

## Gateway Experience Wave IV/Adventure #2, Five Messages<sup>1</sup>

Oliver Markley, February 29, 2024

The Five Messages are arranged in order of importance. When in the Focus 12 State of expanded consciousness, you will first ask for the fifth most important message, then ask for the fourth, third, second, and finally, the first most important message for you at this time.

Rarely are the messages simply verbal. Often information appears in nonverbal form utilizing the means of perception that you have been cultivating throughout the Gateway Experience. It is important not to try to analyze the messages as you receive them, but to interpret them after the exercise.

[I simply dictated in a hand-held digital recorder about each message, before going on to the next.]

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My fifth most important message: *You are not what you think you are. You are a mystery waiting to be discovered. One meaning of life is to discover who you are (as in the adage “know thy self.”)*

My fourth most important message: *A visual image comes through in which the right-hand side of my visual field becomes lighted and the left-hand side is dark. On the right-hand side gradually appears a very dim symbolism like writing that is very hard to read. The left-hand side remains dark. I ask what all this means, and receive that this is for me to figure out, as, for example, from my interactions with the environment. (The next morning, in meditation after writing this up, I recall the distinction between symbolic thinking in the right hemisphere of the brain, and verbal thinking in the left. Hence, the importance of “right-headed” pre-verbal knowledge for me at this time.)*

My third most important message: *I got the sense of an invisible message coming straight down from above, as in channeling. Intuitively, I get that this symbolizes that I need to do “triple point” work<sup>2</sup> having a vertical orientation across higher levels of consciousness, rather than horizontally across the conventional levels of consciousness as in I have been customarily been orienting myself when using this approach to seek answers. As I continued to watch, a very bright light appeared at the top of the message stream, symbolizing divine sourcing.*

My second most important message *energetically brought attention to my physical body – with an intuitive implication that I need to take good care of my*

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

<sup>2</sup> “Triple point” work is mental problem-solving approach that involves the simultaneous use of: 1. awake awareness; 2. liminal awareness between wakefulness and dreaming; and 3. lucid dreaming. It is described on page 12 of the essay [Lucid Dreaming and Beyond](#).

*body in all aspects because it is a sacred dwelling/vehicle of my incarnated Self. (E.g. Doing a balanced set of practices involving physical exercise, strength training, balance enhancement, tai chi or is qi gong, bodily-oriented manifestation meditation.) And especially pay attention to and consciously envision what Bob Monroe says at the end of each Gateway exercise, where he talks about the bodily systems being healthily balanced and integrated as a result of this work.*

*My first most important message: I gradually become aware of pure consciousness and the insight that conscious awareness is a verb. And, as I write this up, it is clear that this is also the thrust of the fifth most important message (above): *who I, most truly, am.**