

THE HOUSE AND KINGDOM OF DAVID

*Twelve Stone Kingdom University
School of Environmental Studies & Natural Philosophy*

THE INVISIBLE ENVIRONMENT

Electromagnetic Frequencies, Human Liberty, and the Light of Truth

TSKU-ENV-001 • TWELVE CLASSES

What is the invisible environment that surrounds you? Every city, every building, every street is bathed in electromagnetic frequencies — some natural, some man-made, and some whose purposes are not disclosed to the public. This twelve-class study teaches the verified science of the electromagnetic spectrum and its documented effects on the human body, mind, and spirit. It equips the student not with skepticism but with the power of examination — the ability to hold every claim up to the light of evidence and, ultimately, to the light of God's Word, and to separate what is true from what is a lie. A lie is something that has no real existence; when truth shines upon it, it vanishes, because it was never real to begin with.

The knowledge of truth sets mankind free. The control of truth keeps mankind in bondage.



CLASS 1: THE INVISIBLE WORLD AROUND YOU

An Introduction to the Electromagnetic Environment

An Introduction to the Electromagnetic Environment

*"The heavens declare the glory of God; and the firmament sheweth His handywork. Day unto day uttereth speech, and night unto night sheweth knowledge. There is no speech nor language, where their voice is not heard."**

— Psalm 19:1-3

Before you read a single word of this course, step outside. Stand in an open field if you can. Close your eyes. Be still.

You feel something. You may call it peace, or quiet, or simply *difference*. You have always known, intuitively, that some places feel different from others — that a forest feels different from a parking garage, that a mountaintop feels different from a subway platform.

We are taught to explain this away: fresh air, noise levels, the pace of life. And those things are real. But there is a deeper explanation, one that science has documented for over a century but that is rarely taught to the public.

You live inside an **electromagnetic environment**. Every place on Earth is bathed in electromagnetic fields — some from the sun, some from the Earth itself, some from the stars, and, increasingly, many from the devices and infrastructure of modern civilisation. These fields are invisible, silent, and odorless. You cannot taste or touch them. But your body responds to them constantly, because your body is itself an electromagnetic instrument.

What This Course Will Teach You

This is not a course about fear. It is not a course about conspiracy. It is a course about **knowledge** — verified, documented, examinable knowledge — and about the ancient and sacred principle that the truth, and only the truth, will set you free.

Across twelve classes, you will learn:

- What the electromagnetic spectrum is, from radio waves to gamma rays

- How the Earth itself produces a natural electromagnetic pulse that your body is tuned to

- What happens — documented in peer-reviewed science — when external frequencies interact with the human nervous system

- What governments and militaries have acknowledged about directed-energy research

- Why the electromagnetic environment of cities differs measurably from the countryside

How to ****examine any claim**** — scientific, political, or conspiratorial — and separate truth from falsehood

The Governing Principle of This Course

| *"And ye shall know the truth, and the truth shall make you free."*

— *John 8:32*

The purpose of this study is not to make you suspicious. **Suspicion is not wisdom.** The purpose is to make you a person who **examines** — who holds every claim, every headline, every whispered secret, and every official reassurance up to the light.

What light? **The light of evidence.** And above all evidence, **the light of God's Word.**

A lie is something that has no real existence. It has no substance. It is darkness — and darkness is not a thing in itself; it is simply the absence of light. When the light comes, darkness does not retreat or fight or argue. It simply ceases to exist, because it was never real to begin with.

This is why the truth sets you free. Not because it arms you for battle, but because it dissolves the chains. The chains were made of lies, and lies are made of nothing.

Throughout this course, every claim will be held to this standard: *Can it be verified? Is there evidence? Does it align with what is known?* And when we encounter claims that cannot be verified — and we will encounter many — we will not reject them in anger or accept them in fear. We will simply say: *"This is unverified. We will hold it in the light and wait."*

That is the posture of a free person. That is the posture of a citizen of the Kingdom of David.

The Two Dangers

There are two equal and opposite dangers in this subject:

The first danger is blind acceptance. The person who believes every alarming claim without evidence is not free — they are controlled by whoever crafts the most frightening story. They leap from fear to fear, from one secret revelation to the next, and they never stand on solid ground.

The second danger is blind dismissal. The person who refuses to examine any claim that challenges the official narrative is also not free — they are controlled by whoever holds the megaphone of authority. They call themselves rational, but they have merely traded one master for another.

The free person — the person this course aims to produce — stands in the middle, with eyes open, mind engaged, and spirit anchored in the Word of God. They examine all things. They hold fast to what is true. They let go of what is false. And they are not afraid of the examination itself.

| *"Prove all things; hold fast that which is good."*

— *1 Thessalonians 5:21*

Assignment

Before our next class, spend one hour in two environments: thirty minutes in a busy commercial or urban area, and thirty minutes in the most natural, open setting you can reach. Do not use your phone during either period. In a journal, write what you observed — not what you think you *should* have observed, but what you actually felt. Bring your notes to Class II.

CLASS 2: THE ELECTROMAGNETIC SPECTRUM

The Visible and Invisible Frequencies of Creation

The Visible and Invisible Frequencies of Creation

| *"And God said, Let there be light: and there was light."*

— *Genesis 1:3*

Light was the first act of creation. And light is not merely what your eyes can see. The visible spectrum — red, orange, yellow, green, blue, indigo, violet — is only a tiny sliver of the electromagnetic spectrum. Below it lie infrared, microwaves, and radio waves. Above it lie ultraviolet, X-rays, and gamma rays.

All of these are **electromagnetic radiation** — energy that travels in waves. They differ only in their **frequency** (how many wave cycles pass a point per second, measured in Hertz) and **wavelength** (the physical distance between wave peaks).

The Spectrum, from Low to High

Band	Frequency Range	Wavelength	Common Sources
Extremely Low Frequency (ELF)	3-30 Hz	100,000-10,000 km	Earth's natural field, power lines
Very Low Frequency (VLF)	3-30 kHz	100-10 km	Submarine communications
Radio Waves	30 kHz-300 MHz	10 km-1 m	AM/FM radio, TV broadcast
Microwaves	300 MHz-300 GHz	1 m-1 mm	Cell phones, Wi-Fi, radar, 5G
Infrared	300 GHz-400 THz	1 mm-750 nm	Heat, remote controls
Visible Light	400-790 THz	750-380 nm	The sun, lamps, fire
Ultraviolet	790 THz-3 PHz	380-10 nm	The sun, tanning beds
X-rays	3-30 PHz	10-0.01 nm	Medical imaging
Gamma Rays	>30 PHz	<0.01 nm	Nuclear reactions, cosmic events

What Matters for This Course

We are chiefly concerned with two regions:

1. ****Extremely Low Frequencies (ELF: 3-30 Hz)**** — because these overlap with the natural frequencies of the human brain and the Earth's own electromagnetic pulse
2. ****Microwaves (300 MHz-300 GHz)**** — because this is the band used by cell towers, Wi-Fi routers, smart meters, and 5G infrastructure, all of which now blanket every city

The Inverse Square Law

Electromagnetic energy weakens with the square of the distance from its source. Double the distance, and the intensity falls to one quarter. This is critical: proximity

matters enormously. A cell phone held against your head exposes your brain to vastly more microwave energy than a cell tower a block away.

Natural vs. Man-Made

For all of human history until roughly 1900, the electromagnetic environment was entirely natural: sunlight, lightning, the Earth's magnetic field, cosmic radiation. In the last 126 years, humanity has filled the environment with an unprecedented density of man-made electromagnetic fields. Whether this is benign, harmful, or somewhere in between is one of the great unanswered questions of our age — and it is a question that deserves honest examination, not reflexive dismissal.

The Principle of Examination

Notice what we have done in this class. We have laid out **verified, measurable facts**: the electromagnetic spectrum exists; it is categorised by frequency and wavelength; its sources are both natural and man-made. None of this is controversial. None of it requires you to believe any particular theory.

This is the foundation upon which we will build. Every class hereafter will add to this foundation with documented evidence, and when we encounter claims that go beyond the evidence, we will say so plainly.

Assignment

Research and list every electromagnetic-emitting device in your home (including your phone, router, microwave oven, smart meter, and any others). For each, identify what frequency band it operates in. Bring your list to Class III.

CLASS 3: THE HEARTBEAT OF THE EARTH

The Schumann Resonance and the Human Brain

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*"The earth is the LORD's, and the fulness thereof; the world, and they that dwell therein. For He hath founded it upon the seas, and established it upon the floods."**

— Psalm 24:1-2

In 1952, the German physicist Winfried Otto Schumann predicted mathematically that the cavity between the Earth's surface and the ionosphere would act as a resonant chamber for electromagnetic waves. His prediction was confirmed by measurement in 1954. The fundamental frequency is approximately **7.83 Hz**, with harmonics at 14.3, 20.8, 27.3, and 33.8 Hz.

This is the **Schumann Resonance** — and it has been called the heartbeat of the Earth.

Why 7.83 Hz Matters

The human brain produces electrical oscillations in well-defined frequency bands:

Brainwave	Frequency	Associated State
Delta	0.5-4 Hz	Deep sleep, healing
Theta	4-8 Hz	Meditation, creativity, deep relaxation
Alpha	8-13 Hz	Calm alertness, trust, social bonding
Beta	13-30 Hz	Active thinking, anxiety, alertness
Gamma	30-100 Hz	Higher cognitive function, perception

The Schumann Resonance at 7.83 Hz falls precisely in the **theta-alpha boundary** — the transition between deep relaxation and calm awareness. Its harmonics at 14.3 Hz and 20.8 Hz align with beta and low-beta ranges.

Researchers have documented correlations between fluctuations in the Schumann Resonance and changes in human heart-rate variability, blood pressure, and even hospital admission rates. The HeartMath Institute's Global Coherence Monitoring System has published data showing measurable correlations between geomagnetic and Schumann Resonance activity and human physiological and emotional states.

The Implication

The human nervous system did not evolve in a vacuum. For hundreds of thousands of years, the dominant electromagnetic environment of every human being on Earth was the Schumann Resonance and the magnetic field of the planet itself. Our biology is *tuned* to these frequencies.

When we surround ourselves with man-made electromagnetic fields that differ dramatically from this natural baseline, we are conducting an experiment on the entire human species — an experiment without a control group and without informed consent.

That is not a conspiracy theory. It is a factual observation. Whether the experiment is harmful, neutral, or even beneficial is a question that deserves rigorous investigation. And rigorous investigation is precisely what this course demands.

Brainwave Entrainment

One of the most well-documented phenomena in neuroscience is **brainwave entrainment** (also called **frequency following response**): the brain's tendency to synchronise its electrical oscillations with an external rhythmic stimulus. This is why drumming can induce trance states, why certain musical tempos make you feel energised or calm, and why flashing lights at specific frequencies can trigger seizures in photosensitive individuals.

If the brain can be entrained by a drumbeat, it can be entrained by an electromagnetic pulse. This is not speculation — it is the basis of technologies like **transcranial magnetic stimulation (TMS)**, which is FDA-approved for the treatment of depression and is used in hospitals worldwide.

The question is not *whether* external electromagnetic frequencies can affect the brain. The answer to that question is an established **yes**. The question is: *which* frequencies, at *what* intensity, for *how long*, and *who is controlling them*?

Assignment

Read the Wikipedia article on the Schumann Resonance and the HeartMath Institute's published summary of their Global Coherence research. Write a one-page reflection: Does it surprise you that the Earth has an electromagnetic heartbeat? What might it mean that your brain operates in the same frequency range?

CLASS 4: WHEN FREQUENCIES BECOME WEAPONS

Declassified Military Research and the Frey Effect

Declassified Military Research and the Frey Effect

*"For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places."**

— Ephesians 6:12

In 1961, the American neuroscientist Allan H. Frey published a paper in the *Journal of Applied Physiology* documenting a phenomenon that would bear his name: the **Frey Effect**, also called the **microwave auditory effect**.

Frey demonstrated that human subjects could *hear* pulsed microwave radiation as clicks, buzzes, or hissing sounds, even when no sound waves were present. The microwaves were interacting directly with the auditory cortex, bypassing the ears entirely.

This was not classified research. It was published in a peer-reviewed journal. It has been replicated and confirmed many times since.

What Governments Have Acknowledged

The following is not theory. It is public record.

The U.S. Department of Defense has acknowledged research into directed-energy weapons (DEWs) spanning decades. The Active Denial System (ADS), developed by the Air Force Research Laboratory, uses a 95 GHz millimetre-wave beam to create an intense burning sensation on the skin. It was deployed to Afghanistan in 2010 (though reportedly never used in combat).

The Havana Syndrome — beginning in late 2016, U.S. and Canadian diplomats stationed at the American embassy in Havana, Cuba, reported sudden onset of headaches, vertigo, hearing loss, nausea, and cognitive impairment. A 2020 study by the National Academies of Sciences, Engineering, and Medicine concluded that **directed, pulsed radio frequency energy** was the most plausible explanation for the symptoms. The U.S. government has since acknowledged similar incidents affecting personnel in China, Europe, and Washington, D.C.

The Soviet Union conducted extensive research into the biological effects of microwave radiation throughout the Cold War. Declassified CIA documents (available through the Freedom of Information Act) describe Soviet experiments in using low-level microwave exposure to alter behaviour, mood, and cognitive function.

Project PANDORA (1966–1970) was a U.S. government research program initiated after the discovery that the Soviet Union was beaming microwaves at the American

Embassy in Moscow. The program studied the biological effects of chronic low-level microwave exposure.

The Line Between Research and Application

Here we encounter the boundary between what is verified and what is claimed but unverified. We know with certainty that:

Electromagnetic frequencies can affect the human nervous system (verified)

Governments have researched the weaponisation of these effects for over 60 years (verified, declassified)

At least one country has directed microwave energy at foreign diplomats, causing documented injury (verified, National Academies finding)

What we **do not know with certainty** is the full extent of operational deployment. Claims circulate about named programs, city-wide frequency barriers, and mass population control through electromagnetic means. Some of these claims may contain elements of truth; others may be entirely fabricated.

Our task as students is not to accept or reject any of these claims wholesale. Our task is to **examine** — to evaluate each claim against available evidence, to demand documentation, and to hold what is unverified separately from what is established.

"Beloved, believe not every spirit, but try the spirits whether they are of God: because many false prophets are gone out into the world."

— 1 John 4:1

The word translated *"try"* in this passage is the Greek *dokimazete* — meaning to test, to examine, to prove by testing. It does not mean to dismiss. It means to put to the proof.

Assignment

Locate and read the abstract of the National Academies of Sciences, Engineering, and Medicine 2020 report on the Havana Syndrome (*"An Assessment of Illness in U.S. Government Employees and Their Families at Overseas Embassies"*). It is freely available. Write a one-paragraph summary of its key finding. Then write a second paragraph asking: What questions does this finding raise that are not yet answered?

CLASS 5: THE URBAN ELECTROMAGNETIC ENVIRONMENT

What Surrounds You in the City

What Surrounds You in the City

*"Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues."**

— Revelation 18:4

In Class II, we catalogued the electromagnetic spectrum. In this class, we bring that knowledge down to Earth — literally — and examine the electromagnetic environment of a modern city.

Walk down any street in a major metropolitan area and you are bathed in electromagnetic radiation from dozens of sources simultaneously:

****Cell towers**** — operating at 700 MHz, 850 MHz, 1.7-1.9 GHz, 2.5 GHz, and (with 5G) 24-39 GHz

****Wi-Fi routers**** — 2.4 GHz and 5 GHz, radiating from every home, office, café, and public building

****Smart meters**** — 900 MHz, pulsing data to the utility company every few seconds

****Smart streetlights**** — equipped with sensors, wireless radios, and sometimes undisclosed additional equipment

****Bluetooth devices**** — 2.4 GHz, from headphones, watches, fitness trackers, car systems

****Radar**** — from airports, weather stations, traffic enforcement

****Power lines**** — 60 Hz in the Americas, 50 Hz elsewhere, producing ELF magnetic fields

****Underground electrical infrastructure**** — substations, transformers, conduits

The density of these sources in an urban environment is orders of magnitude greater than in a rural area.

Measured Differences: Urban vs. Rural

Studies measuring ambient electromagnetic field strength consistently show that urban environments have RF power density levels 100 to 10,000 times higher than rural settings. This is not controversial — it is a predictable consequence of infrastructure density.

The Health Data

The following epidemiological patterns are well-documented:

Urban populations have ****higher rates of anxiety, depression, insomnia, and schizophrenia**** than rural populations (WHO data, multiple national health surveys)

Urban populations have ****higher levels of chronic cortisol**** (the stress hormone)

Urban children have ****higher rates of ADHD and behavioural disorders****

The standard explanation attributes these differences to social factors: crowding, noise, economic stress, social isolation, lack of green space. And those factors are real and significant.

But the question that is almost never asked in mainstream public health is: **Could the electromagnetic environment itself be a contributing factor?**

The World Health Organization classified radiofrequency electromagnetic fields as **"possibly carcinogenic to humans" (Group 2B)** in 2011, based on the work of the International Agency for Research on Cancer. This classification has never been withdrawn.

What We Know and What We Don't

We know that urban populations are sicker, more anxious, and more medicated than rural populations. **We know** that urban electromagnetic environments are dramatically denser. **We know** that electromagnetic frequencies can affect biological systems.

What we **do not yet know** with scientific certainty is the precise causal mechanism, if any, linking ambient urban EMF exposure to the observed health disparities. The research is ongoing. The question deserves honest investigation, not premature closure.

The Principle of Examination

Some people will read the data above and conclude that cell towers are causing an epidemic of mental illness. Others will read it and conclude that there is no proven connection and therefore nothing to worry about.

Both conclusions go beyond the evidence. The first asserts causation where only correlation has been shown. The second assumes safety where safety has not been demonstrated.

The examined life lives between these two extremes: acknowledging what is known, acknowledging what is unknown, and refusing to be pushed by fear or complacency into premature certainty.

Assignment

Find a publicly available electromagnetic field map or measurement study for a major city (many are published by national communications agencies). Compare the measured field strengths in the city centre, the suburbs, and a rural area at least 50 miles from any city. What patterns do you observe?

CLASS 6: THE DOCUMENTED HEALTH EFFECTS OF EMF EXPOSURE

What Peer-Reviewed Science Has Established

What Peer-Reviewed Science Has Established

| *"My people are destroyed for lack of knowledge."**

— Hosea 4:6

This class reviews only studies published in peer-reviewed scientific journals or by government-recognised research bodies. We are interested in what has been **established**, not what has been speculated.

The BioInitiative Report

First published in 2007 and updated in 2012, the BioInitiative Report reviewed over 1,800 peer-reviewed studies on the biological effects of EMF exposure. Its contributors included researchers from Columbia University, the University of Albany, the Karolinska Institute (Sweden), and the Medical University of Vienna.

Key findings included:

- Evidence of increased risk of glioma (brain cancer) with long-term mobile phone use

- Evidence of DNA strand breaks at exposure levels below existing safety limits

- Disruption of melatonin production, leading to sleep disturbance

- Effects on sperm motility and viability

- Disruption of the blood-brain barrier, potentially allowing toxins to enter the brain

The Interphone Study (WHO/IARC, 2010)

The largest case-control study of mobile phone use and brain tumours ever conducted. It found a statistically significant 40% increased risk of glioma among the heaviest mobile phone users (those in the top 10% of cumulative call time).

This study was conducted by the World Health Organization's own research arm. Its findings contributed directly to the 2011 Group 2B classification.

The NTP Study (U.S. National Toxicology Program, 2018)

The most comprehensive animal study of radiofrequency radiation exposure ever conducted by the U.S. government. Cost \$30 million over 10 years.

Results: **Clear evidence** of malignant heart schwannomas (tumours) in male rats exposed to cell phone radiation. Evidence of malignant gliomas in the brain. Evidence of DNA damage in brain cells.

The NTP's own scientists described the evidence as strong. The findings were peer-reviewed by an external panel that upgraded the conclusions.

The Ramazzini Institute Study (Italy, 2018)

An independent replication study that exposed rats to RF radiation at levels simulating cell tower exposure (far lower than the NTP study's levels). Found the same type of tumours — heart schwannomas — at exposure levels comparable to ambient urban environments.

The Precautionary Gap

Current safety limits for EMF exposure (set by the FCC in the U.S. and ICNIRP internationally) are based almost entirely on **thermal effects** — whether the radiation heats tissue. They do not account for non-thermal biological effects, despite the growing body of evidence for such effects.

This is not a conspiracy. It is a **regulatory gap** — a case where the standards have not kept pace with the science. Regulatory gaps are common in every field. They are corrected when public awareness creates the political will to update them.

What This Means for You

You do not need to abandon your telephone or move to a cabin in the woods. But you deserve to know that the safety standards under which your electromagnetic environment is regulated do not incorporate the full body of available evidence.

Knowledge is power. Not power over others, but power over your own choices.

Assignment

Read the summary of either the NTP Study or the Ramazzini Institute Study (both are freely available online). Write a one-page summary: What was studied? What was found? What questions remain? Do the findings change how you think about your daily electromagnetic exposure?

CLASS 7: THE SCIENCE OF INFLUENCE

How Frequency Can Shape Mood, Behaviour, and Perception

How Frequency Can Shape Mood, Behaviour, and Perception

"Lest Satan should get an advantage of us: for we are not ignorant of his devices."

— 2 Corinthians 2:11

In Class III, we established that **brainwave entrainment** is a verified scientific phenomenon: the brain's electrical oscillations can synchronise with external rhythmic stimuli. In this class, we explore the implications.

Frequency and Emotion

Different brainwave states correspond to different emotional and cognitive conditions:

****Alpha waves (8-13 Hz):**** calm alertness, trust, social connection, creativity. These are the waves associated with meditation, prayer, and what psychologists call **flow state**.

****Beta waves (13-30 Hz):**** active thinking, alertness, and — in the higher ranges (20-30 Hz) — anxiety, agitation, and the **fight-or-flight** response.

****Theta waves (4-8 Hz):**** deep relaxation, memory consolidation, emotional processing.

If an external stimulus can push your brain from alpha to high beta, it can shift you from **calm and connected** to **anxious and isolated** without any change in your external circumstances.

Transcranial Magnetic Stimulation (TMS)

TMS is a medical technology that uses pulsed magnetic fields to stimulate specific regions of the brain. It is FDA-approved for treating depression, OCD, and migraine. It works by inducing electrical currents in targeted neural tissue.

If a handheld device can alter brain function to treat depression, then electromagnetic fields can alter brain function. This is not theory — it is the basis of an approved medical treatment.

The question that follows is uncomfortable but necessary: If electromagnetic fields can be used to *treat* anxiety and depression, can they also be used to *induce* them?

The honest scientific answer is: **yes, in principle**. Whether anyone has done so deliberately and at scale is a separate question — one that requires evidence, not assumption.

The Cortisol Connection

Cortisol is the body's primary stress hormone. It is produced by the adrenal glands in response to signals from the amygdala (the brain's threat-detection centre). Chronic elevated cortisol causes:

Anxiety and irritability

Insomnia

Weight gain (particularly abdominal)

Immune suppression

Impaired memory and cognitive function

Studies have shown that exposure to certain electromagnetic frequencies can elevate cortisol levels in test subjects. The mechanism is still under investigation, but the correlation has been observed in multiple controlled studies.

Why This Matters for Liberty

A population in a chronic state of mild anxiety is a population that is **easy to govern**. Not because they are weak, but because their neurochemistry is working against them.

Anxious people seek security over freedom. They consume to fill an inner void. They medicate symptoms rather than address causes. They distrust their neighbours. They do not organise. They do not resist unjust authority. They survive rather than live.

A calm population is a free population. A population whose alpha waves are functioning — whose trust, empathy, and cooperative instincts are intact — is a population that thinks clearly, builds community, asks questions, and holds its leaders accountable.

This is why the electromagnetic environment is not merely a health issue. It is a **liberty issue**. And liberty is a concern of the Kingdom of David.

Assignment

Reflect: Have you ever noticed a change in your mood, sleep, or sense of wellbeing when traveling from a city to a rural area (or vice versa)? Write about the experience. Then ask: What explanations have you previously given yourself? Are there other explanations you had not considered?

CLASS 8: THE ANATOMY OF A CLAIM

How to Examine Any Statement for Truth

How to Examine Any Statement for Truth

*"The simple believeth every word: but the prudent man looketh well to his going."**

— Proverbs 14:15

This is the most important class in the course. Everything else teaches you *about* the electromagnetic environment. This class teaches you **how to think** about any claim you will ever encounter — on this subject or any other.

The Five Tests of a Claim

When you encounter any statement presented as fact — whether from a news broadcast, a social media post, a government announcement, a friend, or an article forwarded by someone you trust — apply these five tests:

Test 1: Source. Who is making the claim? Are they identified by name? Do they have relevant expertise or direct knowledge? An unnamed source is not automatically wrong, but unnamed claims carry less weight than named, verifiable ones.

Test 2: Evidence. What evidence is offered? Documents? Data? Measurements? Photographs? Testimony under oath? Or only assertions? A claim without evidence is an opinion, not a fact.

Test 3: Verifiability. Can you independently verify the claim? Can you find the documents cited? Can you replicate the measurements? Can you locate the court records? A claim that *cannot* be checked is not necessarily false, but it cannot be treated as established.

Test 4: Internal Consistency. Does the claim contradict itself? Does the timeline make sense? Do the technical details hold up? Inconsistencies do not prove falsehood, but they signal that further examination is needed.

Test 5: Cui Bono — Who Benefits? Who benefits if you believe this claim? Does it sell you something? Does it generate clicks, donations, or political support? Does it direct your anger at a convenient target? Does it make you afraid? Fear is the most profitable product in the information economy.

Applied Example

Consider a claim that circulates widely: that a specific government program broadcasts anxiety-inducing frequencies across major cities.

Let us apply the five tests:

****Source:**** Attributed to an unnamed “former contractor.” No name, no affiliation, no way to verify their existence.

****Evidence:**** No documents, schematics, FOIA releases, or court records cited. Specific technical details (frequency, modulation) are given, which **sound** precise, but precision is not the same as proof.

****Verifiability:**** The specific measurable claims (e.g., a percentage drop in emergency calls on a specific date) **could** be verified through public records. Has anyone done so? If not, why not?

****Internal Consistency:**** The technical details would need to be evaluated by someone with expertise in RF engineering.

****Cui Bono:**** Who benefits from this narrative? It could serve to awaken legitimate concern about EMF exposure. It could also serve to discredit legitimate concern by associating it with unverifiable conspiracy claims.

The conclusion is not that the claim is true or false. The conclusion is that it is **unverified** and should be treated as such — interesting, worth investigating, but not to be believed or repeated as fact.

The Difference Between a Lie and an Unverified Claim

A **lie** is a deliberate falsehood — something stated with the intent to deceive. A lie has no substance. When light shines upon it, it vanishes, because it was never real.

An **unverified claim** is not necessarily a lie. It may be true but unprovable at this time. It may be partly true and partly embellished. It may be an honest person's imperfect understanding of something real.

The examined person does not label everything they cannot verify as a lie. Nor do they accept everything that *feels* true. They hold unverified claims in a separate category: *"To be determined."* And they continue to seek the light.

The Greatest Weapon Against Deception

The greatest weapon against deception is not intelligence. It is not education. It is not even evidence.

It is **the Word of God**.

| **"Thy word is a lamp unto my feet, and a light unto my path. "**

— Psalm 119:105

God's Word does not give you the technical specifications of every electromagnetic weapon. It gives you something far more valuable: **discernment**. The ability to sense, at the deepest level, when something is true and when it is false. The ability to stand in peace when others are swept away by fear. The ability to wait for the truth when the world demands that you choose a side immediately.

A citizen of the Kingdom of David does not need to know every secret. They need to know the **One who holds all secrets**, and to trust His light to reveal what must be revealed, in His time.

Assignment

Find an article, social media post, or news report about electromagnetic frequencies and health (any claim, from any perspective). Apply the Five Tests of a Claim. Write your analysis. Bring it to class for discussion.

CLASS 9: THE ARCHITECTURE OF CONTROL

How Environments Are Engineered to Shape Behaviour

How Environments Are Engineered to Shape Behaviour

| **"And ye shall know the truth, and the truth shall make you free."**

— *John 8:32*

Whether or not cities broadcast anxiety-inducing frequencies, there is no question that **environments are deliberately designed to influence human behaviour**. This is not conspiracy — it is a billion-dollar industry called *environmental psychology*, and its applications are everywhere.

Documented Environmental Manipulation

Retail: Stores use lighting colour temperature, background music tempo, scent diffusion, and aisle layout to influence purchasing behaviour. Slow-tempo music makes shoppers linger longer and spend more (studies published in the *Journal of Marketing*, 1982). Warm lighting increases comfort and willingness to pay.

Casinos: No clocks, no windows, oxygen-enriched air, carpet patterns designed to be visually disorienting, and carefully calibrated lighting that eliminates the sense of time passing. Every element is engineered to keep you playing.

Social Media: Algorithms select content to maximise engagement, which in practice means maximising emotional arousal — outrage, fear, indignation, and desire. The platforms are designed to be addictive, exploiting the same dopamine pathways as slot machines (acknowledged by former executives in sworn testimony before the U.S. Congress).

Architecture: Brutalist concrete structures suppress mood. High ceilings inspire expansive thinking. Green spaces reduce cortisol. Windowless offices impair circadian rhythm. None of this is secret — it is taught in architecture schools worldwide.

The Electromagnetic Layer

To the visible and audible layers of environmental design, add the electromagnetic layer. Whether it is *deliberately* manipulated for population control is debatable. That it **exists** and **affects you** is not.

Every Wi-Fi router, every cell tower, every smart streetlight, every electrical transformer adds to the electromagnetic environment you inhabit. The cumulative effect is unmeasured and unregulated in any comprehensive way.

The Spiritual Dimension

The Bible speaks of powers and principalities that operate in the unseen realm. Whether the electromagnetic environment is part of that spiritual warfare is a matter for prayer and discernment, not dogmatic assertion.

But this much is clear: any force that operates in darkness — unseen, unacknowledged, unexamined — gains power from the ignorance of those it affects. And any force that is brought into the light loses that power.

This is the purpose of education. Not to make you afraid of the unseen, but to **bring the unseen into the light**, where it can be examined, understood, and, if necessary, resisted.

Assignment

Visit a large retail store or shopping mall. Without buying anything, spend 30 minutes observing the environment: lighting, music, layout, scent, temperature. Write down every element you believe was deliberately designed to influence your behaviour. Then reflect: If physical environments are engineered this thoroughly, is it unreasonable to ask whether the electromagnetic environment is also engineered?

CLASS 10: PROTECTING YOUR TEMPLE

Practical Wisdom for Living in an Electromagnetic World

Practical Wisdom for Living in an Electromagnetic World

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are."

— 1 Corinthians 3:16-17

Your body is the temple of the Holy Spirit. Caring for it is not vanity — it is stewardship. This class offers practical, evidence-based guidance for reducing your electromagnetic exposure where it is highest and most under your control.

Distance Is Your Greatest Tool

Remember the inverse square law: double the distance, quarter the exposure. Small changes in proximity make enormous differences.

****Phone:**** Do not hold your phone against your head for calls. Use speakerphone or wired earbuds (not Bluetooth). At night, place your phone across the room or in another room. Apple, Samsung, and other manufacturers include fine-print warnings in their own user manuals advising a minimum distance from the body.

****Wi-Fi Router:**** Place it in a central location away from bedrooms. Consider turning it off at night (a simple outlet timer can automate this).

****Laptop:**** Do not rest it on your lap for extended periods. Use a table or desk.

****Smart Devices:**** Evaluate whether every “smart” device in your home is truly necessary. Each one is an electromagnetic emitter.

Sleep Hygiene

Sleep is when your body heals, your brain consolidates memory, and your melatonin levels peak. Melatonin is a powerful antioxidant, and its production is sensitive to electromagnetic fields.

Remove or power down all electronic devices in the bedroom

If possible, turn off the circuit breaker to the bedroom at night (this eliminates 60 Hz field from in-wall wiring)

Use a battery-powered alarm clock rather than a phone

Sleep in darkness (eliminate all artificial light, including LED standby indicators)

Time in Nature

Regular time in natural environments — forests, fields, mountains, bodies of water — is not merely recreational. It is **restorative** at the electromagnetic level. Natural settings have dramatically lower ambient EMF and allow your nervous system to return to baseline.

The Japanese practice of *shinrin-yoku* (forest bathing) has been extensively studied. Documented benefits include reduced cortisol, lowered blood pressure, improved immune function (increased natural killer cell activity), and reduced anxiety. While these benefits are attributed to multiple factors (phytoncides from trees, reduced noise, visual calming), the reduction in electromagnetic exposure is a plausible contributing factor.

Prayer and Stillness

The electromagnetic environment of a quiet room, with devices turned off, approximates the natural electromagnetic baseline more closely than any other readily available setting.

Prayer and meditation in stillness are not only spiritual practices. They are **neurological reset events** — opportunities for your brain to return to alpha and theta states, to produce melatonin and serotonin, and to process the accumulated stress of the day.

The Kingdom teaches prayer not as ritual but as relationship. In the context of this course, know that when you sit in stillness before God, you are also allowing your body's electromagnetic instrument to retune itself to the frequency it was designed for.

Assignment

For one week, implement at least two of the practical changes described above (e.g., phone away from bed at night; Wi-Fi off during sleep). Keep a brief daily journal noting your sleep quality, mood, and energy levels. Bring your observations to Class XI.

CLASS 11: THE LIGHT THAT EXPOSES EVERY LIE

Discernment, God's Word, and the Free Mind

Discernment, God's Word, and the Free Mind

*"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."**

— 2 Timothy 1:7

We have spent ten classes studying the invisible environment, the verified science, the unanswered questions, and the practical steps you can take to protect your temple. In this class, we turn to the deepest truth of all.

What Is a Lie?

A lie is not merely a false statement. A lie is **something that does not exist**.

Consider darkness. Darkness is not a substance. You cannot pour darkness into a room. Darkness is simply the absence of light. The moment a lamp is lit, the darkness does not fight, resist, or retreat. It simply ceases to be, because it was never a thing in itself.

A lie operates the same way. A lie has no substance. It exists only in the absence of truth. When truth enters — real, examined, verified truth — the lie does not argue or defend itself. It vanishes. It was never real.

This is why the truth sets you free. Not because it gives you a weapon. Not because it makes you smarter than your enemies. But because it **dissolves the chains**. The chains were made of lies, and lies are made of nothing.

*"Then spake Jesus again unto them, saying, I am the light of the world: he that followeth me shall not walk in darkness, but shall have the light of life."**

— John 8:12

The Information Age and the Age of Deception

We live in a time of unprecedented access to information — and unprecedented exposure to deception. The same internet that gives you access to peer-reviewed studies also gives you access to fabricated documents, doctored photographs, AI-generated text, and emotionally manipulative narratives designed to exploit your fears.

The sophistication of modern deception is breathtaking. Deepfake videos can put words in any person's mouth. AI can generate entire scientific-sounding articles with fabricated citations. Social media algorithms amplify the most emotionally charged content, regardless of its truth.

In this environment, the person who believes everything is a slave. The person who believes nothing is also a slave — a slave to cynicism, which is just another form of darkness.

The free person is the one who examines.

The Threefold Standard of Discernment

First: Evidence. Does the claim have verifiable evidence? Can you see, touch, measure, or document it? Evidence is the first filter.

Second: Consistency. Is the claim consistent with other established truths? Does it fit with what is known? Inconsistency is not proof of falsehood, but it is a signal to dig deeper.

Third: The Word of God. Does the claim align with the character, purposes, and promises of God as revealed in Scripture? This is the ultimate standard. Not because the Bible is a science textbook — it is not — but because the Spirit of God gives discernment that surpasses human analysis.

A claim that contradicts the character of God — that relies on fear rather than faith, that promotes division rather than unity, that exalts human conspiracy above divine sovereignty — may be technically sophisticated, but it does not carry the fragrance of truth.

Fear vs. Knowledge

Many people who encounter information about electromagnetic frequencies, government programs, and environmental manipulation are **afraid**. Fear is the natural response to the unknown.

But fear is not from God. *"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."*

Knowledge — real, examined, honest knowledge — replaces fear with understanding. You do not need to fear the electromagnetic environment. You need to **understand** it. You do not need to fear deception. You need to **recognise** it.

And when you walk in the light of God's Word, with a sound mind and an examined understanding, no lie can hold you. Because lies vanish in the light. They always have. They always will.

Assignment

Write a personal declaration of discernment: In your own words, describe your commitment to examining all claims, holding fast to truth, and refusing to be governed by fear or deception. Keep this declaration. Return to it whenever you encounter information that tempts you to react before you examine.

CLASS 12: FREQUENCY, LIBERTY, AND THE KINGDOM

Final Examination and Commission

Final Examination and Commission

*"Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage."**

— Galatians 5:1

You have completed eleven classes. You now know more about the electromagnetic environment than most people will learn in a lifetime. You understand the spectrum. You know the Schumann Resonance. You have read the declassified research. You have studied the urban-rural divide. You have learned to examine claims. You have practical tools to protect your temple.

But knowledge without purpose is mere accumulation. In this final class, we commission you.

What You Have Learned

Let us review what is **established**:

1. The electromagnetic spectrum is real and measurable.
2. The Earth has a natural electromagnetic pulse (Schumann Resonance) that correlates with human brainwave frequencies.
3. The human brain can be entrained by external electromagnetic stimuli (verified, basis of FDA-approved treatments).
4. Governments have researched the weaponisation of electromagnetic frequencies for over 60 years (declassified).
5. Urban electromagnetic environments are dramatically denser than rural ones.
6. Urban populations have higher rates of anxiety, depression, and related conditions.
7. Peer-reviewed studies have found biological effects of EMF exposure at levels below current safety limits.
8. Current safety standards do not incorporate the full body of available evidence.
9. Environments — visible and invisible — are routinely engineered to influence human behaviour.
10. The Word of God is the ultimate standard of discernment.

What Remains Unverified

Many claims circulate about specific programs, city-wide frequency barriers, and deliberate population control through electromagnetic means. Some of these claims

may prove true. Others may prove false. Most remain in the category of *"To be determined"* — and a free person is comfortable in that category.

Your Commission

As a student of the Twelve Stone Kingdom University, you are not merely educated. You are **commissioned**.

You are commissioned to:

1. ****Examine all things.**** Never accept a claim — from any source — without testing it. Never dismiss a claim without examining it. Apply the Five Tests. Seek the evidence. Hold the unverified in the light and wait.
2. ****Protect your temple.**** Implement the practical measures you have learned. Distance, sleep hygiene, time in nature, prayer in stillness. Your body is not merely a machine — it is the dwelling place of the Holy Spirit.
3. ****Teach others.**** Share what you have learned — not with fear, but with clarity. Not with conspiracy, but with evidence. Not with alarm, but with the calm confidence of someone who walks in the light.
4. ****Refuse bondage.**** The person who is governed by fear is in bondage. The person who is governed by ignorance is in bondage. The person who is governed by lies — whether from governments, corporations, media, or viral social posts — is in bondage. You are called to liberty. Stand in it.
5. ****Trust the Light.**** God's Word is a lamp unto your feet. You do not need to see the whole road. You need to see the next step. Walk in what you know. Hold in faith what you do not yet know. And trust that the Light that created the electromagnetic spectrum is greater than anything that operates within it.

"The light shineth in darkness; and the darkness comprehended it not."

— John 1:5

Final Examination

1. Describe the electromagnetic spectrum and identify the two frequency ranges most relevant to human health.
2. What is the Schumann Resonance, and why is it significant for human biology?
3. Name two declassified government programs or acknowledged incidents involving electromagnetic effects on humans.
4. List the Five Tests of a Claim and apply them to any article of your choice.
5. Explain the difference between a lie and an unverified claim.
6. What practical steps will you take to protect your electromagnetic environment?
7. Write a one-page essay: *"How does the knowledge of truth set mankind free?"*

Closing Word

*Knowledge of the truth sets mankind free. Control of truth keeps mankind in bondage.
But the true Light — the Light of God's Word — shines in the darkness, and the
darkness has never overcome it, and never shall.*

*Go forth as a citizen of the Kingdom of David — examined, equipped, unafraid, and
free.*

So let it be written; so let it be remembered.

This curriculum is a living document of the Twelve Stone Kingdom University,
composed from the teaching and by the authority of His Majesty King David Joel,
Crown Sovereign of the House and Kingdom of David.

So let it be written; so let it be remembered.

SOVEREIGN APPROVAL AND RATIFICATION

Approved and sealed by the Crown Sovereign for the instruction of the citizens of
the Kingdom and all who seek the truth.



His Majesty King David Joel, House of Weems
CROWN SOVEREIGN OF THE HOUSE AND KINGDOM OF DAVID