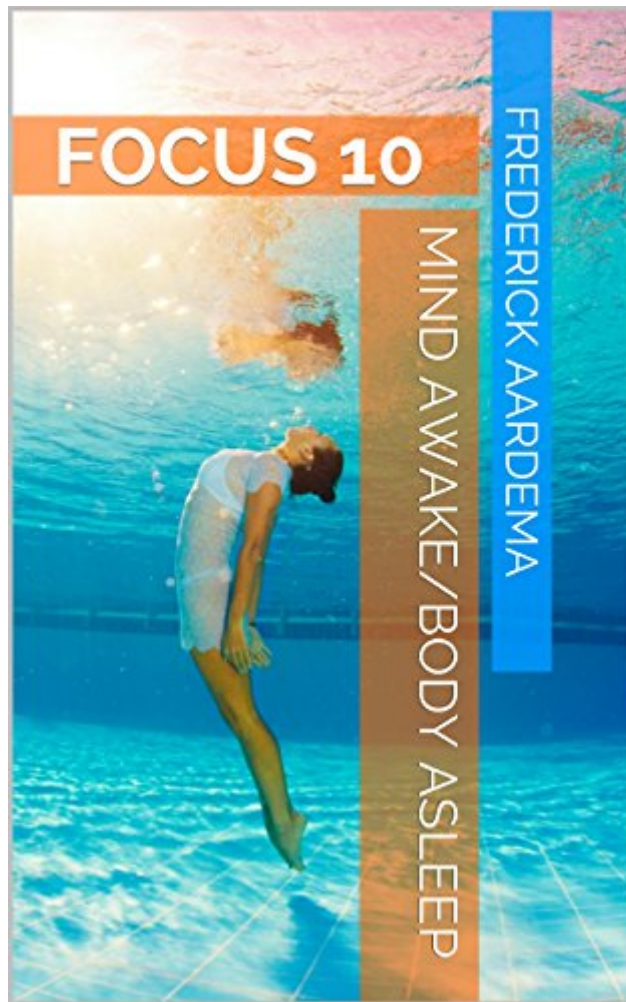


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# Focus 10: Mind Awake/Body Asleep



## Synopsis

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, including methods and techniques on how to reach this state, otherwise known as Mind Awake/Body Asleep. The techniques can be used in conjunction with Hemi-Sync Technology and the Gateway Experience from the Monroe Institute in order to more easily achieve the Focus 10 state â “ a state that is conducive to having out-of-body experiences, but many other altered states and perceptions as well. A follow-up guide on Focus 12 is forthcoming this year.

## Book Information

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## Customer Reviews

Please don't overlook or discount this book out of hand if you're looking for resources on the work and method of Robert Monroe and the so named institute which first described the 'Focus 10' state or "phase" of consciousness and the binaural method of achieving it (at least so far as I'm aware). It's value isn't found in any other circulated or publicly published works that I know of. And I think the best I could describe it's value is with a simile to the differences between a friend telling you what this year's tax code changes are and a friend relating his recent experience being audited; or say, a

technical manual on building your own computer is one thing, a friend being there to relate his personal experiences building his own computer is another entirely. While the former is inherently necessary, the latter has a unique and profound value you wouldn't likely care to do without given the choice. Mr. Aardema's work is in essence the "play by play" of his experiences using the binaural - "Hemi-Sync" - method in pursuit and achievement of the 'Focus 10' state. Personally, if I'm going to shop for a car or a refrigerator or even a pair of shoes I want to know the experiences others have had with my intended purchase (especially in these days since the proliferation of the internet and the ease with which it can provide this info). When it comes to something like 'The Monroe Institute Binaural "Hemi-Sync" Method for achieving phase shifts in consciousness and OOB', for some reason I suspect that most of my friends might not be very well versed on the topic, nor would very many people on planet earth for that matter :)!

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