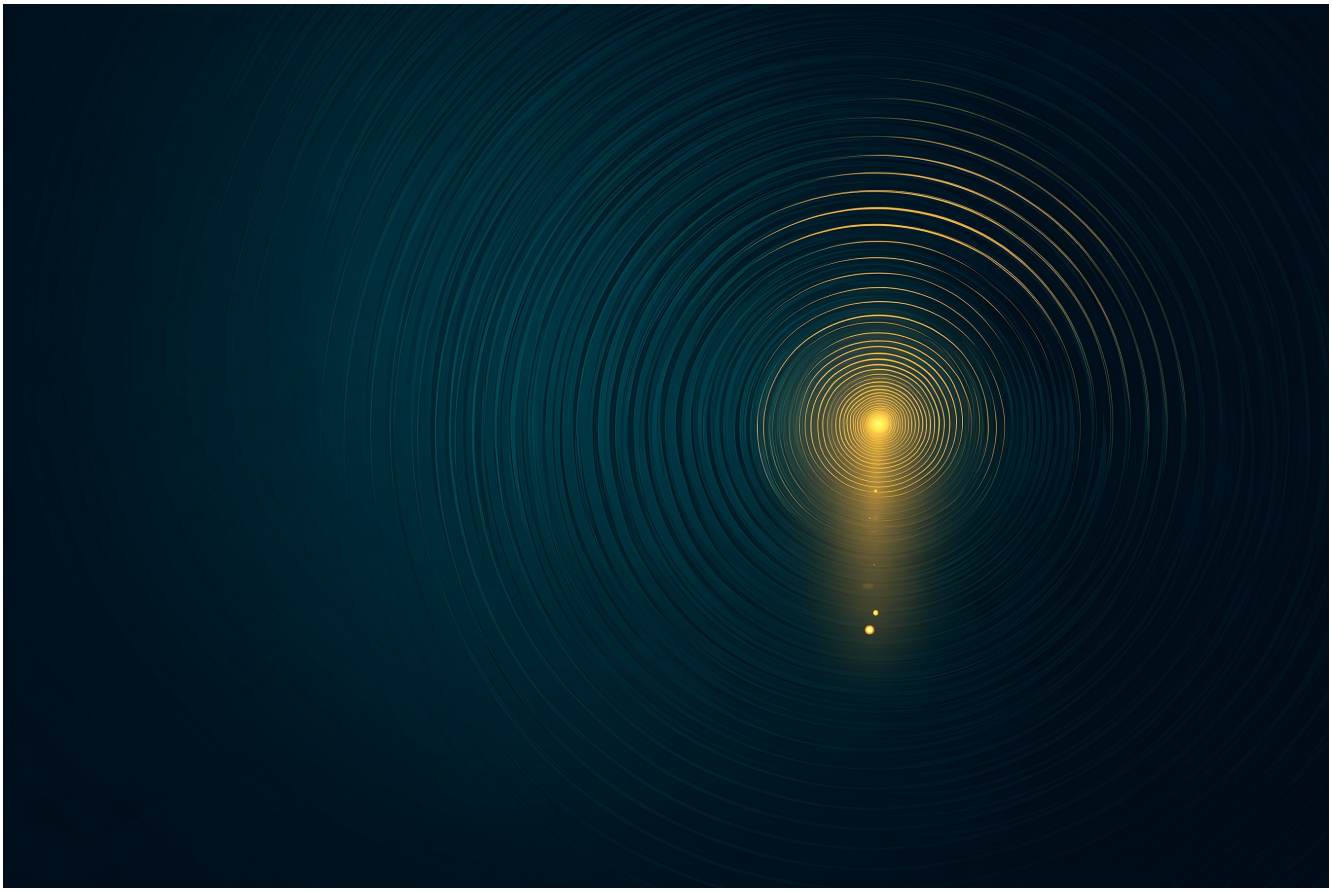


FREE INTRODUCTORY GUIDE

Frequency, Resonance & the Rife Story

A short, plain-English primer on Royal Rife, frequency in medicine, and the Spooky2 system — including the philosophy behind it, and an honest look at what is and isn't proven.

By Daniel James
About a 10-minute read

PART 1

The Man Behind the Name: Royal Raymond Rife

Royal Raymond Rife (1888–1971) was an American optical engineer and inventor who worked mostly in Southern California. In the late 1920s and 1930s he built a series of custom microscopes. The best known, the “Universal Microscope,” was reported to magnify 17,000× or more and was said to let him watch living microbes by lighting them with specific bands of light.

From this came his big idea. Just as an opera singer can shatter a crystal glass by holding the glass’s own resonant note, Rife proposed that each microorganism has its own resonant frequency (followers call it the “mortal oscillatory rate”) and that matching it could stress or disable the organism.

In 1934, Rife worked with physician Dr. Milbank Johnson and colleagues on a small clinic near San Diego. Supporters say a University of Southern California research committee oversaw it and that terminal patients recovered. Rife never published his methods, and the microscope and the treatment were never independently reproduced. He died in 1971. Interest revived decades later through books and, eventually, low-cost frequency generators.

Documented, claimed, unproven

- **Documented:** Rife was a real and skilled instrument builder, and the 1934 clinic took place.
- **Claimed by supporters:** that frequency treatment cured terminal patients, and that his work was suppressed.
- **Not established:** no peer-reviewed results and no independent replication. The American Cancer Society and Cancer Research UK state there is no reliable evidence Rife machines treat cancer, and the FDA has not approved or cleared a Rife machine.

Lack of strong trials is not proof of the opposite, but it does mean any health claim should be treated as unproven.

PART 2

Frequency in Medicine: What’s Real

The idea that the body responds to energy is not fringe. Frequency-based tools are everywhere in conventional medicine, each with defined settings and clinical testing behind it:

- **Ultrasound:** high-frequency sound for imaging and physical therapy.
- **MRI:** radio-frequency pulses and magnetic fields to image tissue.
- **Radiotherapy:** focused, high-energy radiation used in cancer care.
- **TENS:** low-voltage electrical pulses used for pain relief.
- **Tumor Treating Fields and TMS:** alternating electric fields and magnetic pulses, approved or cleared for specific brain tumors and for depression.



What separates these from Rife-style devices is not the idea that the body responds to energy. It is the controlled trials, defined dosing and regulatory review. Resonance itself is genuine physics; the open question is whether particular frequencies can selectively disable particular pathogens inside a living body, and that has not been shown in controlled human trials.

PART 3

Meet Spooky2

Spooky2 is a modern, consumer-priced frequency system. According to its makers (spooky2.com), it has three main parts:

- **Software:** a free Windows program with a large library of frequency programs, which the company describes as the biggest in the world.
- **Generators:** hardware such as the Spooky2-XM and GeneratorX. The company says up to 126 can be run together from one PC.
- **Transmission modes:** *Contact* (TENS pads, electrodes, hand cylinders), *Plasma* (a radio-frequency gas tube, modeled on Rife's original design), *Remote*, plus cold laser, PEMF and audio.

Spooky2 also offers **biofeedback scans** using a pulse sensor (Spooky2 Pulse) or GeneratorX. The scan sweeps through frequencies and records "hits", moments when the body appears to react. Those frequencies are then saved as a personal program. Note that these scans have not been independently validated as a diagnostic method.

Spooky2 states that its site and products are provided for **educational and research purposes** and are not a substitute for medical advice. At the time of writing (November 2026), the company lists its starter kit at roughly $331.

PART 4

The Philosophy — and a Healthy Dose of Skepticism

- **Everything vibrates.** From atoms to cells, matter is in constant motion, and resonance is a real, measurable effect. This is the foundation of the frequency worldview.
- **The body is electrical.** Nerves, heart and brain all run on electrical signals, which is why many people see frequency as a natural way to explore wellness.
- **Remote mode and entanglement.** Spooky2 describes Remote mode as using quantum entanglement and the "antenna" properties of DNA. Entanglement is real and well tested in physics labs, but mainstream physics holds that it cannot be used to send energy or messages, so this explanation is a hypothesis within the community, not established science.

Curious, not credulous. The healthiest way to approach this field is as personal research: stay open-minded, ask for evidence, keep records, and never use it to replace or delay professional medical care.

YOUR NEXT STEPS

Track Your Progress

- [ ] Talk with your doctor before using any electrical device, especially with a pacemaker, implants, epilepsy or pregnancy.
- [ ] Keep your standard medical care in place. Treat this as exploration, not a replacement.
- [ ] Download the free Spooky2 software (spooky2.com/downloadspage) and browse the frequency library.
- [ ] Start a simple log: date, program, time used, and notes on how you feel.
- [ ] Send me your questions (details below).



Learn it with me: private 1-on-1 training

Learning a new system alone can feel overwhelming. I'm Daniel James, and I'm available for private 1-on-1 training sessions to help you understand the technology, the software and the approach, at your pace.

Email me directly at DanielJamesXIX@gmail.com with what you need, and we'll schedule an introductory session together.

Ready to explore the equipment?

Spooky2 regularly offers discounts of **roughly 3% to 10%**, depending on current promotions. New customers who use my referral link also receive **3% off their first purchase of a Spooky2 New Users Kit**, a practical way to start with the full system and set up your own research.

Get your discount: https://www.spooky2-mall.com/ref/1063/

Disclosure: this is my referral link and I may earn a commission on purchases made through it, at no extra cost to you.

IMPORTANT NOTICE

This guide is for educational and informational purposes only. It is not medical advice and is not intended to diagnose, treat, cure or prevent any disease. Rife-type frequency devices are not approved or cleared by the FDA for the treatment of any medical condition. Historical and company claims in this guide are attributed to their sources and are not endorsements of effectiveness. Always consult a qualified healthcare professional about your health, and never delay or replace medical care because of anything you read here.

Sources: spooky2.com; Cancer Research UK; American Cancer Society; FDA statements as reported by AFP/PolitiFact/Full Fact; San Diego Reader; Wikipedia (Royal Rife).