

A Self Test.wav

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Find out how well you respond to these frequencies by running this self test. 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 least half of all frequencies available. Next, run a-SELF z-vector CALIBRATE. If after running aSELF TEST, 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 half of the frequencies available. Next, run a-SELF z-vector CALIBRATE. 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, similiar 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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