

## 3658

Monday - March 25, 2019 10:52 AM Session 51 2 Channel Alpha Theta Myself



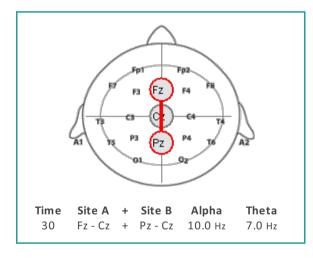




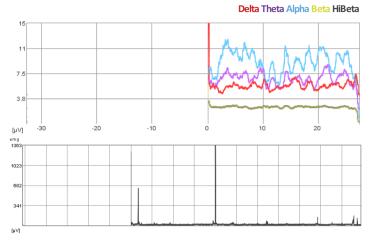




Volume 9, Bear 30%, Get comfy chair, eye mask







## Report

Slept well. Processing AH information.

## Observation

Fz - Pz Alpha 10 Theta 7 60 mins. Frank interupted my meditation.

## Plan

Continue based on integration report.