

Hemi Sync[®]
Developed by The MONROE INSTITUTE

The Gateway Experience[™]

Wave III

Freedom

The Gateway Experience™

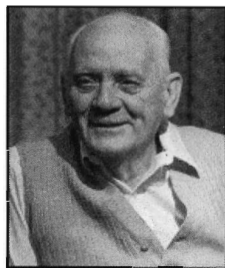
Wave III—Freedom

Voiced by Robert A. Monroe



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Comments from Bob Monroe regarding the Gateway Experience™



What can you expect from the *Gateway Experience*? As much or as little as you put into it. The exercises provide you with a set of tools—how you use them and what you do with them is your responsibility. Some discover themselves for the first time, and thus live more completely, more constructively. Others reach levels of awareness so profound that only one such experience is enough for a lifetime. Still others become seekers after truth and add ongoing adventure to their daily activity.

There is only one basis—that you seriously consider the Gateway Affirmation at the least a possibility: that you are more than your physical body, that you can and do exist in energy systems that are not limited to time-space, that you can and do communicate with intelligence beyond your physical consciousness—call it what you will.

The Gateway Affirmation

I am more than my physical body. Because I am more than physical matter, I deeply desire to Expand, to Experience; to Know, to Understand; to Control, to Use such greater energies and energy systems as may be beneficial and constructive to me and to those near and close to me. Also, I deeply desire the help and cooperation, the assistance, the understanding of those individuals whose wisdom, development, and experience are equal or greater than my own.

What Is Hemi-Sync®?

Hemi-Sync® is a patented, scientifically and clinically proven audio-guidance technology developed by The Monroe Institute and refined with over 40 years of research. Researchers learned that specific sound patterns could lead the brain to various states of consciousness ranging from deep relaxation or sleep to expanded awareness and other "extraordinary" states.

The audio-guidance process works by sending different sounds (tones) to each ear with stereo headphones. The two hemispheres of the brain then act *in unison* to "hear" a third signal—the difference between the two tones. This is not an actual sound, but an electrical signal that can only be perceived within the brain by *both brain hemispheres working together*. The result is a focused, whole-

brain state known as hemispheric synchronization, or "Hemi-Sync®." Different Hemi-Sync® signals are used to facilitate deep relaxation, focused attention, or other desired states.

Music, verbal guidance, or subtle sound effects are combined with Hemi-Sync® signals to strengthen their effectiveness. These recordings contain no subliminal messages. You are always in control.

Cautions and Warnings: Please Read

*The **Gateway Experience** is a system of training in self-exploration and personal development. It is not a form of psychotherapy, philosophy, religion, or medical diagnosis/treatment. It is a means to acquire knowledge—the application and results thereof are solely the responsibility of the trainee.*

DO NOT listen to these Hemi-Sync® exercises without first consulting your physician if you have a tendency toward seizures, auditory disorders or adverse mental condition(s). In the unlikely event that you experience any unusual physical or mental discomfort, immediately discontinue use. DO NOT listen to Hemi-Sync® audio products while driving or operating heavy equipment. Avoid using with other devices that may influence brainwave activity. DO NOT reproduce Hemi-Sync® audio products or use with Dolby® or other noise reduction systems. Doing so will diminish the effectiveness of

the Hemi-Sync® signals.

While many of our audio products contribute to wellness, they are not intended to replace medical diagnosis and treatment.

The Gateway Experience

Recommendations for Use

The **Gateway Experience** is an in-home training program for developing, exploring, and applying expanded states of awareness. Exercises in this series use specially blended Hemi-Sync® frequencies combined with verbal guidance and subtle sound effects (or music) to guide you into focused, whole-brain states of consciousness.

You will be gently led from your physical waking state into deep relaxation then to those thresholds of consciousness where you may experience *profound states of expanded awareness*. While in such states, one has a broader range of perceptions available with which to solve problems, develop creativity or obtain guidance. You may use this expansion and integration of personal awareness to know and better understand your *total self* so you might enjoy a more fulfilling life.

Each album (Wave) in the **Gateway Experience** is progressive in nature, building directly on the tools and techniques from the pre-

vious album. Therefore, the albums must be used sequentially. Following are recommendations for listening to these exercises:

- Locate a distraction-free environment where you can darken the room and remain undisturbed for the 30- to 45-minute exercises.
- Listen using stereo headphones on a personal or home stereo system.
- Adjust the volume to a level where you can barely hear the words. Otherwise, the verbal guidance may startle you following a period of silence.
- Allow at least one hour after eating and avoid alcohol, drugs, or excessive caffeine, which may limit the effectiveness of the Hemi-Sync® exercises.
- Get comfortable. Use the bathroom before each exercise even if it seems unnecessary. Loosen any tight clothing and remove shoes, glasses, or contacts. Listen while lying down or seated with your head supported, whichever is more comfortable for you.
- If you itch during an exercise, scratch. You will be able to move gently back into your pattern of relaxation.
- There can be a metabolic drop as you enter an exercise, producing a perception of heat, motion, or pressure. Have a loose blanket handy, ready to pull up or throw off as needed.
- Keep a journal to document the details of your experiences, such

as date/time, body position, medication or unusual diet, mood/attitude, energy level, moon phase, or any other unusual circumstance.

Wave III—Freedom

Each Wave and each exercise of *Gateway Experience* builds directly on preceding techniques and information. Use of *Freedom* exercises before having completed *Threshold* is not recommended. As you work with this Wave, you may find it desirable to review the Frequently Asked Questions in the *Discovery* manual.

About OBEs — Before beginning these exercises, take a moment to conceptualize your experiences thus far in terms of Robert Monroe's **Continuum of Consciousness**. This continuum can be easily understood by thinking of a radio dial; as you turn it, one station phases out and signals from the next begin to emerge out of the static. Let's consider a state of alert awareness, with your total consciousness paying attention to the present physical reality, as one "station" on the dial. When you find yourself wondering if you turned off the stove before leaving the house, you're momentarily "tuning in" another station. Daydreaming is yet another, as is the hypnogogic state on the borderline between wakefulness and sleep. C-1, Focus™ 10 and Focus 12 are arbitrary labels for certain points along the continuum.

As your daily life proves, you move back and forth along this continuum all the time: you sleep, you wake, you daydream, etc. Hemi-Sync® helps you shift your attention to a particular “station” or state of consciousness. And even when you are picking up a non-physical consciousness “station,” you may retain awareness of your physical body. One illustration of this is the classic out-of-body experience in which you “see” your physical body from an outside position.

You may perceive your nonphysical consciousness as housed in a “physical” body, as a sphere of light, as free-flowing energy, or... There are no rules, no norms, no standards against which you should measure your own experience. As you become more and more proficient in experiencing your consciousness as separate from the physical, the method of perception becomes quite unimportant and may change from OBE to OBE. What remains important is: Any experience of your consciousness separate from the physical body is an OBE, even though you may retain some awareness of your body lying in bed, or your breathing, heart beat, etc.

About Fear — Some people have a strong desire to go out-of-body while at another level they are frightened at the prospect. You’ve learned tools that can help deal with such fears. For example, put them in your Box; add a calming, reassuring statement to your

Affirmation; know that your REBAL comes with you and keeps you safe and comfortable; let your EBT be a two-lane highway for carrying you away and returning you surely to your point of departure; repeat *Discovery #4*; with *Threshold #2*, ask for guidance on how to best ease your fears.

Above all, let go of any expectation that you will have a particular kind of experience. Trust your greater self to know what is right for you and reinforce that trust with a sense of gratitude for whatever experience is awaiting you. Remember that you can always return safely to C-1 by simply “thinking” the number “1” and moving your fingers.

Practice — As you experiment with the different separation techniques on these *Wave III* exercises, you may discover that one works better for you. Or you may find energy building to sudden separation as you are simply relaxing, allowing Hemi-Sync® to move you along the continuum. Then comes practice, more practice, and still more practice.

In the beginning stages of developing OBE proficiency, you may find that thought becomes action; a passing thought about a person or location may transport your nonphysical consciousness there. With more experience, you will gain greater control. At that point, the adventure is totally up to you. You may choose to explore the

solar system, map the terrains between physical and nonphysical experience, develop friendships with nonphysical entities, or simply fly over the nearest treetops. The possibilities are limited only by who you are and how you wish to grow.

Wave III Exercises

Freedom #1—Lift Off

Center yourself in the “you” that is your nonphysical energy rather than in your physical body, and practice until you are thoroughly familiar with the process. Surprisingly enough, you can help yourself rise by “settling down.” Think about how it feels to go up in an elevator. Repeated practice gives you assurance that you can return safely and easily and, once you know this, it is quite easy to move farther than the exercise provides.

Freedom #2—Remote Viewing

Remote Viewing guides you through three experiments using your EBT to reach distant people and places with your awareness. Listen to the exercise first while sitting up and without headphones to understand the required involvement of someone with whom to verify the results. Distance is not a factor; the person can be around the corner or thousands of miles away. Select a mutually convenient, specific, hour-long time period so you can make notes before you contact the other person.

For the first experiment, have your associate write six numbers on a card, place it inside a white envelope, and lay the envelope on a cleared surface that you are familiar with in his/her home. For the second, have the person place a white cotton ball in another location you are familiar with. Ensure that the envelope and cotton ball will be standing alone, and that you are not informed ahead of time where they will be located. In the third experiment you send a message to your associate, noting where he/she is and what he/she is doing.

As you perform the experiment, notice how your perceptions work. Are you more apt to sense shapes, colors, or textures? What leads you to describe the things you perceive in the way that you do? What is your emotional experience as you are remote viewing? Integrate remote viewing into your daily life as you continue to practice these techniques. Allow your total self to “play” with and modify them. Over time, your capabilities will develop and strengthen. Remember, there is no failure in developing psychic abilities. Learning what does not work for you is equally valuable for your progress.

Freedom #3—Vectors

Vectors uses your REBAL to give you practice in going and return-

ing with a sense of direction. While perception involving nonphysical energy is not limited to ordinary notions about space, using your physical body as a reference point is a good way to learn to establish control over your movements.

You are asked to imagine a clock face, with 12 always just above the top of your head. You first learn to extend your perception around the face of the clock in a two-dimensional, vertical plane, with 3 being outside your left hip, 9 outside the right, and 6 just below your feet. In the next part of the exercise, you rotate the clock face so that 3 is in front of your hips and 9 is behind. The instructions lead you in exploring three-dimensional space.

Notice the feelings associated with perceiving beyond your physical body. Detect any interesting or unusual features of a particular vector, or changes in awareness associated with changes of position on the clock. You may find one vector especially stimulating, even a source of information. As always, make these techniques your own; experiment with them; establish and practice with additional reference points.

The more you repeat this exercise, the more proficient you become in controlling movement. Eventually, you will be able to use this learning in all your explorations.

Freedom #4—Five Questions

Five Questions leads you in asking: Who am I? Where and who was I before I entered this physical existence? What is my purpose for this existence in physical matter reality? What action can I now take to serve this purpose best? What is the most important message I can receive and understand at this point in my existence?

You may find it useful to review the comments for *Threshold #2* to remind you that the answers you receive may not be verbal and may come at a later time. Keep in mind the various perceptual methods you have been experiencing and open your awareness to kinesthetic sensations, emotions, a sense of “knowing,” or images. Whether the responses come from your total self or from an external source, it’s up to you to translate this nonverbal communication into words or visual representations that hold meaning for you.

These questions are only a beginning. As you continue to practice this exercise you can substitute your own and repeat any question for clarification or fuller understanding. Ask what you really want to know, infuse your questions with this desire, and express gratitude for the guidance you will receive.

Freedom #5—Energy Food

Energy Food teaches you a method for restoring depleted energy in C-1; it is an encoding of the process rather than actual application. To know whether the encoding is accomplished or whether to repeat the exercise, use the method shortly after each time you listen to the exercise. If you feel more energized, you have achieved proficiency with another valuable tool for use in your daily life. Then move on to the next exercise.

Freedom #6—First Stage Separation

First Stage Separation builds on previous exercises to take you farther in consciously controlling your nonphysical energy. Practicing five different methods of dissociation from your physical body provides the opportunity to discover that one is more comfortable for you, or to experiment with combining two or more of these methods. With each one, you can return to the physical body by using the “Return to C-1” encoding.

Log-rolling — Focus on rotating and rolling the nonphysical energy within your physical body as if an axis runs through your body from your head to your feet. When you sense a release of “surface tension” between your physical and nonphysical energies and you are rotating freely, stop the focus on rolling and allow it to continue. Once the “out-of-phase” condition is comfortably established,

you simply turn over and move outward. Reorientation can be easily accomplished by rotating until your nonphysical energy is in alignment with the physical. You may perceive something akin to a little “click,” and you are reintegrated.

Pole — Using your feet as a pivotal point, you are directed to move your nonphysical energy slowly up and out, head first, until you are in an upright position. When your energy feet are the only point of contact, intent is sufficient to accomplish complete separation.

Backing away is simply that: you slowly back out and away from your physical body. Once this is achieved, you can turn away and practice directing your movement with the techniques from the Vectors exercise.

Flowing involves sending out your nonphysical energies through the top of your head in the form of a cloud or fog or thin spray of gas. Once separated, this often reforms quite naturally into a replica of your physical body. You can then “jet” away on your EBT, float off inside your REBAL, practice with your vectors, or use any of the other tools you have learned.

Floating involves an emotional association with the concept of floating or soaring. As you contemplate how pleasant it would be

to float upward, like a cloud or a kite, your nonphysical energy responds to this emotional wish. Once separation is achieved, you can gradually diminish the emotion so other parts of your total self can direct your experience.

Repeated practice in a relaxed state, without expectations, is the best way to achieve comfort and confidence in your ability to separate and return easily and surely. Think of learning to walk. When your first attempt to stand erect as a child ended with a plop to the floor, did you give up and decide to spend the rest of your life crawling? Of course not!

Looking Ahead

Wave IV—Adventure is ready for you as soon as you are ready for more adventuring. You'll delve into additional applications and development of your skills as you enjoy exciting experiences of sending and receiving nonverbal communications (NVC).

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*Many **Gateway Experience** enthusiasts become inspired to attend the residential programs made available by The Monroe Institute. If you have an interest in learning more about these programs, you may do so by visiting the Institute's Web site at: www.monroeinstitute.org or by calling the Program Registrar at 434-361-1252 or 866-881-3440 (toll free).*

Recommended reading:

Journeys Out Of The Body by Robert A. Monroe (Doubleday, 1971)

The undisputed classic on out-of-body experiences.

Unpredictably, and without willing it, Monroe, a pragmatic Virginia businessman, found himself leaving his physical body to travel via a "second body" to locales far removed from the physical and spiritual realities of his life. He was exploring a place unbounded by time or death.

Far Journeys by Robert A. Monroe (Doubleday, 1985)

This mesmerizing odyssey, written after a decade of intensive research, takes you even farther beyond the known dimensions of the physical universe. With great insight and wit, Monroe offers new awareness into the untapped resources and limitless possibilities of the human mind.

Ultimate Journey by Robert A. Monroe (Doubleday, 1994)

In a long-awaited sequel, Monroe explores the incredibly rewarding opportunities that lie beyond the limits of the physical world. He charts the route that opens to us when we leave our physical lives and takes the reader with him on an exhilarating journey that expands the limits of human experience.