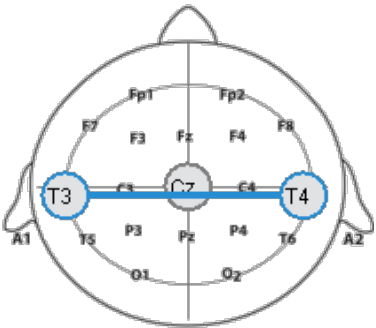


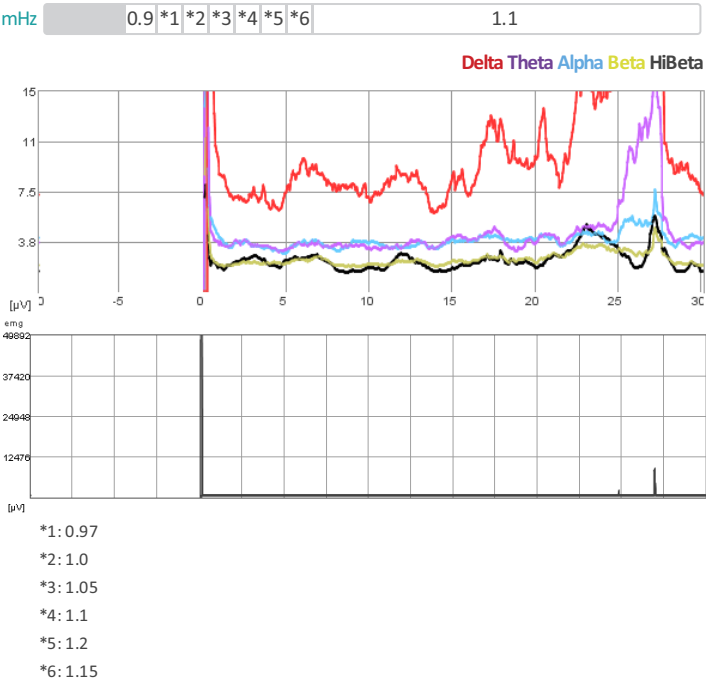
1925  
Friday - February 22, 2019  
04:19 PM  
Session 2  
2 Channel ILF HD  
Moirá



Particle World  
Valley



TIME	SITE A	-	SITE B	FREQUENCY
2	T3 - Cz	-	T4 - Cz	0.9 mHz
28	T3 - Cz	-	T4 - Cz	1.1 mHz



Report  
Slept well. Woke up at 7:00

Observation  
T3-T4 .9 at 2 mins eyes are heavy  
T3-T4 1.0 at 4 mins eyes are lighter  
T3-T4 1.4 at 5 mins eyes are heavy  
T3-T4 1.1 at 6 mins eyes are lighter  
T3-T4 1.1 at 15 mins more awake  
yawning at 22 mins making the screen gray.  
T3-T4 1.1 Hz 30 mins getting tired

Plan  
Continue training depending on integration.