

# 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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For those who desire to begin a serious participation in the activities of the Institute. A Sustaining Member receives:

- DISCOVERY-for at-home participation in the Gateway Experience. Includes special album of six audio cassettes of taped training exercises and co-ordinated Guidance Manual.
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MONROE INSTITUTE OF APPLIED SCIENCES

ORDER FORM

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Please enroll me for one year as a:

- Subscription Member \$ 24.00
- New Sustaining Member \$155.00
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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