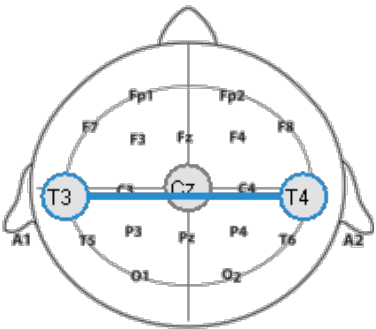


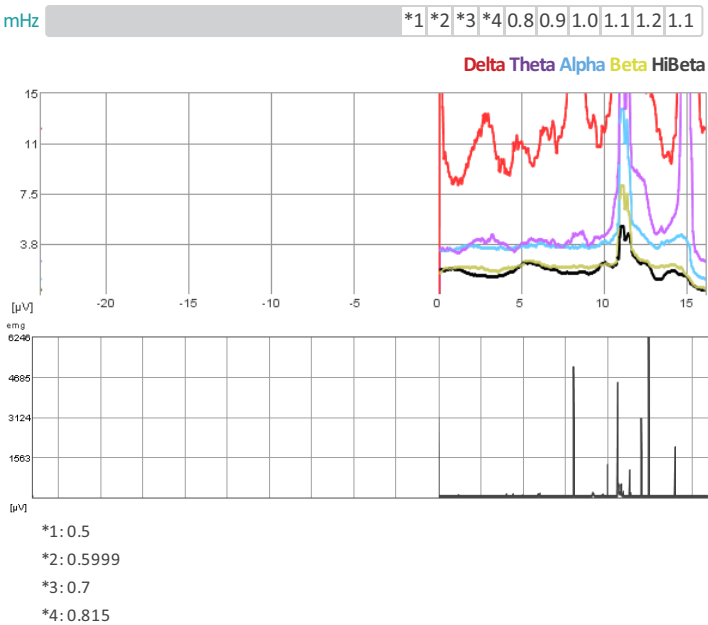
1925  
Wednesday - February 20, 2019  
11:40 AM  
Session 0  
2 Channel ILF HD  
Moir



Particle World  
Valley



TIME	SITE A	-	SITE B	FREQUENCY
15	T3 - Cz	-	T4 - Cz	0.5 mHz



Report  
Slept well. Woke at 7.

Observation  
T3-T4 .5 2mins sleepy from exercises  
T3-T4 .6 3 mins working to keep eyes open  
T3-T4 .7 4 mins working to keep eyes open  
T3-T4 .8 6 mins working to keep eyes open  
head stopped shaking  
T3-T4 .9 8 mins working to keep eyes open,  
dozy  
T3-T4 1.0 10 mins working to keep eyes  
open  
T3-T4 1.1 12 mins brighter, watching crows  
tremor still diminished.  
T3-T4 1.2 14 mins dozy tired from exercise.  
T3-T4 1.1 16 mins fell asleep. tremor in  
head diminished. Stopped as sleeping.

Plan  
Continue to find training frequency.  
Judy recommended going up in smaller  
steps.  
Will try tomorrow.