

Focus 10: Mind Awake/Body Asleep By Frederick Aardema

By Frederick Aardema

1st Journal 2013 - The Monroe Institute -

by Frederick Aardema perceptual value by liberating the expectations of the rational mind a medical assessment technique Management Consultants, where his business focus was .. TMI JOURNAL 2013. 10. Six months following their Phase 2 submission, .. method is sensory reduction (mind awake/body asleep),.

https://www.monroeinstitute.org/sites/default/files/pdf/1st%20Journal_2013%20copy.pdf

Frederick Aardema (Author of Explorations in -

Frederick Aardema is the author of Explorations in Consciousness (4.44 avg rating, 9 ratings, 1 review, published 2012), Focus 10: Mind Awake/Body Asleep

http://www.goodreads.com/author/show/692511.Frederick_Aardema

Passport to the World | Start with a Book -

Every day children around the world awake to begin their days having . By: Verna Aardema suggest art from both the East and the West bring the hero into focus. When it's 9 P.M. in Brooklyn, it's 10 P.M. in Puerto Rico, and midnight on the riddles, and more are told at mealtimes to feed the soul as well as the body.

<http://www.startwithabook.org/booklists/passport-world>

Meditation Excursion - Infinity Foundation -

Achieve Focus 10, Mind Awake/Body Asleep, and Focus 12, Expanded Awareness. Journey to the farthest edge of your internal space. Course 152128 CEUs available

<http://www.infinityfoundation.org/courses/personal-spiritual-growth/meditation-excursion.aspx>

Education World: Creating a Classroom of Writers -

Nov 17, 1997 Does it shake you awake? Do you dream it asleep? The focus of the revision phase is on clarifying and extending meaning. . A Bookworm Who Hatched by Verna Aardema; One Man Show by Then encourage students to complete the picture by adding a pot for Johnny's hat, a body, and a seed bag.

http://www.educationworld.com/a_curr/curr039.shtml

Focus 10: Mind Awake / Body Aleep, Written by -

Focus 10: Mind Awake / Body Asleep. I ll put the first bit here just to wet your appetite. Copyright Notice Copyright 2006, explorations-in-consciousness.com.

<http://www.unlimitedboundaries.ca/2010/09/02/focus-10-mind-awake-body-alseep-written-by-ashesfred-2/>

Hypnogagia before sleep - General Discussion - -

Hypnogagia before sleep (mind awake/body asleep) defined also as "Focus 10". (mind awake/body asleep) defined also as "Focus 10".

<http://www.transparentcorp.com/community/forum/topic/4123-hypnogagia-before-sleep/>

Focus 10: Mind awake/ Body Asleep | Explorations -

Focus 10 Mind Awake/Body Asleep Frederick Aardema Version 2.0 beyond-body.com/focus10.html.

<http://www.explorations-in-consciousness.com/forums/index.php?threads/focus-10-mind-awake-body-asleep.83/>

Mind Awake/ Body Asleep - Astral Dynamics -

for creating a session to help guide towards a mind awake/body asleep state. This is the first milestone that I'm trying to reach in my preparation for OBE.

<http://www.astraldynamics.com.au/showthread.php?7838-Mind-Awake-Body-Asleep>

e-Learning GE Wave I | The Monroe Institute -

The GE Wave Series gives you the means to develop, explore, and apply expanded states of awareness. It introduces the Mind Awake/Body Asleep state (Focus 10) and <https://www.monroeinstitute.org/node/2038>

A determined beginner's OBE *attempt* log (never -

Also, I was more tired going to sleep than the previous two attempts, but not . that your body is ready for sleep but not so tired that your mind can't stay awake. or lightly holding a muscle clenched to keep myself awake next time. I also read parts of Frederick Aardema's Explorations in Consciousness.

http://www.astralpulse.com/forums/welcome_to_out_of_body_experiences/a_determined_beginners_obe_attempt_log_never_had_one_before-t45139.0.html:msg358899

GE Wave III | The Monroe Institute -

Enjoy Focus 10 and Focus 12 exercises developed specifically to make the methods for perceiving and controlling your nonphysical energy a comfortable and joyous

<https://www.monroeinstitute.org/node/2072>

Focus 10: Mind awake/Body Asleep | Page 2 | -

When you say practice at night, do you mean in the middle of the night when I find myself awake? Or when I'm first lying down to bed at the start of

<http://www.explorations-in-consciousness.com/forums/index.php?threads/focus-10-mind-awake-body-asleep.83/page-2>

DAY 7/4 - Aromansse -

DAY 7/4 Tasks: Morning Log (Focus 10) (See Notes) Night Use the method you learn to go in deep transe state focus 10. Body asleep, mind awake. Title: 7.4

<http://www.aromansse.com/gateway/PDF/Bio%201/7.4.pdf>

Focus 10 | TheGatewayExperience.com -

Introduction to Focus 10, train the listener to totally relax the body and mind. and then Focus 10, where one s mind is said to be awake and the

<http://www.thegatewayexperience.com/tag/focus-10/>

Focus 10 - Astral Dynamics -

Focus 10 - Mind Awake / Body Asleep. The physical body sleeps and the mind is awake. Focus 11 - Auto-suggestion state. Focus 12 - Expanded Awareness.

<http://www.astraldynamics.com.au/showthread.php?17983-Focus-10>

Gateway Voyage Mind Alert, Body Asleep | The -

Mar 01, 2009 Gateway Voyage Mind Alert, Body Asleep. Being wide awake in a dream is something most people have experienced. focus 10 is body asleep, mind alert.

<https://themeditationmind.wordpress.com/2009/03/02/gateway-voyage-mind-alert-body-asleep/>

Gateway Experience Wave 1 - Introduction to Focus -

Home > Meditation Blog > Hemi Sync > Gateway Experience Wave 1 Introduction to Focus 10. Gateway Experience Wave 1 Focus 10 stands for Mind Awake, Body

<http://themeditationmind.com/gateway-experience-wave-1-introduction-to-focus-10/>

Hemi-Sync - Gateway experience. (and other -

Has anyone here tried the Hemi-Sync Gateway experience from the Monroe institute? establish the state of mind awake/body asleep Advanced Focus 10

<http://ld4all.com/forum/viewtopic.php?t=1338>

Gateway Wave I - Discovery -

Discovery introduces the Mind Awake/Body Asleep state (Focus 10) and other "mental tools" to help you experience states of expanded awareness. You are led from your

<http://relax-uk.com/gateway-wave-i---discovery-230-p.asp>

Sleep Paralysis: Awake But Still Asleep | Serendip Studio -

Biology 202 2000 First Web Report On Serendip Sleep Paralysis: Awake But Still Asleep but nothing would focus, my body tends to fall asleep prior to my mind

<http://serendip.brynmawr.edu/exchange/node/1740>

Cosmic degrees: Out of body at the Monroe -

Feb 12, 2003 as he was falling asleep, The core of the Monroe Institute experience is a deep days takes us to Focus 10, also called "mind awake, body

<http://www.readthehook.com/93054/cover-story-cosmic-degrees-out-body-monroe-institute>

Has anyone tried a VRIL generator to aid in astral -

Feb 21, 2007 Has anyone tried a VRIL generator to aid in astral shift away from physical reality has been labelled the state of focus 10 (mind awake/body asleep).

https://answers.yahoo.com/question/index?_ylt=AwrBT.KyaQBWXfiAxYJXNyoA;_ylu=X3oDMTBzZDlubWttBGNvbG8DYmYxBHBvcwMzNQR2dGlkAwRzZWMDc3I-?qid=20070222040024AAw9JTL&p=focus%2010%20mind%20awake%20body%20asleep

Intro to focus 15 Focus 10: Body asleep, mind -

Intro to focus 15 Focus 10: Body asleep, mind awake Focus 12: Expand your energy body/ mind in all direction few inches away from your body. Feel that

<http://www.aromansse.com/gateway/PDF/Level3notes.pdf>

Amazon.com: Focus 10: Mind Awake/Body Asleep -

Based on the work of the renowned out-of-body explorer Robert Monroe, this short guide (approx. 25 pages) provides a detailed description of the Focus 10 state

<http://www.amazon.com/Focus-10-Mind-Awake-Asleep-ebook/dp/B00N3IUGN2>

Learn and talk about Focus level, Consciousness -

Focus 10 - Mind Awake / Body Asleep. The physical body sleeps and the mind is awake. Focus 11 - Auto-suggestion state. Focus 12 - Expanded Awareness.

http://www.digplanet.com/wiki/Focus_level

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