

Electromagnetic Frequency (EMF), Potential Sources, and Reported Ascension Symptoms

1. Extremely Low Frequency (ELF)

Potential sources:

- Electrical wiring
- Power lines
- Electrical panels
- Transformers
- Motors
- Household appliances
- Electrical distribution systems

Reported Ascension Symptoms:

- Headaches
- Head pressure
- Dizziness
- Vertigo
- Tingling
- Numbness
- Electric-shock sensations
- Burning sensations

- Muscle discomfort
- Fatigue
- Sleep disruption
- Difficulty concentrating
- Lightheadedness
- Palpitations
- Changes in sensory perception

2. Radiofrequency (RF)

Potential sources:

- Cell phones
- Cellular towers
- Wi-Fi routers
- Wireless access points
- Mobile hotspots
- Bluetooth devices
- Radio transmitters
- Wireless communication equipment

Reported Ascension Symptoms:

- Headaches
- Head pressure

- Tinnitus
- Ear pressure
- Ear pain
- **Ear infection / ear inflammation**
- Hearing sensitivity
- Sound distortion
- Dizziness
- Vertigo
- Tingling
- Burning sensations
- Skin irritation
- Fatigue
- Difficulty sleeping
- Repeated awakening
- Difficulty concentrating
- Mental fatigue
- Nausea
- Palpitations
- Light sensitivity

3. Microwave Frequencies

Potential sources:

- Radar
- Satellite communications
- Microwave communications
- Telecommunications equipment
- Certain industrial equipment
- Specialized sensing systems

Reported Ascension Symptoms:

- Head pressure
- Headaches
- Ear pressure
- **Ear infection / ear inflammation**
- Tinnitus
- Hearing changes
- Unusual internal sounds
- Vibration sensations
- Pulsing sensations
- Heat sensations
- Burning sensations
- Tingling

- Dizziness
- Vertigo
- Nausea
- Sleep disruption
- Fatigue
- Difficulty concentrating
- Visual disturbances

4. 5G Cellular Technology

Potential sources:

- 5G cellular towers
- Small cells
- Cellular antennas
- 5G mobile devices
- Fixed wireless equipment

Reported Ascension Symptoms:

- Headaches
- Head pressure
- Tinnitus
- Ear pressure
- Ear infection / ear inflammation

- Hearing sensitivity
- Dizziness
- Vertigo
- Burning sensations
- Tingling
- Skin sensations
- Fatigue
- Sleep disruption
- Repeated awakening
- Difficulty concentrating
- Mental fatigue
- Palpitations
- Light sensitivity

5. 6G and Emerging Wireless Technologies

Potential sources:

- Future cellular networks
- Advanced wireless communication systems
- Higher-frequency communication systems
- Integrated sensing and communications
- Experimental wireless technologies

Reported Ascension Symptoms:

- Head pressure
- Headaches
- Dizziness
- Vertigo
- Tinnitus
- Ear pressure
- Sound sensitivity
- Vibration sensations
- Pulsing sensations
- Burning sensations
- Tingling
- Sensory disturbances
- Sleep disruption
- Fatigue
- Difficulty concentrating
- Visual disturbances
- Nausea

Documentation note: 6G technologies are still developing. Any investigation should identify the

actual frequency, transmission characteristics, and exposure rather than assuming that a symptom is attributable to “6G.”

6. Satellite Communications

Potential sources:

- Communication satellites
- Satellite ground stations
- Satellite uplinks
- Satellite downlinks
- Satellite internet terminals
- Satellite communication antennas

Reported Ascension Symptoms:

- Headaches
- Head pressure
- Tinnitus
- Ear pressure
- **Ear infection / ear inflammation**
- Unusual sounds
- Dizziness
- Vertigo

- Vibration sensations
- Pulsing sensations
- Burning sensations
- Tingling
- Sleep disruption
- Fatigue
- Difficulty concentrating
- Visual disturbances
- Nausea

7. Radar Systems

Potential sources:

- Weather radar
- Aviation radar
- Maritime radar
- Automotive radar
- Security radar
- Military radar
- Specialized detection systems

Reported Ascension Symptoms:

- Head pressure

- Headaches
- Ear pressure
- **Ear infection / ear inflammation**
- Tinnitus
- Hearing sensitivity
- Vibration sensations
- Pulsing sensations
- Heat sensations
- Burning sensations
- Dizziness
- Vertigo
- Nausea
- Visual disturbances
- Sleep disruption
- Fatigue

8. Broadcast and Radio Transmission

Potential sources:

- AM radio
- FM radio
- Television transmitters

- Radio communication systems
- High-power broadcast antennas

Reported Ascension Symptoms:

- Headaches
- Head pressure
- Tinnitus
- Ear discomfort
- Dizziness
- Fatigue
- Sleep disruption
- Tingling
- Burning sensations
- Sensory sensitivity
- Difficulty concentrating
- Lightheadedness
- Nausea

9. Industrial and High-Power RF Equipment

Potential sources:

- RF heaters
- Industrial microwave equipment

- Dielectric heating systems
- RF welding equipment
- High-power transmitters
- Specialized industrial systems

Reported Ascension Symptoms:

- Burning sensations
- Heat sensations
- Skin irritation
- Tingling
- Headaches
- Dizziness
- Ear discomfort
- Tinnitus
- Fatigue
- Nausea
- Palpitations
- Sensory disturbances

10. Medical and Specialized Electromagnetic Equipment

Potential sources:

- MRI systems
- Diathermy equipment
- Electrosurgical equipment
- Therapeutic electromagnetic devices
- Diagnostic equipment

Reported Ascension Symptoms:

- Dizziness
- Vertigo
- Tingling
- Numbness
- Headaches
- Head pressure
- Sensory changes
- Nausea
- Fatigue
- Muscle sensations
- Sleep disruption

11. Security, Detection, and Electronic Sensing Systems

Potential sources:

- Electronic detection equipment
- Radar-based sensors
- Security systems
- Wireless monitoring equipment
- Electronic access systems
- Specialized sensing equipment

Reported Ascension Symptoms:

- Head pressure
- Headaches
- Dizziness
- Tinnitus
- Ear pressure
- Unusual sounds
- Vibration sensations
- Pulsing sensations
- Tingling
- Burning sensations
- Sensory disturbances
- Sleep disruption
- Difficulty concentrating

- Fatigue

12. High-Power or Directed-Energy Systems

Potential sources to investigate when supported by evidence:

- High-power RF systems
- High-power microwave systems
- Directed-energy research systems
- Specialized electromagnetic systems
- Other concentrated electromagnetic-energy systems

Reported Ascension Symptoms:

- Severe or persistent headaches
- Head pressure
- Burning sensations
- Heat sensations
- Tingling
- Electric-shock sensations
- Tinnitus
- Ear pressure
- **Ear infection / ear inflammation**

- Hearing changes
- Unusual sounds
- Dizziness
- Vertigo
- Vibration sensations
- Pulsing sensations
- Sleep disruption
- Sudden awakening
- Fatigue
- Visual disturbances
- Nausea
- Cognitive difficulties
- Difficulty concentrating

13. Natural Electromagnetic Sources

Potential sources:

- Earth's magnetic field
- Atmospheric electrical activity
- Lightning
- Solar activity
- Geomagnetic activity

- Natural electromagnetic fluctuations

Reported Ascension Symptoms:

- Headaches
- Head pressure
- Dizziness
- Fatigue
- Sleep disruption
- Tinnitus
- Sensory sensitivity
- Light sensitivity
- Nausea
- Difficulty concentrating
- Palpitations
- Changes in sensory perception

14. Unknown or Undetermined Source

When the source cannot be identified, documentation should focus on the **measurable conditions and reported symptoms** rather than assigning a source prematurely.

Reported Ascension Symptoms:

- Headaches
- Head pressure
- Facial pressure
- Dizziness
- Vertigo
- Tinnitus
- Ear pain
- Ear pressure
- **Ear infection / ear inflammation**
- Hearing changes
- Sound sensitivity
- Unusual sounds
- Burning sensations
- Tingling
- Numbness
- Electric-shock sensations
- Vibration sensations
- Pulsing sensations
- Skin irritation
- Sleep disruption

- Sudden awakening
- Fatigue
- Cognitive difficulties
- Difficulty concentrating
- Memory difficulties
- Visual disturbances
- Light sensitivity
- Nausea
- Palpitations
- Generalized pain
- Nerve pain
- Reduced daily functioning