



THE GATEWAY COVENANT

FOCUS 10

Mind Awake. Body Asleep.

The Free Primer - the method, in one page

The Doorway



Every night, on the way into sleep, you pass through a doorway. For a few seconds your body is asleep but your mind is still awake. Most people fall straight through it. In 1983 the US Army studied how to stop there on purpose - and stay. They called that state Focus 10.

It is not sleep, hypnosis, or a trance. It is the exact border: body asleep, mind awake. Everything deeper in the Gateway Process is built on top of this one state. Here is how to find it tonight.

The Practice

1 Settle

Lie on your back somewhere quiet, cooler than warm. Close your eyes. Three slow breaths, letting your weight sink down with each exhale.

2 Resonant Tuning

On each exhale, make a low, steady hum until you feel it vibrate in your skull and chest. One to two minutes. This quiets the nervous system and gives the mind one thing to hold.

3 The Box

Picture a box in front of you. Place every worry, task, and stray thought inside it, one by one. Close the lid. The mind will not go still while it is holding your problems - so you give it somewhere to put them.

4 The Affirmation

Say, slowly and silently: "I am more than my physical body." You do not have to believe it. You only have to mean the intention behind it.

5 Find the Middle

Let the body grow heavy, asleep - but keep one thread of attention awake. Drifting toward sleep, lift that thread slightly. Drifting toward waking, let go a little more. The exact middle is Focus 10.

One rule above all: this is a physical skill, like balance or floating in water. You do not understand it by reading - you train it by repetition. Most people feel the shift between day three and day fourteen.

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Where To Go From Here

You now have the method. The hard part is the middle - holding the exact border while the body switches off. That is what a guided voice and the right tone are for: they hold the timing so you can stop managing the clock and just fall into the state.

Free lessons post on the channel. Follow @orbitreads, and the full breakdowns live on YouTube at @orbitreads2.



GET THE NEXT DROP

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FOCUS 10 STARTER - \$9.99

Four guided tracks + the 7-day tracker and troubleshooting.

Start Here (18 min) - Quick Reset (5 min) - Sleep Version - Pure Tone

All carrying the 4 Hz theta pulse the original program used.

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