

THE GATEWAY EXPERIENCE

GUIDANCE MANUAL

A GATEWAY TO SELF- EXPLORATION Published by: The Monroe Institute

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Caution: These tapes must not be used while driving. Use only with your doctor's permission if you are taking psychotropic medication or are engaged in therapy. Your doctor may call our Professional Division with any questions. Do not use tapes with any indication of epilepsy.

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The Gateway Affirmation

I am more than my physical body. Because I am more than physical matter, I can perceive that which is greater than the physical world. Therefore, 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 who follow me. Also, I deeply desire the help and cooperation, the assistance, the understanding of those individuals whose wisdom, development, and experience are equal to or greater than my own. I ask their guidance and protection from any influence or any source that might provide me with less than my stated desires.

(Note: This Affirmation has evolved over time. On some Gateway Experience tapes it may be slightly different from the way it is presented here. Both versions will help you make the most of your experiences. Remember, it is the intent rather than the words themselves that is important.)

Comments From Robert A. Monroe Regarding The Gateway Experience Sometimes it's hard to determine a beginning, the point where an idea becomes a reality. The Gateway Programs are not in this category. We remember well when they started.

In 1973, at Whistlefield Research Laboratories, in Afton, Virginia, we were conducting research studies on the effects of the environment on human consciousness. The Esalen organization at Big Sur, California, famous as the birthplace of many new trends in psychology and philosophy, heard of our work and invited us to conduct a weekend workshop at their facility. As a result, we had many requests to repeat the process elsewhere. Our Executive Committee approved this new activity as a means of broadening our research model – and indeed it did. Originally called the M-5000 Program, sessions were held on weekends at various sites throughout the United States and Canada. Several thousand individuals from all walks of life participated in this constantly evolving series of training exercises. When we understood better the process taking place, we renamed it the Gateway Voyage Program – because what we were presenting was a Gateway, a means by which the individual could move into the exploration, knowledge, and understanding of oneself as well as the many reality systems where one has existence. —The Gateway Experience is a special version of the Gateway Voyage Program. Designed for in-home application, it incorporates methods and techniques of the Gateway, adapted so that you can benefit from it wherever and whenever you so desire. Consisting of six exercises on tape cassettes, Discovery is the first album in this course. There are a total of six albums (thirty-six tapes) in the Gateway Experience. Sequentially, the remaining albums are: Threshold, Freedom, Adventure, Exploring, and Prospecting. Each tape and album contain a specific pattern of training. Accordingly, it is very important that you work with them in sequence. With in-home training, you have a definite advantage. You can repeat each exercise until you feel comfortable and proficient with its use. Do this. Then move to the next.

The sound pattern you will hear on the tapes is a scientific process that helps you develop and absorb these Gateway states of consciousness. It is not hypnosis, although some of the techniques seem similar. The Gateway forms of consciousness show significantly different EEG brain-wave patterns from those of hypnosis subjects. At present, there is controversy as to what such patterns truly mean and how to categorize them. —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 an on-going adventure to their daily activities. There is one basic promise – 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.

WELCOME!

Brain Power

The Benefits of Hemispheric Synchronization

Perhaps even before recorded history, humans have sought to understand and enhance perception. By doing so, we are better able to understand and enhance our daily lives. The questions surrounding how we perceive, or how we go about making sense of our awareness, stimulate many avenues of inquiry.

One of these avenues, science, has long known that our brains are divided into two halves, or hemispheres. In muscle functions, the nerve signals from these brain hemispheres act in an X crossover. The left brain controls the right side of the body, and the right brain controls the left side.

But only in recent years has it been discovered that these two hemispheres may be quite different in the functions they perform. Research indicates that we use the left brain primarily to talk and read, do mathematics, to reason deductively, to remember detail, and to measure time, among other facets. It is the vehicle for logical, rational thought. Our right brain is the vehicle for ideas, spatial sense, intuition, music, emotion, and probably much more than we now realize. It apparently has a language all its own.

Moreover, most of the time we think with our left brain. When we use our right brain, it is primarily to support the thought and action of the left. Otherwise, we often ignore it.

Since its inception, the left-brain/right-brain theory has been under controversy. To stay apart from this unresolved conflict, our representation here is merely symbolic. Regardless of the physical location, we apparently have at least two distinct ways of perceiving and thinking. For the moment, the terms „left brain” and „right brain” serve only as identifying labels, or as a metaphor. We are primarily a right-handed civilization, dominated by our left brains. How did we get this way? No one is absolutely sure, but one of the better guesses is that the leftbrain dominance came about because of a basic need to survive in a physical world. Through thousands of years, our forebears added to left-brain dominance because that was the way to get things done. Our entire system—books, schools, colleges and universities, industry, political structures, churches — is fundamentally left-brained in learning, application, and operation. We have generally regarded right-brain thinking with amused tolerance, suspicion, disgust, irritation, distrust — and awe.

However, recent studies show we use our right brain throughout our daily lives in many subtle ways. For example, the left brain remembers the name, but the right brain remembers the face. (How many times have you spotted a familiar face but couldn't remember his or her name?) Studies of world leaders throughout history indicate they were thinkers who used far more than the analytical, intellectual portions of their minds. All great decisions by these leaders have been made with the left brain PLUS. Plus the right brain? Evidence supports it, based upon what we now know. How, then, do we go about using more of our brain power? There is a method and technique that offers much promise and potential. It can be utilized with relative ease, does not require years of intensive training, and is not limited to a narrow band of application. It is called HEMI-SYNC, which is short for hemispheric synchronization. Developed by The Monroe Institute, this process uses pulses of sound to create in both brain hemispheres electrical wave forms simultaneously equal in frequency and amplitude.

The Institute was granted a patent in 1975 based upon the use of such sound pulses to induce a frequency following response (FFR) in the human brain. The FFR demonstrates that when you hear a certain type of sound, your brain tends to respond to, or resonate with, that sound. Various electrical brain-wave patterns are indicators of specific states of consciousness (such as awake or asleep). Therefore, certain sound patterns can assist you in achieving desired states of consciousness. _Hemi-Sync takes the process an important additional step. Each ear sends its dominant nerve signal to the opposite brain hemisphere, following the X pattern mentioned earlier. By sending separate sound pulses to each ear (using stereo headphones to isolate one ear from the other), the halves of the brain act in unison to „hear” a third signal, which is the difference in frequencies between the two signals in each ear. For example, if you hear a sound measuring 100 hertz (cycles per second) in one ear and another signal of 125 hertz in the other ear, the signal your whole brain will „generate” will be 25 hertz. This third signal is the binaural beat. _ It is never an actual sound, but an electrical signal created by both brain hemispheres acting and working together. _ If the 25-hertz signal (above) is one that produces a certain type of consciousness, then the whole brain – both hemispheres – is focused in a coherent state of awareness. Most important, the state of awareness can be changed at will by changing the sound pattern. It also can be learned and recreated from memory as desired.

The Hemi-Sync process already has been tested and applied in many ways:

for better sleep, stress-tension reduction, control of pain, accelerated learning, study and concentration, enhanced creativity, problem solving, even for playing a better game of golf. Furthermore, it has been one of the fundamental reasons for the success of the Gateway Programs. The sounds you hear during the Gateway Experience exercises are characteristic of this process.

The Gateway Experience

As are all Gateway Programs, the Gateway Experience is dedicated to the exploration and development of human consciousness through a system of exercises using Hemi-Sync. These exercises assist you to know and better understand your total self. They are designed so you may learn and experience profound areas of expanded awareness. _ Each exercise requires active concentration, volition, and sometimes courage, as you move by carefully controlled steps from deep relaxation to those thresholds of consciousness apparently related to deep meditation.

These thresholds become Gateways into different forms of perception:

states of expanded awareness, of freedom. The tapes also provide a structured environment in which you create your own experiences, your own adventures.

Many who use the Gateway Experience, or participate in the Institute's programs, are in search of the out-of-body experience (OBE). This is not surprising considering the wide dissemination of Mr. Monroe's books and the extensive media coverage of our work in this area. One of the Institute's early goals was to develop and provide a training system in this technique. However, as more sophisticated methods of exploration were developed, it became evident that participants were entering discrete (distinct and separate) nonordinary states of consciousness. These states facilitate a great deal more than the OBE.

Each individual approaches this internal work with different abilities, concepts, and dynamic processes. Each enters this area from a different place and goes to a different place. The Institute goal is to provide techniques for exploring your full potential and for „travelling”; rather than to

provide a destination. In a broad sense, the research has led to a point where the OBE is far overshadowed by the development of human potential on all levels. In addition, the Hemi-Sync audio stimulus is not overpowering and can easily be rejected if it is not in agreement with your conscious or unconscious desires. For these reasons, The Monroe Institute does not guarantee an OBE. However, Gateways are provided into various levels of awareness.

Gateway Entry

„Begin now.” Begin where you are, with an easy acceptance of who you are. To explore is to observe by discerning differences rather than by making judgments.

Assume that the Hemi-Sync audio techniques presented by The Monroe Institute will create different brain-wave patterns, and there are various ways to perceive these differences within yourself. One method of perception is to feel differences kinesthetically (sensations that are, or seem to be, physical). Pay attention to your body and feel subtle sensations. These sensations might feel like motion: rising and falling, rocking, sliding, and tipping. You might feel „electric” sensations: tingling or vibrations. Perhaps you might feel twitches, pulsing, pressure, or changes in temperature. Ask, „How does my foot feel?” rather than, „Is my foot relaxed?” Those feelings may change and shift, come and go; creating subtle patterns which are beautiful in and of themselves. And like the surf, never assume that the frailty of its foam is a measure of the ocean’s power.

In our language, our concepts are deeply tied to the visual. We honor men and women of vision, and value insight. Do you see what we mean? Visual means of perception are important. At the same time, visual perception is often overemphasized and considered essential to the control and use of energy. It’s not necessarily so. One can get caught up in the entertainment value of the visual, and the endless fascination of unfolding visualization can blind us to other kinds of perception. Visualizations can be incredibly meaningful. However, an attachment to them can become a major block to other perceptual cues. An auditory perception may manifest as verbal messages, voices, or impressions of voices. It may also occur as sounds such as static, buzzing, pops and clicks, tones, or even music. These perceptions have a delicacy, a quality difficult to convey in physical, waking consciousness (Consciousness One or C-1) terms. Too often, we close such beautiful channels that were open to us by discounting our impression as unreal rather than allowing them to be legitimate. Gateway participants often report intuitive perceptions: a sudden awareness, a gestalt, a whole-knowing, or „thoughtball” as one person delightfully described it.

There are no right or wrong ways to experience these exercises. Whatever your method(s) of perception, getting deeply into yourself will enable you to appreciate more of that which is around you. Value and build on your uniqueness: in it is wholeness and unity.

WAVE I: DISCOVERY

The Gateway Experience is a means to your selfdiscovery, a Gateway to your choice of an ideal or a destination. The ultimate goal of the Gateway Experience is for you to no longer need the tapes. They are like training wheels on a bicycle: wonderful for practice, but inhibiting as you learn to ride far and free. Your journey begins with the Discovery album. You will learn through direct experience, discovering that words and theories are only one way to obtain knowledge. As a result, as you perform these exercises, your experiences will take you beyond what you think or what you have read, to what you know.

There may be times when you „click-out” of the exercise, especially as you begin to move up to and beyond your level of experience. Clicking-out is different from falling asleep. There is a sense of having dropped out of the exercise. Upon returning to or finishing the exercise, there is no perception of time having passed. You will have stored the memory of your experience, but will have no immediate recall. Clicking-out is a common, frequently reported experience.

As you learn to cooperate with your own inner direction, the paradoxical nature of the Gateway itself emerges: your desire to explore intensifies as you become more willing to release any attachment to results. _Expectations limit the unknown by what you now know._ Any conflict between doing something and being there, or between active and passive states, is resolved in Focus 10. Doing and being merge, triggering what we call „synchronicity,” or a synergism between thought and action, between imagination and reality, between self and universe._ In Focus 10, the serious and playful aspects of selfdiscovery also merge, effort and fun are no longer in conflict. You enter a flow. Burdens become light.

So seriously, have fun!

Tape-Taking Recommendations

Locate a distraction-free environment where you can darken the room and remain undisturbed during the thirty to forty-five-minute taped exercises. Make sure you will not be interrupted by the phone. However, if you do experience noise (such as dogs barking, street repairs, children playing, etc.), simply note the distraction and use it to go deeper into your experience. For example, each time you hear a dog bark, tell yourself you are settling deeper within yourself, that the noise is allowing you to explore further and further.

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 and glasses (or contacts). Listen to the tapes while lying down or in a seated position with your head supported, whichever is more comfortable for you. _Shift positions as necessary, both before and during the exercise. _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, producing a coolness or chill which can quickly change to a perception of heat, motion, or pressure. Have a loose blanket or cover handy, ready to pull up or throw off as needed.

You may wish to 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.

DO NOT use the Gateway Experience tapes while driving.

Required Equipment

Stereo cassette tape player (do not use Dolby or other noise-reduction systems)

Stereo headphones (with separate volume controls if you have a hearing imbalance).

tape.

Focus 3

Focus 3 is a signpost on the way to Focus 10, a Hemi-Sync state where your brain and mind are more coherent, synchronized, and balanced. You will move to Focus 3 by a conventional count of one to three.

Return to Full Waking Consciousness

At the end of every tape exercise, you will hear a strong audio signal designed to bring you to a state of full, waking consciousness (C-1)._Despite the temptation to take off your headphones early, listen to this signal until it is withdrawn. It will bring you completely „back” from the exercise. The more you bring yourself back from an exercise, the further you can go into your next exercise.

Discovery #2: Introduction to Focus 10

Use this exercise after you are completely comfortable with Discovery Exercise Tape #1.

Focus 10

In Focus 10, the 10-State your mind remains awake and alert; your body is calmly, deeply, and comfortably asleep.

You will move into this state of total relaxation by first moving to Focus 3, and then by letting various parts of your face and head progressively go limp and relax. This relaxation of your head will then „flow into your brain,” which will feel and understand such a state, and will in turn allow such relaxation to flow through your whole body. Move along with the instructions, successively focusing upon and then totally releasing each body part. To „look with your closed eyes” at your foot is a way to view it objectively, thus creating a sense of detachment. Your body knows how to do this.

The count to Focus 10 will continue. From four to ten, at each successive count you will relax another part of your physical body._One of the paradoxes of „body asleep,” or total relaxation, and „mind awake,” is the possibility of sudden heightened sensitivity: hearing the swish of arterial blood flow behind your ears, or feeling the pores of your skin breathe. Spontaneous remote sensing is another possibility in Focus 10: audio material you would swear was actually on the tape this time, but not last time, or the total presence of faraway, delicate odors.

Health Affirmation

When you return to full, waking reality, your body will be so equalized as to overcome all those things that might hinder or prevent it from being and giving its best mental, spiritual, and physical self..._This is the beginning of the Health Affirmation that you will hear at the end of these exercises. It will help you balance your physical and nonphysical energies. Know that the affirmation is working for you without effort on your part.

Countdown

As you return from the tape exercise, move from the count of ten to one, to full, physical, walking consciousness or Consciousness One (C-1)._ Encoding (Please see Encoding Instructions on page 77.)

Awake and Alert, and Memory.

Discovery #3: Advanced Focus 10

Use this exercise after you are completely comfortable with Discovery Exercise #2.

Resonant Energy Balloon (REBAL)

You have recharged and revitalized your energy with Resonant Tuning. Now you will use this energy to create a moving field, a Resonant Energy Balloon (REBAL) around you. Create a flow pattern with your breath by letting energy flow out of the top or your head like a fountain, allowing it to continue flowing gently down and around you, and then reentering your body, through the bottoms of your feet. Then shift the flow pattern into a spiral, winding the energy down around you and coiling it back up inside you. You will automatically reabsorb this energy at the end of any exercise.

Your REBAL is an intensification of your own energy, helping to create a high energy state* within and around you. Operating on a principle of resonance, in accordance with the Gateway Affirmation, your REBAL is like a sieve or filter: only, energy that is equal to, or of a higher, or more refined, vibration than yours will have access to your energy field. As such, your REBAL is a shield from energy forms that you may not want to be influenced by at any particular moment. The REBAL also acts as a magnet, attracting the influences and guidance from higher energy forms. The more you build your REBAL, the more your physical body will be able to sustain higher and higher energy levels, until Focus 10 can become a launch pad from which you will float or move into other energy states.

For the purposes of this Manual, high energy state refers to an enhanced state of awareness that embraces methods of perception not ordinarily used in physical, waking consciousness. (Please see Gateway Entry on page 12.) While in a high energy state, one has available a broader range of perceptions with which to solve problems, develop creativity, obtain guidance, or simply enjoy greater awareness of, and interaction with, one's internal and external reality.

A high energy state is not to be confused with hyperactivity, or excess energy. Nor is it „higher” in the sense of „better” than any other state of awareness. It does, however, reflect the expansion and integration of personal awareness, enabling one to lead a more fulfilling life. _ Your REBAL may spontaneously assume a different energy flow form, such as having a delicate membrane, in contrast to being a force field, or becoming radiant, like an intensified aura. Since we exist in our own energy field, like fish unaware of being in the water, the actual perception of your REBAL often becomes a function of need. Although you may not always perceive your REBAL, a good exercise is to play with sensing it in some manner. For example, sense it through visions, feelings, and/or muscle sensations.

You can learn to „pop” your REBAL into place, turning it on or extending it while in either C-1 or in Focus 10, much like you would switch on a flashlight; simply by using one resonant energy breath as the switch. _ Inhale vital energy, and as you hold it, think of a bright moving circle with the

number ten inside it. Let it move down, around, and over you as you exhale. You will automatically reabsorb your REBAL, or you can choose to draw the circle back into yourself as you inhale. Build and rebuild your REBAL, store the energy as you would in a charged battery, then turn it on and use it. Experiment. Extend your REBAL while you are in a group of people and see if its resonance will create a response in people like yourself. Discover if doing so draws their attention to you much as striking a tuning fork will activate others in harmony with it. For another experiment, extend it around your car while you are driving. Find out if you experience better traffic patterns, or if it helps you find a parking space a little easier.

Return to Focus 10

You will count down to C-1 once, and then return to Focus 10 for reinforcement of this exercise.

Encoding

REBAL, Focus 10, and Return to C-1.

Discovery #4: Release and Recharge

Use this exercise after you are completely comfortable with tapes 1 through 3.

This is an energy conversion exercise designed to clean, balance, and revitalize your entire system gently. Use it daily in Focus 10, with or without the tape.

In C-1, we use a multitude of processes in order to deal with our emotions. In Focus 10, you can work from an entirely different dynamic – a dynamic that may seem unconventional to some who are well-versed in various theories of psychological systems. That dynamic is one of energy, conversion, which operates on a paradoxical principle long used in many philosophies: you „raise yourself with the help of that which causes you to fail.”

Energy conversion is a process that allows you to release self-imposed limits resulting from the encrustation of fear and associated emotion. Independent research has shown that when we are born, we have only two innate fears – fear of falling and fear of loud noises. If all other fears are learned, they can be unlearned. Fear is like pain: useful as a warning signal, but once acknowledged, it is no longer needed. In the high energy state of Focus 10, you can calmly identify and gently release fears, blocks, limits – anything that interferes with your growth or progress. You can then reclaim the clean energy that existed before such limits were in place. Reclaiming the pure, natural energy which is an integral part of you can make you whole. You have been putting all your worries, anxieties, and concerns in your Energy Conversion Box. In this exercise you will be asked to go back to your Energy Conversion Box, open the lid, and perceive the first radiation of fear you encounter. You then pull the fear out of the box and move it away from you – allowing it to flow upward and away like a bubble floating upward in water. With the fear gone, you will be asked to perceive the emotion the fear covered and release it by bubbling it away. Free of the fear and emotion, you will perceive the clean energy that was hidden or covered by the fear and emotion, and be asked to pull that clean energy back into your being. This process will be repeated twice. Here are some important points to consider: 1) You do not have to worry about, or plan for, what fears or emotions will come up for you when you open your Energy Conversion Box. Simply open the box and see what comes up for you. Trust that a larger part of yourself knows what you are ready to uncover. 2) If you open the box and find nothing, bubble „nothing” away. The process can be working very effectively on deeper levels. In this (or any other) case, always pull clean energy into you as a final step. 3) Please do not get into a semantic argument with yourself about

