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SOARING STONE

by Paul Rademacher



When Jacquie and I visited France ten years ago, we couldn't resist a stop at Chartres Cathedral. In spite of my fear of heights, we trudged up the narrow, winding staircase of the bell tower. As each successive window peeked out over an ever-ascending view of the city, the cathedral roof below grew distressingly distant. The flying buttresses, which looked so sturdy from the ground, revealed their impossibly weblike delicacy.

When we reached the top, I was clutching the inner wall, terrified to go near the railing. Being a builder, I knew that there was no way stone could be placed upon stone to such dizzying

and precarious heights.

Gradually, I became acclimated to the altitude enough to look around. Then I saw something that astounded me. There, in a crevice utterly hidden from public view, was a stone carving of ethereal beauty.

"What a waste of artistic genius," I thought. "So few will ever see it."

Then ... I "got it." That carving was for the heavens to witness.

In that moment, the whole cathedral became infused with wonder and mystery. All at once, I understood that Chartres was not built simply for worship. It was crafted as a statement of human architectural and artistic prowess—an astonishing declaration of co-creative energy. This was not hubris on display, but childlike celebration, as if to say, "Mom! Dad! Look what we made!" The whole building suddenly came alive.

That aliveness was more than metaphorical. Every piece crafted by the *compagnon* was marked by a secret code that was in the language of the stone. In speaking to the stone, the builders were enlisting its aid in accomplishing the project. This living rock shaped the craftsman as much as the craftsman shaped the stone, and set in motion a mutual transformation.

In our Western culture, we are so used to distinguishing between animate and inanimate objects that this idea of living stone seems quite foreign. Yet modern quantum physics is gradually coming to the conclusion that consciousness may, in fact, be present in every aspect of our world. The *compagnons* may have known more than we realize.

I am convinced that The Monroe Institute is, itself, a living being that is larger and more encompassing than any one of us. It has its own intelligence and destiny. And like the craftsmen who built the great cathedrals and who accomplished the impossible by making stone soar, we are being drawn into a seemingly impossible drama as well. It is a drama in which we are both shaping and being shaped.



This symbiotic dance challenges many of our hierarchical assumptions. It is not a “top-down” energy, but a flowing exchange on both an individual and a collective scale.

It is that collective scale that I think is the emerging edge. TMI has, for decades, done a wonderful job of facilitating individual transformation. As a result we have gradually assembled an extraordinary group of graduates who are pushing the boundaries of human development.

I believe the time has come for us to move to the next level: bringing together the expertise, skill, wisdom, discernment, and heart of this extraordinary group to engage transformation at a societal, perhaps even global, scale. Such transformation must move far beyond a preoccupation with material aims. As Peter Russell has said, “The events of this time are now soul-sized.”

The uniqueness of this collective effort is that it calls for immense individual creativity. In his book *We-Think*, Charles Leadbeater presents many concrete examples of huge projects being accomplished by self-organizing systems made up of individual voluntary contributors: mapping the human genome, Wikipedia, and the Linux operating system, to name just a few. *We-Think*, itself, is the product of many who contributed voluntarily because they cared about the project and because they were invited to participate.

This culture of participation rests on a simple premise: we are what we share. We receive to the extent we are willing to give up control.

This relinquishing of control is essential precisely because it allows for the possibility of a higher level of organization beyond individual creativity. It creates the space for a collaboration that is itself alive with desire, drive, and destiny. TMI is an emerging example of such lively collaboration that is crafting us, even as we are creating it.

And that is a magical energy. The right people are showing up at the right time. It is as if they have been waiting for something that has been tugging at them for years, maybe even lifetimes. An astonishing cathedral is taking shape. But the material we work with is not stone, but consciousness, creativity, soul, and spirit.

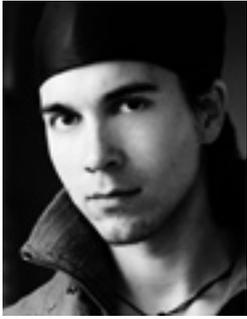
As I have traveled across the United States and Canada, that creative drive, that intense desire to share in an emerging vision has been abundantly evident. Something new is being built. The intriguing paradox is that this new collective effort does not require a crushing uniformity, but instead calls each of us to our highest and best. Each of us has a gift—an innate genius—to share.

Our task for the future is to provide a venue for expression of individual genius within the context of collective transformation. Like the soaring stone of Chartres Cathedral, it is a delicate and intricate balance that just might take us to dizzying, unimaginable heights.



A METATONIC JOURNEY WITH HEMI-SYNC®

by Ali Kesanto



After deciding that law school wasn't for him, Ali Kesanto dropped out of university and studied information technology. For several years he did computer systems design and consultation for companies like Nokia and Accenture. Then he gathered his courage and turned to his first love—music creation and production—founding his own record company, Cheeky Punster, in Helsinki, Finland. Along the way, he explored his spiritual side and discovered Hemi-Sync through Bob Monroe's books. Experimentation with Hemi-Sync took Ali's musical creativity to new heights, and he shares that story in this article. He became a TMI professional member in August 2007

I have always been drawn to the mystical side of life and felt the need to dig deeper into different feelings and experiences. My childhood piano lessons—focused on music theory and playing others' compositions—frustrated me. At last my frustration boiled over, and I dropped the lessons completely. This was not what I wanted or what I was meant to do. I desired to create, rather than copy.

In my early twenties, I discovered music that resonated with me in new and exciting ways. Artists like Björk, Tricky, Massive Attack, Nine Inch Nails and Radiohead ignited the musical spark once again, because they were expressing their “soul sceneries” freely without any theoretical constraints. That started me enthusiastically thinking and dreaming about music creation. Soon a friend at work lent me his two synthesizers while he was on a two-month holiday. There was no turning back. The universe had kindly responded to my thoughts and provided the tools to create my heart's desire. It was a grand lesson on the power of thought, which I learned more about later on.

I started to pour my interpretations of life through different musical instruments and synthesizers and was very happy with the music, but I still felt the need to dig deeper into human consciousness and needed a bit of guidance. I had just started to meditate on a daily basis and got an urge to visit the library. Between the vast bookshelves, certain books drew me to them. My reading road trip took the following route: Paulo Coelho►Julia Cameron►Sonia Choquette►Wayne W. Dyer►José Silva►Carlos Castaneda, and finally Robert Monroe. At the same time I was introduced to quantum and theoretical physics, and this later provided the means to connect my metaphysical experiences to theories about the physical world.

Reading about Robert Monroe's out-of-body experiences blew me out of orbit completely. The stories were different from anything I'd ever read but still felt strangely familiar. I started studying the techniques to induce conscious OBEs and—after a few weeks of energy body training—had my first OBE. I found myself in a strange position within my physical body, made a somersault inside myself, and ended up beside my bed, wondering what had just happened. Quickly gazing around the room, I tried to imprint the memory and dove back into my body. After my first OBE, I now knew this stuff was real. Suddenly I remembered quite a lot of OBE activity as a kid: vivid “dreams” where I was inside the house meeting strange people/spirits. It became clear to me that I had actually been wandering in an out-of-body state.

While learning about OBEs, I met a medium who kindly offered to do a session and look at my previous lives. In the middle of the session she told me there was a spirit hanging out in my “spirit space.” It turned out that the spirit had followed me my whole life because he had wanted to be born in my physical body. In my “dreams,” it felt like he'd tried to pull my soul out of my body. Through the medium I was able to make a truce with the spirit, who was content to be acknowledged. It felt good to have an explanation of my strange experiences in the nonphysical world, because they had always felt more “real” than plain dreams.

While working on the *Vast Days: Metatonic* album, I purchased Joe Gallenberger's *SyncCreation*® course, which resonated with me immediately. The Hemi-Sync CDs were ideal for learning to create and manifest things

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in physical reality. They kept my mind focused on music creation and on the feelings I wanted to transmit into my music. Through the exercises, it became a lot easier to get into a relaxed creative-flow state with a clear mind ready for composing. *SyncCreation* also had exercises for practicing psychokinesis, and there were many exhilarating discoveries of how my feelings and intention could affect three-dimensional (3D) reality.

Using the Hemi-Sync CDs triggered many spontaneous OBEs and lucid dreams. In my adventures in the other realms, I had to learn new ways to maneuver. With tips from Robert Monroe's books and from Carlos Castaneda's *The Art of Dreaming*, I managed to get a grip on the "new physics" and move by concentrating my thoughts. These intense, different levels of consciousness were channeled into music, clearly the ultimate medium to describe my journeys and new mystical feelings.

In the process of creating songs, I came across Yoko and Kathleen on the Internet. Listening to their music and mesmerizing voices on MySpace, I connected with them and—strangely—felt as if we already knew each other. I intuitively approached them, and our collaborations flowed very smoothly. My compositions and lyrics allowed them to find new aspects of themselves, while I gained enormous inspiration from their presence and voices.

When creating *Vast Days: Metatonic*, my first goal was to be my true, authentic self. By recording the music that surfaced when exploring the nonphysical and connecting with my Higher Self, I hoped to create something that would inspire and empower people engaged in the same quest. There was also a thought that the music would resonate with my own soul family and perhaps give them beautiful echoes from the places that

we share—even when we are physically separated here in 3D. I feel strongly that I am here on earth to integrate the human experience with my Higher Self. Because the whole process of creating *Vast Days* album was about keeping my brain out of the way, I have few recollections of the recording process. I just kept on meditating, kept on experiencing, and kept on channeling it all into music.

The songs flowed effortlessly as I concentrated on being in the right vibrations. The outcome was quite magical, as the album stands firmly between the physical and ethereal, providing glimpses of the different facets of our human experience.

[To learn more about Ali's music, visit <http://www.cheekypunster.com>]



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EXILES IN ENGLAND BRING *JOURNEYS OUT OF THE BODY* TO ROMANIA

by Irene Cupe



Irene Cupe taught English as a second language in Cluj-Napoca, Romania. In 1990 she took an early retirement and with her husband, Radu Ilea, a physician, immigrated to England. Both of them wished to radically change their lives after the devastating loss of their son in 1989. Jointly or individually, they have published five books. Years of Exile in England, the last of these, was launched in Romania in October 2007. Irene and Radu, who is now a retired Fellow of the Royal Society of Medicine, live in East Sussex, England. The couple are members of the Scientific Medical Network.

On the morning of September 26, 1989, Radu-Tudor, our twenty-one-year-old only son, was hit by a car on his way to the university and died. We suspected Communist secret police involvement. My husband and I are not the only parents who have lost their child, but everyone reacts differently. Losing a child is a pain so profound that one's soul is in total shock, not far from detaching itself from the physical body. Gabriel Liiceanu, a well-known contemporary Romanian writer, says: "Because our soul is nonmaterial, people, most of them ... do not believe that ... one could get an influenza, a stone or even a cirrhosis of one's soul" (*Ua Interzis* [The Forbidden Door] [Bucharest: Humanitas, 2002], p. 8).

Our souls were so sick that we were not sure if we could survive. Maybe the Almighty gave us the power to leave and get as far as possible from a country that sacrificed not only its old people, but also its youth—its most precious asset. It was not that we had stones or cirrhoses of our souls, it was like a cancer of our souls. In those starved and sleepless days and nights our souls wanted to fly out, so severe was that pain, which also permeated our physical bodies. But only a higher power can decide what to do for a soul that wants to leave its body. The spirit alone stays unaltered and against all the laws of nature makes survival possible.

We left Romania in the summer of 1990, after the so-called "revolution," and came to the United Kingdom. At over fifty years of age, we were starting a new life in England from scratch. The potential for new discoveries and fulfillment in our middle years transformed our thoughts.

I lost faith. Unlike my husband, Radu, I could not find solace in church. Those who pray in churches, mosques, synagogues, or temples—and we frequented all of them—have an indirect relationship with their divinity via an intermediary. We each thought: "Why should I not somehow get in direct touch with that divinity? If there was one, there must be more than one way of knowing the immaterial world."

On the night of our son's burial, my husband had a clear message from him that we were still together; he was somewhere up above us. I ignored it. Several times we got strange signs, which we now think might have been from our son and which strengthened our belief that "we are more than our physical bodies." Little by little, after a couple of years, I came to suspect that the Power that runs the universal life could also run our personal lives.

So our story goes in a "crescendo." My husband had to work. I had time to search, to read, to study, having synchronicities like the "library angel," when books fell off the shelves without being touched. All of them spoke of the concept that "there is no death because we are more than physical matter." Yes, but I still needed proof, scientifically explained proof. But the more I read scientific reports, the more I realized that scientists were resistant to any mention of survival after death or any so-called "para" events. I was now at a loss again.

In the end, though with great difficulty, I came to acknowledge some of the Theosophical ideas. Then I took up Silva Mind Control and graduated all three courses. I did Reiki, and Grof's Holotropic Breathwork. I started meditating, but it was not easy. The worst barriers were inability to concentrate, emotional upset, despair, depression, and bitterness. I was also impatient to see some results.

Radu and I attended all kinds of conferences, among them "The Field" taught by Lynne McTaggart. I met famous people like Raymond Moody, Stanley Krippner, Edgar Mitchell, Karl Pribram, William Tiller, Hal Puthoff, and Cleve Backster, to mention but a few.

Their research and books helped quite a lot, but there was still a sense of dissatisfaction. I yearned for some inner reality or an incremental shift within myself. Having read Dr. Moody's books, I thought the out-of-body experience (OBE) was related only to the near-death experience (NDE). Until I came across Robert Monroe's

books in 1992, I was not aware that it can happen spontaneously. I could not believe that Monroe went to other “locales,” but chance helped my husband and me to open our minds.

In one of our trips through France, we stopped near Poitiers and visited the Futuroscope, a scientific amusement park. At the Omnimax, in a gigantic dome, we were given special spectacles that made us “enter into a different world, in another dimension where everything was possible.” We ducked when bullets, insects, and humanoid beings flew around us. When we took off our spectacles, things were normal; upon putting them back, we were again in this fantastic world. Why not? What if there is such a thing? Why could we not believe that the reality we see every day is only 10 percent of the whole, as William Tiller says?

Might it be that we limit ourselves to what can be seen in this material world and do not believe in other dimensions right here around us because those worlds cannot be perceived by the majority? Even Robert Monroe said that the OBE phenomenon had been described throughout history. In fact, this was the ultimate goal of many initiation schools of antiquity. But the surest way to become convinced of the existence of such things is your own experience, as Robert Monroe also said. There are hypotheses that OBEs are so frequent—especially during our sleep—that hovering or flying dreams could be OBEs.

Once, in England, my husband had a dream where he “met” our son, who appeared as a Japanese or Chinese monk. In his dream my husband arrived somewhere in a sunny garden. He could hear birds singing, and my son appeared and told him without words that everything was OK: “Tell Mum not to suffer because I had to leave as it was the best moment to do so. Remember? There were other moments or situations when there were close calls, like the time when I had that hemorrhagic measles, or the severe reaction to smallpox vaccination, or those maddened horses who almost crushed me, to remind you only of some.” Was it a dream, a twilight state between sleep and wakefulness? This dream seemed so vivid, so real, that my husband now believes he met our son in an out-of-body experience. At that time I still thought it was the result of wishful thinking.

After having read and reread all of Bob’s books, in 2003 we made up our minds to make the first step and take the *GATEWAY VOYAGE*[®] course at TMI, linking the trip to a visit with friends who had invited us to the USA years earlier. Although Radu and I knew that we should not have high expectations for attaining OBEs, our intention was not necessarily that, but to use guidance and Hemi-Sync[®] to tap into the limitless possibilities of our minds, to change, and to heal. Applying the methods we were going to learn, by using imagery we could at least stop the evolution of depression, in my case, and repair and strengthen the heart, in my husband’s case, by using imagery of his own stem cells.

When we arrived at TMI the weather was sunny and unusually calm for days. When we embraced the huge crystal it transmitted a benign feeling and a funny tingling. The meetings with our trainers, Franceen King and Joe Gallenberger, who both have hypnotic voices, were interesting and pleasurable when we gathered for each debriefing session. We enjoyed meeting Joe McMoneagle, Skip Atwater, and Shirley Bliley, who kindly provided studies and articles from the TMI archives.

I had a premonition regarding my mother-in-law during the *VOYAGE*. Later we found out that while we were at TMI she had died. Toward the end of our stay, Hurricane Isabel was ravaging the East Coast, but after the whole group meditated to enter the hurricane’s consciousness, she arrived in the region with her power diminished and there was only minor damage. It wasn’t that Isabel lost power on her way because after leaving the region she continued to rage.

The results of the course were multiple: On returning home from TMI, we started doing the meditations we had learned. Independently my husband, Radu, added his own imagery and worked out a specific combination exercise that he did and still does relentlessly three times a day and sometimes for five or ten minutes in between. He stabilized his heart rate to 60 beats per minute and his blood pressure to 120/70 mmHg, and he lowered his cholesterol to 5 mmol/l. As for myself, I came somehow to understand that from every hideous or unpleasant experience we undergo, we must draw something of value. Did our son die to teach us something? I have come to understand that the whole purpose of incarnation into the physical realm is to experience, and through that experience to learn—learning being an essential vehicle for the individual personality to spiritually evolve.



Petru Visarion Stetiu

At TMI we met the talented and wonderful Andrea Berger, who like us was originally from Romania and with whom we have remained friends ever since. She has taken all of the TMI courses and later had an important role in the process of translating Robert Monroe's first book, *Journeys Out of the Body*, into Romanian.

In autumn 2004, when visiting family and friends in Romania, I gave Robert Monroe's books to some of my friends, and I also gave talks at the Municipal Cultural Hall in Cluj. I discussed why Hemi-Sync is so important for healing, how to learn conscious control of different states of consciousness, and how to use Hemi-Sync in the classroom to develop creativity. As a member of the Institute of Noetic Sciences, I talked about recent studies on consciousness, especially those done by Dean Radin and published in his book *The Conscious Universe*.

I tried in vain in 2006 to raise interest for the *GATEWAY EXPERIENCE*[®], a gift from Andrea, but we had to return to England. I only sowed the seed. All of our personal adventures led to Robert Monroe's *Journeys Out of the Body* being translated into Romanian.

Among those who responded to Robert Monroe's books was our friend and professor emeritus of physics at the University of Cluj-Napoca, Romania, Petru Visarion Stetiu (who himself had an interesting experience). I introduced Andrea to Petru via e-mail, and a long exchange of opinions followed. Petru suggested to Andrea that a small lending library of Monroe's books could help to convey the Hemi-Sync idea and attract attention. Andrea generously sent Monroe's three-volume set plus three copies of *Journeys Out of the Body* in French, together with the *GOING HOME* series and many other Hemi-Sync CDs.

Because Petru lived in Romania, it was easier for him to spread Monroe ideas. He thought of organizing a course, but people were not yet ready. It seemed that the best thing to do was to translate *Journeys Out of the Body*. Petru started the translation and he and Andrea asked me to get involved. I agreed to do only ten chapters as I was busy with our own book.

Although no publisher had been found for the book, the translation continued in the hope that one would appear. This proved to be difficult. Petru took upon himself the search for a publisher. He had to find out who was responsible for the American copyright. Andrea helped again. In December 2005 she contacted Laurie Monroe. Laurie directed Andrea to her agent, Barbara Bowen, from Eleanor Friede Books, Incorporated, who then put Andrea in contact with Tineka Gilbert from Broadway Doubleday, the United States *Journeys Out of the Body* publisher. She was responsible for the copyright approval.

One publisher from Cluj-Napoca tried to contact Doubleday. When talks with Doubleday stalled, Andrea asked Barbara for help again, and she was able to influence them. We then found another publisher, but Doubleday asked a high price for the copyright and insisted that at least a thousand copies be printed. The publisher wanted to test the market first with a smaller batch of books. Doubleday did not agree. Petru continued to search and found a publisher in Bucharest who accepted the challenge. The publisher is called, FOR YOU, and its director is Monica Visan, who is well known for publishing books on spiritual matters.

Petru had already done two revisions of the translation, but FOR YOU asked for another. Petru complied and also rewrote my part of the translation with diacritical signs specific for the Romanian language. Then a fourth and final revision was done by the publisher. My husband, Radu, wrote an afterword to explain to the reader that the OBE, as well as other phenomena, are now studied all over the world. The book was finally released on February 12, 2008. We thank from our heart the many kind people who contributed to this project.

We have now traveled the width and breadth of the British Isles and know it better than many English people do. On visiting the Findhorn Foundation in Scotland, we were very impressed. We have been inspired to find sponsors from everywhere to initiate an ecologic village in Romania, similar to that in Scotland, and who knows, perhaps another European center for TMI courses. We have already found the place—a small, hilly village twenty kilometers from Cluj-Napoca, fifteen kilometers from the saline baths of Turda-Potaissa, and eighteen kilometers from the ski center of Bioara.

[Note: Professor Stetiu has now held two successful informal workshops to introduce Hemi-Sync to Romanians.] ©2008 by Irene Cupe



THE NEW FACILITATOR TRAINING PROGRAM: *OUTREACH* REBORN

by Carol Sabick de la Herran, PhD, MBA



Carol Sabick de la Herran is a Monroe Institute residential trainer and international *OUTREACH* Trainer, Monroe Products distributor, a TMI professional member since 1994, and a member of TMI's Board of Advisors. She holds degrees in psychology, law, international marketing, and energy medicine. Robert Monroe's challenge to "Get it out there!" has been a passion for Carol since she began training weekend workshops in Spain in 1995. As the Institute's new *OUTREACH* Coordinator, she is sharing her experience "on the road" with Facilitator Training Program participants who are helping others experience the benefit of the Hemi-Sync technology and programs. You can contact Carol at carol.sabick@monroeinstitute.org

"Get it out there!" That was one of Robert Monroe's final instructions to those who would carry The Monroe Institute vision forward after his passing. The goal of the rejuvenated *OUTREACH* program is to do just that. Bob's mandate will be implemented by well-trained and experienced facilitators who can lead people through the step-by-step expansion of consciousness so necessary in our world today.



Facilitator Training Program class of 2008

Simulations and lessons on using the iPod and other equipment were some of the highlights as twenty-four facilitators-in-training enthusiastically participated in the revised five-day Facilitator Training Program in October 2008. Held at the Nancy Penn Center, this was the second of three modules that together complete the training process so the graduates can bring TMI *OUTREACH* programs to communities all around the globe.

To simulate a sample weekend program, Patty Ray Avalon and I prepared the exercise room in the Nancy Penn Center as it would be prepared for a typical venue for a weekend program. Mats and blankets were placed on the floor to accommodate each participant.

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In order to include all the details of the “real thing,” each “participant” in the sample *EXCURSION* workshop actually filled out his or her registration form and “paid” the balance due for the course. The Hemi-Sync® exercises were sent by radio frequency to the participants’ wireless headphones. All of them relaxed deeply to the accompaniment of some random snores and the chirping of birds in the trees outside. The strong group energy that is generated in this kind of environment supported each group member to open to very special experiences, even though it was supposedly a simulation and everyone had done several week-long programs. The magic of Hemi-Sync is always apparent.

In the following days, the jam-packed schedule included more simulations of the skills needed to properly conduct the programs in line with the standards and guidelines of TMI. Participants worked with different types of equipment options and also received instruction in marketing and business skills. This insured that each of them could feel comfortable with the many different aspects of the “one-man show” that constitutes the *EXCURSION* weekend.

Participants in this initial training session came primarily from different areas within the United States. But we also had the company of Thomas and Nicole from Germany, Walter from Canada, Theresa from Japan, and David from Australia. An upcoming training session in Europe will include participants from twelve different countries.

Some modern technology has been incorporated into the Facilitator Training Program and the first module is completed online. After the second module at TMI, the third and final module takes place in the hometown of the prospective facilitators, where they organize one program for local participants. In that phase, the trainee is accompanied by an experienced mentor who guides the process and coaches him or her on how to improve skills or organization.

With the dedication and enthusiasm of these new TMI ambassadors, we are well on our way to fulfilling Bob Monroe’s command to “Get it out there.”

[Carol Sabick de la Herran was the main trainer of the program, ably supported by longtime residential trainer and now TMI Executive Director, Paul Rademacher, TMI Vice-President and Director of Programs, Darlene Miller, PhD, and experienced residential program facilitator, Patty Ray Avalon. Paul, Darlene, and Patty Ray provided valuable guidance during the simulations and assisted with participant evaluation.]

MOON MEDITATION TO RELIEVE ECONOMIC STRESS

by Jacqueline Mast, PT, MSED

After returning from *The Icelandic Dialogues: Healing the Healers* conference, I watched the Icelandic króna (ISK) tumble from \$1US = 97 ISK in September to \$1US = 228 ISK on October 22 as the United States financial system dragged the global economy into the abyss. There was an atmosphere of anxiety—bordering on panic—from those who felt their lives had been thrown into turmoil. They didn’t know whether or not they’d be able to pay for basic living expenses, particularly when the financial crisis had destroyed their old age savings.

Then, one night I was looking at the moon and reflected that everyone on the earth who could see the sky could also see the very same moon. That’s not a novel idea. But I decided that whenever I saw the moon I would send good energies out to the “collective unconscious” (as Jung called it) and hope to create a positive ripple effect.

Perhaps meditating in that way would have a calming effect on those who are frightened by the financial uncertainties they are facing and help others work toward a sense of safety in their lives. Feeling unsafe takes a tremendous toll physically, emotionally, and spiritually—not only on individuals—but also on everyone who comes into contact with them.

Please share the moon’s light through your good thoughts if this idea appeals to you. Each small act of “belief in good” will ripple out to create gentle waves of internal comfort for ourselves and others.

[TMI professional member Jacqueline Mast is a pediatric physical therapist providing developmental evaluation and physical therapy to infants and young children at her clinic in Portland, Maine. Jackie is the creator and organizer of The Icelandic Dialogues: Healing the Healers conference, which is held annually in Reykjavik, Iceland.]



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THE PEACEFUL PASSING OF JOE ROBINSON

by Lester Robinson



Lester Robinson works as an insurance broker at the Potter, Harris, and Scherrer Agency in his hometown of Lockport, New York. He has attended TMI's Remote Viewing Practicum, the GATEWAY VOYAGE[®], the Intuitive Investing program, and has also explored other consciousness-expanding disciplines and energy-healing techniques. In June 2007, Les faced the challenge of applying all of his knowledge in service to his father, Foster J. Robinson, a labor of love that unfolded between May and August 2007. Les shares their story here in the hope that it will help others whose loved ones are approaching the death transition.

In May 2007—while my father was dealing with an undiagnosed liver ailment—I had an inspiration to attend the GATEWAY VOYAGE program. Because I didn't have a clue why I wanted to go, I checked in with my close friend and fellow Dolphin Energy Club (DEC) member Dr. Brian Dailey. He assured me that I would have “a great time.” I phoned the Institute and was able to register at the last minute for the June 2–8, 2007, VOYAGE. During my intake interview, I still hadn't figured out why I was there. Why would become obvious when I returned home to find my father, Joe, very low with a failing liver.

After going through the whole GATEWAY VOYAGE and learning to get to Focus 10 and some of the higher levels like Focus 15 and Focus 21, I was using the Energy Bar Tool and asking questions when I began to have disturbing feelings of sickness and death. Two days after I came home, my dad's friend Bob passed. So I figured, “That's what I was picking up!” But at the same time Dad's skin and eyes were getting more yellow [jaundiced], and I didn't have a good feeling about that.

After many tests, Dad got so sick that he had to go to the Lockport hospital, and I started sending healing energy to him. While Dad was in the hospital, I used a technique from a pranic healing class and put my hands on his liver and his kidneys. He felt the heat come through my hands into his body. I also used my pendulum as I'd done when Dad had Hodgkin's disease in January 2003. During that illness I *knew* he was going to get better. This time I wasn't sure. Back then I set the intention and we prayed together. Dad and I would say Saint Peregrine's cancer prayer every day, and I also wore the saint's medal. Now, I put the medal on again and worked on my dad's past, present, and future body and soul, asking his DNA to send healing energy through his body to regenerate it from the time of his conception to now. At the same time, I sent healing energy from God into his chakras to help his body recharge. I would put Dad's room and the whole hospital into a big healing energy bubble. Then I used a more complex structure—sending healing energy from the previous year (when Dad was healthy) to the present. At the same time, I was talking to Brian [Dailey]. Brian repeatedly said that intention is everything. My intention was to heal Dad by sending the highest and best energy. My intention was also for people to come into my dad's life and help him to get stronger and better in his physical body.

Before the VOYAGE, I'd attended the March 2007 *Remote Viewing Practicum* and had learned how to send messages back to myself. Now, I started sending messages to my past self to warn my dad and even his doctor. I hoped that sending the healing message back could somehow change the timeline of his passing. But evidently when your number is up, your number is up. After Dad passed, I was talking about death with my friend Christian, a pathologist. Christian said he had seen people who should have died but didn't and people who should have lived but died. So when your number is up, you're going and there is really nothing to be done. There is, however, something more to do in relation to the spiritual body.

On my first day back from Monroe, seeing my father that bad was hard to take. The lady from hospice who came to our house said he wasn't going to make it, and when I went to bed I wasn't sure if he'd be there the next day. Lying in bed I did my meditation prayer and opened up everything: the DNA going back into the past, sending healing energy to the chakras, increasing Dad's vibration, covering his auric field so there were no leaks, and spinning the chakras to make them stronger. I did the same for myself and shielded so nothing transferred back to me. That night I made a circle of stones with healing properties around his bed. At the same time, I asked for the vortex energies of Sedona and other locations to encompass the room and to move from There to Here bringing healing energy into my father. The next day he was a little stronger. I talked to Shirley Bliley, the DEC Coordinator, and after that Dad was on the DEC healing list continuously. I faithfully sent updates on his condition.

Strangely, my father was—at the end—getting better. His skin started to heal and the ammonia was coming out. He was getting better but he ended up dying. That's a paradox, but there was improvement. In the last ten days of

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his life I really cranked up all the healing energy. Then between Focus 21 and Focus 49, I used an idea from Jeff who was in the *GATEWAY* with me. The technique involves “splitting” oneself at the higher consciousness level and continuing to split that Higher Self. I split myself into two, then four, then doubled that. I gave myself different assignments on the higher plane to concentrate the energy into my father and combined that with the energy of the DEC team, my mother, the nurses, and the doctors. The long line of healing helpers kept increasing. Between Focus 21 and Focus 49 many copies of myself were channeling healing energy into my dad, into my mom, and into me. I would do the Function Command for *HUMAN-PLUS*® *Options* (we did some of the *H-PLUS* exercises at the *VOYAGE*) and ask for different ways to heal my dad in the physical form. Ideas that I would never have thought of on my own came to me.

The physical therapist came out to help Dad sit up and get stronger. We had a sixty-day timetable because of his liver, which had probably been damaged in 2003 by radiation treatment for the Hodgkin’s disease. If Dad got strong enough for a biopsy on his lungs, he would be recertified for a liver transplant. We made a list, because goals were important to my dad. Out of twenty items, we did the first five. Then, three days before dying, my dad had a seizure while talking on the phone. In my mind a miracle was still going to happen *now*. He would come back to us. Then the hospice staff said, “No,” and morphine was ordered.

At that point, I decided that if Dad couldn’t get better then I would strive to make his passing a loving and joyful event. On the way to pick up my car from the repair shop, weird things started to happen. Realizing that my father was about ready to pass, I had put myself up at Focus 21 and continuously held that Focus level. My intention was to be on the other side when he arrived or to see him pass over. Coming down to the last twenty-four hours, I started to pace his passing. During the previous ten days I had set up a shield: anyone could come in and send healing energy to my father but they could not take him from the room. I was still concentrating on the healing-energy line and copying it to another sector in my higher consciousness in preparation for one humongous energy burst. Maybe firing one intense burst into my father would produce a true miracle. I did it. Nothing happened. It was time to remove the stone circles, the crystals, the four elements, and the shielding. Now there was an even bigger mission on the table. When the shielding came down, things got really interesting. While driving down the road in Focus 21, I could see a big white room, and it was as if a giant Polaroid picture was starting to develop. My grandfather and my grandmother were coming in and out of Dad’s room.

On my way back from the garage I stopped at Wal-Mart and called my sister, Elise. I described the giant Polaroid picture that was developing and asked, “Am I going crazy? Is this normal?” Elise said she had sensed two people at the same time I did. So my grandfather and grandmother were waiting for Dad. Given what I saw, it seems that when someone dies their old reality falls apart and just dissipates. Then, when a soul returns to the Source, a new reality—maybe sharing some pieces with the old one—starts. My father’s “new” reality was a giant repair shop—like his C-1 shop in a roundabout way but the shop There was huge with lots of cars and trains—things my father *really* liked.

I somehow opened up a doorway and then a really neat energy bubble formed around my father. The bubble extended all the way to the porch, where it leveled out. When I put the pendulum very close to my father’s chakras, its circles were very, very slow, indicating that death was coming. When I set the intention for my father to have a healing, blessed passing, the bubble became an enormous conduit and engulfed him like a big, white light. At the same time I was shifting between *my* Focus 21 and my father’s Focus 21. More and more of the Polaroid was developing. I asked to go to where my father was going. People were starting to gather to greet him. It was like being Here and There simultaneously and resembled the few times in meditation that I’ve had clear-cut pictures.

Knowing that my dad was getting ready to “jump” was scary and weird. My battle tactics changed. That Dad would pass with love and healing was now the main objective. I came out of Focus 21, Dad was given more morphine, and his friend Skip came over to wait. For five hours we talked about Dad and that’s when I sincerely stopped not wanting him to go. I was still wearing Saint Peregrine’s medal around my neck. I gave Dad a hug and

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kissed him. Then I went upstairs, took the medal off, and said, “I’m ready for him to leave.”

For the next few hours my father started spinning, spinning, spinning down. Dad couldn’t talk to my mom but over the last two days, I was able to get impressions from him. I’d hold my dad and lock in and my mother and I would send messages to him. I went up to Focus 21 and came “back” to whisper in his ear: “Your mom and your dad are waiting for you. You are going to a very peaceful place, a very loving and happy place. It’s okay. We’ve started the healing process.” At the end my father, my mom, my sister, my brother-in-law, and I accepted it, as well as Corky, the little dog. That’s when Dad was able to pass. Hypothetically, it might have been possible to keep Dad around for four or five more days. But shutting everything down and letting the gateway open felt like the correct decision. Only good was allowed to come through the gateway—no bad.

As Dad’s breathing and pulse rate were slowing down, my heart chakra began vibrating like crazy and making a buzzing sound. My father went. When he passed, the heart chakra just cut out. Nonphysical people were in the room. For a couple of minutes I hugged my dad; my mom went off to the living room to cry. I went into another room and found that I was still at Focus 21. Like doing a reboot on a computer, I reenergized myself and hopped over to a big area in Focus 21 where people were welcoming Dad. We gave each other a big hug. He told me he’d “made it” and he was safe. He was received like a rock star or some dignitary. It felt good to have contributed to a great passing with joy and love. My grandmother told me to return and take care of my mom and my sister because I was now the head of the household. It was like being at a concert in our park. My relatives and friends just moved me through the crowd.

After final hugs all around, my grandmother sent me back. I cut the connection and cleared myself past, present, and future. I dumped all the old energy out and replenished myself with positive energy. I did the ancient healing sound “om” to bring balance to my life. In a way I knew what had happened but at the same time I was clueless. My dad had died and my brain was like Swiss cheese. I went back to his room and talked to him and cried, hoping to wake up from a very bad dream. Before my mom went to bed she asked, “Did he make it?” “He made it,” I answered. She looked happier, and I felt good about easing Dad’s transition. I’d started with a grand plan for a miracle, finding a cure, and keeping him with us despite the cancer and the heart attacks. Maybe my job all along was to make sure Dad passed correctly. It was my toughest lesson ever to lose someone so close to me.

If I hadn’t gone to GATEWAY, it would have been impossible to prepare my dad to “jump” and to make his jump the best possible. My father believed that everything has to have steps and plans, and I agree. So here is the way to help someone pass to heaven:

First, set *your* intention. Give them love, tell them that you love them, say a prayer for their soul and a peaceful journey, and help them set *their* intention for a very peaceful journey and passing. Since my dad couldn’t do that for himself, I did it for him. Tell them that friends and family members are waiting for them on the other side. Tell them you can handle the loss when they are ready to go. You will miss them but you know that they are going to a better place. Send them love and happiness. Set the intention again that they are going to a better place. Tell them once again that you love them and thank them for all the love and help they have given you in their life. Let them go. Start the healing process and they will be able to pass to heaven.

The Hemi-Sync training and the information being downloaded to me showed me just what to do. Knowing the process without *consciously* knowing the process was a bit scary, so I put my confidence in God and the Universe and simply said, “Make me do it right.” In the end, Dad had a peaceful journey to the other side. Except for an auto accident and a bad relationship I probably wouldn’t be telling this story. Sometimes you have to go through a lot of bad to get to the good, or guidance has to steer you on the road that you need to travel. The events I’ve described have brought me to a new level of understanding. It’s hard to explain to other people what happened. Sometimes it’s like part of myself was left There and part of myself is Here. In the end Dad was helped to heaven by my grandparents, me, my mom, my sister, and many friends and coworkers. My thanks also go to Brian, Shirley, and the Dolphin Energy Club. I could sit for hours and send gratitude out to the Universe. Maybe our story will help somebody else when they are dealing with the death of a loved one. I sure hope so.



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Layout and Design: Grafton Blankinship

TMI FOCUS is published by The Monroe Institute®, 365 Roberts Mountain Road, Faber, VA 22938-2317. Telephone (434) 361-1252. The Monroe Institute is dedicated to exploring and developing the uses and understanding of human consciousness. The FOCUS contains current information on Institute activities, applications of the Hemi-Sync® technology, and communication with Hemi-Sync participants and program graduates. Membership rates from \$50 to \$100 per year. © 2008 The Monroe Institute. All rights reserved. No part may be reproduced without permission.

THE MONROE INSTITUTE® PROGRAM SCHEDULE

Contact Karen Viar at (434) 361-1252 or karen.viar@monroeinstitute.org 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 shirley.bliley@monroeinstitute.org with any questions about the Professional Seminar.

JANUARY–JUNE 2009

GATEWAY VOYAGE

January 10–16
 February 14–20
 March 7–13
 March 14–20
 April 4–10
 April 18–24
 May 2–8
 May 30–June 5
 June 20–26

EXPLORATION ESSENCE

May 9–15

GUIDELINES®

January 17–23
 April 4–10
 June 13–19

GRADUATE RETREAT

May 1–3

HEARTLINE

February 7–13

INTUITIVE INVESTING WORKSHOP

May 15–18

INTUITIVE INVESTING INTENSIVE

May 18–22

CREATIVE FLOW

March 28–April 3

LIFELINE™

January 24–30
 May 9–15

EXPLORATION 27®

January 31–February 6

*MC*²

February 21–27
 June 6–12

SHAMAN'S HEART

June 6–12

STARLINES

June 27–July 3

STARLINES II

February 28–March 6
 June 13–19 (Japanese)

SHAMANIC HEALING

April 24–26

TDAP

March 21–26

TIMELINE

April 18–24
 June 20–26

PROFESSIONAL SEMINAR

March 2010 (dates to be announced)

FOCUS 27 SURGICAL SUPPORT

by SueEllen Hunter



SueEllen Hunter is a former middle and high school teacher who taught sciences, mathematics and Latin. She also holds the prestigious horsemaster certificate from the Potomac Horse Center and has trained horses and riders in the classical art of dressage. For the last sixteen years she has been a scientific illustrator. She has studied shamanism in the basic Michael Harner shamanic workshop and practices shamanic journeying. She enjoys mentoring children and young adults. SueEllen and her husband of twenty-seven years have retired recently and now work with their pets and livestock on their farm in Florida. SueEllen has taken the “heart-route” in her choice of TMI programs: GATEWAY VOYAGE[®], GUIDELINES[®], HEARTLINE, MC², EXPLORATION ESSENCE, and GRADUATE EXPLORATION ESSENCE.

Over the last three weeks, my dear friend of thirty-two years had knee replacement surgery on both knees. I have been telling Linda about my adventures at TMI programs, as well as those with Hemi Sync[®] music, since 1997. She even purchased METAMUSIC[®] *Transcendence*.

With Linda’s permission, I started taking her to Focus 27 during my meditations the day before the first surgery and also sent her Reiki. The night before her surgery, I asked for talented surgical personnel in the non-physical realm to assist the physical surgical personnel in the operating room. The meditation was so intense that I could actually see all of them in the operating room. In addition, the entire group was surrounded by Native American shamans in my vision.

After the right knee surgery, I took her up to Focus 27 while she was still in the recovery room. (I’m in Florida and she is in Maryland.) I took her to the Healing Center and the healers there put a cast of light on her right leg. She told me that her surgeons were very happy because the procedure went so well and there was minimal blood loss. They had recirculated her own blood. She was able to stand and walk five steps using a walker on the morning after the surgery.

Linda’s physical therapist exclaimed all week at how wonderfully she was progressing. Then last week on Tuesday afternoon the left knee was done. Once again I took her to Focus 27 during recovery and casts of light were put on both legs.

Yesterday after her physical therapy (during which she climbed two flights of stairs!), she went back to her room, iced her very painful knees, and went into a deep meditation. At the same time, my husband had come in from mowing and I had stopped working to take a break with a Sudoku puzzle and have a cup of tea. It was about 11:30 AM and I had been working on the puzzle for about ten minutes when I suddenly had a strong urge to call Linda. I jumped up and went to the phone. My startled husband asked what I was doing, then merely nodded when I explained my sudden need to contact Linda. She answered her cell after the fifth ring just as I was about to hang up. She seemed startled when I identified myself and asked how she was doing. “You tell me,” she said cryptically. I said that her left knee seemed to be the painful one. She agreed, saying that the right knee was healing nicely but there was a lot of pain in the left.

Linda went on to say that she had been meditating and found herself in a group of people wearing brightly colored clothing. She remarked that “It was like a chat room.” Then she found herself in a room of light and peace where there was no pain and in fact, no physical body at all. “It was so wonderful,” she commented. She then said, “At that point, I wondered if you could feel this, too. Then the phone rang and it was you.”

From her description, it sounded as if she had found the ability to get to Focus 27 on her own after I had taken her there three times and after she also started practicing with the Hemi-Sync METAMUSIC CDs. Since her surgeries, Linda has consistently listened to the CDs more than once per day. She said that yesterday she actually went into the alpha state while in physical therapy. The therapist noticed and came over to check on her because she thought Linda looked “glassy-eyed.” At this point, my friend has decided that maybe I’m not around the bend after all!

