

TRANSMENTATION™ CUBE KIT DOCUMENTATION FORM

DATE STARTED: _____

NAME: _____

EMAIL ADDRESS: _____

PHONE: _____

DATE ENDED: _____

This journal is for you the receiver of the “Kit” to keep a log of how you feel ... physically, emotionally, spiritually, mentally, etc while incorporating the cube, mandala and sound recording into your life.

INSTRUCTIONS:

When you are dating and logging your response to each step please document your emotions, any issues that arise, how you feel physically, spiritually and any visions that occur.

1. Take the time to date and log how you are feeling lately. Any challenges, triggers, emotions, issues, etc that you are currently in the midst of.
2. Hold the cube in your hand(s) for 5-10 minutes. Date and log your response and be sure to record the date/time.
3. Repeat the process of holding the cube at least once daily until you feel “neutral” (does not trigger a significant response).
4. Repeat steps 2 and 3 holding and looking at the mandala.
5. Repeat steps 2 and 3 listening to the 432hz music.
6. Combine all of the tools in the kit and prepare to sit with them until the recording is over: First, place the cube in the middle of the mandala, then play the soundtrack (preferably with ear-phones).
7. Repeat the process of interacting with the kit at least once daily until you feel “neutral” (does not trigger a significant response).
8. When you are done keep the cube and mandala in a common space.

Note: This process can take up to a week but there is no set time frame. Everyone is different so it may take more or less time.

