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Wednesday - January 30, 2019

07:34 AM

## Session 7

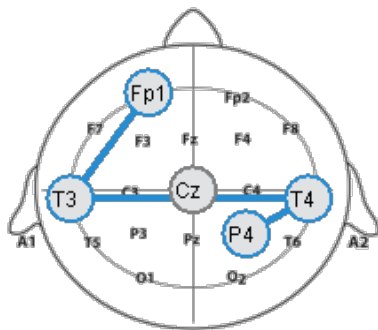
## 2 Channel ILF HD

Moira

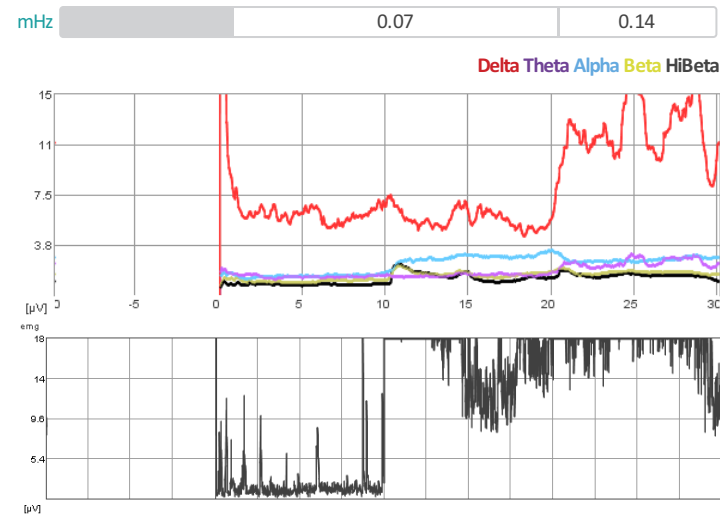


## HyperPong

Original



TIME	SITE A	-	SITE B	FREQUENCY
10	P4 - Cz	-	T4 - Cz	0.07 mHz
15	T3 - Cz	-	T4 - Cz	0.07 mHz
0	T3 - Cz	-	Fp1 - Cz	0.14 mHz



## Report

Filled in Top 5.

Slept well. Woke up once to take a pee.

Sinus tightness due to mould in wine. Woke up happy.

Alertness, focus - good. Relaxed. Happy  
were I am and eager for more.

## Observation

P4-T4 at .07 for 10 minutes - feeling alert,

awesome and great. T3-T4 at .07 for 10

minutes - feeling engaged and good. T3-Fp1

at .14 for 10 minutes - Feeling great at end of session. More relaxed and mellow now.

## Plan

See how integrated.