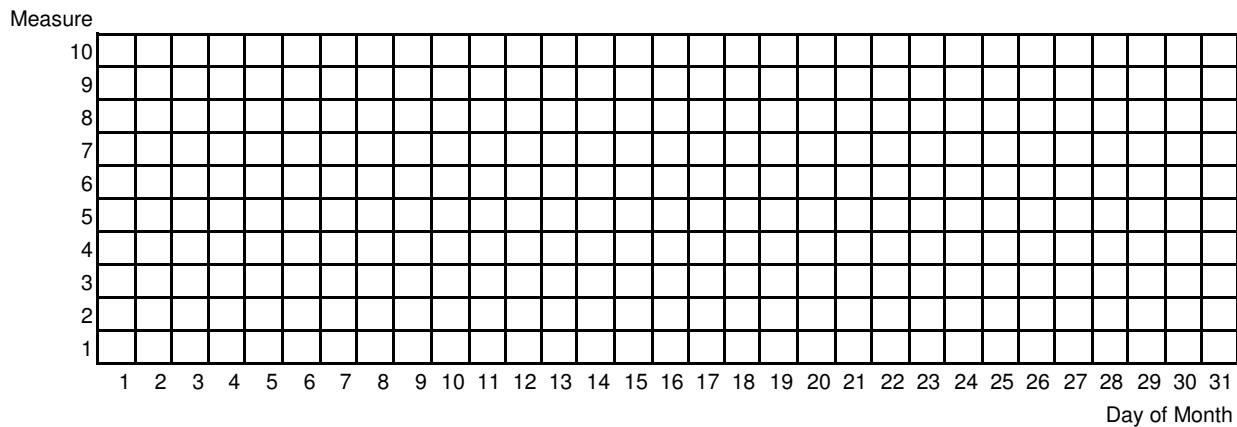


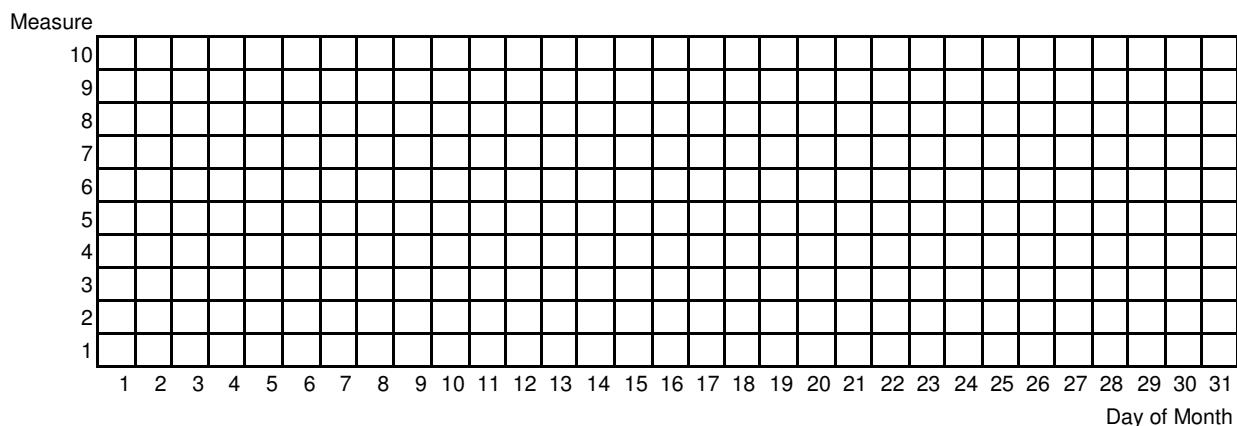
Frequency Raising Measurement Tool

Each day place two dots at the intersection of the lines for the measure and day of the month. The first dot indicates the amount of times you did the release shift process for that day and the second is the rating on a scale of 1 to 10 (10 being the highest) the level that you achieved (averaging the day) of the qualities you intended to live in for that day: joy, bliss, peace, love, freedom, etc.

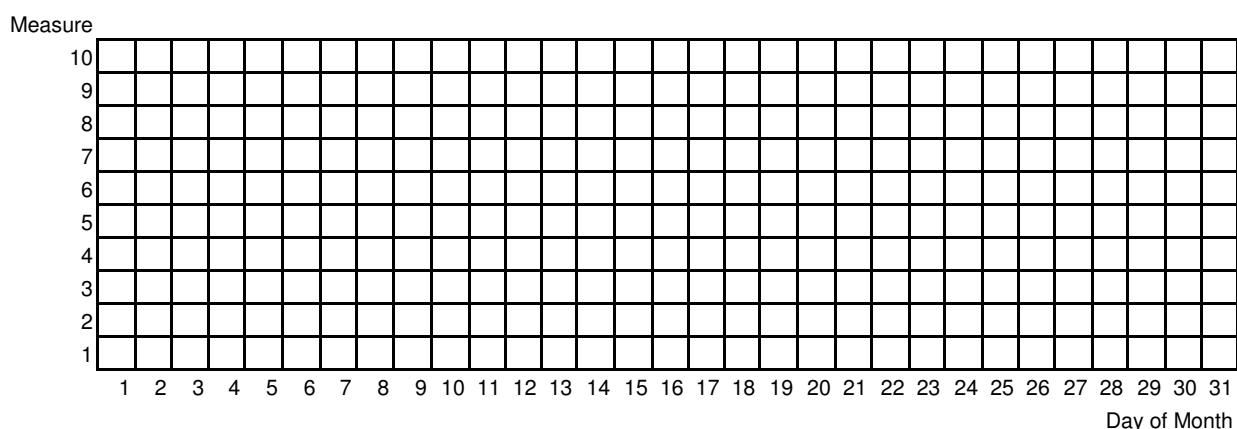
Month 1



Month 2



Month 3



Frequency Raising Measurement Tool