

Spooky²

Terrain Protocol



11 January 2019

By The Spooky² Team

Table of contents

The Terrain protocol	4
Plasma Plus (2 Generator)	4
Contact Plus (2 Generator)	6
Scalar Plus (2 Generator)	6
Laser Plus (2 Generator)	7
Coil Plus (2 Generator)	8
Plasma, Contact, Scalar, Laser, or Coil (1 Generator)	9
Remote Only (1 Generator)	9
The Terrain Minus Mercury protocol	9
Plasma Plus (2 Generator)	9
Contact Plus (2 Generator)	10
Scalar Plus (2 Generator)	11
Laser Plus (2 Generator)	12
Plasma, Contact, Scalar, Laser, or Coil (1 Generator)	12
Remote Only (1 Generator)	13

The Terrain Nonviolent protocol	13
Plasma Plus (2 Generator)	13
Contact Plus (2 Generator)	14
Scalar Plus (2 Generator)	15
Laser Plus (2 Generator)	15
Coil Plus (2 Generator)	16
Plasma, Contact, Scalar, Laser, or Coil (1 Generator)	17
Remote Only (1 Generator)	18

The Terrain protocol prepares the terrain in your body to be more available or receptive to further Rife treatments. This protocol was developed by Johann Stegmann, based on his experience of treating people using Spooky with their chronic disease. He found that people responded better to Rife treatment when common toxins and parasites eliminated beforehand. The first Terrain protocol was a document that described programs to run on a daily basis. These programs selected by Johann are incorporated into the Spooky Terrain protocol presets.

When running the Terrain protocol, make sure you keep yourself well hydrated to aid the elimination of toxins from your body.

This protocol can be run on a single Spooky Remote, but is enhanced if you run it concurrently with either Plasma, Scalar, Contact, Laser, or Coil mode. There are 3 flavors of the Terrain protocol — the original protocol (Terrain), a version without the mercury-detox frequencies (Terrain-Mercury), and a version that does not kill bacteria or parasites (Terrain-Nonviolent). Each of the different flavors has a Plasma Plus (2 generator), Contact Plus (2 generator), Plasma or Contact (1 generator), and Remote (1 generator) version.

The Terrain protocol

Plasma Plus (2 Generator)

The Plasma Plus version of the Terrain protocol uses two generators. Generator 1 runs presets in *\Detox\Plasma* on Spooky Central/Plasma. Generator 2 runs *\Detox\Remote\Terrain (R) - BY* on Spooky Remote. While Generator 1 is connected to Spooky Central/Plasma, you run 2 sets a day as specified in the Generator 1 column in the table below, preferably with 6 hours of time between each set. Each plasma set lasts 2 hours, and is followed by a beep. Run the first set the first thing in the morning, then 6-12 hours later run the second set. Optionally you can repeat each set more than once, spread out through the day. Generator 2 is connected to the Spooky2 Remote hardware, to the BN port of Spooky Boost or to Out 1.

Day	Generator 1 Plasma	Generator 2 Remote
1	\Detox\Plasma\Remove Metals (P) - BY \Detox\Plasma\Remove Metals (P) - BY	\Detox\Remote\Terrain (R) - BY
2	\Detox\Plasma\Remove Metals (P) - BY \Detox\Plasma\Remove Metals (P) - BY	
3	\Detox\Plasma\Remove Chemical Materials (P) - BY \Detox\Plasma\Remove Chemical Materials (P) - BY	
4	\Detox\Plasma\Remove Systemic Toxins 1 (P) - BY \Detox\Plasma\Remove Systemic Toxins 1 (P) - BY	
5	\Detox\Plasma\Remove Systemic Toxins 2 (P) - BY \Detox\Plasma\Remove Systemic Toxins 2 (P) - BY	
6	\Detox\Plasma\Remove Intestinal Toxins (P) - BY \Detox\Plasma\Remove Systemic Toxins 3 (P) - BY	
7	\Detox\Plasma\Parasites and Liver Function (P) - BY \Detox\Plasma\Parasites and Liver Function (P) - BY	
8	\Detox\Plasma\Kidney Function 1 (P) - BY \Detox\Plasma\Kidney Function 1 (P) - BY	
9	\Detox\Plasma\Kidney Function 2 (P) - BY \Detox\Plasma\Cleanse Blood (P) - BY	
10	\Detox\Plasma\Kidney and Liver Toxins (P) - BY \Detox\Plasma\Intestinal Parasites (P) - BY	
11	\Detox\Plasma\Lymphatic System 1 (P) - BY \Detox\Plasma\Lymphatic System 1 (P) - BY	

Contact Plus (2 Generator)

The Contact Plus version of the Terrain protocol uses two generators. Generator 1 runs presets in *\Detox\Contact*. Generator 2 runs *\Detox\Remote\Terrain (R) - BY*. While Generator 1 is connected to Contact hardware (Spooky Cylinders or TENS pads), you run 2 sets a day as specified in the Generator 1 column in the table below. Each Contact set lasts 2 hours, and is followed by a beep. Run the first set the first thing in the morning, then 6-12 hours later run the second set. Optionally you can repeat each set more than once, spread out through the day. Generator 2 is connected to the Spooky2 Remote hardware, to the BN port of Spooky Boost or to Out 1.

Day	Generator 1 Contact	Generator 2 Remote
1	\Detox\Contact\Remove Metals (C) - BY \Detox\Contact\Remove Metals (C) - BY	\Detox\Remote\Terrain (R) - BY
2	\Detox\Contact\Remove Metals (C) - BY \Detox\Contact\Remove Metals (C) - BY	
3	\Detox\Contact\Remove Chemical Materials (C) - BY \Detox\Contact\Remove Chemical Materials (C) - BY	
4	\Detox\Contact\Remove Systemic Toxins 1 (C) - BY \Detox\Contact\Remove Systemic Toxins 1 (C) - BY	
5	\Detox\Contact\Remove Systemic Toxins 2 (C) - BY \Detox\Contact\Remove Systemic Toxins 2 (C) - BY	
6	\Detox\Contact\Remove Intestinal Toxins (C) - BY \Detox\Contact\Remove Systemic Toxins 3 (C) - BY	

Day	Generator 1 Contact	Generator 2 Remote
7	\Detox\Contact\Parasites and Liver Function (C) - BY \Detox\Contact\Parasites and Liver Function (C) - BY	
8	\Detox\Contact\Kidney Function 1 (C) - BY \Detox\Contact\Kidney Function 1 (C) - BY	
9	\Detox\Contact\Kidney Function 2 (C) - BY \Detox\Contact\Cleanse Blood (C) - BY	
10	\Detox\Contact\Kidney and Liver Toxins (C) - BY \Detox\Contact\Intestinal Parasites (C) - BY	
11	\Detox\Contact\Lymphatic System 1 (C) - BY \Detox\Contact\Lymphatic System 1 (C) - BY	

Scalar Plus (2 Generator)

The Scalar Plus version of the Terrain protocol uses two generators. Generator 1 runs presets in *\Detox\Scalar* on Spooky Scalar. Generator 2 runs *\Detox\Remote\Terrain (R) - BY* on Spooky Remote. While Generator 1 Out 1 is connected to Spooky Scalar, you run 2 sets a day as specified in the Generator 1 column in the table below, preferably with 6 hours of time between each set. Each plasma set lasts 2 hours, and is followed by a beep. Run the first set the first thing in the morning, then 6-12 hours later run the second set. Optionally you can repeat each set more than once, spread out through the day. Generator 2 is connected to the Spooky2 Remote hardware, to the BN port of Spooky Boost or to Out 1.

Day	Generator 1 Scalar	Generator 2 Remote
1	\Detox\Scalar\Remove Metals (S) - BY \Detox\Scalar\Remove Metals (S) - BY	\Detox\Remote \Terrain (R) - BY
2	\Detox\Scalar\Remove Metals (S) - BY \Detox\Scalar\Remove Metals (S) - BY	
3	\Detox\Scalar\Remove Chemical Materials (S) - BY \Detox\Scalar\Remove Chemical Materials (S) - BY	
4	\Detox\Scalar\Remove Systemic Toxins 1 (S) - BY \Detox\Scalar\Remove Systemic Toxins 1 (S) - BY	
5	\Detox\Scalar\Remove Systemic Toxins 2 (S) - BY \Detox\Scalar\Remove Systemic Toxins 2 (S) - BY	
6	\Detox\Scalar\Remove Intestinal Toxins (S) - BY \Detox\Scalar\Remove Systemic Toxins 3 (S) - BY	
7	\Detox\Scalar\Parasites and Liver Function (S) - BY \Detox\Scalar\Parasites and Liver Function (S) - BY	
8	\Detox\Scalar\Kidney Function 1 (S) - BY \Detox\Scalar\Kidney Function 1 (S) - BY	
9	\Detox\Scalar\Kidney Function 2 (S) - BY \Detox\Scalar\Cleanse Blood (S) - BY	
10	\Detox\Scalar\Kidney and Liver Toxins (S) - BY \Detox\Scalar\Intestinal Parasites (S) - BY	
11	\Detox\Scalar\Lymphatic System 1 (S) - BY \Detox\Scalar\Lymphatic System 1 (S) - BY	

Laser Plus (2 Generator)

The Laser Plus version of the Terrain protocol uses two generators. Generator 1 runs presets in \Detox\Laser\ on

Spooky Laser. Generator 2 runs \Detox\Remote\Terrain (R) - BY on Spooky Remote. While Generator 1 Out 1 is connected to Spooky Laser, you run 2 sets a day as specified in the Generator 1 column in the table below, preferably with 6 hours of time between each set. Each plasma set lasts 2 hours, and is followed by a beep. Run the first set the first thing in the morning, then 6-12 hours later run the second set. Optionally you can repeat each set more than once, spread out through the day. Generator 2 is connected to the Spooky2 Remote hardware, to the BN port of Spooky Boost or to Out 1.

Day	Generator 1 Laser	Generator 2 Remote
1	\Detox\Laser\Remove Metals (L) - BY \Detox\Laser\Remove Metals (L) - BY	\Detox\Remote\Terrain (R) - BY
2	\Detox\Laser\Remove Metals (L) - BY \Detox\Laser\Remove Metals (L) - BY	
3	\Detox\Laser\Remove Chemical Materials (L) - BY \Detox\Laser\Remove Chemical Materials (L) - BY	
4	\Detox\Laser\Remove Systemic Toxins 1 (L) - BY \Detox\Laser\Remove Systemic Toxins 1 (L) - BY	
5	\Detox\Laser\Remove Systemic Toxins 2 (L) - BY \Detox\Laser\Remove Systemic Toxins 2 (L) - BY	
6	\Detox\Laser\Remove Intestinal Toxins (L) - BY \Detox\Laser\Remove Systemic Toxins 3 (L) - BY	
7	\Detox\Laser\Parasites and Liver Function (L) - BY \Detox\Laser\Parasites and Liver Function (L) - BY	

Day	Generator 1 Laser	Generator 2 Remote
8	\Detox\Laser\Kidney Function 1 (L) - BY \Detox\Laser\Kidney Function 1 (L) - BY	
9	\Detox\Laser\Kidney Function 2 (L) - BY \Detox\Laser\Cleanse Blood (L) - BY	
10	\Detox\Laser\Kidney and Liver Toxins (L) - BY \Detox\Laser\Intestinal Parasites (L) - BY	
11	\Detox\Laser\Lymphatic System 1 (L) - BY \Detox\Laser\Lymphatic System 1 (L) - BY	

Coil Plus (2 Generator)

The Coil Plus version of the Terrain protocol uses two generators. Generator 1 runs presets in *\Detox\Coil* on Spooky Coil. Generator 2 runs *\Detox\Remote\Terrain (R) - BY* on Spooky Remote. While Generator 1 is connected to Spooky Coil, you run 2 sets a day as specified in the Generator 1 column in the table below, preferably with 6 hours of time between each set. Each plasma set lasts 2 hours, and is followed by a beep. Run the first set the first thing in the morning, then 6-12 hours later run the second set. Optionally you can repeat each set more than once, spread out through the day. Generator 2 is connected to the Spooky2 Remote hardware, to the BN port of Spooky Boost or to Out 1.

Day	Generator 1 Coil	Generator 2 Remote
1	\Detox\Coil\Remove Metals (Coil) - BY \Detox\Coil\Remove Metals (Coil) - BY	\Detox\Remote\Terrain (R) - BY
2	\Detox\Coil\Remove Metals (Coil) - BY \Detox\Coil\Remove Metals (Coil) - BY	
3	\Detox\Coil\Remove Chemical Materials (Coil) - BY \Detox\Coil\Remove Chemical Materials (Coil) - BY	
4	\Detox\Coil\Remove Systemic Toxins 1 (Coil) - BY \Detox\Coil\Remove Systemic Toxins 1 (Coil) - BY	
5	\Detox\Coil\Remove Systemic Toxins 2 (Coil) - BY \Detox\Coil\Remove Systemic Toxins 2 (Coil) - BY	
6	\Detox\Coil\Remove Intestinal Toxins (Coil) - BY \Detox\Coil\Remove Systemic Toxins 3 (Coil) - BY	
7	\Detox\Coil\Parasites and Liver Function (Coil) - BY \Detox\Coil\Parasites and Liver Function (Coil) - BY	
8	\Detox\Coil\Kidney Function 1 (Coil) - BY \Detox\Coil\Kidney Function 1 (Coil) - BY	
9	\Detox\Coil\Kidney Function 2 (Coil) - BY \Detox\Coil\Cleanse Blood (Coil) - BY	
10	\Detox\Coil\Kidney and Liver Toxins (Coil) - BY \Detox\Coil\Intestinal Parasites (Coil) - BY	
11	\Detox\Coil\Lymphatic System 1 (Coil) - BY \Detox\Coil\Lymphatic System 1 (Coil) - BY	

Plasma, Contact, Scalar, Laser, or Coil (1 Generator)

If you only have one generator, twice each day you connect the plasma/contact/scalar/laser/coil hardware to your generator, and run the program specified in the Generator 1 column of the plasma/contact/scalar/laser/coil table below. After you finish each plasma or contact set, safely disconnect the plasma/contact/scalar/laser/coil hardware from your generator and then connect Spooky Remote hardware to the generator, and run the corresponding set from `\Detox\Remote\Terrain - BY`.

To skip to a specific day in the `\Detox\Remote\Terrain - BY` preset, load the preset into a Generator control, type a preset number into the Preset text field (see table below), type Tab, and then click Start. Some days have 2 child presets, use the 1st child preset in the 1st session, the 2nd child preset in the 2nd session.

Day	Preset Number
1	1
2	2
3	3
4	4
5	5
6.1, 6.2	6,7

Day	Preset Number
7	8
8	9
9.1,9.2	10,11
10.1, 10.2	12,13
11.1, 11.2	14,15

Remote Only (1 Generator)

Simply run `\Detox\Remote\Terrain - BY` on your generator with the Spooky Remote hardware for 11 days or more (the preset repeats itself after 11 days), to the BN port of Spooky Boost or to Out 1.

The Terrain Minus Mercury protocol

Plasma Plus (2 Generator)

The Plasma Plus version of the Terrain Minus Mercury protocol uses two generators. Generator 1 runs presets in `\Detox\Plasma\`. Generator 2 runs `\Detox\Remote\Terrain-Mercury (R) - BY`. While Generator 1 is connected to Spooky Central/Plasma, you run 2 sets a day as specified in the Generator 1 column in the table below. Each plasma set lasts 2 hours, and is followed by a beep. Run the first set the first

thing in the morning, then 6-12 hours later run the second set. Optionally you can repeat each set more than once, spread out through the day. Generator 2 is connected to the Spooky2 Remote hardware, to the BN port of Spooky Boost or to Out 1.

Day	Generator 1 Plasma	Generator 2 Remote
1	\Detox\Plasma\Remove Metals Minus Mercury (P) - BY \Detox\Plasma\Remove Metals Minus Mercury (P) - BY	\Detox\Remote\Terrain-Mercury (R) - BY
2	\Detox\Plasma\Remove Metals Minus Mercury (P) - BY \Detox\Plasma\Remove Metals Minus Mercury (P) - BY	
3	\Detox\Plasma\Remove Chemical Materials (P) - BY \Detox\Plasma\Remove Chemical Materials (P) - BY	
4	\Detox\Plasma\Remove Systemic Toxins 1 (P) - BY \Detox\Plasma\Remove Systemic Toxins 1 (P) - BY	
5	\Detox\Plasma\Remove Systemic Toxins 2 (P) - BY \Detox\Plasma\Remove Systemic Toxins 2 (P) - BY	
6	\Detox\Plasma\Remove Intestinal Toxins (P) - BY \Detox\Plasma\Remove Systemic Toxins 3 (P) - BY	
7	\Detox\Plasma\Parasites and Liver Function (P) - BY \Detox\Plasma\Parasites and Liver Function (P) - BY	
8	\Detox\Plasma\Kidney Function 1 (P) - BY \Detox\Plasma\Kidney Function 1 (P) - BY	
9	\Detox\Plasma\Kidney Function 2 (P) - BY \Detox\Plasma\Cleanse Blood (P) - BY	
10	\Detox\Plasma\Kidney and Liver Toxins (P) - BY \Detox\Plasma\Intestinal Parasites (P) - BY	

Day	Generator 1 Plasma	Generator 2 Remote
11	\Detox\Plasma\Lymphatic System 1 (P) - BY \Detox\Plasma\Lymphatic System 1 (P) - BY	

Contact Plus (2 Generator)

The Contact Plus version of the Terrain Minus Mercury protocol uses two generators. Generator 1 runs presets in *\Detox\Contact*. Generator 2 runs *\Detox\Remote\Terrain-Mercury (R) - BY*. While Generator 1 is connected to Contact hardware (Spooky Tube or TENS pads), you run 2 sets a day as specified in the Generator 1 column in the table below. Each Contact set lasts 2 hours, and is followed by a beep. Run the first set the first thing in the morning, then 6-12 hours later run the second set. Optionally you can repeat each set more than once, spread out through the day. Generator 2 is connected to the Spooky2 Remote hardware, to the BN port of Spooky Boost or to Out 1.

Day	Generator 1 Contact	Generator 2 Remote
1	\Detox\Contact\Remove Metals Minus Mercury (C) - BY \Detox\Contact\Remove Metals Minus Mercury (C) - BY	\Detox\Remote\Terrain-Mercury (R) - BY
2	\Detox\Contact\Remove Metals Minus Mercury (C) - BY \Detox\Contact\Remove Metals Minus Mercury (C) - BY	
3	\Detox\Contact\Remove Chemical Materials (C) - BY \Detox\Contact\Remove Chemical Materials (C) - BY	

Day	Generator 1 Contact	Generator 2 Remote
4	\Detox\Contact\Remove Systemic Toxins 1 (C) - BY \Detox\Contact\Remove Systemic Toxins 1 (C) - BY	
5	\Detox\Contact\Remove Systemic Toxins 2 (C) - BY \Detox\Contact\Remove Systemic Toxins 2 (C) - BY	
6	\Detox\Contact\Remove Intestinal Toxins (C) - BY \Detox\Contact\Remove Systemic Toxins 3 (C) - BY	
7	\Detox\Contact\Parasites and Liver Function (C) - BY \Detox\Contact\Parasites and Liver Function (C) - BY	
8	\Detox\Contact\Kidney Function 1 (C) - BY \Detox\Contact\Kidney Function 1 (C) - BY	
9	\Detox\Contact\Kidney Function 2 (C) - BY \Detox\Contact\Cleanse Blood (C) - BY	
10	\Detox\Contact\Kidney and Liver Toxins (C) - BY \Detox\Contact\Intestinal Parasites (C) - BY	
11	\Detox\Contact\Lymphatic System 1 (C) - BY \Detox\Contact\Lymphatic System 1 (C) - BY	

Scalar Plus (2 Generator)

The Scalar Plus version of the Terrain Minus Mercury protocol uses two generators. Generator 1 runs presets in \Detox\Scalar\. Generator 2 runs \Detox\Remote\Terrain-Mercury (R) - BY. While Generator 1 Out 1 is connected to Spooky Scalar, you run 2 sets a day as specified in the Generator 1 column in the table below. Each Scalar set lasts 2 hours, and is followed by a beep. Run the first set the first thing in the morning, then 6-12 hours later run the second set.

Optionally you can repeat each set more than once, spread out through the day. Generator 2 is connected to the Spooky2 Remote hardware, to the BN port of Spooky Boost or to Out 1.

Day	Generator 1 Scalar	Generator 2 Remote
1	\Detox\Scalar\Remove Metals Minus Mercury (S) - BY \Detox\Scalar\Remove Metals Minus Mercury (S) - BY	\Detox\Remote\Terrain-Mercury (R) - BY
2	\Detox\Scalar\Remove Metals Minus Mercury (S) - BY \Detox\Scalar\Remove Metals Minus Mercury (S) - BY	
3	\Detox\Scalar\Remove Chemical Materials (S) - BY \Detox\Scalar\Remove Chemical Materials (S) - BY	
4	\Detox\Scalar\Remove Systemic Toxins 1 (S) - BY \Detox\Scalar\Remove Systemic Toxins 1 (S) - BY	
5	\Detox\Scalar\Remove Systemic Toxins 2 (S) - BY \Detox\Scalar\Remove Systemic Toxins 2 (S) - BY	
6	\Detox\Scalar\Remove Intestinal Toxins (S) - BY \Detox\Scalar\Remove Systemic Toxins 3 (S) - BY	
7	\Detox\Scalar\Parasites and Liver Function (S) - BY \Detox\Scalar\Parasites and Liver Function (S) - BY	
8	\Detox\Scalar\Kidney Function 1 (S) - BY \Detox\Scalar\Kidney Function 1 (S) - BY	
9	\Detox\Scalar\Kidney Function 2 (S) - BY \Detox\Scalar\Cleanse Blood (S) - BY	
10	\Detox\Scalar\Kidney and Liver Toxins (S) - BY \Detox\Scalar\Intestinal Parasites (S) - BY	
11	\Detox\Scalar\Lymphatic System 1 (S) - BY \Detox\Scalar\Lymphatic System 1 (S) - BY	

Laser Plus (2 Generator)

The Laser Plus version of the Terrain Minus Mercury protocol uses two generators. Generator 1 runs presets in `\Detox\Laser\`. Generator 2 runs `\Detox\Remote\Terrain-Mercury (R) - BY`. While Generator 1 Out 1 is connected to Spooky Laser, you run 2 sets a day as specified in the Generator 1 column in the table below. Each Laser set lasts 2 hours, and is followed by a beep. Run the first set the first thing in the morning, then 6-12 hours later run the second set. Optionally you can repeat each set more than once, spread out through the day. Generator 2 is connected to the Spooky2 Remote hardware, to the BN port of Spooky Boost or to Out 1.

Day	Generator 1 Laser	Generator 2 Remote
1	<code>\Detox\Laser\Remove Metals Minus Mercury (L) - BY</code> <code>\Detox\Laser\Remove Metals Minus Mercury (L) - BY</code>	<code>\Detox\Remote\Terrain-Mercury (R) - BY</code>
2	<code>\Detox\Laser\Remove Metals Minus Mercury (L) - BY</code> <code>\Detox\Laser\Remove Metals Minus Mercury (L) - BY</code>	
3	<code>\Detox\Laser\Remove Chemical Materials (L) - BY</code> <code>\Detox\Laser\Remove Chemical Materials (L) - BY</code>	
4	<code>\Detox\Laser\Remove Systemic Toxins 1 (L) - BY</code> <code>\Detox\Laser\Remove Systemic Toxins 1 (L) - BY</code>	
5	<code>\Detox\Laser\Remove Systemic Toxins 2 (L) - BY</code> <code>\Detox\Laser\Remove Systemic Toxins 2 (L) - BY</code>	
6	<code>\Detox\Laser\Remove Intestinal Toxins (L) - BY</code> <code>\Detox\Laser\Remove Systemic Toxins 3 (L) - BY</code>	

Day	Generator 1 Laser	Generator 2 Remote
7	<code>\Detox\Laser\Parasites and Liver Function (L) - BY</code> <code>\Detox\Laser\Parasites and Liver Function (L) - BY</code>	
8	<code>\Detox\Laser\Kidney Function 1 (L) - BY</code> <code>\Detox\Laser\Kidney Function 1 (L) - BY</code>	
9	<code>\Detox\Laser\Kidney Function 2 (L) - BY</code> <code>\Detox\Laser\Cleanse Blood (L) - BY</code>	
10	<code>\Detox\Laser\Kidney and Liver Toxins (L) - BY</code> <code>\Detox\Laser\Intestinal Parasites (L) - BY</code>	
11	<code>\Detox\Laser\Lymphatic System 1 (L) - BY</code> <code>\Detox\Laser\Lymphatic System 1 (L) - BY</code>	

Plasma, Contact, Scalar, Laser, or Coil (1 Generator)

If you only have one generator, twice each day you connect the plasma or contact hardware to your generator, and run the plasma/contact/scalar/laser/coil program specified in the Generator 1 column of the table below. After you finish each plasma/contact/scalar/laser/coil set, safely disconnect the plasma/contact/scalar/laser/coil hardware from your generator and then connect Spooky Remote hardware to the generator, and run the corresponding set from `\Detox\Remote\Terrain-Mercury - BY`.

To skip to a specific day in the `\Detox\Remote\Terrain-Mercury - BY` preset, load the preset into a Generator control, type a preset number into the Preset text field (see table

below), type Tab, and then click Start. Some days have 2 child presets, use the 1st child preset in the 1st session, the 2nd child preset in the 2nd session.

Day	Preset Number
1	1
2	2
3	3
4	4
5	5
6.1, 6.2	6,7
7	8
8	9
9.1,9.2	10,11
10.1, 10.2	12,13
11.1, 11.2	14,15

Remote Only (1 Generator)

Simply run `\Detox\Remote\Terrain-Mercury - BY` on your generator with the Spooky Remote hardware for 11 days or more (the preset repeats itself after 11 days), to the BN port of Spooky Boost or to Out 1.

The Terrain Nonviolent protocol

Plasma Plus (2 Generator)

The Plasma Plus version of the Terrain Nonviolent protocol uses two generators. Generator 1 runs presets in `\Detox\Plasma\`. Generator 2 runs `\Detox\Remote\Terrain-Nonviolent (R) - BY`. While Generator 1 is connected to Spooky Central/Plasma, you run 2 sets a day as specified in the Generator 1 column in the table below. Each plasma set lasts 2 hours, and is followed by a beep. Run the first set the first thing in the morning, then 6-12 hours later run the second set. Optionally you can repeat each set more than once, spread out through the day. Generator 2 is connected to the Spooky2 Remote hardware, to the BN port of Spooky Boost or to Out 1.

Day	Generator 1 Plasma	Generator 2 Remote
1	\Detox\Plasma\Remove Metals (P) - BY \Detox\Plasma\Remove Metals (P) - BY	\Detox\Remote\Terrain-Nonviolent (R) - BY \Detox\Remote\Terrain-Nonviolent (R) - BY

Day	Generator 1 Plasma	Generator 2 Remote
2	\Detox\Plasma\Remove Metals (P) - BY \Detox\Plasma\Remove Metals (P) - BY	Nonviolent (R) - BY
3	\Detox\Plasma\Remove Chemical Materials (P) - BY \Detox\Plasma\Remove Chemical Materials (P) - BY	
4	\Detox\Plasma\Remove Systemic Toxins 1 (P) - BY \Detox\Plasma\Remove Systemic Toxins 1 (P) - BY	
5	\Detox\Plasma\Remove Systemic Toxins 2 (P) - BY \Detox\Plasma\Remove Systemic Toxins 2 (P) - BY	
6	\Detox\Plasma\Remove Intestinal Toxins (P) - BY \Detox\Plasma\Remove Systemic Toxins 3 (P) - BY	
7	\Detox\Plasma\Liver Function (P) - BY \Detox\Plasma\Liver Function (P) - BY	
8	\Detox\Plasma\Kidney Function 1 (P) - BY \Detox\Plasma\Kidney Function 1 (P) - BY	
9	\Detox\Plasma\Kidney Function 2 (P) - BY \Detox\Plasma\Kidney and Liver Toxins (P) - BY	
10	\Detox\Plasma\Lymphatic System 1 (P) - BY \Detox\Plasma\Lymphatic System 1 (P) - BY	

Contact Plus (2 Generator)

The Contact Plus version of the Terrain Nonviolent protocol uses two generators. Generator 1 runs presets in *\Detox\Contact*. Generator 2 runs *\Detox\Remote\Terrain-Nonviolent (R) - BY*. While Generator 1 is connected to Contact hardware (Spooky Tube or TENS pads), you run 2 sets a day as specified in the Generator 1 column in the table below. Each Contact set lasts 2 hours, and is followed by a beep. Run the first set the first thing in the morning, then 6-12 hours later run the second set. Optionally you can repeat each set more than once, spread out through the day. Generator 2 is connected to the Spooky2 Remote hardware, to the BN port of Spooky Boost or to Out 1.

Day	Generator 1 Contact	Generator 2 Remote
1	\Detox\Contact\Remove Metals (C) - BY \Detox\Contact\Remove Metals (C) - BY	\Detox\Remote\Terrain-Nonviolent (R) - BY
2	\Detox\Contact\Remove Metals (C) - BY \Detox\Contact\Remove Metals (C) - BY	
3	\Detox\Contact\Remove Chemical Materials (C) - BY \Detox\Contact\Remove Chemical Materials (C) - BY	
4	\Detox\Contact\Remove Systemic Toxins 1 (C) - BY \Detox\Contact\Remove Systemic Toxins 1 (C) - BY	
5	\Detox\Contact\Remove Systemic Toxins 2 (C) - BY \Detox\Contact\Remove Systemic Toxins 2 (C) - BY	

Day	Generator 1 Contact	Generator 2 Remote
6	\Detox\Contact\Remove Intestinal Toxins (C) - BY \Detox\Contact\Remove Systemic Toxins 3 (C) - BY	
7	\Detox\Contact\Liver Function (C) - BY \Detox\Contact\Liver Function (C) - BY	
8	\Detox\Contact\Kidney Function 1 (C) - BY \Detox\Contact\Kidney Function 1 (C) - BY	
9	\Detox\Contact\Kidney Function 2 (C) - BY \Detox\Contact\Kidney and Liver Toxins (C) - BY	
10	\Detox\Contact\Lymphatic System 1 (C) - BY \Detox\Contact\Lymphatic System 1 (C) - BY	

Scalar Plus (2 Generator)

The Scalar Plus version of the Terrain Nonviolent protocol uses two generators. Generator 1 runs presets in *\Detox\Scalar*. Generator 2 runs *\Detox\Remote\Terrain-Nonviolent (R) - BY*. While Generator 1 Out 1 is connected to Spooky Scalar, you run 2 sets a day as specified in the Generator 1 column in the table below. Each Scalar set lasts 2 hours, and is followed by a beep. Run the first set the first thing in the morning, then 6-12 hours later run the second set. Optionally you can repeat each set more than once, spread out through the day. Generator 2 is connected to the Spooky2 Remote hardware, to the BN port of Spooky Boost or to Out 1.

Day	Generator 1 Scalar	Generator 2 Remote
1	\Detox\Scalar\Remove Metals (S) - BY \Detox\Scalar\Remove Metals (S) - BY	\Detox\Remote\Terrain-Nonviolent (R) - BY
2	\Detox\Scalar\Remove Metals (S) - BY \Detox\Scalar\Remove Metals (S) - BY	
3	\Detox\Scalar\Remove Chemical Materials (S) - BY \Detox\Scalar\Remove Chemical Materials (S) - BY	
4	\Detox\Scalar\Remove Systemic Toxins 1 (S) - BY \Detox\Scalar\Remove Systemic Toxins 1 (S) - BY	
5	\Detox\Scalar\Remove Systemic Toxins 2 (S) - BY \Detox\Scalar\Remove Systemic Toxins 2 (S) - BY	
6	\Detox\Scalar\Remove Intestinal Toxins (S) - BY \Detox\Scalar\Remove Systemic Toxins 3 (S) - BY	
7	\Detox\Scalar\Liver Function (S) - BY \Detox\Scalar\Liver Function (S) - BY	
8	\Detox\Scalar\Kidney Function 1 (S) - BY \Detox\Scalar\Kidney Function 1 (S) - BY	
9	\Detox\Scalar\Kidney Function 2 (S) - BY \Detox\Scalar\Kidney and Liver Toxins (S) - BY	
10	\Detox\Scalar\Lymphatic System 1 (S) - BY \Detox\Scalar\Lymphatic System 1 (S) - BY	

Laser Plus (2 Generator)

The Laser Plus version of the Terrain Nonviolent protocol uses two generators. Generator 1 runs presets in

\Detox\Laser. Generator 2 runs *\Detox\Remote\Terrain-Nonviolent (R) - BY*. While Generator 1 Out 1 is connected to Spooky Laser, you run 2 sets a day as specified in the Generator 1 column in the table below. Each Laser set lasts 2 hours, and is followed by a beep. Run the first set the first thing in the morning, then 6-12 hours later run the second set. Optionally you can repeat each set more than once, spread out through the day. Generator 2 is connected to the Spooky2 Remote hardware, to the BN port of Spooky Boost or to Out 1.

Day	Generator 1 Laser	Generator 2 Remote
1	\Detox\Laser\Remove Metals (L) - BY \Detox\Laser\Remove Metals (L) - BY	\Detox\Remote\Terrain-Nonviolent (R) - BY
2	\Detox\Laser\Remove Metals (L) - BY \Detox\Laser\Remove Metals (L) - BY	
3	\Detox\Laser\Remove Chemical Materials (L) - BY \Detox\Laser\Remove Chemical Materials (L) - BY	
4	\Detox\Laser\Remove Systemic Toxins 1 (L) - BY \Detox\Laser\Remove Systemic Toxins 1 (L) - BY	
5	\Detox\Laser\Remove Systemic Toxins 2 (L) - BY \Detox\Laser\Remove Systemic Toxins 2 (L) - BY	
6	\Detox\Laser\Remove Intestinal Toxins (L) - BY \Detox\Laser\Remove Systemic Toxins 3 (L) - BY	
7	\Detox\Laser\Liver Function (L) - BY \Detox\Laser\Liver Function (L) - BY	
8	\Detox\Laser\Kidney Function 1 (L) - BY \Detox\Laser\Kidney Function 1 (L) - BY	

Day	Generator 1 Laser	Generator 2 Remote
9	\Detox\Laser\Kidney Function 2 (L) - BY \Detox\Laser\Kidney and Liver Toxins (L) - BY	
10	\Detox\Laser\Lymphatic System 1 (L) - BY \Detox\Laser\Lymphatic System 1 (L) - BY	

Coil Plus (2 Generator)

The Coil Plus version of the Terrain Nonviolent protocol uses two generators. Generator 1 runs presets in *\Detox\Coil*. Generator 2 runs *\Detox\Remote\Terrain-Nonviolent (R) - BY*. While Generator 1 Out 1 is connected to Spooky Coil, you run 2 sets a day as specified in the Generator 1 column in the table below. Each Coil set lasts 2 hours, and is followed by a beep. Run the first set the first thing in the morning, then 6-12 hours later run the second set. Optionally you can repeat each set more than once, spread out through the day. Generator 2 is connected to the Spooky2 Remote hardware, to the BN port of Spooky Boost or to Out 1.

Day	Generator 1 Coil	Generator 2 Remote
1	\Detox\Coil\Remove Metals (Coil) - BY \Detox\Coil\Remove Metals (Coil) - BY	\Detox\Remote\Terrain-Nonviolent (R) - BY
2	\Detox\Coil\Remove Metals (Coil) - BY \Detox\Coil\Remove Metals (Coil) - BY	

Day	Generator 1 Coil	Generator 2 Remote
3	\Detox\Coil\Remove Chemical Materials (Coil) - BY \Detox\Coil\Remove Chemical Materials (Coil) - BY	
4	\Detox\Coil\Remove Systemic Toxins 1 (Coil) - BY \Detox\Coil\Remove Systemic Toxins 1 (Coil) - BY	
5	\Detox\Coil\Remove Systemic Toxins 2 (Coil) - BY \Detox\Coil\Remove Systemic Toxins 2 (Coil) - BY	
6	\Detox\Coil\Remove Intestinal Toxins (Coil) - BY \Detox\Coil\Remove Systemic Toxins 3 (Coil) - BY	
7	\Detox\Coil\Liver Function (Coil) - BY \Detox\Coil\Liver Function (Coil) - BY	
8	\Detox\Coil\Kidney Function 1 (Coil) - BY \Detox\Coil\Kidney Function 1 (Coil) - BY	
9	\Detox\Coil\Kidney Function 2 (Coil) - BY \Detox\Coil\Kidney and Liver Toxins (Coil) - BY	
10	\Detox\Coil\Lymphatic System 1 (Coil) - BY \Detox\Coil\Lymphatic System 1 (Coil) - BY	

Plasma, Contact, Scalar, Laser, or Coil (1 Generator)

If you only have one generator, twice each day you connect the plasma or contact hardware to your generator, and run the plasma/contact/scalar/laser/coil program specified in the Generator 1 column of the table below. After you finish each plasma/contact/scalar/laser/coil set, safely disconnect the plasma/contact/scalar/laser/coil hardware from your generator

and then connect Spooky Remote hardware to the generator, and run the corresponding set from *\Detox\Remote\Terrain-Nonviolent - BY*.

To skip to a specific day in the *\Detox\Remote\Terrain-Nonviolent - BY* preset, load the preset into a Generator control, type a preset number into the Preset text field (see table below), type Tab, and then click Start. Some days have 2 child presets, use the 1st child preset in the 1st session, the 2nd child preset in the 2nd session.

Day	Preset Number
1	1
2	2
3	3
4	4
5	5
6.1, 6.2	6,7
7	8
8	9
9.1,9.2	10,11
10.1, 10.2	12,13

Remote Only (1 Generator)

Simply run *\Detox\Remote\Terrain-Nonviolent - BY* on your generator with the Spooky Remote hardware for 10 days or more (the preset repeats itself after 10 days), to the BN port of Spooky Boost or to Out 1.