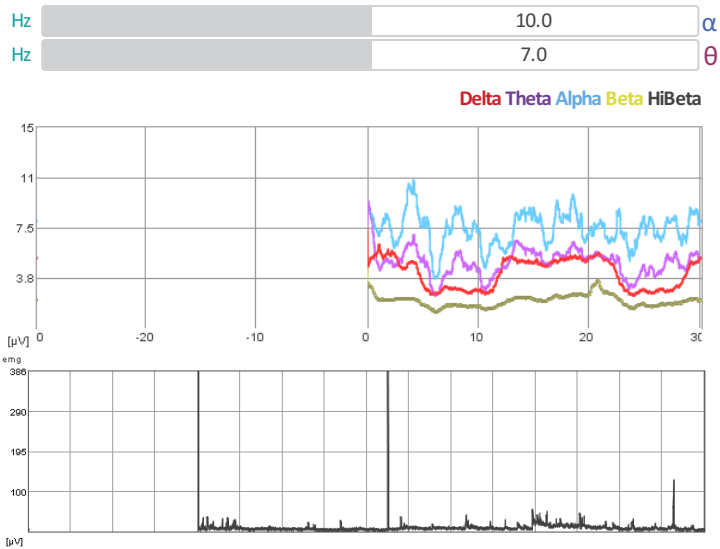
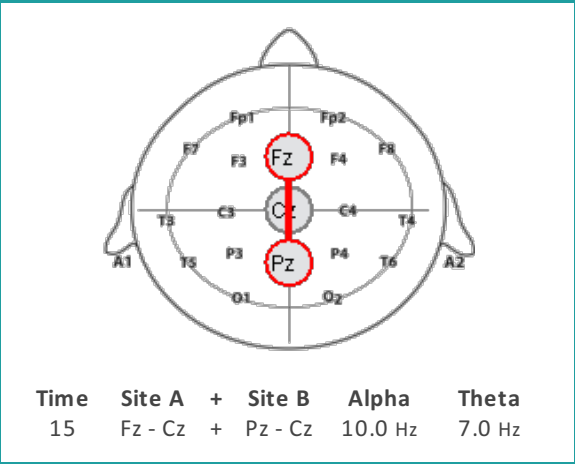


3658  
Thursday - March 21, 2019  
07:26 PM  
Session 48  
2 Channel Alpha Theta  
Myself



Volume 9, Bear 30%, Get comfy chair, eye mask



**Report**  
Slept well. Woke up at 4:00. Alert and energetic as I had brain octane today.

**Observation**  
Fz - Pz Alpha 10 Theta 7 60 mins. Peaceful, calm, happy.

**Plan**  
Continue based on integration report.