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A VISION FOR THE FUTURE

by Paul Rademacher

TMI Executive Director



In 1986, while vacationing in Toronto, Canada, my wife, Jacquie, and I casually walked into what was then called "The World's Largest Bookstore." It was a reader's paradise, with millions of titles stretching as far as the eye could see.

Suddenly, out of that sea of tempting possibilities, one book jumped off the shelf at me. It was Robert Monroe's *Far Journeys*. I was riveted from the first page.

Six years before that time, I had fallen off of a roof, fracturing my left hip. As I had spiraled downward in anxiety and pain, I had suddenly broken through to a mystical dimension more wondrous than anything I could have dreamed.

In search of a deeper understanding of that magical world, I had entered seminary as a prelude to becoming a Presbyterian pastor. But by

the time *Far Journeys* fell into my hands, I was terribly frustrated and isolated because so few in the church were comfortable with the language of mystery.

But as I devoured Monroe's book, it was clear that he was a kindred spirit. Even though he couldn't have cared less about traditional religion, here was a person who could speak to my deepest longing.

That book would be the beginning of my own journey that has led through numerous TMI programs, the completion of my *OUTREACH* Trainer certification, and seven years as a TMI Residential Trainer. Through the years I have seen the effects, not only in my own life, but in the lives of countless others as new worlds of awareness have become available to ordinary people. So compelling were my experiences

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MESSAGE FROM THE TMI PRESIDENT

With this issue of the *TMI Focus* and *Hemi-Sync Journal* we are excited to announce the expansion of membership services. Our nonprofit status is predicated on providing educational programs and making information regarding consciousness research available to the public. Although in the past we have focused almost exclusively on the Hemi-Sync® auditory-guidance process in fulfilling this role, we are expanding the scope of our public service to include additional credible investigations of evolutionary consciousness. In view of our expanded commitment and the volume of information to be reported, we will be providing future issues electronically. You will receive an e-mail notice that includes a link for accessing the publications at <http://www.monroeinstitute.com>, the Institute's Web site. The educational Hemi-Sync CDs that you have received semiannually will be available as MP3 downloads. They will be playable on common MP3 devices or can be saved to compact discs for use in ordinary CD players.

Skip Atwater

GETTING IT OUT THERE: HEMI-SYNC® COMES TO CAIRO

by Linda Leblanc



Since her first visit to TMI in 1994 for the GATEWAY VOYAGE®, Linda has returned regularly and has attended

at least ten residential programs. She is a member of the Professional Division and an OUTREACH Trainer, facilitating workshops in Cyprus since her accreditation in 2000.

With her husband, John Knowles, in 1999 she established a not-for-profit organization, Psychognosia, to disseminate information on parapsychology and consciousness research. She also coauthored with John the Reincarnation Cards® and the companion book, *Awakening Far Memory*, in 2007. The cards were beautifully illustrated by TMI trainer Patricia Peters (now, Patty Avalon). Linda made history in December 2006 as the first foreigner elected to Cypriot public office and as the first female councillor in Paphos, Cyprus. Moving into a new, high-profile area of influence has provided Linda with even more opportunities to spread the word about Hemi-Sync.

As an OUTREACH Trainer on the eastern Mediterranean island of Cyprus, it has been my vision to expand the presence of TMI in this part of the world. Since 2000, the OUTREACH workshops held in Cyprus have attracted not only the residents from many different countries who live on this sacred isle, but also participants from England, France, Ukraine, and neighbouring countries such as Greece, Lebanon, and Israel. Although I still hold the pattern of attracting participants from other nearby countries and a willingness to travel to facilitate

workshops, so far this has not happened. This may partially be due to unstable political situations in nearby Israel, Lebanon, and Iraq, but there is also the challenge of attracting competent organizers in other countries to lay the groundwork for holding successful workshops.

Earlier this year I was excited to learn that there were plans under way to hold a Mind, Body, and Spirit of Giving Festival in Cairo in 2007. This was the first time that anything like this had been attempted in Egypt, an Islamic country that was new to the “Western” concept of such an exhibition. The organizer, Mrs. Suzanne Mitchell-Egan, used to live in Cyprus and had attended many of my Hemi-Sync workshops over the last few years. She is now based in Cairo and invited our organization, Psychognosia, to participate not only as exhibitors but also as one of several sponsors of the festival. It was primarily my work with Hemi-Sync that prompted the invitation, which would be the first occasion that Hemi-Sync would be presented in Egypt.

Although the festival did have a few organizational “snags,” this was not exactly unexpected. Just to give you an idea of the kind of obstacles overcome by the organizer, although she had been assured she would be given the required police permit, she spent the night before the exhibition at the police station desperately trying to actually obtain it. Mrs. Mitchell-Egan succeeded finally in sorting everything out at 3 A.M.—a close call. The secret police actually visited the festival to check it out. Fortunately no problems were encountered. The organizer’s permit now allows her to hold future events at the resort city of Sharm el-Sheikh and other locations in Egypt.

Adding further to the uniquely Egyptian flavor were the legendary twenty-four-hour Cairo traffic jams, perpetual congestion, and

parking problems. In the famous Egyptian bureaucracy the sense of time seems to be almost nonexistent. Are they in Focus 15, I wonder? There is no doubt that Cairo is a stressful city in which to live, an impression confirmed by the festival-goers’ response to Hemi-Sync. People in search of ways to relax and to reduce stress were genuinely pleased to learn about Hemi-Sync and many commented on how such a resource was needed in Cairo.

A cosmopolitan world capital, Cairo has a population of about eighteen million, which includes a large, vibrant, multinational community. Many of the expatriates have their own businesses or work at the numerous international schools, embassies, and UN organizations. With its frenetic pace, Cairo seems to be a city that never sleeps! A walk around the streets at 10 or 11 P.M. is perfectly safe. One discovers a bustling city, with shops, colorful markets, and restaurants—just about everything—open and ready for business. There is constant noise, horrendous pollution from the millions of old-model vehicles belching out black smoke, and easily visible poverty. For the privileged “elite,” however, the Ramses Hilton hotel—the site of the festival—is a popular gathering spot. It’s filled with people late into the night sitting in the lobby café smoking “shiska” bubble pipes. Boisterous “society” weddings are also held there. The hotel was animated on most evenings by lively crowds of Egyptians enjoying themselves.

The festival presented a dynamic program of lectures, demonstrations and workshops, and the forty exhibitors displayed a wide variety of products, ranging from handcrafted items to offerings by wellness and meditation centers. My lecture about Hemi-Sync and stress management was well

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UNEXPECTED COMPASSION

by Paul Rademacher

In late September, I found myself wandering into the University of Virginia Hospital to see if I could get information on bringing my son, Sean, to Charlottesville for help. At that point he'd been sick and hospitalized for about five weeks, first in Las Vegas and later at UCLA.

The previous months had seemed so bleak. No answers. No cures.

There had been plenty of diagnoses, depending on which doctor we'd last listened to. But it wasn't diagnoses we needed.

Sean is twenty-eight years old, but no matter his age, he will always be my son. It's amazing how fierce the parental instinct is. When your child is suffering, you will do anything, anything, to stop the anguish. But in this case, all our efforts had been fruitless.

At that time, I had only been in my new position as the executive director of The Monroe Institute® for one week. There were all the pressures of moving to a new location, trying to get an understanding of the job, meeting people crucial to keeping TMI alive and well, learning about insurance and employee manuals, reading legal documents from the past, interfacing with the community, etc.

But nothing seemed to matter quite as much as my son.

So, as I stood at the counter for the Center for Digestive Health, I found myself pouring out my story to the receptionist. I had no idea who to speak to or even what I wanted to ask. Could she direct me to someone who could help me?

She listened for a bit, and then, without warning, she did the one thing I was utterly unprepared

for—she showed me compassion. Here I was in the sterile confines of technological wonder, speaking to a total stranger, only to find myself struggling to hold back tears welling up from deep inside.

And then she compounded the situation by reaching across the counter and cupping my hands.

"I know what you're feeling," she said. "I've got a child in Vancouver who's sick too. It's terrible not being able to help her."

All at once I started blubbering

It is a VISION that is emerging more and more as I talk with so many people who care so deeply about this place and its future.

in the midst of a busy waiting room, stunned by the power of unexpected compassion.

I had originally wanted to write this article about my vision for The Monroe Institute. There will come a time for that. It is a vision that is emerging more and more as I talk with so many people who care so deeply about this place and its future.

But right now there is something more pressing. And that is to acknowledge a power that is at the depth of human transformation. It is the power of compassion.

Over the past months my family and I have felt the outpouring of love and concern for our son. So many have called with ideas about his illness, making suggestions of healers or physicians they thought might be able to help, sending medications they've taken the time to put in the mail, along with CDs, prayers, dowsings, healing thoughts, Dolphin Energy Club support, and best wishes. Many have simply asked how he is doing and then listened.

Most of you probably have no idea how important your efforts have been. As of this writing Sean has turned the corner. His body is starting to mend and I am so grateful to each of you who have contributed in your own way. We are getting our son back.

Healing comes in many forms, most of them easily overlooked. So often we only recognize acts of an epic nature. No doubt we all would like to be world-class healers able to touch illness, suffering, or deformity and see miraculous results. Our culture seems to be attuned to the grand gesture, the larger-than-life persona.

Yet I am beginning to suspect that the real miracles often go unnoticed. They are the simple things, like one stranger reaching across the counter to another. That is the moment of the opening of the heart. It is in that precious and fleeting encounter that we are invited into the oneness that shamans, mystics, monks, and seers have long described as the foundation for All That Is.

Each of us has that gift to offer the world regardless of our training, experience, or station in life. Every time we intentionally reach out to suffering, we send out ever expanding ripples of healing. Because those ripples inevitably grow beyond our perception, we seldom realize the awe-inspiring implications of the simple gesture—until we are on the receiving end. Then we understand.

Each of us has a potential beyond anything we could imagine. We have all inherited a divine spark. It is the power of unexpected compassion. And in that lies a key for the transformation of human consciousness.

On behalf of my son and our family, I thank you all for the outpouring of love and concern we have felt. I thank you, as well, for inviting us into the mystery of unexpected compassion.



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 six-day programs. Programs may be held in the Nancy Penn Center or at Roberts Mountain Retreat. Dates are subject to change. Contact Shirley Bliley at (434) 361-1252 or dec1pd@aol.com with any questions about the Professional Division Seminar.

January–June 2008

GATEWAY VOYAGE

January 12–18
February 16–22
March 8–14
April 5–11
April 12–18 (Japanese)
April 19–25
May 10–16
May 31–June 6
June 21–27

EXPLORATION ESSENCE

May 3–9

PEAK WEEK (formerly FIVE WEDNESDAYS)

March 29–April 4

GUIDELINES®

January 19–25
April 26–May 2

HEARTLINE

February 9–15

INTUITIVE INVESTING WORKSHOP

May 16–19

INTUITIVE INVESTING INTENSIVE

May 19–23

LIFELINE™

January 26–February 1
May 10–16

EXPLORATION 27®

February 2–8

MC²

June 7–13

REMOTE VIEWING PRACTICUM

March 1–7

STARLINES

June 14–20 (Japanese)

STARLINES II

March 15–21

SHAMANIC HEALING WORKSHOP

April 18–20

TIMELINE

April 12–18
June 21–27

PROFESSIONAL DIVISION SEMINAR

March 22–26

HEMI-LYNC Making Global Connections

Hemi-Lync is a print media network bulletin board connecting you with people, events, and publications around the world that have something to share about Hemi-Sync®. It's your forum and we encourage you to use it. Submit your Hemi Lync item to the TMI FOCUS by writing, calling, or by e-mail.



Books

The following titles are available from the TMI Bookstore. Call (866) 881-3440 toll-free or e-mail to TMIbookstore@aol.com

Robert A. Monroe's trilogy:

JOURNEYS OUT OF THE BODY
FAR JOURNEYS
ULTIMATE JOURNEY

Captain of My Ship, Master of My Soul, by F. Holmes "Skip" Atwater

Healing Myself, by Gari Carter
Cosmic Journeys, by Rosalind A. McKnight

Mind Trek, by Joseph McMoneagle

Remote Viewing Secrets, by Joseph McMoneagle

The Ultimate Time Machine, by Joseph McMoneagle

The Stargate Chronicles, by Joseph McMoneagle

Focusing the Whole Brain, edited by Ronald Russell

The Journey of Robert Monroe, by Ronald Russell

Conferences

TMI Professional Member and *OUTREACH* Trainer Maureen Caudill spoke at the "Gift from the Divine Within" conference held by the Association for Research and Enlightenment in Virginia Beach, Virginia, on November 9–11, 2007. Maureen shared the podium with Kevin Ryerson and Mary Roach. All three presenters discussed how they became psychic, demonstrated their abilities, and explored the dynamics of receiving and sharing psychic information.

Appearances

On the evening of August 29, 2007, James Beal, BS, a member of TMI's Board of Advisors and a founding member of the TMI Professional Division, spoke at the Rhine Research Center in Durham, North Carolina. His presentation was titled, "Environmental Effects on Consciousness Research and Repeatability." In his talk, Jim reviewed how electromagnetic fields (EMF) influence consciousness in general and how they may relate to psi phenomena in four different areas: inherited factors predisposing to psi ability, spontaneous psi, controlled psi, and psi triggered by stressful or extreme conditions. Jim also discussed the influences he finds most conducive for optimal, repeatable, psi research. Additional information is available at

<http://www.emfinterface.com>

TMI residential trainer Paul Elder, author of *Eyes of an Angel*, was a special guest speaker on December 8, 2007, at the monthly meeting of the Chicago chapter of the International Association for Near-Death Studies (IANDS). Paul spoke about his three near-death experiences, which figure prominently in his book, as well as on the work of The Monroe Institute.

Conference participants learned how to discern if psychic information is good or “tainted,” how to find their own natural path to becoming psychic, and how the Divine can help, protect, and strengthen their psychic abilities.

Newspapers

The *Cyprus Weekly* for June 8–14, 2007, featured “Peyia’s Green Lady” by Deena Efstathiou in its lifestyle section. Efstathiou’s article focused on Linda Leblanc, the first non-Cypriot to be elected to the town council of Peyia. Linda’s affiliation with the Green Party and her commitment to environmental protection and conservation were discussed and how those interests made her especially suited to be president of Peyia’s Cleanliness, Health, Parks, and Environment Committee. Linda also traveled to Brussels, Belgium, earlier this year as part of the Green Party delegation to the European Parliament. The author noted that Linda is a TMI Professional Member and *OUTREACH* Trainer who facilitates Hemi-Sync workshops and frequently donates Hemi-Sync music CDs to the Cyprus Anti-Cancer Society, Arodaphnousa, and the Paphos Hospice, thus helping many people. The article concludes, “. . . Leblanc shows us how to make a difference, no matter what obstacles of language, nationality or culture we face.”

Radio

On All Hallows Eve, October 31, 2007, author and TMI member Katie Lechter Lyle was interviewed by Tom Graham. Tom is the host of *Insight*, which is broadcast on WMRA, a National Public Radio station in Central Virginia. Katie talked about her book *My Neighbors’ Ghosts*, which was published in June, and also her forthcoming book, *Talking to the*

Dead. She wove her TMI program experiences into the interview and also discussed the evidence for the existence of nonlocal mind that can be gained from learning remote viewing. You can listen to the Halloween program and an earlier *Insight* interview about *My Neighbors’ Ghosts* that aired on September 12, 2007, by going to <http://www.wmra.org/insight.html> Click on the “Insight Archives” link on the left-hand side of the homepage.

Television

Deborah Sachs, TMI Professional Member and *OUTREACH* Trainer, was interviewed on September 4, 2007, by Jô Soares on his popular international *Programa do Jô* talk show. The show is part of regular programming in Deborah’s home country of Brazil and is also broadcast on a “pay to view” basis in Europe, North, South and Central America, Asia, Australia, and Africa. Deborah’s Web site crashed due to the number of “hits” it received following the program, and by early October the total number of hits had exceeded 900,000. She received a veritable tsunami of e-mail inquiries and her *OUTREACH* workshop schedule is full.

Host Soares provided an excellent forum for Deborah to share her knowledge by asking questions about Bob Monroe and the founding of The Monroe Institute as well as TMI research and programs, the Dolphin Energy Club, and OBEs. She was also able to conduct an experiential Hemi-Sync exercise for the enthusiastic studio audience. The show will be seen in reruns while Jô Soares is on vacation in the first three months of 2008. Deborah has been invited back for an encore interview in spring 2008.



A VISION FOR THE FUTURE

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with TMI that in 2000 I left the ministry to devote more time to writing about, and working with, this passion of mine.

Through it all, I could have never imagined that one book could have such an impact on my life. Neither could I have ever imagined I would one day be selected as the executive director of this amazing place. It is an honor and responsibility that I am still trying to comprehend.

One of my first responsibilities will be the creation of a vision for TMI’s future. I am convinced, however, that such vision, to be effective, must be shared among as many people as possible. Over the coming months, in order to gain insight from a broad spectrum of people, I will be visiting areas with large concentrations of graduates, Professional Division members, *OUTREACH* Trainers, Residential Trainers, and Advisory Board members. Together we will create a common vision designed to meet the needs of those who have been touched by the wonderful work of TMI.

In the meantime, as a way of beginning the conversation, I am including excerpts from my application for the executive director’s position. If you have comments, reactions, additions, or entirely new ideas, please send them to us at tmiinst@aol.com or send a letter to my attention. I can’t reply to all your comments, but they will be read, considered, and compiled. Just as one book changed my life, so can the grandest changes emerge from the smallest beginnings. Your idea may be the crucial piece in the emerging future of TMI.

Your voice is essential to our common vision. Thank you in

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A VISION FOR THE FUTURE

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advance for your collective wisdom and insight.

Excerpts from a Preliminary Vision for TMI

The exploration of human consciousness is the next great frontier. It emerges from the very core of what it means to be, to perceive, to experience, to search for meaning. Therefore what we do at The Monroe Institute® is not ancillary to the human condition, it is central and of critical importance.

Over the years that I have been connected with TMI, I have occasionally overheard comments about the need to preserve Bob Monroe's legacy. There is a deep appreciation for all that he achieved and a genuine commitment to seeing that those achievements are passed on to future generations.

But talk of legacy can be tricky. When that legacy is identified with the products of Bob's work, it can lead to unintended consequences. While the TMI programs, the buildings, the grounds, the research, the memberships, and Hemi-Sync® are wonderful and effective tools, it is a mistake to think that these things alone constitute Bob's legacy. If we do, it seduces us into maintenance as the overriding mandate. Unconsciously, our mission can become limited to preserving, improving, and expanding what has already been done. Risking bold new initiatives can take a back seat.

I would suggest that Bob's true legacy is something altogether different. In the *Intuition* documentary created several years ago, Bob made a very telling comment during his interview. Noting that a shift happened once he got over the fear of OBEs, he remarked, "and that only brought up something much more devastating ... and that was curiosity." I would suggest that creating a

culture of curiosity is one thing that sets us free from a mind-set of maintenance and preservation.

But there is something else that was just as vital to Bob's legacy. That was the creativity he brought to the pursuit of his curiosity. He not only developed his own innovations and methods, but he was open to borrowing from other pioneers in the field, when appropriate, and then integrating their insights in a unique way.

Curiosity and creativity in the exploration of consciousness are Bob's genuine legacy. That perspective sets the stage for a new vision.

The time has come for TMI to consider expanding its mission. To date, we have been identified with Bob Monroe's seminal work in OBEs and consciousness exploration, his books, the Hemi-Sync process, and the Institute's educational programs. These have served the Institute well and will continue to do so. Bob Monroe has been cited as a towering influence in countless publications and testimonials. Thousands of enthusiastic participants from around the world testify to the effectiveness of those methods. As a result TMI has developed an excellent global reputation.

Expanding our mission would free us to explore numerous additional approaches to consciousness study and allow us to create mutually beneficial alliances with other leaders and organizations in the field. It is crucial that we expand the limits of our conversation so that we become seen as essential contributors to, and facilitators of, the rapidly emerging dialogue over human awareness and perception.

Such dialogue means that selected researchers, teachers, writers, and leaders need to be given a venue for sharing their discoveries, without specific endorsement or association with the Institute's reputation. This does not mean that Hemi-Sync, educational programs, and research

are to be abandoned or neglected. Rather, they are seen as vital pieces of an expanded vision comprised of interlocking and mutually reinforcing elements. This network of elements will work to enhance the TMI image as a hub for the exploration of consciousness—a place inspired by curiosity and creativity.

But there may be an even more fundamental value that is at the core of a nonprofit organization, and that is the mandate for service. While it is essential that we have sound fiscal strategies and intelligent business practices, that is not our primary reason for being. We exist to serve the public while fulfilling our particular mission to further the exploration of human consciousness.

A culture that celebrates curiosity and creativity will provide an irresistible attractive force to bring the right people into the right positions. This attractiveness can be dramatically enhanced by the intentional creation of a culture dedicated to openness, transparency, collegiality, win/win strategies, cooperation, collaboration, active listening, assumptions of abundance, and mutual respect—values already embraced by the Board of Directors and the staff at the Institute. These are all ingredients of an enlightened business strategy and a highly regarded organization.

Piecing together interlocking and mutually reinforcing elements as the components of an expanded vision will provide a solid basis for long-term stability while also encouraging bold initiatives. An emphasis on service will speak to the deep human need to lead lives of profound significance.

TMI is well situated to be a leader in the ever-expanding field of consciousness. We are at a crossroads. The time is right for a new energy to emerge that may be beyond anything we could imagine.



GETTING IT OUT THERE: HEMI-SYNC® COMES TO CAIRO

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received by the standing-room-only crowd; mind you, it was a small room—about thirty people! The festival magazine was a popular item and included a Hemi-Sync article authored by me.

On the first day of the exhibition we encountered an Egyptian exhibitor who was delighted to meet us. She had lived in the United States for fifteen years and had used Hemi-Sync with her children many years ago. She now has an Integrated Wellness Centre in Cairo and is interested in both Hemi-Sync workshops and in using *METAMUSIC* with her clients. Connecting with her was a good start for us. Interest at our display table was such that I feel it would be fair to say that we had the busiest table at the festival.

Although the exhibition was not as well attended as it could have been or publicized enough, there was sufficient interest to consider it a success. The workshops and lectures were especially popular. Several journalists visited and spoke with various exhibitors. A positive

article in an English-language Cairo newspaper appeared on the second day of the festival. I understood from the organizer that other articles were expected to be published.

Here are some highlights of the festival:

- Egyptian women, dressed traditionally, with head scarves, and long, loose dresses—some even wearing gloves to modestly cover their hands—readily accepted our invitation to sit down and wear headphones to sample Hemi-Sync. Some of them returned the following day to buy more *METAMUSIC* CDs, which they intended to use for yoga and meditation.
- An Egyptian *GATEWAY VOYAGE*® grad visited with us. He was leaving the following week to attend another of Carol Sabick's courses in Spain—*LIFELINE*™.
- A woman traveled from Alexandria, the Egyptian city that was the location of the famous Library of Alexandria in ancient times. She had read some of Bob's books and was delighted to discover the *Support for Journeys Out of the Body Series*, which she snapped up without hesitation.

- A Ukrainian woman, whose spouse is Greek, bought two CDs for her two young children. They had readily donned headphones to listen to *METAMUSIC* at our table. She returned the following day to buy more and told of an amazing experience while listening with the children at home. They loved *Gaia* and had settled down quickly.

- One child, with learning difficulties, went into a light trance while listening to *Lightfall*.

People soaked up information like sponges, asking probing questions without hesitation and listening attentively to our usual “spiel” for passersby who lingered at our display table. The level of interest suggests that there may be sufficient participants to hold an *OUTREACH* workshop in Egypt in 2008.

Despite a high level of interest in Hemi-Sync, it is often difficult to cover expenses at such exhibitions. There are also some practical difficulties to overcome in order to promote Hemi-Sync on a larger scale in Egypt. These difficulties include bureaucratic delays,

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MEMBER CDS

Meeting the Muses & Connecting with the Inner Creator

Unleashing your creativity is the uniting theme of our latest Hemi-Sync® member CDs. Patty Ray Avalon—one of TMI's residential facilitators—leads you in guided meditations titled *Meeting the Muses* and *Connecting with the Inner Creator*. The *Muses* exercise introduces you to the nine archetypal creative forces that the ancient Greeks called the Muses and encourages you to draw on those archetypes for inspiration. The *Inner Creator* exercise leads you to the silent void of your being, where all potentials are ready to be made manifest when you call on them.

As a professional artist and healer, Patty Ray has a personal passion for helping others see the artist in themselves. In August 23–29, 2008, she will be leading a new, week-long residential program at The Monroe Institute called *THE CREATIVE JOURNEY*. Participants will be given tools and opportunities to discover or enhance their potential as creative beings. No prior arts experience is required.

LEARNING WITH HEMI-SYNC® AT AROMANSSE AND THE RIVERTON RETREAT CENTRE

by Alexandre Chaligne



Alexandre Chaligne, a TMI Professional Member since 2001, is the director and owner of the Aromansse holistic

health and meditation studio in Winnipeg, Manitoba, Canada. He has attended the GATEWAY VOYAGE®, GUELDINES®, LIFELINESM, MC², EXPLORATION 27®, and STARLINES. Alexandre has also volunteered in palliative care in his native France since 1997 and at the Riverview Health Centre in Winnipeg since 2002. The GOING HOME® series is the core of the programs that Alexandre provides as resources for healthy people, as well as for terminally ill people and their loved ones. In January 2006 he opened the Riverton Retreat Centre to offer what he calls “pre-palliative care.” Riverton is a sacred space in which to relax, reenergize, and address unfinished business before going into a palliative care facility.

Bringing science and spirituality together to understand the big picture of where we are going as humans and who we really are is the main goal of Aromansse Hemi-Sync Meditation School and Riverton Retreat Centre in Canada.

With our teachings and research we see how Robert Monroe broke new ground by creating Hemi-Sync. It is one of the perfect tools to fully explore one's true self. In the recent past, many schools tried to achieve higher states of consciousness by training the right brain. Today university researchers and private

labs get better results by stimulating both brain hemispheres. The world is changing and new technologies are arising. New molecular scanners allow us to glimpse what we could not see before.

In Winnipeg, Canada, we contribute to raising human consciousness levels by delivering workshops that stimulate both hemispheres. We recognize similar tools from Eastern civilizations such as Egypt, Tibet, India, or even China, but this is a new approach. In our era and in Western civilization this approach could be called “spiritual/scientific.” Our goal is to erase the gap between science and spirituality. The two disciplines often talk about the same things, but they use different vocabularies. We think, imagine, and eventually bring our souls to higher consciousness levels. Therefore, spirituality does not mean magic, but rather an understanding of an evolution within us. This is done on a very personal level, and above all, at our own pace.

To provide more freedom and more discipline to people who want to discover themselves and to become whole within, we created a Hemi-Sync school where people can explore the GATEWAY EXPERIENCE®, METAMUSIC®, HUMAN PLUS®, MIND FOOD®, and the new HEART-SYNC® exercises, *Communication with Animals* and *Bridge to Paradise*. Some participants became part of a group that met two hours a week for eight years.

To make their experience more profound, participants have access to our Hemi-Sync retreat in the country about one hour from Winnipeg. There we are delivering weekend and six-day workshops such as “Becoming a Lifelong Explorer” (inspired by *Becoming a Lifelong Learner*), “Network of Light,” based on the *Network of Light* album, “Opening the Heart,”

“Chakra” (with a Focus 12 member tape), “AT15,” autoteleportation in Focus 15 (with the *TIMELINE* member CD), “Sacred Mandala” (with *Light Source*), “Astral Traveling” (with *Hemi-Sync® Support for Journeys Out of the Body*), the “Dying and Living Program” (with *GOING HOME®*), and “Tantra” (with *HUMAN PLUS®: Sex Drive*).

In January 2007 we opened a mind laboratory and are using an array of different neural stimulation technologies. These include Hemi-Sync—based on over forty years of research; the SO SoundChair—developed over twenty-two years; and a behavioral neuroscience program derived from the Laurentian University's twenty years of research. All sessions are experienced lying in a SO SoundChair just like the one in the Bob Monroe Lab at TMI. This comfortable lounge-style chair holds the body in a “zero gravity” position. Sound is conducted through the chair and affects the whole body.

During SO SoundChair sessions, most people choose to listen to *METAMUSIC Higher XS*, the SO Chord. They can also choose from all of the available Hemi-Sync titles. Other possible choices are *METAMUSIC Healing Rhythms*, *METAMUSIC Gaiametry*, coils neural stimulation, and aromatherapy. Students report an easier and deeper shift of consciousness when they combine the chair with Hemi-Sync. As students become more and more confident, they may experiment with channeling research, similar to the sessions recorded on TMI's early *Explorer* tapes.

Aromansse strives to bring people tools that help them control their lives rather than being controlled by old beliefs. Through our Hemi-Sync programs, we attempt to create experiences in which everyone realizes that they

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Book Review

Maureen Caudill. *Suddenly Psychic: A Skeptic's Journey*. Charlottesville, Va.: Hampton Roads Publishing Company, 2006. xii + 290 pp. \$12.71.

Reviewed by Matthew Fike, PhD

Whereas Dean Radin's *Entangled Minds: Extrasensory Experiences in a Quantum Reality* (reviewed in the winter/spring 2007 TMI Focus) attempts to explain the scientific basis of psi to skeptics, this issue's selected book, Maureen Caudill's *Suddenly Psychic: A Skeptic's Journey*, seeks a dual audience—those who want a well-written tale of a Monroe-related psychic journey and those who are struggling to overcome skepticism about their own psychic ability. What links the two authors together, though, is an interest in the marriage of science and psi, as well as the intention to promote existing research in order to legitimize belief in psi. Radin synthesizes many studies to make a case that is light on anecdote; Caudill summarizes others' syntheses—including parts of Radin's earlier book, *The Conscious Universe*—to convey scientific explanations for her own wide-ranging and highly anecdotal psychic experiences. It is hard to imagine a person better suited for this task than Maureen Caudill, who is well versed in both science and psi. With a bachelor's degree in physics, a master's degree in computer science, and three previous books in the latter, she initially embraced the scientific materialist's credo that there is nothing beyond physical reality, until TMI courses motivated her “to find a way to reconcile my strange experiences with the science I was trained to believe in and respect.” *Suddenly Psychic* is the result of her efforts.

A typical chapter begins with one of Caudill's experiences, dis-

cusses the relevant science, and then returns to the experience with a greater sense of understanding. The author's experiences involve remote viewing, remote healing, telepathy, communication with the dead, pet communication, spoon bending, multiple lifetimes, soul retrieval, spirit guides, assistance with a good friend's transition to the spirit plane, and precognition of her own death (understandably the most cryptic part of the book). Readers of *Suddenly Psychic* may well encounter certain other phenomena for the first time. These include a kundalini awakening, interdimensional chutes, the use of healing energy to change the past, Focus 49 (“the Eye of God”), and Focus 253 (a Golden Wall, “the Thought that Sources all universes”).

Beyond any doubt, the most interesting chapter—and the one that best shows that the benefits of the Monroe system continue to unfold—is Chapter 10, “Playing Fetch,” in which Caudill and her spirit guide, “Click,” travel to Mars where she retrieves the soul of Europe's Beagle 2 lander. She takes the puppy-like machine spirit to Focus 13 (previously unreported by anyone at the Institute), a kind of Focus 27 for machines. When she later finds the Beagle unhappy there, she opens a “pipeline” for heart energy from Focus 18 (healing herself in the process) and delivers the lander to the animal portion of Focus 27. Her cat, Sammy, who passes away earlier in the book, will now help the Beagle prepare for an incarnation as an animal.

According to Caudill, machines can develop a soul by becoming sufficiently complex, much as a brain becomes a mind; however, machine souls are “rudimentary” because they possess only “situational awareness” and “self-awareness.” What confines

them to Focus 13 and makes them “incomplete and partial” is their inability to love. Still, Caudill suggests that the first intelligent androids may emerge by 2015, along with wide-ranging ethical dilemmas. Indeed, the retrieval of the Beagle suggests that such issues may already be upon us.

An expert in artificial intelligence, Caudill is at her best in the Beagle chapter, but her melding of psychic experience and science is generally sure-footed throughout the book. The theories discussed include morphogenetic fields (spoon bending), a multidimensional universe (altered states), and time travel (changing the past). Several other explanations, however, gradually emerge as leading contenders to explain psi. The first is holograms: if every part of the universe contains a copy of the whole, then connecting to a nearby piece of it enables one to perceive the far reaches of space and time. A second possibility is that quantum entanglement (Radin's thesis) accounts for the human mind's ability to perceive and transmit information over great distances. Caudill sums up her favored theory as follows: “If Laszlo's Akashic field theory is correct, paranormal abilities, remote viewing, telepathy, and accessing information outside of local space and local time merely becomes [sic] a process of ‘reading’ or ‘interpreting’ the holographic Akashic information field in our local corner of the universe. This also implies that anyone has the potential to ‘be psychic’ because that same information is local to all of us.”

Suddenly Psychic concludes with advice on living well, which the book's last sentence summarizes: “Live in love.” There ends the author's account of her own adventures in science and psi,

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LETTERS

In July 2007, Darlene Miller, PhD, TMI's director of programs, received the following letter from Darrell Williams, an inmate at Corcoran State Prison. Dr. Miller has quietly maintained a prison outreach program over the years. This is a follow-up to Darrell's 2001 letters describing how Hemi-Sync® is benefiting prisoners in the Corcoran and Kern Valley state prisons.

Dear Darlene,

A huge hug and greetings to you and the TMI family. May this letter find you in good spirits physically and mentally. I received your complimentary issues of *Shift* magazine. They were very much appreciated by us here and are the kind of materials I was searching for. I have not communicated in a while because I have been quite busy with the GATEWAY Prison Outreach Program. I have more exciting data for you.

More and more prisoners have signed up to participate. What I was really interested to know was the "true" rehabilitative value for prisoners who return to society after using the GATEWAY EXPERIENCE® and other Hemi-Sync tools. It's quite easy for men to say they have been rehabilitated and have changed their perspectives and then after release to follow the same behavior patterns that led them to prison in the first place. So I kept meticulous records of prisoners who were released after using the GATEWAY EXPERIENCE. The findings?

Out of a small sample population group of twenty

prisoners from both Corcoran and Kern Valley state prisons, seventeen prisoners have so far integrated back into society without committing any more crimes or leading a criminal life. We were very inspired by this result. Taking into consideration their economic circumstances (coming from poor communities), most did quite well in adjusting to the challenges of the streets. Over half of the GATEWAY EXPERIENCE graduates continue to keep in contact and report their progress.

The biggest factor in their



Artist: Miguel "Tony" Petterz

success was finally realizing that they are capable of achieving more with their lives than they had previously believed. The GATEWAY EXPERIENCE helped them to open up to this awareness. This is called "paradigm shifting." In our introductory classes, we have a saying, "In order to change your life, you must first change the prescription of your glasses." Changing one's belief about one's self can be a huge factor. Many prisoners are living with a faulty paradigm. It's like they are driving in Los Angeles trying to find a

particular street with a New York City map. Now, you can give yourself positive "self-talk" and keep a positive mental attitude; however, you're going to continue to be frustrated and lost if you don't change your map to an LA map. Your road map must match the terrain. The moment you get the correct map, all the other problems clear up instantly.

So, we are helping to change the prisoner's perspective. We are reading *The Journey of Robert Monroe*, just released. The new book has given me a better insight into how Mr. Monroe created the

Institute. It was a fantastic story! It was inspiring! It was intriguing! Thanks for sharing his story with us.

We have a few brothers who wanted to know if we could receive METAMUSIC® selections with Asian and ancient European themes (for the Caucasian and Asian brothers). So I told them I would ask. We have also put together a CHEC room in the

chapel here. We really could use a good pair of headphones. The prison has agreed to allow wireless headphones.

One of the issues for many young men is trying to eliminate negative "self talk." So the HUMAN-PLUS®: Off-Loading exercise will be very helpful. Thanks for all you do for us. We will repay TMI tenfold. You are saving people's lives in here and that is immeasurable.

Yours truly,

Darrell Williams



STARLINES DELIVERS

by Gary D. Chaikin, MD

Dr. Gary D. Chaikin is a practicing psychiatrist in La Crosse, Wisconsin, and specializes in clinical audio-entrainment techniques to create altered states of consciousness. In addition to private practice he assists veterans in adjusting to their military experiences. He attended the GATEWAY VOYAGE in October 1999 and joined the Professional Division at that time. Dr. Chaikin has a special interest in the applications of an integral psychology and is assisting clients to handle difficulties in their lives and evolve their awareness through a biopsychosocial model. Dr. Chaikin can be contacted by e-mail at lighteningrod@centurytel.net In this article he shares his experiences at the October 20–26, 2007, STARLINES program.

What is STARLINES?

STARLINES is promoted as “a program for graduates of EXPLORATION 27[®] who possess a burning passion for exploration and self-discovery ...” My experience proved this to be no idle promise. During STARLINES, a program born from the creativity and spirit of Franceen King, we “learned to travel the wave” into true Kosmic Consciousness, and what a ride it was!

STARLINES, the Program

On October 20, 2007, a small, intimate group of fourteen fellow travelers descended on the Nancy Penn Center to start a unique journey. A number of us had previously taken STARLINES. As with most TMI programs, STARLINES begins with briefing and orientation. Afterward we began our journey into expanded and deeper Focus levels. The latest scientific information from astronomy and astrophysics was presented to us in a multimedia format. The data from different

types of telescopes (including the Hubble) and satellites primed the pump of our imaginations. Yet this was only a veneer overlaying something much more profound: an exploration, discovery, and recovery of Self.

The group moved in a parallel process from the Earth to the solar system to traveling the Milky Way. We dove into our galaxy cluster, touring superclusters of galaxies and finally venturing through the galactic core/star gate to what scientists now believe was the source of our Universe: The Great Attractor. Both our awareness of Focus levels and our I-There expanded. Earth Core-27 energy catapulted us from Focus 34/35—the Dimensional Octave of the I-There—to Focus 42, the energy of our I-There Cluster. The tidal wave of awareness raced through Focus 49, the Sea of Bonded I-There Clusters, and finally through the galactic core and gateway to The Great Emitter (perhaps Focus ∞?).

While before The Great Emitter, we were asked a question: “What do you, as a human, have to offer?” Mirroring Bob Monroe’s experience as described in *Ultimate Journey*, our answers led to some of us graduating from the human-only Earth Life System (ELS) to the status of Galactic Citizen. This is a new way of being, with new responsibilities and customs, i.e., When in Rome ... or When traveling the galaxy ... It was a surprising pleasure to learn that ELS graduates—with Earth Core-27 energy, feelings, and astral bodies—are held in high regard in the Universe. We in the ELS really *are* in this world but not of it.

STARLINES Delivers

Through the STARLINES process, we came to a profound understanding of the aphorism “As above, so below.” We also discovered the truth of the beginning of the EXPLORATION 27 affirmation

(also used in STARLINES), “I am much more than my physical body ...” and human energy. STARLINES delivers as a path to liberation and a portal opening into true Kosmic Consciousness. A member of our group expressed these realizations succinctly while we were discussing encountering extraterrestrials and connecting with their energy at The Gathering, “Aren’t we all ETs? Who isn’t?” Now *that’s* graduation into galactic citizenship!

As above, so below.

A heart cluster in the stars,
Opening to love.

Book Review

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but the book continues with a number of things that readers will want to pore over. The “Afterword,” addressed to those who want to develop their psychic ability, stresses paying attention to subtle signs, surrounding oneself with supportive people, and practicing regularly. The appendices address energy bodies, the human aura, chakras, chi, karma, and “TMI’s cosmology” of forty-nine Focus levels. A helpful glossary follows, and a first-rate bibliography, helpfully divided by subject, caps off the volume. In conclusion, whether one is looking for a fascinating account that rivals anything in the Monroe literature, a primer in cutting-edge science, or merely an explanation of Hemi-Sync (Caudill’s may be the clearest ever written), Suddenly Psychic—an engaging and lucid account that discusses and validates personal experience in light of scientific theory—will satisfy and comes highly recommended.

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



LEARNING WITH HEMI-SYNC® AT AROMANSSE AND THE RIVERTON RETREAT CENTRE

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are more than their physical bodies.

In addition to our big pre-palliative project described in the *Hemi-Sync Journal*, vol. 24, nos. 3 & 4 (Summer/Fall 2006), a few months ago we opened our school and retreat center to kids. The children's meditation classes are structured similarly to the adult classes, although they are adapted to fit the individual child's level of understanding.

A children's meditation camp is held each July. For the past few years it has been a five-day camp involving many fun activities besides meditation. In 2007 for the first time it will be offered as an overnight camp at the Riverton Retreat Centre in Riverton, Manitoba. This four-day, three-night camp is packed full of fun activities, crafts, nature walks, and meditations. The children also learn and remember their power of touch through reflexology and Reiki. Other activities include sharing circles, exploring the energy body, music, and dance.

Enthusiastic students have taken the time to share their feelings about the benefits they have gained from Aromansse and Riverton. Mary E., a mother of three, feels that her participation in meditation and the programs has given her "ways to reduce stress and increase [her] enjoyment of life." Mary says: "Weekly meditations and relaxation exercises have become part of my daily life. Weekly meditation has also taught me about my personal power in any given situation and a whole new way of looking at the world, both astral and physical." She finds herself "facing thoughts about death and sickness and spirituality" that she previously avoided. All three of her children began meditating in hope that it would help one of

them, Joe, manage attention deficit hyperactivity disorder (ADHD). Mary has found that over two years "their weekly meditation has become so much more. As a group they have talked about and learned to cope with death, bullying, anger, sadness, loss, and disapproval. All three frequently use their meditative skills like *Focus 10*, Reiki, mandalas, and patterning in their daily lives."

Gail H., who has participated in most of the weekend and week-long programs, as well as exploring crystals, aromatherapy, Reiki, reflexology, and massage, reserves her highest praise for the "Dying and Living Program." It has helped her to gain ever more proof that she is "more than [her] physical body" and "opened up new realms of possibility." She commented, "There were many times throughout the six-day-long program when I wanted to quit, for the difficulty of the emotions was so great, but the end results were worth every penny spent and every tear shed." Gail finds "the various types of Hemi-Sync tapes to be great aids for meditation." She told me, "The combination of tapes, regular meditation, supplemental workshops/retreats through Aromansse, and the books of Robert Monroe have furthered my understanding and inspired me to continue to learn."

In 1999 I started with one group of eight people. Today we have ten levels per week with ten to fifteen people in each group. One hundred people a week are coming to meditate with Hemi-Sync. I would be pleased to help anybody in the world who would like to become part of the TMI Professional Division and who is interested in opening a similar school or retreat center to promote the amazing resources that The Monroe Institute® provides to us.

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GETTING IT OUT THERE: HEMI-SYNC® COMES TO CAIRO

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unreliable postal deliveries, difficult customs clearance, and high duties. The currency exchange process and restrictions on foreigners paying in local currency for hotel bills are also complications. Even taking into consideration the above pitfalls, however, I personally feel that there is definite potential for growth in Egypt.

In conclusion, my festival experiences were more than worth the effort involved to participate in a successful "getting it out there" event. The tremendous positive response in Cairo demonstrates yet again the universality of Hemi-Sync, this time transcending not only language but also culture and religion.



PURCHASE THE JOURNEY OF ROBERT MONROE IN THE UK

Signed copies of *The Journey of Robert Monroe* are available from the author, Ronald Russell, for £12.50 (including postage and packing). You may contact Russ by mail at Greenhead House, New Galloway, Castle Douglas, DG7 3RN, SCOTLAND, by phone at 01644 420357, or by e-mail at rrussell4@tiscali.co.uk

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