MONROE INSTITUTE

What are Focus Levels

Throughout Robert A. Monroe's out-of-body journeys, and during the course of several years, he mapped "territories," as he called them. These territories, or locales, remained consistent with specific deep-state levels of consciousness. His subjective experience of each locale was the same every time he entered the state of awareness associated with it. To avoid using mystical or religious language to describe these territories, Bob numbered them, calling them Focus Levels. Along with Hemi-Sync®, the Focus Levels formed the basis of Monroe Institute core programs.

Focus 1: "C-1" A state where one is awake in the here and now, in this physical space-time reality.

Focus 10: "Mind Awake/Body Asleep" A state of consciousness where the physical body is asleep and the mind is awake and alert. Consciousness is fully retained without dependence upon signals from the physical body. One learns to ride the edge of sleep.

Focus 11: "The Access Channel" A state that gives access to our 'Total Self' where we can send and receive beneficial information for our everyday use. Usually incorporates a "Function Command" for future use in daily living.

Focus 12: "Expanded Awareness" This is a state where conscious awareness is expanded beyond the limits of the five physical senses. Focus 12 has many different facets, including exploring nonphysical realities, decision making, problem solving and enhanced creative expression.

Focus 15: "No Time-No Space" *This state has a dual nature. One experience is a vast blackness, "The Void," a sense of one-pointedness. A second aspect is quite active, allowing* one to explore a sense of timelessness, all potentiality, and creation of patterns on levels beyond time/space.

Focus 18: "The Heart Level" A state where we can experience the unconditional love vibration within ourselves and access this in our daily lives as we interact with others.

Focus 21: "The Bridge State" This state of consciousness provides a bridge between the physical and the nonphysical realms, where access to nonphysical energies and intelligences is possible; a state where greatly expanded awareness is facilitated.

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Focus 22: "Here and There" The locale in consciousness where we find those perhaps still physically alive who are in an unconscious state. These include people in comas, drug induced states, or who are dreaming.

Focus 23: "New Goners" The locale where human inhabitants tend to be who are no longer physically alive and have become "stuck" for one reason or another. Often they are confused about or unaware of their deaths. Many attempt to maintain contact with the physical world around familiar people or places.

Focus 24, 25, 26*: *"Belief System Territories" These areas contain afterlife expressions of spiritual traditions in human history. Inhabitants of a specific territory are in contact with others who share their beliefs. Free-will choices here are restricted to only those compatible with the prevailing beliefs.

Focus 27: "The Park" An afterlife area created by humans often resembling physical earth environments. Many people inhabiting Focus 27 provide assistance to new arrivals for their adjustment to living in the afterlife. It is a highly organized and structured area. There are centers of activity here providing for the needs of human beings in their continuing development in the afterlife, such as education, life review, healing and regeneration, planning, and many others.

Focus 34-35: "The Gathering" As described by Bob in his book, *Far Journeys*, this is a state which allows communication with intelligences gathered to observe happenings on Earth. In addition, this state facilitates the gathering of aspects of the total I-There.

Focus 42: "The I-There Cluster" A state of consciousness that allows awareness of the larger I-There Cluster, and recognition/reclaiming of even more aspects of Self. This state is often used for galactic exploration, as well as expanded memory and integration of the multidimensional Self.

Focus 49: "Infinite Sea of Bonded I-There Clusters" This state, as described by Bob, provides access to higher order guidance, "The Cluster Council." It supports more expanded Intergalactic, multidimensional exploration, cosmic consciousness, and self-knowing.