

GATEWAY VOYAGE

The *Gateway Voyage*® is a six-day intensive program designed to provide tools that can enable:

- development and exploration of human consciousness;
- deeper levels of self-discovery;
- expansion of one's awareness;
- willful control of that awareness;
- communication with and visits to other energy systems and realities.

The Monroe Institute and its *Gateway Voyage* program are not designed to give pre-set answers. In fact, it is our sincere desire that graduates of the *Gateway Voyage* program leave with a new and ever-expanding array of questions, and that the tools we provide empower them to find their own answers.

We do not provide a new belief system at the *Gateway Voyage*. Individuals from all walks of life, professions, and a wide variety of religious backgrounds have been to the Voyage without encountering conflict regarding their beliefs. The only philosophical point we ask you to consider as a serious possibility is that you are more than your physical body. However, there may be times when you are asked to look at different overviews. It will be your choice to evaluate and accept, reject, or remain undecided as to the validity of those overviews; and through direct experience to realize your own ***Knowns***.

The out-of-body state and tools that may be utilized to achieve this particular state of consciousness are covered in the *Gateway Voyage*, but that is only a small part of the program's overall scope of self-awareness and self-empowerment. We cannot guarantee a conscious out-of-body experience during, or subsequent to, a *Gateway Voyage* program—but we do offer tools that can help you toward that end.

The *Gateway Voyage* consists of progressive, guided Hemi-Sync® exercises (about 5-6 a day), application sessions, group discussions, and informal lectures, as well as free time for socialization and interaction with other participants.

We believe that coming to the *Gateway Voyage* with an open mind, a willingness to learn about yourself, and as few expectations as possible will greatly enhance your experience. The program does not use a pass-fail, right-wrong learning model.

We encourage the exploration of consciousness from a personal and individualistic standpoint that allows ***you*** to determine what is most meaningful and effective for ***you***.