

¿Quién es Frank Kepple?

Antes de dejaros con Frank, creo que debería haceros, para todos aquellos que no le conozcáis, una breve introducción sobre su pasado:

Frank Kepple es un investigador inglés con un ya viejo interés tanto en la teoría como en la aplicación práctica de la proyección y de la exploración astral, en las experiencias fuera del cuerpo y en áreas relacionadas con los estudios de la vida en el “más allá”. Se graduó en electrónica y trabajó muchos años como consultor antes de jubilarse prematuramente y marchar al sur de Francia para poder dedicarse plenamente a su investigación.

El interés de Frank por el estudio del “más allá” y por los trabajos del pionero en la investigación del mundo astral Robert A. Monroe comenzó cuando encontró uno de los libros de éste, de segunda mano, en una librería hace una veintena de años. Por capricho, Frank decidió que o bien el autor estaba completamente loco o bien había descubierto algo importante. Frank jamás aceptó ciegamente lo que Monroe escribió, pero tampoco lo despreció en modo alguno: su perfil científico le invitó a poner a prueba los descubrimientos de Monroe intentando reproducir su trabajo. Solo así tendría claro que éste habría descubierto algo.

Pero Frank no sólo reprodujo los trabajos de Monroe, sino que expandió aún más las fronteras de su investigación. En los últimos años Frank ha pasado mucho tiempo participando en los foros de “Astral Pulse”, donde ha proporcionado cantidad de información e incalculables consejos a muchos. Uno de sus objetivos de los últimos años consistió en el establecimiento de

la “Fundación Frank Kepple” con objeto de promocionar sus investigaciones, si bien este proyecto aún está por completar.

Hace poco Frank se ha retirado de los foros online por problemas de salud, pero tengo la esperanza de que este archivo de recursos proporcione una detallada visión de sus investigaciones hasta la fecha para que la gente pueda contribuir a su trabajo en un futuro, como él hiciese antes con el de Monroe. La investigación moderna de la Realidad Ampliada no ha hecho más que empezar...

Lo que sigue a continuación son las propias palabras de Frank:

¿Qué es el “phasing” (ajuste de fase o “sintonización”)?

El término “phasing” fue originalmente creado a partir de una idea promovida por el autor Robert A. Monroe, quien pasó buena parte de su vida física investigando el fenómeno OBE (“Out of Body Experience, Experiencia Fuera del Cuerpo”). Sus trabajos iniciales, detallados en su primer libro “Viajes fuera del cuerpo”, seguían una línea de estudio muy tradicional. Tanta, que se podrían establecer grandes similitudes entre las experiencias relatadas en su obra y el trabajo de los místicos tradicionales.

Sus libros posteriores -“Viajes lejanos” y “El viaje definitivo”, publicados muchos años más tarde, sin embargo, reflejan cómo su trabajo ha progresado hacia el desarrollo y la formación de un modelo de consciencia completamente diferente. Su original concepto de “locale”, por ejemplo, ha sido totalmente reemplazado por toda una serie de Niveles de Enfoque (“Focus levels”) mentales. Estos niveles se fueron etiquetando utilizando

una serie ascendente de números arbitrarios. Cada nuevo nivel era identificado por las impresiones mentales que Monroe categorizaba y etiquetaba para que otras personas pudiesen seguir sus trabajos y duplicar sus experiencias.

Y en algún momento de su experiencia Monroe fue capaz de descubrir la profunda realidad: la de que *no hay separación dentro de la consciencia*.

En sus primeros trabajos Monroe sentía como que “salía” o se “separaba” de su cuerpo físico en el sentido más tradicional. Sus experiencias posteriores, sin embargo, le llevaron a concluir que para nada estaba “abandonando” su cuerpo, sino que lo que estaba haciendo realmente, en sus propias palabras, era *cambiando la relación de fase entre él mismo y sus alrededores* (N.T.: se estaba “resintonizando” con otra realidad). Y así es como el término “phasing” vio la luz.

Monroe era ingeniero electrónico de profesión, y como yo también lo soy, pues puedo comprender perfectamente a qué se refería cuando hablaba de relaciones de fase. Puedes tener dos voltajes diferentes en un mismo cable (en realidad puedes tener muchos más pero ahora nos quedamos con dos). En todos los casos esos dos voltajes están mezclados pero separados al mismo tiempo. Y lo que los separa es la relación de fase-ángulo entre ellos.

Monroe utilizó esta idea de la relación fase-ángulo como analogía para describir la relación entre la capa objetiva o física de la consciencia y la subjetiva o no-física de la misma. Cada área respectiva de la consciencia ocupa el mismo área en el “espacio” y, en todos los casos, se encuentran mezcladas pero al mismo tiempo separadas. Así que Monroe imaginó que habría una

relación de fase de 180 grados entre ambas áreas de la realidad. Para él, entonces, la proyección se convertía en un ejercicio de “cambio de fase” (“phase switching”) entre lo físico y lo no físico.

La sintonización (“phasing”), por tanto, conlleva iniciar un cambio de fase de 180 grados entre lo físico y los reinos metafísicos de la realidad. Y la forma que esto se consigue es un poco diferente de las maneras tradicionales para iniciar una experiencia “fuera del cuerpo”. De hecho, la sintonización no produce ningún tipo de sensaciones como las que se experimentan en los procesos de “salida” del cuerpo. El vehículo físico sigue en su sitio y todo lo que cambia es el entorno en el que se encuentra la persona.

La clave de la sintonización reside en dejar que la experiencia fluya sin más. Necesitas consentirte a ti mismo fundirte con ello, en vez de intentar perseguirlo o señalarlo con cualquier tipo de “método”. Tan sólo túmbate permítete convertirte en ello.

Y ahora es cuando la gente suele decir: “Claro, Frank, eso está bien para ti pero cuando yo cierro los ojos todo cuanto veo es oscuridad.”

Eso está bien, ¡al principio es sólo eso todo lo que veo!

A veces pienso que la gente tiene demasiada prisa en despreciar estos pasos preliminares, por eso lo dejan y se enganchan a cualquier método.

Cuando cierro los ojos todo cuanto veo es oscuridad. Sin embargo, creo que la diferencia esencial entre muchos principiantes y yo es que cuando ellos cierran sus ojos no ven nada. Y esa es otra clave al respecto... esa de PERCIBIR en si

misma. Creo que la gente se concentra demasiado en las técnicas y métodos y *se olvidan de MIRAR*.

Bueno, como digo, cuando cierro los ojos sólo veo oscuridad, lo cual es normal. Después intento acomodarme, tal vez me pica la rodilla y el pelo me hace cosquillas en la oreja, o cualquier otra cosa. Me encargo de todas las distracciones, pues, y me concentro en mi respiración durante unos cinco minutos.

Ahora, como permanezco PERCIBIENDO expectante, al contrario que intentando por todos los medios perfeccionar o seguir cualquier rutina o método en el sentido tradicional, *toda mi atención está puesta en el simple acto de PERCIBIR*.

Con frecuencia la gente me cuenta como siguen intentándolo, como se esfuerzan por mantener su concentración lejos de sí mismos, pero al mismo tiempo pendientes de sus ejercicios para “incrementar la energía”, como creen hacer todo correctamente y, sin embargo, no sucede nada. Eso es así porque toda su atención está enfocada en cualquier otro lugar cuando, por el contrario, toda mi atención está puesta en PERCIBIR.

Ya, pero... ¿percibir... qué?

Bien, en principio, nada en particular. En verdad poco hay que ver aparte de oscuridad. Sin embargo, después de un rato, tal vez percibo que una parte de la oscuridad ya no lo es tanto. Tal vez vi una breve imagen de algo, entonces, tal vez una sensación de movimiento. A lo mejor escucho a alguien decir mi nombre. “Hmm, esto se pone interesante” –podría pensar- “me pregunto de dónde salió eso”. Pero no hago demasiado caso y sigo percibiendo. Puede que vea como remolinos de oscuridad menos negros que el resto o imágenes de cualquier tipo. Mientras me

ofrezco a mi mismo esta serie de imágenes mi atención se concentra con más fuerza en mi INTERIOR.

Mientras mi atención se va centrando en mi interior, a través del acto de percibir, en este punto ya *no soy consciente de mi cuerpo físico*. Parte de mi consciencia sabe que en el fondo hay un cuerpo físico, en la cama, etc. pero que *me he desintonizado de él*.

Antes, el centro de mi consciencia era mi cuerpo físico y girando 180 grados de él, en la negrura de mi consciencia, se encontraba mi no-físico.

Pero se ha producido un “cambio de fase” una “resintonización” de 180 grados, de forma que *lo que antes era mi centro es ahora mi fondo y viceversa*.

Y esto es lo que se llama “sintonización” (“phasing”) porque lo que provocas es un “cambio de fase” de 180 grados entre lo no-físico y lo físico.

Como digo, Monroe acuñó este término como ingeniero electrónico porque se lo imaginaba como si hubiese dos voltajes, cada uno en un desfase de 180 grados con respecto del otro. Por ello acuñó el término “phasing”.

Sin embargo imagino que la gente suele tener problemas para imaginar dos voltajes distintos separados por un desfase de 180 grados así que, imagina una puerta giratoria que sea la entrada a un edificio. Cualquier viejo edificio, no importa mucho.

Te encuentras de pie frente al edificio, de forma que el “exterior” es tu realidad. Eres consciente de la realidad existente dentro del edificio, pero la puerta te la hace inaccesible. Ahora entra en la puerta, gira 180 grados y para.

Ahora ya estás dentro del edificio, de forma que el “interior” es ahora tu realidad. Eres consciente de la otra realidad exterior pero la puerta, nuevamente, te impide el acceso a ella.

Una vez más caminas hacia la puerta, giras 180 grados dentro de ella y paras. El “exterior” vuelve a convertirse de nuevo en tu realidad.

Cada vez que te acercas a la puerta y giras 180 grados se produce un “cambio de fase” de esos mismos grados entre tu consciencia del exterior y la del interior según tu realidad.

Vale, el hecho de fijar mi atención en el interior, a partir del acto de percibir, es lo que causa el “cambio de fase” de 180 grados entre mi consciencia de lo físico (el exterior) y mi consciencia del sentido no-físico (interno) de la realidad. Y a partir de ahí continúo percibiendo cualquier cosa que surja. En verdad no soy curioso, no intento que suceda nada, no estoy ejecutando ningún tipo de técnica o método, simplemente estoy mirando hacia dentro y percibiendo lo que sucede. Y esa única acción es lo que mantiene el foco de mi atención.

Mientras una persona proyecta su atención en su interior, a través del acto de la percepción, se permite a sí misma contemplar retazos de otras dimensiones de realidad. Esta acción se traduce objetivamente como percepciones de flashes de variopintas y aleatorias imágenes que van y vienen, todo tipo

de falsos sonidos y más cosas. Algunas veces esos retazos puede llegar a formar lo que yo llamo “pantallas astrales” donde uno puede ver las cosas como en una pantalla de cine frente a tu campo de visión no-físico, con todas sus imágenes y sonidos.

Lo que está sucediendo es que te estás ofreciendo a ti mismo retazos de otras dimensiones de realidad. Y si tú decides “colarte” en la escena te encontrarás en ese “lugar”, en esa particular región de la consciencia.

Creo, finalmente, que lo que la gente que sigue el método del “cambio de fase” necesita saber es lo siguiente: las otras dimensiones de realidad tan sólo parecen separadas pero, en realidad, *no hay separación en la consciencia*. Nosotros colocamos un velo entre el lugar que llamamos “aquí” y el lugar que llamamos “allí” a efectos de poder experimentarlo.

Sin embargo, todas esas dimensiones de realidad están todas entramadas, afectando e intercambiando energía con nosotros ¡desde el primer segundo de nuestra existencia! Lo que pasa es que nosotros DECIDIMOS ignorarlo.

Siguiendo el acto de percibir te estás diciendo a ti mismo: *“Vale, me gustaría ver esto otro por un momento.”*

Ya hay demasiados consejos en libros y en la red que puedes consultar para buscar más detalles sobre los métodos de aproximación al “cambio de fase” o “sintonización”, así que no me extenderé mucho más.

Lo que siento ahora que es más importante explicar es exactamente qué es eso con lo que nos estamos “sintonizando”, qué es el “mundo astral” y qué relación tiene con nuestro mundo físico. En otras palabras:

¿Qué ES la *Realidad Ampliada* realmente?

Eso es lo que intento explicar aquí.

La Realidad Ampliada: un vistazo al modelo de Frank

Otras aproximaciones místicas tradicionales tienden a referir que todos los “mundos astrales”, “planos”, y cosas así, existen MÁS ALLÁ de nuestro mundo físico. Pero la realidad es que todos esos planos/mundos, incluyendo el físico, son de hecho parte de idéntico espectro de consciencia, entrelazados. Yo le llamo a esta totalidad de consciencia, donde todo se incluye al unísono, la Realidad Ampliada.

Mientras permanecemos principalmente enfocados en el mundo físico, tan sólo percibimos lo físico. Esto nos conduce a creer que el resto de la Realidad Ampliada está en cualquier otro lugar. Esto es incorrecto. La Realidad Ampliada es, de hecho, TODO cuanto existe, el factor crucial reside en nuestro deseo de enfocar nuestra consciencia tan sólo en un área específica de la totalidad del espectro de consciencia con el propósito de adquirir experiencia.

A partir de ahí, la Realidad Ampliada se divide en cuatro áreas Primarias que yo he etiquetado como Focos 1 al 4 inclusive. Tú puedes llamarlas como te plazca. El nombre que le des es irrelevante. Para facilitar la comprensión, sin embargo, necesitamos buscarle un nombre sencillo y lógico.

Vale, la consciencia se divide entonces en cuatro áreas. Alguien me preguntó hace poco si existía algo más allá de Enfoque 4, como un Enfoque 5 o algo así. La respuesta es: que yo sepa, en nuestro particular sistema solamente hay cuatro áreas. Si bien la consciencia no termina ahí. La consciencia es infinita. Podrían

existir un número infinito de sistemas iguales o diferentes del nuestro. Pero concentrémonos en la estructura de nuestro sistema en particular para que la gente pueda proyectarse convenientemente a partir de ahí.

Nuestro sistema puede estar dividido en Enfoque 1, Enfoque 2, Enfoque 3 y Enfoque 4. Juntos forman la totalidad del Continuo de nuestra Consciencia o el todo lo que existe (al menos en nuestro sistema). **Cada uno de nosotros posee su PARTICULAR Continuo de Consciencia que se distribuye a lo largo de esas cuatro áreas.**

Vale, este es uno de los aspectos más importantes que DEBES comprender:

Cuando digo que existen cuatro áreas primarias en nuestra Realidad Ampliada quiero que sepas, más allá de toda sombra de duda, que **estas áreas ¡no son lugares físicos! sino FOCOS de ATENCIÓN a lo largo de nuestro Continuo de Consciencia.**

Monroe fue el pionero de este pensamiento y fue la primera persona, según mi conocimiento, que descubrió que estas áreas eran focos de atención y no lugares. De ahí el término “enfoque” en los números de enfoque que refiere Monroe como Enfoque 10, Enfoque 21, etc. ¿Y por qué “enfoque”? Podrías haberte preguntado. Pues ya lo sabes.

Ahora bien, **nuestra Realidad Ampliada está dividida en cuatro Áreas Primarias y cada persona tiene lo que se llama su “Enfoque Primario”.** Cualquiera que lea este texto en el plano físico (Enfoque 1) tendrá su Enfoque Primario apuntando al mundo físico. Cuando nos proyectamos nuestro Enfoque Primario no varía. Podemos cambiar nuestro punto de atención

pero nuestro Enfoque Primario continúa en Enfoque 1. Piensa en tu Enfoque Primario como tu “enfoque de origen” si lo prefieres. Digamos que visitas a un amigo en otra dirección. Mientras dura tu visita a la casa de tu amigo, la dirección de tu amigo se convierte también en la tuya temporalmente, pero sólo mientras dura tu visita. Tu dirección habitual sigue siendo la misma, tan sólo has cambiado tu dirección temporalmente. Pues eso mismo es lo que hacemos cuando nos proyectamos. Nuestro Enfoque Primario sigue siendo el mismo, si bien modificamos temporalmente el enfoque de nuestra atención hacia otra área de nuestro Continuo de Consciencia.

Todo el tiempo que pasamos vivos dentro del mundo físico, nuestro Enfoque Primario es el Enfoque 1. Ahora bien, cuando una persona muere, lo que nosotros percibimos objetivamente como “muerte” no es más que la representación objetiva o la traducción de una persona que ha cambiado su Enfoque Primario del Enfoque 1 al Enfoque 3 de consciencia.

Mira, cuando tú cambias tu Enfoque Primario, toda la interacción subjetiva con tu cuerpo físico se detiene. En otras palabras, *la carcasa física deja de funcionar cuando la abandonas y te vas a vivir al Enfoque 3*. Esta zona es conocida como el Área de Transición por varias razones.

Ahora deseo repetir que todo esto no es una extravagante teoría que yo he venido a soñar y a parir en un día. Lo que te estoy diciendo es COMO ES REALMENTE, según mi conocimiento. He experimentado de primera mano todo cuanto te cuento y, con una pizca de esfuerzo y un poco de práctica de tu parte tú puedes experimentarlo también.

No hagas caso a todos aquellos que aseguran que debes alcanzar un cierto “nivel” de “encarnación” para poder acceder a áreas “superiores”. Nosotros, realmente, YA ocupamos TODAS esas áreas de consciencia. ¡Cada uno de nosotros posee IDÉNTICA estructura subjetiva! No existe tal cosa como que una persona esté más avanzada que cualquier otra. De hecho, la gente a la que le cuesta más salir de la Transición suelen ser tipos altamente religiosos y profundamente espirituales. Sencillamente se quedan enfangados en sus propias creencias y terminan caminando con pies de plomo por lo que yo llamo “Barro Astral”.

Uno de los grandes beneficios de conocer como se organiza la Realidad Ampliada se produce cuando mueres, sabes exactamente donde estás y qué es lo que tienes que hacer. Esto es mucho mejor que deambular torpemente por la oscuridad sin saber nada. Sin embargo, hay otros muchos beneficios que ganar también mientras continúas vivo.

Vale, existen cuatro áreas principales y tu Enfoque Primario actual es el Enfoque 1.

Quiero que también pienses en que estas Áreas Primarias se encuentran entrelazadas entre ellas, que no se encadenan una tras otra a lo largo de una larga línea. Están entrelazadas y conectadas continuamente. Recuerda que NO son lugares físicos. Por ejemplo, en el mundo físico puedes estar en un pueblo y después bajas por la carretera al siguiente. Pero estas áreas NO son así. Todas están entrelazadas y engranadas entre sí. Debido a esto, es perfectamente posible el experimentar objetivamente dos o más Áreas Primarias a la vez sintonizando simplemente tu enfoque de atención. No tienes que viajar a ninguna parte.

Dentro del mundo físico tenemos que lidiar con el Tiempo, el Espacio y la Distancia. Pero una vez que “saltas” del mundo físico ya no hay Tiempo, de forma que tampoco existe ni el Espacio ni la Distancia. Pero eso no significa que ya no puedes percibir la idea del Espacio y de la Distancia emparejados a la apariencia del Tiempo que pasa. Sin embargo, estas nociones son meros legados del haber vivido en el mundo físico y ya no tienen mayor importancia.

Mucha gente me pregunta cómo me desplazo de un área a la siguiente. Pero en verdad no lo hago, porque no existe el Espacio por el cual viajar. Solía tener dificultades para navegar por la Realidad Ampliada. Entonces, un día, dí con la clave. Las dificultades que estaba teniendo no eran debidas a lo complicado del navegación, sino a mi incapacidad para comprender lo sencillo que era. Yo intentaba viajar del punto A al punto B, como en la vida física. En otras palabras: pretendía viajar por el Espacio a través de una Distancia, pero no existe tal cosa. Todo lo que existe en la Realidad Ampliada está contenido en un mismo punto. Así, si tú estás en un lugar concreto, entonces ya estás en todas partes a un mismo tiempo porque el Espacio no existe.

Y por esto es por lo que digo que ya ocupamos toda la consciencia. La única diferencia reside en tu percepción objetiva de tus alrededores en términos de dónde, a lo largo de tu continuo de consciencia, estás enfocando tu atención.

Y así volvemos otra vez al principio: **estas áreas no son lugares, son puntos (focos) de atención.**

¿Empiezas a comprender por qué estas áreas no son lugares?

ENFOQUE 1

Todos conocemos el Enfoque 1 de consciencia: es el mundo físico. Enfoque 1 incorpora lo que yo denomino el “Mundo Físico Ampliado. Este incluye la región que algunos llaman la “zona de tiempo real”. Personalmente no me agrada utilizar este término por que no existe nada como tiempo “real” ni tampoco es una zona. Sin embargo, una vez más, como suelo abordar el tema con un aire científico, pues en la ciencia has de ser congruente con los términos que utilizas y poner en orden tus definiciones.

Para ser honesto, no veo razón para proyectarse en la “zona de tiempo real”. Aparte de la novedad, allí no hay mucho que ver y podría parecer demasiado esfuerzo para tan poco premio. Por ello comenzaremos con el Enfoque 2 de consciencia.

ENFOQUE 2

Enfoque 2 es a lo que los psicólogos se refieren normalmente como el “subconsciente”, si bien no hay nada “sub” acerca de ello.

Enfoque 2 es donde la mayor parte de la gente tiene sus sueños, sus sueños lúcidos y hace sus “proyecciones astrales”, donde se encuentran a sus demonios, etc. Enfoque 2 contiene toda suerte de facultades personales como son tu imaginación y tu memoria.

Sin Enfoque 2 seríamos incapaces de pensar racionalmente o de crear cualquier cosa dentro del mundo físico. Alberga todas las creencias a las que nos adhiramos. Éste último punto es muy interesante.

Puedes proyectarte a Enfoque 2 y ver objetivamente representaciones de tu propias creencias. Sin embargo, dando

por hecho que la gente piensa que esta área de consciencia (para ellos el astral) es un lugar separado de todo lo demás, este Astral terminará convirtiéndose irremediabilmente ¡en cualquier cosa que creas que es!

Este simple hecho, increíblemente, ha sido la base de miles de años de confusión sobre la *Realidad Ampliada*.

El problema ha sido simplemente que los místicos siempre pensaron que se proyectaban hasta algún lugar ajeno a ellos mismos. Sin embargo, lo que estás viendo realmente, en el Enfoque 2, son las representaciones objetivas de todo tu bloque de creencias. Así, si crees que el Astral está lleno de males y demonios, entonces males y demonios será lo que te encontrarás, por que lo que ves no es otra cosa que tus propias creencias.

La gente tiene la idea de que “el Astral” es un lugar extraño y mágico donde puedes contemplar toda suerte de efectos al estilo “Alicia en el país de las maravillas” como puede ser el que tus pensamientos se hagan realidad. Muchos místicos aceptan esto como dogma y llevan a la gente a creer que podrían encontrarse un lugar terrible de maldición y de peligro.

Pero ¿alguna vez se ha parado esa gente por un momento a pensar POR QUÉ sus pensamientos se convierten en realidad? ¿POR QUÉ se produce ese efecto “Alicia en el país de las maravillas”?

Sólo cuando contemplas la situación desde el punto de vista de un científico, intentando objetivamente encontrarle sentido a algo, es cuando te das cuenta de la simple razón por la que pasa todo esto. Durante 5 años pugué con esta cuestión. Luché contra

toda suerte de demonios y derroté dragones en abundancia. Entonces, un día, todo cayó por su peso. Descubrí que **pensamiento es igual a acción**. ¡Eso es! Estaba en un lugar en el que el pensamiento se convertía en acción. Hasta hoy recuerdo claramente esa fecha después de 18 años. Pero fue mucho más tarde cuando descubrí precisamente POR QUÉ los pensamientos se convertían en realidad en este mundo extraño y maravilloso llamado Astral.

¿Por qué todo lo que pensaba se convertía en realidad? ¡Simple! Por que lo estaba proyectando en mi propia mente. En otras palabras: ¡me estaba ofreciendo a mi mismo el conocimiento objetivo de mis propias acciones subjetivas!

Esta simple realización me llevó a un apasionante viaje de descubrimiento a través de mi mente. Resultaba verdaderamente fascinante conocerse uno de dentro a afuera, por decirlo de alguna manera. ¡Guau!, si ahora tuviese un problema podría presentarme ante mí mismo para encontrar una posible solución. Es más, fue a través de este descubrimiento que conseguí saber como lo objetivo y lo subjetivo se traduce en términos de consciencia y de energía. Este último descubrimiento me ha ayudado desde entonces a realizar otros profundos descubrimientos acerca de la Realidad Ampliada.

ENFOQUE 3

El Enfoque 3 resulta más interesante incluso: esta región de la consciencia engloba los enfoques de Monroe 23, 24, 25, 26 y 27. En esta área se encuentran todos los “cielos”, todos los “infiernos” y todo cuanto hay entre ellos. El Enfoque 27 de Monroe representa el techo de mi Enfoque 3. Aquí es donde

vamos todos cuando “morimos”, esto es: **tras la muerte física nuestro enfoque primario cambia de Enfoque 1 a Enfoque 3.** También se le llama Zona de Transición por motivos que veremos en su debido momento.

Enfoque 3 es lo que yo llamo un “área común” de nuestro Continuo de Consciencia. Esto significa que, al contrario que sucede con Enfoque 2, que es enteramente nuestro y sólo puede ser percibido por nosotros mismos, el área de consciencia de nuestro Enfoque 3 se entrelaza con los de todos los demás. Así, todos compartimos nuestras áreas de consciencia de Enfoque 3 e interactuamos con las del resto.

Según entras al Enfoque 3 te das cuenta de que se parece mucho al mundo físico. Aquí puedes conocer a gente en un sentido totalmente objetivo y exactamente de la misma manera a lo que lo harías en el plano físico. Dentro de esta región resulta obvio que esas personas no son meras creaciones de tu imaginación. Resulta tan obvio como que las otras personas del mundo físico tampoco son creaciones de tu imaginación.

Allí puedes encontrar a miles de millones de personas, todas interactuando unas con otras en sentido objetivo, al igual que podemos hacerlo en el mundo físico. Las partes superiores del Enfoque 3 son de hecho MUY parecidas a la realidad física, cuanto más arriba más parecidas incluso. Yo le llamo “el supra-físico”, algo así como ¡la realidad física con esteroides!

En el Enfoque 3 encontrarás una casi infinita variedad de diferentes entornos que la gente ha ido creando para vivir ellos mismos, consciente o inconscientemente. Muchos de esos lugares son maravillosos, otros son aburridos y otros horribles.

Cuando la gente crea objetos y entornos en el Enfoque 3 allí permanecen hasta que son eliminados, de forma que es posible presentarse en un lugar hace tiempo olvidado por su creador. ¡Incluso puede haber más gente merodeando por allí! Incluso puedes volver con frecuencia y aportar tu toque personal. La creación de cosas en el Enfoque 3 tiene pelín de truco ya que implica un proceso creativo subjetivo, pero con la práctica puedes cogerle el tranquillo.

Nota: una de las normas más importantes de la Realidad Ampliada que no puedes olvidar jamás es que “las cosas similares se atraen”.

Esto resulta de vital importancia de cara a comprender la miríada de “mundos” que hay en Enfoque 3: tras de la “muerte” física, la gente con similares valores y creencias tienden a gravitar hacia los entornos de creencias similares en Enfoque 3 (de hecho, sus creencias colectivas crearon esas áreas). Además, tienden a continuar allí hasta que se produce un cambio significativo en sus valores/creencias, en cuyo momento se desplazarán a zonas superiores del mismo enfoque donde la gente tiene la mentalidad más abierta. Estas “zonas elevadas” de Enfoque 3, donde la gente es felizmente libre de creencias dogmáticas se corresponde con la región etiquetada por Monroe como Enfoque 27. El número de entornos existentes en las capas altas del Enfoque 3 es enorme, pero allí podrás encontrar muchas de las zonas descritas por Monroe: “El parque”, el “Centro de Repaso de la Vida”, etc.

Para aclarar: ¡Enfoque 3 es ENORME! Basta decir que me he topado con 2000 personas en las ramas bajas, como yo las llamo, del árbol del Enfoque 3. Estas dos mil personas pueden ser tan

sólo el 10% de sus habitantes (¡harto improbable!), el 2% o el 0,000000000000000001% (tal vez esta cifra sea más apropiada). Sinceramente, no tengo capacidad de precisarlo en este estadio. ¡Hay tanto que explorar aquí!

ENFOQUE 4:

¡Enfoque 4 es la verdadera caña! Esta es la “capa alta” de nuestro Continuo de Consciencia. Es pura energía subjetiva. Cuando entramos en Enfoque 4 nos convertimos en nuestra versión más ampliada. Es el objetivo final de Enfoque 3. Por eso a Enfoque 3 se le conoce también como el “Área de Transición”. Enfoque 3 nos permite prepararnos (a nuestro propio ritmo, nos cueste siblos o miles de años en algunos casos) para cambiar nuestro enfoque primario a Enfoque 4.

El Enfoque 4 como enfoque primario es la fuente subjetiva de todas las acciones de la consciencias. Esto es, la energía necesaria para ejecutar nuestras acciones tiene que manar de algún sitio. Nosotros no creamos algo de la nada. Una idea, por ejemplo es una acción de la consciencia. Es energía con un sentido en particular, podría decirse. Ahora bien, esa acción energética ha de tener su origen en alguna parte, en el sentido de que la energía pura no sale de la nada.

Cuando nos contemplamos en términos de energía nos convertimos esencialmente en un traductor energético humano que convierte la energía subjetiva pura en energía objetiva y resultando en todo tipo de cosas. Cuando nos proyectamos en la realidad subjetiva cada uno de nosotros se sitúa habitualmente en la posición o anticipación de los objetos que tenemos enfrente. Pero cuando entras en Enfoque Primario 4 entonces te desprendes de todas las nociones sobre las “cosas” y comienzas

a fundirte con la capa de energía subjetiva de base. Esa misma energía, en última instancia se divide a su vez por aquí y por allí (por decirlo de alguna forma) para crear una “cosa”, la cual podría ser un balón de fútbol, un ser humano, una casa, una planta, una jirafa o cualquier otra cosa.

Ahora, con fundirte con la energía no quiero decir que te conviertes en una vasta piscina de energía vacía. Por el contrario, típicamente, lo que haces es fundirte con una acción específica de esa energía. Supongo que se podría decir, y sólo en el aspecto más amplio del término, que te fundes con una “cosa” pero una cosa en términos de conceptualización, o con su fuente en otras palabras. Y esa fuente de todo cuanto hay dentro de nuestro sistema es *Enfoque Primario 4* de consciencia.

Así, en última instancia, todas las “cosas” pueden ser rastreadas hasta una acción de energía, cuya fuente última es *Enfoque Primario 4*. Así que se puede decir que *Enfoque Primario 4* es **el área de la acción del pensamiento antes de que sea creado**. Evidentemente, eso no es más que una forma de hablar ya que, desde el punto de vista de *Enfoque Primario 4* no existe ese “antes”.

Todo simplemente ES. El concepto de “antes” resulta de las consecuencias de la acción del pensamiento, puede decirse.

Reconozco que no poseo todas las respuestas. Y no las conseguiré hasta que logre tener una visión global del *Enfoque 4* de consciencia. Incluso no puedo estar totalmente seguro de que sea posible contemplar esa visión global para un individual enfocado todavía en el mundo físico.

Enfoque 2 y *Enfoque 3* son fáciles de entender en comparación dado que son similares a los escenarios de la tierra y a los pensamientos objetivos humanos. En los viejos tiempos uno se refería como “dios” a todas esas cosas que no podía comprender. Pero la tecnología avanza, nuestra comprensión se amplía y este asunto no resulta muy diferente del resto.

Así que hoy estamos intentando ensanchar los límites de nuestra comprensión y avanzar en el camino hacia un nuevo paradigma. Entonces le llamamos *Enfoque 4* de consciencia. Es una zona de la consciencia que podemos empezar a explorar por nosotros mismos (con un poquito de esfuerzo en la dirección apropiada, claro está).

Pero por el momento, cualquier cosa relativa al *Enfoque 4* resulta inabarcable, y no lo digo a la ligera. Se trata de un área que todavía no he sido capaz de explorar tanto como me gustaría, si bien es mi firme propósito.

La GRAN dificultad del *Enfoque 4* radica en que se trata de un área de realidad completamente SUBJETIVA. No existe la noción del Tiempo, así que tampoco existe el Espacio.

Enfoque 4 no ocupa espacio alguno, y sin embargo, engloba al resto de las áreas: *Enfoque 1*, *2* y *3*. De manera que todo nuestro universo físico al completo (y todos los demás universos) están englobados en *Enfoque 4*.

De forma que no existe nada “fuera” de *Enfoque 4*, no ocupa espacio y sin embargo contiene a nuestro universo físico. Y ahí encontramos la primera paradoja: ¿cómo puede existir algo que no ocupa ningún espacio?. Eso nos pasa por estar tan atados a las cosas.

La segunda dificultad que nos encontramos camino a su comprensión es la siguiente:

Para comprender *Enfoque 4* es necesario comprender primero el infinito. Este aspecto es probablemente una de los más alucinantes y es que, en el infinito, todo lo que ya ha sucedido y lo que sucederá, ya ha pasado antes.

Desde nuestra limitada perspectiva de tiempo lineal, podemos considerar que la vida empieza, termina y vuelve a comenzar. Sin embargo, desde la óptica de *Enfoque 4*, nada ha comenzado y nada ha terminado. Todo simplemente ES. Las nociones de principio y de fin sólo son construcciones físicas.

La buena noticia acerca de todo esto es que el fin no existe y la “muerte” tampoco. **Sólo existe la consciencia expandiéndose eternamente.** La primera vez que pones un pie en *Enfoque 4* y lo experimentas por ti mismo todo empieza a cobrar sentido.

2) How Frank's model correlates with Robert Monroe's

I have built upon the pioneering work of highly regarded astral explorer and author Robert A Monroe. My own experiences equate with those of Monroe in many key areas but as with any kind of ongoing research, I found that I soon had to modify Monroe's findings in order to take account of my own research and personal experience.

So how does my model equate with Monroe's? Well, in most ways they sit very well together. My model can best be viewed as a simplified version of Monroe's, but with additional features

which are due to discoveries made by me during the course of my explorations.

For those familiar with Monroe's system of labels, here is a basic comparison as far as possible:

Monroe's Focus C1 = my Focus 1

Monroe Focus 3, 10, 12, 15 & 21 = my Focus 2

Monroe Focus 23, 24, 25, 26 & 27 = my Focus 3

Here the comparison ends, as my Focus 4 has no Monroe counterpart.

More on Monroe's FOCUS 21 state:

Those familiar with Monroe's model will be aware of the Focus 21 state. This state is also known by many astral explorers as the '3D Blackness' state. You know when you arrive at this state as the black field of vision in front of you becomes completely 3D and you find yourself floating freely within it, rather than just observing it in a 2D fashion. As you can see, it lies right at the top end of my Focus 2 and it borders on Focus 3. The 3D Blackness state, or Monroe's F21 is what can best be described as a bridge state. This state can be viewed as the point at which your individual mind meets the wider astral, i.e. the state where your individual Consciousness Continuum (FOCUS 2) meets the 'common area' of your Consciousness Continuum (FOCUS 3). It is the jumping off point for all adventures in Focus 3, or the Astral Proper as some people call it.

I decided to use the label 'Focus Z' (as in Zero) to describe this state as it is unique in the Wider Reality and seems to deserve a label of its very own.

During the phasing process, people will pass through this state on their way to F3, but many people are unaware of it as they tend to flash through it so quickly. This is a shame since the FZ state is quite awesome in its own right. You can simply relax and float peacefully through the black void, just chilling out. Another thing you can do is to call forth any piece of music you care to think of and you will hear it all around you in glorious surround sound! You can also form 'astral windows' in this state, which will display any particular scene you care to think of in glorious high definition! You can use this as a jumping off point into F3 if you like: all you need to do is will yourself to step into the scene and there you go. There is likely to be plenty more to discover about the FZ state and further exploration is warranted.

3) In depth: Focus 1

As stated in the summery, Focus 1, labelled by Robert Monroe as C1, is what we usually refer to as the physical or material world. For the duration of our physical lives, our Primary Focus remains Focus 1 (F1). Anyone reading this within the physical (Focus 1) has their Primary Focus set to the physical. When we project, our Primary Focus does not change. We may shift our focus of attention, but our Primary Focus remains Focus 1. This means that it takes a bit of effort to temporarily shift our focus of awareness to other focuses, like F2 or F3 (or F4 if you are really ambitious!). After physical death our Primary Focus will switch to F3 that that will be our 'home focus' while we go through the transition phase which will eventually allow us to make the permanent switch to F4. At this point, F4 will become our Primary Focus once again and the cycle is complete.

F1 encompasses EVERYTHING that we regard as physical: the world, the galaxy and the entire universe. If you want to know who created the universe, I have been reliably informed that it was us! The purpose of the physical universe is to experience objective reality. At some point we got together, from a Focus 4 perspective, and decided to create a common pool of subjective energy that would manifest itself objectively in the form that we recognise as the physical universe, the purpose of which is to provide an excellent means of gathering experience; we are here to experience and being physical in an objective sense is a wonderful way of doing so. The physical world can be thought of as condensed subjective energy manifesting in an objective manner and in creating it, we set up a series of rules surrounding this energy. The result is of course the material principles of the universe and what we understand as Physics. One of the most useful aspects of the physical world is that being physical shields us from the worst effects of subjective expression: with regards to the Wider Reality, if you think about something, you will release subjective energy; do this enough and the desired effect will manifest. This causes problems for those who are in a poor state of mind. The lower levels of F3 are awash with people who are stuck in their own self created hell-holes due to an ever increasing spiral of negative energy. For example, someone who creates a terrifying situation for themselves then results in them becoming even more terrified, resulting in ever more terrifying situations and on it goes.

In the physical, this doesn't happen. The equivalent to this scenario is what we call a nightmare. This is a fear generated scenario created in F2 while our bodies are resting. However, if the scenario becomes too terrifying, then we wake up, i.e. return

to F1 where these energies have little effect. However, when our Primary Focus has switched to F3, we have nothing to stop us and it is possible for us to get caught up in all manner of negative scenarios, all of which provides the retrieval experts with plenty of work!

To put it another way, in F3 if you will a can of beer to appear in your hand then it is possible (with a bit of practise) to make this happen. In the physical, you can sit in your armchair and think about that beer in the fridge until the cows come home, but it won't appear in your hand until you get off your ass and go and get it!

I should point out here that recent exploration has provided me with evidence that our desires and mental attitudes DO directly influence our physical reality to a far greater extent than previously thought; indeed our physical circumstances are DIRECTLY LINKED to our particular desires and attitudes. This means that with the right intent you can change your physical circumstances accordingly. At present I am still only at an early stage of exploration in this important area and much additional research is needed. However, even with this being so, it is clear that the norms surrounding physical reality do shield us from the most immediate and direct aspects of the 'thought = action' principle which governs the Wider Reality (or Astral World as others call it). This leaves us free to engage in all manner of experiences, all of which ultimately lead to our enrichment; that is after all the purpose of life: to live and to experience and to grow.

Some people question the notion that our primary purpose in physical existence is to experience, for if that is so, then this

seems to justify or belittle all the horrible things that happen in the world and allow us to pass them off with 'ah well it's all experience and is therefore all good'.

Actually, I am NOT saying this: There is NO excuse for ANY KIND OF SUFFERING! It is true that we are here to experience, but that does not mean that we have to experience horrendous suffering or that suffering is somehow 'good'. The fact is, the physical world offers us a plethora of possible experiences, so many in fact that there is no need to immerse ourselves in endless horrific situations just for the hell of it. Our most innate natural state is in fact one of joy, peace and comfort; to experience the opposite to any great extent is not healthy.

In fact, the only useful aspect of experiencing agony and suffering is to learn how NOT to experience more agony and suffering! These are NOT naturally desired states and should be avoided if at all possible. Of course, the nature of the physical world and its freedom of action can make this impossible, as we are emotional creatures after all. We can all expect our fair share of pain, but there is no excuse for encouraging these negative aspects. The best we can do is to focus on the love and positivity than can arise from such painful moments, providing we give them a chance to do so. We should do our best to encourage an end to suffering everywhere!

Astral Projection/Out Of Body Experiences:

One thing I want to make clear concerning what is normally called 'out of body experiences' is that this name is actually incorrect. The fact is, we already occupy ALL of our Consciousness Continuum to start with, with our Primary Focus being centred along a certain part of it i.e. F1, F3 or F4. With regards to F1, we

are primarily *FOCUSED* on our physical bodies and we perceive and interact with the physical world through them but we are in no way *INSIDE* our bodies. When we 'project' we are temporarily shifting our focus of awareness from F1 to wherever, we are *NOT* leaving our bodies as we were never *IN* them in the first place!

With regards to exploring the physical while in an 'out of body state': in such a state, what we are therefore doing is not leaving our bodies but focusing away from them. Now, in doing so, we can continue to perceive the physical world as a point of consciousness but it can be difficult to navigate and to perceive properly if we're not used to it, so to make things easy we can (usually automatically) create an energy double to focus on and use to navigate and perceive things around us. This is the so called 'etheral body' or astral double that people talk about. The etheral body only exists for as long as it is needed and it is then dissolved when we refocus back on the physical body again. This energy body can take many forms depending on the expectations of the projector; however they are not necessary in order to focus away from the physical but are a common feature.

The term 'Astral projection' on the other hand is normally used to refer to trips to the astral world or what I call F2 and F3 states. In F2 or F3, the process of 'body creation' is the same although it is much easier for people to create bodies for themselves and they feel much more 'real' than the temporary second bodies created for the duration of a physical 'projection'. While people permanently engaged in F3 can adopt whatever form they wish, most people appear to automatically adopt the form of their previous physical existence, but as it was at their physical peak, i.e. 25 to 30 years old. This is somewhat of a generalisation but it tends to be most common.

*One other point to note is that it is our continued desire to remain primarily focused on the physical which keeps our energetic connection with our physical bodies intact and keeps our physical bodies alive. As soon as we *permanently* switch our focus then our link with our physical bodies is broken and the physical body dies. To put it another way, the body is not the source of the mind, nor does it sustain the mind; the reality is that the mind sustains the body; as soon as the mind decides to disengage permanently, the physical body will die.*

The Real Time Zone:

When talking about physical projections, people often talk about the physical world and a 'buffer zone' next to it. This buffer zone is like an exact parallel of the physical world and is where we project to when navigating the physical world in a non physical manner. I used to accept the notion of a buffer zone between the physical and the astral but no longer do so. I now believe that what we call the buffer zone or 'Real Time Zone' is in fact all part and parcel of the physical world. It is just that Focus 1 or the physical is made up of a lot more than what we perceive from a normal, physical perspective. I suppose we could call this the 'Wider Physical'.

You have not actually gone "out" of body at all. You have simply taken a step "back", so to speak, from the front-line physical in terms of your current focus, into the wider physical. You cannot go "out" of someplace where you were never "in" in the first place. If someone moves their location from point a to point b, this logically presupposes the person was actually at point a to begin with. If I want to go out of one room into another room I have to initially be in that first room.

In terms of the body, we are not located in that first room, we are merely focused within it, as if from a distance, if you like. The analogy falls down rather quickly but imagine looking into room one from a distance through a telephoto lens, then you shift your focus to room two. In a sense, and only in a sense, this is what we are doing.

Reality Fluctuations:

*Projectors often talk about 'reality fluctuations' when involved in a RTZ projection. For example, you may be floating around your room, looking down at your body and everything appears just as it was when you were physical, except it was dark outside and now it is light! Hold on, the door is in the wrong wall! These fluctuations are not really fluctuations, they are *overlays*. You see, F1, F2, F3 and F4 don't sit one on top of another in a nice, organised, linear manner. The reality is that they all intertwine together, much like several strands of string bound together to form rope. You can experience F1 and *at the same time* experience an overlay of F2 or even F3. This is how I expect mystics have their visions. They experience an F2 overlay of Jesus or whoever, and this is on top of their F1 experience. The end result is seamless so you would in effect see Jesus walking around in front of you in the parking lot or wherever you were having your vision! Ghostly manifestations may also be a result of overlays, perhaps F1/F3 overlays, allowing the witness and the 'ghost' (i.e. someone residing in F3) to perceive each other. Overlays or fluctuations as they are more commonly called, can be kept to a minimum with practise: you need to practise keeping your mind as focused and emotionally neutral as possible during physical projections and eventually you should be able to observe your RTZ surroundings with a good degree of accuracy.*

Parallel Universes:

The Wider Physical is a very interesting area which I am just starting to get to grips with. When you are exploring the Wider Physical you come across all manner of tubular structures, astral gateways and all manner of weird and wonderful entrance structures. I now believe that at least some of these may lead to other parallel physical universes. There is not just one universe you see. While ours is vast enough, it would appear that we created many other parallel physical universes as well. Some are very similar and others are wildly different. I am now of the opinion that they all exist very close to each other but on different vibrational levels. It is perfectly possible to "travel" between what are commonly called parallel universes. A seasoned projector can do this (though not in the physical sense... yet?) by travelling along the myriad of tubular structures that link all the various different realms of physical-reality universes. I suspect this underlies Monroe's F35 experiences, described in his book. I have never found an exact parallel for F35 and I believe that he may have actually arrived at a crossroads of parallel physical dimensions. However, instead of these crossroads residing somehow 'beyond' F27, these parallel worlds may in fact interact at a much closer level, somewhere in the Wider Physical level, or what we call the Real Time Zone. Like many aspects of the Wider Reality, this area requires further study.

Opportunities For Providing Proof:

As I always say, the only way a person can "prove" experiences to himself or herself is to gain knowledge of an action that is unconnected with themselves. Physical projection, once

mastered, is an excellent opportunity to get some. For example, in one RTZ projection I had fairly recently, I was outside and saw a large van making a delivery to the bakery. I popped back to physical, threw on some clothes, walked down the road to the bakery to check and there was the van. This is just one example but once you have done this kind of thing a few times, residual doubts about your experiences will soon be dispelled.

4) In depth: Focus 2

The region of your Consciousness Continuum that I call Focus 2 is very interesting. Unlike Focus 1, 3 and 4, this area of your consciousness can only be experienced by you. It is an area of individual consensus reality that nobody else has access to apart from you.

Focus 2 of consciousness is the next area inwards, so to speak from F1. Now, anything that ever has, or ever will come about within Focus 1 originates within Focus 2 of consciousness. This is the area of a person's imagination; it is where all ideas come about, all impressions, gut feelings, etc. Each and every manifestation that is brought into being within Focus 1 oC, absolutely all of it, every invention, every design, every piece of art of any description, etc. without exception originates within Focus 2 of consciousness.

Focus 2 oC is the place the olden day explorers termed the astral. It is perfectly possible to enter this area and engage in whatever belief construct you like in 3D. It's the place where most of us do our dreaming. If a person develops a degree of lucidity while they are dreaming, then this is where they will have a lucid dream. If

they purposely enact some kind of "projection technique" then they can often enter this region with certain expectations, which will pan out as an "astral projection" experience as opposed to a dream or lucid dream. But these actions are all essentially the same. All that changes is your level of awareness and your expectations.

The key fact about engaging with F2 is that all your belief constructs will be represented in front of you in glorious 3D! As F2 is divided into many, many areas which all hold different beliefs, thoughts, memories and experiences from your life, you can engage with these belief constructs as you wish.

There are tremendous joys to be had here. Myself, I love running through all my childhood memories, for example. Anything you ever felt, saw, experienced, etc., etc., in your life, you can "re-live" again within Focus 2 and in stunning detail. Absolutely anything and everything your physical senses have ever experienced, and I mean that LITERALLY, is recorded by your senses and "stored" within Focus 2, plus all your dreams too. F2 is where you do your dreaming every night so you are actually well used to this area.

When engaging with F2 worlds, you will find that the characters there can be quite limited in their range of abilities. This is because they are constructs made by you. Dream characters are a typical example of these constructs. When you are in a dream state in F2, your awareness is usually pretty restricted anyway, usually to the scenario depicted, so you don't really notice. If you enter an F2 area while fully aware, you will soon notice something odd if you try to engage these characters in meaningful debate or try to get them to do something other than what they were doing. They come across as being a bit vague and

not quite 'all there'. This is one of the BIGGEST differences between F2 and F3. Some people ask how I can tell the difference between F2 'dream' characters and real people in F3. Don't worry, You WILL be able to tell! People in F3 engage in a whole range of actions, communicate with you directly in meaningful dialogue and act in ways that you could not predict, just as they do in F1/physical. This will become obvious to you once you gain a bit of experience of F2 and F3 environments.

I should point out that although this is your own personal area and cannot be experienced directly by others, it is still possible for someone to communicate with somebody else in an F2 state (such as a dream for example - which is just F2 with restricted awareness). Someone else from outside, say F3, can try to communicate telepathically and this communication will hopefully manifest itself in the F2 experiencer's world, perhaps even as a representation of the communicator. With any luck, the communicator may even succeed in raising the F2 experiencer's awareness to an F3 state, resulting in full face to face contact. This can happen in a seamless manner and is another example of 'overlays' in action, in this case F2/F3. This is how it is possible for those who have 'passed over', to use the old terminology, to communicate via dreams with those still residing in the physical.

This is about as far as those olden-day inner explorers went. Some of them tried to venture "beyond" F2 but by and large they were captured by their superstitions when they came across the 3D Blackness or FZ area. Getting lost or getting mutilated by some monster hidden in the dark recesses of 'The Void' was a big thing in those days. The tales of which would be filed alongside all manner of other scary "facts", such as, if a person travelled at more than 15mph their physical body would fall apart.

But these days the more forward-thinking practitioners realise this infamous Void of old is just an area of 3D Blackness situated between Focus 2 and Focus 3 of consciousness. To followers of the Monroe School, The Void is simply the 3D-Blackness at Focus 21. Simple as that. No superstitious nonsense getting in the way. Just place your Intent and away you go.

So when you “take off” into the 3D Blackness, you generally emerge within Focus 3 of consciousness, or what is becoming commonly known as the Transition Area, where you will come into contact with other people who are very real indeed, not just F2 'dream characters'. It is to F3 that we will turn our attention to next.

5) In depth: Focus 3

Now, if you shift your focus of attention to Focus 3 of consciousness, please understand that you are still not in a separate place. You are still within your own Consciousness Continuum, but Focus 3 is an area of common consensus reality, so things are very much like the physical, indeed even more physical than the physical if you know what I mean; like the physical on steroids! As it is a common consensus reality (like F1), it means that you can perceive and interact with everyone else and they with you, just as in the physical.

This is where people go when they 'die', i.e. make the Primary Focus switch from F1 to F3.

F3 is also known as the Transition Area, as it is where we all go in order to begin the process of adjusting back to subjective reality once again and to prepare for our eventual Primary Focus switch back to F4. This is the ultimate purpose of Focus 3. How long this

process takes to complete will vary from individual to individual and everyone progresses at their own pace. Some people can take hundreds or even thousands of years, in our terms. There's no rush!

This level equates to Monroe's F23 - F27 areas. Focus 3 is big, and I mean HUGE! You could probably spend thousands of years exploring this area and only manage to cover a fraction of it, with new additions and changes occurring all the time.

The fundamental rules of the Wider Reality are readily apparent here in that 'Thought = Action' and 'Like Attracts Like'. This means that people of similar mindsets will tend to gravitate together with others of a similar persuasion. The subjective energy of these groups then allows for the creation of environments suited for the groups in question, although I should also point out that you often get individuals living in some environment by themselves; this is because they have chosen to do so, or expect to, depending on their expectations on crossing over. As I said earlier, F3 is also known as the Transition Area, as it is where we all go after physical 'death', when our Primary Focus switches to F3 (instead of F1) in order to begin the process of adjusting to subjective reality once again and for our eventual Primary Focus switch back to F4. This process proceeds at each individual's own pace, so we could be talking hundreds or even thousands of years for some people! The whole process can be hampered by the fact that many people may not know that they have 'died' or they may have strong religious beliefs which means that they spend years in some created heaven of their own expectation, along with others of similar beliefs. They only remain in these scenarios for as long as they hold these beliefs, so once they begin to have serious doubts about their 'heaven' then

their energetic structure will change, opening up other possibilities for these people and a chance to engage with a more free thinking area.

All the heavens of mainstream religion can be found here as well as all the hells. These are all scenarios created by people's beliefs and expectations. If they really believe that they will be going to hell, complete with fire, brimstone and fork-wielding demons, then that is where they will end up, suffering alongside others of similar persuasion. Like any F3 scenario however, at some point they will begin to question what in Hades is going on and if this thought process goes on then the penny eventually drops, allowing them to leave.

Afterlife researcher Bruce Moen calls all these self-created afterlife scenarios 'hollow heavens' and 'hollow hells' to highlight the fact that they are created by US, due to our own expectations; we are not governed by some God-like figure. Nobody judges us or punishes us; the reality is that we punish ourselves. If you are a serial killing cannibal and love it, after death you will gravitate to areas populated by other serial killing cannibals. This may sound great, but a few hundred years of being eaten alive by other people of the same persuasion as yourself is punishment in itself and allows you to see things from the victim's perspective. After a while, this tends to override the cannibal's joy in being able to continually indulge in his favourite activity. Eventually, the cannibal rejects this mode of thought and frees himself from it, allowing him to gravitate to something better.

Focus 3 can best be thought of as a tree, with the least free thinking areas towards the bottom and gradually becoming more

free thinking up to the top. With the lower branches, they are populated by all kinds of people involved in horrific practises who are basically slaves to their basest animal instincts. Many will not even be aware that they have 'died'. This region equates to Monroe's F23 - F24.

Further up the tree, you find all the heaven and hell scenarios and other places created from people's expectations after death. They are populated by those who had very strict, fundamentalist religious views on what would happen to them in the afterlife. You will also find many other groups and individuals engaged in an almost limitless amount of other scenarios of their own making. Again while some of them are aware they have transitioned from F1, others may be unaware that they have 'died' or are confused about exactly what has happened to them. This region equates to Monroe's 'Belief System Territories' of F25 - F26.

Then, towards the upper branches of the F3 tree, which equates to Monroe's F27 label, you have the free thinking areas where people are most well balanced and have no fundamentalist mindsets, or warped desires to kill babies with chainsaws. They are very happy, fun loving and joyful. I tend to refer to their attitude as 'dead and loving it'. These upper (or more correctly: Wider), free thinking areas are also huge in number and you can find all manner of interesting people and locales there. There are too many upper F3 areas to possibly count, but they do include some important locations made famous by The Monroe School, such as The Park, where people often come to chill out while recovering from their physical world experience, The Life Review Centre, the Library and so on.

*I honestly urge you to be prepared for a bewildering array of 'worlds' when you engage in F3; some are wonderful, some funny, some horrific! You get all kinds of towns and places full of people and you might just come across people living alone. It all depends on the person in question. Lots of people are 'dying' these days with no particular religious beliefs so they end up in transition just basically doing what they have always done. Basically, the F3 regions are chock full of people who are acting out all manner of scenarios. And I really do mean *all* manner of scenarios you could possibly think of, and more (infinitely more). At the base level you find people engaged in the most disgusting acts of depravity, where child torture, murder, rape, et al, are the norm. As you go higher, or more correctly wider, you come across regions where people are engaged in all manner of other pursuits, many of which have a religious or mystical slant. Beyond that you get to the upper branches where everyone is the most free thinking and well balanced, as I have described earlier.*

*Once you can reliably project your consciousness into these regions you can have a lot of fun chatting to the locals and finding out what's what. But I do agree that it is very spooky at first because it all seems so real. That's because it *is* real.*

The key thing to do, or rather not to do, is start to overly analyse whatever the circumstances are that you find yourself involved in. The best state of mind to be in is that of a passive, mildly curious observer. Problem is, if you begin to react to the circumstances, especially emotionally, your own release of emotion will cause reality fluctuations that can (and often do!) vary from mild to wild.

What happens then is, you become entangled in a situation where you have the astral circumstances you found yourself in. Then, superimposed on that, are the circumstances you are creating from your own release of thought-release-emotion. Which all gets mighty confusing and generally scuppers the experience. If you feel circumstances are getting out of hand, rather than try and "make it right" simply go back to Physical (F1) and project again.

You do come across some interesting cases. During one exploration, I met a very interesting lady called Mary who had built herself a wooden church and was waiting for "god" to come and bless it for her. You cannot help but have compassion for these people. She had held her faith all her life that one day she would be meeting "god" after she died and there she was, waiting for "him".

She asked me if I was waiting for god too, and if I was lost. I said I was a traveller passing through (as I tend to do). She invited me in and offered to share what she had. Saying if I was lost then I could stay in her little place while waiting for "him" and he would bless me as "he" would her. Once I was "blessed" then off I'd go to "heaven" and all that jazz. I gave her my thanks and, once I was out of sight, Phased back to physical to make notes.

Why people sometimes get 'stuck' in F3:

People often waste loads of time in the various hollow heavens and hells that I have talked about earlier, as well as all manner of other scenarios. They get stuck in these worlds as they simply don't know anything else. This is the afterlife that they fundamentally believed they would be going to, so that is what they get. Also, you have to realise that many people end up living

in circumstances very much the same as they did while physical. Loads of people are living their lives within F3 and they don't fully realise they have actually physically died. There is a part of them that is well aware, but they just get wrapped up in their day to day affairs just like they would have done while physical. Such people will carry on living in such scenarios until the penny drops and/or they receive some help from outside.

Emotional loops:

Emotional loops are an even more serious situation however; more so than a hollow heaven. People often get in the unfortunate situation where they are releasing a particular mix of emotion that is creating a certain kind of objective scenario. Then they are reacting to that scenario in a particular way. But that particular way of reacting causes that same particular mix of emotions to be released, which causes the person to react to the scenario in that same particular way. So that same particular mix of emotions are released, so they react to the scenario in that same particular way... etc., etc.

Of course, within the physical, people can become locked in these kinds of weird circumstances in dreams. But it isn't long before the alarm clock goes off, or some physical demand comes along and the person snaps out of it. But once someone is sans physical then different rules apply.

There is no need to eat or to excrete, no need for sleep, and so forth. So for someone caught in a loop there is nothing much that will come along and make a demand, break their attention, thus snap them out of it. For example, if there was a need for sleep then, after 20 hours or so, the person would get tired, fall asleep, and thus break the construct. Or they would end up starving

hungry, or eventually get a severe need to use the bathroom, or whatever. But no such thing applies and people can become locked in these kinds of constructs for what we would gauge as a time period. This time period could be from minutes to even hundreds of years. There are no hard and fast rules.

Retrieval work:

The solution is to somehow interrupt a person's thought patterns to make them start thinking of something else. As they do so, the objective circumstances they keep repetitively finding themselves wrapped up in will dissipate.

There are many people resident within the upper branches of F3 who try to help people free themselves from this kind of predicament. They are usually referred to as Helpers. Plus, you get people such as myself who regularly project to this area and see it as a challenge to break some of these constructs in which people become entangled. Some people call it "Retrieval" work and I too use that term loosely.

Helpers and people in F1 who engage in Retrieval work can also try to help those living in closed off belief system scenarios such as the hollow heavens, hells and all the other scenarios that people end up in. Helpers from these upper regions are always on hand to help these people and often try to get through to hopeful cases whenever there is a possibility that the individual in question is beginning to question his or her circumstances. Eventually people start to question the validity of their circumstances, thus the framework of the belief construct is gradually laid bare and people progressively gravitate to the upper branches of F3.

Note: when I use the term “top” or “upper” to describe this region I don’t mean in a superior sense, like this top region is more “religious”. If anything, quite the opposite is the case.

The people who are engaged in the religious constructs are the ones caught lower down, which is kind of ironic when you think about it. This is the main reason why I, personally, detest any kind of fundamentalist religion. These kinds of belief constructs are presented within the physical as a boon to progression in the non-physical, when in fact they turn out to be a barrier. But within Primary Focus 3, you can also see that many more people are disengaging from the physical these days with no particular mystical or religious beliefs, and are thus finding the progression through transition very much easier to achieve.

Creating your own environments in F3:

Within Focus 3, you can construct whatever you like. I made a tree house in a dense forest that ran to the edge of a lake. I made an ocean and a lovely open-plan house with a veranda that led out onto the sand. I’ve created all manner of plants, grasses, fish and other animals.

Now, the great thing is, within Focus 3, once you create something, it remains until you choose to change it, so you can go to it whenever you like. You should also be aware however, that so can anyone else, both those who live in F3 and other people phasing there like you, so don't be surprised if you turn up sometimes and find other people there!

It’s quite tricky learning to create things in F3. You have to merge with the underlying subjective energy. It is not like F2 where your thoughts immediately come to life. You have to

concentrate a little harder. But there is a knack to it that you soon pick up and then it becomes second nature. If you get stuck, simply ask someone to help you. You'll find people are ever so helpful. Also, upper F3, do not be surprised to get all manner of people who obviously know you very well, coming up to say hello. Yet you haven't got the foggiest idea who they are!

A good reason for learning how to create F3 environments now is that people in the know, so to speak, construct a place for themselves so, when they permanently disengage in a physical sense, i.e. when they "die" that is where they go... to their own place within F27, or the upper branches of Focus 3 as I call it.

One final point: One of the useful aspects of F3 exploration is that you contact people, get their details and try to verify that they used to live in the physical world later. I have managed to make a number of verifications of people I met within Focus 3 of consciousness of my Phasing Model.

6) In depth: Focus 4

The Next step inwards is Focus 4 of consciousness. Once you have finished your physical world experience and have spent some time in F3 adjusting back to subjective reality again, you will at some point be ready to switch back to Primary Focus 4. F4 is where things really start getting interesting!

Once we engage with Focus 4, we become our 'Wider Selves'. I don't like using the term 'higher self' as you have no higher or lower self. You are you; it's just that you have focused your attention from your F4 perspective to a narrow F1 perspective for the purpose of experiencing the physical world. When you engage F4, you are engaging your full perspective once again.

Those whose Primary Focus is F4 have no form at all. They exist as energy essences, or what we might call a point of consciousness. I can't really tell you how many people are resident in F4, but it is certainly a huge number in human terms. I'm not sure how many people will remember the kids TV sci-fi series of about 30 years ago, or so. It was called Captain Scarlet and you had what were known as the Voice of the Mysterons. They were these mysterious beings that would talk to you out of nowhere. Well, that's a bit like how it is communicating with people who live within Focus 4.

So what's Focus 4 like? Well, you need to realise that F4 is nothing like F1, F2 or F3. It's unique. You phase into what feels like a huge interconnecting communications network. In a way it's like plugging your computer into the Internet. But you are plugging your mind into an infinite network of other minds. There is, of course, a LOT more to it than that. But in a nutshell that's the simplest explanation I can come up with. While it is an exciting thing to do, I have to mention that it is not for the faint of heart, or for anyone who is not totally grounded in themselves mentally.

The "problem" you might say, is you can get to feeling like you have "lost your own mind".

Thing is, we get so used to having only ourselves in mind. And communicating in this area is fully mind-to-mind. So what you do is merge your mind with another mind or minds (now multiple merging is really freaky, lol) and you communicate via thoughts, imagery, feelings, and so forth, in ways that are appropriate for the subject matter you are communicating about.

In a sense, though, it feels like someone is “invading” your mind, and the more egotistical parts of you may battle against it. With me it took about a hundred attempts before I became comfortable with the process.

The Graduates that Monroe talks about in his work about must surely be people who have adopted Focus 4 of consciousness as their Primary Focus. I can see no other explanation. I am also convinced that Monroe touched on Focus 4 quite a number of times during his experiences but for some reason the penny didn't quite drop with him. With me, it was my frustration in my attempts to go “beyond” F27 of his model that led me into the discovering of Focus 4 of consciousness. Not that I actually saw it as Focus 4 at that time. The label came later. But it was obvious that the area was a completely different area to the Transition Area of focuses 23 through 27 of the Monroe model.

As I have said, there are many, many people resident within Focus 4. Pure energy essences you might call them, that you can tap into. These people are quite knowledgeable and do come across as kind of “god-like” you could say. But that's only because they are subjective energy essences that exist primarily as a point of consciousness, so to speak. When we each (for want of a better word) “complete” our current movement through consciousness, or as Monroe was saying “graduate”, we too will reside within Focus 4 solely as an energy essence, or a point of consciousness. This is simply part and parcel of adopting Focus 4 as your Primary Focus, instead of Focus 1 or Focus 3. But I guess people in the past have just misunderstood what's what.

If I had come across Focus 4 before Freda and Harath (my guides) had given me a detailed briefing of what to expect, then

even I could well have mistaken my interactions as some kind of communication with divine being(s). Because that's precisely the way they come across. They radiate a kind of energy that tends to turn you to emotional jelly. But they are not "gods" as such. The energy they radiate is merely a product of adopting Focus 4 as your primary focus. If any of us chose to do the same, we would radiate the same energetic signature. Well, that is what I am told. I won't actually know until I try it myself, of course. :)

I should point out here that I have also discovered people in the Wider Reality who have adopted a kind of 'semi-F4' state; people in this state are kind of half in F4 and half out of it, so to speak. They can also come across as kind of 'god-like' if you come into contact with them without knowing what's going on. Again, it's due to the energy signature.

The strange thing is, we actually are now resident as a point of consciousness within Focus 4. We have not in any way "left" Focus 4. What we have done is to adopt a different Primary Focus for the purposes of our experience. You can imagine it as one continuum of consciousness that extends, like a telephoto lens, if you like, from Focus 4 through to Focus 1. What we objectively view as "death" in subjective energy terms is an objective translation of the action of a person shifting their Primary Focus from Focus 1 to Focus 3. After your life within Focus 3 you, in a manner of speaking, die again, when you shift your Primary Focus from Focus 3 to Focus 4. And that completes your cycle, you could say.

Note: I have to be wary of using terms such as beginning or end, because when you are speaking within the context of Focus 4 these terms simply don't exist. From the point of view of Focus 4,

your life here is a movement that you initiate in consciousness for the purposes of your experience.

How Focus 4 fits in with the rest of our system:

As I have said before, we in our F4 states decided to create this physical universe (and lots of others besides), all for the purpose of allowing us varied opportunities for new experiences. When it comes to setting up a physical world system like our physical universe, certain “supply lines” and “structures” have to be put into place. Each physical world system has 3 basic areas of consciousness that ultimately “connect” to Focus 4. So the “main” area or ultimate creative source, is Focus 4. This area is common to all the physical worlds that are “connected” to it. Focus 4 is what you might call an “umbrella” area, and the other 3 areas of each physical world within our system are “nested” within that overall umbrella.

So say you had Focus 4 and 100 physical-world realities. Note: there are actually an infinite number of other physical-world realities within our whole system. But here let us say there are just 100.

Each physical reality has a Focus 1, obviously, because physical reality is Focus 1. So there are 100 Focus 1's, together with 100 Focus 2's and 100 Focus 3's. Each of these areas is nested within one Focus 4.

The best way of thinking of Focus 4 in my opinion, is to think of it as the ultimate creative source of all that exists within our entire system. In other words, all the original plans, archetypes, models, etc., etc. of all the physical realities “connected” to Focus 4, are held within this area.

Focus 3 is a Transition Area that is reserved for people “returning” from their physical experience. People generally have to go through a period of shaking off all the belief constructs they brought into objective reality during their physical experience, to enable them to merge fully with the subjective reality of F4 again, at which point they can decide what to experience next. Focus 3 also has sections that serve as what could be termed areas of our “collective unconscious” but for our purposes, thinking of it as a Transition Area will suffice.

The original archetypes held in Focus 4, that are to do with all the potential states and probabilities possible within our particular physical dimension, are “downloaded” into Focus 2. What people then do is pick and choose whatever actions they fancy and “play” with them within their area of Focus 2.

Essentially, the action of doing this creates a pool of individual probabilities within Focus 2, and each person in question decides which of these probabilities to bring into objective reality, i.e. bring into Focus 1.

In other words, each individual creates their reality subjectively within Focus 2, and then they “insert” it into Focus 1 on an ongoing basis.

Please note: not all physical realities are built on the same basis. Not all physical realities, for example, incorporate emotions like we do. So the potential states and probabilities possible for other physical dimensions will naturally vary. Therefore, each physical reality will have a correspondingly different set of potential states and probabilities “downloaded” into their Focus 2 area. But the ultimate source for all these potential states and probabilities is Focus 4.

The 4 areas of consciousness are NOT distinctly separate. They are intertwined immeasurably, and each area is associated with particular actions, explorations, and/or movements in consciousness; while being fully connected to, and interacting with, each of the other areas.

Above all, I would say that there are two humongous challenges in thinking associated with Focus 4 of consciousness, as follows:

1) It is an area of purely subjective reality. So nothing actually exists as an objective observable form. To feel your whole sense of 'body' totally disintegrate is not something you forget in a hurry. :) This is why I do not recommend beginners attempt Phasing to focus 4. There are no 'dangers' don't get me wrong. But the effects are mind blowing and I do not say this lightly. Seeing my whole physical life as a *concept* changed my outlook on life significantly overnight. The notion of *concepts* is one that you will have to fully grasp in order to make headway in F4. In F4, everything is to do with subjective concepts and F4 is the source of all concepts that eventually manifest in objective reality. You can decide to merge with the underlying subjective energy that forms the concept of anything you care to think of and experience being that thing, or more correctly, the concept of that thing. You can experience being the concept of a flower, a rock, a cloud, an ant, or a human being. For the really adventurous, you can also experience more abstract concepts, like being a sound (this is fun!), or a day of the week - that's right, you can experience the concept of 'Tuesday'! There is no end of concepts that you can engage with - I told you it was freaky!

2) It is an area of simultaneous time, as opposed to linear time that we experience within this physical reality. So everything that

is about to happen, has happened and is happening, is all happening at once within the same moment (within infinity everything happens an infinite number of times). This means of course that there is no death, no beginning or ending: everything just IS. However at the same time, there is ever-expanding consciousness. Hey, it's hard to get your head around, but who said infinite reality and the prospect of ever expanding consciousness would be easy! It's all part of the fun!

Ultimately, sampling F4 consciousness can be a very rewarding experience when you get it right. Because then all your Wider Self is laid open for you and you can revel in the excitement and the enjoyment of it all. Stand transfixed by the sheer awesomeness of it all. Find out who you truly are. Know there is no death. Know that life is just one continuous cycle of knowing that has always been. Know that there is only ever-expanding consciousness. Engage the concept of Infinity. Become that concept within Focus 4 and you will never be the same person again. Imagine the sheer ecstasy of a million orgasms all happening at once. Those are the kind of sensations Focus 4 gives you, and that's just scratching the surface!

7) Beyond Focus 4: other systems

I have been asked several times if there is anything 'beyond' Focus 4. The answer is, to my knowledge, within our particular system there are just 4 Primary areas. But consciousness doesn't end there. Consciousness is infinite. There may well be an infinite number of other systems either like ours or perhaps wildly different. Nobody to my knowledge knows anything about these potential other systems.

Monroe talks of 'Focus 34/35', but as I have said earlier, I believe that Monroe was experiencing something else. I believe his F35 experiences were actually relating to areas of our Wider Physical, where alternate physical dimensions (within our F1 to F4 system) seem to converge. Ha ha, no wonder I couldn't find it!

The interesting aspect about these other physical worlds within our system and the weird thing about them, is that they all occupy the same physical space. The actual characteristics of the different physical dimensions within our system can be wildly different but they all have this one thing in common, in that they occupy the same space. Anyhow, what 'separates' them, if you like, are these Trans-Dimensional areas in consciousness that allows each physical universe to overlay on one another.

Now, I have it on good authority that it IS possible to 'travel' between Trans-Dimensional areas; when I say travel I mean actual physical travel. It is also possible to do this non-physically as well, so I am told. So my theory is that these UFO sightings might in fact be a kind of 'bleed through' from another Trans-Dimensional area: an area that has people living within it who have already learned how to design some kind of craft with the ability to travel between physical dimensions.

Anyway, back to the potential for other systems outside of our own F1 to F4 model:

From reading Monroe's later work, I wonder where the heck he was sometimes. He was way out, but not in Focus 4 terms. There was something else. Seriously, I reckon he was about to attempt to step into **another** system of consciousness from Focus 3: entering into an 'Extra-Dimensional' state that is outside of our F1 to F4 system completely: that is what I have been trying to

study for ages, the possibility of these Extra-Dimensional areas. I reckon that is why his physical was put at risk. Okay, I'm guessing now, I admit, but I am going to completely retrace his footsteps in the future.

If he were trying to enter another dimension totally, i.e. another system, then that is just incredible. That is not Focus 3, 4 or 5, that is just completely into the unknown...and I mean total unknown. Unless he was attempting to enter Focus 4 while holding a complete objective knowing of that fact. That would just be crazy. You'd just be short-circuiting every subjective energy circuit that ever was. I doubt anyone could have the objective will to do that; just too many natural laws against you.

I just wonder what on earth he found and what secrets there are still to be unlocked from Monroe. I'm going to begin again from page one and work through it until that final piece of the jigsaw falls into place.