

Focus 10: Mind Awake/Body Asleep By Frederick Aardema

By Frederick Aardema

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>

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>

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 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/>

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>

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

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

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>

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>

Focus 10: Mind Awake / Body Alseep, 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/>

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>

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),.

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

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

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/>

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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>

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

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

Focus 10: Mind Awake/Body Asleep by Frederick -

Dec 30, 2014 Start by marking Focus 10: Mind Awake/Body Asleep as Want to Read: Want to Read saving

<http://www.goodreads.com/book/show/23449772-focus-10>

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>

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>

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>

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/>

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/B00N3IUGN2>

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/>

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>

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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