

## Gateway Experience, Wave VI, Exercise #4, Non-physical Friends

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### From the CD liner notes for this exercise:

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.

February 5, 2024

*This first experience was successful beyond anything I imagined. Of the four helpers, the two on the left were Dean Brown and Al Hubbard, and on the right, Bill Tiller and Bob Monroe. (Beforehand, I mentally indicated I would like to make a conscious connection with Monroe, but was not sure this would happen; so, I was especially pleased when he appeared.)*

*We lifted up, and as I was searching for where to go, I decided to merge with the helpers' collective Beingness and invited them to co-creatively decide this together; they grokked that I secretly wanted to dive into the "Bliss Cloud," so that is where we went. It was wonderful.*

*In the process I was able to tune into each individual helper; moreover, all of the transcendental "Source-ers" that I invoke in my daily meditation also showed up. To my surprise, Jesus, did not appear as an external entity, but rather as an integral part of my own being; and Shekhinah appeared more as an all-pervading Spirit. Although Bob Monroe was certainly present as a helper, he felt unavailable for personal connection; I seemed to get from him an instructive feeling that I should be seeking a non-verbal connection.*

*The next step of the process brought us back down to level focus 12, and from there, the instructions were to go up – higher and higher. So, I simply envisioned the radiant light of Ultimate Source within, and we went there together, with appreciation for the imagery of Indra's Web, courtesy of "DreamSource," the transcendental operative I invoke with the others in my daily meditation routine. (How I first experienced what I have come to call "DreamSource" is described on page 7 of the working paper, [Lucid Dreaming and Beyond](#).)*

*All told, these results were way beyond anything that I expected.*

Feb. 6: As I was getting ready to do another Gateway Experience exercise, and was trying to figure out whether to do the non-physical friends exercise again or go on to the Intro to Focus

21 exercise, Bob Monroe came through and indicated nonverbally that I have access all the way up (as part of who I am), if I just choose to use it. Since then, he has become a frequent coach as I continue the Gateway series of exercises. 😊 )