

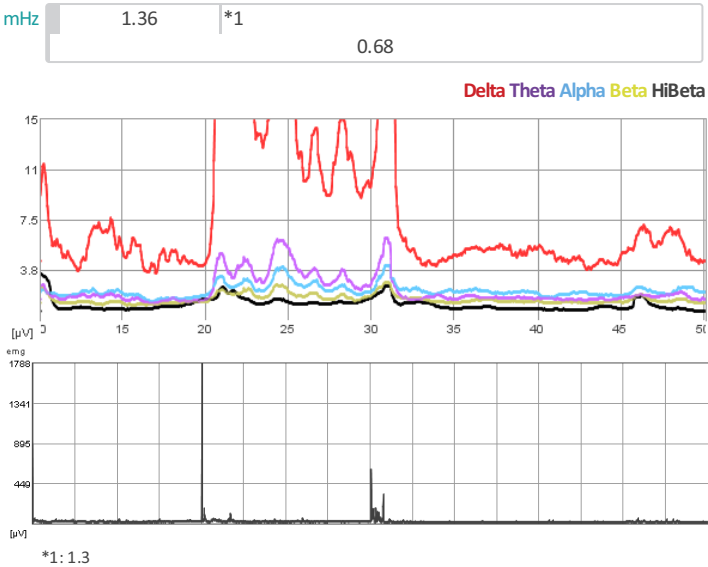
3658
Tuesday - March 05, 2019
09:34 AM
Session 35
2 Channel ILF HD
Myself



Particle World
Castle in the Sky, Valley x11, Wilderness



TIME	SITE A	-	SITE B	FREQUENCY
10	T3 - Cz	-	Fp1 - Cz	1.36 mHz
10	T3 - Cz	-	T4 - Cz	0.68 mHz
10	T4 - Cz	-	Fp2 - Cz	0.68 mHz
20	T4 - Cz	-	P4 - Cz	0.68 mHz



Report
Slept okay. Woke at 2:30. Got up at 8:00.

Observation
T3-Fp1 1.36Hz 10 mins thoughts are happier.
T3-T4 0.68Hz 10 mins could be more focused
T4-Fp2 0.68Hz 10 mins moments of happiness
T4-P4 0.68Hz 20 mins muscles relaxing

Plan
Continue based on integration report.