

30. Advanced Techniques. Having reached Focus 10, the participant is now ready to endeavor to achieve a state of sufficiently expanded awareness to begin actually interacting with dimensions beyond those associated with his experience of physical reality. This state is called Focus 12 and involves conscious efforts on his part while additional forms of "pink and white noise" enter the sound stream being directed into his ears from the Gateway tape. Once the participant has achieved this state of greatly expanded awareness, he is ready to begin employing a series of specific techniques or "tools" as the Monroe Institute characterizes them which enable him to manipulate his newly found expanded awareness to obtain practical, useful feedback of value for promoting self-discovery and personal growth. The specific techniques involved are described individually below.

A. Problem Solving. This technique involves identifying fundamental problems which the individual wishes to see solved, filling his expanded awareness with his perception of these problems and then projecting them out into the universe. In this way, the individual enlists the assistance of what Monroe Institute calls his "higher self", in other words his expanded consciousness, to interact with the universal hologram to obtain the information required to solve the problem. This approach may be used to solve personal difficulties, technical problems in the realm of physics, mathematics, etc., practical administrative problems, and so on. Responses to the problem solving technique may be received almost immediately, but often they come based on developing intuition over the next two to three days. Frequently the response comes in the form of a sudden, holistic perception in which the individual suddenly finds that he simply knows the answer in all of its ramifications and completely in context, sometimes without even being able to put his newly found perception into words, at least initially. In some cases, the response may even arrive in the form of visual symbols which the individual will "see" with his mind while he is in the Focus 12 state and which he will have to interpret after he returns to normal consciousness.

B. Patterning. This technique involves use of the consciousness to achieve desired objectives in the physical, emotional, or intellectual sphere. It involves concentration on the desired objective while in a Focus 12 state, extension of the individual's perception of that objective into the whole expanded consciousness, and its projection into the universe with the intention that the desired objective is already a matter of established achievement which is destined to be realized within the time frame specified. This particular methodology is based on the belief that the thought patterns generated by our consciousness in a state of expanded awareness create holograms which represent the situation we desire to bring about and, in so doing, establish the basis for actual realization of that goal. Once the thought-generated hologram of the sought after objective is established in the universe it becomes an aspect of reality which interacts with the universal hologram to bring about the desired objective which might not, under other circumstances, ever occur. In other words, the technique of patterning recognizes the fact that since consciousness is the source of all reality, our thoughts have the power to influence the development of reality in time-space as it applies to us if those thoughts can be projected with adequate intensity. However, the more complicated the objective sought and the more radically it departs from our current reality, the more time the universal hologram will need to reorient our reality sphere to accommodate our desires. Monroe trainers caution against attempting to force the pace of this process because the individual could succeed in dislocating his existing reality with drastic consequences.

C. Color Breathing. The next technique is called color breathing and is