



In This Issue

Honoring
Guidance...2

**FIVE
WEDNESDAYS...**3

Hemi-Lync...4

Program
Schedule...4

Book Review...7

Member CDs...9

Experiencing
HEARTLINE...10

LAURIE'S LEGACY

by Darlene R. Miller, PhD



Toward the end of her remarks to participants in each *GATEWAY VOYAGE*®, Laurie would frequently smile, open her arms, and say, "You are now part of the TMI family." The size, love, and support of that

family was abundantly clear following Laurie's transition, expressed through a wealth of e-mails, phone calls, and beautiful cards, all bearing the most poignant and caring of messages. We have been comforted and encouraged by each one and want you to know of our deep appreciation. Our hearts are touched and our love flows back to you, the members of our TMI family.

At the time of Bob Monroe's transition in 1995, The Monroe Institute® offered only three residential programs—the *GATEWAY VOYAGE*, *GUIDELINES*®, and *LIFELINE*™. Under Laurie's guidance and direction, eight additional weeklong programs were created as well as four weekend seminars. These broadened the scope and spectrum of the Institute's cours-

es and provided considerably greater and richer opportunities for the kinds of in-depth explorations that our participants so eagerly desire.

From the beginning Laurie sought to collaborate with organizations and individuals outside TMI whose missions and goals were similar, although they used different methodologies and approaches to foster personal growth and self-discovery. She had great respect for the Institute of Noetic Sciences (IONS) and was especially pleased when IONS named TMI a strategic partner and began to offer the *GATEWAY VOYAGE* on their campus in Petaluma, California. As president of Monroe Products, she persuaded Dr. C. Norman Shealy to lend his voice and support to a series titled *Network of Light*, and Mark Macy of Instrumental Transcommunication to coproduce *Bridge*

Continued on page 6

MY HISTORY WITH HEMI-SYNC®

by Philippe Lukomski



Philippe Lukomski of Paris, France, became a sustaining member of The Monroe Institute® in 1990 and feels he has benefited greatly from Hemi-Sync tapes and CDs since then, especially the *GATEWAY EXPERIENCE*® as

well as *METAMUSIC*® and *MIND FOOD*® exercises. Philippe says, "Simply put, I might not have been who I am now without Hemi-Sync. It's the old question

of the chicken and the egg: which came first? Am I what I am now because of the Hemi-Sync tools or did Hemi-Sync attract me initially because of what I was? Both, I guess." Philippe has also participated in the Dolphin Energy Club healing outreach, and his avocation is amateur filmmaking. Two of his screenplays have been submitted to French producers and he is currently awaiting their response. Philippe is convinced that TMI offers important, potent

Continued on page 5

HONORING GUIDANCE

by Cliff Houghton



Cliff Houghton is a native Washingtonian, but his life changed dramatically in his teens when his parents bought a farm near the city. His father's real estate company allowed him to get into real estate selling, purchasing, and property management at a young age. He bought his first house—an old house he had admired while still in high school—when he was twenty-two. Over his twenty-nine-year career in real estate, Cliff has purchased and renovated more than fifteen houses. He is currently restoring two more near his own North View Farm in Maryland, where he lives with Bill Rowlett, his partner of sixteen years. During Cliff's GATEWAY VOYAGE® in 1997, one response to the Five Messages exercise was a vision of a red barn and white silos. They are the first things one sees on driving up the country road toward Cliff's and Bill's farm. Cliff attended the GATEWAY VOYAGE a second time and GUIDELINES® three times, then LIFELINESM and EXPLORATION 27®, as well as MC², the REMOTE VIEWING PRACTICUM, and STARLINES twice. He spreads the word about TMI to anyone who seems receptive. Cliff lives at the farm and has a condo near his office in the city. In both locations, he has had opportunities to honor guidance.

Since 1997, and especially since moving to the farm in 2000, my life has been filled with magical things. This year (2006) I have been moving toward plant and animal communication. One evening not long ago, while walk-

ing around our farm pond, I noticed the steers ambling down the lane toward the fields. It was getting near sunset, and suddenly the lead cow let out a loud “Moo!” Immediately I “heard,” “Hurry up. We need to reach the pastures by sundown.” A few years ago during a dry spell, I decided to take several five-gallon buckets and water a huge old oak tree that lives in the center of the farm. As I was watering around the trunk, I heard, “Don't worry about me. Water the young trees instead.” Many young trees we had planted nearby were wilting

During the first exercise at the STARLINES program, I became aware of a presence. It was the spirit of the oak tree at the farm.

in the summer heat. During the first exercise at the STARLINES program, I became aware of a presence. It was the spirit of the oak tree at the farm. “He” asked if it would be okay if he traveled with me to the stars and saw through my eyes, because he had been rooted in one place for many years. I said, “Of course!” and had a fellow traveler that week.

On July 13 as I was falling off to sleep about 1:15 A.M., I suddenly thought, “Fire.” Then, I heard words in my head indicating that I should get up and go out into the condominium hallway. Once there, I smelled something burning. The building was totally quiet and asleep. I walked down our halls and did not see smoke, but the burning smell was definitely still there. As I went to pull the fire alarm, a neighbor at the far end of the hall came out

and said that she had had a dream about fire that had awakened her. She called the fire department while I pulled the alarm. We assisted our neighbors out of the building. The fire department found that one of the motors that operates the central air conditioning system had burned out and shut itself off. Since these motors run on gas, the building was loaded up with carbon monoxide. The fireman said I did the right thing by pulling the alarm.

Last year, I was awakened from a sound sleep by hearing the words, “Get up, there is someone outside who needs your help.” I pulled on my clothes, grabbed a raincoat and hat, and went outside into the pouring rain. The road near the building was flooded, and a car had washed off the road. As I walked toward the car, trying to decide whether to wade out into the waters, emergency personnel arrived. They got the man out of the car where he had been trapped. Although he was badly shaken up, they left him shivering and soaked on the sidewalk and drove away. I befriended him, took him to my apartment, gave him dry clothes, and after the waters subsided, I helped him open up his car and get his house keys. The car was totaled, as the water had been up to the dashboard. I then drove him to his home, which was forty-five minutes away. He had been driving back from a PTA meeting on the dark parkway near my building when he drove into the flash flood and felt his car floating away toward a nearby flooded stream. All of these instances confirm for me that I am receiving strong guidance, and I thank TMI for giving me the tools that allow me to be receptive.

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FIVE WEDNESDAYS

by Cathy Granett, RN, MA



Cathy Granett has worked in the healthcare field since the sixties and has been a longtime student of various healing traditions, including medical qigong. She has also been researching and studying mediumship, both in the United States and in Europe. At present, Cathy volunteers for two NGOs (non-governmental organizations) that are engaged in relief work with Tibetan refugees in India and building schools in Tibet and Mongolia for Tibetan Bon children. Cathy has attended an impressive array of TMI residential programs: GATEWAY VOYAGE®, LIFELINE™, EXPLORATION 27®, BEYOND EXPLORATION 27, STARLINES (three times), the REMOTE VIEWING PRACTICUM, and MC². FIVE WEDNESDAYS was her first experience of GUIDELINES® and HEARTLINE.

Over the years that I've been attending TMI residential programs, it seems that there've always been the highest number of exclamation marks and stars in my Wednesday journal notes. Is it any wonder, then, that the FIVE WEDNESDAYS program would be something so special and profound? Each day was the essence of a specific program, beginning with the GATEWAY VOYAGE on Sunday and ending with HEARTLINE on Thursday.

There were fourteen participants in our group, ten men and four women, who had traveled to the Institute from all over the United States, as well as from Austria, Canada, and France. Joe Gallenberger and Patricia "Macca"

Peters were our peerless facilitators, whose combined wisdom, love, and humor helped us all on our intensive journey through five programs in one week!

On Saturday night, after dinner and a group "meet and greet" in David Francis Hall, we headed off to our CHEC units and listened to SyncCreation. While in a Focus 12 state, we were encouraged to set our intent to accomplish our desires for the days ahead. My request to my-Self was to expand farther and to learn more deeply than heretofore imagined or experienced in all of my Monroe programs to date. That request was fulfilled beyond any and all expectations.

Sunday was GATEWAY Day. It had been many years since my GATEWAY VOYAGE, but the memory/experience of the original GATEWAY engulfed me and assisted my efforts to expand my consciousness to new heights with each of the exercises. As the day progressed, the experiences went farther outward/inward, leaving me astounded that this was just the first day of the program. I easily traveled into other dimensions with *Vibe Flow and Beyond* and met Guides from "other times" on my soul's continuum. One thing of note in connecting again with GATEWAY was the use of the Miranon color system for moving into the Focus levels from F15 to F21. Having gotten used to a "quick switch" method to access the various Focus levels, I was pleasantly surprised to go the step-by-step way through the colors to F21. I realized that the process contained an energetic that was most beneficial for sharpening and extending perceptions while in the higher Focuses. We ended the GATEWAY Day with Super Flow 21, which was—as reported by a number of the participants—sublime, and it defi-

nitely set the tone for the following day's exercises.

Monday morning we began GUIDELINES Day with First Contact—our Inner Self Helper (ISH). It was an easy transition to being with ISH, as together we explored various aspects of the grander Reality. At one point in the exercise my ISH morphed into an Indian sadhu, who accompanied me into an ancient temple ground. There, one by one, people I had known from this and other lifetimes appeared. We exchanged warm greetings and information about what we are involved with now in our various "lives." At the same time, I became aware of how frequently such contacts occur in the dream state and that we have access to communication in many ways throughout the day. It was a marvelous realization, one that has stayed vital and within easy reach since returning home. In the evening, after having written a list of questions, we paired off with a partner. Each of us in turn accessed a comfortable Focus level and then proceeded to answer the questions. Both my partner and I were surprised and very pleased with the answers we received.

Tuesday was MC² Day, and what a day it was! Joe delighted us with many PK stories from his Las Vegas Adventure workshops and examples of the dramatic manifestations of abundance that frequently occur for many participants. In addition, he explained how training in psychokinesis—with its focus on heart-space—can be used as a powerful healing tool for self and others. For instance, Joe shared how heart-focused PK brought immediate healing to a woman suffering from severe congestive heart failure when the group sent remote healing. That evening we gathered in David

Continued on page 9

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.

July–December 2007

GATEWAY VOYAGE

July 14–20
August 4–10
September 8–14
September 15–21 (Japanese)
September 29–October 5
October 13–19
October 27–November 2
November 10–16
December 1–7 (Japanese)

INSTITUTE of NOETIC SCIENCES (IONS) GATEWAY VOYAGE - California

October 6–12

IONS LIFELINE™ - California

July 21–27

FIVE WEDNESDAYS

July 28–August 3

GUIDELINES®

August 4–10
September 15–21
October 20–26

GRADUATE RETREAT

November 9–11

HEARTLINE

August 11–17
November 3–9

INTUITIVE INVESTING

August 10–13

LIFELINE™

July 21–27
October 6–12
November 3–9

EXPLORATION 27®

July 28–August 3
October 13–19

MC²

September 29–October 5

GRADUATE EXPLORATION ESSENCE

September 22–28

REMOTE VIEWING PRACTICUM

October 6–12

STARLINES

October 20–26

SHAMANIC JOURNEY

July 13–15
December 7–9

TIMELINE

July 7–13

PROFESSIONAL DIVISION SEMINAR

March 22–26, 2008

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.



Appearances

At the Seventeenth Annual ISSSEEM Conference, "The Science of the Miraculous," held June 21–27, 2007, Brian Dailey, MD, and Harry Oldfield, DHom, teamed up for a presentation on "Visualization of the Energy Field with Insights into Multidimensional Reality." The presenters discussed their findings on warping of space and time, experiences in the fourth dimension (nonphysical realms), and the effect of group and individual consciousness on live experiments. Members of the audience were introduced to images of their own living energy fields. Dr. Dailey serves on The Monroe Institute® Board of Directors and is also a member of TMI's Professional Division and Dolphin Energy Club.

TMI Professional Member James D. Lane, PhD, was a featured speaker at the Second Symposium on Music, Rhythm, and the Brain, held at The Stanford Institute for Creativity and the Arts, May 11–13, 2007. Dr. Lane's presentation, "Binaural-Beat Stimulation in Overview," explained the theory behind binaural-beat technology and gave a summary of research findings, including details of his study "Binaural Auditory Beats

Affect Vigilance, Performance, and Mood," published in *Physiology & Behavior*, volume 63, number 2, 1998.

Charles Tart, PhD, emeritus member of the TMI Board of Advisors, will speak on "The Practical Side of 'Enlightenment'" at

"Conscious-ness in Action," the Twelfth International IONS Conference, to be held in Palm Springs, California, August 9–12, 2007. Dr. Tart is internationally known for research on transpersonal psychology and parapsychology. His talk will explore the high spiritual attainment of "enlightenment" as evolving from specific psychological dimensions.

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

Continued on page 11

MY HISTORY WITH HEMI-SYNC®*Continued from page 1*

consciousness-expanding techniques for everyone. To express his gratitude for what he has gained, he is sharing his personal history with us.

Before learning of TMI at the age of twenty-three, I was interested in questions of art, consciousness, knowledge, philosophy, and only incidentally NDEs. A book by Raymond Moody led me to Kenneth Ring, which led me to Elisabeth Kübler-Ross, who hinted at her experiences at TMI. Then I read Bob's books and was "hooked" and shattered intellectually. Still, I was careful and initially doubtful of the advantage of out-of-body experiences (OOBEs), if there even was such a thing. Once a complete materialist in the worst sense, I have kept the good part of the Cartesian stance: an attitude of "I won't be fooled!"

Then I discovered TMI's sleep tapes. My first goal was to improve my own sleep, as it was quite disordered from years of night watches as an amateur astronomer and perhaps also existential questions. My first tape experience was, oddly, almost a full "white night" without sleep, maybe from excitement. But the second try induced a completely normal and totally restful sleep just twenty minutes into the exercises. Sometimes I'd waited two to three hours before finally falling into Morpheus's arms. It was amazing to "pass out" so rapidly! My sleep process normalized through the months, and I'll always be hugely grateful for that. Pills and other intrusive methods have never appealed to me.

One thing led to another. I expanded my areas of interest, fine-tuning my preoccupations regarding "spiritual" issues, scientific issues pertaining to mind, consciousness, and sense of self, Buddhism (for meditation method

only), Jungian psychology, and then crop circles, UFOs, and other controversial subjects. Throughout, I always tried to stay levelheaded and maintain an open but inquiring and critical mind: the culture of doubt in the best sense. I'm still evolving and changing, and never holding anything as a certainty prevents me from being too selfish or getting involved in power issues.

I purchased the *GATEWAY EXPERIENCE* in spring 1990, and two months later—after experimenting three or four times a week—I began to have very interesting sensations, new, nonphysical inputs! My interest in the OOBE was for what it could lead to: expanding my sense of being, widening my knowledge of existence, adding some relativism to everyday life, and exploring rather than escaping. Like music and art, movies and literature, fine cooking and wines, enjoying nature, and talking with friends, Hemi-Sync broadens and enriches life.

In one year, practicing with the *GATEWAY EXPERIENCE* exercises to achieve an OOBE and to better sense nonphysical reality led to extraordinary sensations. They proved to me beyond a doubt that we are more than our physical bodies. That knowledge would induce anyone to reframe his or her way of living and feeling, to place it into a completely different perspective. Technically speaking, there were unprecedented vibrations (especially in my hands, limbs, and face) with an "electric" quality and a sensation of "heat." "Inner sounds" are difficult to describe in everyday language. Some resembled short but undeniable clicks; others were like gusts of wind. I felt "heat" waves inside my whole physical body, which itself was kind of "paralyzed" and numb, and there was sometimes a HUGE pressure outward, similar to falling into a tunnel at great speed. These events were a

"proof" for me. I had never before felt such things under any circumstances, it was neither a construction of mind nor a vague sensation, and there was a perfect continuity of consciousness.

Some sensations and feelings have no point of reference in our usual physical existence: an elation, a super-vivid awareness—more precise and focused than in the normal physical state—a sort of widening of the boundaries of the skin, as when one pulls off a glove, although it only reached (for me) a "dephasing" but did not go as far as a "take-off." And eventually there was a physical erection, a total surprise, as I had never heard of that parameter. That response could make sense if an OOBE state is akin to delta or theta sleep mixed with beta wakefulness. More precisely, if the OOBE state induces a mixture of beta with delta or theta in the brain—a deep-sleep state with a wide-awake condition—I speculate/infer that "sleep" is more than we think and occurs upon some other "level" than just our physical brain. Bob suggested this in his books, that sleep is an OOBE at "low level" without awareness (or maybe only a shadowy one).

From the beginning, I journaled everything and still do—like a book of dreams—except these are not dreams at all! Each experience was exhilarating, uplifting, and energizing but also mind-boggling. It took time to digest them in the context of everyday routine. But never once did I fall into a "schizophrenic" state (my pledge to the rational Cartesian approach being helpful). And at no time did I fall into a "parallel" world, contrary to what someone once warned me.

A few times only, I have had spontaneous and unexpected experiences in the dead of night, waking up suddenly with all the effects in full flow, a movement upward so tremendous, a rush in the "ears" so

Continued on page 6

LAURIE'S LEGACY

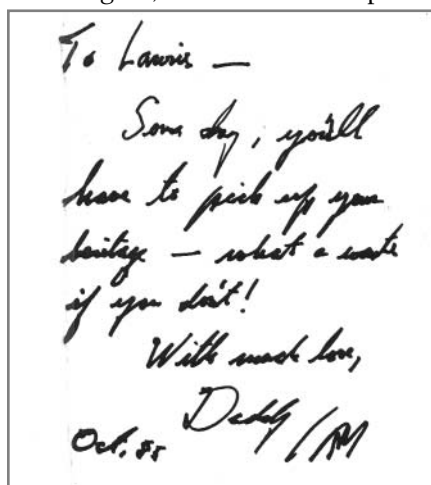
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to Paradise. Under her direction, Monroe Products' METAMUSIC® titles were vastly expanded to incorporate a diverse range of compositions from respected artists across many traditions and musical styles.

She was an astute businesswoman and, while highly proficient like her father in travels in the out-of-body state, had a keen eye for the bottom line and "real world" business practices. Like many businesses in the aftermath of September 11, 2001, TMI experienced economic fallout and, for the first time under her leadership, operated in the red. Through insightful analyses and hard decisions she was able to bring TMI back into the black and into the solid financial position it holds today.

But it was her personality, humor, vitality, extraordinary generosity of spirit, and her enthusiasm and passion for the work of TMI that endeared her to staff and to the program participants with whom she interacted. Laurie also had a fond and healthy relationship with her inner child and delighted in its impishness. She loved dressing in costume for Halloween

and then silently moving through the dining room to see if participants would recognize her. (One participant, seeing Laurie in her alien costume, fell to his knees, threw his arms around her legs, and cried, "Mother!" She laughed whenever she thought of it for days afterward.) In full Santa Claus regalia, she would deliver pre-



sents to staff, "ho-ho-ho-ing" all the way. She was upbeat, inspirational, and brought out the best qualities in those around her, motivating them to try harder, to believe in themselves.

It was no small challenge for Laurie to succeed her famous and charismatic father and to carry on and further the work he had tended and nurtured for so many years. In a file

where she kept materials for a book in progress, we found a note in Bob's distinctive handwriting. Dated October 1985, it read: "To Laurie - Some day, you'll have to pick up your heritage—what a waste if you don't! With much love, Daddy/RM." As it turned out, Bob's choice of Laurie as his successor and his confidence in her abilities were well founded. Laurie was indeed the right person for the job and under her leadership TMI not only continued to survive, but to flourish as well. In the month prior to her passing, in a meeting with TMI's Board of Directors, Laurie expressed the strong desire for the Board to find a successor who would "take this [TMI] to the next level" and to insure that the organization would continue in perpetuity. Due to her dedication and diligent stewardship, these goals are imminently feasible.

Thank you, Laurie, for all you've done for TMI and especially for the essence of who you are. Each of us misses your physical presence more than words can express, but we also know that you're having a grand old time in Focus® 27 and beyond. Go get 'em, Tiger!



MY HISTORY WITH HEMI-SYNC®

Continued from page 5

deafening, that each time I foolishly panicked, feeling helpless, although repetition should have taught me the innocuousness of the whole thing! I attribute my response to the survival instinct. One way or another, I must still hold to some deep-seated fears of death or change and occidental/French cultural frameworks. But I'm working on it.

From my point of view, the spirit of TMI, Bob Monroe's inspiration, and the Hemi-Sync tools complement ongoing research into self-awareness. What I've learned

helps me be quieter inside and outside, at peace, and to avoid "belief systems" or to at least recognize them. I also tend to be more cautious with my words and actions and aware of their potential influence upon others. What I've learned helps me to be more open (not excessively) and willing to listen without ever imposing myself or my ideas on others. TMI's work, for me at least, seems to be in the tradition of what was called the "Enlightenment" period in Europe and also to be a pure expression of the American spirit. By "enlightenment" I mean placing the individual (not the ego) at the center of life and assisting the expansion of

knowledge and "wisdom" in a society of justice and peace, with consideration for everyone.

The Institute adheres to rationality in its positive meaning of cultivating doubt and experimenting for oneself. The *Hemi-Sync Journal* is always interesting reading, even for a nonscientific person like me. Still, this scientific stance allows TMI to go one step further in what seem to be uncharted lands from the point of view of earthly humans. Everything is done with the value of personal experience in mind, and that's why I'll always have genuine confidence in TMI.

Continued on page 8

Book Review

Dean Radin. *Entangled Minds: Extrasensory Experiences in a Quantum Reality*. New York: Paraview Pocket Books, 2006. 357 pp. \$14.

Reviewed by Matthew Fike, PhD

Dean Radin's new book, *Entangled Minds: Extrasensory Experiences in a Quantum Reality*, presents a convincing, though carefully qualified, argument that "there is now strong evidence that some psi phenomena exist" and that they arise from the entangled—meaning correlated or interconnected—nature of reality at the quantum level. The book sketches the background of psi and psychic research, presents meta-analysis of over 1,000 experiments (i.e., analysis of other scientists' findings), and then addresses the implications of positive results for theories of psi and of reality. Within this tripartite organization, Radin adheres to several parameters, the first of which is the definition of psi. The best definition—and the best phrase in the book—may be Einstein's "spooky action at a distance," which implies a conscious or unconscious receiving/influencing ability that transcends the physical senses as well as time and space. Accordingly, Radin's meta-analyses focus on telepathy, clairvoyance, precognition, a sense of being stared at, and psychokinesis. *Entangled Minds* does not consider such phenomena as levitation, teleportation, metal bending, psychic surgery, apparitions, and OBEs.

In keeping with the receiving/influencing nature of psi, the long middle section in chapters 5–11 examines two basic types of experiments: those that deal with psi's receiving function and others that test its ability to influence persons and objects at a distance. Most of these are *collections* of experiments, and very little of the original research discussed here is the author's own; instead, he mainly subjects others' studies—and replications of those studies—to statistical analysis. The strategy is twofold: first, to present (sometimes corrected) statistical evidence to demonstrate the degree to which the experimental results point to psi by exceeding chance; and second, like Sherlock Holmes, to shore up these findings by eliminating alternative explanations. On the one hand, the odds against chance are—in Radin's words—significant, amazing, stupendous, staggering, shocking, and astronomical (in one case, 1 in 10 to the 96th power). On the other, he chips away at the alternatives. Chance, fraud, coincidence, experimental flaws, sensory cues, and recording error cannot account for the results. Neither can the combining of experiments involving different investigators, designs, subjects, or levels of quality. Nor can the so-called "file-

drawer problem," which means that researchers keep unfavorable results to themselves. In the absence of viable alternatives, Radin concludes that "these studies provide repeatable, scientifically valid evidence for psi."

Here is a brief summary of the book's conclusions about the nature of psi and the related implications. It is possible "to perceive distant information and to influence distant events," persons, or objects "across time and space," though psi does seem to diminish somewhat over distance. Group intentions function much as individual intentions do because there seems to be a global consciousness field. Such focused attention influences living and nonliving systems (people, earthworms, random number generators). Moreover, mental coherence leads to coherence in the physical world, time and space are discontinuous, reality is not a mechanism, and observation influences outcome. It follows that "objective classical reality" is a flawed concept and that we are not isolated from others or from the universe in which we live. This connectedness, of course, is the entanglement to which the book's title refers, and Radin proposes that "psi is the human experience of the entangled universe." Since he is writing a science book, though, he is at pains to qualify his conclusions by saying that correlation is not necessarily causation, that all he has really proven is that the outcomes are not due to chance, and that the probability of psi does not validate everything paranormal (Elvis, Bigfoot, UFOs, the Bermuda Triangle).

Such qualifications may result, in part, from the author's awareness that his audience includes the very scientific conservatives whom he criticizes for neglecting evidence that has been available in scientific journals for many years (his criticism of introductory psychology textbooks is particularly apt). *Entangled Minds* even suggests that strong evidence deepens ignorance: "So amazing [were the 100 to 1 odds against chance] that these observations were soon forgotten." Scientists' "confirmation bias" or belief perseverance or zeal for the status quo accounts for the dual fears of embracing something false and being ridiculed or marginalized for advocating something true. In Radin's way of framing the controversy, scientific "conservatives"—in their entangled ignorance and fear—seem about as reasonable as religious fundamentalists.

The book's scientific orientation may seem to have little relevance to TMI (except to the research laboratory, which is disappointingly never mentioned), but Radin does say things that validate course participants' experience of focused group energy and manifestation. One statement in particular sounds remarkably like the Institute: "The recipe [for positive psi results] involved

Continued on page 12

MY HISTORY WITH HEMI-SYNC®*Continued from page 6*

It's my hope to attend the *GATEWAY VOYAGE* in Virginia one day, but that must be postponed for financial reasons. Time and serendipity will decide.

My sleep has been quite normal for many years now, but the sleep CDs are still useful in periods of stress or when I'm too wakeful and filled with thoughts. Almost daily I use *METAMUSIC* for relaxation when possible and for meditation—always in the evening—or just for a transition leading to that blessed other reality called sleep. *METAMUSIC* selections are more finely crafted year after year and a real treat. The variety, the subtlety, and the quality of the compositions exceed my expectations, especially the 2005 and 2006 vintage. It is such a pleasure to nestle into them and to enjoy an hour or more of music. One can appreciate the ambience more deeply and settle into the right mood more completely. I prefer original creations without a familiar cultural reference because they allow me to drift away from everyday life. The peace or pleasure I find in some classical music or jazz is totally different from what I'm looking for in Hemi-Sync music.

I sometimes use *MIND FOOD* and other Hemi-Sync exercises. *OPENING THE HEART* is useful when anger or tension lurk around at work. It is a constant reminder of the necessity to recenter—we are not the center but we have a center—and not dissipate oneself or be sucked into petty bickering, useless distractions, and egotism. This is difficult sometimes, as life and people can be so odd. There is no magic wand.

I now use the new *Focus 15* and *21* and *Journey Out of the Body* for fine-tuning my awareness of the nonphysical dimension. Still, I must confess to being a slow learn-

er, maybe because of unidentified deep-seated fears and apprehensions or because of holding too much to physicality. Also, time and opportunities are sparse. There was a lull when I used the *GATEWAY EXPERIENCE* only once or twice a year. Now I'm practicing again with a light-hearted mind and evolving results build upon each other. I still discover different nuances in vibrations, tingles, and twitches, like cords snapping inside the body. Now my experiences are more natural and flow easily. I don't invest them with the great expectations of old. It is a case of being less eager but not totally eager less. It is easier to manage the "passive will." When a Hemi-Sync session is "successful" and opens some kind of channel, it's not strange but feels quite normal, almost casual, and yes, funny and joyful. Sometimes I return from an experience giggling stupidly! Hemi-Sync CDs are like breakfast time for me, a very enjoyable period of everyday life and as normal as a croissant and chocolate!

In these days of imbalance, TMI appears like a genuine beacon to me, a harbor, a haven that doesn't impose any judgment or belief. TMI has only one clear and totally open goal: the evolution of individual consciousness and through that societal consciousness. This is a valuable "lesson" in a time of hatred (in the name of God, still!), when many seek to impose their views upon others. We can only hope that more and more people will work on themselves—as that is the issue—and emancipate themselves from dubious and violent beliefs or attitudes built upon ideologies and the fear of death. In my view this must include global economic trends like consumerism, which foreshadow an ecological, sociological, and human disaster. One antidote (apart from a proper education and true political decisions aimed at public wealth) is to

explore the multifaceted nature of reality and ourselves. But this cannot be done by force, which would be a contradiction in itself. Light can't be imposed upon anyone and who can even pretend to possess light for others? Such a "light would cast quite a dark shadow upon her/him," as a poet once said. And anyway, it wouldn't work.

In my conversations I've discovered that Hemi-Sync tools, even for sleep, can't be "proselytized." I lend my CDs to any friend or family member who I think could benefit, especially for sleep and relaxation. But as far as the "other realities" are concerned I'm afraid, at least in France, that suspicion and reductionism have left their mark. This attitude prevents many people from opening their eyes and ears to other dimensions. I talk about such ideas if someone asks me but not much, because the decision must be autonomous. Only one of my best friends uses my CDs, but she's already engaged on a similar path. As a nonreligious person, I believe the emancipation of each individual rules out the use of any kind of coercion however mild. So I try to be what I am in a gentle way and hope that my own "calm" will have its own effect, in its own time.

I appreciate the *TMI Focus* and the *Hemi-Sync Journal* and the quality of the articles. Laurie's profound sensibility and sense shone through her editorials—a continuation of her father's spirit in her own way. Her death was a total shock for me. I would love to see more accounts of personal experiences of any kind and from any country. There seems to be no end to the process of discovery, and I shall always be in your debt.

[We thank Philippe for taking the lead and kicking off what we hope will be a series of stories from Hemi-Sync aficionados around the world. Readers can reach him at leominor1@yahoo.fr]



FIVE WEDNESDAYS*Continued from page 3*

Francis Hall and began the night's events with a healing circle for anyone we wished. The energy generated by our group was palpable and uplifting, bringing us all into the awareness of a very sacred space. After the healing circle, we tried out PK in several ways, such as making fluorescent lightbulbs light up, getting aluminum foil strips (suspended on a spindle and inside a bell jar-type container to keep them completely free from external influences) to spin, influencing an infrared beam so as to trigger the lighting of an incandescent lightbulb, and adhering metal coins to our skin. The fun was great and the laughs were many. The real lesson, however, was found in the open-hearted space that we generated during the exercises.

Wednesday was *LIFELINE* Day. We began by going to the Park in Focus 27, and then on to our own special places to explore whatever we wished until returning to C1. In the afternoon we did retrievals. I assisted with several: The first was a woman prisoner of conscience in a bloodied concrete cell in an Asian country. She had been beaten, tortured, and left to die. She was in a deep state of shock, and it was

emotionally wrenching as the Helper and I transferred her—ever so gently—to a soothing room in the Healing and Regeneration Center in 27. The next retrieval was in an African village where numbers of women and children had succumbed to an epidemic. Oddly, there were no men. When I inquired why, my Helper said they had all been taken for soldiers some time ago. We succeeded in getting everyone to an “aid” station, which was “located” just outside of the village. They were welcomed and cared for by a number of Helpers. There was still some time left, so I asked, “Is there anyone else I can help?” I was immediately brought to a room where my best friend's aunt had recently passed away. After introducing myself to her, I led her outside into a lovely patio area where she was reunited with her husband, brother, and niece. It was delightful! That evening we broke up into groups of three. Each of us wrote down the name of someone who had departed from the physical plane, about whom we wanted information. The papers were folded and marked with a personalized symbol. Then each of us selected a paper and off we went to our CHEC units to make contact. My visit with the woman who was named on my piece of paper was

lovely. She shared quite a bit of information, all of which was later validated by the participant who was her friend.

Thursday was *HEARTLINE* Day, the perfect ending to a perfect week at TMI. Our first exercise, *Intro to Focus 18*, was followed by *The Tree of Life*—“the jewel in the crown” of the entire week's program. Darlene Miller's voice led us to our own garden in Focus 18, and from there we were guided to an expanded state of Oneness with the Light that is All That Is. We brought the Light into ourselves, clearing and energizing our chakras, and then sent it down into Mother Earth. She, in turn, returned it to us in love and gratitude. As the Light was expanding through my heart, I felt a deep and abiding love and gratitude for everyone and everything, but most of all for all the dedicated efforts of Bob Monroe, Nancy Penn Monroe, and Laurie Monroe in making TMI a reality in our Earth Life System. As Darlene's voice gently led us back to C1, I found myself awash in tears of joy and gratitude and realized that in my CHEC unit at TMI I'd discovered what I'd been pursuing on my spiritual journey for many, many years. *FIVE WEDNESDAYS* is definitely a five-star program, and I look forward to attending it again in the future.

**MEMBER CDs***MIND FOOD® Ethan's Milagro*

Voiced by Keli Adams

Relax into the Hemi-Sync® sounds and enter the *milagro* (miracle) healing park with a single breath. Become a human dolphin and follow the evocative imagery to swim and play in the electric blue, healing waters of the “peoplarium.”

Refreshed and energized, you are then prepared to traverse the “fear forest” and meet and befriend your fears. At the final station—a majestic power pyramid—you will be guided to release all negativity and will return to C1 centered and fully restored. [*Learn how Keli's young friend Ethan taught her about milagro in the New Books section of Hemi-Lync.*]

HEART-SYNC® One With All

Laurie Monroe scripted this exercise for a special residential-trainer retreat on Roberts Mountain. The soothing pink-noise background perfectly complements Laurie's voice as she guides you into a deep meditation.

Relax, let go, open to All That Is, and discover yourself as a truly limitless being.

EXPERIENCING HEARTLINE

by Connie Callahan, MA



For thirty-eight years Connie Callahan has been a licensed marriage and family therapist. She received

a master's degree in counseling from San Francisco State University and works with couples, individuals, and children. Children affected by traumatic experiences—including physical and sexual abuse—are of particular interest to her. During the past four years, she has been blessed with more men coming into her practice with a commitment to explore personally as well as spiritually. Connie believes, "You have to be people-oriented, empathetic, and willing to assist people in making life changes." That perspective makes her especially qualified to assess the life-changing potential of HEARTLINE.

I am prefacing this writing with some of the events that unfolded for me before HEARTLINE began. In preparation for HEARTLINE, I gifted myself by listening to the new Hemi-Sync CD *The Shaman's Heart* and then participated in *LIFELINE*TM. Both of those "journeys" opened my heart to receive the never-ending events that unfolded during HEARTLINE. In addition, I bought and read a novel, *The Shift*, which also helped "set the stage" for subsequent gifts of pain and joy.

I was blessed with the presence of three other travelers—two men and one woman—from *LIFELINE* who joined me in HEARTLINE. Throughout our previous week together we had built a framework of trust, honesty, and sharing of unconditional love.

These "gifts" were brought forward into our next journey to share with our new "family."

HEARTLINE provided many wonderful journeys. The "lines" traveled into different dimensions and vibrations of energy. There were many mirrors that reflected past pains and traumas from childhood and over the span of my adult life. Other "lines" led to mirrors that reflected aspects of my true being and essence that had been hidden away because it was not safe to "let my life shine." I allowed myself to reenergize my "light" and vowed never to hide again, from others or myself. The energetic vibrations of my heart space responded with appreciation and expansion. Aspects of my true essence, as well as an endless number of guides and assistants, grandly attended the concluding "welcome-home party." Unconditional love and joy filled every cell of my body, and tears full of gratitude flowed. A beautiful calmness was omnipresent. The week, however, was just beginning.

Our group benefited from the awesome presence of ten men. Each brought with him a willingness to begin to challenge his beliefs—thought forms and programming received as a child and throughout adult life. These included what a male is supposed to be and do, such as not showing feelings and emotions. It was such a beautiful witnessing to be a part of the love energy circle that gave them permission to shed their armor. Their pain and fear began to melt away and their "Being" came forward. This willingness allowed a balance of male/female energies to flow forth: a beautiful gift to the whole group.

Six women were present, including the two female trainers. Each of us received as many loving gifts—from within and from

each other—as we were willing to receive. I feel that many "love" seeds were planted. It will be exciting to learn how each of us tends to our garden. I speak more of the men because most of the workshops and trainings that I've previously attended have had a majority of females. This has also been true of professional meetings and workshops. It was heartwarming to witness men who have the courage of heart to be receptive to a high level of personal/spiritual processing.

Extraordinary shifts of consciousness and healing unfolded throughout the week. It was so wonderful to be walking our paths with men who wanted a fuller spiritual life, as well as expanded, ego-less personal lives. This also held true for us women. Our trainers—a.k.a. tour directors—were quite wonderful. I appreciated both their authenticity and their professionalism.

Through HEARTLINE and the synchronized presentation of METAMUSIC®, I traveled out into the Universe as well as into Mother Earth. At each location there were precious gifts to choose from, and afterward, I always came home to my Heart.

Reviewing what I've written about my "travels," I see that they represent metaphors for my daily life and living. We all have internal road maps as well as those that help us navigate through the external world. When I went "out there" to assist others, I also found parts of myself that were calling for release and freedom. The tactile and "stretching" activities that are part of HEARTLINE helped me access deeper levels of integration on all levels: body, mind, and spirit. Some of those activities assisted unconscious aspects of my being to come

Continued on page 12

HEMI-LYNC

Continued from page 4

Conferences

TMI Professional Member Jacqueline Mast, RPT, MSED, has organized a second international conference in Iceland, “The Icelandic Dialogues: Healing the Healers—Medicine, Perception, and Spirituality.” From October 5 to 7, 2007, at Kriunes Hotel, Reykjavik, Iceland, outstanding minds will discuss multidisciplinary methods for encouraging health and well-being. Eleven presenters will present diverse topics, including “Crystals: Healing Tools of the Twenty-First Century,” “Spirituality in Academic Medicine,” “Through the Gates and Away to the Stars: A Journey into Certain States of Consciousness,” and “Sound: An Instrument in Healing and Education.” Please e-mail mastkids@gmail.com for more information and for registration materials.

Magazines

Mysteries: Exploring Mysteries from Modern Times to Yesteryear, volume 5, number 1, issue 16, spring 2007, featured “Tripping the Astral Fantastic: The Mystery of Astral Projection” by Michelle Belanger. Ms. Belanger’s excellent six-page overview includes several references to the work of Robert Monroe. She notes his initial out-of-body experiences in the 1950s, his reports of a “second, ethereal body” detaching from the physical body, and his realization that “in the projected state he interacted with the physical world much like a ghost.”

“Out-of-Body Healings: Disembodied Health Care,” by Preston Dennett, appeared in *FATE*®, volume 60, number 1, issue 681, January 2007. “There are a surprisingly large number of cases of out-of-body (OOB) healings on record,” Dennett maintains. He describes his own dramatic experience of OOB healing and seven other cases, including that of Robert Monroe himself and those of TMI authors Rosalind McKnight and Bruce Moen.

New Books

Psychic flight attendant Keli Adams has authored *Ethan’s Milagro: A Place Where Souls Are Fed, Hearts Sing, and You Are the Miracle*. Her coauthor is a little boy named Ethan who has Angelman’s Syndrome (AS). Despite neurological deficits that make “normal” functioning challenging, AS children are sociable, playful, and laugh a lot. Keli bonded with Ethan through her healing work, and he honored her by telepathically sharing his vision of a nonphysical park—*milagro* (miracle)—where anyone who wishes can “playheal” to their heart’s content. The book also describes how to use resources such as labyrinths, Reiki, and Hemi-Sync® to promote spiritual growth. *Ethan’s Milagro* is available in

softcover from AuthorHouse for \$13.50 plus shipping and handling.

Instant Intuition: A Psychic’s Guide to Finding Answers to Life’s Important Questions is a smorgasbord of techniques for reliably developing clairvoyant ability. Author Anne Jirsch, psychic, tarot consultant, metaphysical teacher, past-life regressionist, and future-life progressionist, provides an array of techniques to attain that goal in a lively, readable style. Directions for simple exercises are interspersed with real-life examples of practical application. A discussion with TMI President F. Holmes “Skip” Atwater highlights his involvement with the U.S. government’s Stargate remote viewing (RV) program and his thoughts on how RV works. The book is available in softcover for £8.79 plus shipping and handling from www.piatkus.co.uk

In *The Journey of a Modern Mystic: The Battle for the Kingdom of God, Volume I*, Edward Rasor describes his life’s odyssey, which has ranged from the mean streets of New York City, to the back streets of Iraq, Afghanistan, and Yemen, leading finally to TMI’s *GATEWAY VOYAGE*®. Rasor offers a perspective both practical and mystical on war, love, life, death, Islam and Christianity, women, the Israeli/Palestinian conflict, and the prospects for creating a better world. *The Journey of a Modern Mystic* is available in softcover for \$29.95 from <http://www.amazon.com>

Radio

In March 2007, Dr. Shamaan C. Eagle, ND, conducted separate interviews with TMI President F. Holmes “Skip” Atwater and Maureen Caudill, TMI *OUTREACH* Trainer and professional member, for *The Living Well Show*. This radio program focuses on a full spectrum of issues related to health and other pertinent issues that may seem unrelated to that topic. Skip explained how the Hemi-Sync binaural-beat technology helps listeners to attain altered states of consciousness and how those altered states can be used for relaxation, health promotion, and pain management. He also discussed Hemi-Sync’s contribution to the Stargate remote viewing program, which he helped to create for U.S. intelligence. Maureen Caudill described how her experiences at the *GATEWAY VOYAGE* unexpectedly triggered psychic abilities, an awakening she describes in her latest book, *Suddenly Psychic*. She shared her journey from a self-described “techie nerd”—working on artificial intelligence for a Department of Defense contractor—to a practicing psychic. You can listen to both half-hour programs at <http://www.prx.org/series/3737>

The Music of Your Mind: Living the Extraordinary with Maureen Caudill airs on Voice America’s 7th Wave Radio Network each Thursday at noon EST and 9 a.m. PDT. The program uses *METAMUSIC*® *Spirit’s Journey* as its theme. Listeners are invited to learn about developing their own

Continued on page 12

Book Review*Continued from page 7*

times and places that evoke unusually warm or close feelings of togetherness, with emotional content that tends to draw people together, where personal involvement is important but focused more toward a group goal involving a deeply engrossing theme, located at uplifting physical sites like the ocean or mountains, during creative or humorous moments, and enlivened with a sense of freshness or novelty.” Still, while Radin has the good sense to mention the Star Gate program and the work of remote viewer Joseph McMoneagle a number of times, the TMI reader will bridle at the reminder that “most scientifically minded researchers regard” the “astral body” as a metaphor from “occult lore.”

If Radin is right that science is catching up to psi, perhaps the scientifically minded will one day come to recognize that OBE, like other phenomena, is not supernatural or paranormal but normal to

the human experience. In the meantime, authorities need to affirm publicly the reality of psi because we are not yet to the tipping point where the “Age of Information” will yield to the “Integral Age” of “holistic concepts” that openly reflect our entanglement with the universe. But speaking out is exactly what Radin, psi authority, is doing in *Entangled Minds*, a book whose clearly readable argument and extensive scholarly notes may help overcome some degree of the scientific community’s inertia as well as provide a useful reference for anyone who encounters recalcitrant doubters of any stripe. In the words of Thomas Etter, whom Radin quotes early on, “the most egregious superstition of modern times, perhaps of all time, is the ‘scientific’ belief in the non-existence of psi.”

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

**HEMI-LYNC***Continued from page 11*

psychic powers and to explore the intriguing world of the author of *Suddenly Psychic*. To access the program, go to <http://www.maureen-caudill.net/> and follow the prompts.

Television

On May 3, 2007, Professional Member Linda Leblanc appeared on Sigma TV’s popular afternoon talk show *With Love*, broadcast from Nicosia, Cyprus. Linda was interviewed as a Monroe Institute *OUTREACH* Trainer and spoke on the subject of out-of-body experiences and communication with the dead. The station also showed portions of the TMI DVD with a voice-over in Greek explaining binaural-beat sound technology and the work of the Institute. Sigma TV intends to use additional material from the hour-long interview they taped in Linda’s home for other shows.

**EXPERIENCING HEARTLINE***Continued from page 10*

forward, thus continuing the release and healing.

HEARTLINE is unique among TMI residential programs in that we were not to share with each other what we did professionally. That gave us the freedom to be, to explore, and to observe each other as human beings without defining ourselves by our work. At the end of the program, we were asked to share what we *thought* people’s professions were. That was fun in itself. After we disclosed our professions, one participant came to me and said, “Had I known what you did for a living, I probably wouldn’t have talked to you.” My response: “That would have been a loss for both of us.”

This week of “traveling” taught me again that the Greatest Gift we can give ourselves is Ourselves: teamwork between our body, mind, and spirit. The Greatest Gift we can give to others is the Authenticity of our True Selves. Sadly, this particular life adventure had to come to a close. For many, however, the journey had just begun.



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