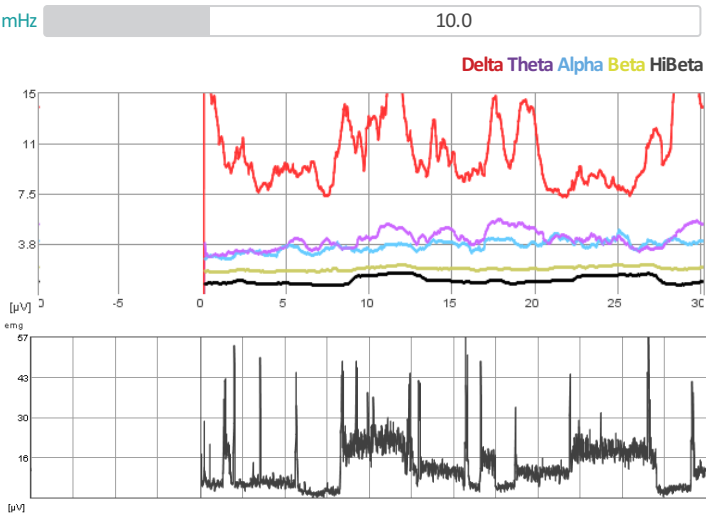
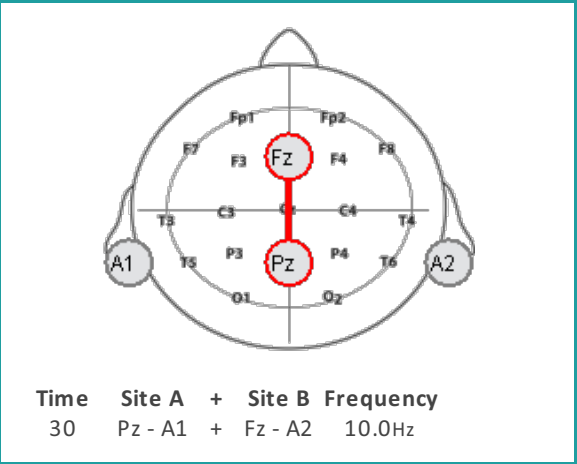


12
Wednesday - February 20, 2019
06:57 PM
Session 26
2 Channel Synchrony
Moira



Temple in Lao, Valley, Green Ribbin, Valley,



Report
Slept very well. Woke up 5:30. Still like to improve attention to detail.

Observation
Fz-Pz 10 at 30 mins. wake through the training. Felt like a really good meditation.

Plan
Continue depending upon integration report. Might try another music next time.