

## Gateway Experience, Wave VII, Exercise #1, Explore Total Self

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This exercise guides you from focus 10 through focus 12 to focus 21 and from there into connection to what is called your “inner helper.” The exercise, then has you ask a number of questions such as:

- what is your goal in this life;
- why did you incarnate this time;
- how many lifetimes have you incarnated on earth;
- what is the nature of the inner helper;
- where did it come from,
- and when did it get here?

(This list is from memory after returning from the exercise, and not precisely accurate.)

March 8, 2024, 8:30 p.m. Because I had had a glass of wine this afternoon at the happy hour in the retirement community where I live, I wasn't sure that it made sense to try to do this exercise until tomorrow, but Bob Monroe nonverbally encouraged me to go ahead and do it, so I did my usual series of meditative affirmations to ground myself into sobriety, and proceeded to this Gateway exercise.

*I was surprised at how easy it was to slip into the desired Focus 21 state, and to get clear-cut answers to the questions posed.*

*When asked about my current incarnation, and how many lifetimes I have lived here, I was surprised at the clarity with which I had a vision that this is my first incarnation here, and that I have a whole series of lifetime scenarios that have been programmed into a reincarnational history, much like a series of lucid dreams, with specific patterns designed to program my current incarnation with specific agenda and skills as an “evolutionary operative.” I am uncertain whether or not these programmed reincarnational lifetime memories may have actually occurred in recorded history or not.*

*Asked where the inner helper came from, and when, it was clear that the inner helper came from a higher vibrational level than I did; and that this level is outside of time as we know it.*

*When I asked to see the inner helper, I had a bit of ontological shock, because I saw a darkly colored ET entity, the image of whom immediately brought to mind the memories detailed below:*

(In a reincarnational experience facilitated in 2009 by Dr. Katya Walter), I saw myself standing with a pre-historic cave man, while what appeared to be

representatives of a Galactic Council watched from above, ceremonially chanting something, as if to be infusing me with some type of intelligent energy that I, in turn, was here to psychically transfer into the cave man; perhaps to quicken an evolutionary step for him and/or for the tribe he is part of.

The night after this reincarnational exploration with Dr. Walter, I had a lucid dream in which the Galactic Council's "Dream Weaver" team seeded me with the repeated instruction that "I was to be mindful that I am Watcher whose work is about Being, not Doing."

*The Inner Helper then showed me various subtle things that are not feasible to describe here.*

*As I was returning back from Focus 21 to Focus 12, I made the request that I could channel the Inner Helper as needed from the waking state, and I expressed great gratitude for all the help – past, present, and future.*