

U.S. Destroyer & Coast Guard Cutter Experience Covid-19 Outbreaks in Pacific (Really 5G Sickness)



Sailors man the rails as the guided-missile destroyer USS Michael Murphy (DDG-112) passes Battleship Missouri Memorial during the official ceremony for the 75th Commemoration of the End of WWII on Sept. 2, 2020. US Navy Photo.

What has seemed to be a reoccurring issue with the U.S. Navy, we now have reports that a U.S. Coast Guard cutter along with a Navy destroyer has been a victim of Covid-19, or what they are trying to pass off for the real issue of Wi-Fi 5G electrosmog.

The crews of a Pacific-based Navy guided-missile destroyer and a Coast Guard cutter are battling separate outbreaks of COVID-19, officials said this week. I contend that the crew members are experiencing 5G RF Wireless Energy non-ionizing radiation sickness. The radar is just below the bridge area of the USS Stratton pictured below

On Thursday, Navy officials confirmed an outbreak was reported among the crew of USS *Michael Murphy* (DDG-112).

“Personnel assigned to *Michael Murphy* tested positive for COVID-19, Nov. 4. In accordance with policy, we do not discuss COVID-19 numbers at the unit level,” Navy spokeswoman Cmdr. Nicole Schwegman told USNI News in a statement. “Personnel who have tested positive for COVID-19 have been placed in isolation. Out of an abundance of caution, all close contacts and non-essential crew members are

undergoing a two-week self-isolation period in accordance with the Centers for Disease Control and Prevention Guidelines.”

NBC first reported about a quarter of the sailors aboard the destroyer had tested positive for the virus.

A Navy official told USNI News that 75 percent of the crew would complete their restriction of movement period on Friday and board the ship, while the more than 70 sailors who had tested positive would continue to isolate.

The destroyer was in the basic phase of training following a maintenance period and the Navy doesn't anticipate the delay from the outbreak will set back any future deployments.



The U.S. Coast Guard Legend-class cutter USCGC Stratton (WMSL-752), left, and the U.S. Navy Arleigh Burke-class guided-missile destroyer USS McCampbell (DDG-85) maneuver into formation during Talisman Sabre 2019. US Navy photo.

The Navy has improved its COVID-19 response after an outbreak aboard USS *Theodore Roosevelt* (CVN-71) in March sidelined the carrier for two-months in Guam.

Since then, the Navy's procedures have evolved to quickly isolate and remove infected crew members and perform contact traces to isolate others that may have come into contact with those who test positive. The challenge is all the more difficult given the tight quarters of a destroyer.

Meanwhile, the California-based cutter USS *Stratton* (WMSL-752) returned to homeport following an outbreak of COVID-19 that infected at least 11 crew members.

The cutter was on an anti-narcotics patrol in the Eastern Pacific when the crew began developing symptoms last week.

"The affected crew members reported mild symptoms and are receiving medical care. The cutter was met by Coast Guard medical staff, who conducted testing of the entire crew," read a statement from U.S. Coast Guard Pacific Area. "Following testing, the crew went into quarantine. The cutter will continue to meet all in port watch standing requirements while at homeport."

The U.S. Coast Guard Cutter *Stratton* has returned to its homeport in Alameda, California after 11 crew members tested positive for COVID-19 during its deployment in the Eastern Pacific.

According to the Coast Guard, several crew members began developing symptoms of the virus on November 11th and 12th, at which point they were given rapid testing kits, contact traced and put into quarantine.

Coast Guard medical staff met the vessel upon its return to Coast Guard Island in Alameda and conducted testing of the entire crew. In total, 11 crew members have tested positive. The Coast Guard said the affected crew members were experiencing only mild symptoms.

"The crew's health and safety is my highest priority," said Capt. Bob Little, *Stratton's* commanding officer. *"Stratton has a highly resilient crew, always dedicated to the mission. Our mission today is to get healthy so we can continue our service to the nation."*

The *Stratton* departed Alameda Oct. 28 for a counter-narcotics patrol in the Eastern Pacific. Prior to getting underway, the crew underwent a restriction-of-movement period which required them to self-quarantine and pass two COVID tests.

"The safety of our people and the public remain my top priority," said Vice Adm. Linda Fagan, U.S. Coast Guard Pacific Area commander. *"We continue to perform all statutory missions while taking the necessary precautions to protect our members and the public. We are committed to maintaining our operational readiness and will continue to perform critical missions that protect our national interests, promote economic prosperity and ensure public safety."*

As of Wednesday, the Navy reported about 15,000 total cases in active duty sailors since the beginning of the pandemic. This number is more than alarming and has not been widely publicized by the Navy or the Department of Defense.



Both pictures above are of the USS Stratton, and close examination indicate as many as five, perhaps more, but all are the distinctive “white globe” protective covers of 5G radar satellite receivers. 5G RF can be operated safely at 2 GHz, comparable to all late model “Smart” cell phones. Airport passenger scanners operate at 10 Ghz and present long-term exposure problems. What readers need to recognize is that “modulating” millimeter wave spectrum band 5G technology requires higher levels of RF energy in

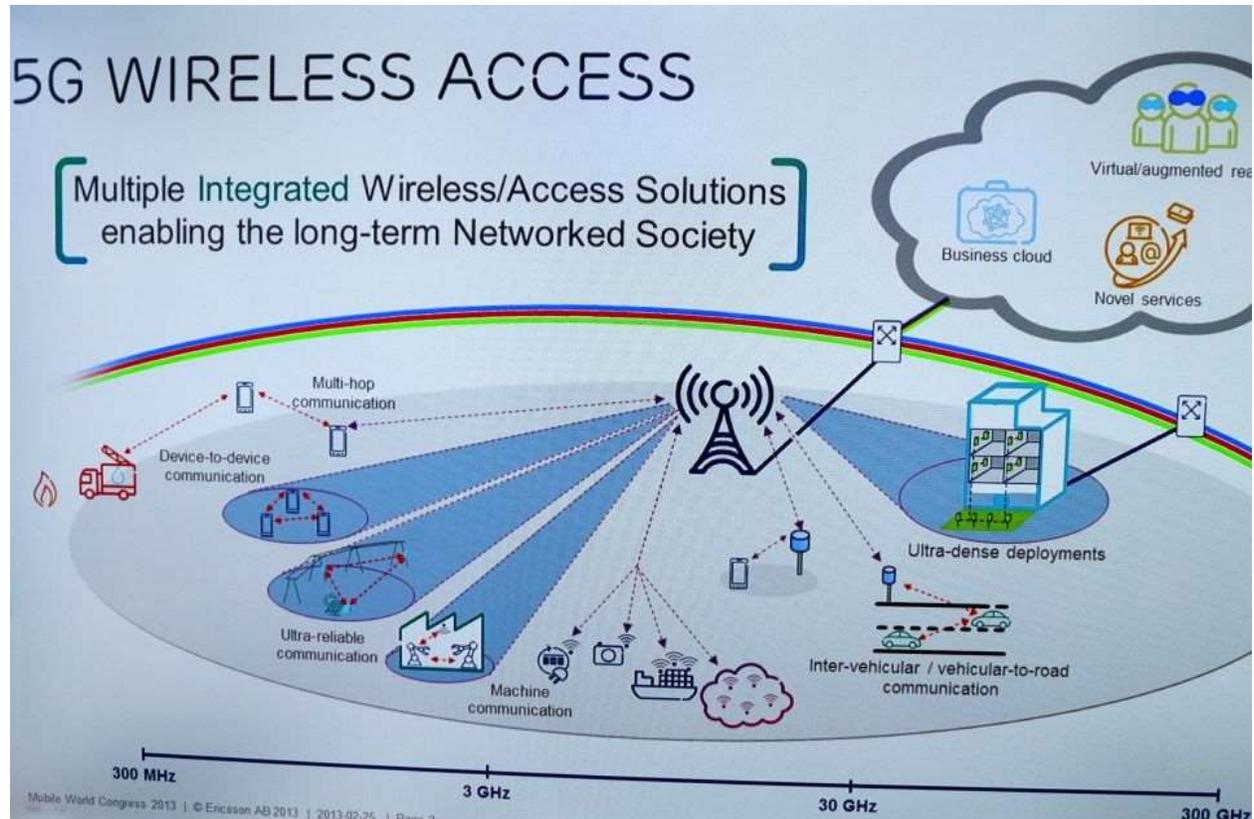
order to be at a working optimum level. 5G Satellites are in orbits of 60 miles (LEO) low earth orbit or up to 100 miles (MEO) mid-orbit. Beyond 100 miles the maritime shipping can access the U.S. (GEO) global earth orbit satellites. The new 5G millimeter band spectrum operate on a narrow band spectrum. Because of the tight beamed millimeter signal, it must operate at a strong enough signal strength to overcome adverse weather issues, such as rain, snow, sea mist, fog, etc. like the illustration below with ocean swells and 10-15 feet waves.



On page six below is a drawing of an integrated 5G wireless communications network. It has a radio frequency scale at the very bottom showing the band range from 300 MHz to 300 GHz range. A tiny image of a container ship is barely visible that suggests the operating range of between 3 GHz and 30 GHz. As a reference point, the latest models of smart cell phones are operating at -2 GHz to 3.1 GHz. Home utility smart meters operate at 7GHz. As I noted, TSA airport security scanners are operating at 10 GHz.

That harm to the human body, even at even MHz levels is a well-established fact, and as the devices rise on the GHz scale, serious health issues grow with both energy level and time of exposure. We know that at 60 GHz, 98% of the oxygen in a pair of human lungs is consumed, and death is instant. This is what occurred in September, 2019 at Wuhan, China. The deaths of unknown thousands occurred in random fashion. Cell phone pictures showed some who were unaffected while others died in their own foot prints. The suspicion is that a mandatory vaccine given by the CCP may have been

laced with an added ingredient or element may have been given to Chinese dissidents to cause the anomaly. Chinese secrecy prevents our knowing what or how it occurred, other than to know it all occurred at a time the CCP were activating and modulating their 5G network of Primary and Secondary base stations.



We know enough about 5G's lethality and its millimeter wave can be beamed directly into human pores through the process of electroporation. By modulating the energy level, a target can be put down and even executed invisibly.

The Maritime industry, which includes cruise ships, naval vessels, bulk and container ships are most likely engaged in researching ways to mitigate the physical harm that comes with 5G technologies. Unless they can solve the dangers of 5G wireless communications, the cruise industry [\$150-billion dollars a year] is dead in the water. As has been revealed in their own words, the U.S. Navy has had 15,000 personnel impacted by what they are calling Covide-19 in 2020 through Wednesday, November 18th, 2020. You do not need to be a PhD in finance to realize the dilemma before the Maritime industry. The average age of U.S. Navy personnel at sea would be hard to guess but I would think it would be 25 to 30, and those working with radar navigation and communications being equal to or a shade older. These are men and women in their prime health years. Whereas on cruise ships, crew members would be somewhat older, however, we know that 70% of cruisers are retired and in most cases have health issues that come with an aging population. Cruise lines have legal issues to be concerned about as I have noted in two recent articles.

On Friday, November 21, 2020, Princess Cruises extended its pause of Global Ship Operations Into 2021. This is there press release:

November 20, 2020 6:00AM PT

SANTA CLARITA, Calif. – In response to the U.S. Centers for Disease Control and Prevention (CDC) "Framework for Conditional Sailing Order" pertaining to resumption of U.S. cruise operations, Princess Cruises is extending its pause in global operations to allow time for the estimated preparation needed for completing required activities prior to sailing and taking into consideration the temporary seven-day cap on itineraries that call at a U.S. port. The cruise operations impacted include the following:

- All cruises sailing through March 31, 2021
- All cruises longer than seven days sailing in and out of United States ports through November 1, 2021

Additionally, due to the uncertainty about when international travel restrictions might be lifted, Princess Cruises is extending its pause in operations for cruises departing in and out of Japan through June 25, 2021.

"We are focused on preparing our ships to meet the CDC health and safety requirements for our eventual return to service," said Jan Swartz, president of Princess Cruises. "We also appreciate the continued support we have received from our guests, partners and travel advisors, reinforcing for all of us why we do what we do."

Guests currently booked on these cancelled voyages will have the option to receive a refundable Future Cruise Credit (FCC) equivalent to 100% of the cruise fare paid plus an additional non-refundable bonus FCC equal to 25% of the cruise fare.

To receive the above FCCs, no action is required by the guest or their travel advisor. Alternatively, guests can request a full refund for all monies paid on their booking through this [online form](#). Requests must be received by December 31, 2020 or guests will be registered for the Future Cruise Credit option.

Princess will protect travel advisor commissions on bookings for cancelled cruises that were paid in full in recognition of the critical role they play in the cruise line's business and success.

The most current information and instructions for booked guests affected by these cancellations, and more information on FCCs and refunds, can be found online at [Information on Impacted & Cancelled Cruises](#).

The line has 18 ships cruising global itineraries that are marketed to both American and international passengers.

The company was made famous by the American television series The Love Boat, in which its ship Pacific Princess was featured. In May 2013, Royal Princess, the first

Royal-class ship and the largest ship constructed for Princess at the time, became the flagship of Princess Cruises.

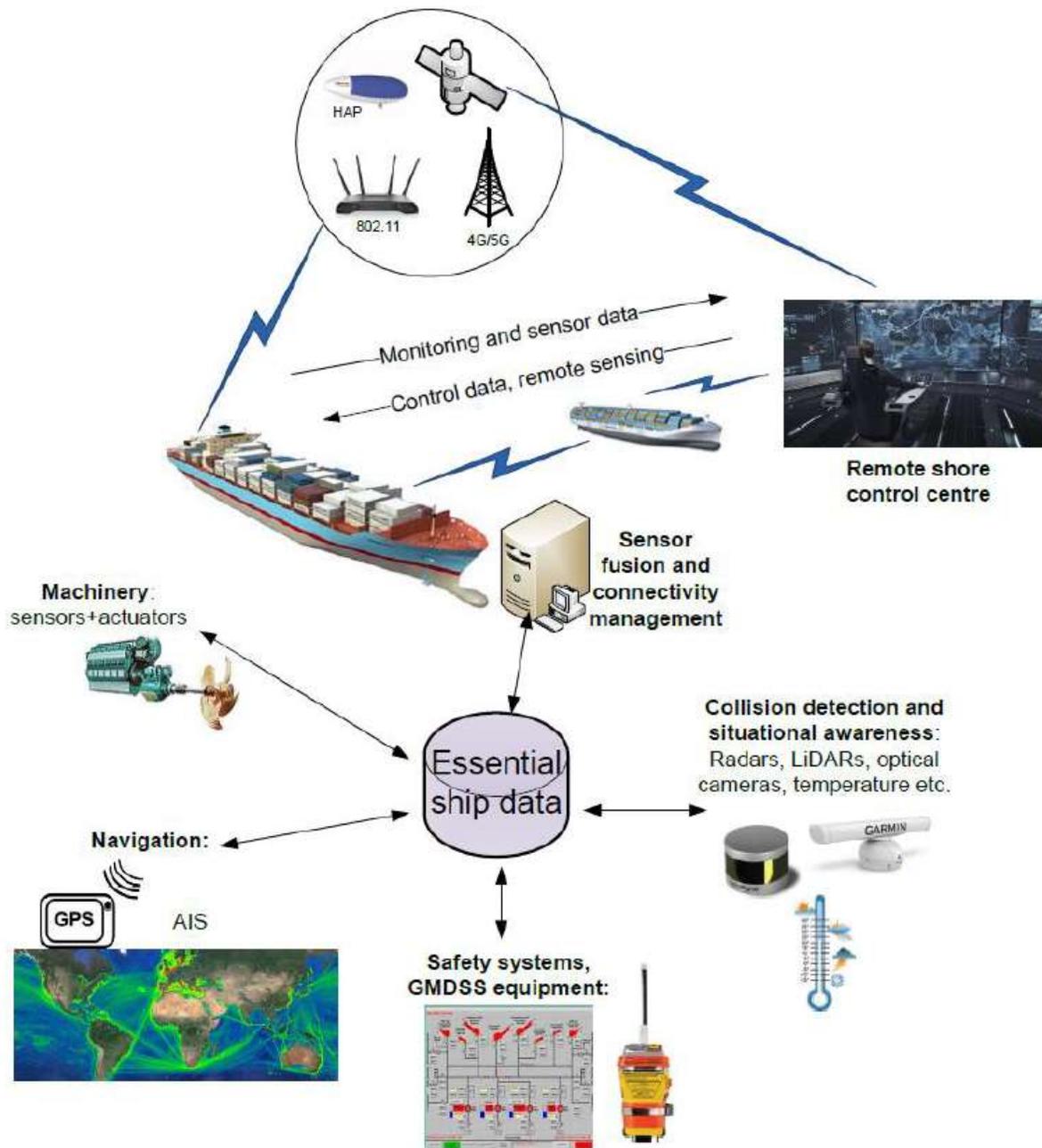
Ship Name	Tonnage	Capacity (lower berths)	Registry	Entered Service
Caribbean Princess	112,894	3,082	Bermuda	2004
Coral Princess	91,627	1,974	Bermuda	2002
Crown Princess	113,561	3,082	Bermuda	2006
Diamond Princess	115,875	2,670	United Kingdom	2004
Emerald Princess	113,561	3,020	Bermuda	2007
Grand Princess	107,517	2,600	Bermuda	1998
Island Princess	91,627	1,974	Bermuda	2003
Majestic Princess	142,229	3,560	United Kingdom	2017
Pacific Princess	30,277	672	Bermuda	1999 (built) 2002 (joined Princess)
Regal Princess	142,229	3,560	Bermuda	May 2014
Royal Princess	142,229	3,560	Bermuda	June 2013
Ruby Princess	113,561	3,082	Bermuda	2008
Sapphire Princess	115,875	2,670	United Kingdom	2004

Ship Name	Tonnage	Capacity (lower berths)	Registry	Entered Service
Sea Princess	77,499	1,998	Bermuda	1998 (rejoined fleet in April 2005)
Star Princess	108,977	2,600	Bermuda	2002
Sun Princess	77,441	1,998	Bermuda	1995

It seems to me that this press release has at least confirmed they have not solved the problem of 5G Wi-Fi radiation sickness. Below is a close-up view of one of these distinctive white globe covers used to protect the radar antenna receivers from the elements of nature.



Below on page 10 is the kind of data that is monitored in the Maritime Industry with ocean transportation. Recently, a livestock ocean freighter sank in a typhoon with nearly 6,000 head of beef cattle.



In the third major incident involving a Panama-flagged vessel in a month, 40 crew members were feared drowned when their large ship, the Gulf Livestock 1 sunk on Wednesday, 2 September. By Friday, a third survivor had been found.

The vessel had been caught up in Typhoon Maysak off the coast of Japan when travelling between New Zealand and China. Rescued members described a loss of

propulsion in the storm amid reports that the vessel had a track record of engine troubles.

Three survivors had been rescued from tough, stormy conditions. The first survivor had been visibly distressed upon learning he may be the only survivor. A second had survived in a life raft following some very challenging weather conditions, and the third was found on Friday after being spotted by Japanese search and rescue plane.

The Gulf Livestock 1 ship was carrying 5,867 cows for breeding in China. In images that shocked animal rights campaigners, New Zealand has immediately announced the suspension of all livestock transfers by ship.

The New Zealand's leading animal rights charity, SAFE (Save Animals From Exploitation) said the tragedy demonstrated the risks of the live animal export trade. "These cows should never have been at sea," said SAFE's campaigns manager, Marianne Macdonald. "This is a real crisis, and our thoughts are with the families of the 43 crew who are missing with the ship. But questions remain, including why this trade is allowed to continue."

In another related issue causing concern over 5G is that of weather forecasting by NOAA and NASA. Its ramifications are serious issues for those requiring timely weather reporting.

NOAA's GOES [Geostationary Satellite Server] GOES East (GOES-16) and GOES West (GOES-17) satellites presently provides: The GOES satellite senses electromagnetic energy at five different wavelengths. There are two wavelengths most commonly shown on weather broadcasts: Infrared and Visible. IR images are often colorized to bring out details in cloud patterns. Depending on the type of enhancement, the colors are used to signify certain aspects of the data, such as cloud-top heights. This is important because taller clouds correlate with more active weather and can be used to assist in forecasting.

Recently NOAA brought attention to the 5G debate by raising attention that 5G wireless EMF may be causing issues weather forecasting issues. Wireless radio frequencies being auctioned by the U.S. government for mobile 5G networks could interfere with weather forecasts and make them much less accurate, meteorologists warn.

The mobile network could cause interference that prevents satellites from detecting concentrations of water vapor in the atmosphere accurately, according to a report in the journal Nature.

"This is a global problem," Jordan Gerth, a meteorologist at the University of Wisconsin–Madison, told the journal. For months, the National Oceanic and Atmospheric Administration, NASA, and two committees in the U.S. House, asked the Federal Communications Commission to delay 5G spectrum auctions, the *'Washington Post'* reported.

The FCC has gone ahead with the sales. An auction on April 17 involved two groups of frequencies: one between 24.25 and 24.45 Gigahertz and the other between 24.75 and 25.25 Gigahertz, Nature reported.

(MORE: [It's the Deadliest Time of Year For Weather in the United States Right Now](#))

Information about atmospheric water vapor is plugged into computer models to predict how weather systems will behave. The vapor transmits a faint signal at a 23.8-Gigahertz frequency.

Meteorologists say a 5G station transmitting close to that same frequency could be mistaken for water vapor, and, they warn, that could make forecasts less accurate. *"This is the first time we've seen a threat to what I'd call the crown jewels of our frequencies — the ones that we absolutely must defend come what may,"* Stephen English, a meteorologist at the European Centre for Medium-Range Weather Forecasts in Reading, UK, told Nature.

Brian Donegan, a weather.com meteorologist, said, "[Five-day hurricane track forecasts are more accurate](#) today than two-day forecasts 25 years ago. I would hate to see these vast improvements take a major step backward, especially after the active 2017 and 2018 hurricane seasons the United States just endured."

In March, three chairmen of U.S. House Appropriations subcommittees sent a letter to FCC Chairman Ajit Pai asking him to delay an auction that month.

"Without this data, the nation's forecasting capacity would be [reduced to the accuracy of the forecasts produced in the 1970s](#)," the Democratic congressmen wrote, according to Roll Call. "For example, the forecast for Superstorm Sandy would have predicted landfall in Maine 24 hours later than actual landfall occurred in New Jersey, roughly 300 miles away. This would have further imperiled millions of Americans."

The letter was written by Peter J. Visclosky of Indiana, chairman of the Subcommittee on Defense; Mike Quigley of Illinois, chairman of the Financial Services panel; and Jose E. Serrano of New York, chairman of the Commerce, Justice and Science subcommittee.

(MORE: [An Asteroid Will Hit Earth Again at Some Point and We Have to Be Ready, NASA Administrator Says](#))

A similar request was made by Texas Democrat Eddie Bernice Johnson and Frank Lucas, an Oklahoma Republican, who lead the House Science, Space and Technology Committee.

"Given the frequency spectrum being considered, and at the FCC's suggested noise limits, there is the potential for signal interference with Earth observation sensors for weather and climate forecasting which operate at adjacent spectrum frequencies," the letter said, according to Space News. "We are therefore asking you to delay the auction of 5G spectrum until NOAA, NASA and the (Department of Defense) have been adequately consulted and their concerns have been addressed."

The Trump administration has been a proponent of rolling out 5G networks faster. At a White House event on April 12, President Donald Trump said 5G networks will *"transform the way Americans work, learn, communicate, and travel."*

"5G networks will create astonishing and really thrilling opportunities for our people," Trump said, according to a report by Mashable.

5G networks are expected to be at least 100 times faster than the current 4G networks, cut delays and allow for innovations in a number of fields.

In October, 2020, the Department of Defense said it wants to create its own version of a 5G/6G Wireless communications network.

In this article it seems to me that we are approaching a crisis point in the matter of the next generation of Wireless Communication. A war is brewing between the people who will not look at the evidence world-wide and those who have discovered the Ah Ha moment that all human life is in jeopardy of what Dr. Martin Pall calls, an "Extinction Level Event where few if any at all can survive the impact of enhanced electrical energy.

The Human body was create by God to resonate with nature at what we know as the Schumann resonance. The Schumann resonance – It's called the heartbeat of planet earth by some and the earth's vibration by others – is actually a frequency. It's the measurement of 7.83 Hz or the electromagnetic frequency of our planet, to be exact. This energy can increase or decrease at times, and many think it affects our consciousness. Is this true? Well, let's take a look at the facts we know first.

It starts with electrical storms – these are more than just spectacles and frightening events. An electrical storm generates lightening, which creates electromagnetic energy. This energy, circling as a wave between the ionosphere and the earth, bumps into itself amplifying frequencies and turning them into resonant waves. The discovery of these resonant waves was made in 1952 by W.O. Schumann, a German physicist, hence where the Schumann resonance gets its name. Human engineers have amplified problems through the creation of the HAARP program to heat the ionosphere for various objectives.

In simpler terms, we don't live on the earth, we live inside it – in a cavity of sorts. This cavity is created by the connection of the surface of the earth to the ionosphere that surrounds our planet. Everything within that area, namely energies and frequencies, can be influential to the earth's inhabitants.

Although the frequency can spike up or down, the Schumann resonance primarily levels off at this same measurement...until recently. Lately, frequencies have been lingering around 8.5 Hz, and even as high as 16 Hz. But even this is small compared to what you put to your ear every day.

Even at the stable measurement of 7.83 Hz, the Schumann resonance is thought to have a great effect on humans and animals. We surmise that these spikes in frequency can have an even greater effect, wouldn't you say?

There are factors that cause the fluctuation of the Schumann resonance. Influencers such as seasonal changes, solar flares, and electronic interference can alter the frequency at any given time. The recent increase in the average frequency could also be the result of an increase in human activity, maybe even the increase in human brain wave activity.

Studies show that this phenomenon may indeed affect human consciousness. As I mentioned before, solar flares may contribute to spikes in frequencies as well. The recent increase in measurements may not only be a result of an increase in human brain activity or disruption but can also be the cause of altered brain activity.

We already know that increases in electromagnetic frequencies do affect satellites and power grids, so is it possible that we are being influenced as well? Basically, it's a connection we've yet to fully understand. However, signs do point to "yes".

Viacheslav Krylov, at The Russian Academy of Sciences suggests that the Schumann resonance may not only affect telecommunications services but can also affect melatonin influencing biological functions such as the circadian rhythm of both animals and humans. Not only does melatonin regulate sleeping patterns, but also regulates blood pressure and reproduction too.

Some of the worst influences could even include cancer or neurological diseases which can lead to death. Krylov believes that human consciousness is affected simply because SR frequencies occur in the same range as human brain wave frequencies, precisely where theta and alpha brain waves intersect. And after all, everything we do is done within this area of electromagnetic influence.

The Schumann resonance may be better understood when examining matching vibrations. When a system of oscillators is tuned, one oscillator will affect the other. When one starts to vibrate, the other will eventually vibrate at the same frequency. Now, remember the fact that our brain waves and Schumann resonance frequencies are in the same range? This may make better sense now. A piano tuner understands this by using a tuning fork to adjust the strings on the keys of a piano.

This creates "entrainment" or "kindling". The word kindling refers to the matching of neurons across the brain creating synchronicity. This is the same effect that successful meditation has on our minds. We are in a coherent consciousness, vibrating softly at the same level. With all this being said, meditation keeps our coupling with the Schumann resonance or the fluctuating frequency of the earth.

"Ample anthropological evidence shows that humans have intuitively synchronized with the planetary resonance throughout human history and back into the mists of time."

-Psychobiologist, Richard Allen Miller

Many cultures implement vibrational techniques in hopes of synchronizing with the frequencies of the Schumann resonance, or the 'heartbeat of the earth'. They believe that these frequencies can heal the body and mind as energies connect. Even in the ebb and flow of these energies, high blood pressure is reduced and depression is somehow alleviated.

SYMPTOMS OF 5G EXPOSURE VS. CORONAVIRUS INFECTIONS

SYMPTOM	5G	CORONAVIRUS
Sperm / Testicular Damage	✓	✓
Neuropsychiatric Damage	✓	✓
Cellular DNA Damage	✓	✓
Apoptosis (Cell Death)	✓	✓
Cardiac / Blood Pressure Disruptions	✓	✓

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Without being too technical, the Schumann resonance has revealed our electrical energy regulator of life is 7.83 Hertz. When electricity was discovered, our world changed forever, and we cannot say that it was for the good. 7.83 Hertz is miniscule when compared to our use of a smart cell phone that puts out 2.8 Megahertz of energy and upwards of 3.4 Gigahertz energy. Thousands of studies over decade's show that this Electromagnetic "soup" that surrounds us can and does do great harm to the body.

If a human is stuck in old patterning and beliefs, or perhaps is lulled by complacency into a low frequency, then a burst of frequency can do one of two things. If the person has raised their consciousness enough to realize something is happening and is able to have an open mind and an open heart, then the person will begin to absorb these frequencies as much and as fast as their mind and spirit allows them to. Absorbing these frequencies causes the water in the body to begin to vibrate at the frequency of the spike. This could cause many uncomfortable symptoms but in the end it is also a testament that something is really happening to our planet and to our consciousness.

A few of the most common symptoms of these spikes in electromagnetic frequency are:

- ◆ Hot flashes- as the body vibrates faster it generates heat
- ◆ Blurred vision
- ◆ Vertigo (dizziness)
- ◆ Irregular or skipped heartbeat
- ◆ Unexplained pains that may linger to be acknowledged or may mysteriously come and go
- ◆ Ringing in one or both ears. High pitched frequencies, harmonic tones, and/or sometimes temporary deafening
- ◆ Mood swings as emotional blocks come up to be resolved
- ◆ Extreme fatigue or extreme energy bursts depending on the kind of frequency experienced at the time and how the individual is dealing with it
- ◆ Increased intuition, a sense of knowing or remembering things that guide you through difficulties, and increased sixth sense abilities (beyond touch, taste, feel, hearing, and sight)
- ◆ Nausea
- ◆ Flu-like symptoms
- ◆ Problems with bowels
- ◆ Extreme hunger or lack of hunger- different than usual
- ◆ Anxiety and increased fight or flight mode in the body

As you can see, if some of these negatively affected symptoms persist without the person doing things to help the body acclimate, it certainly could feel like the body would begin to exhibit more evidence of shutting down and may make you feel as if you are dying. In fact, it is purging in order to be able to acclimate, very similar to how it deals with flu or viruses.

If a person is completely unconscious and is not a caring, compassionate human, (or is not a souled human at all) then these frequencies will irritate and disturb and will most

likely not be integrated. Thus these type of people will stay at a low frequency and will not benefit from the incoming waves of energy. It could even begin to cause their physical body to shut down because it will not be able to stay manifest in harmony with the planet's frequency.

Unfortunately some people are not handling this well physically and we are seeing people "leaving" at this time (dying). There is certainly no judgment in this, as some people did not choose to go through this shift in frequency or simply did not have enough energy left to handle it, and no one ever really "dies" anyway. They simply move to another frequency outside of the constraints of the physical body and go where they need to in order to continue on their journey.

There are many ways to help you adjust to the energies, but here are a few of the most common:

- ◆ Meditation- not the kind of meditation to connect with astral beings or to have out of body experiences. Peace, pause, and breath meditation and focusing on energy flow works best, and open eye meditation is also good.
- ◆ Grounding, or Earthing- Bare feet on the ground, spending time in nature, sea salt baths, swimming, eating grounding foods.
- ◆ Prayer- asking your higher being (higher self/Source/Guidance team/the Creator) to assist you in acclimation, especially if you are suffering.
- ◆ Drink plenty of pure water! No fluoride.
- ◆ Rest- the body has an uncanny ability to do much of its re-setting while it is asleep or lying still.
- ◆ Loving yourself and caring for the body, Massage therapy
- ◆ Gentle exercise- moving the energy to release blockages and encourage proper energy flow.
- ◆ Whole foods- as opposed to processed or GMO foods.
- ◆ Spiritual Counsel or Life Coaching with an expert who has an understanding of the cause and holistic treatments
- ◆ Listen to your body and do what feels right to make it comfortable

Those who are sensitive to energy have been able to correlate when they are feeling something really different, and look up the chart to see if a "wave" is occurring.

Blessings,

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