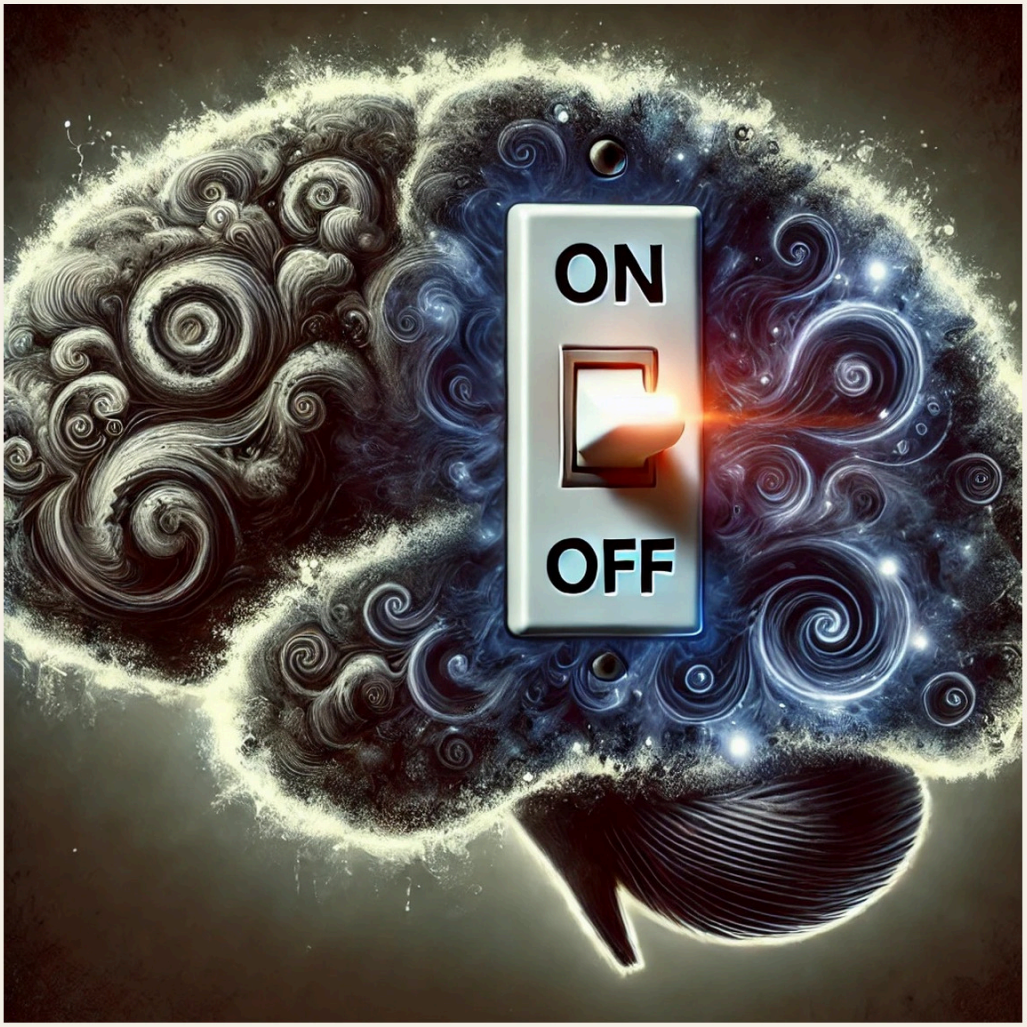


The Bioswitch Workbook

Learn healing WISDOM through your lived experience.

BIOSWITCH ROADMAP

From knowledge to practical wisdom

Knowledge remains theoretical until we apply it, observe what happens and learn from the result. The workbook follows three stages:

01

Foundations

Seven guided video sections introducing the five biological laws and related concepts.

02

Learn Healing Wisdom Through Your Lived Experience

Academic study gives you Germanic Healing Knowledge. Using your lived experience gives you Germanic Healing Wisdom.

03

Learn To Develop Subconscious Commands

Switch off your subconscious mind autopilot. Learn to become the captain of your ship. Give very specific commands to the crew below deck - your subconscious mind.

What would make this workbook valuable for me?

BEFORE YOU BEGIN

Watch the seven animation videos at disease-is-different.com. Use the video note pages to record questions and insights. Then choose one symptom and work backwards through every time you experienced it.

SECTION 01 OF 03

01

Foundations

Seven guided video sections introducing the five biological laws and related concepts.

IN THIS SECTION

Use these pages to record questions and observations as you watch the seven animations.

The learning in these seven animation videos, if you can absorb it, will give you a sufficient foundation understanding of Germanic Healing Knowledge basics to start you on your journey to Germanic Healing Wisdom.

You do not need to spend years studying Germanic Healing Knowledge theory before you start learning to use it. It's better that you do not.

Focus your efforts on using your lived experience to develop your healing WISDOM.

VIDEO 1 OF 7

Introduction

Why might it make sense to consider a different perspective on disease and health?

Key ideas I want to remember

What connects with something I have experienced?

VIDEO 2 OF 7

The Discovery

The discovery of New Medicine and the problems and hurdles in its historical development.

Key ideas I want to remember

What connects with something I have experienced?

VIDEO 3 OF 7

Meaningful Biological Special Programs

A different view of disease, summarised in the Fifth Biological Law.

Key ideas I want to remember

What connects with something I have experienced?

VIDEO 4 OF 7

The Biological Conflict

How a biological programme is proposed to begin in response to a situation perceived as a biological conflict.

Key ideas I want to remember

What connects with something I have experienced?

VIDEO 5 OF 7

The Two Phases of an SBS

How a Meaningful Biological Special Programme is proposed to unfold across conflict-active and repair phases.

Key ideas I want to remember

What connects with something I have experienced?

VIDEO 6 OF 7

The Tissue Types

The basic tissue types and their relationship to different biological programmes.

Key ideas I want to remember

What connects with something I have experienced?

VIDEO 7 OF 7

How Can You Test The Five Biological Laws?

Ways to compare the framework with your own past events and observations.

Key ideas I want to remember

What connects with something I have experienced?

FOUNDATION INTEGRATION

What did I notice across the seven videos?

Which idea most challenged my previous understanding?

Which idea felt most relevant to my chosen symptom?

What do I understand more clearly now?

What remains uncertain or requires further investigation?

SECTION 02 OF 03

02

Learn Healing Wisdom Through Your Lived Experience

Academic study gives you Germanic Healing Knowledge. Using your lived experience gives you Germanic Healing Wisdom.

IN THIS SECTION

The only difference between the Professor and the student is, the Professor knows where to find the answers!

I am going to teach you to become the Professor and learn to find the life cause and biological purpose of the change in your biology, and connect it to the challenges you are facing in life.

Follow the runny nose and acid reflux examples, then begin mapping one symptom from your own experience.

LEARN HEALING WISDOM

Through Your Lived Experience

I know people who have studied Germanic Healing Knowledge for over a decade and never received any benefit from their investment.

Knowledge without the ability to use it is essentially worthless.

Without personal experience, you cannot, and should not, have conviction in a modality. You can only have conviction after you have personal experience.

The way I learned Germanic Healing Knowledge was through my own lived experience. Every time I had a change in my biology - whether it was a runny nose, sore throat, acid reflux or cancer - I investigated it in Dr. Hamer's scientific chart to learn the life cause and biological purpose of that change.

For example, a runny nose is caused by resolving a conflict in your life that "stinks" or "sucks."

When something in your life stinks, nature gives you a blocked nose. The biological purpose of blocking your nose is to reduce your sense of smell so you do not have to smell the issue that "stinks" in your life. Isn't it clever?!

LEARN HEALING WISDOM

From Knowledge to Wisdom

When you resolve the stinking conflict, your nose will start running. You can learn to switch that runny nose off. You do not need to suffer the symptoms. Have a STERN discussion with your subconscious mind and command:

Subconscious mind, I know my nose has started running because I have just resolved a stinking conflict of [fill in the details]. That conflict is now fully resolved. Switch off my runny nose.

What happened to your runny nose? Did you just sneeze? A sneeze is a healing crisis after resolving a stinking conflict.

Academic study gives you knowledge. Lived experience gives you wisdom.

Each time I had a change in my biology, I researched:

- The life cause according to GHK (territorial anger, identity or separation conflict, etc.).
- The biological purpose for why nature made that change in my biology.
- What was happening in my life relative to that conflict.
- How to resolve the conflict in real life.
- How to switch off the subconscious autopilot and establish that the problem was resolved.

When you get back into the driver's seat and give very clear commands to your subconscious mind, it can expedite the healing process in primary healing programmes and switch off a chronic programme running on subconscious tracks.

You can learn to run your body like a machine! The medbed is in your head!

Runny Nose

Use the eight-point investigation to connect the symptom with lived experience.

1. Physical Symptoms

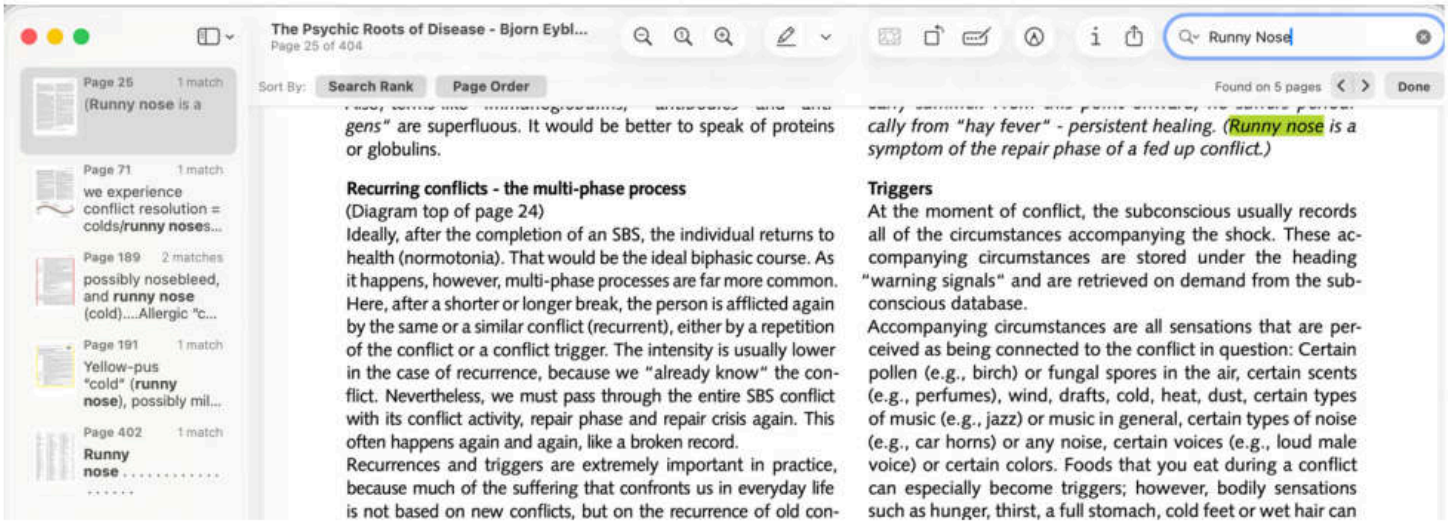
What exactly do you experience?

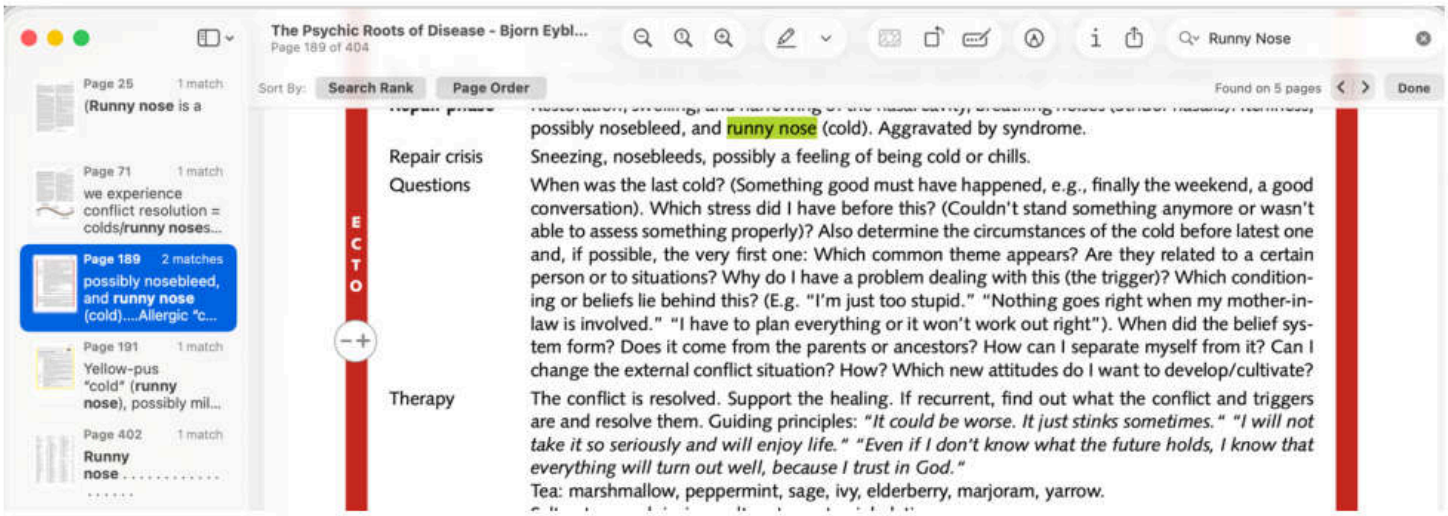
Runny nose.

Open the ebook on a computer. If you open it on a mobile phone, there will be no search box, and the book is difficult to read on a small screen.

Put the search term "runny nose" in the search box in the top-right corner of The Psychic Roots of Disease.

Check the pages returned on the left and read around each page.





Body Part and Conflict

2. Specific Body Part

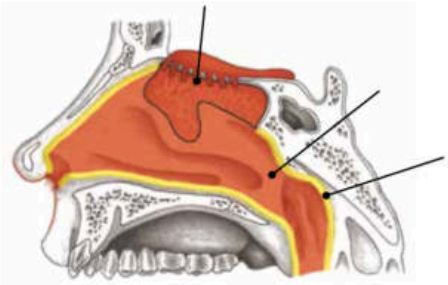
Which organ, tissue or precise location is involved?

Nose and sinuses.

NOSE AND SINUSES

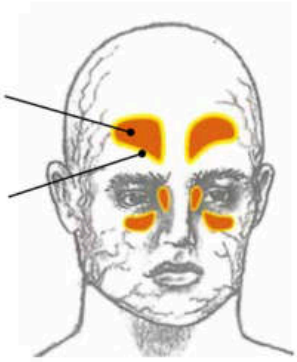
It is said, that of all the senses, the sense of smell has the strongest direct connection to the subconscious. Perhaps this is the reason why the nose reacts the fastest to an SBS in comparison to all other organs and why triggers (allergies) are so frequent here. The nasal cavity (cavum nasi) is connected to the four hollow sinuses between the nose and eyes (sinus paranasales) by narrow canals. The sinuses of the cheeks (sinus maxillaris), the sinuses of the forehead (sinus frontalis), the sinuses behind the eyes (sinus sphenoidalis), the ethmoidal cells (cellulae ethmoidales), also between the nose and eyes, and the nasal cavity are lined with endodermal intestinal mucosa and the ectodermal squamous epithelium that lies over it.

Olfactory Mucosa
Stinking conflict or territorial-scent conflict



Nasal Mucosa (ectodermal)
Stinking conflict or scent conflict

Nasal Mucosa (endodermal)
Chunk-stinking or scent conflict



3. Triggering Conflict (Life Cause)

Which GNM/GHK conflict? (Separation, territorial, identity conflict, etc.)

Stinking or scent conflict.

SBS of the Epithelial Layer of the Nasal Mucosa

HFs olfactory bulb in the cortex



Cold (rhinitis), sinus infection (sinusitis)[1]

ECTO

−+

Conflict: Stinking conflict: Not wanting to smell something. *"This situation stinks!" "To get a nose-full." "Something stinks about it."* Also, scent conflict: The scent cannot be picked up. Not scenting (sensing) what or when something happens. (A dog lifts up his nose to pick up the scent. When he picks up the scent, he can assess the situation).

Examples:

➜ *Somebody is a non-smoker and is being subjected to heavy smoke by his friends.*

➜ *Somebody feels that he is being bullied at work. He cannot put up with his colleagues anymore > "This situation stinks!"* (Archive B. Eybl)

➜ *A 31-year-old patient is cutting firewood in immediate vicinity of a manure pit. Suddenly, the farmer comes with the tractor and begins to mix and pump away the liquid manure . An unbearable stench spreads over the patient's workplace, but he can't quit and escape the stench cloud because has to finish the work. = Stinking conflict. Two days later, he comes into healing = a cold.* (Archive B. Eybl)

1 See Dr. Hamer, Charts, pp. 122, 134

Purpose Phase and Life Context

4. Biological Purpose

What was Nature's purpose in making the change to your biology?

To block your nose so you do not smell the stink.

Bio. function	For stinking conflict: Blocking out the unbearable stench through functional limitation.

5. Conflict Active, Repair Phase, or Repair Crisis

During which phase does the symptom occur?

Repair phase.

ECTO −+

Repair phase	Restoration, swelling, and narrowing of the nasal cavity, breathing noises (Stridor nasalis). Itchiness, possibly nosebleed, and runny nose (cold). Aggravated by syndrome.
Repair crisis	Sneezing, nosebleeds, possibly a feeling of being cold or chills.
Questions	When was the last cold? (Something good must have happened, e.g., finally the weekend, a good conversation). Which stress did I have before this? (Couldn't stand something anymore or wasn't able to assess something properly)? Also determine the circumstances of the cold before latest one and, if possible, the very first one: Which common theme appears? Are they related to a certain person or to situations? Why do I have a problem dealing with this (the trigger)? Which conditioning or beliefs lie behind this? (E.g. "I'm just too stupid." "Nothing goes right when my mother-in-law is involved." "I have to plan everything or it won't work out right"). When did the belief system form? Does it come from the parents or ancestors? How can I separate myself from it? Can I change the external conflict situation? How? Which new attitudes do I want to develop/cultivate?

6. Conflict Content

What were the circumstances of the originating conflict that triggered the change in your biology? Who, when, where?

For example: I fight with my mother-in-law because she lectures me when she visits. I get a blocked nose as soon as she walks through the front door.

7. Tracks/Reminders

Which people, places, foods, sounds or circumstances may reactivate it?

My mother-in-law's body language, tone of voice and demeanour.

8. Timeline

Prepare a detailed timeline of every time you experienced the symptom back to the first experience.

Use the timeline on the following page.

Symptom-Based Timeline

Work backwards from the most recent occurrence to the first experience. Use only one symptom per timeline.

Date	Life Event	Symptom Response	Intensity 1-10

Acid Reflux

Use the same eight-point structure for a different biological programme.

1. Physical Symptoms

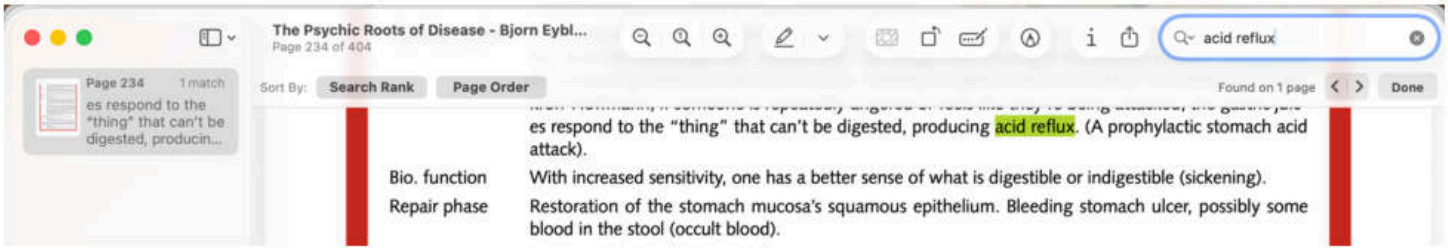
What exactly do you experience?

Acid reflux.

Open the ebook on a computer. If you open it on a mobile phone, there will be no search box, and the book is difficult to read on a small screen.

Put the search term "acid reflux" in the search box in the top-right corner of The Psychic Roots of Disease.

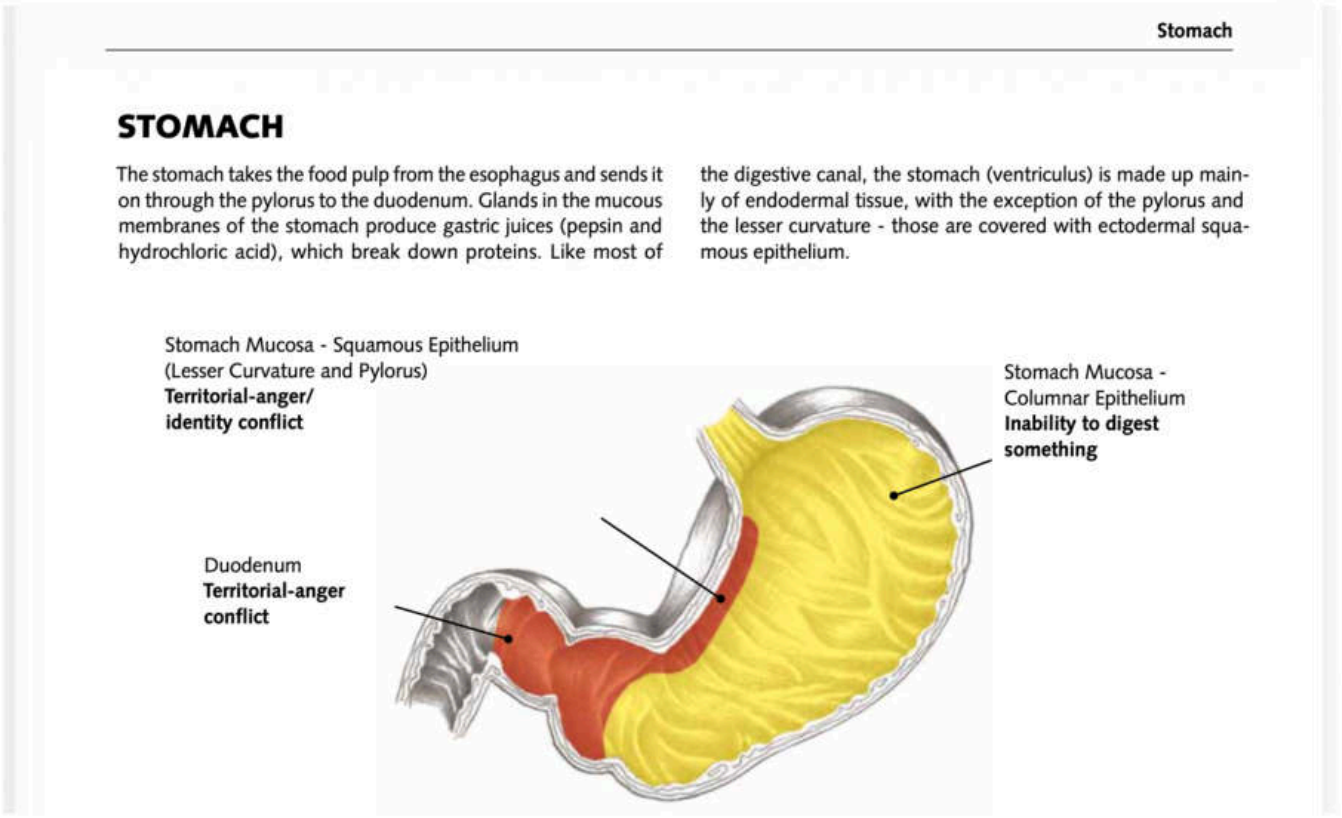
Check the pages returned on the left and read around each page.



2. Specific Body Part

Which organ, tissue or precise location is involved?

Small curvature of the stomach.

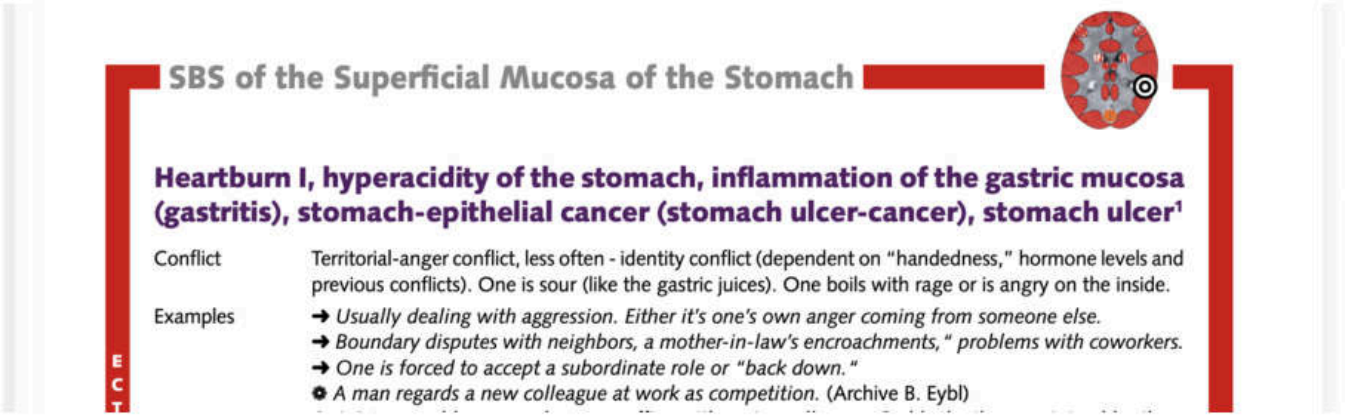


Conflict Purpose and Phase

3. Triggering Conflict (Life Cause)

Which GNM/GHK conflict? (Separation, territorial, identity conflict, etc.)

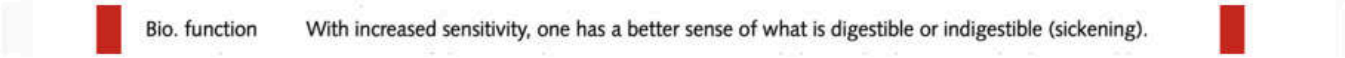
Territorial anger and/or identity conflict.



4. Biological Purpose

What was Nature's purpose in making the change to your biology?

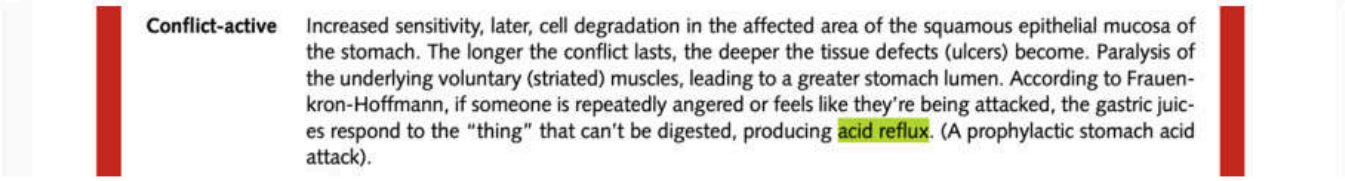
Increase sensitivity so you have a better sense of what is digestible.



5. Conflict Active, Repair Phase, or Repair Crisis

During which phase does the symptom occur?

Conflict-active phase.



You can only resolve an active conflict in your life with your CONSCIOUS mind. Your conscious mind is the captain of your ship.

The subconscious mind only becomes relevant once you have resolved the conflict in real life. You can then use your subconscious mind to expedite the healing process in a primary healing phase so you do not have to suffer prolonged healing phase symptoms.

Life Context Tracks and Timeline

6. Conflict Content

What were the circumstances of the originating conflict that triggered the change in your biology? Who, when, where?

When my partner interrupts me and finishes my sentences while we are talking to friends and family.

7. Tracks/Reminders

Which people, places, foods, sounds or circumstances may reactivate it?

Whenever I am with my partner and friends or family.

8. Timeline

Prepare a detailed timeline of every time you experienced the symptom back to the first experience.

Use the timeline on the following page.

Symptom-Based Timeline

Work backwards from the most recent occurrence to the first experience. Use only one symptom per timeline.

Date	Life Event	Symptom Response	Intensity 1-10

BEGIN WITH ONE SYMPTOM

Learn To Resolve Chronic Health Symptoms

Define what you are investigating

ONE SYMPTOM PER TIMELINE

Avoid investigating several conditions at once. Choose a precise, observable symptom and trace that symptom through time.

Medical diagnosis, if applicable

The precise physical symptom I will track

Where in my body do I experience it?

How does it feel, look or behave?

When did I most recently experience it?

Your symptom data map

1 Physical Symptoms	What exactly do you experience?
2 Specific Body Part	Which organ, tissue or precise location is involved?
3 Triggering Conflict (Life Cause)	Which GNM/GHK conflict? (Separation/Territorial/Identity conflict), etc.
4 Biological Purpose	What was Nature's purpose in making the change to your biology?
5 Conflict Active, Repair Phase, or Repair Crisis	During which phase does the symptom occur?
6 Conflict Content	What were the circumstances of the originating conflict that triggered the change in your biology? Who, when, where?
7 Tracks/Reminders	Which people, places, foods, sounds or circumstances may reactivate it?
8 Timeline	Prepare every occurrence back to the first experience.

8. Timeline: prepare a detailed timeline of every time you experienced the symptom back to the first experience.

Describe the symptom precisely

1. Physical Symptoms

Describe exactly what you experience: sensations, visible changes, frequency, duration, intensity and variation.

2. Specific Body Part

Identify the precise organ, tissue, side and location involved.

Research the programme and phase

3. Triggering Conflict (Life Cause)

Which GNM/GHK conflict? (Separation/Territorial/Identity conflict), etc.

4. Biological Purpose

What was Nature's purpose in making the change to your biology?

5. Conflict Active, Repair Phase, or Repair Crisis

During which phase does the symptom occur?

Identify life context, reminders and timing

6. Conflict Content

What were the circumstances of the originating conflict that triggered the change in your biology? Who, when, where?

7. Tracks/Reminders

Which people, places, foods, sounds or circumstances may reactivate it?

8. Timeline

Prepare a detailed timeline of every time you experienced the symptom back to the first experience.

See the symptom-based timeline format below.

TIMELINE INSTRUCTIONS

Work backwards from the present

Begin with the most recent episode and move backwards. Record what was happening immediately before the symptom began, changed or stopped. If you are unsure, write “uncertain” rather than forcing an explanation.

- Use approximate dates when exact dates are unavailable.
- Record improvements and disappearances as well as flare-ups.
- Include moves, separations, relationships, work changes, losses and unexpected events.
- Ask what repeats across different episodes.
- Consult family members where appropriate; your earliest memory may not be the first occurrence.

INTENSITY SCALE

Use 1 for barely noticeable and 10 for the most intense episode you have experienced.

People I may ask for additional information

Note, the subconscious mind buries trauma to protect us. If we had every trauma we had gone through in life accessible to our conscious mind, we would be miserable.

When you start writing down your timeline, your subconscious mind will start releasing memories to you.

The trauma that triggered the change in your biology for your chronic health condition is the ON switch for that program. It is also the OFF switch. So learning to get a buried emotional trauma to surface is a very important skill to develop.

You will learn on P40 of this workbook how to construct a subconscious command to get your subconscious mind to release buried trauma to your conscious mind.

TIMELINE • PAGE 1 OF 3

Symptom-based timeline

One symptom only. Continue from the previous page.

Date / age	Life event or circumstances	Symptom response	Intensity 1–10

Pattern or question emerging from this page:

TIMELINE • PAGE 2 OF 3

Symptom-based timeline

One symptom only. Continue from the previous page.

Date / age	Life event or circumstances	Symptom response	Intensity 1–10

Pattern or question emerging from this page:

TIMELINE • PAGE 3 OF 3

Symptom-based timeline

One symptom only. Continue from the previous page.

Date / age	Life event or circumstances	Symptom response	Intensity 1–10

Pattern or question emerging from this page:

PATTERN FINDER

Connect the dots without forcing certainty

What repeats before the symptom appears?

When does the symptom improve or disappear?

Which people, places or circumstances recur?

What does not fit my current hypothesis?

What additional information would help?

SECTION 03 OF 03

03

Learn To Develop Subconscious Commands

Switch off your subconscious mind autopilot. Learn to become the captain of your ship. Give very specific commands to the crew below deck - your subconscious mind.

IN THIS SECTION

Read how the examples connect timeline information with commands, then draft your own.

Coeliac disease: the eight-point map

Julie had lived with a diagnosis of coeliac disease for approximately 32 years. She associated the beginning of her symptoms with the traumatic loss of her brother and explored gluten as a subconscious reminder or track. This is her individual, self-reported experience.

1. Physical Symptoms:
Insomnia, loose motions, intestinal cramps and anaemia.

2. Specific Body Part:
Small intestine.

3. Triggering Conflict (Life Cause):
Indigestible anger with a starvation aspect.

4. Biological Purpose:
Nature's purpose was to produce or absorb more digestive material to address the perceived chunk.

5. Conflict Active, Repair Phase, or Repair Crisis:
Repair phase and repair crisis were explored.

6. Conflict Content:
The traumatic loss of her brother and feeling starved of his love.

7. Tracks/Reminders:
Gluten and circumstances associated with the period of loss.

8. Timeline:
Symptoms were mapped back through the period following her brother's death.

What does this example teach me about tracks and reminders?

The subconscious command

Julie's command

Subconscious mind, I know you have recorded gluten as a reminder that I was starved in my brother's love when he very sadly died at a young age. I love gluten and I love my brother. My brother's memory is not gluten, and gluten is not my brother's memory. Separate those entities and remove gluten as a reminder or track to my brother's loss and my starvation for his love after he passed. I love gluten and want to keep enjoying eating it without it reminding me of my brother. Switch gluten off as a track or reminder of the loss of my brother.

Which parts identify the event, the track and the commanded change?

What makes the language personally meaningful and authoritative to Julie?

Recurring bronchitis: the eight-point map

Rhea reported recurring bronchitis and coughing for approximately 19 years. A detailed timeline led her to recognise that the coughing appeared around intimate relationships and had begun earlier than she first remembered.

1. Physical Symptoms:
Recurring coughing and bronchitis.

2. Specific Body Part:
Bronchial mucosa.

3. Triggering Conflict (Life Cause):
A scare-fright or speechlessness conflict.

4. Biological Purpose:
Nature's purpose was to respond to the perceived fright or speechlessness conflict.

5. Conflict Active, Repair Phase, or Repair Crisis:
The recurring cycle surrounding intimate relationships was explored.

6. Conflict Content:
Childhood sexual abuse and a later experience of a boyfriend cheating.

7. Tracks/Reminders:
Intimate relationships with men and air conditioning.

8. Timeline:
Her father helped identify an earlier onset; the repeating relationship pattern became visible.

What did the timeline reveal that memory alone had not?

The subconscious command

Rhea's authoritative command

Subconscious mind, I know you have stored that scary and dangerous experience of getting abused when I was eight years old, and my subconscious mind has stored intimate relationships with men as a track or reminder of the scary experience. I was eight years old when I experienced that abuse, and I was young and vulnerable. I'm now an adult and no longer vulnerable. So there's no possibility that this can happen to me again. Switch off the subconscious tracks or reminder of intimate relationships with men being scary or dangerous. Now that I'm adult and no longer vulnerable, the problem of men abusing me and scaring me can no longer happen.

How does the command establish Rhea as the adult captain of her ship?

THE CAPTAIN'S PRINCIPLE

The conscious mind is the captain of the ship. The subconscious mind is the crew below deck.

The crew below deck have no visibility because they're below deck. When the captain gives instructions, the crew do what they are told to. The subconscious mind does the same. You just have to learn to give it very specific instructions.

When you give instructions to your subconscious mind, they have to be AUTHORITATIVE COMMANDS, not requests. If your subconscious mind is not convinced that you are the captain of your ship, it will NOT FOLLOW your instructions.

THE THREE RESOLUTION QUESTIONS

A command must be believable to you

1. Has the original problem been resolved in real life?

A command cannot substitute for practical action when an unsafe or unresolved situation continues.

2. Does my subconscious mind recognise that it is over?

Describe what has changed and why the original circumstances no longer exist.

3. Why can the same experience no longer happen in the same way?

Show how you, the other person or the circumstances are now different.

My evidence that the real-life problem is resolved

My evidence that I am different now

Step 3 is a high hurdle to jump over. If it involves a person in your life that you cannot avoid, a near and dear one, they will be a central track to your conflict and retrigger the program to start running again every time you see them.

To switch them off as a central track, it will require you to convince your subconscious mind that you are now a different person from the one who suffered the conflict when it happened. I'm more knowledgeable, mature, bigger, stronger, wiser, no longer dependent on the approval of others, etc.

Convert what you found into eight elements

Use the same numbering and descriptions throughout the investigation. The finished command is built from these eight elements in a logical order.

1. **Physical Symptoms**
   What symptoms are you experiencing?

2. **Specific Body Part**
   Where precisely are they occurring?

3. **Triggering Conflict (Life Cause)**
   Which GNM/GHK conflict? (Separation/Territorial/Identity conflict), etc.

4. **Biological Purpose**
   What was Nature's purpose in making the change to your biology?

5. **Conflict Active, Repair Phase, or Repair Crisis**
   During which phase do the symptoms occur?

6. **Conflict Content**
   What were the circumstances? Who, when, where?

7. **Tracks/Reminders**
   What details may reactivate the programme?

8. **Timeline**
   Every occurrence back to the first experience.

Decision point

Your conscious mind must speak as the captain of the ship, giving clear, authoritative instructions to the subconscious crew below deck. Do not ask, request or plead. If element 3 is unknown, command the subconscious mind to reveal it.

TEMPLATE A | ORIGINATING EVENT UNKNOWN

Build an exploration command

State what you know from elements 1-8, then give one clear, authoritative command to reveal the missing triggering conflict.

Danny's jaw example - showing where every sentence came from

1-2 I have a very painful tumor growing on my left jaw.

3 The triggering conflict is my inability to convince someone of my point of view.

4 Nature's biological purpose is to increase my capacity to help me solve the problem.

5 The programme is conflict-active.

6 The circumstances - who, when and where - are not yet known, but the timeline places the originating conflict approximately one month ago.

7-8 Possible tracks are not yet known; the timeline contains the period to investigate.

THE COMMAND

Subconscious mind, I have a very painful tumor growing on my left jaw.

I know this was caused by my inability to convince someone of my point of view.

I know the biological purpose is to increase my capacity to help solve the problem.

It is currently running conflict active and adding capacity.

The conflict that triggered the program was approximately one month ago.

Reveal to my conscious mind the conflict that triggered this program to start running.

Just before you sleep at night, when your conscious mind quietens down and you start to feel sleepy, have a STERN discussion with your subconscious mind. Switch off autopilot in your subconscious mind and deliver your command with AUTHORITY.

Repeat the subconscious command when you first start to wake up in the morning when you're drowsy and coming out of a deep sleep.

If your subconscious mind is convinced you are the captain of your ship, and your command is sufficiently detailed and accurate, it will release the information you need either in a dream, or it will wake you up in the night.

TEMPLATE B | ORIGINATING EVENT KNOWN

Build the factual opening

Use the same eight elements. Name the GNM/GHK triggering conflict, then describe the circumstances of the originating conflict: who, when and where.

1. **Physical Symptoms**
   What symptoms are you experiencing?

2. **Specific Body Part**
   Where precisely are they occurring?

3. **Triggering Conflict (Life Cause)**
   Which GNM/GHK conflict? (Separation/Territorial/Identity conflict), etc.

4. **Biological Purpose**
   What was Nature's purpose in making the change to your biology?

5. **Conflict Active, Repair Phase, or Repair Crisis**
   During which phase do the symptoms occur?

6. **Conflict Content**
   What were the circumstances? Who, when, where?

7. **Tracks/Reminders**
   What details may reactivate the programme?

8. **Timeline**
   Every occurrence back to the first experience.

TEMPLATE B | COMPLETE THE KNOWN-EVENT COMMAND

Add the three resolution statements

A command must be believable to you. Do not declare an event resolved until you can explain what has changed and why your present circumstances are genuinely different.

1. Has the original problem been resolved in real life?

Describe what ended, changed or was completed.

2. Does my subconscious mind recognise that it is over?

State the present evidence: dates, distance, boundaries, safety, choices or new understanding.

3. Why can the same experience no longer happen in the same way?

Give the specific reason: I am older, independent, informed, protected, able to leave, or able to choose differently.

Suggested closing structure: This conflict is fully resolved and cannot happen again in the same way [give reason why it can never happen again]. Stop running this programme now.

WRITE YOUR COMMAND

Bring the data together

Use your own language. Make the command specific, truthful and believable. Do not claim that something is resolved when it is not.

My first complete draft

Words or claims that do not yet feel believable

TEST AND REVISE

Treat this as a learned skill

A command may need revision. If it does not feel complete or nothing changes, return to the data. Look for missing events, unresolved circumstances, additional tracks or language that your subconscious mind may not accept.

Date	What I used	What I noticed	Next revision

What information may still be missing?
