

Keynote NOVEMBER 2023
Astrology Association: SCORPIO
Color Association: Green Blue

Humans as an Obsolete Species

What is the purpose of allowing humans to continue inhabiting the planet? Last month we said that the new Covid 23 was designed to be an anti-fertility campaign against homo sapiens. Have humans outlived their usefulness and are now a liability since their efforts can easily be replaced with artificial intelligence (AI). After all AI is not influenced by climate changes, they do not need to be fed or kept warm, they don't need to be entertained, take vacations or demand freedoms. They don't require electricity, running water or breathe valuable oxygen. With all of the obvious costs of maintaining living beings versus practically no maintenance for AI, why let humans breed? Who thinks that?

Through recent articles, we have attempted to establish that humans respond to sounds and frequencies. In particular, we have reported that the human voice reflects an individual's emotional, structural and biochemical attributes. As we listen to each other speak, we develop relationships that encourage friendships, support and empathy. It is unlikely that this happens among AI individuals.

After years of honing our ability to listen and ascertain, what do we really know about our brethren? Did we learn mutual learning and growth or did we, are we, choosing a path of tyranny as we learn to exploit the weaknesses of others?

What is the purpose of living a life? With all of the pretense and chaos what do we really know about our fellow human inhabitants?

We pretend we value honesty but then we lie and believe lies and act out those lies. We love happy endings, but do we live them, help manifest them? Who gets to say what is "right" for all of humanity? Is there anything that would make us all happy and content?

With few exceptions, no one should get to live the life of another excluding our children up to a certain age or those who can't care for themselves.

What would it be like to play the role of the Supreme Being? Dean Hamer, author of *The God Gene* postulates that we each have an intrinsic, internal connection to each other: an individual God Gene! Which dictates our empathy and human bonding. He reports that the God Gene dictates the manufacture and transport of key neurochemicals called monoamines that may account for our spirituality, our religion, our sense of connection to each other.

Hamer identifies one candidate gene (SLC18A2), also called VMAT2, which encodes vesicular monoamine transporter 2 such as dopamine and serotonin. He argues that spirituality has a positive effect on an individual's ability to reproduce and appreciate all of mankind.

There are many in this world that think they have the right to dictate everyone's behaviors, thoughts, sustenance choices, responses, energy patterns, travel times and places, breeding practices and services to one another. These are the people who think whoever is bigger, badder and most dominant gets to be in charge of everyone else. We, at the moment, on the planet have animalistic behavior pitted against the ideas of the ideal of love thy neighbor.

Last month we shared that the frequency detrimentally associated with the God Gene (VMAT 2) was deliberately included as one of the strains of Covid 23. The God Gene antidote frequencies were also included as a spike protein in Covid 19. One of the major complaints of those who suffered Covid and Covid shots is that they feel disconnected from their feelings, their families, their communities. Could the inclusion of anti-frequencies of the God Gene be deliberate and an attempt to sever the emotional ties to those around us? We have a brain, and a heart. We are better than this, but our planet is in chaotic mode today. Where did the caring for each other go? Can anything be done to reverse this craze?

Dean Hamer says, "Spirituality is based in consciousness, religion in cognition. Spirituality is universal, whereas cultures have their own forms of religion. I would argue that the most important contrast is that spirituality is genetic, while religion is based on cultures, traditions, beliefs, and ideas. It is, in other words, mimetic."

It is not the right of today's tyrants to demand your compliance and attempt to extract it by trick or threat. They provide you no choice of action. That manipulation has been instilled in us for decades. Let's take back our right to choose and live our own life before we are declared obsolete.

If we each activate our God gene, it will allow us to innately give each other choice because we care about the other person's independence. It is time to start to bring forth that trait in ourselves and our children.

If we loudly announce "pick up your coat" we teach our children to obey without objection. If we ask "is there a reason your coat is in the floor?" we teach them to question, to think, to consider the consequences. We show respect and allow choice.

Okay, there are consequences but we can expand that for another writing.

When people call you names, demand, dictate, attempt to punish – do things to demean, hurt, try to make others think like them - learn to act like you know you have choice in your life.

If people around you are not making room for choice, they don't care about you, they only want compliance.

Example – I once asked my husband as I was waiting for him to fix a flat tire at a local garage, “How long are you going to take to change the tire?” His answer to me was gruff and defensive. I quickly retreated and asked myself how did I cause that kind of response?

After I thought about it, I realized that I did not give him any choice about finishing the task. I went back and asked, “Do you think I would have time to go across the street to the mall for a few minutes while you finish up?” “Sure,” he said, “I’ll only be about 20 more minutes.”

We both got what we needed. I was respecting his actions, his choice about what he was doing without recrimination.

I recently received an email from a woman who demanded I take care of her problem, attempted to intimidate me, demean me, embarrass me, force me to do her bidding, on her timeline in the way that she wanted it done.

I responded that possibly a good counselor could help her realize that she was not the center of everyone else’s universe. I didn’t defend my time or actions. When you find yourself in self-defense, you are being drawn into someone else’s issues and demands of you.

If you don’t want to answer, don’t. You’re allowed to respond, “I don’t want to talk about that now” or “why are you asking me that?” **How you talk to others is important. I think it was Socrates who cautioned us to question how we talk to and about others. “Is it true, is it necessary, is it kind?”**

It has been suggested that people verbally interact in three general categories: Descriptive, evaluative, judgmental – you get mixed up in other people’s attempted manipulations when you don’t stay descriptive.

If I say “I’m really hungry:”

Replying **judgmental**, “you are already too fat, get a grip” or “you just ate, you don’t need any more food now.” – not a good response unless you are a narcissist.

Replying **evaluative**, “do you want me to fix you something?” – you took on their need.

Replying **descriptive**, “When did you eat last?” – responding but not taking on their need.

Staying descriptive keeps you supportive while keeping you out of other people’s clutches.

With these tools, you can consciously create your own choices. Remember that those who try to manipulate you into doing their bidding don’t care about you, they care about your service to them.

The frequency for the God Gene activator is 15.89 or any multiple thereof; the same as white light.

Tyrants can't seem to get along with their own kind. They nearly always end up annihilating each other.

Let's take back our rights of choice, one person, one generation at a time. We can be ready to stand together.

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Two Spike proteins are active this month: NSP11 and NAP8.

More info: <https://-soundhealthoptions.com/tenets-of-math-as-medicine-support-covid-survival/> and Guardian Papers - <https://bit.ly/3pWP094>

Frequency influences for the month of November 2022

Oct 29 – Nov 5

Milk protein is the most prominent frequency activated this week. Milk allergies can cause sinus, throat, bronchial and lung issues. Streptococcus pneumonia pathogens will come into play by the end of the week. Vitamin B2 is activated on Wednesday [Riboflavin is a B vitamin. It can be found in certain foods such as milk, meat, eggs, nuts, enriched flour, and green vegetables].

The gene that is most in stress is familial Alzheimer's, but at the same time, the herb Curcumin is active. Curcumin is often touted as a spice that can dissolve deadly brain plaques that can cause Alzheimer's [Curcumin comes from Turmeric, an herb.].

Edema might be in the air as the mineral Sodium comes into play on Monday. You might find yourself craving salt-loaded fries or chips.

The Multifidi muscle, along with the Iliocostalis lumborum, continue to cause back stress in general, and specifically the lower back may cause trouble.

For those with pH (acid/alkaline) issues, you might be more susceptible to Scabies, severe itching (pruritus), especially at night, is the earliest and most common symptom. Utter Balm is a sheep lanolin-based salve that may help. Campho Phenique (local pain aisle at Walmart) may also be helpful.

A toxin – food additive high on the active list this month: MSG (Monosodium Glutamate) is contained in steak sauces, salad dressings, meat tenderizers, and as a flavor enhancer in many packaged foods such as Hamburger Helper, Lipton's Onion Soup Mix and Progresso's and Campbell's soups. Sauces, gravy mixes, Bacon bits.... also contain high amounts of MSG. Most fast-food restaurants and Chinese restaurants utilize it, and snack foods (Pringles, Doritos, Planters nuts, Cheese-Its...) are frequently enhanced with it.

Reactions can be slight to severe, from burning feelings in chest, arms and face, chest pains, headache, fatigue, heart palpitations, numbness, sweating and nausea. The incidence of reactions to MSG has become so prevalent that it has a name: Chinese Restaurant Syndrome. Some people claim that taking B vitamins, particularly B6, will help eliminate some of the symptoms. Long-term reactions to MSG can include stiff joints and connective tissue disorders, such as Carpal Tunnel.

The pathogen in stress for the next few days is *Borrelia* – a strain of Lyme's disease.

Muscles coming into stress include the tailbone area and above along with the muscles of the lower legs. Secondary muscles just coming into stress are the eye and thumb muscles.

Insulin becomes vulnerable on Monday, along with Zithromax (Z-pak), which is nearly the same frequency as one type of insulin. Vasopressin, a biochemical that helps regulate blood pressure and blood sugar, plays a part in blood glucose frequency balance over the next few days.

Nov 5-11

EBV (Epstein Barr virus), Cholesterol, myostatin, niacin, caffeine and magnesium stress combine to cause feelings of fatigue for the next few weeks.

Joint pain – especially the knees kick in this week – inflammation of and lack of joint fluid are the culprits. Too much fibrin can also contribute to joint pain. If you test your voice, you will find that the notes of F-G are too high. You can ask for a free nutrition evaluation at SoundHealthPortal.com.

Thyroid stress continues for the next two weeks. Iodine, selenium, and zinc are all thyroid support nutrients. The internet lists foods that are problematic for thyroid function. Selenomethionine may be supportive – can be found at your local health food store.

Niacin (vitamin B3) is very important for brain function this week.

Expect shoulder girdle muscle to start to flare.

Genes for colon cancer and diabetes come into play for the next few weeks.

Nov 12-18

Knee muscles continue to flare and begin to involve thigh muscles. Muscle evaluations are available from SoundHealthPortal.com – under CAMPAIGNS.

Nutrients in stress: SAME, vitamin D4, 25-hydroxycholecalciferol, calcifediol and Vitamin E.

Nanobacteria come into stress this week and can cause tooth plaque and heart sac inflammation. Heart Muscle is stressed.

Thyroid stress continues, especially for those using thyroid medications.

Stress-involving proteins are active now and may cause gout symptoms (sharp joint pain).

Shoulder muscles continue to aggravate, involving Rhomboid, trapezius and chest wall that helps support shoulder movement.

Diabetes frequencies continue to soar; those with fatty livers will be especially vulnerable using a high-carb diet.

Muscle atrophy, both genetic and those caused by statins and aging, continue to plague, especially the elderly. You may find your muscles seem weak for the next few weeks.

Candida may be more active toward the end of the week. Sugar overload may cause an inflammatory flareup.

Nov 19--25

The stress of iron is obvious for this week. Spine issues associated with Lumbar 5 (lower limb circulation, Prostate, sciatic nerve) and Thoracic 4 (gall bladder, liver) may become active.

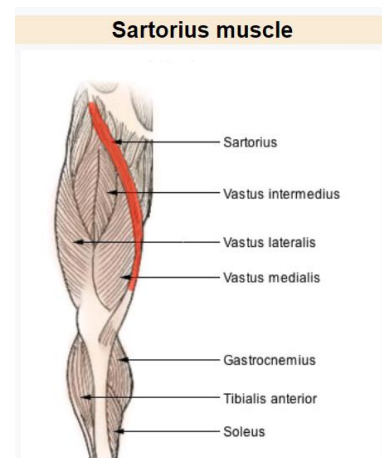
Shoulder and hip joints continue to need detoxification to relieve lymph system fluid (waste clearance). Nitric Oxide – found in beets - may be of assistance.

The pancreas starts a fortnight of stress this week.

Staphylococcus aureus found as a cause of upper respiratory and skin issues comes into play on Wednesday.

Nutrient in stress – L-Carnitine, which supports energy metabolism of the mitochondria. Carnitine concentrates in cardiac and skeletal muscles.

The Sartorius Muscle begins to activate near the weekend. The Sartorius is a strap-like muscle from the upper outer thigh to the inside of the knee that supports the hips and knees.



Nov 26 – Dec 2

The Liver starts to stress via the gallbladder and bile salts – particularly cholic acid, which is synthesized from cholesterol – Co-Enzyme A is involved – may be Statin related.

Myopathy genes continue to activate. HMB (Hydroxy β -methyl butyric acid) may be useful. It is used to prevent muscle wasting and is available as a dietary supplement.

Thigh muscles and upper jaw will need extra care and stretching. You may want to consider a massage or facial.

Glutamate and glycine receptors and stressed this week. Aspartame MSG toxicity may be more noticeable.

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