



Ramola D <ramolad1@gmail.com>

Some thoughts and advice

Ramola D <ramolad1@gmail.com>
To: Sophie Nerine <sophienerine@gmail.com>

Sat, Sep 13, 2025 at 11:09 PM

: 10:02 pm, September 13, 2025

Dear Sophie,

I forgot if I sent in some thoughts and advice for your last year in undergrad/college this year. AT least, I am thinking this has to be your last year. I don't know where you are although various of the Pauls tried to tell me you were in UCLA. I think their kids are in UCLA but I can hardly believe you would go there. I am thinking you are either at Ann Arbor or Penn State. GWU came to mind too; I know you wanted to go to DC.

Have you figured out the truth about the Trump admin and US Inc. yet? Please check out the Anna von Reitz website and posts--she has the real history and sadly, Hamilton was a traitor not a hero. The Brits never went away--as apparently they never went away from India either. India was a slightly diff situation, but behind it all we have Central Banks, fractional reserve banking, and the Rothschilds, the Venetians, the Vatican, the City Bank of London, and the Windsors. They seem to believe they own the world still and can pulse the rest of us to death or Genetically modify us with mRNA. Which your father and Kathy made all of you kids take so sadly you all have rat DNA now in you and Monkey and Plasmid/bacteria from bovine pancreas and such--not vegan--and there may be aborted fetal cells too from human babies and chicken embryos. Your father never spoke to me about it and never consulted the work I was doing exposing the vaccines at the very time and for a whole year before he took you in and got you vaccinated with the Death Bugs. There is only ONE option when such a calamity happens: DETOX continuously and please tell your friends to do the same. They should not be eating animals, eggs, dairy either--there is RNA in all of these and the RNA burden on top of the changing of the cells from the vaccine will lower health, vitality, and lifespan.

Basically those who were conned by the CDC, the DOD's Operation Warp Speed, the European Commission, the WHO and the UN and US governments into taking that vaccine have taken in something into their cells which alters the genetic programming inside them. As you may know by now, there are many who died instantly on taking the vaccine. I had been covering this since 2020, February 2020 and March 2020 when I was in Bangalore and you had returned. Your father never spoke to me about the vaccine but he knew very well you could not and cannot take vaccines. Your great grandmother died of a vaccine. Your two great-uncles Lloyd and Boyd died as babies from vaccines. The mRNA alters the genetic programming of your body's cells. Your father has NO SCIENCE training. he had a little, back in Texas A & M for a year when he studied geophysics then ran off to Ann Arbor and did English. English is great but it is not Biology nor is it Physics. Both his siblings studied History. His father is a physicist and patent lawyer, his mother a pharmacist with an education from the 50s and 60s which glorified psychiatrists and allopathic drugs--my sister as you know is similarly indoctrinated with her degrees in Medicine and Ophthalmology and Genetics. It is actually surprising to me that someone like her and Darren with their background in Genetics would permit and approve and actually take the mRNA vaccine-- how brainwashed can they have been. It is not "educated" to take vaccines, it is IGNORANT. So anyway, this is not something I have discussed with your aunt Kathy or Emily or your grandma--they never spoke to me about anything, really. Over the several years when I was being attacked with RF weaponry and your father was silenced, both by the prevalent modalities and witches' reach of Psychiatry and the Nightly Neuroprogramming he was getting from the people parked nearby to do the same, I am afraid they all behaved as if they were superior liberal progressives and I was--well, they didn't ask me, they assumed I was pretty much nothing.

Medicine is not a monolith, the so-called healthcare system is not the only system of healthcare in town. We are healed and nurtured by food, nutrition, herbs, sunlight, water, natural remedies, exercise. Also prayer and mantra.

In any case, I return to this subject to tell you once again: YOU CAN NEVER TAKE VACCINES. they are dangerous for you--and do you know what they really are? Your father does not have the whole story and has been brainwashed, as have many. Last week, looking through some papers here, I found that your father has taken you for a booster in Jan 2022--was this after I spoke to you when I found out you had both taken the vaccine in June 2021? I feel I spoke to you in 2021. I can barely believe it. It is enormously shocking to me, and grievous. DO NOT TAKE A SINGLE BOOSTER AND DO NOT EVER TAKE ANOTHER VACCINE. Kathy and Emily have given their kids vaccines: it lowers health, energy, genetic health, vitality, lifespan. Dr. Judy Mikovitz who worked with Anthony Fauci was on my channel a few times--she is a GW graduate, in Medicine I think--she has been publicizing the ingredients in vaccines and telling all not to take any. They are poisons and death loads. So has Dr. Sherri tenpenny. Please see their interviews at my channel.

Please read and share with your friends: [Dangerous mRNA Vaccines & Cancer Non-Therapies to Replace Your Genes; Clear Lies in Genetics Info Online: Science Crimes; Billions for AI Built on Neuro Crime, Convolutions by Criminals to Avoid Mention of Anti-Human Spectrum Weapons Torture/Testing Ops: & US Inc. is Dead | The Everyday Concerned Citizen](#)

Also see all articles here: [dangerous covid vaccines](#) | [Search Results](#) | [The Everyday Concerned Citizen](#) | [Page 2](#)

Take the following to remove that mRNA from all cells: Equisetum/Horeshoe grass, Nettle, Pau D'arco, Cilantro, Turmeric, Cumin, gooseberry (amla), cabbage, carrots, tomatoes--or eat foods which use these. Eat well, focusing on fresh fruits and vegetables and lots of water, spring or distilled water. Eat a small piece of fruit every day. Take Vitamin C as a preventive--or take it in food--oranges, rose hips, cranberry juice, sour cherry juice etc. Drink a cup of almond milk or have it with your cereal everyday. Eat a handful of sunflower seeds every day or a few small pieces of walnut--for the Vitamin E. Sunflower seeds in particular. I have prayed over this and been given some answers for removal of extraneous material: Sunflower seeds, red clover tea, acorns, oddly, red oak leaves, are good for cleaning out debris. Also karela--bitter gourd or bitter melon--which I bought yesterday. I need to clean out the nano from my skin. [We are all being sprayed with nano from the aerosols but I have also been hit with sprayed nanotech from the weapon-wielders locally.]

I have more to do on my site regarding organizing all my COVID and Vaccine interviews and articles. But use the keyword Search feature and find articles. Please look into the actual Science. Donna and Kathy would be against the vaccines too if they read all I have published. Plan B is where I'm headed now.

Very sleepy and I will write more soon. I made some banana nut date bread today and pickled some radish and put some away in bottles.

Please eat and sleep well, keep the proper hours as if you were at home. I would like you to come home as often as you can. Please plan to come back to Boston and do your next degree here. I would like to teach you some cooking from my mother's time. I also feel you should be at home. I am hoping you will do something that pleases you, not something that doesn't actually. I have so much to discuss with you including my plans for my lit review and Press, the conceiving of which I am still working on. I would like for you to pull together a manuscript of your poetry so we can publish it soon. Your twenties are an important time in your life, Sophie, and now that you stand on the cusp of those years, you could think softly ahead to what you would like to see yourself doing in your 20s. I would like to speak with you about this, I will write more next time. I am hoping you can come home soon, perhaps this fall or spring.

Lots of love, Mom



Ramola D
Delphi Quarterly
www.artcreatwrite.com
www.ramolad.com
617-347-8234