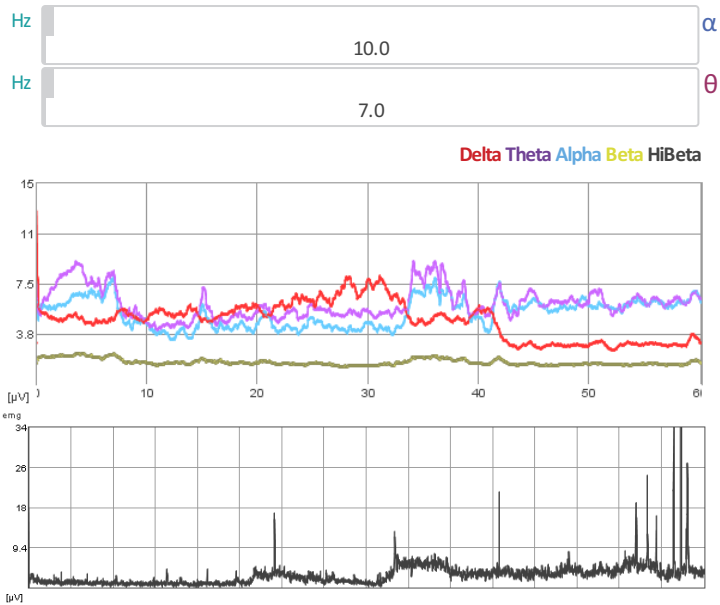
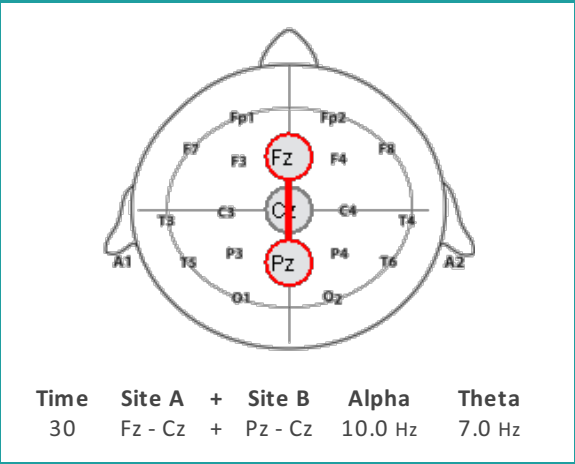


12  
Sunday - March 17, 2019  
03:44 PM  
Session 46  
2 Channel Alpha Theta  
Moir



Will try all the feedback options. Volume 15, Bear 60



**Report**  
Alert, focused and relaxed are all okay.  
Inspired to do another session today for 60 mins.

**Plan**  
Continue based on integration report.

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