

M.I.A.S. BULLETIN

A COMMUNICATION FROM THE MONROE INSTITUTE OF APPLIED SCIENCES

ANNUAL MEMBERSHIPS

Effective June, 1981

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For the interested individual who wishes to be kept informed of Institute progress, receive copies of the EXPANSION newsletter, bulletins, program schedules, and one tape cassette from the Institute Library or Associated List. Annual dues of \$24 may be deducted from Registration Fees for any Gateway Program held at the Institute Center in Virginia.

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MONROE INSTITUTE OF APPLIED SCIENCES

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DISCOVERY

Preliminary Release

"Here then is DISCOVERY - the end product of six years in evaluation with thousands of participant-contributors each adding their portion to the total Gateway Experience. DISCOVERY now provides you with the tools to begin your own exploration wherever and whenever you so desire."

-From the DISCOVERY Guidance Manual

The Taped Exercises each are 45 minutes in length:

- (1) ORIENTATION
Familiarization with the Tape exercise process, the experience of Focus 3, the first state of hemispheric synchronization.
- (2) INTRODUCTION, FOCUS 10
Learning the procedure of achieving F-10, where the mind remains bright and awake while the physical body moves into total relaxation and sleep.
- (3) ADVANCED FOCUS 10
Reinforcement of the 10 State, plus perception and control of energy fields in the human system.
- (4) RELEASE AND RECHARGE
A daily exercise to help the individual cleanse any blocking emotional patterns and renew physiological balance.
- (5) EXPLORATION - SLEEP
For a better understanding of the sleep state, and to investigate and experience the various realities existing therein, including the out-of-body state.
- (6) FREE-FLOW 10
For many uses, all at the discretion and control of the participant, including problem solving, remote viewing, self and other healing modes, information-gathering, to name a few.

GUIDANCE MANUAL

Complete instructions, including illustrations of the use of DISCOVERY exercises, at all levels of achievement. Detailed information as to the process used, its purpose, and expected results.

May your journeys be rewarding - and have fun!

Robert A. Monroe
Executive Director
Monroe Institute of Applied Sciences