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THE FREEDOM ROUTE

by Laurie A. Monroe & Robert A. Monroe



Through the years, many of you have asked if my father had written material other than what is in his books. He wrote the following while he was working on *Ultimate Journey*. Bob often talked to

groups about obtaining a Different Overview (D/O), which is a systematic approach to knowing the essence of who you are. He referred to it as "The Freedom Route"—freedom from all constraints or limitations. Here Bob begins by defining "overview."

"Overview: This is how we perceive ourselves and the world in which we live. Your Overview is not exactly the same as mine, although we have much in common. Each is derived through experience and information gathered by personal communication, objectively and emotionally, within your own life pattern. It is a meld of knowns, love, beliefs, hopes, fears, emotions, animal drives, addictions, mystique,

illusions, propriety, all interwoven into a pattern of personality that determines our individual thought and action. It is what we truly are, as against what others may think we are—and what we want them to think we are.

"Each day your Overview changes, usually very slightly and uncontrolled. In your thinking and activities large and small Variables are encountered, many of them unnoticed. These are events that are usually unexpected and unplanned. The effect may be instantaneous or occur years later, spanning the gamut from bewilderment to joy.

"A Different Overview (D/O) as identified herein is one of recognition and control. Perceive clearly the way things are, without the usual glitz and glitter. Make no measurement via the good and evil route but as

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EXPLORATION ESSENCE IMPRESSIONS

by Eva E. Lange, MD, PhD



Eva Lange is an endocrinologist, hypnotherapist, and bioenergy therapist and has received training in alternative medicine from Norman Shealy, MD, PhD. She practices the model of whole person caring.

Paying attention to the spiritual aspects of healing and dying and creating a healing environment are

for her the most important parts of the medical art. Eva has been a TMI Professional Member since 1995.

My last four years were fully devoted to the integrative work of bringing lasting peace (presence) to my everyday life. Taking care of my elderly, disabled mother 24/7 is not just physically exhausting. The task also involves daily confrontations with behavioral patterns faithfully downloaded to

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Joseph M. Felser. *The Way Back to Paradise: Restoring the Balance Between Magic and Reason*. Charlottesville, Va.: Hampton Roads Publishing Company, Inc., 2004. xxxi + 224 pp. \$14.95.

Reviewed by Matthew Fike

When Shakespeare writes in *As You Like It*, “Feed yourselves with questioning, / That reason wonder may diminish,” does he mean that reason diminishes wonder or that wonder diminishes reason? Shakespeare’s critics say both, an answer in which philosophy professor Joseph M. Felser would find strength and weakness. In Western culture, reason unfortunately diminishes wonder, but wonder does not have to diminish reason if the latter is not merely the “dissecting tool” of Descartes and the “adding machine” of Hume but also a faculty compatible with magic (“experiences of psychic sensitivity”). As Felser puts it in his thesis, “By sowing the seeds of our philosophical reflections in the fertile soil of our psychic sensitivity, sympathy, or whatever one wishes to call this natural magic, we are making our way back to paradise—the inward source of truth.” Elsewhere he calls paradise “the harmonizing of magic and reason” and a process rather than a destination. The purpose of relating his own story of recovered psychic sensitivity, then, is to inspire readers to open themselves and their reason to psychic experience.

The main cultural culprits in Felser’s view—science, education, consumerism, and religion—cut us off from our own nonphysical perception and from the earth. Even “official parapsychology is on the wrong track” because it has no place for anecdotal evidence, only replication and measurement (Charles Tart, though, receives praise for urging parapsychologists

to discuss their own unusual experiences). Scientific fundamentalism and philosophical materialism prevail in Western culture and have a political dimension that Felser mentions but could have explored further (his next book perhaps?). He also attacks “Answerism,” the notion (especially the religious notion) that we have all the answers and do not need to ask any more questions.

A major symptom of dysfunction in Western society is the traditional interpretation of the Fall, which Felser (drawing on Freud, Jung, Campbell, and Bettelheim) rereads as the moment when authority superseded personal experience. Eve runs afoul of male authority by following her intuitive curiosity and by attempting to learn something directly from nature (the snake and the tree). Rather than documenting original sin as absolute Truth, the biblical story of the Fall allegorizes the stifling of our innate sensitivity. But in order to follow Eve’s path toward greater connectedness to inner and outer nature, we must overcome fear of expansion, of mystery, of the unknown. We must confront our inner demon (in Jungian terms, integrate the Shadow) so that the unconscious demon becomes a consciously perceived helper and friend.

Felser’s own twenty-year journey from spiritual disconnectedness to psychic sensitivity illustrates the problem and solution just outlined. Synchronicities and imagination proved helpful in his unfolding, but dreams were the major waypoints. Much of *The Way Back to Paradise* is a record of the author’s astute interpretation of significant dreams, and here he shows that he can walk the walk: his reason aids the analysis, but his philosophical training does not prevent him from thinking about dream texts in figurative and literary ways. Dreams

may be Felser’s main medium of psychic insight because his waking mind is so powerfully analytical. If so, his example reminds those of us who struggle to function psychically that it helps to switch off the thinking machine. Felser is not a world-class psychic like Robert Monroe or Joe McMoneagle, both of whom he occasionally quotes. He is a Bruce Moen-like Everyman who went in search of his inner resources and found them through diligent introspection and careful attention to nonverbal guidance. His trips to The Monroe Institute accelerated the process, the section on his experiences in *GATEWAY*[®] and *LIFELINE*[®] is engaging, and his suggestions about validation through shared psychic experience there are well taken.

A synthesis of reason and magic suggests that a major objective of *The Way Back to Paradise* is to collapse binary oppositions: reason and magic can coexist; we do not have to choose one or the other. Showing us how an “either/or” view of reality has crippled Western society and arguing for a more inclusive “both/and” approach are the great strengths of this book. Falling into the same false dichotomy is its biggest weakness. Although Felser affirms the complementary roles of science and mysticism, he denies the compatibility of religion and inner experience. Persons either bow to patriarchal church authority and embrace its doctrinaire fanaticism or seek insight on their own from inner and outer nature as did the Native Americans (whom the author sometimes erroneously refers to as “Indians”). In Felser’s view, “Piety is puffery,” and Robert Monroe rightly refused to worship any “sacred cows.” The author overlooks the presence of “Exceptional Human Experiences”

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THE FREEDOM ROUTE

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constructive/destructive. Control means total direction of your own self, mentally, physically, and emotionally—you, not someone or something else.

“The first step in the beginnings of a very real and different D/O that can alter your life constructively, whoever you are, is to start the conversion of any item—either an unknown, belief or hope—into a Known. The results are spectacular, especially from unknowns into Knowns. Remember, such conversion is applicable to and for you and no one else.

“Building a D/O will immediately begin to cut down restricting fears and anxieties (fear’s little brother). The result is a kind of freedom you didn’t believe existed; yet it does.

Remember the equation:

UNKNOWN = FEARS

BELIEFS = UNKNOWN WITH PERHAPS SOME
KNOWNS

HOPES = UNKNOWN WITH NO KNOWNS

KNOWNS = NO FEARS

“Fear controls our lives. It makes us do and be in ways we don’t like and don’t want. It also keeps us from doing many things we want to do and be. But we don’t. We’re afraid of the possible consequences.

“Change is the biggest generator of fear, the greatest source of unknowns. All human worries and wars are based upon change. We are afraid change will take away what we like, so we resist. We can’t tolerate the way things are, so we try to speed up the rate of change as rebels or revolutionaries. Still, most of us go grimly through life doing the best we can, living with our fears and taking change as it comes. There seems no other choice. There is. A D/O—a calm, systematic conversion of personal unknowns into Knowns. Instigate and control as much change as you can, large or small.

“Obviously, most of us go after our beliefs and hopes first because the emotional payoff is greatest. Some of these may take years to resolve. The problem lies in the rude fact that your growing D/O will demand that such be discarded as illusions if they cannot be reduced to Knowns. Still, if even one part becomes a small Known, your day is made.

“However, convert one large unknown into a Known, and a thousand small beliefs and hopes are confirmed or discarded. That is why it seems impor-

tant to go after the big Unknowns. This D/O system will help you perform *exactly* this seemingly impossible feat, not just once but many times, each one easier. The trick will be to recognize the results as you begin to exercise your new freedoms. They come very naturally. Why bother? You, and no one else, begin to positively direct and control your life—and in directions you never considered or even thought possible.

“How to get started? Use your analytical/intellectual Self. That is the true key. Follow the systematic pattern laid down herein. First, get a notebook and begin your Baseline. You can be completely candid about what you put in it because it is For Your Eyes Only. On the first page, draw across the middle a Line of Demarcation (LD), like this:

LD_____LD

“Now take the position that above the line are UNKNOWN—the source of all your worries, fears, anxieties, hopes, and desires. Write them in. Below the LD list all of your KNOWNs, some of which may offer challenges or problems, but not fear. Just above the line yet penetrating it in part are the many beliefs and hopes that constantly distract or disturb your life pattern. Each contains both Knowns and unknowns, in unequal percentages. Your LD will generally start like this:

U N K N O W N S

LD_____Beliefs_____Hopes_____LD

//////// //

K N O W N S

“Now, begin appropriate insertions on your personal chart—above or below the LD or splitting the LD—giving each a code word recognizable only to you and a Priority Number. You are then ready to begin the D/O Daily Change:

1. Each day, either morning or night, write up the following lists: The A List—Place on this list everything about which you can do absolutely nothing. The B List—Place here those items that currently preoccupy you, whatever they may be. Include those with priority numbers. The C List—Place here those hopes and things you would like and enjoy but are not doing. Include any with Priority Numbers.

“When you complete the lists, take the A List and tear it up, throw it away, burn it. For those items on the B List and C List do something, anything, no matter how small, in regard to each listing, even moving

“Change is the
biggest generator
of fear, the greatest
source of
unknowns.”

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Afterlife Communications with the Luminator September 16–19 & October 28–31, 2005 Roberts Mountain Retreat

This is an experimental research-oriented weekend, providing TMI graduates the opportunity to expand their consciousness explorations into nonphysical realms while at the same time obtaining tangible evidence of afterlife communications.

The purpose of the program, planned in collaboration with Mark Macy from ITC (Instrumental Transcommunication), is to further our research in communication with nonphysical beings through electronic means. ITC is an organization of researchers who have received communications, sometimes through computers, phones, fax machines, etc., from those who have passed on. For more information about ITC, please go to www.worldITC.org.

The Luminator, a device originally designed to improve the atmosphere in office environments, has been found to produce unusual side effects. People's illnesses and imbalances seem to abate as they spend time in its presence. Also, when a person is photographed alone in the presence of Mark Macy's Luminator, there's a 50-50 chance the person won't be alone in the photograph. Departed loved ones, late colleagues, spirit guides, and other nonphysical beings manifest on the Polaroid film superimposed over the face of the human subject.

During this weekend at Roberts Mountain Retreat, participants will revisit Focus 27 and beyond, and photographs will be taken under a variety of individual and group conditions throughout the weekend.

Graduates of *EXPLORATION 27* are invited to participate in this exciting "new-search" opportunity. We're especially interested in how the "contact field" around Bob Monroe's cabin might enhance these communications.



SHAMANIC JOURNEY Weekend Workshop December 9–11, 2005



From ancient times most societies have had shamans and medicine women who functioned as messengers between the spirit world and the physical world. They travel in the realms of consciousness that others only know of through dreams. The word shaman means, "to know." With the assistance of animal or nature spirits, the shaman learns to go beyond time and space, to experience states of consciousness that exist independent of his or her perception of it and gather information.

Many people feel a desire to explore other levels of reality through shamanic traditions, but the tribal support systems are no longer available in the way they once were.

The *Shamanic Journey Workshop* creates a safe, step-by-step process of experiencing some of the shamanic traditions for gathering power and exploring dreamtime.

In this weekend program, you will be guided to:

- Utilize sound to energize mind and body
- Expand awareness into dreamtime
- Trance drum
- Use smudging in creating energy shielding
- Communicate with your power animal ally
- Create a medicine bag with symbolic power objects
- Use quartz crystals to store, amplify, and direct energy
- Experience transcendent union with nature
- Experience another lifetime in a shamanic tradition
- Design your own personal symbolic shield

EXPLORATION ESSENCE IMPRESSIONS

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us through the genetic line by our parents. Preserving one's inner peace under such extreme circumstances is a formidable challenge. The pressure of such situations can trigger a "crash" and yet also presents ample opportunity for transcendence. Feeling that I was more likely to crash than to transcend, I signed up for *EXPLORATION ESSENCE*.

The TMI program setting of group energy focused on the same spiritual goal creates enormous uplifting power for transformation and transcendence. In particular, *EXPLORATION ESSENCE*'s design and goal are perfectly aimed at bringing inner presence into lives of daily turmoil, which are very common nowadays. Did the program meet my expectations? Way beyond!

I know that the Universe will bring me exactly what I need, nothing less. But *EXPLORATION ESSENCE* brought me much more than I thought possible. To be truthful, I must admit that all the residential programs I have attended and all the Personal Resource Exploration Program (PREP) sessions I have experienced brought me unimaginable gifts. However, this time a profound shift occurred, allowing the essence to arise fully and opening a clear communication with my physical, emotional, and mental bodies.

Suitable descriptive words are hard to find because labeling distorts the reality of the experience. It is worthwhile to mention, however, that as the presence fully arises one is able to infuse words with essence and the truth comes through. Not all is lost in the translation from energy to words. Let the words then describe

EXPLORATION ESSENCE..

After we all arrived on Saturday, I discovered that six of us were from the September 2004 *TIMELINE* and several others had taken different programs together. In an hour or two we were like one integrated energy ball. Our trainers, Karen Malik and Peter Russell, were closely aligned and at ease with each other. They joined in with us immediately. Then they took the lead and, boy, what masterful guidance!

Saturday night and all day Sunday exercises to reset Focus 10, 12, 15, and 18, as well as guided meditations, brought me peace—more and more peace and a lucid, alert mind. In Focus 18 I felt extensive pain in my right leg, injured in the past and not yet returned to full health. Still, profound peace was all-pervading and the sensation of pain was not disturbing. The latter was a new experience to me, like observing the pain and not owning it, just witnessing it without emotional baggage.

On Monday, Karen and Peter did live guided experiences of Focus 21, Free Flow, and Focus 27. Prior to listening, we discussed the descent of the spirit from an Absolute to physical reality and the ascent back to one's Essence in the process of self-realization. Most of us know or have heard about the process of returning to the Source, but here we were being spoon-fed that knowledge in an irresistible fashion while retaining full freedom to accept it or not.

In Focus 21 I was in peace—profound peace and awareness of my right leg's pain, though without attachment to the pain. Meditation brought me more peace. One starts wondering how much more peace one can experience! In Focus 27 I felt the ever-growing presence (peace) and,

contained in it, love and compassion for my hip with gentle attention to the pain. I perceived my hip not as an obstacle to growth but as an opportunity for accelerating it by keeping me in touch with my essence—forcing me to stay in the here and now. For the first time, I sensed the sacredness of my pain and physical infirmity.

Tuesday we focused on deep meditative work. We were encouraged to ask such questions as "Who am I?" "Who has these ideas, these thoughts?" "Who or what is aware?" In Focus 15, Peter guided us in a live meditation that assisted us to stay in natural peace. I was in profound peace all the way through. Given a vision of an owl catching a mouse and flying away with it, my peace remained unaffected. I was a nonattached witness of the event. During a guided meditation led by Karen, I again experienced deep peace.

A Focus 27 exercise was designed for exploring the essential qualities of love, compassion, kindness, joy, courage, strength, freedom, and peace. I knew those qualities without any accompanying emotion because of my state of profound peace. For example, when the quality of joy was presented I knew I was joy and immersed in joy but did not feel emotion. Instead, I perceived an increasing flow of energy, increasing peace, and the strength of my Being. The pain of my right hip disappeared completely for the exercise's duration.

The evening meditation, guided by Peter, was remarkable in its focus on allowing curiosity to arise and work. Questions like "What else didn't I notice within my body?" "What else is waiting to express itself?" were pondered. This meditation turned out to be an excellent means of communica-

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THE FREEDOM ROUTE*Continued from page 1*

them in the direction of Knowns below the LD. It is rare that such can be done instantly. Even slight progress can be intensely rewarding.

2. Insert new unknowns, hopes, or beliefs as they come into your awareness and interest—and they certainly will!
3. Change priorities daily as you change.
4. Maintain and strengthen your foundation of Knowns.
5. After enough attempts satisfactory to you, delete as illusion from your chart any beliefs or hopes that cannot be made to move even slightly in the direction

of Knowns below the LD.

6. Use the basic pattern: Prove it to yourself first of all, no one else is important. Once is interesting. Twice may be coincidence. Three times, it's a solid Known.
7. Conversely, there's nothing wrong in being stubborn. Don't give up too easily. Remember, the bigger the Known-to-be, the greater the personal reward (change).
8. Keep a diary, candid and in detail. It is the only way you can verify to yourself your progress in various areas.
9. A D/O is the only route to you becoming truly you. Keep this in mind each day.

“Different Overview? It is based upon personal, individual

truths, and it will indeed set you free. That is why it is sub-labeled The Freedom Route. Sounds like work? It is, but the rewards, fun, and joy are so great you will soon forget the way you were. The earlier you start, the sooner they come. What will YOU become? That's your department!”

One of the greatest tools for obtaining a D/O is Hemi-Sync®. If you have taken a program at TMI or have listened to Hemi-Sync exercises, you are already on the freedom route. The more you explore your inner self, the better you know yourself. The trick is to use what you learn in your explorations. How do

*Continued on page 7***EXPLORATION ESSENCE IMPRESSIONS***Continued from page 5*

tion with my body. The body responded to my curiosity by releasing all spasms and tension. Peter suggested that we also extend our curiosity toward mind. How were our minds feeling—clear, dull, busy, or tense? I observed my mind in profound peace and nonattachment, the state of full presence.

Wednesday was a day for addressing our emotions. We were to work with personality overlays created in response to life experiences and conditioning by the ego. As every TMI program participant knows, this is frequently the toughest task. But we had a most powerful ally at our side: our rising essence made the task less painful, much easier to carry on, and at the end quite fun. The first step was to list limiting thoughts brought in by our inner judge or superego in response to the hurts and injuries of physical existence. I felt anger mixed with despair in

facing my mother's “poor me” attitude. I condensed my complaints to a few lines: “I am helpless,” “Take care of me,” “Be good to me,” and “Your weakness is killing me.” We worked in pairs. My partner repeated those statements and I answered them until I felt peaceful and at ease with an issue. Then we switched roles. It was powerful work and released a lot of stored emotions. We remained in silence throughout the afternoon break, a practice that assisted me in building a new communication link with my subconscious mind.

A live exercise at 4:00 P.M. helped in our search for guidance aimed at discerning the sources of our inner voices. The inner voice may come from essence or from ego. Usually the voice of ego speaks about taking action. The voice of wisdom is quite different. It comes to us with shifting of our viewpoint and seeing reality from a different angle.

As I moved through the Focus 15 portion of a Focus 27 exercise, I had a vision of several military

horses with blankets on their backs wandering among dead soldiers at dawn on a battlefield. There was no emotion, only witnessing. In Focus 27 I said to myself: “Take care of me. I am helpless.” Is there any other way of looking at this statement and situation? Immediately I knew it was my hip speaking, for I saw a fleeting vision of John and Paul (fellow participants) working on my hip earlier. With that realization, I started feeling overwhelming heat over my entire body.

The heat lasted for the remainder of the exercise. Knowing deep compassion for my hip was the core of that experience. I considered my mother's rheumatoid arthritis that disables her right hip the most of all her joints and the similarity with my injured right hip. We expressed the same pattern of rebellion against outside authorities and were, of course, helpless in that endeavor. The egoic pattern we expressed proved to be too much of an obstacle for me to overcome

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Review by Matthew Fike*Continued from page 2*

(particularly psychic dreams) in the Bible and Christian tradition; and while Monroe may not have herded any sacred cows, he was pretty careful not to tip over anybody else's (the possible exception being "Cause the Bible Tells Me So," chapter 8 in *Journeys Out of the Body*). So it appears to me that Felser explodes the Western notion of binary opposition in one breath only to affirm it in the next. How can he advocate "the free play of consciousness" and still deny that psychic unfolding can occur in a conventional context? Felser's take on psychic functioning thus appears to include some philosophical bias.

In most ways, however, *The Way Back to Paradise* rings true and is a helpful example and blueprint for persons who wish to activate their innate psychic potential. It is a genuine relief to read a book that quotes Western philosophy and literature to bolster an argument about expanded awareness. The book's Jungian orientation is especially welcome, though Felser tinkers with Jungian terminology ("active imagination" becomes "a playful imagination," and "the collective unconscious" becomes "the collective psyche"). He deserves special commendation for allowing his students to be his teachers—many of his insights arose from anecdotes that his students had shared with him. "Gladly would he learn and gladly teach," as Geoffrey Chaucer puts it. Guidance can come from anywhere if we will look beyond "the veil of ordinariness" (a phrase I borrowed from New Testament scholar James I. Cook).

Finally, the book not only reflects the author's Exceptional Human Experiences but may also promote readers' own in the very

act of reading. Toward the end of the book, for example, Felser relates a lengthy experience during the *Superflow* tape at *GATEWAY*. It ends this way: "I was welcomed by a man and woman to a strangely familiar log cabin set deep in a tranquil wood. Their German shepherd dog, a playful Cerberus, guide of souls, ran to greet me." Quibbles aside (Cerberus is a guardian, not a guide), I recalled my own experience during the *Friends* tape at my second *GUIDELINES*®. I visited the Park where my late best friend Hal (*hal*, Old English, whole) lives in a cabin in the woods and enjoys spending time with his French girlfriend and his dog, Bratko (*братко*, Bulgarian, friend). I am grateful for the reminder and have no doubt that Professor Felser will smile when he learns that his book about synchronicity yielded a synchronous experience for his reviewer.

[Matthew Fike received a PhD from the University of Michigan in 1988. He currently teaches in the Department of English at Winthrop University in Rock Hill, S.C.]

**THE FREEDOM ROUTE***Continued from page 6*

you do this? You integrate your experiences into your daily life so you can perform more constructively and have a greater understanding of your physical journey.

In today's world, it is so important that we maintain balance. Whether we do this through meditation, exercise, yoga, or simply experiencing the silence, balance enables us to acquire increased knowledge through direct experience. This is one reason why grounding is important for achieving greatly expanded states of awareness.

Thus, the goal of the Institute is to provide an environment in which you can explore and experience the essence of who you are and the knowledge that you are truly more than your physical body and personality. Through this knowledge, you will have a D/O and you will know the options awaiting you in the Here/Now as well as There.

**NEW BOOK**

Eyes of an Angel: A True Story of Soul Travel, Spirit Guides, Soul Mates, and the Reality of Love by TMI Residential Trainer Paul Elder has just been published. Paul's narrative begins with his childhood on a farm in the west-central plains in Canada. Tantalizing intimations of the psychic realm and more than one near-death experience finally led Paul to The Monroe Institute and to the tools that would integrate his paranormal talents with his daily life. Watch for a review in a future issue of the FOCUS. *Eyes of an Angel* is available in soft cover from Hampton Roads Publishing Company, Inc., for \$14.95.

THE MONROE INSTITUTE PROGRAM SCHEDULE

Contact Karen Viar at (434) 361-1252 or TMIprograms@aol.com to register for programs and workshops listed below.

Please note that the *GATEWAY VOYAGE*® is a

prerequisite for all other 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

July–December 2005

GATEWAY VOYAGE

July 23–29
August 6–12
August 27–September 2
September 10–16
October 1–7
October 15–21
October 29–November 4
December 3–9

AFTERLIFE COMMUNICATIONS WORKSHOP

(For *EXPLORATION 27* graduates)
September 16–19
October 28–31

GUIDELINES®

July 23–29
September 17–23
October 22–28
November 12–18 (French)

HEARTLINE

August 13–19
November 12–18

INTUITIVE INVESTING WORKSHOP

August 12–15

CREATIVE FLOW WEEKEND WORKSHOP

November 18–20

LIFELINE™

July 30–August 5
October 8–14
November 5–11

GRADUATE RETREAT

September 23–25

INSTITUTE OF NOETIC SCIENCES

GATEWAY VOYAGE

Petaluma, California
November 12–18

EXPLORATION 27®

(For *LIFELINE* Graduates)
August 6–12
October 15–21

*MC*²

October 1–7

EXPLORATION ESSENCE

July 16–22

REMOTE VIEWING PRACTICUM

October 8–14

SHAMANIC JOURNEY WORKSHOP

December 9–11

STARLINES

(For *EXPLORATION 27* Graduates)
October 22–28

TIMELINE

August 20–26

PROFESSIONAL SEMINAR

March 25–29, 2006

MEMBER CDS

Elation Galaxy

This member CD, *Elation Galaxy*, is one in a series of “Elation” exercises created by Bob Monroe for early *GATEWAY VOYAGE*® programs. Following the preparatory process (including Resonant Tuning), the listener moves to Focus 10, 12, and 15, and then is guided through a progression of greater and greater expansion of “mind consciousness.”

NETWORK OF LIGHT SERIES: Mind and Emotions

Dr. C. Norman Shealy, pioneer in the field of alternative medicine and founder of the American Holistic Medical Association, has helped medical practitioners to understand more fully the power of the mind-body connection and its relationship to maintaining wellness or restoring wellness.

In a collaborative effort with Monroe Products, Dr. Shealy has voiced this four-exercise series using a progressive relaxation technique along with Hemi-Sync® to gently guide you into a deep, receptive state of relaxation. You will use this state as a “switch” to turn on your inner network of light.

As a member, you are receiving the first CD from this series, titled *Mind and Emotions*. Therefore, members who would like to purchase the entire *NETWORK OF LIGHT SERIES* when it is released this fall can do so at a 20% discount off the retail price of \$59.85 through December 31, 2005.



Make donations to The Monroe Institute through iGive.com for FREE

If you would like to help The Monroe Institute in a big way, you can buy something for yourself. Better yet, buy a lot of somethings for yourself! But first join www.iGive.com/TMI. Because whenever you purchase everyday items at the Mall at iGive, up to 26 percent of every purchase is donated to The Monroe Institute—at no cost to you!



Registering for a free membership at iGive.com ... gives you access to over 500 brand-name merchants like Barnes & Noble, Eddie Bauer, Lands' End, and PETsMART ... super savings and deals every day ... and of course, free donations to The Monroe Institute! Enter your e-mail address at “Join Here” on the iGive.com/TMI page and follow the prompts. Shop till you drop. We deeply appreciate your support!



EXPLORATION ESSENCE IMPRESSIONS*Continued from page 6*

without the assistance of my fully arisen essence.

On Thursday we discussed the qualities of personal essence and merging with ego to subordinate it to essence. The discussion was followed by a meditation guided by Karen. The main theme was “What are you experiencing now?” Peace was all-pervading. My body was sound asleep; it slumped in the chair. My mind was fully alert. I stated my issue again: “Take care of me. I am helpless.” Peace deepened even more. No emotions were expressed. I perceived presence and the alignment of my four bodies—spiritual, mental, emotional, and physical. Peter then read selected spiritual sayings from *The Impersonal Life*, written eighty years ago by an anonymous author. It was the perfect conclusion to a very satisfying session.

The rest of that morning was filled with a long exercise that stopped at Focus 12, Focus 15, and Focus 21 before ending in Focus 27. Karen and Peter took turns in guiding us through the tape. It was absolutely stunning! In Focus 12 I saw clay busts of many of my fellow participants. The finest and clearest bust was of Karen, looking very much alive and ready to move. Focus 15 and Focus 21 were suffused with profound peace. In Focus 27 my physical body started talking to me. Every fiber was vibrating, itching, twinkling, tingling, or moving in order to get my attention. My right leg became restless and painful. Then suddenly all was quiet and the pain was gone. My body tossed and turned in the CHEC unit while my mind rested in profound peace. I knew my body was releasing repressed emotions.

A PREP session with Skip on Thursday was the crowning event of the program for me. The session in the TMI isolation booth put me in touch with clear guidance, addressed my questions and doubts, and filled me with light. I feel compelled to provide some details. While expanding my heart in Focus 18, I felt scars in my physical heart dissolving while love and compassion poured in. Once again, only pure knowing was perceived, without emotion. After a while, the pain in my right hip intruded and then switched on and off. I asked why this was so and intuited that mother and I were aggravating each other’s pain. Skip instantly said he was taking me to Focus 21. Profound peace returned as soon as I arrived there.

I saw a very clear and colorful vision of the Gettysburg battlefield viewed from the ridge where Confederate batteries were located. The field below was illuminated by light from the noonday sun. Masses of dead soldiers covered the field. Zooming in like a camera, I saw a close-up of corn, grass, and soil. All was

soaked in blood—literally dripping. At that moment the light over the field intensified. The light began to shimmer very fast and suddenly the whole mass of white-gold light moved toward me. It engulfed and filled me completely. I felt enormous power within and around me. Then knowing came: the sacrificial blood of all the fallen soldiers had transformed into light and engulfed me. It was as if I were literally feeding on light. In that instant Skip said, “Now you know you can live on light.” That had been my question for some time. I met someone who has lived on light for several years. I needed confirmation from Essence on whether I was ready for a shift from material nutrition to nutrition by light. Well, I received a clearer answer than I had expected.

The logistics and technical aspects of surrendering to light are not important at this time. I am confident that I will be guided step-by-step with perfect timing. The Universe will provide the opportunity for me to spend three weeks in seclusion in order to focus inward. Meanwhile, Skip took me to Focus 27 where I came to realize how sacred Gettysburg and other battlefields of the world are. They are temples of the transformation of flesh and blood to light. All those soldiers, masses of them, had not died wastefully. Their sacrifice transformed to light that feeds and sustains us. That’s why crowds visit those places. Whether the visitors realize it or not, they are nourished there. Now I can understand fully why in Poland, my motherland, places of sacrifice and martyrdom have always been considered worthy of care, honor, and homage. The more open and allowing we are, the more easily that gift of sacrifice can transform us into our true nature—essence arisen. We Beings of LIGHT are naturally sustained by LIGHT.

For me the battlefield sacrifice also makes reference to the redemption of humanity by the sacrifice of Jesus Christ. For the redeeming power of Christ comes from his body and blood transformed to light. That transformation is the basis of the Eucharist, the most holy sacrament of the Christian Church.

As examples of how the TMI experience lasts far beyond the programs, I cite two events. The first was a Metropolitan Opera performance of *La Clemenza di Tito* that I saw shortly after *EXPLORATION ESSENCE*. This is Mozart’s next-to-last work and for me it is musical perfection. The performance was choreographed, directed, and conducted superbly. The vocal and acting skill of the cast were equally impressive. Suddenly I saw the whole production in a totally different light, as an archetypal play of characters and roles in which everybody but Titus, emperor of Rome (endowed with arisen essence), wore the heavy masks of their outer image, hiding an inner turmoil of contradictory emotions. The opera magnified the

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A “THANK YOU” AND A REQUEST FROM LAURIE

I recently attended a meeting in Richmond to hear Hugh Gouldthorpe, author of *I’ve Always Looked Up to Giraffes*. He is a wonderful speaker who is creative and insightful about the principles that make a difference in both business and personal life. He explained how giraffes are able to reach things that other animals aren’t able to reach and noted their superior vision. In Africa, the giraffe is a symbol of friendship. They are also very caring and compassionate animals, which is obvious to anyone who looks into their eyes. Throughout the book, Gouldthorpe compares leaders to giraffes and provides insights into what to do in today’s world to be successful.

Gouldthorpe’s most important point is that it’s all about people. He refers to himself as the head cheerleader for his company. It is a team effort. No matter how good one person is, they can’t do it alone. It takes a team to build a dream. Put people first and let them know you care. Let people know that they make a difference—at work and in your personal life. Hugh says, “People are persuaded by reason but moved by emotion.” We all learn from each other, yet it is important to be ourselves. Our attitude, desire, and passion are the gifts we can give to others.

After hearing Hugh speak, I thought about all of you who are connected to TMI through membership, programs, or Hemi-Sync®. You are part of our team—our global TMI team. Each one of you makes a difference to those around you. You have helped TMI grow to where it is today and your dedication to our work is evident through your communications. We are proud to have you as a team player. So let’s get on the court of life and play!

We would like your feedback. What are we doing right? Where could we improve? How can we serve you better? We would like you to return the enclosed questionnaire at your earliest convenience. Please use additional paper if needed. As we cocreate the next ten years for TMI, you can be a part of the plan by participating and sharing your desires and visions for the future. Your feedback is very important to us, and we want to hear from you.

Thank you for your support, your love, and your dedication to The Monroe Institute.



TMI SALUTES OUR SUPERB RESIDENTIAL TRAINERS



Residential program facilitators: first row (left to right) Charleene Nicely, Bob Holbrook, Sylvestre Gorniak, Lee Stone, Macca Peters, Joe Gallenberger, John Kortum; second row (left to right) Paul Rademacher, Penny Holmes, Laurie Monroe, Skip Atwater, Karen Malik, Franceen King, Darlene Miller, Carol Sabick, Paul Elder
Photo by Mike George



EXPLORATION ESSENCE IMPRESSIONS

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EXPLORATION ESSENCE work on the overlays of personality and ego. Titus suffered the consequences of his court members’ immature games. He had to forgive one after another for their childish and destructive behavior. It was a stunningly clear allegory of the human condition. Mozart’s music reached the summit pointing to all the emotions and words—literally shouting out their meaning!

The second event was a phone call almost a week later from a friend in New Jersey. She had learned that I was seeking someone to help care for my mother. A friend of hers was looking for a permanent position as a live-in maid. It was exactly what I had been trying to arrange for several months.

I thank all members of the EXPLORATION ESSENCE group simply for being themselves and for renaming me Profound Peace, for it really means One With Essence, whereas Eve or Eva in the popular understanding depicts falling out of touch with Essence (Paradise Lost). Thanks to Karen and Peter for being who they are—All That Is.

