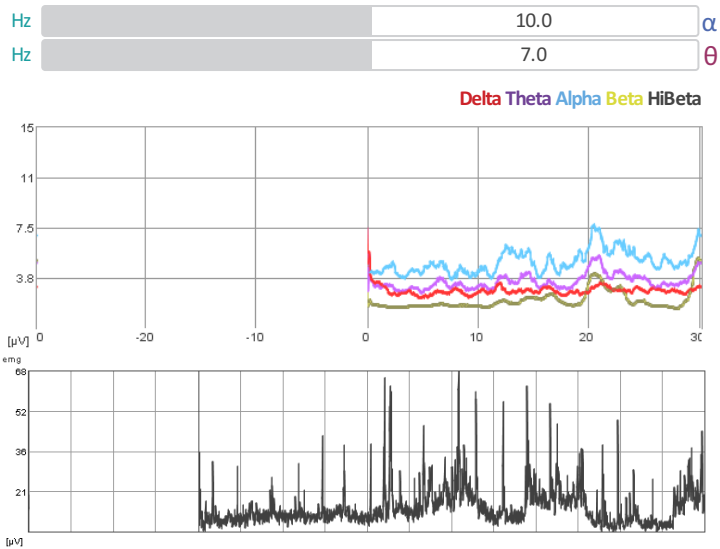
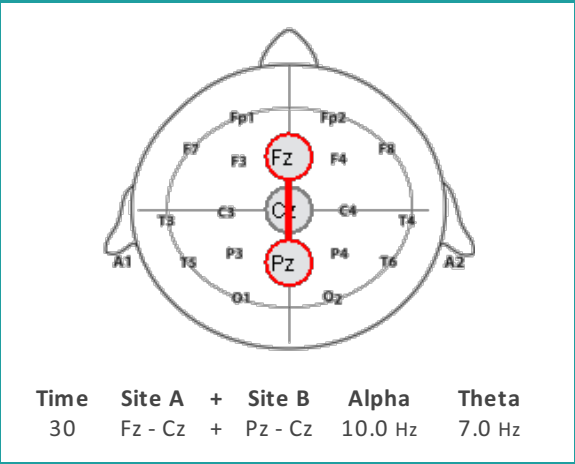


3658  
Sunday - March 24, 2019  
12:10 PM  
Session 50  
2 Channel Alpha Theta  
Myself



Volume 9, Bear 30%, Get comfy chair, eye mask



**Report**  
Slept well. Woke at 8:00. Slept better through the night.

**Observation**  
Fz - Pz Alpha 10mHz Theta 7mHz 30 mins. Felt oneness.

**Plan**  
Continue based on integration results.