

## [Accessing The Gateway Experience® Inexpensively](#)

Oliver Markley, [oliver@olivermarkley.com](mailto:oliver@olivermarkley.com), Rev. 2.1, February 22, 2024

For years, the “Gateway Experience®” has been on my bucket list of things I hope to do before I die. It is an extraordinary program of training for extended capacities of consciousness, such as out-of-the body journeying and exploration of subtle dimensions of reality beyond the physical realm.

The purpose of this note is to introduce the Gateway Experience as a safe, non-drug series of practices for developing extraordinary types of conscious experience, and to show how they can be inexpensively accessed.

“Robert A. Monroe is author of the 1971 book, [Journeys Out of the Body](#). He tells the story of how the Gateway Experience was discovered in Chapters 2 and 3 of his 1996 book, [Far Journeys](#) – a book that is an engaging collection of stories about Monroe’s extraordinary “inner space” explorations using this technology. A free download of the whole book is available at <https://www.docdroid.net/nuHlcfF/robert-a-monroe-far-journeys-pdf>.

A short marketing brochure from the Monroe Institute describing the benefits of the Gateway Experience is posted at <https://www.monroeinstitute.org/products/gateway-experience>.

(Please note that this specific offering is priced at \$1,065 for an 8-week online program that only goes up to Wave VI; the whole sequence comprises eight “waves” of exercises.)

The Hemi-Synch Corporation, also founded by Monroe, offers the [Gateway Experience® Waves I – VIII package](#). (\$565.95)

A more inexpensive source is eBay, e.g., [ORIGINAL Gateway Experience Waves I-VIII with Booklets by Hemi-Sync:2023 Series](#), new, priced at \$125 OBO (My best offer of \$100 was accepted. Please note that most eBay offers at this price point are used; this one was new.)



Free access to all tracks of the first seven waves of the Gateway Experience is available at [https://www.youtube.com/playlist?list=PL1ctrZxkxQ0iyTc\\_gsUKxmGExnudPfl92](https://www.youtube.com/playlist?list=PL1ctrZxkxQ0iyTc_gsUKxmGExnudPfl92) – for as long as they remain undeleted by YouTube; they were posted on December 16, 2023, with the extraordinary claim that this is “copyright fair use”.

Missing from all of the above resources is *The Gateway Experience Guidance Manual*, published by The Monroe Institute, which is free downloadable [here](#). I found it to be essential.

Having by now completed all of the exercises through Wave IV of the Gateway Experience myself, I am very pleased with the ways Monroe has sequenced the training and how effectively it works. As examples, the following two entries from my journal – [Gateway Experience Wave III-Freedom, Exercise #4 - Five Questions](#) and [Gateway Experience Wave IV-Adventure, Exercise #2 - Five Messages](#) – demonstrate to a “consciousness worker” like myself, that the Gateway Experience is truly a promising best practice for advancing personal and societal well-being at this critical time of threatening societal upheaval. Robert Monroe’s “Loosh” story, linked below, is also a good example. -om

For additional information, see:

[States of Consciousness and Focus™ Levels](#)

[Manifesting from Different Focus Levels](#)

[About Robert Monroe’s “Loosh story” as a radical evolutionary myth for life on Earth.](#)

Several links disclosing historical interest in The Gateway Experience program by clandestine agencies of the U.S. Government (CIA/DoD):

[Analysis and Assessment of the Gateway Process](#)

[Gateway Intermediate Workbook](#)

[RE/ ROBERT ALLAN MONROE.](#)