

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

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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.

The Gateway Experience was developed by Robert A. Monroe, author of the pioneering 1971 book, [Journeys Out of the Body](#). He tells the story of its development 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 his “Hemi-Synch®” technology. A free download of the whole book is available at <https://www.docdroid.net/nuHlcf/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.)



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

Easy access to the *liner notes for each of the eight wave CD packets* have been of great help to me. I have scanned them and converted them into a single pdf file that can be downloaded by clicking [here](#). Please note that the relatively large size of this file (31 Mb) may take a bit of time to download.

Having by now completed all of the exercises through Wave VII of the Gateway Experience myself, I am very pleased with the ways Monroe has sequenced the training and how effectively it works. The examples from my journal (posted on [The Gateway Experience](#) website) demonstrate to a “consciousness wonk” 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](#)

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