

Focus 10: Mind Awake/Body Asleep By Frederick Aardema

By Frederick Aardema

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

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>

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

Body asleep, mind awake state - MindPlace Support -

So I was thinking about how one would put together a body asleep, mind awake did a couple of the Monroe focus levels from focus 10(mind awake, body asleep)

<http://www.mindplacesupport.com/forum/showthread.php?241-Body-asleep-mind-awake-state>

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

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>

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>

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/>

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

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>

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/>

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>

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/>

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>

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<http://ebookost.com/2015/07/11/download-focus-10-mind-awakebody-asleep-ebook-pdf-for-free/feed/>

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>

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

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

Focus 10: Mind Awake/Body Asleep. By ASHES | -

For those unfamiliar with the focus levels a little background is in order. The story goes back to Robert A. Monroe, who began to experience involuntary Out of Body

<http://www.emergingparadigms.co.nz/node/158>

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>

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/>

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>

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 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/>

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>

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>

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