

Hemi Sync
By Monroe Products

The Gateway Experience[®]

Wave VI

Odyssey

The Gateway Experience®

Wave VI—Odyssey

A Journey to Focus™ 21

A Gateway to Self-Exploration

Voiced by Laurie Monroe

*Odyssey is dedicated to Robert A. Monroe,
to all who are committed to personal growth,
and to the evolution of humanity
seven generations from you.*

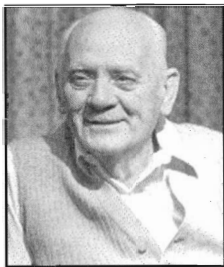


© 2004, Monroe ProductsSM, All Rights Reserved

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 on-going 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 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.*

While many of our products contribute to wellness, they are not intended to replace medical diagnosis and treatment. **DO NOT** listen to Hemi-Sync® while driving or operating heavy equipment, or with other devices that may influence brain-wave activity. If you have a tendency towards seizures, auditory disorders, or adverse mental condition(s), **DO NOT** listen to Hemi-Sync® without first consulting your physician. In the unlikely event that you experience any unusual physical or mental discomfort,

immediately discontinue use. **DO NOT** reproduce Hemi-Sync® products or use with Dolby® or other noise-reduction systems. Doing so will diminish the effectiveness of the Hemi-Sync® signals.

ALL WARRANTIES WHETHER EXPRESS OR IMPLIED, INCLUDING WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, ARE DISCLAIMED.

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 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 aware-

ness 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 previous 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.

Foreword to Waves V and VI

The ***Gateway Experience*** In-Home Training Series evolved directly from The Monroe Institute®'s world-renowned Gateway Voyage®. Thousands of people have journeyed from around the world to attend the highly acclaimed Voyage or another of the Institute's six-day residential programs. Given the popularity of these life-enhancing programs, it is easy to understand why the ***Gateway Experience*** is widely considered the preeminent in-home course for developing, exploring, and applying expanded states of awareness. Indeed, like the Voyage, the ***Gateway Experience*** has attracted loyal participants from all walks of life and from every corner of the globe.

Wave V (Exploring) and Wave VI (Odyssey) are milestones with regard to the ***Gateway Experience*** since prior to their release ***Gateway Experience*** enthusiasts were not permitted an opportunity to work with Focus™ 15 (no time) and Focus 21 (the bridge to other energy systems). The extraordinary states of awareness made

possible in these Focus levels had previously been reserved for the Institute's residential programs.

While actual experiences vary from person to person, most program participants have considered their Focus 15 and Focus 21 exercises to be profoundly meaningful, if not life-changing. Not surprisingly, requests for these Focus levels to be included in a continuation of the *Gateway Experience* in-home program have outnumbered all other requests we have received, without exception.

So why, after decades of receiving such requests, was a decision finally made to release Focus 15 and Focus 21 exercises for use outside the Institute's residential programs? In a word, timing. Much has changed in the evolution of human consciousness since the Institute's program beginnings.

On an individual level, it may be observed that the universe works with impeccable timing in matters related to personal growth and spiritual development. Untold numbers of individuals, for example, have been guided to attend Institute programs at what may be considered the most appropriate time. Similarly, we were guided to release Focus 15 and Focus 21 exercises for the first time outside Institute programs.

Robert Monroe endeavored to offer "something of value" to our con-

temporary culture so as to constructively change man's direction and destiny. Waves V and VI of the *Gateway Experience* are offered in the spirit of this vision. These Waves are dedicated to Robert A. Monroe, to all who are committed to personal growth, and to the evolution of humanity seven generations from you.

We welcome your participation.

Wave VI — Odyssey

In 1957 Robert Monroe began having out-of-body experiences that altered his life forever. The first of his OBEs initiated a long series of explorations into the limitlessness of human consciousness. The documentation of these first experiences became what is now known as the "classic OBE," in which a person actually sees his/her body and perceives his/her consciousness as clearly separate from the physical body.

Although Bob's experiences were both dramatic and life changing, it soon became apparent that the OBE phenomenon was just the tip of the iceberg. As he grew more comfortable in exploring altered states of consciousness, Bob realized that his experiences in what he referred to as Locale 1 (the physical world around us) had served to trigger his innate curiosity. His keen sense of the

rational and his curious nature would subsequently give birth to a more complete understanding of his OBE adventures.

In time, Bob's explorations developed a level of maturity that required the coining of a new term to more accurately describe his experiences. He had come to understand that "outer space" and "inner space" are one; therefore, the concept of going "out of body" no longer applied. In practice, Bob had learned that he could project a portion of his consciousness "there" while retaining a portion of consciousness within the physical body. His discovery meant that consciousness transcended the physical boundaries of time and space. Thus, the term "out of body" was simply too limiting. "Phasing" is the term he introduced to encompass these new realizations.

All of us know the meaning of phasing through personal experience. We merely take the phenomenon for granted. For example, as you continue to read you might become aware of the position of your physical body. You may simultaneously be aware of your surroundings, including such variables as room temperature, sounds and smells, even the intensity of available light. Perhaps you are even thinking about what you will experience as you listen to Wave VI exercises—all while you are reading and integrating the words on this page. Your ability to do so is simply your consciousness phasing in and out of multiple levels of awareness.

Your consciousness can and does operate simultaneously in multiple levels of awareness. It may be directed toward the past, the present, or the future. It may be focused in this reality or others. You alone are responsible for how you choose to focus your conscious awareness. *The concept of phasing one's consciousness can explain all paranormal or psychic phenomena from Lucid Dreaming or Remote Viewing to Near Death Experiences.* Your ability to phase is so inherent that it may have escaped your notice, yet the potential applications for this remarkable ability are far-reaching.

The purpose of Wave VI is to assist you in applying this natural ability. The beginning exercises take place in Focus 12, a state of expanded awareness in Locale 1. These exercises are designed and scripted directly from Bob's original explorations in what he then called the out-of-body state. In the process of working with these exercises, you will become familiar with the "second body." The second body (also referred to as the energy body) is actually the field of energy that surrounds the physical body.

With practice, you will learn how to expand your energy body, moving it progressively away from the location of your physical body. You will remember how to manipulate and control your energy body through the projection (or phasing) of your consciousness. After you become familiar with the vibrations of your second

body, you will have the opportunity to explore the far reaches of physical reality in Locale 1.

The Gateway Affirmation has long been an integral component of The Monroe Institute's residential programs. In Wave VI, you will learn to ask for help and assistance from those whose wisdom and experience is equal to or greater than your own.

Trust that your experiences are exactly as they should be for you at the time. Your heart-felt appreciation is an appropriate means to acknowledge any assistance given you. It is, therefore, recommended that you take time to express your gratitude following each exercise.

The final exercises of Wave VI are designed to guide you beyond the boundaries of physical reality. You will journey to Locale 2, which awaits beyond the bridge that connects physical time-space reality with other dimensions and other levels of awareness. Focus 21 is the bridge to other states of expanded awareness. At this point, you will be a true explorer, moving into realms of awareness we will not attempt to specify here. Indeed, such realms are often indescribable. Those who have traveled this path frequently return to physical reality with few, if any, words to recount their experiences. As Bob would say, "Now that you have the tools, find out for yourself."

Bob was also fond of saying "Only you can change you." It is the significance and meaning that you give to your experiences that will help you achieve personal growth. Trust yourself throughout these exercises and know that a greater part of you is always there to help and assist you.

It is important that you experience each exercise in succession, building directly on the tools and techniques learned in the previous exercise. The goal is to practice what you learn so you can repeat the experience effectively without listening to the exercise. The more you do this, the easier it will become.

Use your intentions and willingness to explore to assist you in transcending limiting beliefs. It is our hope that you might come to know you are more than your physical body.

We appreciate your dedication to personal growth and thank you for your continued support of the ***Gateway Experience***. As always, we urge you to keep a journal of your explorations. We invite you to share your Wave VI experiences and would be delighted to hear from you.

Contact information:

The ***Gateway Experience*** Coordinator

c/o Monroe Products

P.O. Box 505

Lovingston, VA 22949

434-263-8692

800-541-2488

FAX: 434-263-8699

Interstate@Hemi-Sync.com

www.Hemi-Sync.com

Wave VI Exercises

Odyssey 1—Sensing Locale 1

Exercise 1 will reacquaint you with Focus 12. While in Focus 12, you will be introduced to your energy body (second body) as a field of energy surrounding your physical body. You may equate this second body to the life force that animates the physical body or you may choose to refer to it as your etheric body, subtle body, or light body. Call it what you will, this energy field is the same, vibrating and alive—an extension of your physical body. Exercise 1 will assist you in learning to control your energy body.

Odyssey 2—Expansion in Locale 1

Exercise 2 will enable you to begin a greater exploration of Locale 1 through the expansion of your energy body in Focus 12. This is accomplished by speeding up the vibrations in your energy body and expanding it outward, like a large bubble surrounding your physical body. Once fully expanded, you will move your awareness toward the far reaches of your energy body; becoming lighter as you move farther from the confines of your physical body.

Odyssey 3—Point of Departure

With practice, you will have become comfortable and proficient in moving your consciousness within an expanded energy body. Now you are ready for take-off. Once again you will be led to Focus 12,

where you will move your consciousness into your energy body and rotate it 180 degrees. This technique may seem familiar from earlier exercises in the *Gateway Experience*. This exercise, however, has a very different starting point—your energy body—which is vibrating at a very high speed. The rotation may also seem different. For some, the experience may appear to be like a very slow movement in time and space; for others, a shift in awareness, like having eyes in the back of your head. You may actually see your own body. It is best to suspend expectations. Whatever your experience, your goal during Exercise 3 is to project your consciousness *out of phase* with your physical body.

If you have difficulty with this exercise, don't despair. Please know that not everyone will have a conscious out-of-body experience. It takes a lot of practice for most, and many of us have hidden fears that hold us back. Also, if you try too hard for an OBE, the intense effort can become the very distraction that holds you back. Try to be nonchalant about OBEs. They are just a small part of the process of self-exploration and personal growth.

Odyssey 4—Nonphysical Friends

We encourage all who participate in our residential and in-home programs to be open to the idea of asking for and receiving assis-

tance. Our enthusiasm for doing so originates from our early experiences with the Explorer sessions conducted at The Monroe Institute's laboratory facilities. During these sessions, it became apparent that our Explorers were not alone; rather, they had an abundance of help. "Helpers in energetic form" would typically position themselves two on each side of the Explorer. These helpers might assist the Explorer in leaving his/her physical body or contribute otherwise with the purpose of a session. The particulars of how these nonphysical friends were helping were not always obvious, but their benevolent intentions were remarkably clear. This much-appreciated cooperation gave rise to the latter half of the Gateway Affirmation, which became an essential component of our programs for exploring states of consciousness. Who are these nonphysical friends? We prefer that you decide for yourself. Exercise 4 is designed so you might establish trust through direct personal contact.

Odyssey 5—Movement to Locale 2/Intro Focus 21

Exercise 5 (Movement to Locale 2) may be your first conscious experience in Focus 21 (the bridge to other energy systems). As previously mentioned, Focus 21 is an extraordinary state of awareness that was previously reserved for the Institute's residential programs. As you relax into this exercise, specialized Hemi-Sync® signals and verbal guidance will lead you to Focus 21.

Carefully observe the subtle changes in vibrations or feelings of movement within your body as you are verbally guided from Focus 12 to Focus 21, transitioning through the various states of consciousness as you choose.

Odyssey 6 — Free Flow Journey in Focus 21

This exercise is the culmination of all your previous work and is brand-new territory for your exploration. Again, staying focused and aware is important. You will move to Focus 21 directly from 12 by simply projecting your consciousness and guidance to the light of Focus 21. There, you will once again be encouraged to ask for assistance and guidance from those whose wisdom, development, and experience are equal to or greater than your own. No matter how many times you participate in this exercise, you will never exhaust its limitless possibilities for rich and abundantly rewarding far journeys.

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.