

Personal Insight Chart

CHECK IN	1-10	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
How peaceful am I right now	Before After							
I am responding to life in a way that is pleasing to me	Before After							
I am happy with my communications and interactions with other	Before After							
I am relaxed and comfortable in my body	Before After							
I like being me	Before After							
All is well in my world	Before After							
My mind and emotions are quiet	Before After							
My happiness is dependant on people around me	Before After							



Listening to these frequencies on a daily basis literally changes and re-wires your brain to function more optimally. You might notice feeling better, more relaxed, sharper, and happier. New neural pathways that support well being are forming. The Frequencies you are hearing are custom engineered to nurture you at an elemental level.