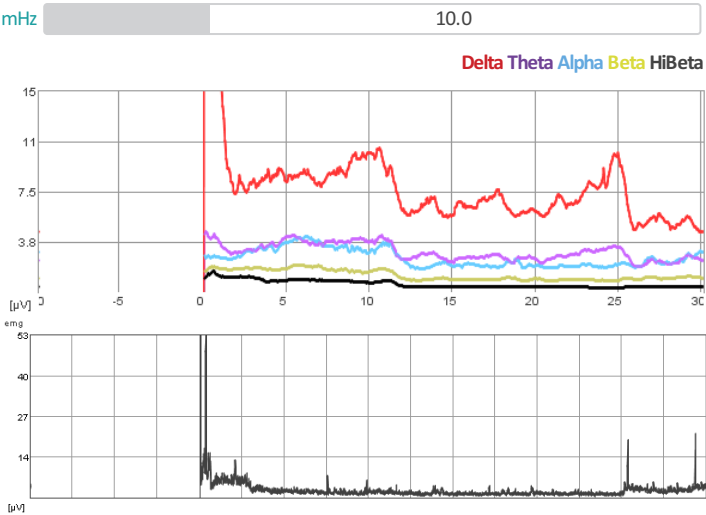
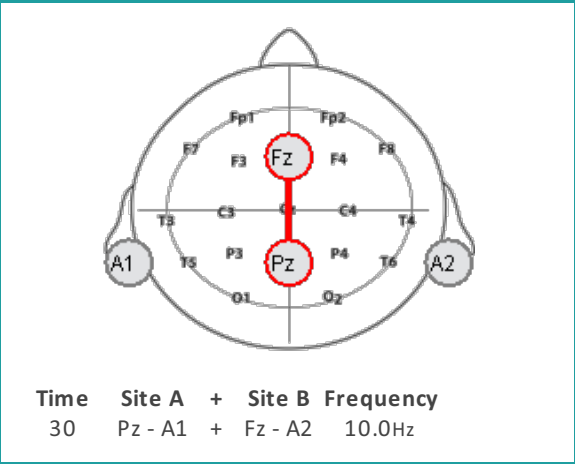


12
Wednesday - February 13, 2019
06:33 PM
Session 24
2 Channel Synchrony
Moira



Temple in Lao, Valley, Green Ribbin



Report
Slept well. Woke at 3:30. Excellent for red lighting and exercises. Feeling clear and calm.

Observation
Pz-Fz 10Hz 30 mins.

Plan
Continue for 20 sessions or Session 42 depending on integration.