



# 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?

## 2) How Often Should I do a Session?

## 2a) Should I Do Something Individual/Special?

## 3) How Many Protocols?

## PS Practice Makes Perfect !!

## 4) Dowse Protocols by Number (Yes/No)

## 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)

## 8) Choose Format for Protocol

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