

Hemi Sync

THE GATEWAY EXPERIENCE®



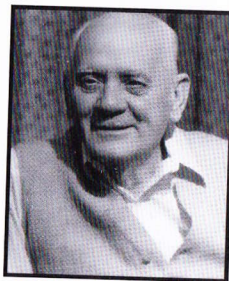
WAVE I
DISCOVERY



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®?

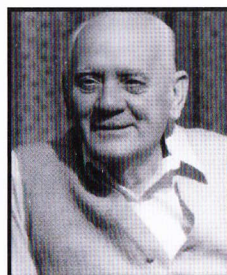
Hemi-Sync® is a patented, scientifically and clinically proven audio-guidance technology refined with 50 years of research. Researchers learned that specific sound patterns could lead the brain to various states of consciousness ranging from deep relaxation or sleep to expanded awareness and other “extraordinary” states.

The audio-guidance process works through the generation of complex, multilayered audio signals, which act together to create a resonance that is reflected in unique brain-wave forms characteristic of specific states of consciousness. The result is a focused, whole-brain state known as hemispheric synchronization, or

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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, produc-

ing 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.

Wave I Exercises

Discovery #1— Orientation

Energy Conversion Box becomes your mental container to hold concerns, distractions, or interferences for the duration of the exercise. See it, feel it, hear it, think it, or simply imagine it. Your container may be simple or ornate, high-tech or antique, a wooden chest, a sphere of light, a vacuum cleaner or a nuclear particle collector.

Imagine concrete symbols to place in the box, such as a wallet for financial worries, a photo or doll representing someone who is on your mind. You can place limiting words like “can’t,” “shouldn’t,” or “must” in your container; brick walls to symbolize your defenses; a desk or computer to symbolize work. Experiment. It’s a tool for your use. Allow it to change and return to it whenever you wish during an exercise to place inside any new distraction.

Affirmation focuses your intention and attention. You may use the words as spoken in the exercise, modify them to maximize per-

sonal relevance and significance, or substitute your own version. Experiment. Make it yours.

Resonant Tuning accelerates the gathering of your vibrational energy while reducing internal dialogue. It helps vitalize and charge your entire system and loosens blockages in natural energy channels. Notice any physical manifestations as you vocalize aloud. The sounds on the exercise are only a guide. Set your own rhythm and pace, move up and down the scale, experiment with different vowel sounds.

Breathe only slightly deeper than you normally would and, as you inhale, imagine pulling sparkling, vibrant energy into all parts of your body. Allow it to move gently around in your head as you hold your breath. Try releasing tired, stale energy through the soles of your feet with each exhalation.

The opening and closing of your eyes may at first feel awkward, but try doing it anyway. It's a valuable first step in your learning that you are able to control autonomic processes and habitual behavior.

You can return at any time to full waking consciousness by simply breathing normally, opening your eyes, or moving the fingers of your right hand.

Focus™ 3 is the first signpost along your journey, a Hemi-Sync® state where your brain and mind are more coherent, synchronized and balanced.

Return to Full Waking Consciousness (C-1) at the end of this and every exercise is facilitated by a strong audio signal. Despite the temptation to take off your headphones early, listen to this signal until it is withdrawn. The more completely you come "back" from each exercise, the further you can go into the next.

Discovery #2 — Introduction to Focus 10

Focus 10 is a level in which your mind remains awake and alert while your body sleeps calmly and comfortably. Follow the instructions, focusing upon and then totally releasing each body part. Your body knows how to do this and to "look with your closed eyes" as you move towards profound relaxation.

One of the paradoxes of "mind awake, body asleep" is the possibility of heightened sensitivity: awareness that the pores of your skin breathe, hearing the swish of blood flow behind your ears, feeling your heart beat. Spontaneous remote sensing is also possible: hearing sounds you would swear you are hearing this time but not the last time, or perceiving faraway, delicate odors. Place all expectations in your box, relax, and simply go with whatever you are experiencing.

Health Affirmation at the end of each exercise helps you balance physical and nonphysical energies. Know that it is working for you without effort on your part.

Discovery #3 — Advanced Focus 10

Resonant Energy Balloon (REBAL) is a valuable tool to create a high energy state within and around you. Your REBAL acts as a magnet, attracting influences you desire and shielding you from undesired energy. The more you build your REBAL, the better you sustain higher energy levels. Your REBAL may spontaneously change form, develop a delicate membrane, or become radiant like an intensified aura. Although you may not always perceive your REBAL, play with sensing it through feelings, and/or storing the energy as in a charged battery.

You can turn it on and use it while in C-1 or in any other state much as you would turn on a light. Use one resonant energy breath as the switch. Inhale vibrant energy and, as you hold it, think of a bright moving circle with the number 10 inside it. Let the circle surround you as you exhale. Experiment with “popping” your REBAL while in a group of people and see if its resonance attracts people who are in harmony with it. Try extending it around your car to note if you negotiate traffic or find parking more easily.

Discovery #4— Release and Recharge

Release and Recharge teaches you a method you can use daily, with or without the tape, to release and convert self-imposed emotions. Learned fear can be a useful warning signal, but you no longer need it after you acknowledge the warning. In Focus 10 you can calmly identify and gently release fears, blocks, limits—any interferences to your growth—and replace blocked energy with the pure energy that existed before the limits were imposed.

For purposes of this exercise, “fear” denotes the primary emotional charge connected to the self-imposed limit, and “emotion” denotes related feelings. Trust that your larger self knows what you are ready to uncover; simply follow the instructions and see what comes up for you. If nothing comes, bubble “nothing” away and accept that the process may be working on deeper levels of consciousness.

When you are directed to perceive “the memory, the event,” you may connect with a specific occasion or with a memory of your prior, unlimited experience. Always pull in clean energy as a final step. Here’s an example of how energy conversion works: You may perceive a fear of speaking up in groups. Once you have bubbled that away, you perceive the emotion of embarrassment associated with that fear. After releasing both, you reconnect with the joy and gratification you felt as a small child when sharing your experi-

ences with other people. You then reclaim your pleasure in communicating and sharing yourself with others.

Once you are comfortable with the exercise as described, you can experiment with deliberately depositing and then retrieving from your Box a symbol for anything you believe may be interfering with your progress. Follow all the other instructions; the only difference is that you predetermine what to work with. For example, if you suspect that unconscious fear of separating from the physical body is blocking your progress, place a symbol for this fear (a magic carpet anchored to the ground?) into the Box and follow the instructions to release it.

This exercise is not a quick fix or one-shot panacea. Most self imposed limits have many layers and will require repeated efforts. But if you truly desire to transcend your limitations, it can greatly facilitate your progress. Take heart from the many people who report it to be among the most valuable exercises of the entire series. Many use it daily to clear out current frustrations or disappointments.

Discovery #5—Exploration, Sleep

Exploration, Sleep is based on the concept that sleep is a natural Gateway into other states of consciousness. It may be that, whether or not we remember, our nonphysical consciousness passes through this Gateway every night. The exercise helps you recall this common, natural process in C-1 when you awake.

It is important not to hold expectations. Let them go. Relax. Approach the exercise with a playful sense of curiosity and interest. Just as you opened to the wonders of the physical world when you were very young, be open now in the same way to nonphysical experience. You may choose to add to the Affirmation a statement such as, "I am wholly without expectations, and open to all experience that awaits me." During this exercise, questions such as, "Am I starting to separate?" or "Is this what I'm supposed to be feeling?" interfere with the process. There's plenty of time to assess your experiences after the exercise. Simply go with whatever happens and remember that you may perceive in many different ways

The Hemi-Sync® signals fade at the end of the exercise, leaving you in natural sleep.

Discovery #6—Free Flow 10

Free Flow 10 is an opportunity to pursue your own purpose with all the tools learned so far. Up to this point, you have been creating your own experiences under the guidance of the instructions on the exercise. Now you are your own guide. Seek only what you really want to know, and be responsible for the knowing. Whatever you receive becomes a part of you. Your beliefs, energy, and attitude influence the intensity and the extent of your free flow exploration. A sense of gratitude enhances communication and union with sources outside your conscious boundaries.

If you have a particular purpose, write it down beforehand in a succinct, straightforward manner; hold it in your mind as you begin, but remain open to whatever you experience. Expectations of when and how guidance should come may block the very knowledge you seek. You need not know the way to guidance. Choose only to be guided. You may or may not “see” or “hear.” Tingles or twitches and intuitive cues can be equally enlightening. One Gateway experiencer felt nothing but a cramp in the leg. The valuable insight that the object of attention was “cramping her style” came only later.

Use repetitions of this exercise to “play” with a particular tool: your Affirmation, Box, REBAL, etc. Each time you work with the

exercise, explore from a fresh perspective. Don’t expect your experience to resemble anyone else’s. Value your uniqueness. It’s alright to re-examine a previous experience, but do so with openness rather than trying to recreate an identical situation.

In summary, enter the free flow with awareness, serenity, openness, and enjoy!

Looking Ahead

Discovery is only the first step of your ongoing adventure with personal growth. Just as each *Discovery* exercise builds upon what you have already learned, the entire **Gateway Experience** course builds upon itself. As you proceed through the rest of the course, feel free to repeat any earlier exercise when you feel moved to do so. The results are cumulative. Your continuing explorations can catapult you into higher levels of awareness.

Wave II—Threshold is awaiting you with six sequential exercises, each taking you to new, exciting destinations along your journey of self-development. You’ll learn powerful tools for controlling your nonphysical energy, and you’ll use the high energy state of Focus 12 to make important differences in your life.

Contact your local dealer or:

Hemi-Sync®

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Interstate@hemi-sync.com

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Frequently Asked Questions

Gateway Experience participants have routinely asked certain questions over the years. We have included this "Question & Answer" section to supplement and reinforce your Manual instructions.

Q: *What should I do if I do not feel quite awake and alert following an exercise?*

A: There are several methods you can use to become more grounded. Try one or more of the following: Slowly count from 10 to 1; drink cool water; take a cold shower or splash cold water on your face, neck and wrists. Weather permitting, you may want to walk barefoot outdoors, taking deep breaths while releasing excess energy through your feet; place your back against a tree and imagine energy flowing from the top of your head to the branches above, and from your feet to the tree's roots and down into the center of the earth.

Q: *What if I tend to fall asleep during an exercise?*

A: Don't be discouraged. You are learning to maintain a balance between deep relaxation and sleep. If you fall asleep your subconscious will still experience and benefit from the exercise, but the following are some suggestions: Make sure you are rested before doing the exercises (you may need to change the time of day you work with the program). Splash water on your face and neck prior to the exercise. Put a symbol for sleep in your Energy Conversion Box. If these suggestions do not help, you may wish to try listening to the exercises while in a seated position rather than while lying down. *Note: You may be "clicking-out." This is different from sleep. If you are clicking-out, you will have the sense that no time has passed when you return to conscious awareness. Once again, the memory of your experience will be stored even though you have no recall. Clicking-out is a common experience that diminishes as you progress.*

Q: *What if I'm not able or willing to do Resonant Tuning out loud?*

A: It is important for you to participate in Resonant Tuning. Doing so will help you perceive your nonphysical energy so you may learn to control and use it. Resonant Tuning promotes an accelerated gathering of your vibrational energy while reducing internal dialogue. Your discomfort about vocalizing with the exercise will eventually wane.

Q: *What if I can't remain on my back without getting restless?*

A: You may wish to use ear buds so you can listen on your side or stomach. Alternatively, try propping yourself up with pillows or sitting in a comfortable chair.

Q: *What if I can't visualize my REBAL?*

A: Visualizing is only one way of perceiving. Some people are better able to "feel" their REBAL by simply thinking of themselves surrounded by and filled with tingling bursts of energy. Others might "hear" the crackle of energy or know intuitively that their REBAL is in place. Frequent practice in "popping" your REBAL strengthens your ability to do so in whatever way is most effective for you.

Q: *I am aware of a buzzing or pressure in my forehead and/or an acceleration of my heartbeat. Is this normal?*

A: These phenomena are common for some people in response to the Hemi-Sync® process. Remember, you are expanding your awareness. You may, therefore, become more conscious of your heartbeat, breathing, or other physical sensations. Many people find such enhanced awareness a comforting link to physical reality that allows them to move more confidently into other states of consciousness. If you continue to feel distracted, put your distractions into your Box. If you experience any discomfort, verify that you have the volume just loud enough for you to hear the verbal instructions.

Q: *How do I know if I'm in a particular Focus level or experiencing what the exercise intends?*

A: Suspend your expectations about Focus levels and trust that your experiences in a given exercise are exactly as they should be at the time. Everyone perceives the various Focus levels in their own way. Similarly, no two individuals' experiences are alike. Simply pay attention to subtle changes or feelings of movement within your body and allow your experiences to unfold. Your experiences may range from cosmic in nature to the mundane. Accept what comes to you, without judgment, and continue to practice with the assurance that all of your experiences are valuable. If the instructions described what your experience should be, you might discount an experience because it was not mentioned even though it was a meaningful event for you.

Q: *Will Hemi-Sync® become a crutch?*

A: No, absolutely not. Hemi-Sync® exercises are like training wheels on a bicycle: wonderful for practice, but unnecessary as you learn to ride far and free. In a way similar to biofeedback, you can benefit from Hemi-Sync® when not listening to an exercise. You can learn to trigger a change in consciousness and obtain a desired state by taking a deep breath and remembering the sensations you had during an exercise. The more you practice this technique, the easier and more effective it will become.

Q: *What should I do if the feeling of "heightened energy" makes me uncomfortable?*

A: Your goal during these exercises is to perceive your nonphysical energy so you can learn to control and use it. You might practice working with your nonphysical energy from an objective "experimental" frame of mind to ease your discomfort. Speed it up. Slow it down. You are in control.

Q: *What if I can't have an out-of-body experience?*

A: 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. Be nonchalant about OBEs. They are just a small part of our programs for self-exploration and personal growth.

Q: *When I am out of my body, can I help someone else have an OBE?*

A: Participants have reported developing the ability to do this. Experiment. You and another person might try patterning for synchronicity in your OBEs.

Q: *What does a nonphysical body look like?*

A: The nonphysical body may be perceived as a ball of energy, a

misty form, or a human shape. Typically, it will appear as something you are comfortable with.

Q: *How can I control an OBE?*

A: If you set a goal before you begin, you won't need to decide what to do once you are out. If an OBE happens spontaneously, remember that thoughts are actions in the nonphysical state. Experiment with thinking of someone and contacting his/her energy, rather than arriving at a geographic destination. Any time you wish to return, think of rejoining your body and/or move a finger or toe.

Q: *Is God appearing when I "see" a flood of light during an exercise?*

A: The perception of light suggests that your potential for nonphysical awareness is developing. Such light is widely reported by explorers of higher consciousness and people who have had near-death experiences. The light is often accompanied by feelings of euphoria, a oneness with the Universe or a sense of overwhelming love. A Buddhist might associate this experience with Buddha; a Moslem, Allah or Mohammed; a Christian, Christ. We do not endorse any particular interpretation or meaning; rather we encourage you to find your own.

Q: *How many times should I do an exercise before going on to the next?*

A: This varies from person to person. You should become familiar and comfortable with an exercise and allow your intuition to guide

you as to when to move on. It isn't necessary to "master" an exercise before progressing and you can always return for more practice.

Q: *Would it be beneficial to combine mind-altering drugs with Hemi-Sync®?*

A: No. Hemi-Sync® exercises are designed so you may learn to control your states of consciousness. Drugs would simply interfere with that control. Also, your rational ability to interpret and comprehend your experiences would be compromised by the use of mind-altering substances.

Q: *Would **The Gateway Experience** and Hemi-Sync® process be beneficial for individuals who practice other meditative techniques?*

A: Yes, absolutely. Many long-term meditators have indicated that Hemi-Sync® facilitates the ease with which they may obtain a deep meditative state and their ability to sustain that state. In addition, **The Gateway Experience** is widely considered the pre-eminent in-home program for developing, exploring and applying expanded states of awareness. Everyone can benefit from the tools and guidelines provided.

Q: *The **Gateway Experience** changed my life. How can I convince a skeptic that the program is worth trying?*

A: Without interest and desire, the discipline that leads to success with any personal development program would be lacking. The

GE training series can supply the tools and guidelines but participants must have an openness and willingness to explore in order to succeed. We suggest you allow your own personal growth to inspire others while realizing that not everyone will be interested in exploring expanded states of awareness. That said, many of our most enthusiastic GE participants were at one time skeptics. You may wish to introduce others to the Hemi-Sync® process with a more "mainstream" exercise, such as *Catnapper* or *Concentration*.

Q: *Can my children listen to **The Gateway Experience**?*

A: That depends on the maturity of the child. Many parents have reported good results using the **Gateway Experience** with children. Use your own discretion for children who are 10 years or older. We encourage parents to work with their children and to monitor their progress.

Q: *What is the hissing or swishing sound I hear when listening to Hemi-Sync® exercises?*

A: The sound you are hearing is intentional. It is referred to as "pink noise" or "pink sound." Technically, it is a random distribution of all the frequencies the human ear can hear and is provided as a bed for the Hemi-Sync® signals.

Q: *Is a "clicking" sound normal?*

A: No. If you hear sounds other than the hissing or swishing

sounds described above, first check your equipment to see if it needs cleaning or repair. If you determine your Hemi-Sync® product is defective, return it to us for a free replacement.

Q: *What is the difference between Hemi-Sync® and hypnosis?*

A: Hypnosis is commonly regarded as a process of being led into a state of high suggestibility and a relinquishing of control to the hypnotist. With Hemi-Sync®, you consciously control and direct your own state of awareness. In this regard, Hemi-Sync® has more in common with self-hypnosis. However, the Hemi-Sync® process allows you to achieve the desired state more quickly and reliably.

Q: *Do Hemi-Sync® exercises contain subliminal messages?*

A: No. Hemi-Sync® recordings contain no subliminal messages. Occasionally, you will hear a verbal message at a very low volume during a "sleep" period so as not to startle you. This, however, is simply a repetition of previously heard information.

Q: *Is it important to have the headphones on the correct ear, as instructed on some of the exercises?*

A: No. If you are using stereo equipment, the intended effect will be achieved.

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 unbound 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.



THE GATEWAY EXPERIENCE®



WAVE II THRESHOLD

WAVE II-THRESHOLD

THE GATEWAY EXPERIENCE®

USING HEMI-SYNC® PRODUCTS

Listen over a portable or home stereo system *using stereo headphones* for best results. Alternatively, you may position yourself between conventional speakers.

Non Verbal Recordings—Play while performing another activity or simply relax and enjoy the experience.

Verbal Recordings—Sit or lay comfortably in a distraction-free environment. Adjust the volume to a comfortable level. Visualize or simply think of doing what the words describe.

While many of our products contribute to wellness, they are not intended to replace medical diagnosis and treatment.

HEMI-SYNC® APPLICATIONS:

Ongoing research has inspired the development of Hemi-Sync® products for a wide range of applications:

meditation
spiritual growth
expanded awareness
profound relaxation
stress management
heightened creativity
problem solving

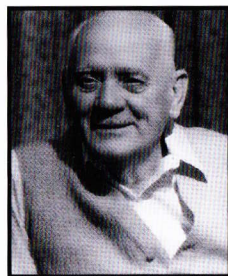
focused attention
accelerated learning
sleep enhancement
pain management
personal growth
enhanced well-being
behavior modification

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Hemi-Sync®, where the left and right hemispheres are working together in a state of coherence. Different Hemi-Sync® signals are used to facilitate deep relaxation, focused attention, or other desired states. As an analogy, lasers produce focused, coherent light. Hemi-Sync® produces a focused, coherent mind, which is an optimal condition for improving human performance.

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.

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

Wave II—Threshold

Each Wave and each exercise of *Gateway Experience* builds directly on preceding techniques and information. Use of *Threshold* exercises before having completed *Discovery* is not recommended. As you work with this Wave, you may find it desirable to review the Frequently Asked Questions in the *Discovery* manual.

Focus™ 12—Overview

The high energy state and expanded awareness of this focus level enable you to become more conscious of inner resources and guidance. As you continue to use what you learned in Focus 10, you may well find entirely new experiences.

Rarely is nonphysical energy perceived in the same way we perceive in our physical waking state. Be receptive to subtle nuances of kinesthetic, auditory, or visual experiences. You may sense a “knowing,” a telepathic comprehension that can be later translated into words. With trust, patience, and practice, you will learn to per-

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ceive more clearly. Sometimes this happens slowly, step by step; sometimes dramatically and suddenly, like water breaking through a dam. Let go of preconceived notions about how these exercises "should" unfold for you. Place them in your Box at the beginning of an exercise or at any time they intrude. This opens you to a fuller and richer range of possibilities in your exploration.

Wave II Exercises

Threshold #1—Introduction to Focus 12

Simply relax as you are guided from familiar Focus 10 to Focus 12, and calmly observe any differences. Effort and analysis are counterproductive. With repeated experience, the distinctions become more pronounced and you come to appreciate Focus 12 as a powerful and empowering state which readily lends itself to a wide diversity of purposes.

Threshold #2—Problem Solving

Problem Solving begins your use of Focus 12 energy for its many practical applications. Place your question or problem in the center of your consciousness, however you perceive this. Then direct it outward to your total awareness, release it, and wait for the response.

Answers sometimes come during the exercise, and may come in many forms. Among other possibilities you may perceive symbols,

abstract images, or colors; "hear" thoughts in your mind; sense subtle changes in energy; experience chills, heat, or tingling; notice shifts in your feelings or level of emotional arousal; or suddenly have a clear "knowing."

If answers do not come as you listen to the exercise, take it as an invitation to heighten your sensitivities as you move through your daily activities. Open your perception, for instance, to the conversations of others, passages in books, synchronicities, and the multitude of wondrous ways in which guidance may reveal itself.

Problem solving in Focus 12 is facilitated by the sincerity of your desire to receive a response, the intensity of your emotion, and the clarity of your questions. Expressing gratitude as you release your question is also important. This acknowledges your trust in the process and amplifies the entire exercise.

Threshold#3—One Month Patterning

One Month Patterning is very powerful for taking charge of your life. Based on the principle that we become what we think, the energy of Focus 12 offers this process a speed and intensity in the manifesting of thought not generally available in ordinary consciousness. Think, feel or imagine the physical, mental or emotional pattern you desire in your life. Just as you did in the previous exercise, place it in the center of your consciousness and then release it. A

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sense of ease and detachment about the pattern lets you know that you have, indeed, released it.

Be clear about what you want. For example, do you want a new house, or to be happy where you live? To lose 10 pounds or to feel better about yourself? Pattern only in the present tense, for example, "I am now receiving..." Use "I" in your patterning statement and perceive yourself as an active part of the pattern. Pattern only for yourself.

Be specific; the more detail in your pattern, the more likely you are to get what you want. Ask only for what you really want, because you'll probably get exactly what you ask for. Put emotion and conviction into your practice to vitalize and strengthen your intention. Then ask that your pattern work only for the good of your total self and simply let go of attachment to the result.

Although a pattern set in Focus 12 can be changed or canceled in Focus 12, don't keep checking or changing it because of fear or doubt. You wouldn't dig up a seed to see how it's growing, would you? Start with small, reasonable patterns. If you pattern for \$50 and prove to yourself it works, later patterns will come more easily. Don't specify how your request will be fulfilled. Let your total self decide and direct the method. Though the exercise refers to "one-month patterning," you can request that patterns be fulfilled in

any time frame: a week, a year, by your birthday, etc. Or simply release the pattern to be fulfilled in its own time.

Threshold #4—Color Breathing

Color Breathing uses the resonance of colors to develop your ability in directing physical and nonphysical energy. Sound, vibration, and other sensations are as valid as visualization for the mental perception of color. One man, blind since birth, experienced different colors as having unique textures.

The exercise guides you through learning to use the following colors: **green** for reducing excess or harmful emotional energy; **red** for increasing physical strength, speed and coordination; **purple** for restoring and normalizing your physical condition.

It's important to end this process each time you practice by perceiving your body as well, whole and perfect. You won't want to energize any condition less than the ideal. As you become familiar with this technique, feel free to experiment with other colors and to develop other purposes for yourself.

Threshold #5—Energy Bar Tool (EBT)

Energy Bar Tool is an extremely valuable and highly versatile tool for gathering and directing nonphysical energies. History and

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mythology abound with “power sticks” that link human and spiritual energies, ranging from the staff that Moses turned into a serpent to the scepters that symbolize the power of kings and queens to the sabers of light that link the heroes of Star Wars to “The Force.” While moving through the exercise, focus on finding or creating your own very personal EBT, one that shares your energy and holds significance for you.

However vague your EBT may seem at first, continue practicing and allow it to develop. Your hands may become your EBT, rather than something external to you. You may sense the increasingly charged vibration throughout your body, or as localized, or as moving and spreading as intensity builds. Your EBT may become a roadway that leads you to further explorations. It can be used as a beacon to attract guidance or other intelligence, a vehicle for space travel, or a comforting symbol of safety and security. The forms and uses of your EBT are truly limitless. Practice and experiment, knowing that its power is reciprocal: as you recharge it, it recharges you. Keep your EBT where it is always available to you and creatively use it in your daily life as well as in your Hemi-Sync exercises. As with all the tools you learn in the *Gateway Experience*, it's up to you to take it out of the tool box and use it.

Threshold #6 — Living Body Map (LBM)

Since maps are an objective representation of territory, the under-

lying concept of the LBM supports the perspective and detachment useful in healing. You have undoubtedly recognized how the progressive nature of *The Gateway Experience* uses previous learning as your adventure proceeds. In this exercise for influencing physical body energy, you learn a new tool while using your EBT.

You are first verbally guided to create a **white** mental outline around your physical body. This “map” represents a composite of your entire physical system. Then you change the outline's color to **red**, representing blood circulation; then **blue** for your nervous system; **yellow** for the organs of your glandular system; **orange** for your muscle and bone structure. As the exercise proceeds, you learn to use the LBM to identify where healing energy is needed. Then, with your EBT, you are guided to direct **purple** healing energy to those parts of your physical body.

Remember that visualizing is not necessary for working with energy. To “think” or feel or sense a color or image is to create it. As you follow the instructions, consider this as an opportunity to “play” with the shape and form of your EBT. The verbal guidance provides a structure, but you need not adhere to it in a rigid fashion. We encourage you to experiment and be creative with all the tools, to make them yours, to be open to fresh insight about what works best for you.

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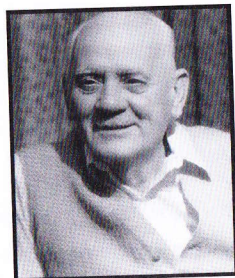
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Comments from Bob Monroe regarding the Gateway Experience®

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

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—*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. The series is progressive in nature. Therefore, the albums (Waves I-VII) must be used sequentially.

WAVE III—Freedom

Enjoy Focus™ 10 and Focus 12 exercises developed specifically to make the methods for perceiving and controlling your nonphysical energy a comfortable and joyous experience. *The three CD album features six verbally guided exercises.*

Please read: Hemi-Sync is a safe, time proven technology. However 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 you experience any physical or mental discomfort, immediately discontinue use. While many of our products contribute to wellness, they are not intended to replace medical diagnosis and treatment. All warranties whether express or implied, including warranties of merchantability and fitness for a particular purpose are disclaimed.



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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.

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.

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Wave III—Freedom

Each Wave and each exercise of *Gateway Experience* builds directly on preceding techniques and information. Use of *Freedom* exercises before having completed *Threshold* is not recommended.

As you work with this Wave, you may find it helpful to review the introduction and Frequently Asked Questions in the *Discovery* manual.

About OBEs — Before beginning these exercises, take a moment to conceptualize your experiences thus far in terms of Robert Monroe's **Continuum of Consciousness**. This continuum can be easily understood by thinking of a radio dial; as you turn it, one station phases out and signals from the next begin to emerge out of the static. Let's consider a state of alert awareness, with your total consciousness paying attention to the present physical reality, as one "station" on the dial.


When you find yourself wondering if you turned off the stove before leaving the house, you're momentarily "tuning in" another station. Daydreaming is yet another, as is the hypnogogic state on the borderline between wakefulness and sleep. C-1, Focus™ 10 and Focus 12 are arbitrary labels for certain points along the continuum.

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As your daily life proves, you move back and forth along this continuum all the time: you sleep, you wake, you daydream, etc. Hemi-Sync® helps you shift your attention to a particular “station” or state of consciousness. And even when you are picking up a nonphysical consciousness “station,” you may retain awareness of your physical body. One illustration of this is the classic out-of-body experience in which you “see” your physical body from an outside position.

You may perceive your nonphysical consciousness as housed in a “physical” body, as a sphere of light, as free-flowing energy, or... There are no rules, no norms, no standards against which you should measure your own experience.

As you become more and more proficient in experiencing your consciousness as separate from the physical, the method of perception becomes quite unimportant and may change from OBE to OBE.

What remains important is: Any experience of your consciousness separate from the physical body is an OBE, even though you may retain some awareness of your body lying in bed, or your breathing, heart beat, etc.

About Fear — Some people have a strong desire to go out-of-body while at another level they are frightened at the prospect. You’ve

learned tools that can help deal with such fears. For example, put them in your Box; add a calming, reassuring statement to your Affirmation; know that your REBAL comes with you and keeps you safe and comfortable; let your EBT be a two-lane highway for carrying you away and returning you surely to your point of departure; repeat *Discovery #4*; with *Threshold #2*, ask for guidance on how to best ease your fears.

Above all, let go of any expectation that you will have a particular kind of experience. Trust your greater self to know what is right for you and reinforce that trust with a sense of gratitude for whatever experience is awaiting you. Remember that you can always return safely to C-1 by simply “thinking” the number “1” and moving your fingers.

Practice — As you experiment with the different separation techniques on these *Wave III* exercises, you may discover that one works better for you. Or you may find energy building to sudden separation as you are simply relaxing, allowing Hemi-Sync® to move you along the continuum. Then comes practice, more practice, and still more practice.

In the beginning stages of developing OBE proficiency, you may find that thought becomes action; a passing thought about a person or location may transport your nonphysical consciousness there.

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With more experience, you will gain greater control. At that point, the adventure is totally up to you. You may choose to explore the solar system, map the terrains between physical and nonphysical experience, develop friendships with nonphysical entities, or simply fly over the nearest treetops. The possibilities are limited only by who you are and how you wish to grow.

Wave III Exercises

Freedom #1—Lift Off

Center yourself in the “you” that is your nonphysical energy rather than in your physical body, and practice until you are thoroughly familiar with the process. Surprisingly enough, you can help yourself rise by “settling down.” Think about how it feels to go up in an elevator. Repeated practice gives you assurance that you can return safely and easily and, once you know this, it is quite easy to move farther than the exercise provides.

Freedom #2—Remote Viewing

Remote Viewing guides you through three experiments using your EBT to reach distant people and places with your awareness. Listen to the exercise first while sitting up and without headphones to understand the required involvement of someone with whom to verify the results. Distance is not a factor; the person can be around the corner or thousands of miles away. Select a mutu-

ally convenient, specific, hour-long time period so you can make notes before you contact the other person.

For the first experiment, have your associate write six numbers on a card, place it inside a white envelope, and lay the envelope on a cleared surface that you are familiar with in his/her home. For the second, have the person place a white cotton ball in another location you are familiar with. Ensure that the envelope and cotton ball will be standing alone, and that you are not informed ahead of time where they will be located. In the third experiment you send a message to your associate, noting where he/she is and what he/she is doing.

As you perform the experiment, notice how your perceptions work. Are you more apt to sense shapes, colors, or textures? What leads you to describe the things you perceive in the way that you do? What is your emotional experience as you are remote viewing? Integrate remote viewing into your daily life as you continue to practice these techniques. Allow your total self to “play” with and modify them. Over time, your capabilities will develop and strengthen. Remember, there is no failure in developing psychic abilities. Learning what does not work for you is equally valuable for your progress.

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Freedom #3—Vectors

Vectors uses your REBAL to give you practice in going and returning with a sense of direction. While perception involving nonphysical energy is not limited to ordinary notions about space, using your physical body as a reference point is a good way to learn to establish control over your movements.

You are asked to imagine a clock face, with 12 always just above the top of your head. You first learn to extend your perception around the face of the clock in a two-dimensional, vertical plane, with 3 being outside your left hip, 9 outside the right, and 6 just below your feet. In the next part of the exercise, you rotate the clock face so that 3 is in front of your hips and 9 is behind. The instructions lead you in exploring three-dimensional space.

Notice the feelings associated with perceiving beyond your physical body. Detect any interesting or unusual features of a particular vector, or changes in awareness associated with changes of position on the clock. You may find one vector especially stimulating, even a source of information. As always, make these techniques your own; experiment with them; establish and practice with additional reference points.

The more you repeat this exercise, the more proficient you become

in controlling movement. Eventually, you will be able to use this learning in all your explorations.

Freedom #4—Five Questions

Five Questions leads you in asking: Who am I? Where and who was I before I entered this physical existence? What is my purpose for this existence in physical matter reality? What action can I now take to serve this purpose best? What is the most important message I can receive and understand at this point in my existence?

You may find it useful to review the comments for *Threshold #2* to remind you that the answers you receive may not be verbal and may come at a later time. Keep in mind the various perceptual methods you have been experiencing and open your awareness to kinesthetic sensations, emotions, a sense of “knowing,” or images. Whether the responses come from your total self or from an external source, it’s up to you to translate this nonverbal communication into words or visual representations that hold meaning for you.

These questions are only a beginning. As you continue to practice this exercise you can substitute your own and repeat any question for clarification or fuller understanding. Ask what you really want to know, infuse your questions with this desire, and express gratitude for the guidance you will receive.

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Freedom #5—Energy Food

Energy Food teaches you a method for restoring depleted energy in C-1; it is an encoding of the process rather than actual application. To know whether the encoding is accomplished or whether to repeat the exercise, use the method shortly after each time you listen to the exercise. If you feel more energized, you have achieved proficiency with another valuable tool for use in your daily life. Then move on to the next exercise.

Freedom #6—First Stage Separation

First Stage Separation builds on previous exercises to take you farther in consciously controlling your nonphysical energy. Practicing five different methods of dissociation from your physical body provides the opportunity to discover that one is more comfortable for you, or to experiment with combining two or more of these methods. With each one, you can return to the physical body by using the "Return to C-1" encoding.

Log-rolling — Focus on rotating and rolling the nonphysical energy within your physical body as if an axis runs through your body from your head to your feet. When you sense a release of "surface tension" between your physical and nonphysical energies and you are rotating freely, stop the focus on rolling and allow it to continue. Once the "out-of-phase" condition is comfortably established,

you simply turn over and move outward. Reorientation can be easily accomplished by rotating until your nonphysical energy is in alignment with the physical. You may perceive something akin to a little "click," and you are reintegrated.

Pole — Using your feet as a pivotal point, you are directed to move your nonphysical energy slowly up and out, head first, until you are in an upright position. When your energy feet are the only point of contact, intent is sufficient to accomplish complete separation.

Backing away is simply that: you slowly back out and away from your physical body. Once this is achieved, you can turn away and practice directing your movement with the techniques from the Vectors exercise.

Flowing involves sending out your nonphysical energies through the top of your head in the form of a cloud or fog or thin spray of gas. Once separated, this often reforms quite naturally into a replica of your physical body. You can then "jet" away on your EBT, float off inside your REBAL, practice with your vectors, or use any of the other tools you have learned.

Floating involves an emotional association with the concept of floating or soaring. As you contemplate how pleasant it would be

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to float upward, like a cloud or a kite, your nonphysical energy responds to this emotional wish. Once separation is achieved, you can gradually diminish the emotion so other parts of your total self can direct your experience.

Repeated practice in a relaxed state, without expectations, is the best way to achieve comfort and confidence in your ability to separate and return easily and surely. Think of learning to walk. When your first attempt to stand erect as a child ended with a plop to the floor, did you give up and decide to spend the rest of your life crawling? Of course not!

Looking Ahead

Wave IV—Adventure is ready for you as soon as you are ready for more adventuring. You'll delve into additional applications and development of your skills as you enjoy exciting experiences of sending and receiving nonverbal communications (NVC).

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WAVE IV ADVENTURE

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Brainwave maps



Incoherent brainwave pattern
with limited thought processes

Coherent brainwave pattern—
enhanced whole-brain potential

WAVE IV—Adventure

Explore new experiences, new ideas, new places and new friends. This album provides you with the ultimate expression beyond *Freedom*—that of a personally controlled and directed adventure. *This three CD album features six verbally guided exercises.*

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Wave IV – Adventure

Use of these exercises before completing all previous waves of *The Gateway Experience*® is not recommended.

Discovery helped you build a strong, comfortable foundation for nonphysical exploration in Focus™ 10. *Threshold* taught you more tools for directing and controlling nonphysical energy in the energy state of Focus 12. *Freedom* provided you with practice in separating your nonphysical from your physical body.

Adventure offers you personal direction and control of new experiences, new ideas, new capabilities, and new exciting exploration. As you work with this Wave, you may find it helpful to review the introduction and Frequently Asked Questions in the *Discovery* manual.

Wave IV Exercises

Adventure #1—One Year Patterning

One Year Patterning requires your thoughtful prior consideration about exactly how and what you desire to be in one year's time. Use the same guidelines given for *Threshold* #3 as you follow the same process. The differences are the longer time frame and, more importantly, your increased knowledge of your ability to use the power of expanded consciousness. Be sure you really want

what you pattern for, pattern strongly, and let it go with trust and confidence and gratitude.

Adventure #2—Five Messages

Five Messages requires no prior action except, as usual, to approach the exercise with openness, gratitude, and a sensitivity to your perceptions of any nature. Wait until after to analyze and interpret your messages. Such "left brain" functions interfere with your synchronized Focus 12 state. Review the guidelines for *Threshold* #2 and *Freedom* #4 for additional suggestions.

Adventure #3—Free Flow 12

After introducing you to a "beacon guidepost" as your personal reference point, this exercise supports planned, systematic explorations wherever you desire. Deciding on a purpose (or destination) before you begin helps you avoid drifting into a sleep or dream state. Seek information or guidance you desire, and express gratitude for what you receive. As you repeat the exercise again and again, extend the scope of your journeys.

During these self-directed adventures, experiment creatively with any and all of the methods you have learned. Remember: these valuable tools cannot serve you unless you take them out of your mental tool box and use them. Roam far and free in perfect com-

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Adventure #4—NVC I

Nonverbal Communication (NVC) is not what we commonly understand as body language, but rather a primary method of interaction in and among different realities and energy systems. It is total expression, occurring within the mind and in mind-to-mind exchanges. You have encountered NVC in previous *Gateway Experience* exercises and in the dream state: vibrations, light, action, emotion are a few examples. Begin to build your NVC “vocabulary” with these and other nonphysical perceptions, together with new meanings for familiar perceptions. Experiment with all your *Gateway Experience* tools and methods of perception and practice repeatedly to develop confidence in your NVC ability.

Adventure #5—NVC II

Further practice to develop your NVC vocabulary leads to communicating your Affirmation nonverbally. Then you use your expanded awareness to receive NVC from others. The more you strengthen your NVC ability, the better you will learn from your Gateway experiences. Practice counts.

Adventure #6—Compoint 12

Compoint, an abbreviation for communications point, is a location you establish along the continuum of consciousness. Actively engage in creating an environment that invites communication. Some examples could be a high tech computer station to receive input from the mainframe, a lush garden with comfortable benches overlooking a tranquil pond, or a cozy log cabin with overstuffed chairs for cherished conversation with dear friends. Let it be appropriate for you.

Your growing NVC skills enable you to use the compoint to gather information, encounter other energy systems, or simply observe. You develop more NVC vocabulary for reaching out, greeting, saying goodbye and expressing gratitude. Because you can go to your compoint easily and surely whenever you wish, it can serve as a convenient rendezvous with your nonphysical friends.

Looking Ahead

Wave V—Exploring is awaiting you when you are ready to continue your explorations. From the now familiar state of Focus 12, you will be introduced to Focus 15, the “no time” state — the state of simply being. Here, far beyond your five physical senses, you can connect with the source of your intuition without verbal guidance.

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THE GATEWAY EXPERIENCE®



WAVE V EXPLORING

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—*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. The series is progressive in nature. Therefore, the albums (Waves I-VIII) must be used sequentially.

WAVE V—Exploring—A Journey to Focus™ 15

From the now familiar state of Focus 12, you will be introduced to Focus 15, the “no time” state—the state of simply being. Here, far beyond your five physical senses, you can connect with the source of your intuition. *This three CD album features six verbally guided exercises.*

Please read: Hemi-Sync is a safe, time proven technology. However 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 you experience any physical or mental discomfort, immediately discontinue use. While many of our products contribute to wellness, they are not intended to replace medical diagnosis and treatment. All warranties whether express or implied, including warranties of merchantability and fitness for a particular purpose are disclaimed.



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Brainwave
maps



Coherent brainwave pattern—
enhanced whole-brain potential

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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.

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.

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Wave V—Exploring

In Wave V, you will be reacquainted with Focus 12, the state of expanded awareness. You will then have the opportunity to enhance your intuitive abilities with two additional Focus 12 exercises. These exercises will help you connect to the feeling or feelings associated with an intuitive knowing. They can assist you in identifying and overcoming limiting beliefs or obstacles which may prevent you from knowing and trusting your intuitive self.

Focus 12 is an ideal springboard for exploring higher states of consciousness. From this now familiar state, you will be introduced to Focus 15, the “no time” state—the state of simply being. Hemi-Sync® signals will assist you as you expand your consciousness far beyond the limitations of your five physical senses and connect with the source of your intuition. Following your introduction, you will have the opportunity to experience Focus 15 as a powerful state of creation and manifestation before moving on to the culmination of Wave V, a free flow Focus 15 exercise. This free flow experience will provide you with an ideal inner landscape for further exploration of this extraordinary state.

We suggest you practice the verbal cues you learn in Wave V so you can repeat your experiences without listening to the exercises. The more you do this, the easier it will become.

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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 V experiences and would be delighted to hear from you.

Wave V Exercises

Exploring #1—Advanced Focus 12

Focus 12, the state of expanded awareness, can serve as an ideal springboard for expanded explorations. In this exercise you will return to Focus 12 to strengthen and reinforce your familiarity with this valuable state. You are free to explore. You may use this opportunity to perceive with your nonphysical senses, to establish new patterns for your life or to reopen channels of communications with your nonphysical friends. Practice your nonverbal communication skills by giving and receiving information.

Exploring #2—Discovering Intuition

In Exercise 2 you will be guided to use the Focus 12 state of expanded awareness as a natural foundation for enhancing your intuitive abilities. You will learn to connect to the feeling or feelings associated with an intuitive knowing. This feeling is your own unique and personal marker of your intuition in action. You will also learn a verbal cue that you might use whenever you desire to

know something with great clarity. The more you exercise your intuitive abilities, the more you will come to rely upon and trust this innate part of who you truly are.

Exploring #3—Exploring Intuition

Exercise 3 affords you the opportunity to use the Focus 12 state for further exploration of your intuitive abilities. Hemi-Sync® signals will assist you as you expand your consciousness far beyond the limitations of the five physical senses. Be prepared to express your intent to understand and know more fully who you are as an intuitive being as you connect with the source of your intuition. Ask for help in identifying any limiting beliefs or obstacles which may prevent you from knowing and trusting your intuitive self. You may then express your intent to release these limiting thoughts and beliefs. Be sure to express your gratitude for the trust and confidence you have gained in your intuitive self before returning to physical waking consciousness.

Exploring #4—Intro to Focus 15

From the now familiar Focus 12 you will be guided into another state of being, Focus 15, the state of “no time,” where time does not exist for you. You can move into Focus 15 and return easily because your energy body is not limited or controlled by time and space. To enhance your familiarity with the state of “no time,” you

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will return to Focus 12 and then be guided back to Focus 15 before returning to full waking consciousness.

Exploring #5—Mission 15 Creation and Manifestation

Focus 15 is a state of stillness, a state of simply being. In Exercise 5, you will explore Focus 15 as a powerful state of creation and manifestation. From within the energy of Focus 15 you will be able to access the “All That Is” and know that your creative abilities are put into action through your intention. You will also learn a verbal cue that you may use whenever you desire to create a change or manifest what is needed in your life.

Exploring #6 — Exploring Focus 15

By now you should be familiar with the stillness of Focus 15—the “no time” state—the state of simply being. Exercise 6, the culmination of Wave V, presents you with a free flow opportunity for further exploration of this extraordinary state. You are given free rein to explore the nature of intuition, to experience the creative energy within you, or to commune with your true essence for guidance and inspiration.

Looking Ahead

Wave VI—Odyssey (A Journey to Focus 21) guides you into an *odyssey of self-discovery*. *Wave VI* features high-adventure exer-

cises in Focus 21 (the bridge to other energy systems). Explore realms of awareness that defy description in dimensions beyond physical time-space reality in this episode of *The Gateway Experience*.

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THE GATEWAY EXPERIENCE®



WAVE VI ODYSSEY

DISCOVERY • THRESHOLD • FREEDOM • ADVENTURE • EXPLORING • ODYSSEY • VOYAGER

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Brainwave maps



Incoherent brainwave pattern
with limited thought processes

Coherent brainwave pattern—
enhanced whole-brain potential

WAVE VI—ODYSSEY—A JOURNEY TO FOCUS 21

Embark upon an *odyssey of self-discovery*. Wave VI features high-adventure exercises in Focus 21 (the bridge to other energy systems). Explore realms of awareness that defy description in dimensions beyond physical time-space reality in the extraordinary segment of **The Gateway Experience**. *The three CD album features six verbally guided exercises.*

DISCOVERY • THRESHOLD • FREEDOM • ADVENTURE • EXPLORING • ODYSSEY • VOYAGER

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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 other locales (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. 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.

Trust that your experiences are exactly as they should be for you at the time. Your heartfelt 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 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."

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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.

Wave VI Exercises

Odyssey 1—Sensing

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

Exercise 2 will enable you to begin a greater exploration 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 *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 in-home programs to be open to the idea of asking for and receiving assistance. Our enthusiasm for doing so originates from our early experiences with the Explorer sessions. 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. 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—Intro to Focus 21

Exercise 5 may be your first conscious experience in Focus 21 (the bridge to other energy systems). 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 journeys.

Looking Ahead

Wave VII—Voyager, released in 2019, awaits you as soon as you feel ready to move on.

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WAVE VII—VOYAGER

Learn to be of service to self and others. Journey to Focus 21 and on to states of awareness associated with the afterlife state, Focus 23 through Focus 27. From these levels contact is made with individuals who have died physically but remain "static"—unable to detach completely from the earth energy systems. One objective is to guide these individuals beyond the earth experience to a "reception center" where they can rest, review their life experiences, and consider their next evolutionary steps. You will also have the opportunity to connect with loved ones, and send/receive messages. Three CDs, six verbally guided exercises. Guidance manual included.

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WAVE VII—VOYAGER

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WAVE VII
VOYAGER

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Wave VII Exercises

Voyager 1—Explore Total Self

The purpose of this exercise is to gain a better understanding of your Total Self. You will explore your purpose for living this physical life with the help of your Inner Helper—the one who is your closest friend and ally, who knows and understands you better than you realize.

You will be guided to Focus 21, the bridge to other reality systems. From here you will connect with your Inner Helper, establishing communication so that you may ask a series of questions and receive information regarding your Earth life.

Voyager 2—Intro to Focus 23

This may be your first conscious experience in Focus 23, the transitional reality of those who have just completed a physical life, but are somehow unable to move on.

You will be instructed to move to Focus 21 by the method you have learned. As you relax into this exercise, special Hemi-Sync® signals and verbal guidance will lead you to Focus 23. Carefully observe the subtle changes in vibrations or feelings of movement within your body as you move to Focus 23, transitioning through the various states of consciousness as you choose.

Once in Focus 23, you will be instructed to observe and perceive the various beings and their states of consciousness. They may exhibit emotions of bewilderment, shock, and confusion. You will remain calm and confident as you are always in full control.

Become familiar with all you observe, as this is the point of the many you can help. However, you will only be an observer and are not to engage with any of these beings at this time. If approached by someone, simply offer love and ask their guides to help them. You will have the opportunity to return to this area and be of assistance in Exercise 5.

Voyager 3—Intro to Focus 25

In this exercise, you will be introduced to Focus 25, the belief system territories. This area is occupied by groups of non-physical humans who have, through thousands of years, accepted and subscribed to various premises and concepts.

You are instructed to move to Focus 23 on your own; from there, you will be verbally guided to Focus 25. This region contains all human

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belief systems, and you are to observe without participation.

You may encounter those you know, but you are only a visitor here to observe, remember, and take the memory with you. Keep in mind beliefs are simply tools we use in constructing reality, using them to limit certain areas and to expand others.

Voyager 4—Intro to Focus 27

This is your introduction to Focus 27, the reception center between physical lives. This area was created as a way station, a familiar place to relax, meet with others, ask for help, communicate and consult with others.

It is designed to ease the trauma and shock of the transition out of physical environments for the many different new arrivals.

Through the assistance of counselors, the newly arrived can become calm and rational. Eventually the next goal along the path is decided, and the visitor is directed away from the Reception Center to begin a new path to achievement, whatever that may be.

You are only a visitor here, as you are still in physical matter reality. This is a vast area, so be open to other perceptions other than visual, such as impressions, feelings, sensing, knowing, etc. You are instructed to just explore, as you find or create your own special place that you can visit again during your regular sleep. A place where you can meet with friends and those you love. This is also the

region where you will return in Exercise 5 to assist those stuck in Focus 23.

Voyager 5—Retrieval

This exercise is designed to teach you how to assist those in Focus 23. You will first be instructed to move to Focus 27 to ask for help in making a "rescue run." Suspend the skeptical, critical, and analytical left-brain part of yourself during this exercise, so that you may be free to fully experience and explore. Be open to the many ways in which information and communication may be perceived beyond the five physical senses.

You may have a visual impression of the guidance available, or you may not. Look for subtleties, such as:

- A "lightening" in the energy around you
- You may feel suddenly warmer or cooler in your body temperature
- A flash of color
- Your heart rate might accelerate
- You may just "sense" that there is a presence around you
- You could feel a tingling in your hands, arms or feet
- A rush of energy throughout your body
- A chill like goosebumps on your neck or arms
- You may sense the feeling of a cool breeze moving across your face or the top of your hands
- A little flutter on your cheek, like the trail of a butterfly wing
- Or maybe just a "knowing" that guidance is there for you

The important thing is that whether you perceive its presence in some form or not, you proceed here with the assumption that it is, indeed, there with you, because you know from all your experiences that it is.

Once you have your helper, you will then move back to Focus 23 and select a newly arrived person to escort to the Reception Center in Focus 27.

You will have the opportunity to converse with the newcomer before asking your helper to move that person to someone who can provide the best assistance. Be open to impressions you may receive, such as the name of a person that may come to you. Instead of dismissing it, develop further impressions to build on. Just flow with it. In your mind you may ask for verification of the name, ask how they are, how did they get there, or what happened to them. Simply allow vague initial impressions to develop more fully into things you can follow up on. Just relax into this and remember you are well-qualified and have much help as you move in this new phase of learning and experiencing.

You will then be guided back through the various levels to full waking consciousness. Use this exercise as much as you like to provide assistance to those in Focus 23.

Voyager 6—Messages From Beyond

The final exercise in this series is not as structured as all previous exercises. There is no formal preparatory process or count up/down. With limited verbal guidance, it acts as more of a free-flow, with a few visual suggestions and questions to pose. The Hemi-Sync® frequencies will take you into the Focus 27 state where you will encounter your loved ones, or other loving beings. From here you will select the one you wish to communicate with, as you ask for and send messages.

Looking Ahead

Wave VIII—Union is ready for you as soon as you are ready for more adventuring. Explore other possibilities in the infinite space of Focus 27, plus other areas of unexplored consciousness beyond the Earth Life System. You have the unique opportunity to observe, learn, experience, and transcend limiting beliefs as you come to know more of where you came from, where you are going, and your true Self.

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THE GATEWAY EXPERIENCE®



WAVE VIII UNION

A Journey Beyond Space and Time

WAVE VIII—UNION

THE GATEWAY EXPERIENCE®

USING HEMI-SYNC® PRODUCTS

Listen over a portable or home stereo system *using stereo headphones* for best results. Alternatively, you may position yourself between conventional speakers.

Non Verbal Recordings—Play while performing another activity or simply relax and enjoy the experience.

Verbal Recordings—Sit or lay comfortably in a distraction-free environment. Adjust the volume to a comfortable level. Visualize or simply think of doing what the words describe.

While many of our products contribute to wellness, they are not intended to replace medical diagnosis and treatment.

HEMI-SYNC® APPLICATIONS:

Ongoing research has inspired the development of Hemi-Sync® products for a wide range of applications:

meditation
spiritual growth
expanded awareness
profound relaxation
stress management
heightened creativity
problem solving

focused attention
accelerated learning
sleep enhancement
pain management
personal growth
enhanced well-being
behavior modification

to be open, allowing and calm...in perceiving clearly, responding appropriately and carrying out my intent of service. I am truly grateful for this assistance. I set forth empowered by the energetic field of my fellow explorers and acknowledgement of our oneness, in love.

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.

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

Wave VIII—Union

Wave VII introduced you to Focus 27. The purpose of Wave VIII is to explore Focus 27 plus other areas of unexplored consciousness beyond the Earth Life System.

Trust that your experiences are exactly as they should be for you at this time. Your heartfelt 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.

Trust yourself throughout these exercises and know that a greater part of you is always there to help and assist.

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.

The Gateway

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WAVE VII

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Wave VIII Exercises

Track 1 – Special Tour

You will begin by returning to your Special Place in Focus 27, noticing any changes that may have occurred, and/or making any modifications to better suit your needs.

You will be introduced to a new affirmation to better align with the purpose of exploring these new places and to avail yourself of the energies of like-minded fellow explorers. (*Note the last sentence of the affirmation.*)

Finally, you will go on a special tour to obtain an overview of other areas beyond the Park and Reception Center—places you will explore in more detail in subsequent exercises.

Track 2 – Meeting with the Entry Director

Returning to the Planning Center of Focus 27, you will have an opportunity to learn about some of your personal history by meeting with the Entry Director, and others who helped prepare the way for your current physical lifetime.

Ask to observe the steps in the process of preparing to enter a physical body. You will also ask to be given a review of your personal experiences of entry into the Earth life. Use all of your senses and stay open to whatever information is communicated.

Track 3 – Educational Opportunities

In the Educational Center in Focus 27, you will have the opportunity to personalize your experience. This is a place of teaching, instruction, training, and learning. You will ask for a personal demonstration, a personal experience of how this function is carried out.

Allow any impressions to come as you observe and explore. Open yourself to the many possibilities for instruction, insights, and information.

Track 4 – Healing and Regeneration Center

The Healing and Regeneration Center is where those newly arriving to Focus 27 may recuperate and receive healing, counseling, and guidance.

You will be able to ask for a personal demonstration, a personal experience. Be open to the experience of healing for the events of this lifetime, and for other lifetimes as well. Ask to receive whatever healing, regeneration or balancing you feel you are most in need of.

Track 5 – Planning Center

The Planning Center oversees energy patterns in the Earth Life System, allowing you to not only observe, but also participate.

One of the functions here is to introduce new ideas and new energy patterns into physical Earth reality, or delete/remove those energy patterns which are no longer useful. As you observe, ask to understand and learn about this process. Open your channels of perception and trust what you perceive.

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You will have the opportunity to become an active participant in this process by asking for an idea of an energy pattern that you can track. Whatever you receive, allow it into your perception and then follow its course from Focus 27 into the Earth's energy pattern. Immerse yourself in this process.

Track 6 – Coordination Area

This area is dedicated to the maintenance and management of Focus 27. You will meet the energy beings who maintain, manage, organize, and facilitate the activities of Focus 27.

You will ask for insights into the history and creation of Focus 27, how the management and coordination functions are carried out, and the nature of the relationship to the Earth Life system. You will also inquire as to other systems that are coordinated here.

One highlight of this exercise is learning what lies beyond—what opportunities there are for further development and growth. Let go of any preconceived ideas you may hold and be open to what these beings show you.

Track 7 – Inner Earth

This exercise will allow you to meet with those intelligences who maintain the physical Earth. This exercise uses Focus 12 as your base, and as a seasoned explorer you are instructed to move to whatever Focus level is most appropriate and helpful for you to be able to understand the information you receive during this exploration.

You will be guided through the different elemental kingdoms of Earth—mineral, plant, animal, earth, water, fire, and air. Make your way to the Earth's inner core, meeting the intelligences and asking if there is a message for you. Stay open to what you receive and trust the information.

You will continue to observe as you are guided through other Focus levels, perceiving the differences in each. Encoding will also be given to you so you may return here anytime.

Track 8 – The Absolute

This is a unique opportunity to experience graduating from the Earth Life System—moving beyond physical Earth.

You will be asked to observe all the things that embody your current Earth life—from your beliefs, and emotions to the self-image you have constructed. Next, you will place all of these things representing your physical embodiment in a box.

As you make your way through a long hallway, you will find yourself in front of the final door. You are invited to step through this door as you let go and observe what lies beyond. After a brief time, verbal guidance and the Hemi-Sync® frequencies will call you back to full waking consciousness.

The Gateway

training program and apply the process. Experience blended with sound effects, whole-brain sound effects, found sounds. While in a range of positions. The series

WAVE VIBRATIONS

Explore other consciousness levels, experience came from a program, Exploring Guidance

Please read: Hemi-Sync, audiotapes, consulting your, immediately discover, replace medical



Hemi Sync

THE GATEWAY EXPERIENCE®



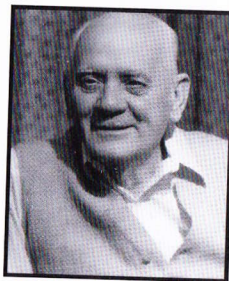
WAVE I
DISCOVERY



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®?

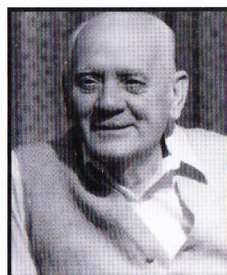
Hemi-Sync® is a patented, scientifically and clinically proven audio-guidance technology refined with 50 years of research. Researchers learned that specific sound patterns could lead the brain to various states of consciousness ranging from deep relaxation or sleep to expanded awareness and other “extraordinary” states.

The audio-guidance process works through the generation of complex, multilayered audio signals, which act together to create a resonance that is reflected in unique brain-wave forms characteristic of specific states of consciousness. The result is a focused, whole-brain state known as hemispheric synchronization, or

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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, produc-

ing 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.

Wave I Exercises

Discovery #1— Orientation

Energy Conversion Box becomes your mental container to hold concerns, distractions, or interferences for the duration of the exercise. See it, feel it, hear it, think it, or simply imagine it. Your container may be simple or ornate, high-tech or antique, a wooden chest, a sphere of light, a vacuum cleaner or a nuclear particle collector.

Imagine concrete symbols to place in the box, such as a wallet for financial worries, a photo or doll representing someone who is on your mind. You can place limiting words like “can’t,” “shouldn’t,” or “must” in your container; brick walls to symbolize your defenses; a desk or computer to symbolize work. Experiment. It’s a tool for your use. Allow it to change and return to it whenever you wish during an exercise to place inside any new distraction.

Affirmation focuses your intention and attention. You may use the words as spoken in the exercise, modify them to maximize per-

sonal relevance and significance, or substitute your own version. Experiment. Make it yours.

Resonant Tuning accelerates the gathering of your vibrational energy while reducing internal dialogue. It helps vitalize and charge your entire system and loosens blockages in natural energy channels. Notice any physical manifestations as you vocalize aloud. The sounds on the exercise are only a guide. Set your own rhythm and pace, move up and down the scale, experiment with different vowel sounds.

Breathe only slightly deeper than you normally would and, as you inhale, imagine pulling sparkling, vibrant energy into all parts of your body. Allow it to move gently around in your head as you hold your breath. Try releasing tired, stale energy through the soles of your feet with each exhalation.

The opening and closing of your eyes may at first feel awkward, but try doing it anyway. It's a valuable first step in your learning that you are able to control autonomic processes and habitual behavior.

You can return at any time to full waking consciousness by simply breathing normally, opening your eyes, or moving the fingers of your right hand.

Focus™ 3 is the first signpost along your journey, a Hemi-Sync® state where your brain and mind are more coherent, synchronized and balanced.

Return to Full Waking Consciousness (C-1) at the end of this and every exercise is facilitated by a strong audio signal. Despite the temptation to take off your headphones early, listen to this signal until it is withdrawn. The more completely you come "back" from each exercise, the further you can go into the next.

Discovery #2 — Introduction to Focus 10

Focus 10 is a level in which your mind remains awake and alert while your body sleeps calmly and comfortably. Follow the instructions, focusing upon and then totally releasing each body part. Your body knows how to do this and to "look with your closed eyes" as you move towards profound relaxation.

One of the paradoxes of "mind awake, body asleep" is the possibility of heightened sensitivity: awareness that the pores of your skin breathe, hearing the swish of blood flow behind your ears, feeling your heart beat. Spontaneous remote sensing is also possible: hearing sounds you would swear you are hearing this time but not the last time, or perceiving faraway, delicate odors. Place all expectations in your box, relax, and simply go with whatever you are experiencing.

Health Affirmation at the end of each exercise helps you balance physical and nonphysical energies. Know that it is working for you without effort on your part.

Discovery #3 — Advanced Focus 10

Resonant Energy Balloon (REBAL) is a valuable tool to create a high energy state within and around you. Your REBAL acts as a magnet, attracting influences you desire and shielding you from undesired energy. The more you build your REBAL, the better you sustain higher energy levels. Your REBAL may spontaneously change form, develop a delicate membrane, or become radiant like an intensified aura. Although you may not always perceive your REBAL, play with sensing it through feelings, and/or storing the energy as in a charged battery.

You can turn it on and use it while in C-1 or in any other state much as you would turn on a light. Use one resonant energy breath as the switch. Inhale vibrant energy and, as you hold it, think of a bright moving circle with the number 10 inside it. Let the circle surround you as you exhale. Experiment with “popping” your REBAL while in a group of people and see if its resonance attracts people who are in harmony with it. Try extending it around your car to note if you negotiate traffic or find parking more easily.

Discovery #4— Release and Recharge

Release and Recharge teaches you a method you can use daily, with or without the tape, to release and convert self-imposed emotions. Learned fear can be a useful warning signal, but you no longer need it after you acknowledge the warning. In Focus 10 you can calmly identify and gently release fears, blocks, limits—any interferences to your growth—and replace blocked energy with the pure energy that existed before the limits were imposed.

For purposes of this exercise, “fear” denotes the primary emotional charge connected to the self-imposed limit, and “emotion” denotes related feelings. Trust that your larger self knows what you are ready to uncover; simply follow the instructions and see what comes up for you. If nothing comes, bubble “nothing” away and accept that the process may be working on deeper levels of consciousness.

When you are directed to perceive “the memory, the event,” you may connect with a specific occasion or with a memory of your prior, unlimited experience. Always pull in clean energy as a final step. Here’s an example of how energy conversion works: You may perceive a fear of speaking up in groups. Once you have bubbled that away, you perceive the emotion of embarrassment associated with that fear. After releasing both, you reconnect with the joy and gratification you felt as a small child when sharing your experi-

ences with other people. You then reclaim your pleasure in communicating and sharing yourself with others.

Once you are comfortable with the exercise as described, you can experiment with deliberately depositing and then retrieving from your Box a symbol for anything you believe may be interfering with your progress. Follow all the other instructions; the only difference is that you predetermine what to work with. For example, if you suspect that unconscious fear of separating from the physical body is blocking your progress, place a symbol for this fear (a magic carpet anchored to the ground?) into the Box and follow the instructions to release it.

This exercise is not a quick fix or one-shot panacea. Most self imposed limits have many layers and will require repeated efforts. But if you truly desire to transcend your limitations, it can greatly facilitate your progress. Take heart from the many people who report it to be among the most valuable exercises of the entire series. Many use it daily to clear out current frustrations or disappointments.

Discovery #5—Exploration, Sleep

Exploration, Sleep is based on the concept that sleep is a natural Gateway into other states of consciousness. It may be that, whether or not we remember, our nonphysical consciousness passes through this Gateway every night. The exercise helps you recall this common, natural process in C-1 when you awake.

It is important not to hold expectations. Let them go. Relax. Approach the exercise with a playful sense of curiosity and interest. Just as you opened to the wonders of the physical world when you were very young, be open now in the same way to nonphysical experience. You may choose to add to the Affirmation a statement such as, "I am wholly without expectations, and open to all experience that awaits me." During this exercise, questions such as, "Am I starting to separate?" or "Is this what I'm supposed to be feeling?" interfere with the process. There's plenty of time to assess your experiences after the exercise. Simply go with whatever happens and remember that you may perceive in many different ways

The Hemi-Sync® signals fade at the end of the exercise, leaving you in natural sleep.

Discovery #6—Free Flow 10

Free Flow 10 is an opportunity to pursue your own purpose with all the tools learned so far. Up to this point, you have been creating your own experiences under the guidance of the instructions on the exercise. Now you are your own guide. Seek only what you really want to know, and be responsible for the knowing. Whatever you receive becomes a part of you. Your beliefs, energy, and attitude influence the intensity and the extent of your free flow exploration. A sense of gratitude enhances communication and union with sources outside your conscious boundaries.

If you have a particular purpose, write it down beforehand in a succinct, straightforward manner; hold it in your mind as you begin, but remain open to whatever you experience. Expectations of when and how guidance should come may block the very knowledge you seek. You need not know the way to guidance. Choose only to be guided. You may or may not “see” or “hear.” Tingles or twitches and intuitive cues can be equally enlightening. One Gateway experiencer felt nothing but a cramp in the leg. The valuable insight that the object of attention was “cramping her style” came only later.

Use repetitions of this exercise to “play” with a particular tool: your Affirmation, Box, REBAL, etc. Each time you work with the

exercise, explore from a fresh perspective. Don’t expect your experience to resemble anyone else’s. Value your uniqueness. It’s alright to re-examine a previous experience, but do so with openness rather than trying to recreate an identical situation.

In summary, enter the free flow with awareness, serenity, openness, and enjoy!

Looking Ahead

Discovery is only the first step of your ongoing adventure with personal growth. Just as each *Discovery* exercise builds upon what you have already learned, the entire **Gateway Experience** course builds upon itself. As you proceed through the rest of the course, feel free to repeat any earlier exercise when you feel moved to do so. The results are cumulative. Your continuing explorations can catapult you into higher levels of awareness.

Wave II—Threshold is awaiting you with six sequential exercises, each taking you to new, exciting destinations along your journey of self-development. You’ll learn powerful tools for controlling your nonphysical energy, and you’ll use the high energy state of Focus 12 to make important differences in your life.

Contact your local dealer or:

Hemi-Sync®

P.O. Box 505, Lovingson, Virginia 22949

434-263-8692 FAX: 434-263-8699

Interstate@hemi-sync.com

www.hemi-sync.com

Frequently Asked Questions

Gateway Experience participants have routinely asked certain questions over the years. We have included this "Question & Answer" section to supplement and reinforce your Manual instructions.

Q: *What should I do if I do not feel quite awake and alert following an exercise?*

A: There are several methods you can use to become more grounded. Try one or more of the following: Slowly count from 10 to 1; drink cool water; take a cold shower or splash cold water on your face, neck and wrists. Weather permitting, you may want to walk barefoot outdoors, taking deep breaths while releasing excess energy through your feet; place your back against a tree and imagine energy flowing from the top of your head to the branches above, and from your feet to the tree's roots and down into the center of the earth.

Q: *What if I tend to fall asleep during an exercise?*

A: Don't be discouraged. You are learning to maintain a balance between deep relaxation and sleep. If you fall asleep your subconscious will still experience and benefit from the exercise, but the following are some suggestions: Make sure you are rested before doing the exercises (you may need to change the time of day you work with the program). Splash water on your face and neck prior to the exercise. Put a symbol for sleep in your Energy Conversion Box. If these suggestions do not help, you may wish to try listening to the exercises while in a seated position rather than while lying down. *Note: You may be "clicking-out." This is different from sleep. If you are clicking-out, you will have the sense that no time has passed when you return to conscious awareness. Once again, the memory of your experience will be stored even though you have no recall. Clicking-out is a common experience that diminishes as you progress.*

Q: *What if I'm not able or willing to do Resonant Tuning out loud?*

A: It is important for you to participate in Resonant Tuning. Doing so will help you perceive your nonphysical energy so you may learn to control and use it. Resonant Tuning promotes an accelerated gathering of your vibrational energy while reducing internal dialogue. Your discomfort about vocalizing with the exercise will eventually wane.

Q: *What if I can't remain on my back without getting restless?*

A: You may wish to use ear buds so you can listen on your side or stomach. Alternatively, try propping yourself up with pillows or sitting in a comfortable chair.

Q: *What if I can't visualize my REBAL?*

A: Visualizing is only one way of perceiving. Some people are better able to "feel" their REBAL by simply thinking of themselves surrounded by and filled with tingling bursts of energy. Others might "hear" the crackle of energy or know intuitively that their REBAL is in place. Frequent practice in "popping" your REBAL strengthens your ability to do so in whatever way is most effective for you.

Q: *I am aware of a buzzing or pressure in my forehead and/or an acceleration of my heartbeat. Is this normal?*

A: These phenomena are common for some people in response to the Hemi-Sync® process. Remember, you are expanding your awareness. You may, therefore, become more conscious of your heartbeat, breathing, or other physical sensations. Many people find such enhanced awareness a comforting link to physical reality that allows them to move more confidently into other states of consciousness. If you continue to feel distracted, put your distractions into your Box. If you experience any discomfort, verify that you have the volume just loud enough for you to hear the verbal instructions.

Q: *How do I know if I'm in a particular Focus level or experiencing what the exercise intends?*

A: Suspend your expectations about Focus levels and trust that your experiences in a given exercise are exactly as they should be at the time. Everyone perceives the various Focus levels in their own way. Similarly, no two individuals' experiences are alike. Simply pay attention to subtle changes or feelings of movement within your body and allow your experiences to unfold. Your experiences may range from cosmic in nature to the mundane. Accept what comes to you, without judgment, and continue to practice with the assurance that all of your experiences are valuable. If the instructions described what your experience should be, you might discount an experience because it was not mentioned even though it was a meaningful event for you.

Q: *Will Hemi-Sync® become a crutch?*

A: No, absolutely not. Hemi-Sync® exercises are like training wheels on a bicycle: wonderful for practice, but unnecessary as you learn to ride far and free. In a way similar to biofeedback, you can benefit from Hemi-Sync® when not listening to an exercise. You can learn to trigger a change in consciousness and obtain a desired state by taking a deep breath and remembering the sensations you had during an exercise. The more you practice this technique, the easier and more effective it will become.

Q: *What should I do if the feeling of "heightened energy" makes me uncomfortable?*

A: Your goal during these exercises is to perceive your nonphysical energy so you can learn to control and use it. You might practice working with your nonphysical energy from an objective "experimental" frame of mind to ease your discomfort. Speed it up. Slow it down. You are in control.

Q: *What if I can't have an out-of-body experience?*

A: 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. Be nonchalant about OBEs. They are just a small part of our programs for self-exploration and personal growth.

Q: *When I am out of my body, can I help someone else have an OBE?*

A: Participants have reported developing the ability to do this. Experiment. You and another person might try patterning for synchronicity in your OBEs.

Q: *What does a nonphysical body look like?*

A: The nonphysical body may be perceived as a ball of energy, a

misty form, or a human shape. Typically, it will appear as something you are comfortable with.

Q: *How can I control an OBE?*

A: If you set a goal before you begin, you won't need to decide what to do once you are out. If an OBE happens spontaneously, remember that thoughts are actions in the nonphysical state. Experiment with thinking of someone and contacting his/her energy, rather than arriving at a geographic destination. Any time you wish to return, think of rejoining your body and/or move a finger or toe.

Q: *Is God appearing when I "see" a flood of light during an exercise?*

A: The perception of light suggests that your potential for nonphysical awareness is developing. Such light is widely reported by explorers of higher consciousness and people who have had near-death experiences. The light is often accompanied by feelings of euphoria, a oneness with the Universe or a sense of overwhelming love. A Buddhist might associate this experience with Buddha; a Moslem, Allah or Mohammed; a Christian, Christ. We do not endorse any particular interpretation or meaning; rather we encourage you to find your own.

Q: *How many times should I do an exercise before going on to the next?*

A: This varies from person to person. You should become familiar and comfortable with an exercise and allow your intuition to guide

you as to when to move on. It isn't necessary to "master" an exercise before progressing and you can always return for more practice.

Q: *Would it be beneficial to combine mind-altering drugs with Hemi-Sync®?*

A: No. Hemi-Sync® exercises are designed so you may learn to control your states of consciousness. Drugs would simply interfere with that control. Also, your rational ability to interpret and comprehend your experiences would be compromised by the use of mind-altering substances.

Q: *Would **The Gateway Experience** and Hemi-Sync® process be beneficial for individuals who practice other meditative techniques?*

A: Yes, absolutely. Many long-term meditators have indicated that Hemi-Sync® facilitates the ease with which they may obtain a deep meditative state and their ability to sustain that state. In addition, **The Gateway Experience** is widely considered the pre-eminent in-home program for developing, exploring and applying expanded states of awareness. Everyone can benefit from the tools and guidelines provided.

Q: *The **Gateway Experience** changed my life. How can I convince a skeptic that the program is worth trying?*

A: Without interest and desire, the discipline that leads to success with any personal development program would be lacking. The

GE training series can supply the tools and guidelines but participants must have an openness and willingness to explore in order to succeed. We suggest you allow your own personal growth to inspire others while realizing that not everyone will be interested in exploring expanded states of awareness. That said, many of our most enthusiastic GE participants were at one time skeptics. You may wish to introduce others to the Hemi-Sync® process with a more "mainstream" exercise, such as *Catnapper* or *Concentration*.

Q: *Can my children listen to **The Gateway Experience**?*

A: That depends on the maturity of the child. Many parents have reported good results using the **Gateway Experience** with children. Use your own discretion for children who are 10 years or older. We encourage parents to work with their children and to monitor their progress.

Q: *What is the hissing or swishing sound I hear when listening to Hemi-Sync® exercises?*

A: The sound you are hearing is intentional. It is referred to as "pink noise" or "pink sound." Technically, it is a random distribution of all the frequencies the human ear can hear and is provided as a bed for the Hemi-Sync® signals.

Q: *Is a "clicking" sound normal?*

A: No. If you hear sounds other than the hissing or swishing

sounds described above, first check your equipment to see if it needs cleaning or repair. If you determine your Hemi-Sync® product is defective, return it to us for a free replacement.

Q: *What is the difference between Hemi-Sync® and hypnosis?*

A: Hypnosis is commonly regarded as a process of being led into a state of high suggestibility and a relinquishing of control to the hypnotist. With Hemi-Sync®, you consciously control and direct your own state of awareness. In this regard, Hemi-Sync® has more in common with self-hypnosis. However, the Hemi-Sync® process allows you to achieve the desired state more quickly and reliably.

Q: *Do Hemi-Sync® exercises contain subliminal messages?*

A: No. Hemi-Sync® recordings contain no subliminal messages. Occasionally, you will hear a verbal message at a very low volume during a "sleep" period so as not to startle you. This, however, is simply a repetition of previously heard information.

Q: *Is it important to have the headphones on the correct ear, as instructed on some of the exercises?*

A: No. If you are using stereo equipment, the intended effect will be achieved.

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 unbound 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.



THE GATEWAY EXPERIENCE®



WAVE II THRESHOLD

WAVE II-THRESHOLD

THE GATEWAY EXPERIENCE®

USING HEMI-SYNC® PRODUCTS

Listen over a portable or home stereo system *using stereo headphones* for best results. Alternatively, you may position yourself between conventional speakers.

Non Verbal Recordings—Play while performing another activity or simply relax and enjoy the experience.

Verbal Recordings—Sit or lay comfortably in a distraction-free environment. Adjust the volume to a comfortable level. Visualize or simply think of doing what the words describe.

While many of our products contribute to wellness, they are not intended to replace medical diagnosis and treatment.

HEMI-SYNC® APPLICATIONS:

Ongoing research has inspired the development of Hemi-Sync® products for a wide range of applications:

meditation
spiritual growth
expanded awareness
profound relaxation
stress management
heightened creativity
problem solving

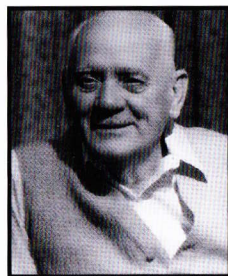
focused attention
accelerated learning
sleep enhancement
pain management
personal growth
enhanced well-being
behavior modification

Comments from Bob Monroe regarding the Gateway Experience®

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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 50 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 through the generation of complex, multilayered audio signals, which act together to create a resonance that is reflected in unique brainwave forms characteristic of specific states of consciousness. The result is a focused, whole-brain state known as hemispheric synchronization, or

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Hemi-Sync®, where the left and right hemispheres are working together in a state of coherence. Different Hemi-Sync® signals are used to facilitate deep relaxation, focused attention, or other desired states. As an analogy, lasers produce focused, coherent light. Hemi-Sync® produces a focused, coherent mind, which is an optimal condition for improving human performance.

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.

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Wave II—Threshold

Each Wave and each exercise of *Gateway Experience* builds directly on preceding techniques and information. Use of *Threshold* exercises before having completed *Discovery* is not recommended. As you work with this Wave, you may find it desirable to review the Frequently Asked Questions in the *Discovery* manual.

Focus™ 12—Overview

The high energy state and expanded awareness of this focus level enable you to become more conscious of inner resources and guidance. As you continue to use what you learned in Focus 10, you may well find entirely new experiences.

Rarely is nonphysical energy perceived in the same way we perceive in our physical waking state. Be receptive to subtle nuances of kinesthetic, auditory, or visual experiences. You may sense a “knowing,” a telepathic comprehension that can be later translated into words. With trust, patience, and practice, you will learn to per-

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ceive more clearly. Sometimes this happens slowly, step by step; sometimes dramatically and suddenly, like water breaking through a dam. Let go of preconceived notions about how these exercises "should" unfold for you. Place them in your Box at the beginning of an exercise or at any time they intrude. This opens you to a fuller and richer range of possibilities in your exploration.

Wave II Exercises

Threshold #1—Introduction to Focus 12

Simply relax as you are guided from familiar Focus 10 to Focus 12, and calmly observe any differences. Effort and analysis are counterproductive. With repeated experience, the distinctions become more pronounced and you come to appreciate Focus 12 as a powerful and empowering state which readily lends itself to a wide diversity of purposes.

Threshold #2—Problem Solving

Problem Solving begins your use of Focus 12 energy for its many practical applications. Place your question or problem in the center of your consciousness, however you perceive this. Then direct it outward to your total awareness, release it, and wait for the response.

Answers sometimes come during the exercise, and may come in many forms. Among other possibilities you may perceive symbols,

abstract images, or colors; "hear" thoughts in your mind; sense subtle changes in energy; experience chills, heat, or tingling; notice shifts in your feelings or level of emotional arousal; or suddenly have a clear "knowing."

If answers do not come as you listen to the exercise, take it as an invitation to heighten your sensitivities as you move through your daily activities. Open your perception, for instance, to the conversations of others, passages in books, synchronicities, and the multitude of wondrous ways in which guidance may reveal itself.

Problem solving in Focus 12 is facilitated by the sincerity of your desire to receive a response, the intensity of your emotion, and the clarity of your questions. Expressing gratitude as you release your question is also important. This acknowledges your trust in the process and amplifies the entire exercise.

Threshold#3—One Month Patterning

One Month Patterning is very powerful for taking charge of your life. Based on the principle that we become what we think, the energy of Focus 12 offers this process a speed and intensity in the manifesting of thought not generally available in ordinary consciousness. Think, feel or imagine the physical, mental or emotional pattern you desire in your life. Just as you did in the previous exercise, place it in the center of your consciousness and then release it. A

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sense of ease and detachment about the pattern lets you know that you have, indeed, released it.

Be clear about what you want. For example, do you want a new house, or to be happy where you live? To lose 10 pounds or to feel better about yourself? Pattern only in the present tense, for example, "I am now receiving..." Use "I" in your patterning statement and perceive yourself as an active part of the pattern. Pattern only for yourself.

Be specific; the more detail in your pattern, the more likely you are to get what you want. Ask only for what you really want, because you'll probably get exactly what you ask for. Put emotion and conviction into your practice to vitalize and strengthen your intention. Then ask that your pattern work only for the good of your total self and simply let go of attachment to the result.

Although a pattern set in Focus 12 can be changed or canceled in Focus 12, don't keep checking or changing it because of fear or doubt. You wouldn't dig up a seed to see how it's growing, would you? Start with small, reasonable patterns. If you pattern for \$50 and prove to yourself it works, later patterns will come more easily. Don't specify how your request will be fulfilled. Let your total self decide and direct the method. Though the exercise refers to "one-month patterning," you can request that patterns be fulfilled in

any time frame: a week, a year, by your birthday, etc. Or simply release the pattern to be fulfilled in its own time.

Threshold #4—Color Breathing

Color Breathing uses the resonance of colors to develop your ability in directing physical and nonphysical energy. Sound, vibration, and other sensations are as valid as visualization for the mental perception of color. One man, blind since birth, experienced different colors as having unique textures.

The exercise guides you through learning to use the following colors: **green** for reducing excess or harmful emotional energy; **red** for increasing physical strength, speed and coordination; **purple** for restoring and normalizing your physical condition.

It's important to end this process each time you practice by perceiving your body as well, whole and perfect. You won't want to energize any condition less than the ideal. As you become familiar with this technique, feel free to experiment with other colors and to develop other purposes for yourself.

Threshold #5—Energy Bar Tool (EBT)

Energy Bar Tool is an extremely valuable and highly versatile tool for gathering and directing nonphysical energies. History and

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mythology abound with “power sticks” that link human and spiritual energies, ranging from the staff that Moses turned into a serpent to the scepters that symbolize the power of kings and queens to the sabers of light that link the heroes of Star Wars to “The Force.” While moving through the exercise, focus on finding or creating your own very personal EBT, one that shares your energy and holds significance for you.

However vague your EBT may seem at first, continue practicing and allow it to develop. Your hands may become your EBT, rather than something external to you. You may sense the increasingly charged vibration throughout your body, or as localized, or as moving and spreading as intensity builds. Your EBT may become a roadway that leads you to further explorations. It can be used as a beacon to attract guidance or other intelligence, a vehicle for space travel, or a comforting symbol of safety and security. The forms and uses of your EBT are truly limitless. Practice and experiment, knowing that its power is reciprocal: as you recharge it, it recharges you. Keep your EBT where it is always available to you and creatively use it in your daily life as well as in your Hemi-Sync exercises. As with all the tools you learn in the *Gateway Experience*, it's up to you to take it out of the tool box and use it.

Threshold #6 — Living Body Map (LBM)

Since maps are an objective representation of territory, the under-

lying concept of the LBM supports the perspective and detachment useful in healing. You have undoubtedly recognized how the progressive nature of *The Gateway Experience* uses previous learning as your adventure proceeds. In this exercise for influencing physical body energy, you learn a new tool while using your EBT.

You are first verbally guided to create a **white** mental outline around your physical body. This “map” represents a composite of your entire physical system. Then you change the outline's color to **red**, representing blood circulation; then **blue** for your nervous system; **yellow** for the organs of your glandular system; **orange** for your muscle and bone structure. As the exercise proceeds, you learn to use the LBM to identify where healing energy is needed. Then, with your EBT, you are guided to direct **purple** healing energy to those parts of your physical body.

Remember that visualizing is not necessary for working with energy. To “think” or feel or sense a color or image is to create it. As you follow the instructions, consider this as an opportunity to “play” with the shape and form of your EBT. The verbal guidance provides a structure, but you need not adhere to it in a rigid fashion. We encourage you to experiment and be creative with all the tools, to make them yours, to be open to fresh insight about what works best for you.

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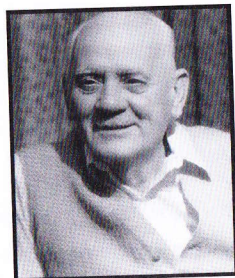
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The Gateway Experience® is an in-home training program for developing, exploring and applying expanded states of awareness. Exercises in this series use specially blended Hemi-Sync® frequencies combined with verbal guidance and subtle sound effects to guide you into focused, whole-brain states of consciousness—*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. The series is progressive in nature. Therefore, the albums (Waves I-VII) must be used sequentially.

WAVE III—Freedom

Enjoy Focus™ 10 and Focus 12 exercises developed specifically to make the methods for perceiving and controlling your nonphysical energy a comfortable and joyous experience. *The three CD album features six verbally guided exercises.*

Please read: Hemi-Sync is a safe, time proven technology. However 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 you experience any physical or mental discomfort, immediately discontinue use. While many of our products contribute to wellness, they are not intended to replace medical diagnosis and treatment. All warranties whether express or implied, including warranties of merchantability and fitness for a particular purpose are disclaimed.



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Wave III—Freedom

Each Wave and each exercise of *Gateway Experience* builds directly on preceding techniques and information. Use of *Freedom* exercises before having completed *Threshold* is not recommended.

As you work with this Wave, you may find it helpful to review the introduction and Frequently Asked Questions in the *Discovery* manual.

About OBEs — Before beginning these exercises, take a moment to conceptualize your experiences thus far in terms of Robert Monroe's **Continuum of Consciousness**. This continuum can be easily understood by thinking of a radio dial; as you turn it, one station phases out and signals from the next begin to emerge out of the static. Let's consider a state of alert awareness, with your total consciousness paying attention to the present physical reality, as one "station" on the dial.


When you find yourself wondering if you turned off the stove before leaving the house, you're momentarily "tuning in" another station. Daydreaming is yet another, as is the hypnogogic state on the borderline between wakefulness and sleep. C-1, Focus™ 10 and Focus 12 are arbitrary labels for certain points along the continuum.

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As your daily life proves, you move back and forth along this continuum all the time: you sleep, you wake, you daydream, etc. Hemi-Sync® helps you shift your attention to a particular “station” or state of consciousness. And even when you are picking up a nonphysical consciousness “station,” you may retain awareness of your physical body. One illustration of this is the classic out-of-body experience in which you “see” your physical body from an outside position.

You may perceive your nonphysical consciousness as housed in a “physical” body, as a sphere of light, as free-flowing energy, or... There are no rules, no norms, no standards against which you should measure your own experience.

As you become more and more proficient in experiencing your consciousness as separate from the physical, the method of perception becomes quite unimportant and may change from OBE to OBE.

What remains important is: Any experience of your consciousness separate from the physical body is an OBE, even though you may retain some awareness of your body lying in bed, or your breathing, heart beat, etc.

About Fear — Some people have a strong desire to go out-of-body while at another level they are frightened at the prospect. You’ve

learned tools that can help deal with such fears. For example, put them in your Box; add a calming, reassuring statement to your Affirmation; know that your REBAL comes with you and keeps you safe and comfortable; let your EBT be a two-lane highway for carrying you away and returning you surely to your point of departure; repeat *Discovery #4*; with *Threshold #2*, ask for guidance on how to best ease your fears.

Above all, let go of any expectation that you will have a particular kind of experience. Trust your greater self to know what is right for you and reinforce that trust with a sense of gratitude for whatever experience is awaiting you. Remember that you can always return safely to C-1 by simply “thinking” the number “1” and moving your fingers.

Practice — As you experiment with the different separation techniques on these *Wave III* exercises, you may discover that one works better for you. Or you may find energy building to sudden separation as you are simply relaxing, allowing Hemi-Sync® to move you along the continuum. Then comes practice, more practice, and still more practice.

In the beginning stages of developing OBE proficiency, you may find that thought becomes action; a passing thought about a person or location may transport your nonphysical consciousness there.

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With more experience, you will gain greater control. At that point, the adventure is totally up to you. You may choose to explore the solar system, map the terrains between physical and nonphysical experience, develop friendships with nonphysical entities, or simply fly over the nearest treetops. The possibilities are limited only by who you are and how you wish to grow.

Wave III Exercises

Freedom #1—Lift Off

Center yourself in the “you” that is your nonphysical energy rather than in your physical body, and practice until you are thoroughly familiar with the process. Surprisingly enough, you can help yourself rise by “settling down.” Think about how it feels to go up in an elevator. Repeated practice gives you assurance that you can return safely and easily and, once you know this, it is quite easy to move farther than the exercise provides.

Freedom #2—Remote Viewing

Remote Viewing guides you through three experiments using your EBT to reach distant people and places with your awareness. Listen to the exercise first while sitting up and without headphones to understand the required involvement of someone with whom to verify the results. Distance is not a factor; the person can be around the corner or thousands of miles away. Select a mutu-

ally convenient, specific, hour-long time period so you can make notes before you contact the other person.

For the first experiment, have your associate write six numbers on a card, place it inside a white envelope, and lay the envelope on a cleared surface that you are familiar with in his/her home. For the second, have the person place a white cotton ball in another location you are familiar with. Ensure that the envelope and cotton ball will be standing alone, and that you are not informed ahead of time where they will be located. In the third experiment you send a message to your associate, noting where he/she is and what he/she is doing.

As you perform the experiment, notice how your perceptions work. Are you more apt to sense shapes, colors, or textures? What leads you to describe the things you perceive in the way that you do? What is your emotional experience as you are remote viewing? Integrate remote viewing into your daily life as you continue to practice these techniques. Allow your total self to “play” with and modify them. Over time, your capabilities will develop and strengthen. Remember, there is no failure in developing psychic abilities. Learning what does not work for you is equally valuable for your progress.

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Freedom #3—Vectors

Vectors uses your REBAL to give you practice in going and returning with a sense of direction. While perception involving nonphysical energy is not limited to ordinary notions about space, using your physical body as a reference point is a good way to learn to establish control over your movements.

You are asked to imagine a clock face, with 12 always just above the top of your head. You first learn to extend your perception around the face of the clock in a two-dimensional, vertical plane, with 3 being outside your left hip, 9 outside the right, and 6 just below your feet. In the next part of the exercise, you rotate the clock face so that 3 is in front of your hips and 9 is behind. The instructions lead you in exploring three-dimensional space.

Notice the feelings associated with perceiving beyond your physical body. Detect any interesting or unusual features of a particular vector, or changes in awareness associated with changes of position on the clock. You may find one vector especially stimulating, even a source of information. As always, make these techniques your own; experiment with them; establish and practice with additional reference points.

The more you repeat this exercise, the more proficient you become

in controlling movement. Eventually, you will be able to use this learning in all your explorations.

Freedom #4—Five Questions

Five Questions leads you in asking: Who am I? Where and who was I before I entered this physical existence? What is my purpose for this existence in physical matter reality? What action can I now take to serve this purpose best? What is the most important message I can receive and understand at this point in my existence?

You may find it useful to review the comments for *Threshold #2* to remind you that the answers you receive may not be verbal and may come at a later time. Keep in mind the various perceptual methods you have been experiencing and open your awareness to kinesthetic sensations, emotions, a sense of “knowing,” or images. Whether the responses come from your total self or from an external source, it’s up to you to translate this nonverbal communication into words or visual representations that hold meaning for you.

These questions are only a beginning. As you continue to practice this exercise you can substitute your own and repeat any question for clarification or fuller understanding. Ask what you really want to know, infuse your questions with this desire, and express gratitude for the guidance you will receive.

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Freedom #5—Energy Food

Energy Food teaches you a method for restoring depleted energy in C-1; it is an encoding of the process rather than actual application. To know whether the encoding is accomplished or whether to repeat the exercise, use the method shortly after each time you listen to the exercise. If you feel more energized, you have achieved proficiency with another valuable tool for use in your daily life. Then move on to the next exercise.

Freedom #6—First Stage Separation

First Stage Separation builds on previous exercises to take you farther in consciously controlling your nonphysical energy. Practicing five different methods of dissociation from your physical body provides the opportunity to discover that one is more comfortable for you, or to experiment with combining two or more of these methods. With each one, you can return to the physical body by using the "Return to C-1" encoding.

Log-rolling — Focus on rotating and rolling the nonphysical energy within your physical body as if an axis runs through your body from your head to your feet. When you sense a release of "surface tension" between your physical and nonphysical energies and you are rotating freely, stop the focus on rolling and allow it to continue. Once the "out-of-phase" condition is comfortably established,

you simply turn over and move outward. Reorientation can be easily accomplished by rotating until your nonphysical energy is in alignment with the physical. You may perceive something akin to a little "click," and you are reintegrated.

Pole — Using your feet as a pivotal point, you are directed to move your nonphysical energy slowly up and out, head first, until you are in an upright position. When your energy feet are the only point of contact, intent is sufficient to accomplish complete separation.

Backing away is simply that: you slowly back out and away from your physical body. Once this is achieved, you can turn away and practice directing your movement with the techniques from the Vectors exercise.

Flowing involves sending out your nonphysical energies through the top of your head in the form of a cloud or fog or thin spray of gas. Once separated, this often reforms quite naturally into a replica of your physical body. You can then "jet" away on your EBT, float off inside your REBAL, practice with your vectors, or use any of the other tools you have learned.

Floating involves an emotional association with the concept of floating or soaring. As you contemplate how pleasant it would be

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to float upward, like a cloud or a kite, your nonphysical energy responds to this emotional wish. Once separation is achieved, you can gradually diminish the emotion so other parts of your total self can direct your experience.

Repeated practice in a relaxed state, without expectations, is the best way to achieve comfort and confidence in your ability to separate and return easily and surely. Think of learning to walk. When your first attempt to stand erect as a child ended with a plop to the floor, did you give up and decide to spend the rest of your life crawling? Of course not!

Looking Ahead

Wave IV—Adventure is ready for you as soon as you are ready for more adventuring. You'll delve into additional applications and development of your skills as you enjoy exciting experiences of sending and receiving nonverbal communications (NVC).

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THE GATEWAY EXPERIENCE®



WAVE IV ADVENTURE

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—*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. The series is progressive in nature. Therefore, the albums (Waves I-VII) must be used sequentially.

without HEMI-SYNC®

with HEMI-SYNC®



Brainwave maps



Incoherent brainwave pattern
with limited thought processes

Coherent brainwave pattern—
enhanced whole-brain potential

WAVE IV—Adventure

Explore new experiences, new ideas, new places and new friends. This album provides you with the ultimate expression beyond *Freedom*—that of a personally controlled and directed adventure. *This three CD album features six verbally guided exercises.*

Please read: Hemi-Sync is a safe, time proven technology. However 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 you experience any physical or mental discomfort, immediately discontinue use. While many of our products contribute to wellness, they are not intended to replace medical diagnosis and treatment. All warranties whether express or implied, including warranties of merchantability and fitness for a particular purpose are disclaimed.

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Wave IV – Adventure

Use of these exercises before completing all previous waves of *The Gateway Experience*® is not recommended.

Discovery helped you build a strong, comfortable foundation for nonphysical exploration in Focus™ 10. *Threshold* taught you more tools for directing and controlling nonphysical energy in the energy state of Focus 12. *Freedom* provided you with practice in separating your nonphysical from your physical body.

Adventure offers you personal direction and control of new experiences, new ideas, new capabilities, and new exciting exploration. As you work with this Wave, you may find it helpful to review the introduction and Frequently Asked Questions in the *Discovery* manual.

Wave IV Exercises

Adventure #1—One Year Patterning

One Year Patterning requires your thoughtful prior consideration about exactly how and what you desire to be in one year's time. Use the same guidelines given for *Threshold* #3 as you follow the same process. The differences are the longer time frame and, more importantly, your increased knowledge of your ability to use the power of expanded consciousness. Be sure you really want

what you pattern for, pattern strongly, and let it go with trust and confidence and gratitude.

Adventure #2—Five Messages

Five Messages requires no prior action except, as usual, to approach the exercise with openness, gratitude, and a sensitivity to your perceptions of any nature. Wait until after to analyze and interpret your messages. Such "left brain" functions interfere with your synchronized Focus 12 state. Review the guidelines for *Threshold* #2 and *Freedom* #4 for additional suggestions.

Adventure #3—Free Flow 12

After introducing you to a "beacon guidepost" as your personal reference point, this exercise supports planned, systematic explorations wherever you desire. Deciding on a purpose (or destination) before you begin helps you avoid drifting into a sleep or dream state. Seek information or guidance you desire, and express gratitude for what you receive. As you repeat the exercise again and again, extend the scope of your journeys.

During these self-directed adventures, experiment creatively with any and all of the methods you have learned. Remember: these valuable tools cannot serve you unless you take them out of your mental tool box and use them. Roam far and free in perfect com-

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fort, knowing that you will safely and surely return to C-1.

Adventure #4—NVC I

Nonverbal Communication (NVC) is not what we commonly understand as body language, but rather a primary method of interaction in and among different realities and energy systems. It is total expression, occurring within the mind and in mind-to-mind exchanges. You have encountered NVC in previous *Gateway Experience* exercises and in the dream state: vibrations, light, action, emotion are a few examples. Begin to build your NVC “vocabulary” with these and other nonphysical perceptions, together with new meanings for familiar perceptions. Experiment with all your *Gateway Experience* tools and methods of perception and practice repeatedly to develop confidence in your NVC ability.

Adventure #5—NVC II

Further practice to develop your NVC vocabulary leads to communicating your Affirmation nonverbally. Then you use your expanded awareness to receive NVC from others. The more you strengthen your NVC ability, the better you will learn from your Gateway experiences. Practice counts.

Adventure #6—Compoint 12

Compoint, an abbreviation for communications point, is a location you establish along the continuum of consciousness. Actively engage in creating an environment that invites communication. Some examples could be a high tech computer station to receive input from the mainframe, a lush garden with comfortable benches overlooking a tranquil pond, or a cozy log cabin with overstuffed chairs for cherished conversation with dear friends. Let it be appropriate for you.

Your growing NVC skills enable you to use the compoint to gather information, encounter other energy systems, or simply observe. You develop more NVC vocabulary for reaching out, greeting, saying goodbye and expressing gratitude. Because you can go to your compoint easily and surely whenever you wish, it can serve as a convenient rendezvous with your nonphysical friends.

Looking Ahead

Wave V—Exploring is awaiting you when you are ready to continue your explorations. From the now familiar state of Focus 12, you will be introduced to Focus 15, the “no time” state — the state of simply being. Here, far beyond your five physical senses, you can connect with the source of your intuition without verbal guidance.

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WAVE V EXPLORING

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Brainwave
maps



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WAVE V—Exploring—A Journey to Focus™ 15

From the now familiar state of Focus 12, you will be introduced to Focus 15, the “no time” state—the state of simply being. Here, far beyond your five physical senses, you can connect with the source of your intuition. *This three CD album features six verbally guided exercises.*

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DISCOVERY • THRESHOLD • FREEDOM • ADVENTURE • EXPLORING • ODYSSEY • VOYAGER • UNION

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.

Cautions and Warnings: Please Read

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Wave V—Exploring

In Wave V, you will be reacquainted with Focus 12, the state of expanded awareness. You will then have the opportunity to enhance your intuitive abilities with two additional Focus 12 exercises. These exercises will help you connect to the feeling or feelings associated with an intuitive knowing. They can assist you in identifying and overcoming limiting beliefs or obstacles which may prevent you from knowing and trusting your intuitive self.

Focus 12 is an ideal springboard for exploring higher states of consciousness. From this now familiar state, you will be introduced to Focus 15, the “no time” state—the state of simply being. Hemi-Sync® signals will assist you as you expand your consciousness far beyond the limitations of your five physical senses and connect with the source of your intuition. Following your introduction, you will have the opportunity to experience Focus 15 as a powerful state of creation and manifestation before moving on to the culmination of Wave V, a free flow Focus 15 exercise. This free flow experience will provide you with an ideal inner landscape for further exploration of this extraordinary state.

We suggest you practice the verbal cues you learn in Wave V so you can repeat your experiences without listening to the exercises. The more you do this, the easier it will become.

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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 V experiences and would be delighted to hear from you.

Wave V Exercises

Exploring #1—Advanced Focus 12

Focus 12, the state of expanded awareness, can serve as an ideal springboard for expanded explorations. In this exercise you will return to Focus 12 to strengthen and reinforce your familiarity with this valuable state. You are free to explore. You may use this opportunity to perceive with your nonphysical senses, to establish new patterns for your life or to reopen channels of communications with your nonphysical friends. Practice your nonverbal communication skills by giving and receiving information.

Exploring #2—Discovering Intuition

In Exercise 2 you will be guided to use the Focus 12 state of expanded awareness as a natural foundation for enhancing your intuitive abilities. You will learn to connect to the feeling or feelings associated with an intuitive knowing. This feeling is your own unique and personal marker of your intuition in action. You will also learn a verbal cue that you might use whenever you desire to

know something with great clarity. The more you exercise your intuitive abilities, the more you will come to rely upon and trust this innate part of who you truly are.

Exploring #3—Exploring Intuition

Exercise 3 affords you the opportunity to use the Focus 12 state for further exploration of your intuitive abilities. Hemi-Sync® signals will assist you as you expand your consciousness far beyond the limitations of the five physical senses. Be prepared to express your intent to understand and know more fully who you are as an intuitive being as you connect with the source of your intuition. Ask for help in identifying any limiting beliefs or obstacles which may prevent you from knowing and trusting your intuitive self. You may then express your intent to release these limiting thoughts and beliefs. Be sure to express your gratitude for the trust and confidence you have gained in your intuitive self before returning to physical waking consciousness.

Exploring #4—Intro to Focus 15

From the now familiar Focus 12 you will be guided into another state of being, Focus 15, the state of “no time,” where time does not exist for you. You can move into Focus 15 and return easily because your energy body is not limited or controlled by time and space. To enhance your familiarity with the state of “no time,” you

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will return to Focus 12 and then be guided back to Focus 15 before returning to full waking consciousness.

Exploring #5—Mission 15 Creation and Manifestation

Focus 15 is a state of stillness, a state of simply being. In Exercise 5, you will explore Focus 15 as a powerful state of creation and manifestation. From within the energy of Focus 15 you will be able to access the “All That Is” and know that your creative abilities are put into action through your intention. You will also learn a verbal cue that you may use whenever you desire to create a change or manifest what is needed in your life.

Exploring #6 — Exploring Focus 15

By now you should be familiar with the stillness of Focus 15—the “no time” state—the state of simply being. Exercise 6, the culmination of Wave V, presents you with a free flow opportunity for further exploration of this extraordinary state. You are given free rein to explore the nature of intuition, to experience the creative energy within you, or to commune with your true essence for guidance and inspiration.

Looking Ahead

Wave VI—Odyssey (A Journey to Focus 21) guides you into an *odyssey of self-discovery*. *Wave VI* features high-adventure exer-

cises in Focus 21 (the bridge to other energy systems). Explore realms of awareness that defy description in dimensions beyond physical time-space reality in this episode of *The Gateway Experience*.

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THE GATEWAY EXPERIENCE®



WAVE VI ODYSSEY

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Brainwave
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WAVE VI—ODYSSEY—A JOURNEY TO FOCUS 21

Embark upon an *odyssey of self-discovery*. Wave VI features high-adventure exercises in Focus 21 (the bridge to other energy systems). Explore realms of awareness that defy description in dimensions beyond physical time-space reality in the extraordinary segment of **The Gateway Experience**. *The three CD album features six verbally guided exercises.*

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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 other locales (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.

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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. 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.

Trust that your experiences are exactly as they should be for you at the time. Your heartfelt 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 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."

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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.

Wave VI Exercises

Odyssey 1—Sensing

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

Exercise 2 will enable you to begin a greater exploration 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 *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 in-home programs to be open to the idea of asking for and receiving assistance. Our enthusiasm for doing so originates from our early experiences with the Explorer sessions. 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. 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—Intro to Focus 21

Exercise 5 may be your first conscious experience in Focus 21 (the bridge to other energy systems). 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 journeys.

Looking Ahead

Wave VII—Voyager, released in 2019, awaits you as soon as you feel ready to move on.

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WAVE VII—VOYAGER

Learn to be of service to self and others. Journey to Focus 21 and on to states of awareness associated with the afterlife state, Focus 23 through Focus 27. From these levels contact is made with individuals who have died physically but remain "static"—unable to detach completely from the earth energy systems. One objective is to guide these individuals beyond the earth experience to a "reception center" where they can rest, review their life experiences, and consider their next evolutionary steps. You will also have the opportunity to connect with loved ones, and send/receive messages. Three CDs, six verbally guided exercises. Guidance manual included.

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WAVE VII—VOYAGER

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WAVE VII
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Wave VII Exercises

Voyager 1—Explore Total Self

The purpose of this exercise is to gain a better understanding of your Total Self. You will explore your purpose for living this physical life with the help of your Inner Helper—the one who is your closest friend and ally, who knows and understands you better than you realize.

You will be guided to Focus 21, the bridge to other reality systems. From here you will connect with your Inner Helper, establishing communication so that you may ask a series of questions and receive information regarding your Earth life.

Voyager 2—Intro to Focus 23

This may be your first conscious experience in Focus 23, the transitional reality of those who have just completed a physical life, but are somehow unable to move on.

You will be instructed to move to Focus 21 by the method you have learned. As you relax into this exercise, special Hemi-Sync® signals and verbal guidance will lead you to Focus 23. Carefully observe the subtle changes in vibrations or feelings of movement within your body as you move to Focus 23, transitioning through the various states of consciousness as you choose.

Once in Focus 23, you will be instructed to observe and perceive the various beings and their states of consciousness. They may exhibit emotions of bewilderment, shock, and confusion. You will remain calm and confident as you are always in full control.

Become familiar with all you observe, as this is the point of the many you can help. However, you will only be an observer and are not to engage with any of these beings at this time. If approached by someone, simply offer love and ask their guides to help them. You will have the opportunity to return to this area and be of assistance in Exercise 5.

Voyager 3—Intro to Focus 25

In this exercise, you will be introduced to Focus 25, the belief system territories. This area is occupied by groups of non-physical humans who have, through thousands of years, accepted and subscribed to various premises and concepts.

You are instructed to move to Focus 23 on your own; from there, you will be verbally guided to Focus 25. This region contains all human

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belief systems, and you are to observe without participation.

You may encounter those you know, but you are only a visitor here to observe, remember, and take the memory with you. Keep in mind beliefs are simply tools we use in constructing reality, using them to limit certain areas and to expand others.

Voyager 4—Intro to Focus 27

This is your introduction to Focus 27, the reception center between physical lives. This area was created as a way station, a familiar place to relax, meet with others, ask for help, communicate and consult with others.

It is designed to ease the trauma and shock of the transition out of physical environments for the many different new arrivals.

Through the assistance of counselors, the newly arrived can become calm and rational. Eventually the next goal along the path is decided, and the visitor is directed away from the Reception Center to begin a new path to achievement, whatever that may be.

You are only a visitor here, as you are still in physical matter reality. This is a vast area, so be open to other perceptions other than visual, such as impressions, feelings, sensing, knowing, etc. You are instructed to just explore, as you find or create your own special place that you can visit again during your regular sleep. A place where you can meet with friends and those you love. This is also the

region where you will return in Exercise 5 to assist those stuck in Focus 23.

Voyager 5—Retrieval

This exercise is designed to teach you how to assist those in Focus 23. You will first be instructed to move to Focus 27 to ask for help in making a "rescue run." Suspend the skeptical, critical, and analytical left-brain part of yourself during this exercise, so that you may be free to fully experience and explore. Be open to the many ways in which information and communication may be perceived beyond the five physical senses.

You may have a visual impression of the guidance available, or you may not. Look for subtleties, such as:

- A "lightening" in the energy around you
- You may feel suddenly warmer or cooler in your body temperature
- A flash of color
- Your heart rate might accelerate
- You may just "sense" that there is a presence around you
- You could feel a tingling in your hands, arms or feet
- A rush of energy throughout your body
- A chill like goosebumps on your neck or arms
- You may sense the feeling of a cool breeze moving across your face or the top of your hands
- A little flutter on your cheek, like the trail of a butterfly wing
- Or maybe just a "knowing" that guidance is there for you

The important thing is that whether you perceive its presence in some form or not, you proceed here with the assumption that it is, indeed, there with you, because you know from all your experiences that it is.

Once you have your helper, you will then move back to Focus 23 and select a newly arrived person to escort to the Reception Center in Focus 27.

You will have the opportunity to converse with the newcomer before asking your helper to move that person to someone who can provide the best assistance. Be open to impressions you may receive, such as the name of a person that may come to you. Instead of dismissing it, develop further impressions to build on. Just flow with it. In your mind you may ask for verification of the name, ask how they are, how did they get there, or what happened to them. Simply allow vague initial impressions to develop more fully into things you can follow up on. Just relax into this and remember you are well-qualified and have much help as you move in this new phase of learning and experiencing.

You will then be guided back through the various levels to full waking consciousness. Use this exercise as much as you like to provide assistance to those in Focus 23.

Voyager 6—Messages From Beyond

The final exercise in this series is not as structured as all previous exercises. There is no formal preparatory process or count up/down. With limited verbal guidance, it acts as more of a free-flow, with a few visual suggestions and questions to pose. The Hemi-Sync® frequencies will take you into the Focus 27 state where you will encounter your loved ones, or other loving beings. From here you will select the one you wish to communicate with, as you ask for and send messages.

Looking Ahead

Wave VIII—Union is ready for you as soon as you are ready for more adventuring. Explore other possibilities in the infinite space of Focus 27, plus other areas of unexplored consciousness beyond the Earth Life System. You have the unique opportunity to observe, learn, experience, and transcend limiting beliefs as you come to know more of where you came from, where you are going, and your true Self.

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WAVE VIII UNION

A Journey Beyond Space and Time

WAVE VIII—UNION

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USING HEMI-SYNC® PRODUCTS

Listen over a portable or home stereo system *using stereo headphones* for best results. Alternatively, you may position yourself between conventional speakers.

Non Verbal Recordings—Play while performing another activity or simply relax and enjoy the experience.

Verbal Recordings—Sit or lay comfortably in a distraction-free environment. Adjust the volume to a comfortable level. Visualize or simply think of doing what the words describe.

While many of our products contribute to wellness, they are not intended to replace medical diagnosis and treatment.

HEMI-SYNC® APPLICATIONS:

Ongoing research has inspired the development of Hemi-Sync® products for a wide range of applications:

meditation
spiritual growth
expanded awareness
profound relaxation
stress management
heightened creativity
problem solving

focused attention
accelerated learning
sleep enhancement
pain management
personal growth
enhanced well-being
behavior modification

to be open, allowing and calm...in perceiving clearly, responding appropriately and carrying out my intent of service. I am truly grateful for this assistance. I set forth empowered by the energetic field of my fellow explorers and acknowledgement of our oneness, in love.

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.

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Wave VIII—Union

Wave VII introduced you to Focus 27. The purpose of Wave VIII is to explore Focus 27 plus other areas of unexplored consciousness beyond the Earth Life System.

Trust that your experiences are exactly as they should be for you at this time. Your heartfelt 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.

Trust yourself throughout these exercises and know that a greater part of you is always there to help and assist.

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.

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Wave VIII Exercises

Track 1 – Special Tour

You will begin by returning to your Special Place in Focus 27, noticing any changes that may have occurred, and/or making any modifications to better suit your needs.

You will be introduced to a new affirmation to better align with the purpose of exploring these new places and to avail yourself of the energies of like-minded fellow explorers. (*Note the last sentence of the affirmation.*)

Finally, you will go on a special tour to obtain an overview of other areas beyond the Park and Reception Center—places you will explore in more detail in subsequent exercises.

Track 2 – Meeting with the Entry Director

Returning to the Planning Center of Focus 27, you will have an opportunity to learn about some of your personal history by meeting with the Entry Director, and others who helped prepare the way for your current physical lifetime.

Ask to observe the steps in the process of preparing to enter a physical body. You will also ask to be given a review of your personal experiences of entry into the Earth life. Use all of your senses and stay open to whatever information is communicated.

Track 3 – Educational Opportunities

In the Educational Center in Focus 27, you will have the opportunity to personalize your experience. This is a place of teaching, instruction, training, and learning. You will ask for a personal demonstration, a personal experience of how this function is carried out.

Allow any impressions to come as you observe and explore. Open yourself to the many possibilities for instruction, insights, and information.

Track 4 – Healing and Regeneration Center

The Healing and Regeneration Center is where those newly arriving to Focus 27 may recuperate and receive healing, counseling, and guidance.

You will be able to ask for a personal demonstration, a personal experience. Be open to the experience of healing for the events of this lifetime, and for other lifetimes as well. Ask to receive whatever healing, regeneration or balancing you feel you are most in need of.

Track 5 – Planning Center

The Planning Center oversees energy patterns in the Earth Life System, allowing you to not only observe, but also participate.

One of the functions here is to introduce new ideas and new energy patterns into physical Earth reality, or delete/remove those energy patterns which are no longer useful. As you observe, ask to understand and learn about this process. Open your channels of perception and trust what you perceive.

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You will have the opportunity to become an active participant in this process by asking for an idea of an energy pattern that you can track. Whatever you receive, allow it into your perception and then follow its course from Focus 27 into the Earth's energy pattern. Immerse yourself in this process.

Track 6 – Coordination Area

This area is dedicated to the maintenance and management of Focus 27. You will meet the energy beings who maintain, manage, organize, and facilitate the activities of Focus 27.

You will ask for insights into the history and creation of Focus 27, how the management and coordination functions are carried out, and the nature of the relationship to the Earth Life system. You will also inquire as to other systems that are coordinated here.

One highlight of this exercise is learning what lies beyond—what opportunities there are for further development and growth. Let go of any preconceived ideas you may hold and be open to what these beings show you.

Track 7 – Inner Earth

This exercise will allow you to meet with those intelligences who maintain the physical Earth. This exercise uses Focus 12 as your base, and as a seasoned explorer you are instructed to move to whatever Focus level is most appropriate and helpful for you to be able to understand the information you receive during this exploration.

You will be guided through the different elemental kingdoms of Earth—mineral, plant, animal, earth, water, fire, and air. Make your way to the Earth's inner core, meeting the intelligences and asking if there is a message for you. Stay open to what you receive and trust the information.

You will continue to observe as you are guided through other Focus levels, perceiving the differences in each. Encoding will also be given to you so you may return here anytime.

Track 8 – The Absolute

This is a unique opportunity to experience graduating from the Earth Life System—moving beyond physical Earth.

You will be asked to observe all the things that embody your current Earth life—from your beliefs, and emotions to the self-image you have constructed. Next, you will place all of these things representing your physical embodiment in a box.

As you make your way through a long hallway, you will find yourself in front of the final door. You are invited to step through this door as you let go and observe what lies beyond. After a brief time, verbal guidance and the Hemi-Sync® frequencies will call you back to full waking consciousness.

The Gateway

training program and apply the process. Experience blended with sound effects, whole-brain sound effects, found sounds. While in a range of positions. The series

WAVE VIBRATIONS

Explore other consciousness levels, experience came from a program, Exploring Guidance

Please read: Hemi-Sync, audiotapes, consulting your own, immediately discover, replace medical

