

Focus 10: Mind Awake/Body Asleep By Frederick Aardema

By Frederick Aardema

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/>

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/>

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>

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>

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

Amazon.com: Customer Reviews: Focus 10: Mind -

Find helpful customer reviews and review ratings for Focus 10: Mind Awake/Body Asleep at Amazon.com. Read honest and unbiased product reviews from our users./>

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

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>

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

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

DAY 7/4 - Aromansse -

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

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

How To Achieve Consciousness During Sleep -

What I would like to share in this post is the mind-awake, body-asleep state asleep and stay awake into focus 10 is into consciousness during

<http://www.secretsofthefed.com/achieve-consciousness-sleep/>

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=X3oDMTBzZDlubWttBGNvbG8DYmYxBHBvcwMzNQR2dGikAwRzZWMDc3I-?qid=20070222040024AAw9JTL&p=focus%2010%20mind%20awake%20body%20asleep

FOCUS LEVELS OVERVIEW - THE MONROE INSTITUTE UK -

(called Focus Levels) devised by The Monroe Institute to indicate various states or phases of consciousness. awake and alert. Mind awake, body asleep.

<https://monroeinstituteuk.org/focus-levels/>

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>

Travel Far: A Beginner's Guide to the Out-of- Body -

EUR 8,91. Focus 10: Mind Awake/Body Asleep (English Edition). Frederick Aardema. Kindle Edition. EUR 0,99. The Treatise on Astral Projection:Director's Cut,

<http://www.amazon.de/Travel-Far-Out-Body-Comprehensive-ebook/dp/B00VJRF940>

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>

Focus 10: Mind Awake/ Body Asleep eBook: -

Amazon.com: Focus 10: Mind Awake/Body Asleep eBook: Frederick Aardema: Kindle Store.

<http://www.amazon.com/Focus-10-Mind-Awake-Asleep-ebook/dp/B00N3IUJN2>

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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>

Earthpulse Press -

Price: \$99.00 : Awareness;Meditation;Relaxation;Spiritual Development;Problem Solving and Creativity : Discovery introduces the Mind Awake/Body Asleep state (Focus 10

<http://www.earthpulse.com/src/product.asp?productid=149>

Mimot In zku enosti Wikipedie -

Mimot In zku enost (z anglick ho out-of-body experience, OBE nebo n kdy OOBE) je z itek, kter "Mind Awake, Body Asleep", tedy stav kdy je mysl bd l a t lo sp je stav, kter je asto 2011-10-06]. Dennett, ISBN 1-57174-409-6; Sko it nahoru Focus 10: Mind Awake/Body Asleep. Frederick Aardema (2012).

https://cs.wikipedia.org/wiki/Mimot%C4%9Bln%C3%AD_zku%C5%A1enosti

Focus level - Wikipedia, the free encyclopedia -

Focus levels are numerical, Focus 10 - Mind Awake / Body Asleep. The physical body sleeps and the mind is awake. Focus 11 - Auto-suggestion state.

http://en.wikipedia.org/wiki/Focus_level

Out-of- body experience - Wikipedia, the free -

An out-of-body experience (OBE or sometimes OOBE) or Astral travel is an . The "Mind Awake, Body Asleep" state is widely suggested as a cause of OBEs, . The psychical researcher Frederic Myers referred to the OBE as a "psychical excursion".
How Not To Test A Psychic: 10 Years of Remarkable Experiments with
https://en.wikipedia.org/wiki/Out-of-body_experience

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>

My amazing week at a Monroe Institute Gateway -

According to the Monroe Institute website, For instance Focus 10 is mind awake body asleep; the Hypnagogic state between wakefulness and sleep
http://whitecrowbooks.com/features/page/my_amazing_week_at_a_monroe_institute_gateway_course_by_johnny_b

Hypnagogia before sleep - General Discussion - -

Hypnagogia 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-hypnagogia-before-sleep/>

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>

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