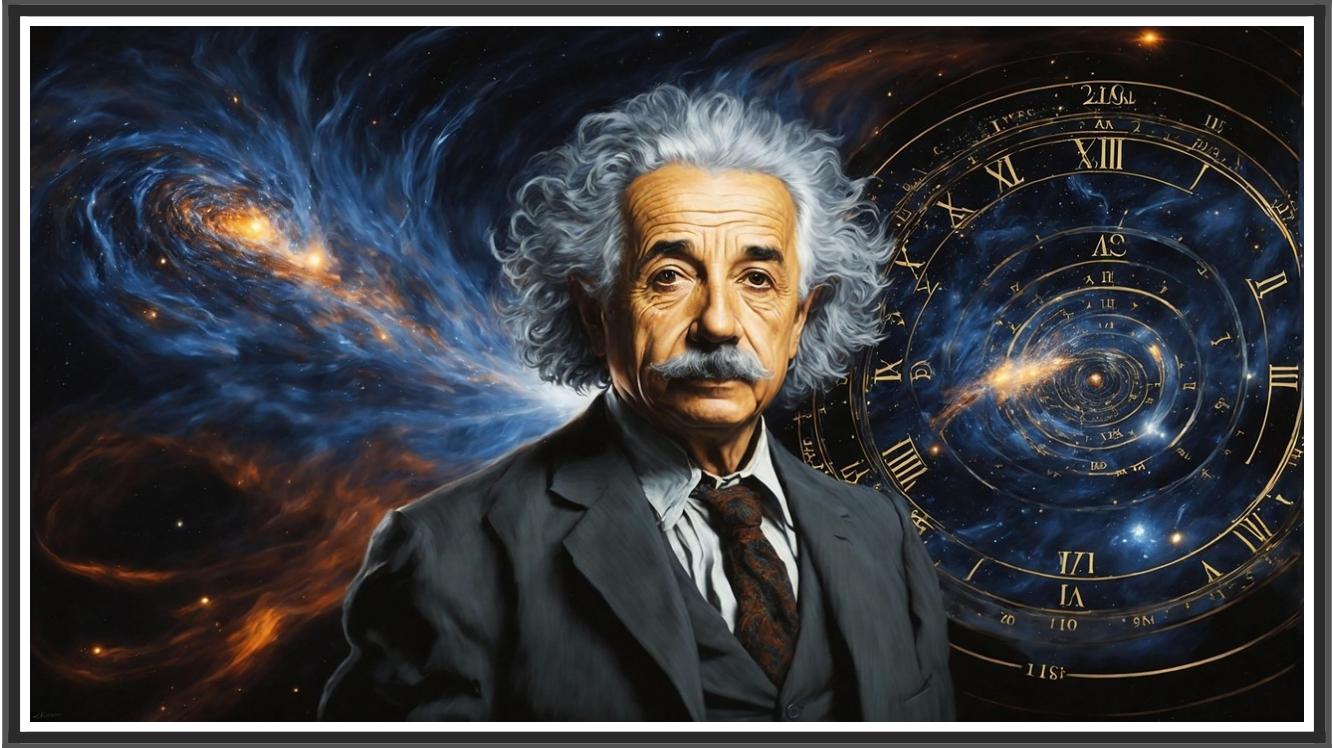


Image by [dilsadakcaoglu](#) from [Pixabay](#).

When we do remote scans or treatments with Spooky2, we think of the [quantum entanglement](#) of the energy and frequencies with the fingernail clippings, the DNA in the clippings, and transmission of the energy and frequencies from the generator and remote to the body.

What we experience, however, involves much more than the simple transmission of energy and frequencies. Quantum entanglement occurs on a sub-atomic level. This means that in addition to the frequencies and energy, *all of the information stored in your DNA* is included in what I like to refer to as the “Quantum Matrix”. When the remote connection to the body is made, the entire body – all of the organs and tissues - are also included.

This is one of the reasons I designed the Low Frequency BioScan for Healing (Pulse) using the remote for scanning instead of the contact method using Tens pads. The encoded information in your DNA is an integral part of the discovery of any abnormal condition in your body,

as well as the assignment of healing frequencies. I prefer the remote for scanning and treatment as it assures the most direct connection available *to* the DNA and quantum entanglement *with* the DNA and the internal organs.

To understand this better, let's take a look at the relationship between your DNA and the resonant frequencies in your body.

Your DNA determines the structure and composition of every cell in your body. The structure and composition of any object determines the resonant frequency of that object. A table top made of wood has a different resonant frequency than a table top made of marble. The cells in your liver have a different resonant frequency than those in your heart, as the structure, composition, and function of the two organs are different.

Since DNA determines structure and composition, it naturally determines the frequency of every living organism. The DNA coding isn't just about how the body functions or looks; the DNA coding sets frequency rates for every cell in your body and your internal organs.

Other factors related to resonant frequencies of the different organs are nutrition and lifestyle plus environmental factors. An individual who has a balanced diet and healthy lifestyle is far more likely to have a liver with resonant frequencies in the healthy range than someone who chugs a half dozen beers every evening after work and doesn't bother to exercise.

Your DNA determines what your body looks like and how it works. *It also creates a healthy frequency range for every part of your body.* Your DNA contains the information about what the frequencies in your body are *supposed* to be. Frequencies established by your DNA are the right frequencies for a healthy body, barring any DNA defects.

This is one of the reasons the Low Frequency BioScans are accurate and produce consistent results when using the humble XM generator,

Remote, and Spooky2 Pulse. When you do multiple scans, you'll find that current health issues, history, and risk factors are identified consistently. These are my results for 43.5 Hz, with scans over a period of three months, from August through October of 2025.

Arrhythmia (BIO) (43.5 Hz)  
Arterial occlusion, thrombosis (BIO) (43.5 Hz)  
Arterial Thrombosis (BIO) (43.5 Hz)  
Cardiac Angina-2 (BIO) (43.5 Hz)  
Coronary Vessels (BIO) (43.5 Hz)  
Heart arteries (coronary vessels) (BIO) (43.5 Hz)  
Heart Attack-1 (RUSS) (43.5 Hz)  
Heart Regulation (BIO) (43.5 Hz)  
Heart Tightness (RUSS) (43.5 Hz)  
Heart, regulation (RUSS) (43.5 Hz)  
Insomnia, basic (BIO) (43.5 Hz)  
Myocardial infarction (BIO) (43.5 Hz)  
Nerve Disorders - Control Frequencies 1 (RUSS) (43.5 Hz)  
Nerve problems - Pilot frequencies (BIO) (43.5 Hz)  
Nerve problems (BIO) (43.5 Hz)  
Stress (BIO) (43.5 Hz)  
Vitalization 2 (BIO) (43.5 Hz)  
Vitalization - Pilot frequencies (BIO) (43.5 Hz)

Healing Scan 8/10/2025 Ascending (CUST) (43.5 Hz)  
Regular 1-50, Full Set 10.4.2025 (CUST) (43.5 Hz)  
Regular 1-50, Full Set 10/4/2025 (BFB) (CUST) (43.5 Hz)  
Healing 1-50, 10.22.2025 (CUST) (43.5 Hz)  
Healing Scan 8.10.25 (BFB) (43.5 Hz)  
Healing Scan 8/10/2025 (BFB) (43.5 Hz)  
Test Two 8.19.25 (BFB) (43.5 Hz)  
Healing 8/31/2025 (BFB) (43.5 Hz)  
Healing Regular 9/23/2025 (BFB) (43.5 Hz)  
Regular Healing 10/1/2025 (BFB) (43.5 Hz)  
Deep 25-50 (52) 10/3/2025 (BFB) (43.5 Hz)  
Regular 1-50, 10.4.2025 (BFB) (43.5 Hz)  
Extra Deep (.025) 10/17/2025 (BFB) (43.5 Hz)  
Healing 1-50, (A) 10/22/2025 (BFB) (43.5 Hz)  
Healing 1-50 (D) 10/22/2025 (BFB) (43.5 Hz)

My current or past health conditions are highlighted in blue, with the different scans highlighted in green. Since I started using Spooky2 programs, I've seen improvement in most areas. The health conditions highlighted in red are potential health risk factors – future problems I need to avoid.

## Where does the accuracy and consistency come from?

I believe the DNA determines the frequencies that are *supposed* to be there, but when this meets an organ with frequencies that are “out of range” (unhealthy), there is some feedback, and we get a “hit” on a healing frequency established by the DNA profile.

Basically, the information in the DNA is acting as a “frequency analyzer”, and assigning the appropriate frequencies to balance any abnormal frequencies in the body and restore health.



Illustration by [Gerd Altman](#) from [Pixabay](#)

This analysis is happening on a quantum level; these aren't random frequency assignments. As we fine tune the frequency hunt by adjusting the Hz step size, we develop more accurate Hz values for each frequency and produce a more exact profile for the individual. Sometimes the frequency hits are not a perfect match for anything in the Spooky2 database. The database frequencies are accurate and in the healthy range, but the scan frequencies are *specific to your body*.

These frequencies are "fine tuned" and more accurate for *you*. They are normally within a reasonable range of the database frequencies and the corresponding descriptions for relevant health conditions. The database frequencies are a reliable reference for analysis.

I find that simply adjusting the reverse lookup tolerance will help to reveal relevant frequencies from the database. This helps us to identify the related health conditions. Your personal frequencies may be a bit different. Usually a .25% or even a .5% tolerance works well.

The example on the next page was done with a .025 Hz step size, to provide accurate frequency values with as many as three decimal places. The reverse lookup was done with a .5% tolerance, without the addition of harmonics.

Having been a Type 2 Diabetic, I'm in a population at risk for Alzheimer's. Fortunately, I have none of the symptoms. I'm also at risk for hemiparesis, which can result from having a stroke.

Thankfully, I haven't had a stroke either. I'm optimistic that I won't have one. I work at maintaining a healthy diet and lifestyle. I use herbal medicines. However, a history of stroke runs in my family. My father suffered from hemiparesis before he died.

The information in my DNA is included in the analysis, and uncovers some of the inherited risk factors in my family. How much of this shows up in the reverse lookup analysis depends on the information in our Spooky2 databases, and those are quite comprehensive.

### Database matches for 23.125 Hz:

Allergy and Rhinitis (RUSS) (23.2 Hz)  
Alzheimer Disease - Basic Programme (RUSS) (23.2 Hz)  
Alzheimer Disease (RUSS) (23.2 Hz)  
Alzheimer's disease (BIO) (23.2 Hz)  
Alzheimers 1 (CAFL) (23.2 Hz)  
Alzheimers 1 (XTRA) (23.19 Hz)  
Alzheimers 4 (XTRA) (23.19 Hz)  
Common Viruses TR1 (BIO) (23.2 Hz)  
Delta rhythm (RUSS) (23.02 Hz)  
Stress program-1 (RUSS) (23.08 Hz)  
Ultra Deep 8/26/2025 (BFB) (23.1 Hz)  
Ultra 40 - 1 - 9/7/2025 (BFB) (23.24 Hz)  
Deep Healing 9/23/2025 (BFB) (23.05 Hz)  
Deep 1-25, 10.3.2025 (BFB) (23.05 Hz)  
Deep 1-25 (52) 10/3/2025 (BFB) (23.2 Hz)

### Database matches for 22.475 Hz:

Cell frequencies (BIO) (22.5 Hz)  
Cell Frequency (RUSS) (22.5 Hz)  
Cellular Edema (BIO) (22.5 Hz)  
Cellular Turnover (RUSS) (22.5 Hz)  
Heat balance violations - Pilot frequencies (BIO) (22.5 Hz)  
Hemiparesis 2 (RUSS) (22.5 Hz)  
Hemiparesis (BIO) (22.5 Hz)  
Increasing adaptation resources 1 (RUSS) (22.41 Hz)  
Respiratory passages, nose - Circulation and inflammation (BIO) (22.5 Hz)  
Respiratory Tract - Control Frequencies (BIO) (22.5 Hz)  
Respiratory tracts - Pilot frequencies (BIO) (22.5 Hz)  
Stress program-1 (RUSS) (22.5 Hz)  
Vitamag Complete program (CAFL) (22.5 Hz)  
Regular 1-50, Full Set 10.4.2025 (CUST) (22.5 Hz)  
Regular 1-50, Full Set 10/4/2025 (BFB) (CUST) (22.5 Hz)  
Healing 1-50, 10.22.2025 (CUST) (22.5 Hz)  
Healing Scan 8.7.25 (BFB) (22.5 Hz)  
Test One 8.19.25 (BFB) (22.5 Hz)  
Test Two 8.19.25 (BFB) (22.5 Hz)  
Healing 8/21/2025 (BFB) (22.5 Hz)  
Healing 8/26/2025 (BFB) (22.5 Hz)  
Healing Regular 9/23/2025 (BFB) (22.5 Hz)  
Deep 1-25 (52) 10/3/2025 (BFB) (22.5 Hz)  
Regular 1-50, 10.4.2025 (BFB) (22.5 Hz)  
1-50 Hz, (.25) 10/13/2025 (BFB) (22.5 Hz)  
Healing 1-50, (A) 10/22/2025 (BFB) (22.5 Hz)  
Healing 1-50 (D) 10/22/2025 (BFB) (22.5 Hz)

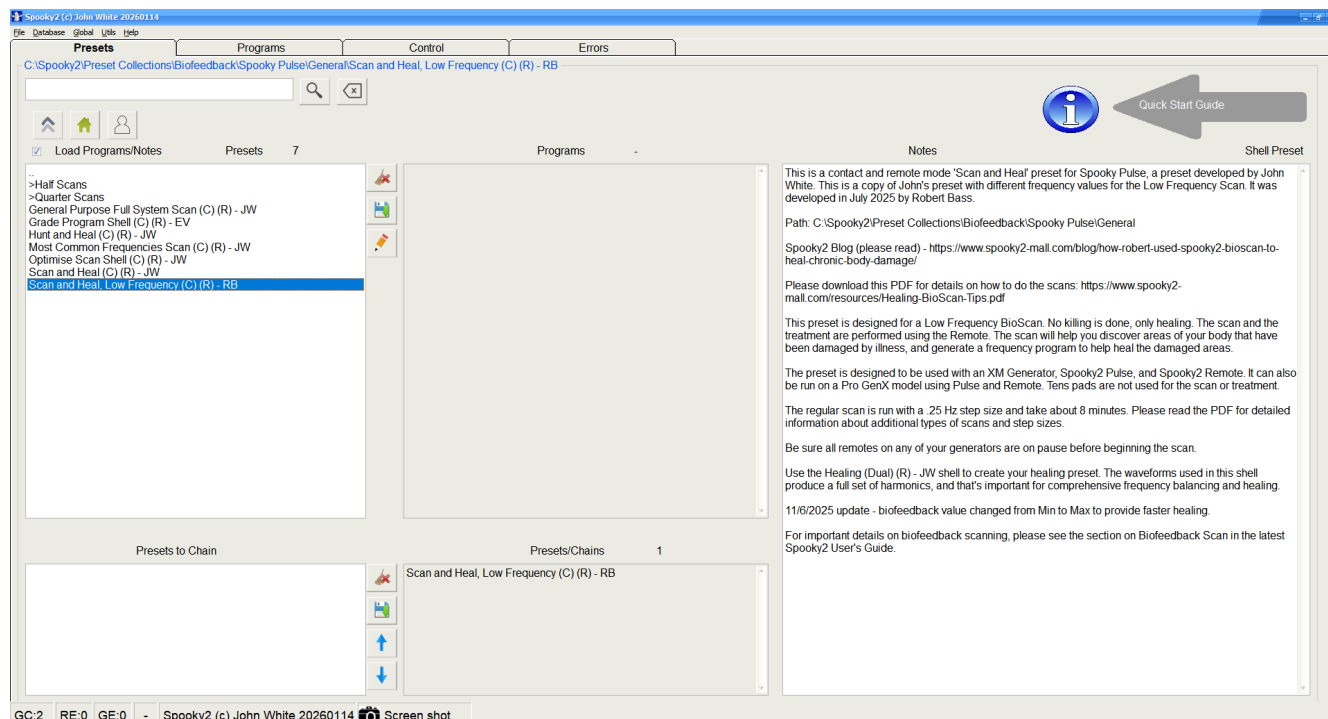
Of course, not every reverse lookup result is as perfect as these examples. Sometimes results contain health conditions that seem irrelevant, because a single frequency can be in dozens of programs for a wide variety of health issues. Not all of the health conditions listed in your reverse lookups will be specifically related to you. We'll explore that in greater detail later.

No matter what step size you use, you will get useful healing frequencies. I've experimented with .5, .25, .1, .125, .05, .025. and .01 Hz step sizes. They all keep your results in a healthy frequency range, useful for healing your body. When you use a .5 Hz step size, *virtually every frequency will be an exact match with something relevant from the Spooky2 database.*

For the reverse lookup I use the CAFL, RUSS, XTRA, PROV, BIO, BFB, and CUST databases. Most of the others don't contain many low frequency programs. I don't run harmonics every time, but they can provide some very useful information.

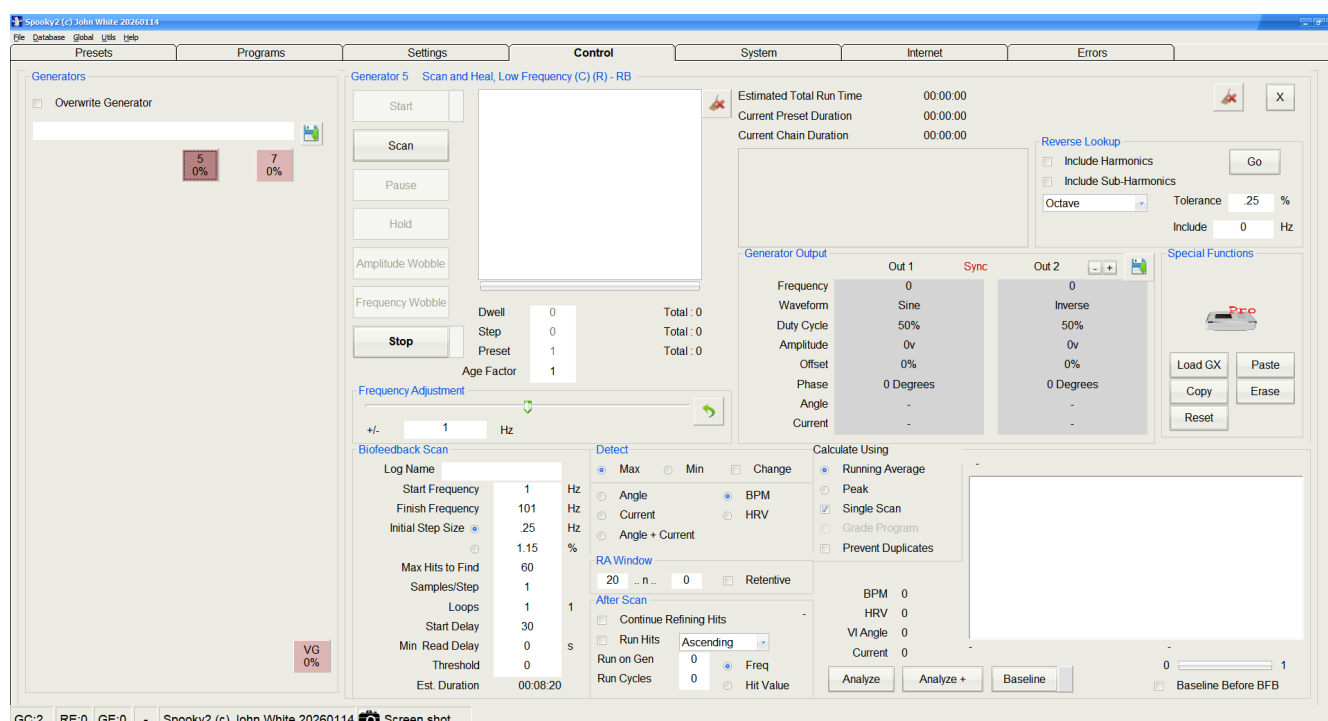
## Scanning With An XM Generator And Spooky2 Pulse

To begin your scan, locate the preset in the directory at:  
C:\Spooky2\Preset Collections\Biofeedback\Spooky Pulse\General.



Be sure that your software is running in the Advanced Mode, overwrite your generator and rescan your devices from the Utilities tab after you plug the Pulse accessory into a USB port on your PC.

Your settings should look like this: (zoom in on the PDF if you need to magnify the image).



Now you are ready to run your scan. This scan will take about 8 minutes. But first, it's important to determine how many frequency hits you want. This will determine how many hours your preset chain runs.

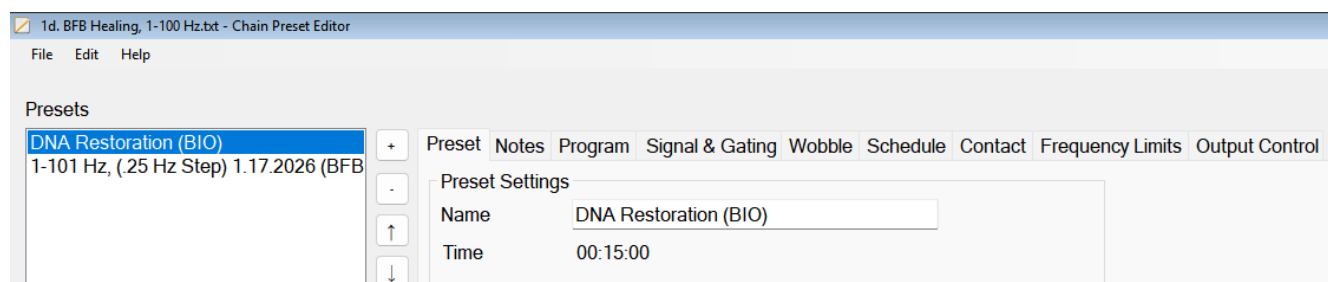
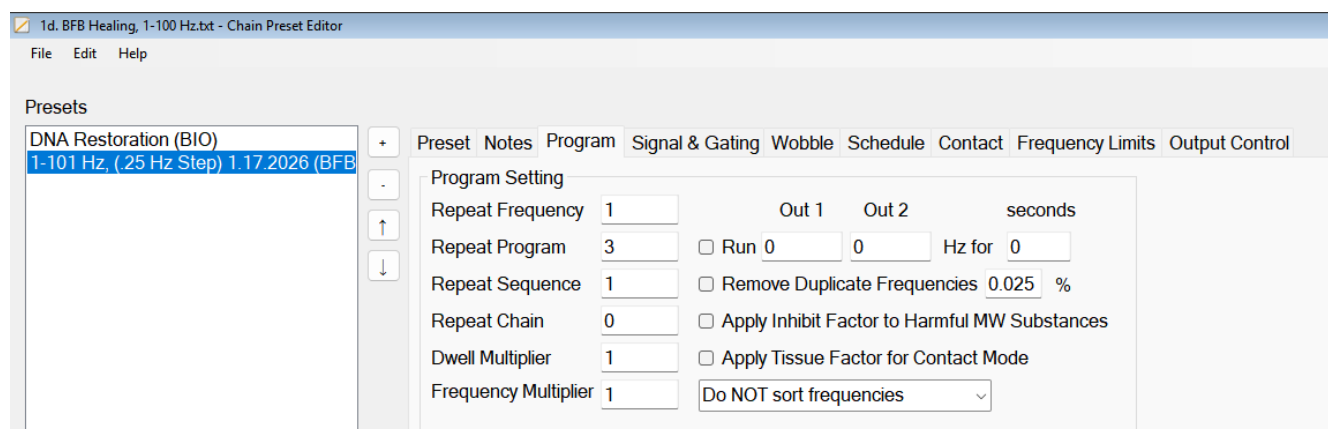
## How Many Hits Do You Want For Your Healing Program?

The default setting for this scan is 60 frequency hits. You may not need this many, depending on your age and previous or current health conditions. My son (in his 30s) always gets far fewer hits than I do.

When you build your remote healing preset, I recommend that you “triple stack” the program so it will run 15 – 18 times per day. The repeated remote treatments are the equivalent of one contact treatment every 24 hours.

If you run 60 hits, your preset will run for 1 hour and 30 minutes. Multiply this by three and your running time is 4 hours and 30 minutes. You can add another 15 minutes of frequencies into your preset, for example, DNA Restoration (BIO).

This healing program (1-101 Hz) will repeat 15 times every 24 hours. This is sufficient for frequency balancing and healing support. Be sure to use the “Healing (Dual) (R) – JW” shell to create your preset.



For maximum healing support, your remote program can run 18 times per day. This is the equivalent of one *very good* contact treatment every 24 hours. Set your hits to 52 or less.

Examples:

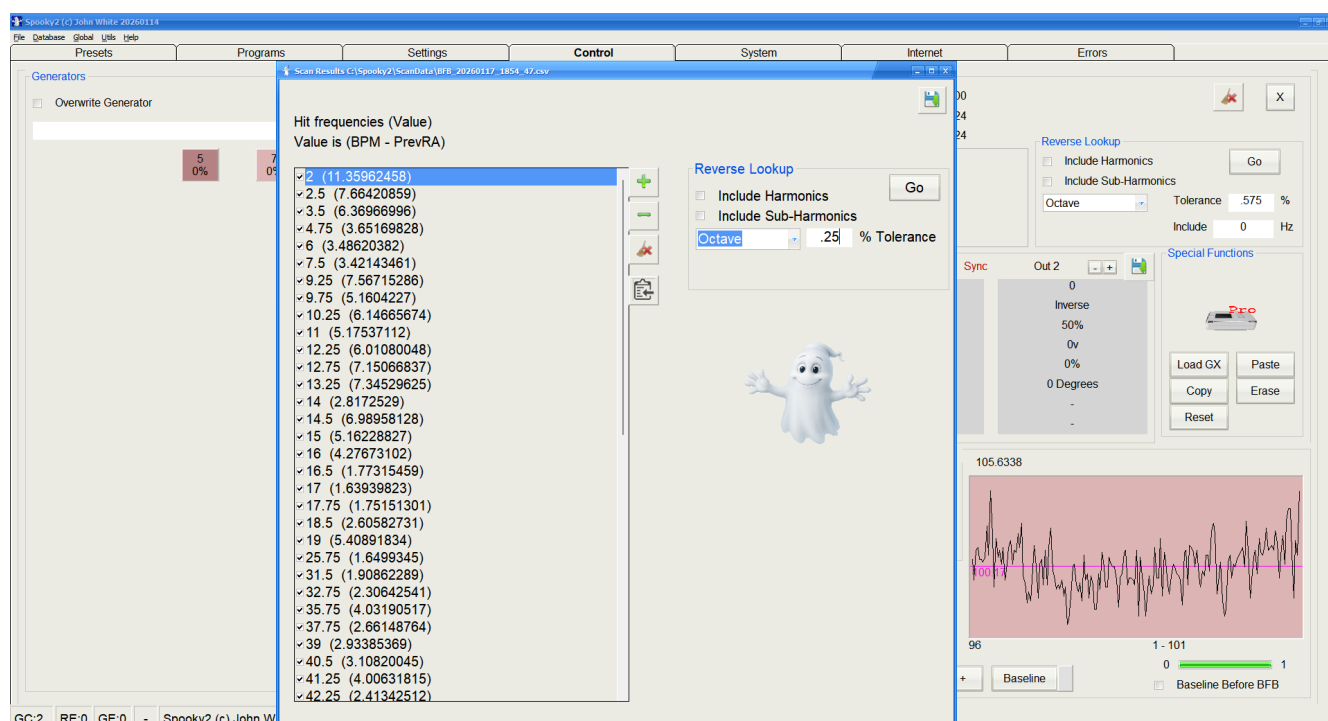
52 hits: run time is 3 hours and 54 minutes.

48 hits: run time is 3 hours and 36 minutes. This gives you 24 minutes for another custom preset. For example, the remote David Halliday preset 0029 “Human DNA Blueprint” (or 0208) is a good choice.

40 hits: running time is 3 hours. You will have 1 hour for additional custom presets.

## Creating Your Program and Your Healing Preset

Now you are ready to run your scan. Your phone should be turned off. Attach the Pulse accessory to your finger or ear, recline and relax, then start the scan. Try not to move around too much. This scan takes about 8 minutes to run. Now you can see the results and do your reverse lookup. I'll provide additional details later in the PDF.



Before starting the reverse lookup, be sure that the following databases are checked on your Programs tab – BFB, BIO, CAFL, CUST, PROV, RUSS, XTRA. You can check other databases, but they don't normally need to be checked because they don't have low frequency programs and will make the reverse lookup take much longer to run. You can add harmonics if you want more information. I normally use a .25 % or .5% tolerance for the lookup.

After you examine your reverse lookup, save it in the appropriate folder so you can look at it again if needed.

Create your program by clicking on the small icon in the upper right hand corner of the results screen. After you create the program, use the “Healing (Dual) (R) – JW” shell to create your preset, and save it in your User presets directory (standard method).

## Validating Frequencies – Understanding Your Reverse Lookup

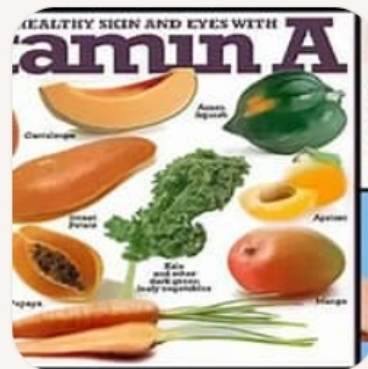
The thing that most people notice is that a wide variety of health conditions pop up in the reverse lookup, and some of those are not relevant to you as an individual. The results can look like a hodgepodge. In order to understand this better, let’s use Vitamin A as an example.

Vitamin A is beneficial for several conditions, including:

- **Vision:** Supports eye health, helps with night vision, and protects against age-related macular degeneration. ↻ 2
- **Immune Function:** Boosts the immune system, helping the body fight off infections. ↻ 2
- **Skin Health:** Aids in wound healing, reduces wrinkles, and improves skin radiance. ↻ 2
- **Wound Healing:** Essential for healing wounds and maintaining skin integrity. ↻ 1
- **Cancer Risk Reduction:** May lower the risk of certain cancers, particularly in high-risk populations. ↻ 2

These benefits highlight the importance of maintaining adequate vitamin A levels for overall health.

 ↻ 4 Sources



Let’s say you are 20 years old and have excellent vision. You don’t need extra Vitamin A for vision support. You’re doing OK with that.

However, you've had multiple bladder infections, and your doctor recommends that you add Vitamin A as a regular supplement. *Vitamin A is currently relevant to you for one condition but not the other.*

Program frequencies in your reverse lookup show up in a similar manner. Any particular frequency can be in a lot of programs. For example, 73 Hz is in dozens of programs, and many of those may not be relevant to you as an individual. Each program is composed of many different frequencies, and the *combination of all of those frequencies* determines what the program is used for.

A single frequency usually doesn't define the program's purpose.

As you look down the list of conditions, you may see something that is causing problems now, or it may be an illness you had as a child. It might even be an illness your mother or father had at one time. You will also see some frequencies that are not relevant for you.

73 Hz example

Actinomyces Bovis (XTRA) (73 Hz)

Actinomycosis 1 (XTRA) (73 Hz)

Adenoma, basic (BIO) (73 Hz)

Bedsore (BIO) (73 Hz)

Bedsore 1 (XTRA) (73 Hz)

Bedsore (CAFL) (73 Hz)

Bladder Infection (XTRA) (73 Hz)

Our hypothetical 20-year-old doesn't have Actinomyces Bovis! However, she's had multiple bladder infections. Some things are relevant while others are not, similar to the example using Vitamin A.

This is what you need to look for – items that are relevant to *you*. The other stuff doesn't matter.

If you examine your list of conditions related to any given frequency, you will see some things that are troubling you now or have in the

past. Those are your relevant conditions, and this is what validates the frequency. The frequency is important for you.

There are a few different ways we can use the scan results.

## 1. Finding The Best Programs For Your Personal Needs

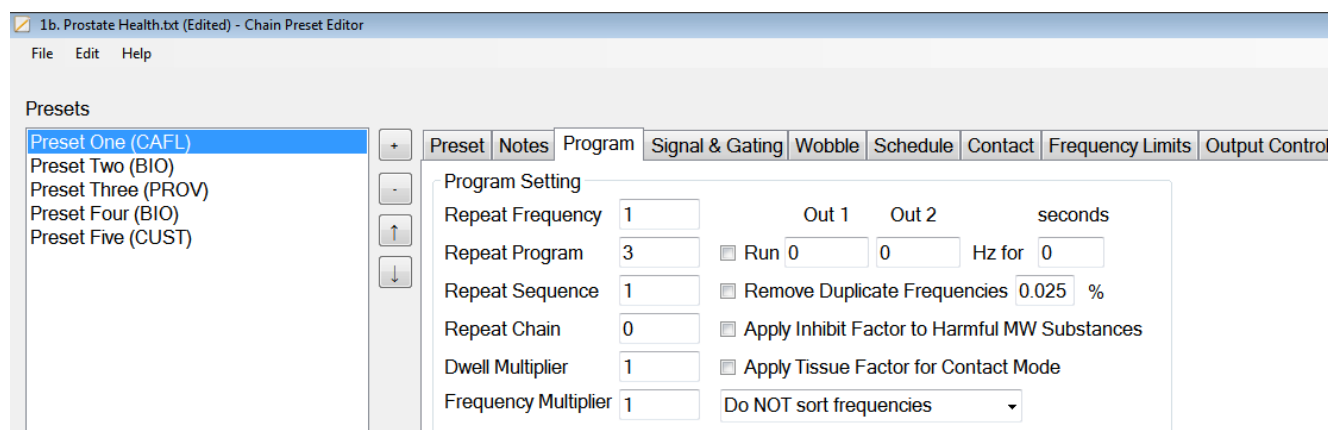
When you see a particular program showing up repeatedly in your reverse lookup results, you may want to consider using this program as a part of your regular routine.

Example: You currently have bronchitis or have a history with it. You run a scan and the Hz frequencies 2.5, 4, 6.5, 7.5, 11.5, 21.5, and 32.5 appear in your results. As you look down the list in your reverse lookup, you see that Bronchitis (BIO) shows up again and again.

When you see this type of result, it's a good indicator that Bronchitis (BIO) may be the right program to run as a part of your regular program preset chain, because the frequencies are relevant to you.

When you see the same program occurring repeatedly in your lookup results, it may turn out to be one of the most effective programs you can run, because it matches many of the healing frequencies needed.

Use the Healing (Dual) (R) - JW shell to create your healing programs. I repeat each program 3 times, and build my chains to run for a total of 4 hours – 4 hours and 45 minutes. The remote preset will run 15 – 18 times per day. 12 times per day (80 hits) is a good starting baseline.

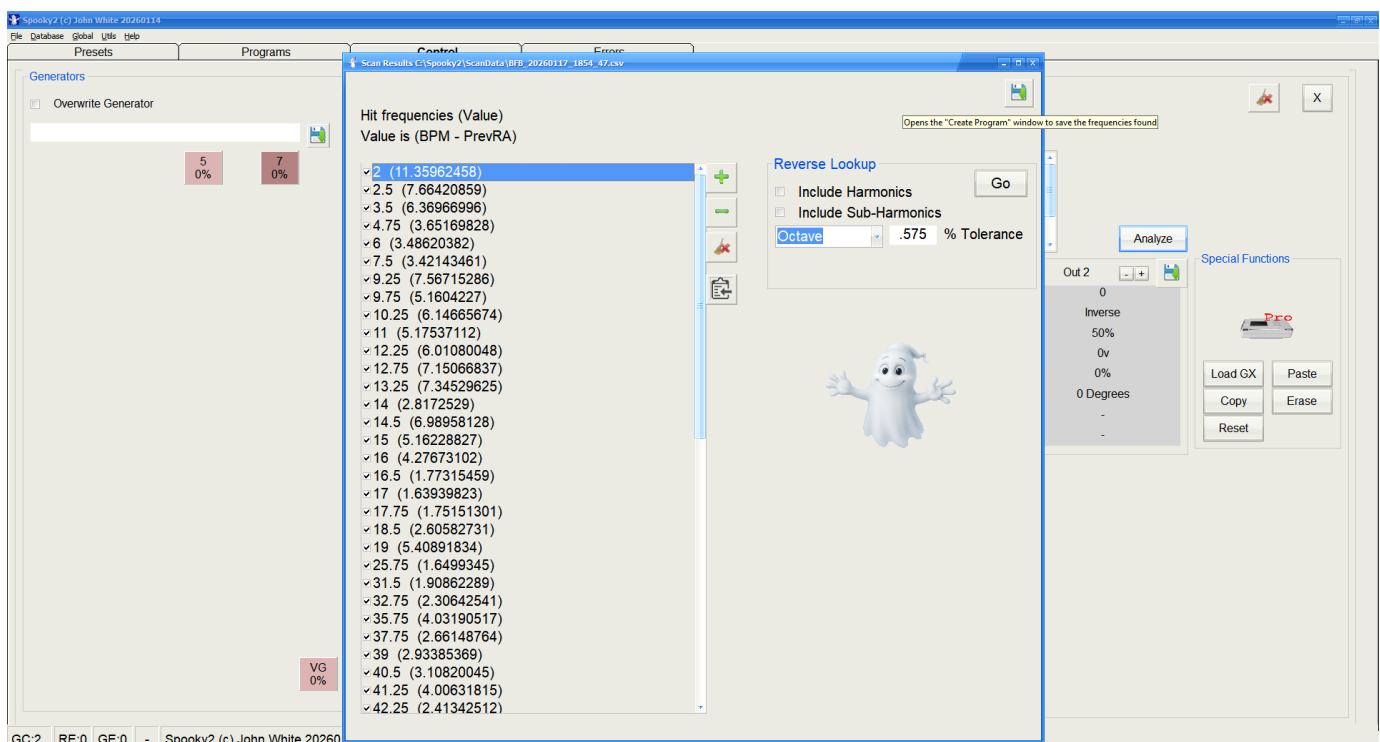


**Please note:** The frequency range from 1 – 100 Hz includes most of the soft tissues and organs of the body. Skeletal muscle or cartilage may range up to 200 Hz. According to some sources, resonant frequencies of bone range from 200 Hz – 900 Hz. If you run a scan from 200 – 900 Hz, you may need an initial step size of 1 Hz with 80 hits. You can also scan partial frequency ranges, like (1 - 225 Hz, 225 - 450 Hz, etc. with a .5 Hz step size. [\(return to the previous section\)](#)

## 2. Frequency Balancing

I've been told in the forums that this method of frequency balancing is similar in many ways to the type that is done using advanced radionics equipment. However, you don't need a radionics calculation method to do this type of scan using Spooky2 Rife equipment. The quantum entanglement of the DNA information does the math for you.

After you run your scan and the results pop up, you can create your frequency balancing program. Use the Create Program button up at the top right side of the scan results window. *Don't remove or alter any of the frequencies from the results!*



Name your program using a naming system that is easy to remember. Set the dwell to the number of seconds you want each frequency to run. The standard setting is 180 seconds. I usually set the dwell to 1 second so I can adjust the time with the Chain Editor. This allows me flexibility in the event I want to adjust the dwell to a different value.

Give your program a descriptive name. This will assist you when you do a program search.

Program Name  
1-100 Hz Healing, (.25 Hz Step) 1.18.2026

Frequencies (and optional advanced commands) are entered using a comma to separate each program step.

xxx-yyy Sweeps the frequency from xxx Hz to yyy Hz.  
=xxx x is the dwell (seconds) this frequency is to be applied. Example: 2127=180,2128=240,2127-2128=600  
Wx x is the waveform for this frequency. W sets Out 1 and w sets Out 2. The values of x for when specifying the waveforms are:  
1 for Sine.  
2 for Square.  
3 for Sawtooth.  
4 for Inverted Sawtooth.  
5 for Triangle.  
6 for Damped Sinusoidal.  
7 for Damped Square.  
8 for H-Bomb Sinusoidal.  
9 for H-Bomb Square.  
10 for User Defined #1  
11 for User Defined #2

Frequencies  
2,2.5,3,5,4,75,6,7,5,9,25,9,75,10,25,11,12,25,12,75,13,25,14,14.5,15,16,16.5,17,17.75,18.5,19,25,75,31.5,32,75,35,75,37,75,39,40.5,41,25,42,25,43,25,44,25,45,46,75,48,25,52,75,54,5,58,25,58,75,62,5,63,67,71,5,74,75,77,25,78,75,81,25,82,82.5,85,5,86,89,25,93,75,95,5,96,5,97,75,98,75,99,5,

Enter the default duration (in seconds) you wish to apply each frequency.  
Dwell  
180

Any notes for this program should be entered here. Spooky2 will include this in searches.  
Program Description  
1-100 Hz Healing, (.25 Hz Step) 1.18.2026

Use the Healing (Dual) (R) – JW shell to create your program.

Presets

C:\Spooky2\Preset Collections\Shell (Empty) Presets\Remote\Healing (Dual) (R) - JW

Quick Start Guide

Load Programs/Notes Presets 28 Programs - Notes Shell Preset

Anthony Holland 11th Harmonic (Dual) (R) - JW  
Anthony Holland 11th Harmonic (R) - JW  
Aubrey Sicon 11Hz Offset (R) - JW  
DNA (Dual) (R) - JW  
DNA (R) - JW  
DNA GX (R) - MM  
DNA XM (R) - MM  
Essential Oil Harmonic (R) - JK  
GX Online or Offline General (R) - JW  
Golden Ratio (R) - JW  
HCO or kHz (R) - JK  
Healing (Dual) (R) - JW  
Healing (R) - JW  
Healing (R) - MM  
Kill or Heal (R) - DH  
Killing (Dual) (R) - JW  
Killing (R) - JK  
Killing (R) - JW  
Killing (R) - MA  
Killing Low Freq (R) - JW  
MW Emulate (R) - JD  
MW Emulate (R) - JW  
MW Emulate 20v (R) - JD  
MW Remove (R) - JW  
Protein (R) - JW  
Substance (R) - MM

Presets to Chain Presets/Chains 1

Healing (Dual) (R) - JW

This is a Remote Mode 'Shell Preset' containing no frequencies. It has been designed for programs that heal, entrain or detox.

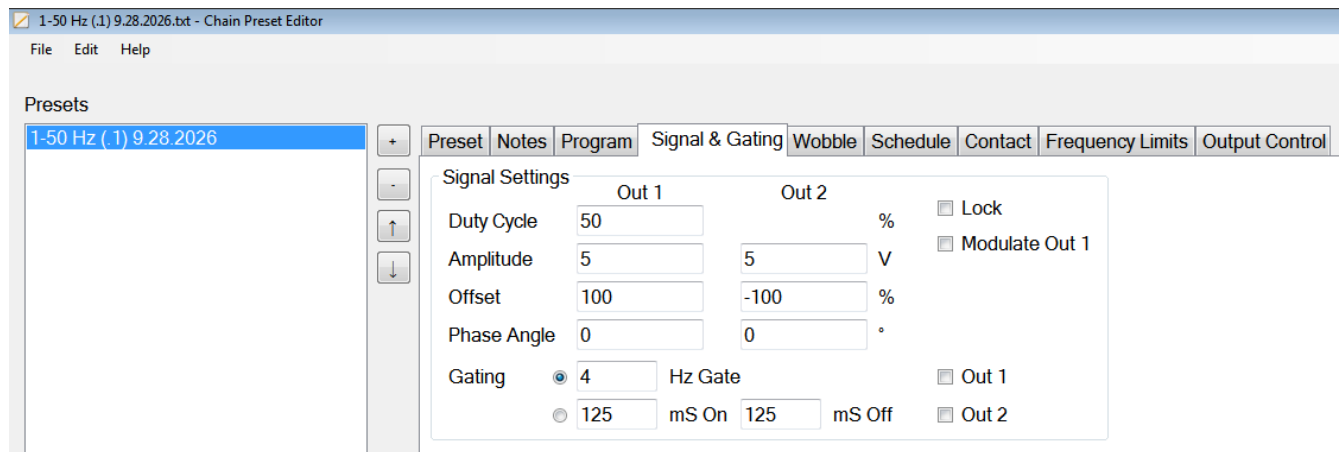
Spooky Remote provides a convenient way to send frequencies from any distance. Sandwich your DNA in some paper tape and place inside Spooky Remote. Choose the programs you wish to run, and start the generator.

DNA Entanglement transfers the frequencies directly into your DNA.

The Preset has been designed to loop continuously until stopped.

Connect a Spooky Remote to each of your generator outputs.

**Optional:** Since the human organism naturally creates frequencies consisting predominantly of overlapping sine waves, You can create a gentle frequency balancing program by changing the waveform to a sine wave and adjusting the amplitude to 5 volts. Sometimes I use offsets, to create a beneficial “Yin-Yang” effect.



Adjusting the waveform to a sine wave can be done using the Advanced Features, but my personal preference is editing and saving the .txt file for the preset, by changing the True/False values for the sine wave and inverted sawtooth wave on Output One. After I edit the .txt file, my work is done.

Your User Presets are located in the directory C:\Spooky2\Preset Collections\User.

```
"Out2_Follow_Out1_Frequency=False"
"Out1_Fixed_Frequency=False"
"Gate_Hz_Option=True"
"Gate_On_Off_Duration_Option=False"
"Out2_Follows_Program_Frequency=False"
"Out2_Run_Every_Second_Frequency=True"
"Out2_Create_Sidebands=False"
"Out1_Sine=True"
"Out1_Square=False"
"Out1_Sawtooth=False"
"Out1_Inverted_Sawtooth=False"
"Out1_Triangle=False"
"Out1_Sine_Damped=False"
```

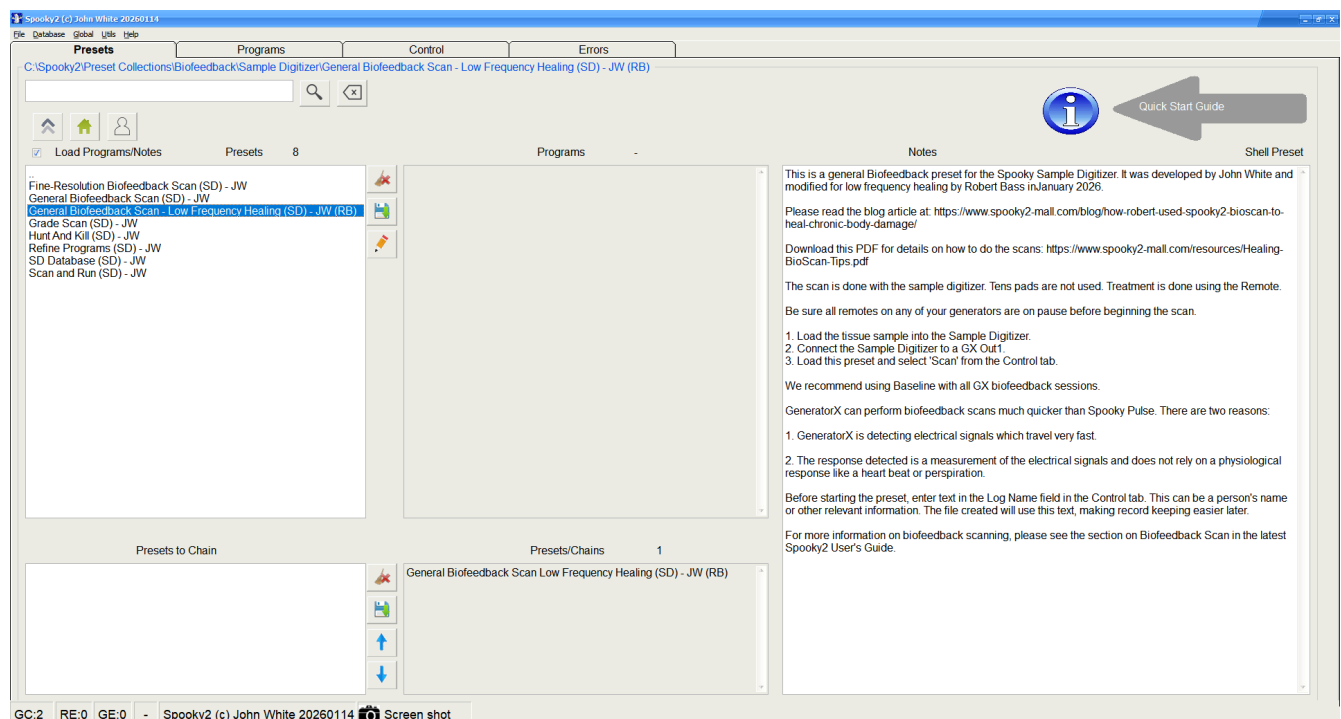
Create your preset, load it into your generator, start your remote frequency balancing treatment and enjoy the benefits!

# Scanning Using GenX and The Sample Digitizer

Set up your GenX and the Sample Digitizer. Use fingernail dust or small clippings for the DNA sample.

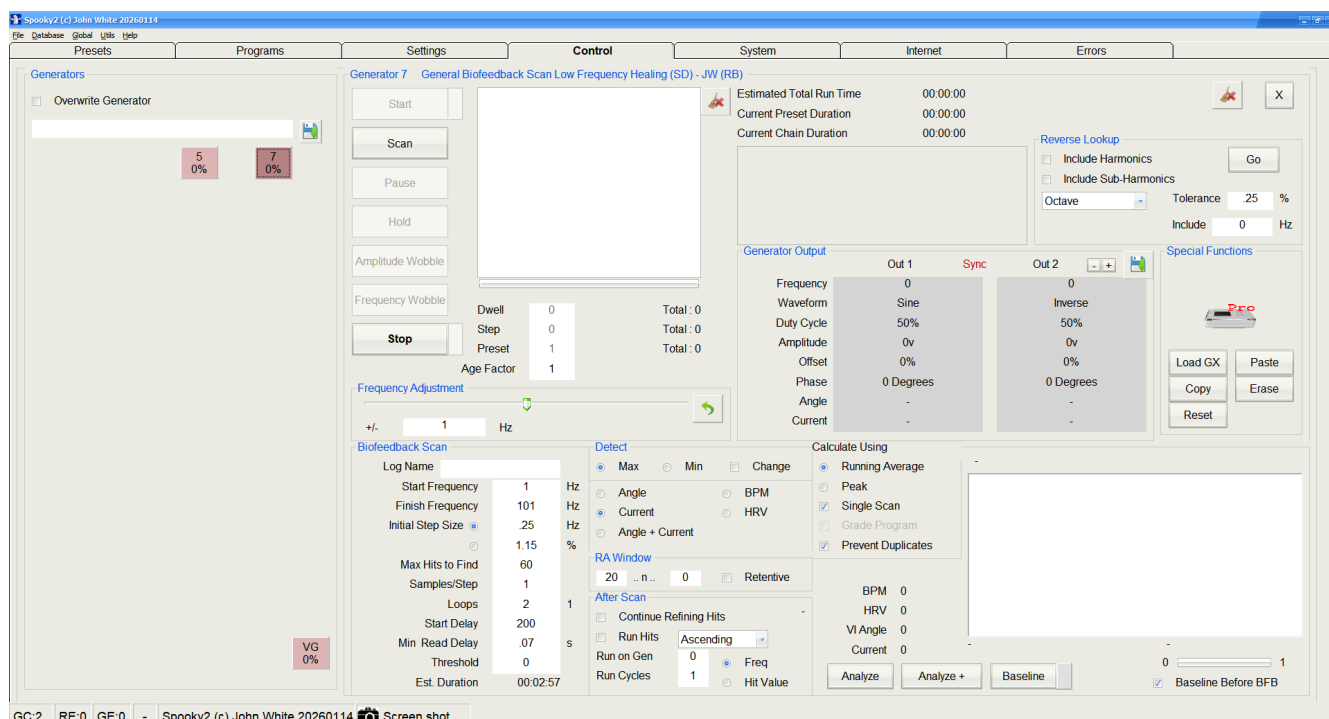
You'll find the scanning preset in the following directory:

C:\Spooky2\Preset  
Collections\Biofeedback\Sample  
Digitizer



Load the preset into your GenX generator, and be sure that all other remotes running with your DNA are paused.

Your loaded scan settings should look be identical with the settings in the screenshot on the next page. (edit: loops =1) The scanning range will be 1-101 Hz and the initial step size set at .25 Hz. A Baseline will be created prior to the scan. The scan runs for about 3 minutes.



After running the scan, you can do your reverse lookup, create your program, your healing preset, and your preset chain following the instructions covered in the previous sections linked below.

[How Many Hits Do You Want For Your Healing Program?](#)

[Validating Frequencies – Understanding Your Reverse Lookup](#)

[Creating Your Program And Healing Preset](#)

If you are finished with your scans, disconnect the Sample Digitizer and connect the Remote to the appropriate generator. Since these are low frequency remote healing programs, an XM generator will do a good job for you. You don't need to run the healing program on a Pro.

## Comprehensive Method Using Two Remotes For Treatment

Since I have several XM generators, I use those for my low frequency remote treatments. I believe the GenX is best utilized for BFB scanning, high frequency killing, and RRMD or peptide programs. The XMs are so inexpensive it makes good sense to have a few (or more)

of them. I've seen examples of people who have a whole wall filled with XMs, because they are treating family members and friends.

One of the aspects of the low frequency scans I enjoy the most is their versatility. We have a lot of flexibility with the scanning range we choose, as well as the Hz step size. We can scan the entire body or focus on specific organs. Additional details about this are in the next section about healing individual organs and creating a scalar healing program. In this section, I'll introduce you to a comprehensive healing method for the entire body.

First, a few ideas that I would like to share with you – Q & A topics.

The BFB scans for healing are quite different than the ones for locating and killing pathogens. When the healing scans were first introduced, many people found the differences confusing.

The healing scans have a different function and a different goal.

When scanning the resonant frequencies of the body, we are locating areas that have been damaged by illness or some form of injury. When we reach a certain age, or an illness has progressed too far, we often feel that we are literally “falling apart”, one thing at a time.

The accumulation of wear and tear over the years has taken it's toll. New health issues and symptoms keep popping up. One of the major functions of the healing scans is to stop and reverse this process of unnecessary deterioration and premature aging. It's actually a “de-aging” process.

This isn't always related to chronological age. My son who is in his thirties has suffered from more chronic pain than I ever have, and this has continued for over a decade. Between using an Aha Halo and two Rife generators, he is finally getting some relief.

Some people may wonder why I don't emphasize using the Tens Pads

for scanning or treatment for the BFB healing program, but my reasons are purely pragmatic. The Tens pads contact treatment is best used for killing pathogens. For a healing BFB scan, the Remote sends energy to your body and the Pulse measures the effect. Tens pads are not required for this type of scanning.

As I explained in a previous chapter, the quantum entanglement of the DNA during remote scanning and treatment is essential to the process. The other issue is that contact treatments of this type take a long time. I can't imagine doing contact treatments for 2 – 4 hours daily; it isn't practical for most of us.

The remote treatments continue 24/7 and don't interrupt your daily routines or activities. If you "triple stack" the remote treatment in a preset, it is equivalent to one contact treatment every 24 hours.

The other factor is the importance of setting priorities for treatment. The Healing BFB treatment is designed for long-term reversal of chronic damage to the body. As such, it is a subtle and gradual process. If one has a serious acute health condition, or pathogens that need to be eliminated ASAP, that is a much higher priority. Since Spooky2 recommends no more than two contact treatments per day, your contact treatment time needs to be spent on high priority items.

Old damage in the body will melt away gradually anyway, just by using the remote treatments. Some of the problems will disappear quickly. Since the XM generators are very inexpensive, there's no reason not to have a few of them dedicated to the remote BFB healing programs.

Now, let's get into the Comprehensive Method for Healing.

This will require the use of two or more remotes in order to be as effective as possible. The process requires doing different scans and then running the programs on different remotes. The idea is to obtain a robust assortment of healing frequencies – frequencies designed just for you. Here we enter into the *fine art of frequency balancing*.

The first scan can be done for the frequency range from 1-50 Hz. An initial step size of .1 Hz is a good place to start. The scan takes a little over 3 minutes to run with the Sample Digitizer, and about 10 minutes with the Pulse. Be sure to set the number of hits you want before running the scan. Your DNA-guided frequency hits will be precise, and perhaps not always an exact match to the database, so I recommend a .25% or even a .5% tolerance when you do a reverse lookup. Your individualized resonant frequencies will normally be within a reasonable range of the database frequencies.

Create your program, preset, and preset chain, and you're ready for the next scan. This one will run from 50-101 Hz, so change your starting and finishing frequencies to these numbers and use the same step size. After you obtain the scan results, create your program, presets, etc. as usual. Select the remotes you want to use and run your programs. You can do additional scans ranging up to 200 Hz.

Suggested use: Run your personal healing presets for 2 weeks, then do new scans for a fresh list of frequencies. Repeat this process as often or for as long as you need it. Be sure to give your body a break from remote energy treatments from time to time, in order to reduce frequency fatigue. I usually turn my generators off during the weekend, or at least every other weekend. An occasional three day downtime is even better. Taking a week or two off won't hurt a thing.

Sometimes your body just needs time to rest and adjust.

When using a remote scan or treatment, it's important to keep your DNA sample (fingernail clippings) clean and fresh. Although fingernail clippings may last for years, if the clippings are contaminated with any bacteria, fungus, other contaminants, or they are kept in a damp environment, they won't last that long.

I believe the clippings should be kept no longer than 60 days, maximum. I change mine every month. I've always had consistently good results with my remote treatments.

# Healing Individual Organs And Creating A Scalar Program

The Low Frequency BioScan preset is designed for whole-body healing, but you can also target specific organs and frequency ranges. This article from Advanced Insights provides important information about the resonance frequency ranges for various human organs. You can do a web search, but be forewarned – the internet has an abundance of inaccurate information.

## [Exploring Resonance Frequencies of Human Body Organs](#)

The body also produces other frequencies beyond the normal resonant frequencies of the internal organs. For example, the body produces infrared frequencies ranging from 30 – 10 terahertz.

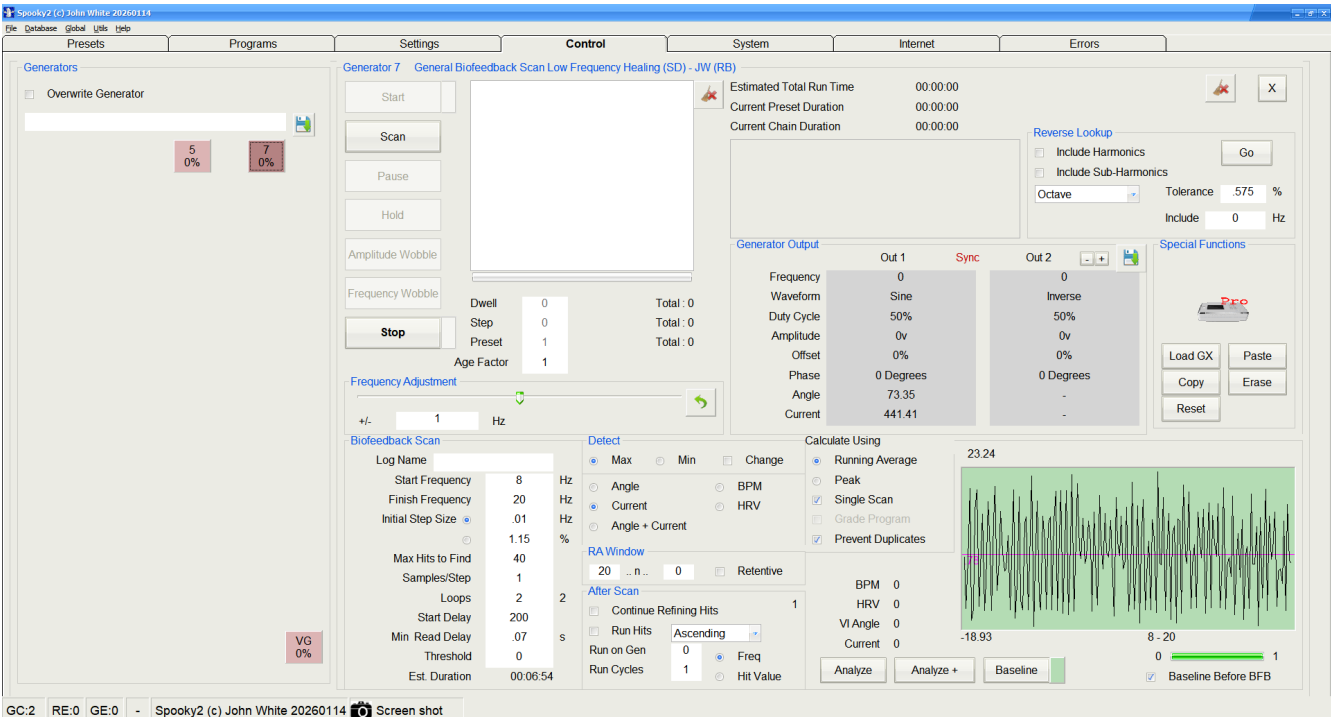
| Organ/Tissue | Resonance Frequency Range (Hz) | Influencing Factors            |
|--------------|--------------------------------|--------------------------------|
| Liver        | 6-10                           | Elasticity, Mass Distribution  |
| Kidneys      | 6-10                           | Elasticity, Damping Mechanisms |
| Heart        | 8-20                           | Mass Distribution, Damping     |

A specialized frequency balancing and healing program for the heart might be a good example, as there are several variables we can look at. Resonant frequencies for the heart can range from 8–20 Hz. We’ll do a scan for that range, and use a step size of .01 Hz, with 40 hits.

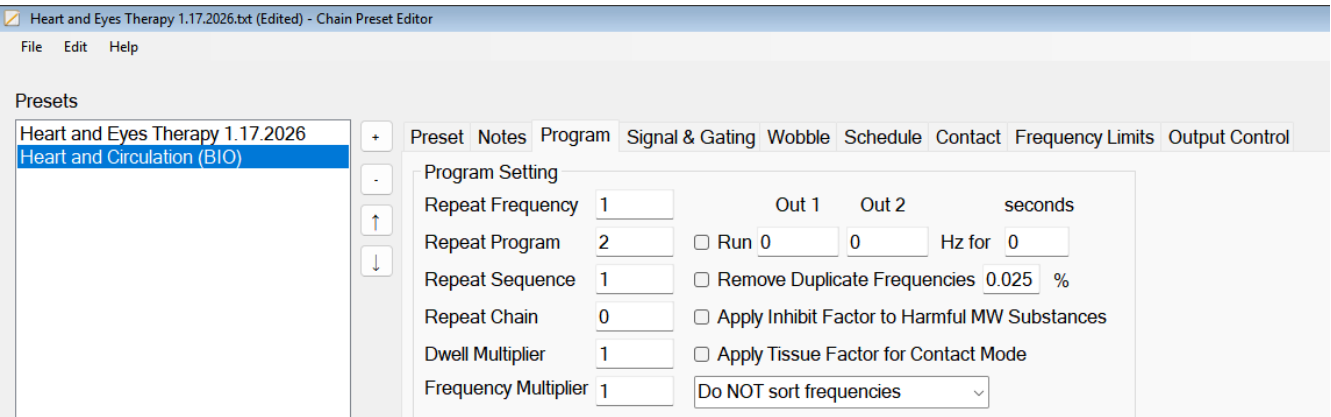
It’s important to note that the frequencies for the eyes usually run from 18-20 HZ, so those will be included in this scan. I’ll call the program “Heart and Eyes”. I’m sure some other organs may be included, as several internal organs reside in the 8-20 Hz frequency range. A scan with Spooky2 Pulse will take about 12 minutes, and about 3.5 minutes

with the Sample Digitizer.

After running the scan, I have a set of 40 precise frequencies ranging from 10.79 Hz to 19.98 Hz. The number of hits doesn't surprise me because I have some eye damage from an accident.



I'll run the "Heart and Eyes" program 3 times in my chain, add Heart and Circulation (BIO) and run it twice. This gives me a 4 hour chain.



Now we have an intensive therapy program for the heart and eyes, with a precise set of frequencies. You can choose any limited frequency range that you want and follow the same process.

How can we turn a low frequency healing scan into a program for Scalar Therapy?

Load any program that that you have created with your low frequency BFB scans into the Spooky Scalar General (SS) – JW shell. You can run this scalar program on your Scalar Generator, if you have one.

As I finish this article, a thought occurred to me. If you have a DNA sample (claw or nail) from a pet, you can use the Sample Digitizer to easily perform a non-invasive scan for healing your pet. For example, the resonant frequency range for a cat is between 25-150 Hz. Hopefully, there is some information for other animals as well. This may turn out to be an interesting topic for further research.

**One final thought: Self-diagnosis is usually a recipe for failure.** The human body is a complicated organism, and it's way too easy to get lost in the details. Most of us are not professionally educated or trained in diagnostics. It's a good idea to have a professional you trust to guide you with your evaluation of your personal health conditions.

Use your partnership with your physician to help determine what programs are best suited for your use. It's your body, and the method of treatment is your choice. My preference during the last 50 years has consistently been natural medicine, energy healing, (Reiki) and frequency therapy. My doctor understands this, and we have positive and productive conversations about optional methods of treatment.

Communication is the key to success.

Best wishes on your healing journey.  
Robert

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