

Ultimate Personal Performance (begins by) Documenting Your Experiences..

Use the Daily Sessions Log and Journal every day
Demonstration

Notes	Category	Design name	Available Format(s)	Conditions of Use	Headphones	Target
This Word Doc is designed to be viewed at 150%	FUNCTION	001) Sharp	Flash, Video, DVD, Audio	EO 5min/20min	Yes	Calm, Focused Mind
	FUNCTION	002) Focused	Flash, DVD, Audio	EO 5min/20min	Yes	Language Function
Hook-up Help (link)	FUNCTION	003) Relaxed	Flash, Video, DVD, Audio	EO 5min/20min	Yes	Physical Calming
	MOOD	004) Bright	Flash, Video, DVD, Audio	EO 5min/20min	Yes	Energetic, Positive
(L) Jumper on 1- and 2- O1 = up 2" over 1.5"	MOOD	005) Calm	Video, DVD, Audio	EO 5min/20min	Yes	Secure, Positive
EC Eyes Closed / EO Eyes Open	MOOD	006) Patient	Multiple MIDI	EC 5min/20min	Yes	Patient, Accepting
	STATE	007) Centered	Multiple MIDI	EC 5min/20min	Yes	Still, Present
Journaling doc (link)	STATE	008) In Sync	Multiple MIDI	EC 5min/20min	Yes	Still, Present
	STATE	009) Balanced	Flash, Video, DVD, MIDI	EC or EO 5min/20min	Yes	Internal Quiet
Daily Sessions Journal doc (link)	DEEP	010) Deep	Multiple MIDI	EC 20 to 40 min	Yes	Deep Visual Imagery
	DEEP	011) Resonant	Multiple MIDI	EC 20 to 40 min	Yes	Earth Connection
	DEEP	012) Connected	Video, DVD, MIDI	EC or EO 5min/20min	Yes	Efficient Flexibility
Executive	Function	013) LongView	Video, DVD, MIDI	EO 10min (build to 30)	Yes/Headband	Executive Brain Function

Date / Time	Design/ montage/ format	Present feeling	Experience	Score	Since Last Session
Enter newest session at the top of table. (Highlight entire row and right click to add rows.. Or, Table>Insert>Rows below.) You may use as many rows as you wish to document your experience but use the Journal at the end/beginning of each day for your overall observations/successes.					
03/28/09 5pm	Sharp C3/C4 Video	Determined	Elated!	365	sample
Sessions are read top to bottom. Last column is added the next day/session with results from previous session					
001 Session					
05/18/09	Sharp C3/C4 Video	Pain in left hip	A bit woozy and decided to take a nap afterward Pain is gone..		05/20 Noticed he is drinking far less wine at dinner after that first session. Sorting and letting stuff go is a bit easier
002 Session					
05/20/09 3pm	Sharp C3/C4 Video	Anticipatory, hopeful	A bit woozy.. Extremely positive, future is bright, more than hope.. Something is galloping.. Very satisfied. Less woozy after a few minutes		5/21 Getting in the car better, walking better, not too fatigued for long ride to Prescott
05/20/09 10pm	Sharp C3/C4 Video	Feeling pretty good. Better understanding of local issues	Shoulder hurts Pleased with two sets of emotional discovery.. including fear of Jim taking Therapist away.. New awarenesses. Feeling left out wasn't it, more about Jim taking Therapist		
003 Session					
05/21/09 6:30pm	Bright T3 Flash	Feel good .. tired	Made up two words with Pacman..." I sent the check." "Desperate" left shoulder hurts less.. feel positive.. kind of lethargic.. up far too late last night... don't feel hungry		5/22 Standing up straighter, better standing up from chair. Defenses went down, boundaries are down, Anything is possible, I feel stronger. Found out I can love many women.
004 Session					
05/22/09 5:30pm	Bright T3 Flash	Little tired, very positive, good time with Shirley, was a bit frustrated, less pain right now since Jan 27 th 09 (feels 100% pain free)	Switched from Pacman to Fractal video.. Noticed hearing (to himself) "Get out of my way".. (Get out of the way of myself)		5/23 Felt stronger when woke up.. got up without alarm clock on time, you feel very positive.. Felt completely wiped out after Ondamed session last night after session
005 Session					
05/23/09 4:00pm	Bright T3 Pacman (15 min) Bright T3 fractal (10 min)	Little tired, a bit disgusted can't remember something.. positive, value in both therapies.. lots of new awarenesses	Pleasantly sedated.. feel good.. calm, a bit sleepy,, smooth as glass... During pacman session a "finger pointing" image was following pacman.. General peripheral image kept getting larger until it was bigger than the screen and eventually extended to the kitchen.. finally was like a large flashing marquee (black and white only) movie marquee with bulbs... Very relaxed... no problem with pacmann		5/24 Since last session became irritated and impatient with myself. Didn't sleep (maybe Coffee)... Felt strong after session, being a mellow fellow, impatience and low grade anger frustration (w/Therapist). was gone most of day. Didn't sleep but was up early. Went to movie, enjoyed it a great deal.. weak afterward but quite pleased
006 Session					
05/24/09 5:30pm	Calm T4 Fractals	Frustrated..	Excited, expectations of solutions, feeling better.. a bit tired		5/25 Woke up feeling great, great attitude, off to breakfast and meetings.. clear

Notes: Dale is about 89 (2011). He and his father before him were real estate agents in Arizona since the 1940's. He had one of the largest offices in Arizona until he retired and was an avid gun collector with one collection alone that is measured by weight at 43,000 lbs. He also has an extensive collection of swords, medieval armor and a very extensive cannon collection.

In January of 2009, a single man, he tried to commit suicide because he was in so much pain. He has a history of polio and about 20 significant surgeries for different difficulties. Toward the end, he used to walk into a the nearest grocery store looking for someone who would button his clothes for him on days he would even get out of bed.

He met Stacy, a private clinician, through a friend he used to help with some money now and then. Stacey took charge and helped him come back to life though she inherently knew that her equipment, the Omni-Med system and the doctors available through her, could only take him so far.

She met me and intuitively knew that CORE Resonance was the answer. I returned to Arizona at a later date and administered nine sessions over a period of about two weeks. The results are above.

On the last day I was there, he asked to see me privately. He stated that he didn't want to bother me, that he would accept no as an answer and that he wouldn't bring it up again, but was there any way he could invest into my company. We talked about it, made a verbal commitment for \$25,000 and he gave me \$1000 earnest money. I returned to California and attempted to complete the transaction with him. I discovered Stacey blocked the investment and convinced him to instead invest with her. I have had no more contact with either of them. I suspect I strayed too far onto her "turf."