

# 5G & The Wuhan Debacle

February 19, 2020

with

**Lena Pu**

Interview by Judith Kwoba of Nightflight

**Please Note:** *The subject of blood effects from microwave exposures, sunlight, infrared to UV light, microbes and vitamin D were all discussed in this interview and the timing was fortuitous because these very effects are finally coming to light months after my February interview with Judith Kwoba of Nightflight. In April, doctors and surgeons all over the world are finally coming forth sharing their discoveries the true nature of the so-called COVID-19 disease and deaths are stemming from blood issues, specifically blood clotting, or thrombosis. I discuss this very phenomenon the blood coagulation, clotting, sticky blood issues are attributed to the wireless exposures to the microwave frequencies and the newly introduced 5G and its associated millimeter waves. The real cause of disease I described months before any actual diagnosis or surgeries proved it to be true. You can find this discussion at the bottom of page 11 where I explain how the Chinese are actually suffering from blood coagulation first from the exposures to the new installment of 5G technology. And even earlier at the very top of page 4, I discuss how RF/EMF's and geoengineering is deleterious to our vitamin D production, but more importantly, how important and powerful the sunlight can be in reversing the sticky blood, and further celebrating sunlight's additional important roles including its ability to destroy all kinds of microbes, including viruses, through exposures to the UV light.*

**About the Transcription:** This transcribed article, later edited, is based on my interview with Judith Kwoba of Nightflight that was performed on February 19, 2020. We addressed current topics such as the novel coronavirus in Wuhan, China that seemed to have started around December 2019, an "outbreak" that seemed to take place on the heels of the 5G deployment in October 2019, a few months earlier. We discuss the COVID-19 outbreak in Wuhan, how microwave radiation affects the immune system, what should be done about bio4 level labs, the coming technocracy, artificial intelligence, the implications of 2G through 8G, and what are some of the solutions, and more.

My past work experience involved restoring sensitive environmental habitats for the U.S. Army Corps of Engineers. Currently, I am an environmental science researcher and citizen journalist. I investigate the science of natural versus manmade frequencies, blood research, human health and wellness. With experience and background in environmental and engineering related projects, I have the unique ability to synthesis an understanding of science, technology, laws, politics, and history into a connective whole.

My February 19, 2020, interview is available on YouTube at <https://youtu.be/xXYfHkTUjtY>.

To view my other interviews, please visit my website at <https://lenasfabulousfrequencies.com/>

Interviewer (Judith): Lena, thank you so much for coming.

00:33

Interviewee (Lena): Thank you so much for the introduction and thank you so much for having me on your show. It really is a privilege and especially since you just interviewed Masaki - a friend of mine. I think it's a really great partnership we have here as a community being internationally connected. I think it's really awesome.

00:51

Judith: Thank you. So, you used to work in restoring sensitive environmental habitats for the U.S. Army Corps of Engineers. What is that?

01:09

Lena: Yes, I used to work for the federal government, the U.S. Army Corps of Engineers. This was after I graduated from college. I got my degree in landscape architecture and focused on environmental restoration work because I was very much into the idea of sustainability at the time - not agenda 21 or 2030, you know, the true meaning of "sustainability" as in preserving our natural habitat. So, that was my focus and interest during and after college.

The last project I worked on was restoring wetlands habitat for endangered species of wildlife, fish and fowl. If you are familiar with the importance of wetlands, you should also know that man has destroyed much of the wetlands here in the US. The wetland soil is extremely rich and fertile, and here in California we have basically destroyed all the wetlands by berming them up with levies, drying up the watersheds to make room for agriculture. Wetlands have multiple important functions. For one, they are feeding pools for the most diverse numbers of birds, spawning and nesting areas for fish and fowl. Secondly, they act like the lungs of the earth absorbing and filtering out any waters before they reach the oceans from river run-offs that begin from high-altitude, sediment-rich, snow-melt waters. What happens now is that all watersheds, instead of being absorbed and filtered by the wetlands acting as the interface between fresh water to ocean water, now flow unhindered, dumping its mineral-rich sediment laden waters straight into the ocean. This is one of the central causes for massive algae blooms and ocean die-offs.

Once you destroy the wetlands, you get into all sorts of problems. My job ultimately was to fix what the US Army Corps of Engineers had destroyed with the levies, reclaiming some of what was natural and mitigating against some of the environmental losses.

That was my job, so I did that for a couple years. Then I got married and had kids and became a stay-at-home mom for many years. During that time, I worked as a freelance consultant for landscape architecture, remodeling and architectural projects. I'm a designer with an environmental focus.

03:23

Judith: I guess it was your children that brought you to the subject of Wi-Fi, 5G, and everything that is connected to it. Correct?

03:36

Lena: Yes, that was basically where I got my start. When I realized the local schools had decided to use Chromebooks wirelessly, I started to look into this and had asked the school principal about this plan to learn more. I found out they were going to deploy WiFi in schools as a result of my questioning the Chromebooks. I ended up talking with the entire school board of trustees and the entire chain of command of decision makers, meeting with them one on one sharing the science of wireless radiation harm and stating, "You guys cannot do this to the kids. You cannot irradiate the kids."

I thought it was just a singular problem with a simple solution, like - let's just go back to wires. But I quickly found out it wasn't a local issue at all but a national issue, then later, an international issue. It was a worldwide problem! So then, one involvement led to another and before I know it, I became a spokesperson against 5G cell towers, small cell towers and more, fighting several new cell tower and 5G state bills.

It all began very humbly starting with the Wi-Fi in schools, then finding myself talking in front of state legislature assemblies and giving testimony in front of senators. It was an interesting road and life changing event, I never thought I'd become politically active this way. But because of my environmental background in knowing how devastating hidden invisible toxins can be, I felt responsible to take up this cause since so few knew the dangers we are facing. We are at a crossroad regarding our planetary health where our viability hinges on our taking immediate actions to not only protect ourselves but to become politically active. We have to act. There is no

more time to be a spectator. The results of the rollout of the Internet of Things (IoT) will be devastating to the planet if we don't work to stop it.

Today's approximate 75 to 80% loss in all populations of birds, bees, insects happening worldwide are due to the recent dramatic increases in ambient wireless radiation over the last thirty years. In 2014, the Department of Interior sent a letter to the FCC stating the negative health effects of cell tower radiation on navigating birds. It is also indicated in the massive numbers of tree die-offs as well, world-wide. I'll go into that, too, the tree die-offs, and my theory behind why certain trees shouldn't be dying but are dying, especially when certain dying trees are also found in pristine forests. These are forests untouched by 5G or any wireless radiation, so the question is, why are they dying?

One culprit causing the death of flora and fauna is linked to the nano-particles, metals and chemicals sprayed into the skies with the main purpose of creating a positively charged atmosphere, ionizing it for the sake of increasing electrical conductance in the air for weather modification using the phased array antenna technologies found in all our cell towers and 5G. Additional effects of geoengineering, of course, is connected to the tree die-offs. The high levels of aluminum, strontium and barium elements poisoning the world's soils, the trees, flora and fauna.

So, I started looking into the reasons behind all these problems. Why would anyone want to hurt and destroy the children, the world and our earth's natural resources? That was when I really began to understand the primary root of these problems.

6:20

Judith: You gave a very wonderful talk at the Silicon Valley Health Institute. I watched that on YouTube. And, yes, I will link below so that everybody can watch it later on as well. There, you said something very interesting - that those frequencies do not belong here and that usually the earth is protected from these frequencies. Could you elaborate a little bit on that?

Lena's talk at Silicon Valley Health Institute on September 19, 2019, is available on YouTube at:

<https://www.youtube.com/watch?v=D1pzeTFmCn8>

06:56

Lena: Yes, Judith. I call these waves "xeno-waves" because "xeno" means "foreign", meaning it doesn't belong here on earth.

The majority of the microwave portion of the electromagnetic spectrum do not reach the earth other than the occasional solar flares, but today, we are generating our own artificial microwaves on earth at such power levels we are overshadowing the natural cosmic radiation background levels by a billion to quintillion levels higher. Not only are the power levels insanely high, but equally horrific is the fact that the FCC back in 2016, had announced in a public address their unleashing of the entire spectrum of microwaves, including the millimeter waves, for commercial use, forcibly exposing all life to the entire spectrum of these "xeno-waves". In addition to power and frequency numbers, are also the artificial propagation techniques of these waveforms such as unnatural pulsing, spiking, modulating, phased array, beam forming, omni-directional, and so forth.

A few years later, even before the 5G has been fully implemented, the FCC announces the introduction of another generation of connectivity, 6G, which consists of the terahertz frequencies, a band of frequencies residing between the microwave's millimeter waves and the infrared light frequencies. The 5G will expose us to the entire bandwidth of the microwave frequencies and the 6G will expose us to the entire bandwidth of the terahertz frequencies. All of them are considered

“xeno-waves”, not a single frequency within these two spectrums naturally occur on earth, nor do they support life on earth. In fact, they are all genotoxic to life on earth.

The only frequency bands necessary to support life on earth is what we receive from the sun between the infrared light to the UV light frequencies. Virtually all life on earth need exposures to the entire spectrum of the sunlight as it moves through the day from infrared at sunrise to UV at dawn. All life adjusts their circadian rhythm to the changing quality of the sunlight's spectrum of colors. Human health is built on such exposures as it sets our hormones stimulating the release of our own body's natural antioxidants such as melatonin, serotonin, vitamin D, and charging our mitochondrial “batteries” all of which fight chronic inflammation and oxidation. The quality of the sunlight provides various purposes and protections, such as the UV's ability to kill off virulent strains of microbes, viruses, bacteria and mold in the environment.

Like the tree die-offs due to the increased metals in the soil, there is reason to believe the sudden increase in environmental mold issues is due to the increased metals in the air, blocking out the complete and full spectrum of the sun's light from reaching the earth. This is why I believe our toxic mold issues have risen so dramatically within the last two decades or so. There is most likely not enough natural UV light killing off the mold in our environment, leading to an imbalance in the entire ecosystem chain of life starting from the microbes and working its way up, all the way to the trees.

Compounding the mold issue coming from a lack of sunlight and its protective UV properties is the ever present radiofrequency microwave radiation that is now ubiquitous, found even in most rural areas as cell towers are finding their way on every square mile of land. Dr. Dietrich Klinghardt has performed a research study on mold and exposed them in a petri dish and discovered they released an increase of biotoxins by 600 times in the presence of microwave radiation! Microbes, including mold, are highly sensitive to electromagnetic radiation.

It is obvious sunlight is vital to our health and the health of our environment. Yet, it is now blocked by the metals from geoengineering, sunscreen, sunglasses, and being indoors all the time - not letting natural sunlight come in through our eyes and stimulating the pineal gland. Not getting enough sunlight is very destructive to our circadian rhythm. It's very disruptive to our whole body's hormonal system. Everything is affected, including the sleep cycle. Our bodies organs and cells run on cycles. Everything runs on cycles, it is part of the vibrational equation that makes up our universe.

I'm going to link the significance of this later on to the coronavirus, but this is a good educational foundation to what I'm going to go into later.

What's really happening is we're shutting out the healing frequencies of sunlight and absorbing all the destructive frequencies that never belonged on earth. These “xeno-waves” consist of the entire spectrum of all microwave, millimeter-wave, and terahertz frequencies, that is a total of 6,000 different types of frequencies that do not belong on earth. 5G and 6G enables the usage of all these 6,000 various types of “xeno-waves”. This is beyond insane, this is terraforming the earth into something else for an entirely different purpose that is not life supporting as we know it.

10:05

What is very interesting, Judith, is that in my presentation at the Silicon Valley Health Institute where I showed my blood study and discuss how microwave radiation exposures lead to sticky blood, or coagulated blood, do you know what will break apart sticky blood? Do you know that there is something that not only prevent our blood from becoming sticky but can also fix the problem if that happens? It's sunlight! The natural process that can break apart sticky blood is sunlight! It's so simple and overlooked. We take nature's gifts and healing for granted not realizing how we need it to function properly until it is taken from us.

So, microwaves make your blood sticky, but sunlight unsticks your blood. Sunlight actually charges your body in such a way that the whole system is flowing and working in unison again, from blood vessel health to increasing blood's plasma flow to correcting the charge of the blood cells. Another way of looking at it is that when drawing in sunlight you restructure the water inside your body – you are charging up your body's natural batteries realigning and correcting the flow of the negative and positive ion flow. This process is further enhanced when you ground your bare feet on wet soil, quickly discharging into the earth inflammation-causing positive ions while drawing in the health promoting negative ions from the earth.

Please do not ground yourself in cities as there are stray electrical charge and dirty electricity that comes with the growing high voltage equipment from solar equipment to “small” cells and cell towers. I have measured my own body when trying to ground in urban areas and at times, I find myself drawing in more electricity and or microwave energies. In essence, I either became a conduit or an antenna when grounding in dense urban areas.

10:53

If you get a chance, go out to nature and ground yourself there. Take off your shoes and plant your bare feet on moist soil, or better yet, in natural bodies of water. Let the sunlight strike your bare skin for a reasonable amount of time. This will not only begin to discharge the microwaves that your body has been absorbing, but the grounding and sun exposures will also help to purify your blood and restructure the water and plasma in your body.

There are so much we still need to educate ourselves on. What is the truth? What is natural? What is healing? We need answers to such questions more over than just knowing and focusing only on what is considered “bad” for us.

By focusing and discovering the positive side of healing, and with this knowledge - the sun does this, and natural structured water from streams do this, becomes healing in and of itself. Understanding the healing gifts that come from our natural world is fascinating and beautiful, and it is out of this appreciate comes true passion and action for why we need to protect our natural resources that are so necessary for our survival.

12:14

Judith: We also have a very nice Nazi connection - a scientist. I think that we should mention that.

Lena: This will naturally lead into the next topic following the same thread we have been discussing – structured water. This is really good timing. I am going to share with you, Judith, something that I haven't shared with anyone in an interview so far. I love to talk about the importance of structured water because I have a deep fascination and obsession with understanding water. I'm still learning, because there's so much to learn about it. The more I learn about water, the more appreciative I am of all of nature's gifts and our Creator for how wonderfully everything is made.

Regarding the Nazi connection, you are referring to Herman P. Schwan. He was a German scientist who supported the Nazi regime, The Third Reich. He was smuggled to the United States through Operation Paperclip and continued his radar research at the University of Pennsylvania studying the biological effects of microwave radiation. Is he a compromised figure? I say absolutely, you do not entrust a national health and safety program to be developed and determined by a scientist who comes from a warring enemy nation. You just don't do that. It is not in the best interest for a nation to give that level of responsibility to an illegal alien who also understands how microwaves can be used as weapons of war. In fact, his first set of RF safety guidelines, which are still in effect and being used today, were recommended for use by the Navy. Why do you think he set his levels so high, at thermal levels? It is to support the military's use of radar and microwaves and enable them to utilize near limitless power levels that would otherwise be illegal if truly safe and hygienic exposure levels were used, based on effects determined at the non-thermal, non-tissue heating levels.

What I will share with you about my research that I've not shared publicly with anyone else is this - when I started to look at Herman Schwan's research, I found he was also obsessed with two of my own favorite subjects of research - water and blood. He's done extensive research on water and blood – both central to my own focus of research. When I came to that realization I was just floored. I said to myself - if you study these two topics in conjunction with the effects of microwaves, ranging between the low-range to mid-range to the high-range frequencies, you will find that the entire microwave spectrum's exposures will negatively affect water, and came to the conclusion there is no way this German scientist could not know. In fact, many of his studies will say there are athermal effects present found on cells, blood cells and water molecules when microwave frequencies are passed through them at levels considered nonthermal.

If there are athermal effects, then why is Schwan stating only thermal effects are harmful? Why did Schwan set an RF guideline standard so high while affirming that anything under it at the non-thermal, non-tissue heating level is moot – meaning there is no cause to worry as there are no biological effects?

There was a pivotal moment I distinctly remember when looking into his research. I had stumbled upon this one particular chart of his and my blood ran cold. It portrayed a vital connection to my own blood research and when I saw his chart, I immediately knew the implications of it. It is the same chart I showed during my presentation at the Silicon Valley Health Institute. This chart shows how cells realign themselves in the presence of electromagnetic radiation fields and form what Schwan calls "pearl chain formation". I have been looking at blood now for a number of years and know it takes no amount of time, nor much power, to create this same effect on blood cells within a living body. It takes only 45 minutes of exposure to one type of frequency to achieve this "pearl chain formation". I know this because I performed this experiment on myself and set up this experiment in my own home, it is a perfect test control site since it is RF clean.

16:07

I have an old WiFi router that uses only one frequency, the 2.45 gigahertz. I tested myself to see if one microwave frequency exposure would cause an effect on my blood. In fact, this experiment became my daughter's science fair project. She had said she wanted to do a blood analysis on me. I taught her how to use a compound microscope, taught her what to look for and how to take copies of the images, and finally how to expose me to microwave radiation utilizing only one frequency band. We broke up the experiment into four parts, 0 (control), 15, 30, and 45 minute long exposures. Minute zero, the control baseline, showed healthy round red blood cells sitting side by side. Within 15 minutes, the membrane of the red blood cells started to show mild crenulation, it was no longer plump and round. By 30 minutes, the blood cells began to pair up two by two. And by 45 minutes, the blood cells began to form long chains. As a result of the quick visible effects and the power levels being so low compared to what Schwan proposes is safe, I don't understand how any scientist who studies both water and blood cannot know early in his or her research how easily these molecules and cells are effected by exposures to microwaves.

Judith: In other words, the FCC is still working with his recommendations. Do you have the impression that they never even bothered to do their own testing?

Lena: They definitely didn't. They don't have any scientist or medical personnel on staff looking at the biological effects of harm. Instead, the FCC, from the very start looked to other organizations to base their RF safety levels. They look to the ANSI and they look at IEEE.

[ANSI is American National Standards Institute, and IEEE is Institute of Electrical and Electronics Engineers.]

What's interesting is that Herman P. Schwan's proposed guidelines was adopted by the ANSI soon after he made up these guidelines for the Navy back in 1953. Both agencies, the ANSI and

IEEE are international organizations. What's also interesting to know about those two organizations is that they're not even an official government agency. Both are club organizations supported by membership of tech industry, product developers, electronics and electrical engineers. And here you have the FCC relying on them for the standards. Neither of the three groups do any safety testing. IEEE and ANSI never did any testing. All three groups are not health agencies and have no health committees looking at the science and definitely not any current science. Again, they are a club organization consisting of engineers and electronics industry-type members.

There are lots of compromised people with obvious and deliberate shirking of their responsibilities. Even the FCC will admit they've never done any RF safety testing on any products sold in the US, or abroad. And despite this gross neglect, the FCC most recently released the use of the entire spectrum of microwave frequencies for commercial and public use, all 3,000 frequencies.

19:37

Did you hear the FCC Chairman, Tom Wheeler's, public speech back in 2016 when he announced the release of 5G? He stated something to the effect,

We're going to unleash 5G on you guys, and you're going to love it. We're going to give away the entire microwave spectrum and expose you guys to all of it. Industry gets to pick whatever they want to use. They just need to tell us what they want, and we'll give them license to use any part of the spectrum.

[Tom Wheeler was the Chairman of the FCC (Federal Communications Commission) from 2013-2017.]

It was a doomsday speech, all I could feel was - oh my goodness, what an evil person you are.

Then, what was it, a couple months later or a year later? 6G was introduced, and that technology uses the terahertz frequencies, and at that point, I just said "this is it", our earth is definitely doomed. I also thought to myself we've got to seriously ramp up our activism here because our earth is not going to be able to withstand this. I mean, really, there's just no way our earth is going to survive the onslaught of all these foreign "xeno-waves" of this magnitude. These microwaves, and now terahertz frequencies, cannot coexist with the natural frequencies of the earth. There's just no way it is going to work. Something is going to give and it will be earth and its natural frequencies and all life that is supported by it, if we don't stop this 5G and 6G insanity.

Judith: There is a reason why the ionosphere and so forth are filtering it out.

Lena: Yes, microwaves are dangerous to all life here on earth. Not only that, it is impacting not just our planet but our planet's electromagnetic connections with the sun. All these artificial microwaves are impacting our planetary communications in ways that we cannot understand. By the time you see any negative effects, it's too late. That goes for all problems and life ills, like cancer cells that proliferate undetected until the numbers of malignant cells grow so numerous and large enough that it can be detected, but by then it becomes a difficult situation to reverse. You don't want to get to that point.

Since we are talking about cancer cells, one of the things I want to mention is how geoengineering is affecting the earth in ways that bypass detection. We can visually see what it is doing to all layers of our atmosphere, including the weather, natural environment, soil, flora, fauna, insects, animals, and human health. But there is a new hidden problem with geoengineering that no one suspects and that is the fiber optics' relationship with metal-particulate fallout from geoengineering.

Fiber optics is actually not safe for the earth. It is a big photon machine, so to speak, and if anyone has ever done naturopathic healing, or vibrational or energy healing, they would understand what I am about to describe. Most people have heard of Rife machines. It is a healing device invented by Royal Rife utilizing frequencies to kill damaged cells, dangerous pathogens, and encourage healing in the cells that need it, and so forth. The application of applying frequency healing is endless as shown through Rife's extensive research in this area.

The Rife machine is his invention and the machine that delivers frequencies are sent through wires down to metal rods you hold in your hands, and through these rods you receive the signature frequencies that the machine delivers to achieve a particular effect. One of Royal Rife's most important discovery is finding the resonant frequencies for every type of human cell, tissue, organ, as well as resonant frequencies of many of the microbes and cancer cells and more. The Rife machine delivers frequencies that hold information into your body so you're getting healed through the frequencies. This application and effect also happens with information delivered as photons via fiber optics, except it's through the earth's crust.

The same principle of transferring information running on fiber optics is being delivered into the soil and my theory is that it's impacting our soil negatively. It's directly impacting the microbiome of the soil and that is what is causing a lot of the tree deaths. It's not just the aluminum, strontium, barium mixture from the geoengineering fallout, but the combination of these metals with the fiber-optic information that's impacting the health of the earth's soil.

Tree health is dependent on the microbiome of the soil to help deliver water and nutrients through the root system. Trees are dependent on the microbes and mycelium to help draw water through its root system. It is a necessary and most important symbiotic relationship between the tree's health and its hidden root's friendly microbiome. Think of the soil as the gut of the earth for trees and all plant life. When you bring in another foreign source of light from fiber optics, you are impacting earth's naturally light sensitive system already in place between the network of the microbiome and the root systems of plants.

Then you mix this foreign light source with high levels of metal pollutants from geoengineering and this breeds a serious recipe for disaster.

24:50

**Judith:** To make it very clear, 5G or 6G or whatever do not substitute 3G and 4G. It's all layered. They are all still there.

**Lena:** Yes, you are correct. It is everything, 2G, 3G, 4G, 5G, and 6G, and WiFi and so much more because 5G really means the entire spectrum of microwave frequencies, so it contains ALL microwave frequencies old and new! People try to define what 5G is but it no longer matters anymore because again, it means everything. It's pointless to try to define some technology as being 3G or 4G or 5G anymore because 5G has "absorbed" all the allowable use of the entire microwave frequency spectrum, old and new. So in its place, I encourage using the term "Internet of Things" (IoT) over trying to define what generation a technology is.

I feel the need to go back a little and discuss how the FCC allocates its frequencies and why this 5G is so nefarious and utterly irresponsible and destructive. 1G, 2G, 3G, 4G equates to frequency specific allocations where the FCC gave the industry a set specific numbers of frequencies they are allowed to use and they were a handful. This went on for each generation cellular technology from 1G to 4G, until they introduced 5G. 5G is a quantum leap of the numbers of frequencies allowed. This time, the FCC gave up the entire microwave spectrum, all 3,000 frequencies to be used by industry, private and commercial interests. That is an unheard numbers of frequencies to be suddenly unleashed onto the world. Knowing this, once you get to 5G, 6G, 7G and 8G, it's no longer about specific numbers or types of frequencies but about systems application, because by then they are using all the same entire swath of microwave and terahertz frequencies. It's just that the applied uses will be different.



The application of these “generations” have some overlap but 5G is mainly about the Internet of Things and 6G is about satellite to satellite and satellite to ground cell tower communication. And 7G and 8G is quantum-like. It is heading into the applied use of nano-technology and nano-scale. In fact, 6G is already capable of performing in that capacity because it's using terahertz waves. Starting with 6G, they will be able to affect and use nano-technology in a way like nothing you have ever seen.

For this reason, this is why I believe they introduced the terahertz waves calling it 6G. It has nothing to do with our need for it but to enable the globalists to control the electrons, the protons, the atomic and molecular structure of virtually everything on our planet. This is how nefarious their plans are. In fact, judging from how the globalists have everything always workshopped and preplanned well in advance, I believe they have had these plans in the works for a real long time. They are only now releasing their full intentions behind the true trajectory of where they've always intended to take with all this so-called technology.

27:25

Once you really understand the ultimate goal, direction and mindset of these globalist technocrats, you'll realize it's about getting control down to smaller and smaller units.

If you look at 2G and the first two generations the waveforms were longer. They introduced the longer type microwave frequencies. Are they safe or safer? No, not really. None of them are safe, but what I am trying to show you is how they introduced the waveforms incrementally and progressively going down in size of the waveforms until they introduced the shortest microwave frequencies being the millimeter waves and then even shorter than that the terahertz waves. The shorter the waveform the more biologically active they become. It is truly a slow boil of the frog syndrome. And we are at high boil today since the quantum leap with 5G and all its frequencies.

Another important mention is that as the waves become shorter and shorter, the more impact it's going to have on these microscopic items because of its ability to resonate with the size of that item. For instance, it starts to resonate with smaller and smaller objects such as insects, microbes, yeast, bacteria, viruses and cells.

5G is the first to introduce extremely short waveforms, the millimeter waves. There are plenty of scientific literature that show millimeter waves impact microbes of all kinds. It's all pretty small you think, right? But you know what, it doesn't end there. They're introducing 6G so that they can directly impact molecules, electrons and protons. All microwaves effect molecules to varying degrees, but the shorter they get the more immediate the impact.

That's the direction for 6G and beyond. You have to see the big picture. You can't just say that's the Internet of Things and that's all there is to it. Unfortunately, I'm afraid to say this - but things are going to get quantum. It's already getting quantum.

29:15

Judith: There is also a correlation between oxygen intake - or let's say, oxygen absorption of the cells and 5G. Maybe we can start there, because as you said in your email, you think there is a correlation between coronavirus and this entire debacle in Wuhan and 5G. So, maybe that is a good point to start.

Lena: Okay. Wuhan is quite inland. Its location is pretty central in the middle of China. It's south of Beijing and west of Shanghai and north of Guangzhou, it's centralized and surrounded at equal distance from some of the largest industrial cities of China.

Wuhan being so inland and ranking 6<sup>th</sup> largest city in China is not your typical average sized city by any means in any other country. The population in Wuhan is about 11 million living in the city. Air quality is horrible. I've heard that they rid their city's trash through incineration. Now that would naturally lead to some serious air pollution problems because Wuhan is a very big city.

To bring some perspective on the size, for comparison, Wuhan is much bigger than US's second largest city, Los Angeles, which has a population of 4 million within the city boundaries. The general lung health of the people of Wuhan before the rollout of 5G probably wasn't the best because it is common knowledge there were existing respiratory issues already present amongst the residents. Since chronic illnesses usually beget other chronic related issues the people there were probably somewhat already immune-compromised just from living in an environment with poor air quality. Now, if you are introducing a wholly new form of toxins in the form of electromagnetic frequencies in dense numbers throughout an entire city, you will be adding another layer of toxins onto folks who are already struggling to maintain lung health, you end up pushing them over the edge. Any rollout of dense numbers of microwaving small cell antennas onto a town that's already suffering from some kind of ill health, you're going to get into some serious problems.

I looked into the frequencies that China's using for their "small" cell antennas. They're not using anything different than the rest of the world. So, I'm just wondering why did Wuhan get the virus? Why are they suffering from some virus and not any of the other cities that have also seen the same 5G rollout around the same time? There were eleven cities involved in the rollout of the 5G in China. Wuhan was not the only pilot city. They are one of eleven.

What's really interesting, Judith, is that this is how the globalists operate. When they roll out a certain new system, they don't do it a little bit by little bit so that people have time to wake up and see what is happening and have time to react. No, they already have all foreseen events workshopped well in advance so that when it is time to roll out any agenda, no one is given any time to adjust or give warning to others so that they can work to stop the agenda. What they like to do is to roll it out all at once, put everything in its place, and then hit the "on" button, or what I like to call "kill switch" on all at the same time.

That's how they did it in the United States. I took notice because I was observing how the 5G was deployed in the town next to me. It was a pilot city and they quickly built out all the "small" cell antennas throughout the city first before turning them all on at once. They did not turn on the "small" cells as they went along but waited. Once everything was built in place, they hit the "kill switch" or the "on" button, all at once. I imagine that is how it was with China's deployment.

You know what everybody was wondering - does this virus exist? My reasoning is, if it doesn't exist, then shouldn't all the other eleven cities also be suffering from the same ill effects of microwave poisoning instead of from something that seems to be viral in origin?

For instance, let's take Shanghai for example, the largest city in China, the air quality there is equally if not more polluted. It is really bad there, may have even worse air quality than Wuhan. So why aren't we hearing news of unusual illnesses and deaths happening there?

32:55

Judith: I've been to Shanghai and to Peking, as well. Although I have to say, at least when I was there, Shanghai was okay. But Peking can really be bad. You do not even want to step outside. The air quality is so bad, you can see it. You can see the dirt and the dust. You can really see it, and no more sunlight. It looks as if a heavy storm is coming. Bangkok had the same problem a couple of years ago, but they did something. So, it's better there. But, you're right. China and Chinese cities suffer from air pollution - big time.

Lena: So, they've rolled out 5G in 11 cities and Wuhan is the only one where all the illnesses presenting itself share similar symptoms of serious respiratory issues. And as you know, they're linking it to a coronavirus. Is it engineered? I believe so, because from my research on viral outbreaks of the recent past since modern times, practically every one of them has involved bio-engineered microbes. None of them come from the wild. These microbes have been designed to challenge your immune system making it difficult for suffers to clear out the disease. Lyme is a

good example. It is an engineered bio-weapon. There are lots of scientific literature on this. There have been numerous releases of varying levels of engineered microbes where the most extreme would be Morgellons, the most unnatural of them all.

Another example I'll share. A couple of years ago, Disneyland in LA, experienced a sudden numbers of measles outbreak. The measles strain discovered they found were from vaccines. They were not natural measles coming from the wild. Those strains of measles they found were from vaccines.

Our environment is so artificial. It seems nothing could be natural anymore.

Under normal circumstances, the coronaviruses are actually quite common in nature and there are many strains of it. But given the virulence of this particular strain or strains, it is obvious it is engineered. Virologists from other countries looking at the virus indeed have remarked there is found to be genetic alterations to this strain of virus. We know that the Wuhan bio4 lab is about 10 to 20 miles away. Could it have come from there? Some whistleblowers have said it did, but not without the involvement of certain Canadian and U.S. scientists and others whom have smuggled in the coronavirus at an earlier time into the Wuhan lab where it was supposedly further engineered before being released onto the public. Now was it released from the Wuhan bio lab? At this point, we really don't know. But does it really matter? What this situation does tell me is that we need to get rid of all the bio4 labs. Period. And whether it escaped from that particular lab or not is really not the issue. Because these viruses are engineered means it's coming from some lab, or labs. And all biohazard labs are at risk of accidental or deliberate release. So, I don't care where it was designed or created. That's not what's important here.

What is important is that every single one of these bio4 labs, everywhere in the world, should be dismantled. What is happening in China is perfect example of what can go wrong when a dangerous pathogen is accidentally or deliberately released. We should take this opportunity to use this and make an international example of this to enforce the shutting down of every single bio4 lab around the world. Not only are they unnecessary to improving the quality of human life, they are home to dangerous bioweapons and every single one of them should be decommissioned.

Again, it doesn't matter where the virus came from whether it's from the Wuhan lab or not. There are a lot of lessons to be learned here, as well as opportunities. We have been given the opportunity to finally give attention and reasons to the dangers these labs present and how we should demand that they all be defunded and put out of commission, worldwide.

Yes, China is suffering. However, I do believe – even though it's engineered – that our own immune system can still fight it and overcome it. I believe, as it passes through to the other countries where sanitation is good, i.e. no air pollution, and the people are in better health, including not being exposed to 5G, folks will have a better chance fighting it off. So, with those checkpoints covered, I think you'll be okay.

You should also be active in keeping your immune system as strong as possible such as making sure you live in a wireless free environment in your home. Sleep in a place that's RF clean and that way you'll be able to repair and heal at night. And make sure your air is clean as well as the water you drink and food you eat. Taking care of those primary steps, I think you'll be okay.

I don't think the coronavirus is going to be as devastating as it is in China for most of the world. We may have better health care in general regarding health care system and personal care, and community care for each other, all important aspects to consider when it comes to the mental health and strength of the people, both which may be lacking in such a large industrious city like Wuhan struggling under social constraints and limitations. This idea stems from the fact that there were eight Chinese doctors whom had raised the alarm during the early stages of outbreak

and were suppressed and quieted by the government. A lot of things were handled questionably. These eight doctors were all basically saying the same thing:

“Hey guys, there's something really serious going on here. We're suddenly seeing huge numbers of really strange cases here that have popped up out of nowhere, and the symptoms are all the same and are very serious and deadly. What's going on here?”

Instead of acting on this discovery, the government instead, tells them to shush “you don't know what you're talking about”. Then, before you know it, these acts of suppression then became too real and big for them to handle, they couldn't contain both the outbreak and the lies, anymore.

38:55

Now, how is 5G affecting these people directly? I can tell you this – that through my blood studies, I find all microwaves of any frequencies influence the stickiness of blood. I know for a fact that exposures to the 5G frequencies will cause blood to become coagulated, because 5G will contain many more new frequencies, including the newly introduced millimeter waves, on top of the old ones that the industry will continue to use, will by leaps and bounds be more biologically active than anything we've ever experienced up until now. To make it clear, the most significant difference, and the most important to understand, is that 5G means the entire microwave spectrum, all 3,000 frequencies can be utilized, and that includes all the previous generations of frequencies. 5G has absorbed all the other “G”s, so it isn't really any different than anything else, it just means – ALL of it. That is the greatest misconception the public has in understanding this deliberately misdirected term “5G”. I know our current levels of exposures to all wireless creates abnormal blood cell shapes and groupings, including the rouleau which is the more formal term describing sticky blood. With additional layers of 5G frequencies on top of what is currently being used are going to create some very serious blood issues. If your blood becomes sticky, it's not going to be able to pass through many, if any, of your blood capillaries, the smallest network of blood vessels in your body. These small capillaries require blood to flow through it single file, one cell at a time, and this delivery system brings oxygen and nutrients to all organs and tissues of the body.

The lungs are also made up of these very fine capillary systems. The blood flows through these capillary systems and in order to best draw oxygen from the air, must also flow through these capillaries in single file formation. But blood flow and oxygen draw are hindered due to the microwaving of everyone's blood to the new 5G, on top of the 4G, 3G, 2G, smartphones, wireless gadgets, WiFi, and so on. With everyone's blood being impacted and then a serious respiratory type virus is introduced – becomes a recipe for a deadly mix, especially where oxygen draw is further aggravated from inflammation of the lung tissue caused by the viral load.

I looked at the frequencies used for the 5G deployment and found an article about Huawei's 5G spectrum. It discussed their public policy and showed the frequencies they used. I compared their frequencies to the rest of the world and it shows they are very similar. The millimeter waves being used for the “small” cell antennas are consistent with what the rest of the world has been using for their 5G networks. The millimeter waves ranges between 28 GHz and 38 GHz.

Throughout the microwave spectrum there are certain frequencies that attenuate with or gets fully absorbed by certain molecules. It's called the “peak resonance” effect. For instance, certain frequencies attenuate with water molecules and certain ones attenuate with oxygen molecules. The 60 GHz attenuates with oxygen, whereas the 22 GHz attenuates with water molecules.

Almost all water molecules are affected by microwaves of any frequency because they have dielectric properties. Just that the peak resonance means they are fully resonating with that frequency, and the 28 GHz is real close to that resonant level, this frequency range is being used in China now and throughout the rest of the world for driverless cars. The US is using this frequency broadcasting it through many of the 5G “small” cells, although it may not be affecting us as much because we may be healthier and most likely not suffering from heavy urban air

pollution - depending on where you live. However, in these big cities, especially Wuhan, if they're already suffering from respiratory illnesses and then they're taking in this frequency that is a close attenuation with water, it's probably going to make their blood even more sticky than usual. There is a double asphyxiation effect going on due to the blood's water molecules being impacted at maximum effect. We're seeing combined blood effects from exposures to the water attenuating frequencies of 2.45 GHz from Wi-Fi and the millimeter wave portions of the 5G in Wuhan, plus everything else that is being wirelessly broadcasted.

If what we have been discussing isn't serious enough, there's more. Let's now talk about compounding problems. Previously, I had mentioned metals in the air from geoengineering, well, combine that with Wuhan's unique and specific problems of heavy air pollution deriving from being an industrial production city, trash incineration, the residents are known in general to have respiratory problems. If you're constantly breathing in all the particulates in Wuhan - metals and particulates floating in the air - and then expose the Wuhan residents with brand new microwave frequencies of all kinds, including the millimeter waves, it's going to energize those metal particulates. It's going to make them very reactive. And since they breathe in all those particles on a daily basis, microscopic and even nano-sized metal particulates are going to make their way deep into the lungs and get lodged there. This is the continuation of the one-two punch, except this time, add a third and a fourth punch.

Not only are the microwaves impacting the internal body's water structure, the blood, blood plasma, and the iron, or heme in blood, but it's also impacting the metal particulates lodged deep in the lung tissue. So, you've got organic compounds and inorganic compounds in the body that are both reacting with the microwaves. We've discussed how microwaves impact the water, the blood, and the oxygen delivery system, but what it does to metals is a different story. Metals act like antennas attracting microwaves. So when the microwaves, especially the highly reactive millimeter waves, strike the metals lodged in the lungs, it's going to create micro hot spots turning the metals into radioactive-like particles. This action is no different than if you were to breathe in actual radioactive particles like plutonium or cesium. The only difference is that once you eliminate the microwave exposure the metals cease to vibrate in tune with the frequencies.

42:48

This is why it's so devastating for people to put cell phones against their head. The cell phones are acting on two things. While it simultaneously breaks down the blood-brain barrier (BBB), any toxin and metals in the blood will pass through the BBB and get lodged in the brain. Before I go on, guess which specific frequency is known to break down the BBB through several scientific studies? It's 900 MHz. And guess which main frequency they chose for the cellphone? The 900 MHz! Cellphones use both the 900 MHz and the 1800 MHz. They resonate and act as sister chords of the same family, meaning they enhance each other because they numerically share the same denominator, or patterns of division. Imagine them like piano chords, the two together creating an increased dual resonating effect.

So, you're breaking down the blood-brain barrier, and if any metals get inside the brain, then the metals behave like mini micro-antennas inside your brain creating micro heat, oscillations and "mini-explosions". Just like how I explained the issues with metals in the lung, the issue here is the same. I liken it to having nuclear particles lodged inside the brain - as long as you are in the presence of microwaves, those metal particulates are constantly being activated. It becomes like a radioactive source inside your brain - what I call a "microwave hot spot". So, whenever you're using your phone, you're breaking down the BBB and diminishing its viability over time as it is weakened, making it permanently leaky, and all the while drawing in metal impurities from geoengineering or air pollution and others. Not mentioned here are the too numerous unquantifiable damages also occurring to the brain just from the microwave exposures alone.

The same issues are happening with the lungs. If you're breathing in metals all the time and you're constantly being bathed in all these microwaves of varying frequencies, you are getting zapped by all these mini "hot spots" inside your lungs. Once again, it's impacting the blood, the

plasma, the iron in your blood. Your lungs are already inflamed from the metals and other stressors. You're not getting the oxygen. And you continue to breath in the particulates, while all these particulates become mini antennas and act as if they're radioactive.

These are my theories as to why so many in Wuhan are dying from this more than serious symptom of pneumonia. It's so bad, I'm hearing the statistics are one out of every five persons in Wuhan have died. Now, that's huge. That's twenty percent - one out of every five persons - will die. That's a shocking statistic.

45:01

Judith: In other words, the air pollution - everything that has to do with breathing is already compromised, then maybe it's overworked and not in the best position. The body is probably not completely healthy. On top of that is the 5G. That was what probably made it so devastating.

Lena: Yes, and what's worse is that the people can't get away from it.

Wuhan is about 3,000 square miles, and they have deployed 10,000 small cells and about 3,000 cell towers. So based on my calculations, for every square mile, there's about three small cells and one cell tower in addition to whatever infrastructure that's already existing.

In reality, compared to what I've seen being deployed here in the States, it's actually not terribly a whole lot. I've seen streets lined with multiple antennas strung on every other light or utility pole here in the US. It's egregious. But regardless, any deployment of any new additions of microwaves whether it be the same or different, you are adding to the environment's toxic load, and that is dependently happening with China's 5G cities, Wuhan included. No thorough blanketing of any kind is desirable especially when we are dealing with "xeno-waves".

People also need to keep in mind that China is a very heavily controlled surveillance state so much so that people cannot buy or sell anything without the use of their cellphones. That is a fact no one is mentioning. Not only are they surrounded now by this new 5G, but they keep their devices on their bodies in the "on" mode all the time.

Because of this, I believe every single person in Wuhan is immuno-compromised. How bad it is - or not - depends on their age. I don't believe any single one of them can be healthy. Actually, I don't think anybody in China can be healthy if every single one of them rely on a cell phone being on their person and "on" at all times. As long as it's on, they are being irradiated, and in their case, that would mean constantly.

The Chinese government has made it such that every single citizen in China has to rely on a cell phone to be able to do anything. For those who are sick with the virus, how are these people able to heal if they are constantly exposed to wireless radiation? The first thing that needs to happen is for them to shut off the phone. In general, they need to be able to cut off ties to their phone. That's one solution, the easiest and probably the most important thing they can do for themselves. That's good advice for the rest of the world as well.

If you have a smart phone, it's constantly emitting - trying to communicate with the next cell tower. If you carry it around, you should turn off all the cellular data and Wi-Fi and keep it on airplane mode. If you have an RF meter, use your RF meter to check it to see if all the antennas are truly "off". What is preferable is to not even have a smartphone. Or get a flip-phone.

We are at a crossroad where this whole AI technocracy is going to destroy and take control of whatever is left alive. All of humanity as well as every living sentient being on this earth, animal, fauna, microbes, everything, are all going to be impacted because the end game is about full control down to the molecular level. That is their true intention.

For too many reasons we have shared, it is clear we cannot be married to wireless technology. We need to divorce ourselves from this or start learning how to, because look at Wuhan. It's a great example of what happens to society when the government forces an entire group of people to live a certain way, and they are all suffering from it. One out of five people are dying.

I'm not slamming China or their government. I'm just saying that we are also consenting to it. We are participating and accepting it. We think wireless is great. We salivate over the latest tech that will give us the fastest download.

Judith: So, you probably have seen these short snippets of videos where somebody is standing in the street and then they start shaking and they drop dead in Wuhan. Another person is sitting at a desk, working at a laptop, and then all of a sudden, he falls off the chair from a seizure and then he's dead. I looked at a couple of those videos. I have to say - that is not the hallmark of a really bad flu.

Lena: No, that's not a flu. It's something else, if these videos are true.

Judith: Have you seen those videos?

Lena: No, I haven't. I've seen pictures of people's bodies on the sidewalk, supposedly dead.

Judith: You never know. I have seen plenty of them on Twitter.

Lena: I don't know. I stick with what's factual. I don't believe in sensationalism. I also don't like to pass on these types of videos or promote them because the date, time and location cannot be verified. If it really is true or not or if someone is just keeling over, dying suddenly from what ever they were doing sounds suspect, shouldn't they be found sick in bed first? You shouldn't find them on the computer.

Judith: That's what I found so startling.

Lena: Judith, I've noticed two pictures where there was this supposed man dead on the street. I find the onlookers more interested in the photographer than they are of the guy who's dead on the ground. If the man is dead, the onlookers should be more interested in him, and wouldn't think twice of anyone photographing the strange scene of a dead man, unless they saw the strange scene being set up and wondered why a man walked over and laid himself down on the sidewalk, but more odd is another man taking photos of this weird man now lying on the sidewalk and became more interested in the intent of the photographer taking pictures of this man feigning "death" on the ground as if that is where the action is, not the idea of a real dead man. That would be the only reason for the curiosity in the photographer, seeing this as a set up. That would make better sense this misplaced curiosity. The whole scene felt wrong. Plus, when a man falls to the ground backwards lying on his back flat like that, his arms and legs would naturally flail to the sides from the impact, which they were not, both legs and arms were held straight and tight against his body. There were two images just like that in two different locations.

Judith: There were quite a number of short video clips like this. I was really puzzled because you saw people in the middle of some activity and, all of a sudden, they drop dead.

Lena: If they're really that sick, shouldn't they be in bed?

Judith: That's what I thought as well. Of course, snippets like this give you no leverage to...you know that many people say there isn't even a virus - it's all 5G.

Lena: Then what about the other cities that had 5G rolled out? Besides China, 5G has already been rolled out in many other parts of the world. Yet, we haven't heard of strange outbreaks in those cities. You hear about and see photos of disturbing images of huge numbers of bird deaths

and weird human suicides, but not from an epidemic of a viral outbreak – not like this. So, that tells me my hunches may be correct in that it's an engineered virus.

55:25

Judith: Today, I stumbled on a website called, funny enough, GetYourFactsStraight. It says that the coronavirus is not patented, and everybody can look up the page. And another article said the coronavirus has nothing to do with 5G and that 5G is not harmful to humans. [Sarcastic laughter]

So, another thing I found today is that Cloud Minds is a company, and Cloud Minds donated 5G robots to the Wuhan Hospital amid the coronavirus crisis.

Lena: Oh, my word. So, that's the direction we're heading.

I've heard that the doctors and all of the support staff in the hospitals are all sick, so I guess they do need the robots. I'm kidding about this.

Judith: But the 5G robots will add to the problem.

Lena: Yes, just being in the vicinity of the 5G robots will make and keep everyone sick. I'm sure that's the idea. So, they actually sent 5G robots there?

Judith: Yes. It says "we are donating 5G robots."

Lena: They also said they're going to follow these sick people with 5G and then later use it to keep track of them, to keep them quarantined, to keep tabs on all the sick people even after they've healed. That's definitely ensuring that they stay sick.

Judith: It probably won't happen, but it would be interesting to see what happens to the entire coronavirus situation there in Wuhan if they shut off 5G.

Lena: That's actually a very creative solution. It's the logical solution. Can we convince the government to do that?

58:26

Judith: There's another point. You know all these people are on school boards, senators, city councils, etc. What is your impression? Are we dealing here with rampant incompetence, willful ignorance and/or straight-out evilness, or all of the above?

Lena: It's all of the above. That's why it's so hard to tackle the problem, Judith, is because it is everything.

Lena: For one thing, why do we even have bio4 level labs? You're messing with a virus and making it more virulent. You're adding other viral parts to it. It's all wrong. I have never believed in genetic modification, especially when you're deliberately trying to make something more virulent. That's pure evil. And yes, I do think there are certain individuals who know what's happening - maybe at the World Health Organization level, the UN level, maybe the higher levels of the Chinese government – saying hey, this might be an interesting eugenics test. Maybe what is happening in Wuhan was all planned and agreed upon by several government entities.

Globalists are actively promoting eugenics. In agenda 21 and 2030, it is all under the guise of sustainability. It is using it as an excuse to curtail population growth and whomever is left behind will be quarantined and controlled, that's what agenda 2030 is all about.

Whether this virus was meant to be released or not, I do believe that at least the globalists are taking advantage and turning this into a PSYOP. They can observe how people behave in a city - how fast a city can go downhill when there's a short supply of goods. Wuhan's a definite example



of that showing how quickly people fall ill when introduced to a novel virus in conjunction with 5G. It's all a test while also being a depopulation tool.

Why else would they need to be following all these people with 5G? They don't want these people to heal. They want to keep them in a constant state of sickness.

I've witnessed clandestine operations where they deployed certain frequencies specifically to see how quickly it will make the people ill. This happened in the United States a couple of years ago. I didn't come out with this at that time because so many well-meaning folks health and safety were endangered and even threatened. It was proof they do use microwaves as a weapon.

I will tell you this, for a fact, they do use microwaves as a weapon, and all of this that we are exposing ourselves to already – not talking about 5G, and not talking about what's happening with Wuhan - is all designed to be devastating to humanity, to all living organisms on this earth. This realization began during my study of Herman P. Schwan and his main body of research which focused significantly on microwave's effects on life supporting elements - water and blood.

63:08

So, do they know what they are doing? At the highest level - yes, they do.

Can you say that the majority of the people in industry understand what is really going on and what's at stake? Maybe some of them do, and some of them don't. You have the pyramid structure - with the people at the top who really know and they're not in it for the money but in it to fulfill a dark agenda, and the middle men might know, but even if they do, they don't really care because they're in it for the money, control and or prestige. And you reach the bottom – where we are, the consumers that make up the foundation of the pyramid. We are also the furthest away from the top of the pyramid where the world's "plans" seem to be created.

We have to think like they do and put ourselves in their mind, as dark and desolate as it is. We have to understand these quote-unquote humans have no human emotions, no human empathy, sympathy or compassion. They are completely devoid of these things.

How do they think? They are operating at a completely different level and only until you understand that can you understand how and why these "humans" would want to seek full annihilation of our great planet. Until then can you be able to find solutions to reclaim human sovereignty, human power, and start tapping into the kinds of powers we have but forgotten.

We have powers of intention. We are beings that actually give off frequencies. This is why, Judith, I get so tired of always talking about how bad 5G, 4G, Wi-Fi is. Those things give off destructive frequencies. Well, recognize that we also give off frequencies. This is why I always tell people we have to use our powers of intention. Those when combined with human emotions can be quite powerful. We need to embrace it and learn to use it consciously.

We had discussed the intent behind agenda 21 and 2030 and the social and cultural engineering necessary for their plan to work. Well, guess what they are trying to get rid of, too? Our emotions. They are trying to get rid of anything that's human, but our emotions are actually what makes us human - what gives us power, drive. What we need to do is the opposite! Instead, we need to consciously embrace it, and allow ourselves the whole breadth and depth of feelings. Of course how we act on it must be tempered with maturity and consideration. Emotions is what powers a lot of our intentions.

For instance, our heart has an electromagnetic torus shaped field, and when it's fear-based, this field shrinks. But when it is in a state of love, it's grows to be very expansive. The field generated by the heart is bigger than the brain. But the brain offers more beam like projections. We need to put to practice expanding our heart energy by using our intentions. Practice living

and exercising our own wants and needs and envisioning and acting on the kind of future we want to see.

So, those are the types of encouragement I give myself and give to others when things seem so devastating.

67:21

Judith: And that way, you are actively working against this entire agenda of AI take over. Because, in a sense, you have to be complicit for that to happen. However, if everybody would start strengthening their intentions and divorce their smartphones to a certain degree. Maybe you cannot do it completely, but there is no reason to carry it around as if it is your second heart.

Lena: Exactly.

Judith: And gentlemen, usually have it in their pants. Some women even stick it in the bra. So, you have radiated your testicles for 15 years and now cancer. Really Surprised?

Lena: Yeah, and prostate cancer. It impacts the bones too. The hip bones. That portion of the hip bone behind where the cellphones sit in their pockets – causes the bone to crumble, requiring hip replacements.

Just recently, I know one gentleman on a ski trip fell over while standing and that fall ended up breaking a hip requiring an entire hip replacement. He was only in his early 50's. Another gentleman I know had to have a hip replacement due to cancer of the hip bone.

Microwaves break down everything in the human body. It breaks down your DNA. It breaks down your cell membranes. It destroys your mitochondria. It impacts your tissue and breaks down your bones. It causes all kinds of membrane leaks. It impacts not just your blood and water, but it also impacts the calcium channels which are the cause of the membrane leaks.

Those who are familiar with Martin Pall's work – is known for his discussions regarding the voltage-gated calcium channels and how microwaves cause calcium to leak in places where it's not supposed to leak, and this process leads to inflammation and oxidation. When the cells get leaky, all kinds of cellular mishap happens. Microwaves create intracellular calcium from dislodged calcium on the membrane, once it is in the cells where it doesn't belong, the cells then kick it out into the blood's plasma, where it also does not belong, but is not as harmful there than within the cell. But overall, you create loss of calcium at the membranes gate and entire function of the cell is reduced and left vulnerable.

So, that's the process of voltage-gated calcium channel leaks in a nutshell. Regarding calcium, you're also impacting the calcium in your bones. You are shaking up the structure and loosening the calcium in your bones. For inanimate objects, this also happens to concrete which also consists of calcium, and why it is actually a serious consideration when you are talking about concrete expansion bridges being exposed constantly to the vibrations of microwaves of varying frequencies. Microwaves shake up everything, every ion, molecule, water, calcium, including your bones, and even concrete. It's a whole mess of things.

It's like an involuntary micro chemistry lab happening internally when you're being exposed to all these penetrating microwaves. They penetrate, that's a fact. They wreak all kinds of havoc because they're causing electrical and chemical impacts you can't see. You are going to get all kinds of problems from all the cumulative effects. Not even the doctors will catch it until you get cancer. You don't want to get to that point.

71:46

Judith: So, these people who are in the know, who understand what is going on and what it does, and how harmful it is - we are dealing with psychopaths and narcissists. We can rest assured that is the case.

Once you have 5G all over the planet, there is no escaping it. Do they think it really won't touch them or what's the thinking?

Lena: The thinking is - they don't care. They are very religious, and their religion is about death.

So, thinking like humans, we wonder – how can they not realize this? How can they sacrifice their own children? The roots of this problem are actually biblically based. The Bible talks about how these Satan worshipers make a practice of sacrificing their own children.

Is it any different today? No. Unfortunately, and devastatingly, it's still happening.

If you can understand that these parents could sacrifice their own kids, it's not farfetched to realize they're not for life. It's the opposite. They are anti-life and celebrate death, destruction, evil and control. They have no respect for life. They may even be willing to have themselves be sacrificed if they are devoted to this god of death, this satanic or demonic whatever.

Judith: In other words, once there are no living birds, humans, fish, etc., then they will be happy? When there are only robots running around?

Lena: Yes. That's the world they will be happy to be in.

I don't know if you've heard, but technocracy has become a religion. AI, artificial intelligence, has become a religion for certain globalist groups and their minions. I can't remember who started it, but they have a nonprofit organization where they've made it into a "recognized" religion.

Judith: There's a guy who came from \_\_\_\_\_ who started it.

Lena: Yes. I don't remember his name.

Maybe for them it's not to the point where they are sacrificing kids, but there are folks who believe so much in AI that the virtual world to them is everything. Therefore, seeing loss of real biological life isn't a big deal for them. They don't mind seeing the loss of nature and our natural world because they were never connected to it to begin with.

You know that the globalist pyramid - the intentions and purpose along the gradient of the pyramid is slightly different for each quadrant, but the end-game ends up being the same. These people who want to make AI their religion may not think they're Satanists, and they may even be against it, perhaps. But their mindset leads to the same end result, they believe this AI thing is so amazing they are willing to create it at all costs – the cost of destroying all life forms on this planet, the cost of losing real life experiences, and even their own life believing in the idea of an "afterlife" by the uploading of their consciousness into an AI mainframe.

And, this mindset is true even amongst the common folk. I have talked to some of these people who are really brainwashed. And they give no care about the loss of insects for instance. Well, once the insects are gone, including the pollinators, the vegetation is gone, then the animals are gone, and you will have no food because there will be no vegetation.

Judith: They believe we can send little drones for the pollination. [Sarcastic laughter]

Lena: I know. That's their solution for everything on this planet – just roboticize it. Plus, we won't die because we will upload our soul, our emotions, our mind and sync it with the quantum computer. So, we will live forever inside this quantum computer.

That's the kind of mindset you're dealing with - the reality of people who are completely brainwashed into accepting that this is the next "evolution" for mankind.

Judith: So, Lena, for those people who feel inspired - I mean you took action - you talked to I guess at one point you gave a 700-page binder....

Lena: Yes, I always start off with a narrative when handing these off to government officials, "I wish I could give you everything, but this is only ten percent of the science that I have." I had to pare the science down to bring it to fit inside these already large binders. The first time I gave these away I gave to the school board trustees, I had made seven sets and gave them each a set.

Judith: And they probably never read it.

Lena: Yes, that's probably right. But that's okay. I wanted to put evidence into their hands. Because, if there were ever a child that was damaged and wanted to sue, or if there was a group of parents who wanted to do a class action, school board trustees can't say they didn't know as all that information was handed to them. So, it's really for future lawsuits. I gave them evidence. It would be great if they did read it, but I also did this to put evidence in their hands.

I can foresee in the future that this is going to really blow up. Later on, in my activism, I've put these same binders in the hands of senators. I put this in the hands of the mayor of Sacramento. I put this in the hands of the Attorney General. So, I've been passing these binders around a lot.

79:56

Judith: What kind of advice would you give to people that feel inspired to take action as well as where to start, how to do it, and what to say and what not to say?

Lena: Start local. You can protect your community. We all need to protect our community. If you start thinking too broad, too far ahead, who is going to take care of your town? The best person to do it is actually you.

I've been doing that with my town. I've started a grassroots movement, and we've been working with our City Council members and the majority of them take the side of the telecom industry.

Judith: Do you think they are bribed?

Lena: Yes, but they are bribed. They are brainwashed. In fact, one of the council members admitted to a friend of mine there is an organization that's putting pressure on the cities and city council members. They are telling them "you have to do this". They are being told they have to roll this out. They are pressured to accept this.

Judith: Where is the pressure coming from? You have to do this or else. What is the else?

Lena: The pressure to become a "Sustainable City" is part of the agenda 2030. They're thinking that this 5G rollout is a part of it - a necessary component to make this happen. So that's the pressure that I think the city council members are getting and it of course doesn't just end with 5G. They are trying to get these city council members to accept more "broad" applications of the idea of sustainability because it is a necessary part of big agenda to bring on smart cities.

5G is the way to bring these cities to meet these goals. We can't achieve those goals until we get 5G. So, of course, they don't want to be going contrary to that agenda.

What's really interesting is that if you look at how the cities are controlled and compromised further is that they're linked with sister cities in other parts of the world. That is how they keep an eye on each other - city sister snitches. In fact, the town I live in has two sister cities. One of them is in China, and another one is in Europe somewhere. I don't remember.

Then you look at every other city all over world and locally and you find out they, too, have what are called “sister cities” in other parts of the world, so there’s this globally created network. This was all designed by the United Nations, by the way, by the globalists, with the intent to controlling the entire web of cities this way – it’s really ingenious! It’s a way of controlling them without making these cities feel like they are being controlled. They will just self-monitor each other, naturally – for the globalists! How easy! It puts pressures on each of these small towns to large cities to feel like - Oh my gosh, I got the whole world looking at me, watching my every move. I can’t fall out of line. I got to be a soldier in this because we’re all in it together to save the world from climate change. We must fulfill this grand agenda that the UN or UNESCO has created.

That’s all part of the Agenda 2030 and that’s how they create the pressure on how to get local community leaders to do their bidding. There are a lot of methods, lots of ways, but this is one method I found that was very fascinating, and quite ingenious on their part. This is how they’ve managed to bridge the upper echelons of the pyramid power structure to reach the lower base rungs of society – the local cities themselves, worldwide.

It’s a cultural manipulation and PSYOP to get these cities to do what they want. When they look at 5G, they see it as a facilitating of the sustainable “smart city” agenda.

Then there’s Greta Thunberg and AOC, Ocasio-Cortez, and her “Green New Deal.” You know, all these young folks are coming out of the woodwork being coached and placed in powerful, influential situations and positions throughout government. There is a reason for that. They are chosen specifically to cater and influence the younger generation. Much like the Hitler Youth mentality, method and style, even. Again, just look at Greta Thunberg and her militant expression of pure hatred, disgust and contempt for the adult generation, coached nonetheless by globalist handlers. Our younger generation has been taught to hate the older generation convincing them we biffed, we messed up their world. They think climate change is an issue. So now it’s up to the younger generation to fix it, and this is how we’re going to do it.

85:22

So, that’s really what we’re fighting against – a mental mind game. When you’re fighting against 5G, you have to understand that council members think that 5G is going to save our world. We need to fight climate change and to fight that they need 5G. In fact, they look at climate change as the number one thing. Everything else is just a subsidiary fix.

We need to tell them, look, 5G is going to connect billions and billions of energy-hogging devices. And the pre-production regarding the mining of minerals is devastating on the environment. The production of these devices is also terrible. And of course, the usage requires tons of energy to maintain, and then you’ve got the e-waste issues that is a huge problem in parts of the world that becomes its dumping grounds!

Let’s look at China again, and the Apple product productions sites and the pink lake that’s created from all the water waste runoffs from all the Apple products being manufactured. They dump all that sludge into bodies of water where the entire lake has been turned bright pink, and it moves like sludge. It’s just miles and miles of pink sludge. That’s where our money is being poured into and out of it comes this. Do we realize what we are consenting to with our dollars? We are all sharing in the poisoning of our earth.

86:40

So, again, why do we need to divorce ourselves from all these technologies, it’s not just the frequencies, but the whole production process.

During the usage phase of the device, while it is charging did you know each phone basically requires the same power required to run one refrigerator? So, if you’re a family of four and you each have smartphones and you charge each of them every day, it’s like you’re running five refrigerators - your real refrigerator and four smartphones. Does that sound sustainable to you?

These are examples that I give to the city council members to try to expand their thinking beyond what they've been taught. When they've been brainwashed, they've been told to not think this way, but you have to be a little more creative - be more expansive and understand on a global level what all these devices really do.

So, the device in use is one layer of the problem. And e-waste is another problem. I already talked about the pink sludge from Apple. We have all seen the movie Wall-E, right? Wall-E is a robot that goes back to earth to try to find life. Instead, he finds it's just a huge pile of junk, all electronic junk.

It's a Disney movie. It's actually a very telling movie.

Judith: In other words, you have to start educating them and you have to tell them what you want and do not want.

Lena: Yes, you have to start educating them. In the end, if they still roll out any part of 5G, then your legal position will be that much stronger because you will have "exhausted all your remedies". You told them repeatedly, you showed them the policies, you showed them all the laws that they are breaking.

They are breaking certain technological rules, such as melding a "small" cell antenna, that has tons of voltage of energy running through it, onto a pole that also has power lines running along and under this proposed "small" cell antenna. That's considered an endangerment. In the United States, it goes against OSHA. It's an operational issue. You're not supposed to put anything above powerlines, especially not another separate electrical unit.

So, there are lots of technical ways to stopping it. There are a lot of policy issues that can stop it. In America, one way is the possibility of using the American with Disabilities Act (ADA). ADA recognizes electro-sensitivity as a disability. Therefore, based on the ADA, you cannot deploy these close to homes of people who are electro-sensitive.

90:13

There's the NEPA that we're also exercising which is the National Environmental Policy Act - meaning that any small cell has to go through an environmental assessment and especially if it radiates out more than a thousand watts of power. That's another way to stop it.

There are many methods. We can get creative, and we should get creative. And don't let the City Council members tell you their hands are tied because they're not. Remember, they don't have the time nor care to do the research. They don't serve the people. It's easier for them to listen to industry. So, you have to do the homework for them.

It will help you in the long run, whether they listen to you or not, because you can always turn your work and "exhausting all your remedies" into a lawsuit or an injunction later on. You demand a "stop work" because you are injuring, you are damaging, you are trespassing...there are a lot of legal ways to stop the rollout.

It's community building when everyone comes together to fight this.

In fact, what's been very revelatory is that the people in my group have said this has been a life-changing experience for them. They never realized how compromised the government really is, how ignorant our leaders really are, nor how empowered they could feel coming out and giving testimonies. These are people who have never spoken in public situations before, and these are people who don't make waves. That's significant because that's the majority of us.

I'm not a confrontational person. In fact, I grew up so nonconfrontational that I would go out of my way to not make waves. I was brought up to be a very quiet, amenable Chinese girl. I had very strict parents, and the Chinese culture, a lot of the Asian culture, is really about - you just go with the flow. You humble yourself over others. You don't step out of line. You make the grades. You climb the ladder that's put in front of you. And you get good grades to go to a good school in order to get a good job. You marry and have a certain number of kids and make sure those kids go to college and so on.

It's all laid out for you and that's how you're coached, by parents and grandparents. We're all kind of going in the same direction.

It's interesting that these groups of people that have grown with me throughout this whole grassroots process have given the most touching testimonies I've ever. They were speaking from their hearts. It was filled with emotion and intelligence and I couldn't be prouder.

94:43

So, in the end, did we make the councilmembers do what we want? Not necessarily, but that's not a loss because it doesn't end there. The battle doesn't end. Unfortunately, it never ends.

It's a process, a marathon. You have to take each step at a time. You don't skip steps. Every runner has to take every step to get to the finish line. You can't miss a step.

So, that's the kind of hope and perseverance I try to instill in people.

Things may look dystopic right now or devastating, and if you dig deep into the rabbit holes, you may feel like you can never get out of this maze. If you feel like you're lost, that's when you have to extract yourself. You have to take yourself out of every once in a while, for sanity's sake. You have to put on personal safety measures and guard and protect your energies.

Because it's a marathon, you have to be gentle with yourself. One step at a time, you will get there.

Trust me, the one thing that the globalists do not count on is our perseverance. They underestimate and undermine us all the time, so use this to your advantage.

Judith: We also have to take our language back. At the beginning of this interview when you talked about sustainability and you felt the urge to say "the real sustainability." Sustainability is a good word. There's nothing wrong with it, but all of that has been hijacked, distorted, twisted and inverted. So, it's really time to take that back.

Lena: I completely agree with you. Thank you for bringing that up. They confuse our language. You know they're confusing all these words that do mean good.

Judith: I know what they made out of sustainability. That's really frightening, but we need to take it back.

Lena: I agree.

Judith: Lena, that was very interesting, and I thank you so much for coming to talk to me. I hope you come back one day.

Lena: Yes, I'd love to. This was great. You're great. I loved having this conversation with you. I enjoyed it very much. Thank you.

Judith: There are a lot of little gems in this conversation and probably things that people haven't heard that are listening to a lot of 5G talks. So, thank you very much. This was Nightflight for today, and we will see you all next time. Stay safe and sound and take good care of yourselves.

