

September 23, 2007

Dear Heartfriends,

On behalf of The Hearts Center Council, I would like to bring to your attention some information that has been released by the ascended masters concerning the dangers of cell phones and portable phones so that we can network with each other to share the latest research and best solutions to these problems. Below is an excerpt from Lanello's dictation from July 14, 2006.

Today, I would speak to you about cell phones.... For I perceive that upon the earth there is a plague occurring even as you speak.... And I suggest that you consider the dangers of the use of not only cell phones but portable phones in your homes. And if you must use them, then mitigate the effects through some specific devices that are on the market that neutralize to some extent the radio frequencies, the microwave frequencies of these units.

Some of you have experienced the actual heat that occurs when you have phones almost attached to your ear for too long. Therefore, another measure is to get an earpiece so that the phone itself is not so close to your ear. However, I also warn you that if you then have the phone itself on your belt buckle or near at hand, the frequencies can affect your reproductive organs and the area of your body on or near which you attach the phone. This is a practical message that I am giving you this day. And at times, we of heaven do so for the benefit of the health and well-being of our disciples upon earth.

The plague of which I was speaking will soon be known, for the companies that manufacture these phones have known the truth of the effects of these microwave and radio frequencies upon the bodies of mankind, for there is ample evidence within the laboratory of their effects upon rats. And we consider those among mankind who have withheld this information from the general populace to be betrayers of the people.

As we began some research into devices for the mitigation of these dangers, Lanello gave the following advice in a darshan on October 3, 2006.

Take every precaution for your health and well-being, for I desire each of you to stay in embodiment as long as possible. We see from our realms already the effects of cell phones not only on the collective health and well-being of mankind but the plot to actually utilize this technology to affect the mind and through the mind the DNA of the entire evolution of earth.

This technology was known on Atlantis. And scientists of light through discernment and attunement with legions from Mercury who understand the highest sciences of cosmic communication were able to devise through the use of ruby crystals a protective forcefield to mitigate the negative effects of microwaves and other wave patterns that would affect the minds of people. Have you not received from the other messenger the visualization of the triple ruby dome? You may use this also as a protective forcefield around yourselves.

I also suggest that you make a specific call for the exposure of this scourge, or plague, as I have previously said, as it is a plague and a scourge. And call for mitigation of the negative radiation by the requirement from your government to all manufacturers

of cell phones to use the ferrite beads as well as other technologies that are already coming to the fore that are already being developed and perfected.

The cover-up is at the highest levels; the collusion that is systematic for greed has become the order of the day through the FDA and other agencies. Therefore, you must in the call that you make, go to the nadir of the problem which is manipulation of the minds and the collusion through greed that continues to be the source of this scourge. Therefore, I suggest that you use every available technology but also, through a sense of no-fear, invoke not only the crystal-diamond tube of light and see it streaming through your meridians at a very concentrated level but also the triple ruby dome not only over your entire being but at the molecular level and through your brains, beloved hearts.

At the end of this letter is the prayer requested by Lanello for the exposure of the negative effects of microwaves and radio frequencies. [Click this link](#) for the formatted version that is posted on the Prayers/Mantras section of the website. Let's joyfully give this call to bring all cover-ups of this issue to light! The following is a list of things to do to help protect us from the negative radiation emitted by cell and portable phones.

1. Having a cordless (portable) phone in your house can be a hundred times more of a health risk than using a mobile (cell) phone. Because of the way cordless phones work, the charger constantly emits radiation at full strength even when the phone is not in use and so does the handset when it is off the charger. If you have a cordless phone, consider replacing it with a corded one, installing a longer cord if you need to move around while talking on the phone.
2. If possible, use your cell phone on speakerphone. Keep your phone as far from your body as possible. The worst place you can put a cell phone is next to your head where your brain is, but the radiation exposure can adversely affect any part of your body that is exposed to it over long periods.
3. Limit your cell phone use to the bare minimum and turn it off when it isn't needed. A cell phone is constantly searching for signals while it is on, exposing you to EMFs (electromagnetic fields) if you are next to it. If you must keep it on, keep it in another room.
4. New studies suggest that using hands-free earpieces in certain positions may more than triple your brain's exposure to radiation because the wire in the headset can act as an antenna that channels radiation to your brain. Ferrite beads, which are hollow beads made of ferrite—a semi-magnetic substance made from iron oxide (rust) alloyed with other metals that clip on the headset wire—act as filters to limit unwanted RF (radio frequency) interference.
5. Airtube headsets reduce dangerous radiation exposure to your head by replacing the typical wire found in nearly all headsets with an air tube. You can find these headsets, ferrite beads and more information on cell phone dangers on <http://www.mercola.com> and <http://www.rfsafe.com>. NOTE: Some people, for various reasons, find that the airtube headset does not work for them. You may have to test it out for yourself.
6. BIOPRO Cell Chips and Universal Chips, small, flexible disks that adhere to your phone, are a patented technology developed to mitigate electropollution. You can find out more about these at <http://www.myBIOPRO.com/eskogen>.
7. Lanello recommended that we replace CRT (Cathode Ray Tube) screens and old TV technology with LCDs (Liquid Crystal Displays) that emit considerably less radiation. Lanello does not recommend the various pendants that are on the market today that are worn around the neck and are designed to counteract the negative effects of EMFs and other

electropollution. They can affect the vibrational frequencies of the chakras, especially the heart, and usually contain copper, which conducts astral frequencies.

Some books to read for more information on this subject:

- [*Cell Phones, Invisible Hazards in the Wireless Age*](#) by Dr. George Carlo and Martin Schram
- [*Dialing Our Cells*](#) by Will Thomas
- [*The Invisible Threat: The Risks Associated with EMFs*](#) by Dr. Howard Fisher

I encourage you to email me at cellphones@theheartcenter.org if you have other books or articles you feel are valuable or if you know of other technologies, products, or devices for the mitigation of negative radiation.

In the interest of well-being,

Joyce Genis

Protection from Harmful Cell Phone Radiation

In the name I AM THAT I AM, we call to beloved Cyclopea and Virginia, mighty Cosmos, K-17, Lanello, Lady Kristine, David Lloyd, El Morya, the Darjeeling, Indian and Royal Teton Councils, Saint Germain, Portia, Kali, the Buddha Mother and all ascended and cosmic beings for the exposure to the public of the danger of cell phones and wireless portable phones which is becoming a plague even in this hour. Beloved seven mighty Elohim and the Elohim of the five secret rays: expose the truth about the negative effects of microwave, radio and ELF frequencies upon the collective health and well-being of mankind.

In Jesus' name, we agree together upon earth that appropriate government regulations be immediately implemented requiring all manufacturers of cell phones to use technologies that are already available and being perfected for the mitigation of harmful radiation. Legions of Angels of the Light and Sound Ray: go to the nadir of this plague—greed, the collusion between industry and government regulators in the FDA at the highest levels and especially the plans of astral hordes to manipulate the DNA of all evolutions of light upon earth—that has resulted in the whitewashing of this issue, and bring forth cosmic justice and judgment now. Expose this cover-up to the people of America and the world through all major media outlets, and initiate an immediate groundswell of action for the light as a way out of this dilemma.

O God of Fearlessness—Ray-O-Light—and mighty Cosmos, we invoke the crystal-diamond tube of light and see the light of the secret rays streaming through all of our meridians at a very concentrated level; and we also call forth a triple ruby dome over our entire being, sealing us in light at the molecular level, especially throughout our brains.

Beloved Saint Germain and Legions of Mercury, overshadow us now and manifest an acceleration of light from the Cave of Symbols and from the etheric retreats into the minds of the scientists of earth to assist them in creating new technologies, including the use of ruby crystals, to mitigate the harmful effects of radio, ELF and microwaves to all life.

In the name of the Christ and the Buddha we accept this done for the protection of all heartfriends and lightbearers on this planet. Amen.