



CORE Resonance "the Decider" & Worksheet

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Print, dowse, pencil in your responses and update accordingly

Create individual session or worksheet for series of sessions

Regularly verify worksheet is correct for you

For the Ride of Your Life !!

Name _____

Date _____

1) Can I Remain Neutral to Create a Session / Worksheet

/

1a) Is this Worksheet Still Accurate?

yes no maybe

yes no

2) How Often Should I do a Session?

/

2a) Should I Do Something Individual/Special?

Twice a day Once a day Every other day Every third day

yes no

3) How Many Protocols?

PS Practice Makes Perfect !!

One Two Three Four

4) Dowse Protocols by Number (Yes/No)

001 Sharp 002 Focused 003 Relaxed 004 Bright 005 Calm 006 Patient 007 Centered
 008 In Sync 009 Balanced 010 Deep 010A Deep 011 Resonant 012 Connected 013 LongView™

5) Consolidate Protocols for This Session / Series of Sessions (if necessary)

6) Further Consolidate Protocols for This Series of Sessions (if necessary)

/ / / / /

7) Choose Amount of Time for Chosen Protocols (add time to individual protocol above)

2 min 4 min 6 min 8 min 10 min 15 min
 20 min 25 min 30 min 35 min 40 min 50 min

8) Choose Format for Protocol

<u>001) Sharp</u>	<u>002) Focused</u>	<u>003) Relaxed</u>	<u>004) Bright</u>	<u>005) Calm</u>	<u>009) Balanced</u>	<u>013 LongView™</u>
Flash	Flash	Flash	Flash	Flash	Flash	Flash
Video	Video	Video	Video	Video	Video	Video
DVD Bright	DVD Bright	DVD Bright	DVD Bright	DVD Bright	DVD Bright	DVD Pass/Fail
DVD Enable*	DVD Enable*	DVD Enable*	DVD Enable*	DVD Enable*	DVD Enable*	DVD Variable
					MIDI	MIDI
<u>006) Patient</u>	<u>007 Centered</u>	<u>008) In Sync</u>	<u>0010) Deep</u>	<u>010) Deep A</u>	<u>011) Resonant</u>	<u>012) Resonant</u>
MIDI only	MIDI only	MIDI only	MIDI only	MIDI only	MIDI only	MIDI only

Notes: Flash Player plays Pacman. Video Player plays Fractals. DVD Bright is normal audio track with a choppy video track. DVD Enable* is choppy audio/video *DVD Enable is recommended for advanced sessions only. Initially done for 1 min – 3 min after running a Bright session