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Some thoughts and advice

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To: Sophie Nerine <sophienerine@gmail.com>

: September 24, 2025

Dear Sophie, and all the Sophies and sisters--Antonia, Alexa?

Just wanted to add to the last letter a bit.

As you grow older I know you like to look for the sources of info and news and that is precisely what you should be doing always. Maintain a healthy skepticism about what is published out there and check and cross check all information. In all fields, we are seeing Deception on all sides. In the world of journalism you may have already figured out what "mainstream media" is and what "alt media" is. The news channels and major newspapers are run by larger conglomerates and they run superficial, image-focused, propaganda propping up various parties--mainly billionaires, private corporates who have made their money sitting on other people's necks, slaveowners from old feudal lines, and so on--Witness Trump, Elon Musk, Jeff Bezos, Zuckerberg, the Pope, the UK Kings and so on--Euro Royals, who want attention all the time, the heads of Big pHarma etc--and they set up extravagant mythologies and they tell lies. Charlie Kirk for instance is not dead and the ICE Dallas shooting was set up by ICE and co. The Shootings especially are deceptions--but if at all you are in any kind of situation where you hear a shooting is going on, LEAVE THE AREA AT ONCE.

Media is full of lies, and ALT media is also a lie--it is a set up by the CIA under their Operation Mockingbird covers--and apparently it is important for the CIA and friends to deceive people and maintain lies. I am sure the day will come when they figure out this is absurd and change their ways. but right now it is all Cloak and Dagger, secrets about the Sun Moon Earth and a lot of Cremerie: elaborate mythology.

I wanted to give you a few links to explore and share with others, including your parents, to show them what the military is doing with non lethal weapons, using them to induce moods and diseases, and cause "diagnoses"--LABELING FOR PROFIT AND CONTROL--in both children and adults of both psychiatric and physical health conditions. Because these weapons exist and are being used, we all need to be aware of them. We also need to do our best to inform others and express our opinions about them so that human rights and human rights law sectors can wake up and BAN these weapons--they all cause neurodamage and biodamage and they are through-wall and privacy-intrusive: unConstitutional.

Note also that there are factions among the controlling classes who want human-machine fusion--cyborg creation--and think that everyone is going to be implanted and BCI-tech'd and controlled by them--these are subjects to explore, along with AI {which is also being presented as something it is not; it comes from non consensual research and neuro-damage projects using animals and humans, and seeks to DUMB people down so no one uses their brain and critical thinking skills but rely on grammar Robohelp like ChatGPT which no college student should ever use} and to speak up against. We as humans are in evolution and we are growing and evolving in consciousness--we cannot permit Cyborging which is Demoting Humans and Controlling Humans. Our brains and bodies are ours and ours alone; others cannot be permitted to control and modify our brain and body functions. [Basically they want to sharpshoot and syringe-shoot people with implants of diff kinds, including SENSORS, to automatically measure things like sugar levels and protein levels and so on, to have people from outside MONITOR this sensor data and CONTROL people from the outside: MEN for instance will control WOMEN and Grls this way, and WOMEN will be controlling MEN and boys--it is all pretty PERVERTED and it is up to all of us to keep on top of this and speak out against it.]

The main article on Behavioral Effect Weapons from the DOD:

[https://jifco.defense.gov/Portals/50/Documents/Resources/Publications/Government_Reports/Mezzacappa2022_Article_NotNon-LethalWeaponsTheCounter%20\(1\).pdf?ver=v-Tpj17OwKaWTGL-69ryZg%3d%3d](https://jifco.defense.gov/Portals/50/Documents/Resources/Publications/Government_Reports/Mezzacappa2022_Article_NotNon-LethalWeaponsTheCounter%20(1).pdf?ver=v-Tpj17OwKaWTGL-69ryZg%3d%3d)

Articles on NEUROWARFARE with neuroweapons and nanoweapons to MODIFY BRAINS and CONTROL BRAINS:

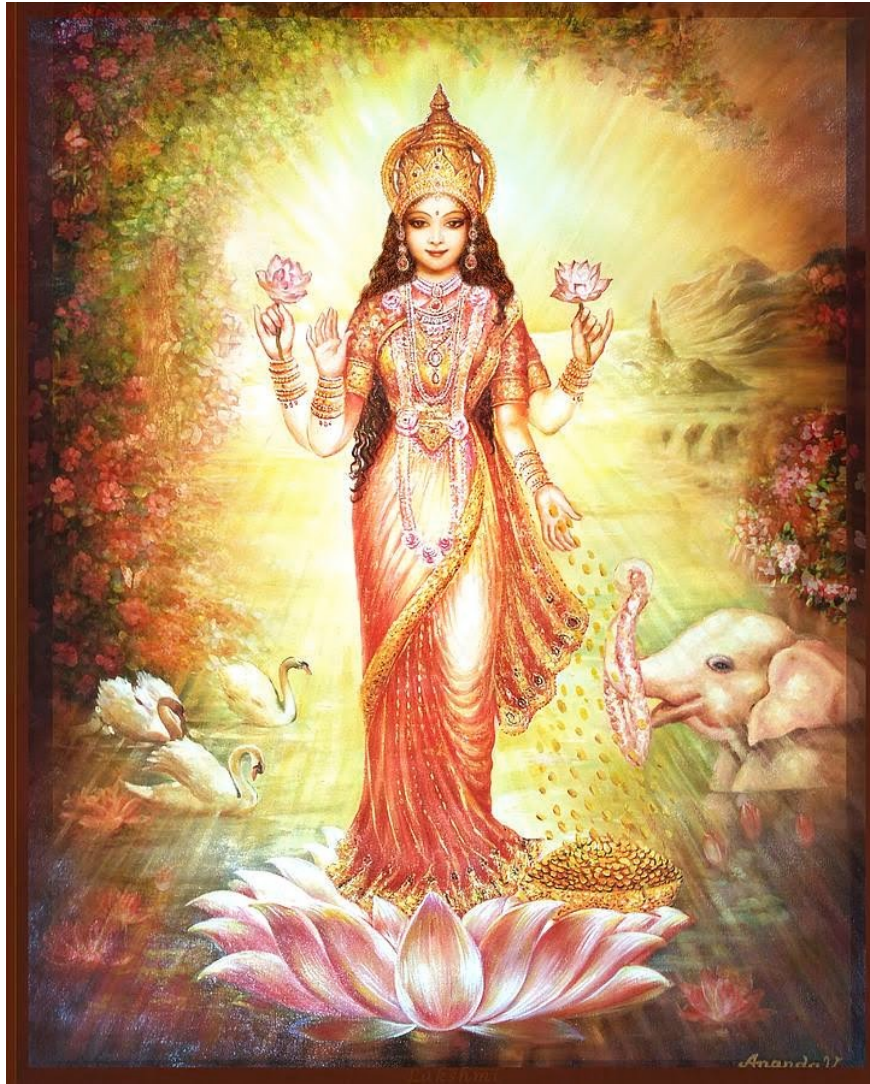
<https://pubmed.ncbi.nlm.nih.gov/39640342/>: technologies used in neurological warfare

Deruelle F. Microwave radiofrequencies, 5G, 6G, graphene nanomaterials: Technologies used in neurological warfare. Surg Neurol Int. 2024 Nov 29;15:439. doi: 10.25259/SNI_731_2024. PMID: 39640342; PMCID: PMC11618680. <https://surgicalneurologyint.com/surgicalint-articles/microwave-radiofrequencies-5g-6g-graphene-nanomaterials-technologies-used-in-neurological-warfare/>

Lyon RF, Gramm J, Branagan B, Houck SC. Implications of Neurological Directed-Energy Weapons for Military Medicine. J Spec Oper Med. 2022 Sep 19;22(3):104-107. doi: 10.55460/OJAL-JIJT. PMID: 35877979.

Also, I have just started a new page at my website called Cover Stories which links to articles in Science which are running covers/cover ups for neuroweapon use on people and radio/energy weapon use on people, so check in there now and then for info. <https://everydayconcerned.net/cover-stories/>

Pray everyday for the world to change. Sophie, the gods I pray to are many these days--you know about Yeshua or Jesus and Almighty God, the father, from the Bible. You also know about Mary, Mother of God to pray to whenever you need help or reassurance. I also pray to Shrimathi or Lalitha Devi, the Goddess of Creation who is also known as Parasundari, or Parashakthi--the most beautiful, the most strong, the Cosmic One, the one who made the world. I pray to Lakshmi who is not just the goddess of wealth but a goddess who is closeby, who is near, who is with us--the one on a lotus, who believes in Beauty, Order, Home and Caring for all. When I pray for all the little creatures who visit our garden, I pray to Lakhmi for she cares for them all -- Om Shreem Namaha--the namaha means Not me, and in Hinduism you learn that each God has syllables, phonemes associated with them. Lakshmi's is Shreem, and so is Shrimathi's whose syllables are also Shree, Shree Matha or Shree Mathi (Matha means Mother in Hindi) and Om. When you need help or advice from God or the cosmos, the simple Om mantra can steady you and also bring God closer. God apparently has to be prayed to--he or she is busy with other things so has to be called by name, by syllable. I have stumbled upon Hinduism as all do--perhaps it is the oldest religion of them all, it taps into what other ancient cultures and religions also know, the power of sound and vibration and harmonics. I need to read more. There are some ancient hindu scriptures I would like to read (Vedas, Upanishads) the ones who come to us in mantra and Sanskrit, yes, also Thamil and all the many languages of the South (of India). When you are in need of help and advice also try meditation to calm the soul and enter the quiet space where the gods dwell. [Simplest way to meditate: Find a quiet spot, after yoga, after exercising, and sit still and watch your breath--the mantra Hong Sa helps, with in breath (Hong) and out breath (Sa) said silently inside, over and over, breathing quietly to calm your body and slip into a very cool space (your body temp will drop). When calm like that, pray and speak quietly with God.] I also pray to Shakyamuni--the Buddha--and all these have come to me in prayer: the Buddha, Yeshua, Shree Mathi, Lakshmi, the great Cone Echinacea of God, changing flowers, and Shiva. Yes, the Om Namah Shivaya mantra for Shiva is also very powerful, he is a meditating God as is the Buddha--both still v practical though. Find a temple or chapel or church on campus or nearby where you can sit quietly and pray now and then. Staying close to God--any one or all of these--helps. Also Nature--just being in Nature and communing with the leaves and trees and birds and little creatures.



I pray for you all--and I live in hope that this madness of weapon-use on people is stopped completely and our lives are returned to us, and that I will see you all soon.

I hope all things are going well for you. Just know--2 things--if you are ever feeling weepy or depressed or sad, SHIELD first of all your heart chakra and entire front, and two, spend some time in reading Scripture and prayer. Read the Bible, it helps. My mother would read the Psalms over and over. Also all the letters. From Paul the apostle of Christ, to various groups of people.

More next time, I wanted you to have all these article links. Neuroweapons and nanoweapons need to be banned.

Lots of love,
Your Mom always



Ramola D

<https://ramolad.substack.com/Plain Speaking>

Delphi Quarterly

www.artcreatewrite.com

<https://ramolad.wordpress.com/>

<https://everydayconcerned.net/>

<https://afterviews.blogspot.com/>

Ramola D Reports/Bitchute

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