

## **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	<u>Headphones</u>	<u>Target</u>
This Word Doc is designed	FUNCTION	001) Sharp	Flash, Video, DVD, Audio	EO 5min/20min	Yes	Calm, Focused Mind
to be viewed at 150%	FUNCTION	002) Focused	Flash, DVD, Audio	EO 5min/20min	Yes	Language Function
	FUNCTION	003) Relaxed	Flash, Video, DVD, Audio	EO 5min/20min	Yes	Physical Calming
Hook-up Help (link)	MOOD	004) Bright	Flash, Video, DVD, Audio	EO 5min/20min	Yes	Energetic, Positive
(L) Jumper on 1- and 2-	MOOD	005) Calm	Video, DVD, Audio	EO 5min/20min	Yes	Secure, Positive
O1 = up 2" over 1.5"	MOOD	006) Patient	Multiple MIDI	EC 5min/20min	Yes	Patient, Accepting
EC Eyes Closed / EO Eyes Open	STATE	007) Centered	Multiple MIDI	EC 5min/20min	Yes	Still, Present
	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
	DEEP	010) Deep	Multiple MIDI	EC 20 to 40 min	Yes	Deep Visual Imagery
Journaling doc (link)	DEEP	011) Resonant	Multiple MIDI	EC 20 to 40 min	Yes	Earth Connection
Daily Sessions Journal doc (link)	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	<b>Executive Brain Function</b>

Date / Time	Design/ montage/ format	Present feeling	Experience	<u>Score</u>	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 t	op to bottom. Last column is add	ed the next day/session with results fr	om previous session			
001 Session	T	1	A bit conserved desided to take a new afternoon.	1	OF/OO National basis details as feed as a discount discount of the Continue Continue	
05/18/09	Sharp C3/C4 Video	Pain in left hip	A bit woozy and decided to take a nap afterward		05/20 Noticed he is drinking far less wine at dinner after that first session. Sorting and letting stuff go is a bit easier	
	Sharp C3/C4 video	Pain in leit nip	Pain is gone		and letting stuff go is a bit easier	
002 Session			A bit woozy Extremely positive, future is bright, more than hope			
			Something is galloping. Very satisfied. Less woozy after a few			
05/20/09 3pm	Sharp C3/C4 Video	Anticipatory, hopeful	minutes			
00/20/00 opin	Charp Co/O+ Video	7 thiospatory, hoperar	Shoulder hurts Pleased with two sets of emotional discovery			
		Feeling pretty good. Better	including fear of Jim taking Therapist away New awarenesses.		5/21 Getting in the car better, walking better, not too fatigued for long ride to	
05/20/09 10pm	Sharp C3/C4 Video	understanding of local issues	Feeling left out wasn't it, more about Jim taking Therapist		Prescott	
003 Session	·	Ü				
			Made up two words with Pacman" I sent the check.".		5/22 Standing up straighter, better standing up from chair. Defenses went down,	
			"Desperate" left shoulder hurts less feel positive kind of		boundaries are down, Anything is possible, I feel stronger. Found out I can love	
05/21/09 6:30pm	Bright T3 Flash	Feel good tired	lethargic up far too late last night don't feel hungry		many women.	
004 Session						
		Little tired, very positive, good time	Switched from Pacman to Fractal video Noticed hearing (to			
		with Shirley, was a bit frustrated,	himself) "Get out of my way" (Get out of the way of myself)			
05/00/00 5 00	D: 1. T0 FL 1	less pain right now since Jan 27 <sup>th</sup>			5/23 Felt stronger when woke up got up without alarm clock on time, you feel very	
05/22/09 5:30pm	Bright T3 Flash	09 (feels 100% pain free)			positive. Felt completely wiped out after Ondamed session last night after session	
005 Session			Di di la			
			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		5/24 Since last session became irritated and impatient with myself. Didn't sleep	
		Little tired, a bit disgusted can't	until it was bigger than the screen and eventually extended to the		(maybe Coffee) Felt strong after session, being a mellow fellow, impatience and	
	Bright T3 Pacman (15 min)	remember something positive,	kitchen finally was like a large flashing marquee (black and while		low grade anger frustration (w/Therapist). was gone most of day. Didn't sleep but	
		value in both therapies lots of new	only) movie marguee with bulbs Very relaxed no problem with	1	was up early. Went to movie, enjoyed it a great deal weak afterward but quite	
05/23/09 4:00pm	Bright T3 fractal (10 min)	awarenesses	pacmann	1	pleased	
006 Session	<u> </u>					
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	



Juliung your reason)	or being				
					mind. Excited about looking at swords this morning yesterday evening irritated because no hearing aid felt good. Pain seems to be melting away a little each day
007 Session					
05/25/09	Calm T4 Fractals	Starting fast and uncomfortable at first. until I pointed out nonresistance Feeling good and better	Feel good. Feel good. Relaxed tiny bit lethargic tiny bit of metallic taste in mouth  We tried Tai Chi video and it worked well I noticed him rocking his foot and rocking his head later		5/31 Feel better think about sessions every day and how better I felt each day look forward to next session or sessions Distinctly a sense of accomplishment and wonder how far it can go in a positive sense  Just said says he always takes \$500 but this time took our \$800 and later wondered why asked Therapist why he would take more out and she said, no telling. Later someone asked to borrow \$300 for brakes and he was happy to lend the money  Different part of a conversation, he said, "everything is working, everything is working."
008 Session					
05/31/09 9am	Sharp C3/C4 Pac, Frac, Video	No pain – just a little less pain each day soon to say 24-7 pain free. Still waking up – a bit lethargic	Did 10m of Pac, 15 of frac and about 8 of Tai Chi. A little tired but major improvement doing "trapped" a second time. Mind was busy until it settled down. Turned volume off on Tai Chi and session went better Feelings: a bit woozy but it is dissipating very, very slight, maybe imagined nausea anticipating good feelings based on past experiences waiting for wooziness to completely subside. Nothing negative 33 minute workout Dale looks 20 years younger. When I told him that, he said somebody unrelated to Therapistyjim told him the same thing Pacman says Gentle Desperate and then Step by Step		
Sessions were then	cancelled by the therapist after D	Dale quietly offered to invest in CORE I	Resonance. She stopped that. I was unable to talk with Dale again.	Dale passed	in June of 2012.
Every single client h	as a Daily Sessions Log™ I like	this one because there was so much	innocence and Dale was pretty old :) Otherwise, these logs are priv	ate	
		-			
				<u> </u>	
		•	•	•	•



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."