



Focus 10: Mind Awake/Body Asleep

Frederick Aardema

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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 – 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.

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