

Gateway Experience, Wave III/Freedom, Exercise #4: Five Questions¹

Oliver Markley

This exercise will be the start of a process that you will utilize often on your own. It poses five questions for which you seek answers. These, of course, are only the beginning. Beyond this, you can provide your own questions of a more direct and specific nature.

The answers to these questions will most likely not be perceived as a spoken or written word. They will probably be in the form of a series of pictures, a sense of feeling or knowing, or other methods of perception you have been working with.

Keep in mind that these kinds of responses, whether they are from your total self, or from an external source, are natural.

It is then up to you to translate this nonverbal communication into time/space words and visual representations.

Repeat “Five Questions” if you need to understand a particular answer better, or for clarification, or if you did not obtain an answer in the first run-through.

Effectively performing this exercise will guide you to a deeper understanding of your total self.

Here are the five questions that you will ask while in the Focus 12 level of consciousness. They are given to you during the exercise, but it is helpful to review them in advance. (*The answers I got on February 15, 2024 are in italics.*)

1. Who am I? *A concentration of subtle energies manifesting on Earth this time with the name of Oliver Markley*
2. Where and who was I before I entered this physical being? *An even more concentration of subtle energies, positioned at a staging portal through which to incarnate this time.*
3. What is my purpose for this existence in physical matter reality? *In order to help the “heavenly realms” learn how to better help humans respond to the currently critical time in Earth’s history, my purpose seems to have involved my planning incarnate as a very bright, but fear-ridden and bumbling seeker, with higher-than-average access to “heavenly realms” and a life-long motivation to find effective practices to facilitate transformative problem-solving and the evolution of consciousness. (I was once deemed an “evolutionary operative”).*
4. What action can I now take to serve this purpose best? *Clean up and simplify both the mental and the physical space where I now live.*
5. What is the most important message that I can receive and understand at this point in my existence? *To love myself unconditionally; and to remind myself how*

¹ This exercise description is copied from *The Gateway Experience Guidance Manual*, published by The Monroe Institute. It is free downloadable [here](#).

*to “plug in” to do this by using my well-practiced mantra: “It’s so simple” – **and**
to do this more frequently!*