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## SPIRITUALITY IN BUSINESS

by Laurie A. Monroe



Many articles have been written on spirituality in business. I would like to share my views on this subject by describing how we work together at The Monroe Institute and Monroe Products.

When we think about how much time we spend with our fellow employees, we realize that a forty-hour workweek is approximately 50 percent of our waking hours. It is conceivable that we spend more time with our coworkers than with our families. It may not be the same “quality” of time, but nevertheless, in many cases it is the majority of our time. If this is true for you, how do you spend your time at work? Are you different at work than you are at home with family and loved ones? How are you “Being” with your coworkers and family and friends?

Spirituality as defined in the dictionary is “of the spirit or the soul as distinguished from the body or material matters” and “of, from, or con-

cerned with the intellect, intellectual, consisting of spirit, not corporeal.” The mere definition implies that we are “more than our physical bodies.” So what is the “more than” and how do we open to that spiritual part of ourselves? More importantly, how do we live spiritually in our everyday lives, especially in the workplace?

The key is to look within ourselves for the awareness and the experience of spirit. Many methods facilitate such openings, and certainly the programs at The Monroe Institute offer one approach. Whatever method you choose, it is important to continually grow and learn more about “who” you really are. When we connect with the spirit within, we give meaning to the physical world and understand our place within it.

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## INTUITIVE INVESTING AT TMI

by James E. Slagle



James Slagle is a software product manager from Dallas, Texas. His professional background includes some thirty years as a computer programmer, dating back to the old mainframe era of 80-column punched cards and magnetic core memory. In the early 1980s he

facilitated a weekly study group for A Course in Miracles at his local Unity Church. His first TMI

Residential program was the GATEWAY VOYAGE® in 1990. He now practices remote viewing for intuitive investing and likes to combine ancient sword-related Chi Kung practices with TMI Focus states.

Two weeks after attending GUIDELINES® (my third TMI program), I got on the plane and headed back to Charlottesville for the four-day INTUITIVE INVESTING program with Skip Atwater and Marty Rosenblatt. Chatting with

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## LEVERAGING HURRICANE KATRINA RETRIEVALS

by Frank DeMarco



Since his GATEWAY VOYAGE® in 1992, Frank DeMarco has done several other residential courses, including LIFELINE® in 1995 and again in 1997. He is cofounder, chairman, and chief editor of Hampton Roads Publishing Company in Charlottesville, Virginia, and lives in the New Land

community near The Monroe Institute. He is the author of *Muddy Tracks: Exploring an Unsuspected Reality*, which centers on his TMI experiences. Frank is currently writing a book based on altered-state communication with those he calls “The Gentlemen Upstairs.”

On the night of September 1, my friend Rita Warren and I set out to do soul retrievals primarily focused on New Orleans and the tristate area hit by Hurricane Katrina. Rita has been doing this work successfully since the very first LIFELINE program in the early 1990s, so she has had a lot of practice. My own retrievals raised some interesting points that may be useful to others.

After setting my intent to help *lots* of people rather than doing retrievals “retail,” I immediately found myself on a major street in New Orleans, under this unbelievably bright, glaring light that was perhaps twelve feet above street level. As it was nighttime, the bright light was a huge attractor. Whatever else happened, I know I didn’t make up the light: it was already there as I faded into the scene.

I was “dressed” as a smallish, thin, black man who was past his prime and had a scruffy white beard. I realized later that I was basically imitating Fred Sanford! I started yelling at the three or four guys around me. Here’s a rough paraphrase, from memory: “They’re not goin’ to help us. They’re not goin’ to do nothing! They don’t care if they leave us here to rot. I tell you what I’m goin’ to do. I’m goin’ to march down to the river (or maybe it was the canal). They got a big barge down there, and if enough of us go down there, they GOT to take us somewhere! They GOT to do something with us. But it’s got to be a whole lot of us go down there. One guy by himself, that’s nothing.”

Well, a few of the people—there were a lot more now, between the brilliant light and the shouting—said they’d go too. I added, “But we don’t go down there looking like a mob, or they liable to shoot us! We go down there marching four wide, like we was soldiers, and we bring our dead, and we bring the kids, and

somebody needs help getting down there, we help ‘em.”

So we formed up, and by the time we were ready to go there were maybe seventy or eighty people in ranks of four. At one point I told them to hold hands four across, and then I started revving them up again.

“Where we goin’?” The crowd mumbled in reply.

“We’re goin’ to the barge!” I shouted. “Where we goin’?”

“To the barge.”

“Where we goin’?”

“TO THE BARGE.”

“All right, there’s people hiding in all these buildings. We’re goin’ to shout loud enough to raise the dead, ‘Come on Out!’” And we did, shouting, “Come on Out! We’re goin’ to the barge!” [I thought to myself that “loud enough to raise the dead” was a nice touch.]

After some indeterminate time—but not very long—we got to the barge, which of course our friends “upstairs” had provided as specified. They had uniformed “troops”—army or National Guard or something, and the Red Cross, too—flanking the entry to the barge, giving out big paper cups of water to people as they went by.

Of course, once everyone was on the barge, it was duck soup to get them to Focus 27 (the reception center for the newly deceased). They basically walked into the barge at the stern, came out another hatch on the bow, and were met by people they knew. But . . . they didn’t all stay in 27. Immediately some sort of “sank” a couple of layers and wound up in this or that belief-system territory somewhere in 24-25-26. At least one guy went to what looked like a black church. Later on, I got that they knew by then that they were dead, but they sort of readjusted their afterlife to what they wanted or thought it ought to be.

Now, the next thing that happened was weird and also unprecedented in my experience. I went back to that bright light intending to try and mobilize more people in the same way. If it didn’t work, nothing would be lost. But instead, somebody else—a nonphysical helper, though I don’t know how I knew that at the time—went and did the same thing: did the rabble-raising, formed them up, told them not to leave anybody behind, etc. I was pleased, of course, but also extremely perplexed.

Well, Rita and I got back to the present, swapped stories, and she suggested that we do another run. It was back to Focus 27, this time winding up not at my special place in 27 but on a hill overlooking the ocean. The place was totally unfamiliar. Nonetheless, I expressed intent and went on down to the hurricane disaster area.

At first the location seemed like New Orleans at

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**SPIRITUALITY IN BUSINESS***Continued from page 1*

We can look within by listening to ourselves in others. People can hold up mirrors to us if we are willing to listen to them without judgment or emotion. By being truly open to “spirit” that speaks through others, I have learned the most about myself. There is always a subtle message for us if we are only open to hearing it.

Communication is another way to connect with spirit. Just as it is important to listen, it is also important to communicate without being protecting, controlling, or defending. The best communication comes from our core self, not from what we think we should say. There is a tendency to make our point of view the truth. In reality, each person’s truth is unique. Many times we feel like our description of events in our lives is the absolute truth; however, what is true for you is not necessarily true for others. Transformation occurs with the realization that another’s point of view can be as valid as your own. Acceptance does not mean agreement. It is simply an expression of respect.

Do you like your job? Are you doing what you want to be doing? Are you happy? We may not like many parts of our jobs, but those parts still have to be done. That’s also true in many other things that we do. The key is passion. Are you living your passion? Do you share it? Do you let others know what you are passionate about and enroll them in participating in your passion?

My passion for animals is a good example. I am on the board of the Almost Home Pet Adoption Center, Nelson County SPCA, which is a no-kill adoption facility located just north of

Lovington on Route 29. I involve as many people as possible to assist in any way they can to advance the mission/vision of the center. I talk about what we do, invite people to come and see the new dogs and cats, encourage generosity in their contributions, and show appreciation for the many volunteers who assist Bette Grahame, the founder. The basis of my communication is through creation—to create an awareness of passion for animals.

I have an equal passion for the work we do at the Institute and for the “team” of wonderful people who make it work. My attention is on listening, which provides an opening to create a positive environment for transformation. We all work together through accepting, servicing, and acknowledging each other. We place a high value on working together as a team in total cooperation and harmony. The following is from our company doctrine:

“COOPERATION — We agree to support one another, to honor and to respect ourselves and each other. We agree to be accountable, to stay in integrity, and to hold the highest regard for each other.”

I strive to foster communication in the workplace. If we communicate consistently, insignificant issues will disappear. The communication must be honest and without emotion. It is not difficult to get along with others if we work to understand our own way of being. Remember that we are mirrors to each other and once we comprehend that, our spirituality will shine.

Five values can enable all of us to create a world that works for everyone. The first is compassion. Be compassionate for others—look at what it is like for someone to be with you. Are you

caring? Do you really listen to what others are saying?

Second, be just. Always be equitable and impartial with others. Don’t assume your point of view is right. As I said before, there is no wrong or right. Their point of view is as valid as yours. Let go of your need to be right in a situation.

Third, live through sustainability. Participate in creating a sustainable environment. Be proactive in the workplace to enable the company to sustain itself. Offer new ideas that will help others perform to the best of their ability.

Fourth, take responsibility for your words and actions. Listen to what you are saying and how you are saying it. Be responsible for the outcome of your words and actions. Think before you speak and pause before you act. You can choose how you perceive a situation. Choose to be creative rather than reactive.

Fifth, be generous. Give of yourself and give up control. Giving is not just monetary, it is sharing yourself through listening and communicating and letting go of whatever holds you back from doing so. Spirit is giving something of value in return for that which is provided for you. Spirituality is generosity in action.

Take a moment to reflect upon the words you have just read. How do you feel? If you say to yourself, “I already knew that,” that’s great. If you say, “I will try this and see if it works,” then you have opened the door for spirit to enter fully into your everyday life. Whatever you feel right now, the choice is yours to express yourself completely as a “spiritual being having a physical experience.”



## THE MONROE INSTITUTE PROGRAM SCHEDULE

Contact Karen Viar at (434) 361-1252 or [TMIprograms@aol.com](mailto:TMIprograms@aol.com) to register for programs and workshops listed below. Please note that the *GATEWAY VOYAGE*® is a prerequisite for all other six-day programs. Programs may be held in the Nancy Penn Center or at Roberts Mountain Retreat. Dates are subject to change. To register for the 2006 Professional Seminar, contact Shirley Bliley or Ann Vaughan at (434) 361-1252 or [dec1pd@aol.com](mailto:dec1pd@aol.com)

### January–June 2006

#### GATEWAY VOYAGE

January 14–20  
February 18–24  
March 11–17  
April 8–14  
April 22–28  
May 6–12  
June 10–16 (Japanese)  
June 24–30

#### INSTITUTE NOETIC SCIENCES

*GATEWAY VOYAGE* - CA  
Petaluma, California  
June 3–9

#### GUIDELINES®

January 21–27  
April 29–May 5

#### HEARTLINE

April 1–7

#### INTUITIVE INVESTING

May 12–15

#### GRADUATE RETREAT

February 10–12  
May 5–7

#### LIFELINE™

January 28–February 3  
April 15–21 (Japanese)  
May 13–19

#### EXPLORATION 27®

(For LIFELINE Graduates)  
February 4–10

#### MC:

June 10–16

#### EXPLORATION ESSENCE

April 29–May 5

#### REMOTE VIEWING PRACTICUM

March 18–24

#### STARLINES

(For EXPLORATION 27 Graduates)  
March 4–10

#### TIMELINE

April 1–7

#### PROFESSIONAL SEMINAR

March 25–29

## Book Review

Paul Elder. *Eyes of an Angel: Soul Travel, Spirit Guides, Soul Mates, and the Reality of Love.*

Charlottesville, Va.: Hampton Roads Publishing Company, Inc., 2005. x + 231 pp. \$14.95.

Reviewed by Matthew Fike, PhD

“*Eyes of an Angel* addresses some of the most revealing and astonishing aspects of the relationships binding each and every soul in our universe. It’s the story of the evolution of consciousness of an avowed skeptic to that of an ardent spiritual believer.” So states author and TMI facilitator Paul Elder in the introduction to his fascinating and moving new book, which treats spiritual unfolding as a kind of Platonic *anamnesis* (learning as remembering what we already know but have forgotten). “It’s not so much a matter of learning about these [spiritual] things,” his spirit guide Meldor tells him, “as it is a matter of remembering what you already know.” The difficulty of remembering makes human life an exciting challenge, and the importance of love—“how we treated others along the way”—is the ultimate virtue to be remembered and embraced. “Nothing in our physical dimension,” writes Elder, “is of any consequence or lasting reality. The only enduring reality is love.” It follows, then, that eyes—“your own eyes, and the eyes of your loved ones”—are an excellent place to begin searching for answers to life’s mysteries, hence the book’s title.

As Elder’s experiences illustrate, crises can result in incredible psychic experiences, provide tremendous insights, and put one on the fast track to spiritual growth. The author had three near-death experiences (a near-

drowning in childhood, an automobile accident in youth, and a heart attack as an adult)—four if one counts the time his younger brother shot a tin can off his head with a .22-caliber rifle. From a young age, Elder has also had spontaneous out-of-body experiences, but the major catalyst for his spiritual growth was a series of visits to The Monroe Institute® (the book narrates his experiences at the *GATEWAY VOYAGE*®, two *GUIDELINES*® courses, *LIFELINE*®, and *EXPLORATION 27*®). A synergy of experiences enabled him to shift from having walls up around his heart because of traumatic childhood and past-life experiences to releasing blockages and embracing feminine energy (personified by his wife Candace, daughter Stacey, and soul friend Patricia).

*Eyes of an Angel* also describes an impressive range of psychic experiences. Elder achieves astral sight, feels colors, experiences déjà vu, travels into outer space and within the inner space of his own body, communicates with the soul that once inhabited the miscarried fetus of a potential sibling, struggles with the silver cord, develops his intuition, has visions through his third eye, retrieves lost souls, visits the Akashic Record to study his past lifetimes, meets his soul group, finds himself in someone else’s body, visits hell, has astral sex, and encounters the being known as Jesus Christ. And this is an incomplete list. Particularly satisfying—for Elder and the reader—are various confirmations that he is not just imagining it all: he sees his sister’s spirit leave her body at the exact time (he later learns) that her heart temporarily stopped, he cuts open a wall and finds a nail that he felt with his astral hand, he

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**INTUITIVE INVESTING AT TMI***Continued from page 1*

fellow participants before dinner at the Nancy Penn Center, I realized we were a mix of TMI old-timers as well as newcomers with a personal and/or professional interest in investing. Some of the “newbies” didn’t know Focus 15 from resonant tuning, and some of us old-timers didn’t know a futures contract from a margin call. It turns out none of that mattered—in fact we never actually studied any of those topics. We studied the process of associative remote viewing (ARV) and its application as an investment decision tool. ARV is a specialized form of remote viewing (RV) that aims at predicting multiple-choice outcomes.

An over-simplified description of ARV goes something like this: First, we associate random targets with each possible outcome we want to test. For example, WIN=my neighbor’s rose garden, LOSE=the Denver airport, DRAW=the Statue of Liberty, FORFEIT=Arnold Palmer’s golf club collection, and so on. Second, we ask a remote viewer to describe “the target.” By doing this, we are asking for a description of the target associated with the actual outcome. The prediction depends on whether the remote viewer describes aphid-infected, thorn-covered stems, a tarmac, a green lady holding a torch, a nine iron or something that doesn’t seem to match any of the choices.

There are many possible ways to apply ARV as an investment decision-making tool. Most of our time in the workshop focused on Protocol 8, a specific ARV investing strategy developed by Marty and others for trading over the Internet. Protocol 8 maximizes the likelihood of profits over losses by using limit orders—an order to buy a certain quantity of a stock at or

below a specified price per share or to sell it at or above a specified price per share—and stop orders—an order to buy or sell a certain quantity of a stock if a specified price per share is reached or passed.

To assist in accessing states of consciousness conducive to RV, we did several Hemi-Sync exercises throughout the workshop. One of

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**I enjoyed the surprised comments by a few newcomers who were astonished at “how deeply relaxing that audio exercise was.”**

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these was a Focus 12 “patterning” exercise similar to the one used in the *GATEWAY VOYAGE*. The other exercises used special Hemi-Sync frequencies developed in the 1980s by Bob Monroe when he started working with Joe McMoneagle, a well-known and successful remote viewer. I enjoyed the surprised comments by a few newcomers who were astonished at “how deeply relaxing that audio exercise was.”

Although we were dedicated to remote viewing, one of the old-timers told me that he unexpectedly had an out-of-body-experience the night before. He seemed too preoccupied by that experience to attend to the stock market! As always, the TMI staff was caring and considerate, and they took great care of us. Evening entertainment included videos of RV topics and fostered the usual camaraderie one expects at TMI programs. In addition to studying the processes of ARV and Protocol 8, we actually conducted a trade, with real money, on Monday morning. It was exciting that the trade made

money, although I must say it was a lot of work to describe targets, do the analysis, and handle the various details of the process. *INTUITIVE INVESTING* isn’t effortless (no “something for nothing” here).

All told, we crammed a lot of learning, study, and practice into seventy-two hours. A few of the TMI graduates remarked that *INTUITIVE INVESTING* was more like a college math course than a typical TMI program. Others said they wished there had been even more technical details. The level of detail was just about right for me—enough to make for a challenging study, but not so much that I, a recovering computer programmer, felt overwhelmed.

When we registered for *INTUITIVE INVESTING*, we had been promised an opportunity to join an investment club (entirely unrelated to TMI or its sister company), which Marty and others founded to do investment ARV in the Protocol 8 methodology. This offer was made at the end of the program, after all of us had gotten a chance to understand the theory and to actually practice using the related computer programs. Several people signed up and plan to continue refining their remote-viewing skills in this way. Maybe they’ll even earn a little money at the same time!

Ultimately, the emphasis of the program was on personal growth. My experiences made me realize that ARV actually works. We don’t know how it works, notwithstanding Marty’s presentation on quantum entanglement and other strange ideas widely accepted in physics. As just one person among many who had some eerily successful matches (as well as some absolute mistakes), I left the program wondering just how much “more than my physical body” I am.



## LEVERAGING HURRICANE KATRINA RETRIEVALS

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one of the places where the levee broke. There was a body in the water, so I dived into the deep water (maybe ten feet down) and brought the body back to a little johnboat or small barge. Helpers were acting as assistants and appeared as the National Guard or some other organized rescue force. I've never handled a dead body in a retrieval, but this young girl thought she was dead. Without any concept that you leave the body after you die, she had stayed with it.

Four more retrievals followed: two on the lawn right in front of a detached house. That seemed like an odd place even as I was hauling them back. Two more were on the upper story of a two-story detached house. I went right through the wall with them—anything to break the spell. The last four were young men in their 20s or maybe 30s. They may have been white, but I wasn't quite sure. This point is relevant for reasons that will appear shortly.

With each one, we went through the same routine. I told my "men" that the dead person "was in shock, probably thought they were going to die, and maybe

thought they had died. You've got to get them sitting up and breathing and get them dry, or they're going to die."

At about this time I realized we weren't in New Orleans at all, we were somewhere on the Gulf Coast, although I'm not positive the "upstairs" crew cares much about state lines. And at that time, the helpers who were playing enlisted men to my officer and calling me lieutenant (I was white this time, by the way), started telling the men we'd rescued that we needed their help: "You men know these folks; they're your neighbors. We've got to get them out of here or they're going to die. We know you're exhausted and hungry, and we're going to get you taken care of, but we need you to help us first."

So the helpers organized the retrievees—if that's a word—to go retrieve others. And I'm thinking, "What the hell?" I'm used to being the last to get the word, but this was ridiculous. Seeing that I wasn't needed, I went back to 27 and sat on my metal lawn chair looking out at the sea, waiting for someone to explain. A helper appeared, dressed in a general's uniform. I looked at the uniform and smiled and he smiled back, because he's a general like I'm a lieutenant. He was just quietly

spoofing me and wasn't one of the "other lives" I'm connected with. Either he was in charge of that particular operation or, more likely, there's some tie between us that he couldn't be bothered to explain. So I asked him, "What happened?"

He replied that they had taken advantage of my presence to get the attention of the dead people. But perhaps because of my specifying that I wanted to retrieve more than one or two people at a time, the helpers decided to leverage that attention. Once my presence had interrupted what I call "the tape-looping process," freeing the deceased from being hypnotized by their preconceptions, they recognized the helpers. Once they could relate to the helpers, a neat and unexpected thing happened: they responded to a request to assist in awakening others. The newly dead could "hear" them because they had died in the same circumstances. Then it was a short step to making them aware of the helpers.

I was delighted to learn about this way of maximizing *LIFELINE* efforts in a major disaster and wanted to share it with you.

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### AN INVITATION

In response to the survey that accompanied the winter/spring 2005 publications, many of you said that reading the *TMI Focus* was the most enjoyable membership benefit. Of course, your personal stories of program and workshop experiences—as well as accounts of situations where Hemi-Sync® made a critical difference in your lives—are the heart and soul of the *Focus*. Please continue to send us your written accounts of the ways in which Hemi-Sync has gifted you with "something of value."

### RESEARCH UPDATE

Saviz Sepah, a BA honors student in the Harvard University Department of Psychology, has begun a research project investigating "Effects of Listening to Beta Binaural Beats on Cognitive Performance and Mood." Janice McMurray, MA, and her faculty advisor, Gary S. Katz, PhD, have run additional subjects under the protocol used for her master's thesis, "Auditory Binaural Beats Enhance EEG-Measured Beta Wave Activity in Individuals with ADHD," and have submitted a paper based on that research to *Physiology & Behavior*. Ms. McMurray and Dr. Katz are presently awaiting the results of the peer-review process.

# THE LANGUAGE OF THE HEART

by Darlene R. Miller, PhD

Saturday, June 11, and everything was ready—the beginning of just another *GATEWAY VOYAGE*®, right? Well ... not quite. A large bus eased up the hill into the parking lot, coming to rest in front of the Nancy Penn Center. Inside were twenty-four participants, eager, excited, a little anxious, just like any other *GATEWAY* group, with one important exception: these participants had all traveled together from Japan. Most of them had not been outside Japan before and spoke only Japanese. Some understood and spoke a little English, and a few were quite fluent. The adventure of our first Japanese *GATEWAY VOYAGE* was about to begin.

Recent years had seen progressive increases in the numbers of Japanese attending our residential programs. Drawn by books about TMI, television specials, and *OUTREACH* workshops, they courageously ventured into this different culture to experience for themselves the benefits of the Hemi-Sync technology. Two of these graduates of multiple TMI programs, Mas Sakamoto and Mitzie Ueda, began to persuasively champion the idea of an all-Japanese *GATEWAY* to be held in Virginia. Laurie Monroe, touched by her own experiences while presenting TMI in Japan several years previously, quickly warmed to the notion and gave her approval.

Little did Mas and Mitzie realize at the time what work that “go-ahead” would entail. Of course everything needed to be translated from English into Japanese, i.e., participant applications, handouts, all Hemi-Sync program exercises. They interpreted all of the English facilitators’ introductions, debriefs, and lectures, as well as evening presentations and the lab tour. Despite competing demands for their attention at nearly every turn during the week, they were truly outstanding—tireless, patient, competent, responding always with graciousness and good humor.

Our veteran facilitators Franleen King and Paul Rademacher also rose admirably to the challenges involved in conducting a week-long program under these unique circumstances. In addition to presenting and responding to the usual program and group content, Franleen and Paul found that mealtimes, at tables where neither Mas nor Mitzie was seated, encouraged them to pay even more attention than usual to nonverbal cues and body language!

Like all *GATEWAY* groups, these participants brought with them personal needs and desires across a broad spectrum of hopes and expectations, e.g., to have an OBE, to be able to understand and cope more effectively with their handicapped children, to communicate with

loved ones who had passed on, to explore other lives in other times. In addition to significant accomplishments in these areas, there were reports of important emotional breakthroughs, physical healing, and messages from guides. Touchingly, there were many expressions of profound gratitude for the family members at home who had supported them in attending TMI.

One participant’s comments aptly summarize the group’s experiences. She wrote: “I’m glad I had the opportunity to come to TMI. I understood the program fully because it was offered in Japanese. Franleen and Paul were both very skilled trainers and have wonderful personalities. Mas and Mitzie worked so hard and they supported us tremendously. Nancy Penn Center was a comfortable place to stay. I enjoyed home food by the kitchen staff. I enjoyed seeing facilities and the staff who were also very friendly. I personally had many valuable experiences. We all had a wonderful time at TMI. Thank you very much.”

Not unexpectedly, the *GATEWAY* process once again had worked its magic, transcending any potential barriers and connecting participants and TMI staff alike in the sacred and boundless language of the heart.



## WE LISTEN



I would like to thank all of you who returned the feedback questionnaire. Your comments and suggestions are very helpful to us, and we value your continuing support of our work at TMI. Many of you inquired about the future of TMI—where are we headed, where do we see ourselves five or ten years from now. I would like to invite you to participate in the future growth of TMI by becoming a steward of our work. The most effective way to do this is to share your personal experiences with others. As more and more people become aware of what we do, we will be able to expand the programs and ensure that TMI continues in perpetuity. You are the foundation for building our sustainable future. You are the explorers who can communicate your experiences of navigating the inner world of self. Your word will help us grow and expand so that our work can benefit humankind. Thank you for your loving support and generosity of spirit.

Love,  
Laurie



## AN INFORMAL RESEARCH PROJECT WITH A HEARING-IMPAIRED PARTICIPANT

by Linda Leblanc



**L**inda Leblanc is cofounder of Psychognosia, a privately funded not-for-profit center for the dissemination of reliable information on anomalous phenomena, based on the eastern Mediterranean island of Cyprus. She has completed eight TMI residential programs and is an OUTREACH Trainer, organizing TMI workshops in Cyprus and other countries. Linda has been a TMI Professional Member since 2003. This report on ways in which Hemi-Sync® may benefit the deaf builds on work by fellow Professional Member Helene N. Guttman, PhD.

In spring 2005, inspired by “Preparing to Use Binaural Beat Sound with Deaf Clients” by Helene N. Guttman, PhD—published in the winter/spring 2003 *HEMI-SYNC JOURNAL*—I asked an acquaintance with severe hearing loss if she might be interested in working with Hemi-Sync in an informal research project.

Anne Freeman, age seventy-five, a British national and a longtime resident of Cyprus, has had progressive nerve deafness for over thirty years. She has very little hearing at all, and for about the last two years she has used hearing aids in both ears. In practical terms, she can only hear with aids. She has been using a Swiss-made Phonak® hearing system, Smartlink SX, with an FM/radio receiver and microphone linked to her hearing aids. With the Phonak, besides being able to use a telephone, she can now attend and enjoy lectures, concerts, courses, etc., in a properly wired “loop” facility.

In January, in a conference room wired for the “loop,” Anne attended a lecture sponsored by our organization, Psychognosia. TMI Professional Member and Board of Advisors member Ronald Russell, MA, talked about Dr. Elisabeth Kubler-Ross. Following this event, I contacted Anne to see if she might like to participate in the research project. In early April, after I provided her with information about Hemi-Sync—including the book *Focusing the Whole Brain*—she readily agreed to work with Hemi-Sync and to record her impressions. Anne’s long-standing interest in meditation and yoga has given her some useful background for this work.

Anne listened to Hemi-Sync as often as she could on a fairly regular basis and journaled her reactions. We spoke about observing changes at all levels, not limited

to possible improvements in her ability to hear. We also discussed the possibility of expectations getting in the way. Our goal was for Anne just to try Hemi-Sync and see what happened.

In the spring of 2005, she attended three half-day Psychognosia courses, “Health & Wellness with Hemi-Sync,” that addressed relaxation, enhancing the immune system, and mind/body exploration. Anne’s experiences at these workshops were extremely positive. With her hearing aid equipment—which included a special microphone for me to wear while speaking—she was able to hear adequately the introductions, tapes, and debriefs. I arranged for her to lie near me during the exercises and her equipment was plugged into a booster for her use only, which provided quite sufficient volume.

For daily use at home, Anne listened to the following Hemi-Sync selections: *Surf*, *Wisdom in Essence*, and *Hemi-Sync Meditation*, as well as the *HUMAN PLUS*® exercises *Sensory: Hearing*, *Circulation*, and *Brain: Support & Maintenance*. The last three CDs were kindly donated by Monroe Products for this project. Every few months, Anne reported in writing on how she was responding to Hemi-Sync.

Here are some of her comments:

“I really had no idea how this was going to work. But I know that I am getting benefit from the discs. I listen when I get up to *Surf*. It is a good start for the day. As I become more accustomed to it I find myself enjoying it and have a peaceful meditation. With my cat. In the late afternoon I listen to *Hemi-Sync Meditation*. This is quite an experience for me. Quite powerful ... I have written a journal of what has taken place. I do it straightaway, so that my memory is fresh. Sometimes, afterwards, I feel way out and disconnected. Like in a dream, uplifted ... I also listen to *Wisdom in Essence*. This is very different. Peaceful and strengthening. I think that I am going to feel better mentally. More positive, and less aware about being deaf. I think there will come a change of attitude about this.”

“... The workshop was a really interesting experience. I felt very good about it, and decided to do the following two workshops. Since then I have worked daily with Hemi-Sync CDs *Brain: Support & Maintenance*, *Circulation*, and *Sensory: Hearing*. The tapes came as a gift. Very grateful. For me the *Brain: S & M* was a favourite, followed by *Circulation*. They are a positive help and have become the most important. *Sensory: Hearing* is part of the routine, but does not seem to have the same effect. The *HUMAN PLUS* is becoming easier to use.”

*Continued on page 10*

## ACCESSING INFORMATION AND ACCESSING ENERGY

by Providencia Morillo

**P**rovidencia Morillo is a sustaining member of The Monroe Institute and is also a long-time member of TMI's Dolphin Energy Club remote healing group. She has attended all of the Institute's residential programs except STARLINES and EXPLORATION ESSENCE. An accomplished reflexologist, Provi applies her skills at Rising Sun Touch Reflexology in Niantic, Connecticut.

I want to comment on my experiences with the membership CDs I received with the winter/spring 2004 issue of the TMI FOCUS—*Access to Information and Access to Energy*.

First, I have to mention that hearing an unfamiliar voice was interesting. My immediate thought was, "Oh, this isn't Robert Monroe, or Laurie or Darlene. Hmm, I wonder how I'll respond?" There was no problem, however, with going into Focus 11 to access information or energy. This excited me because it showed that it wasn't familiar voices, or my emotional attachment to those familiar voices, that got me to the designated focus level. The key was allowing myself to be present and to fully participate in the process.

In *Access to Energy*, I could sense the energy and see it surrounding me. I was bathing in it. It was very empowering to experience "me" at that place. I knew that this energy source was available to me always, and using the CD gave me confidence in that

knowing. *Access to Information*, well, that's a different story. Thoughts like "What information?" "What can I learn from myself?" "What information do I want or need to access?" got in my way. I was drawing a blank; there was an obvious inner challenge around getting information from my cellular level.

But check this out: after using *Access to Information* for the first time, I was working on a client and wondering why a muscle in her right foot was weaker than the same muscle in her left foot. So I went into "Plus-11 Access, Plus-Retrieve" and asked why this was the case. The information came immediately. It was simply, "Arizona and canyons." I

**The Access to Information CD worked well for me with my client, but the challenge of using it personally has become a very, very interesting journey in self-knowledge.**

asked my client if she was preparing to go to Arizona. "No." Did she know anyone in Arizona? "No." Then I explained to her what I had learned from *Access to Information*. She said, "Oh! That makes sense. About ten years ago I went to Arizona with some friends to hike through the canyons. I had a very bad left knee and really leaned into the right side of my body while hiking. I remember really working my right foot throughout the

trip." And that was why the muscle in her right foot was weaker.

With this information, we traced the origin of the weaker right foot muscle directly to a strain in her left hip area. It was a great moment for the both of us. Now it's up to my client to take this information to her physical therapist.

The *Access to Information* CD worked well for me with my client, but the challenge of using it personally has become a very, very interesting journey in self-knowledge. I decided to look at the source of information within me as a vast, unlimited database. Then I listed inquiries that I planned to make to see what information is sourced from that

database. In order for me to access this information for myself, I had to rearrange "blocks" of my perceptions to handle the task as "accessing a database of information." That in itself would please the appetite of many a psychotherapist!

If I'm told, "Provi, go within and access your energy source," it's a piece of cake, but saying to me, "Provi, go within and access/retrieve any information you want," gets a "Huh?" and a confused expression. The journey of getting to know myself is never ending. I realize that I will probably never know myself fully, though I am enjoying embracing awarenesses as they unfold. Thank you so much for the Hemi-Sync tools that are helping me mine the gems within myself.



## ENFOLDING KATRINA VICTIMS IN A NETWORK OF LIGHT

by Andrea Berger



**A**ndrea Berger grew up in Bucharest, Romania. She traveled throughout India studying yoga and meditating on inner light

and sound. There, she met her future husband at the foothills of the Himalayan Mountains. They now have two beautiful children and a loving home in Cincinnati, Ohio. Andrea works as an information technology manager for a large consumer goods company. She is a certified Reiki master, an enthusiastic tai chi practitioner, and a graduate of the GATEWAY VOYAGE®, GUIDELINES®, EXPLORATION 27®, and STARLINES, as well as being active in the Dolphin Energy Club since 2003.

After Hurricane Katrina struck the Gulf Coast, I did several retrieval attempts using the LIFE-

LIFE® tape. I was joined by a group of friends. The experience was interesting, very uplifting, and loving. Our group went down from Focus 27 in a sphere of light with many guides around us cheering us on. Once in Focus 23, I connected with the grid of light that was already set up in the disaster area since the beginning. It looked like a network of light with interconnected “nodes” that were manned by light workers and helpers. It was quite similar to the scene I saw at the tsunami disaster area last December.

There were lots of people there—many old people and children. The children looked very happy to see us and guided us to others. I also had to go into the “water” and rescue some who were trapped there. I then “parted the water” and replaced it with bright light. After that, I asked my guides what would attract the most people to come with us. The answer came immediately: Jesus and Mary appeared, and the people flocked to them. I then saw two white columns of light going up to Focus 27, as well as some funnel-shaped energy swirls that looked like they were “sucking out” souls and taking them to

Focus 27. Once the souls were in Focus 27 there was much joy—like a celebration party. There was an overall feeling of accomplishment. When I asked why Hurricane Katrina had to happen, the response was this: when the Earth vibration/energy gets out of balance in certain areas, it needs rebalancing. Sometimes it must be rebalanced very quickly. In such cases, a natural disaster or a war occurs. The area is immediately infused by light—a network/grid of light energy—and a general “cleansing” happens swiftly.

During the retrievals described above I kept hearing the low barking of a large dog. It was so realistic that it seemed to come from the physical plane (from a dog visiting the house or in the neighborhood), but then I asked the host and other participants if they had also heard the barking. They hadn't. Apparently this sound came from within when I was in Focus 23, and it coincided with my finding children and other victims. I now realize that this dog may have been a guide search-and-rescue dog helping me locate people and bringing them to me.



### AN INFORMAL RESEARCH PROJECT WITH A HEARING- IMPAIRED PARTICIPANT

*Continued from page 8*

“Four months on, I know with certainty that I have benefited from doing this work. There is a personal gain here emotionally and mentally. I think this is just the start. Not only is it giving back the ability to cope and accept more easily the frustration and problems that come from deaf-

ness, but a sense of being able to go forward and learn. This is exciting to me. The CDs that I use for meditating give beautiful moments. The journey of discovery has begun to be alive. I love all that is taking place within me and my life.”

Anne and I plan to continue to work together. She hopes to attend my next *EXCURSION* workshop and, all being well, the *GOING HOME*® course with Ronald and Jill Russell that is

scheduled for the end of January 2006. For me, it's been a pleasure to work with such an articulate, open-minded, and willing person. Observing her positive reactions has demonstrated, yet again, the powerful transformative changes that so often occur in the lives of Hemi-Sync listeners. Anne joins me in the hope that this report may be of benefit to other researchers and to listeners of Hemi-Sync.



## HEMI-SYNC® AND COMBAT PTSD

by Charleene Nicely, PhD

Charleene Nicely has been a residential trainer with The Monroe Institute since 1993. She is currently the clinical director of Pavillon International, a center for the treatment of addictions and related disorders.

While training a GATEWAY VOYAGE® program in 2005, a participant, Al, told me this remarkable story. Al was a Vietnam War veteran. He had severe post-traumatic stress disorder (PTSD) for which he had received treatment over the years. However, he still had strong emotional reactions when he saw war footage on the television news or saw pictures of helicopters.

This is the first time since  
1968 that he was exposed  
to something reminiscent of  
the war that did not trigger a  
strong emotional reaction.

While presenting background information to introduce an evening exercise that is part of the GATEWAY VOYAGE, brief combat footage and photos of a military group were shown. Al told me the next day that he was comfortable seeing this material. He had no anxiety or negative reaction to viewing this combat footage and no difficulties afterward. This is the first time since 1968 that he was exposed to something reminiscent of the war that did not trigger a strong emotional reaction.

Al said the only difference that he could identify was listening to Hemi-Sync exercises for the previous two days. After describing his experience, Al asked me to write it down and share it so other veterans with PTSD might be encouraged to use the GATEWAY VOYAGE program and Hemi-Sync as a way to reduce their own anxiety.



### Book Review

Continued from page 4

verifies that his wife and son wore specific clothing at times when he visited them out-of-body, and he and other TMI participants see each other during tape exercises.

Chronicling such a wide variety of psychic experiences makes *Eyes of an Angel* an excellent narrative, but the book also teaches—mostly through dialogue between Elder and his Guides—a powerful lesson in what it means to be human. Topics covered include God, the soul, predestination, reincarnation, spirit guides, intuition, the afterlife, and many others. Thus Elder weaves his own experiences into a larger theoretical framework, but a further point—that the realm of spirit transcends physical life on earth—is enacted rather than directly stated. The book does so in a subtle and surprising way, by using two fonts in the chapter titles. For example, the typography of “*The Ultimate Mission*,” the title of chapter 8, implies that while we are here on earth in physical bodies (the physical world, single letters, regular type), we have a much greater and more elegant life in the spirit, available through dreams, meditation, and the paranormal experiences enabled by The Monroe Institute (the spirit world, multiple letters, italics).

Elder’s chronicle of psychic unfolding is first-rate, his overview of the life cycle seems highly likely, and the chapter titles are artful; however, one may take exception to several aspects of *Eyes of an Angel*. First, the author might fruitfully distinguish between the multiple persons connected to us in karmic ways (“soul mates”) and primordial soul pairs (“twin souls”). Second, it is surprising that Elder, who took four courses at the Institute before Robert Monroe’s transition in 1995, never mentions meeting the man or hearing him speak. Readers whose association with the Institute postdates that event would have appreciated any anecdotes that Elder has to share. And third, the claim that evolution and the Creator are mutually exclusive is a false dichotomy—the kind of binary, either/or thinking that is terrestrial rather than spiritual. As Matt Ridley states in *Genome: The Autobiography of a Species in 23 Chapters*, even Pope John Paul II posited an “ontological discontinuity”—a point at which God injected a human soul into an animal lineage. Thus can the Church [and New Age spiritual explorers] be reconciled to evolutionary theory.”

For these reasons, *Eyes of an Angel* may not be totally satisfying, but it is still a gripping story, which

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**Book Review***Continued from page 11*

culminates in important revelations about Elder's twin soul, Patricia, their recovery of traumatic childhood memories, and a dazzling reading by a professional psychic. These and many other profound experiences may foster high expectations for TMI program participants, so it is good that Elder emphasizes a number of commonsense principles for successful exploration: meditative practice, reading in metaphysical literature, attention to guidance, and patient detachment from desired outcomes. The author concludes with a question: How can a soul be both incarnate and in the spirit at the same time? He does not venture an answer because he does not yet have one. I hope that he will address the issue in his next volume

[*Matthew Fike is an associate professor of English at Winthrop University in Rock Hill, S.C.*]

**MEMBER CDs***Energy Centers*

Following resonant tuning to vitalize and enhance awareness of your nonphysical energy, simply relax and follow the sounds to Focus 12. From the expanded energy state of Focus 12, and with the assistance of your Inner Self Helper (ISH) or personal guidance, observe and feel each energy center—beginning from the first at the base of the spine through the eighth, a sphere of light energy directly above the head. Then move this “core light” down through each energy center and anchor it within the earth.

*Healing Energies*

Following relaxation, guided visualization leads you to a sunlit stream and from there to opportunities to merge with healing energies from the earth, the water, a tree, the air ... vibrant energy filling all parts of you ... balancing and healing, leaving you in restful sleep.



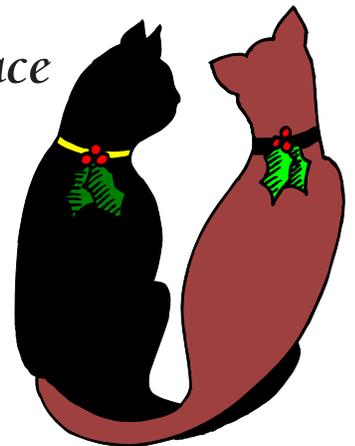
*May you enjoy*

*all the warmth and light*

*of the season*

*and may love and peace*

*prevail on earth*



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