Context:
We have a lengthy message assumed to be in English and encrypted using the Caesar cipher algorithm. The objective was to encrypt and subsequently decrypt the message using the Caesar cipher with a key based on a frequency approach.

Steps:

1. **Encryption:**
    a. Chose 7 as a key because of my name Hugo (H → h → 7).
    b. Used a custom caesar_to_text function to encrypt the message and saved it to a file (encrypted.txt).

2. **Frequency Analysis for Decryption:**
    a. Conducted a frequency analysis on the encrypted text to identify the most common letter.
        i. Implemented a function (frequencyAnalyser) to analyze the frequency of alphabetic characters in the given text.
        ii. The function returns a sorted list of tuples containing the frequency of each alphabetic character.
    b. Assumed the most common letter corresponds to 'e' in natural English.

3. **Decryption:**
    a. Calculated the shift needed for decryption based on the assumed correspondence with the most common letter in the text and in natural english speaking (‘e’)..
    b. Utilized the caesar_to_text function with the decryption action to decrypt the text.

4. **Saving Decrypted Text:**
    a. Saved the decrypted text into a file (decyphered_message.txt).

Summary:
I implemented a frequency analysis function, I utilized my custom function for both encryption and decryption of the original message. The decryption process involved conducting a frequency analysis on the encrypted text, assuming a correspondence between ‘e’ and the most common letter in the text as we knew it was in english and a long one.

I decrypting the message accordingly, and the decrypted text was then saved to a file.