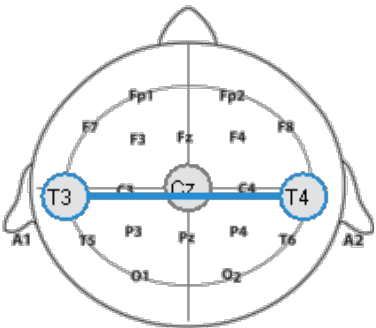


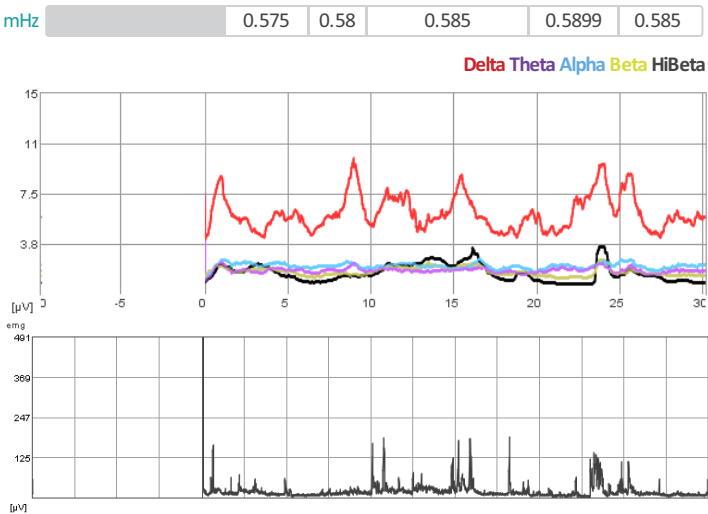
3658
Tuesday - January 29, 2019
10:06 AM
Session 6
2 Channel ILF HD
Deb



Dreamscapes
Wilderness



TIME	SITE A	-	SITE B	FREQUENCY
30	T3 - Cz	-	T4 - Cz	0.575 mHz



Report
Slept well but awakened fearful - has happened before. Returned to sleep and awakened happy and alert, focused and semi-relaxed.

Observation
T3-T4 after 5 minutes, feeling relaxed and focused except for some tightening in her stomach. Increased to 0.58. Stomach tightness is waning and wants to go up to 0.585 at 9 minutes. Now feeling better. Feeling way more connected now. At 15 minutes, feeling a little tired from all the focusing but wants to stay where we are. At 19 minutes, increasing to .59 although she feels starting of stomach tightening. Stomach tightening gone from stomach but has shifted to head, jaw and neck. Wants to stay where she is at this time. At 25 minutes, wanted to go down so dropped to .585. Feeling better quickly. Feeling good but stomach still a bit unsettled.

Plan
T3-T4 starting at 0.585