

Authentic Nei Gong - Standing Exercise 2b - Muse S Athena
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This document displays a sample set of Muse S Athena Brainwave Powerbands screenshots from one exercise over time of one Taoist Inner Alchemy teaching group. Researchers are invited to contact J.E. (Jeff) Hardee at wyrdenenergeticarts@gmail.com for discussion, collaboration, or usage of data.

Practitioner: J.E. (Jeff) Hardee

Exercise: This exercise is done standing for approximately 20 minutes. Areas of study on the exercise include the physical aspect, the placement of awareness, the concentration involved, and any energetic phenomena as reflected in the data.





