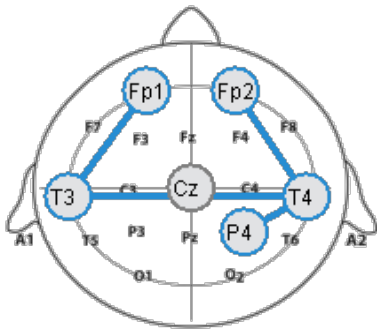


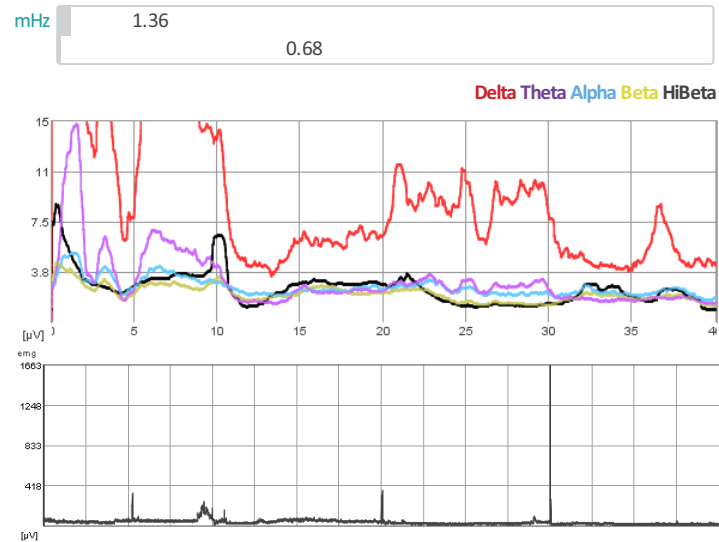
**3658**  
Wednesday - March 13, 2019  
07:41 PM  
Session 40  
2 Channel ILF HD  
Myself



**Particle World**  
Castle in the Sky, Valley x12, Wilderness Volume 4,  
tactile 30



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
10	T4 - Cz	-	P4 - Cz	0.68 mHz



**Report**  
Slept better. Still waking at night.

**Observation**  
T3- Fp1 1.36Hz 10mins oneness  
T3- T4 0.68Hz 10mins focused on oneness  
T4- Fp2 0.68Hz 10mins focused on oneness.  
T4- P4 0.68Hz 10mins focused on oneness.

**Plan**  
Continue to train Alpha Theta for 20 session  
after taking the Qik test.