

# A Self Z-vector Calibrate.wav

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Picks up where SELF TEST leaves off. The thought is that this frequency interacts with your current mind state, its pre-dispositions, tendencies, and also softly interacts with patterning associated with your neurology. A cascade of various warbling frequency streams, shower you and invokes a mild reaction response. Play this frequency for 10 to 30 minutes. If you find yourself feeling neutral to mild or medium pleasant sensations this likely indicates that you will respond well to at the remaining half of all frequencies available. If after running "a-SELF z-vector CALIBRATE", you found the sensations to be only neutral or neutral to a mild or medium unpleasant type of experience, this is a probable indicator that you are not likely to benefit much from the remaining half of the frequencies available. NOTE: For most people, there should be no acute experience of positive sensations from this, only mild to medium sensations. Most people will only experience at best a mild pleasant feeling, similar to a lightness in body or cheerfulness. If you experience acute positive sensations, please email me at doc\_starz@yahooand describe specifically what it was that occurred.

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