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## A VIEW FROM THE ROAD

by Paul Rademacher  
TMI Executive Director



Over the past few months I have had the privilege of meeting with groups of our program graduates in Atlanta, Georgia; Santa Fe, New Mexico; Greenville, South Carolina; Sedona, Phoenix, and Tucson, Arizona; and Miami, Fort Myers, Tampa, Orlando, and Jacksonville, Florida, as well as Chicago, Illinois. Soon I will be traveling to other major cities on both our East and West coasts. I was also able to sit down for conversations with our professional members and our Board of Advisors during the 21st Professional Seminar held in March of this year.

The purpose of these meetings is to hear what the TMI family has to say about our collective future. It is also to explore the potential enthusiasm for creating local chapters of The Monroe Institute.

If there is one thing that has struck me in

my travels so far, it is this: TMI has influenced so many lives so dramatically that there is enormous passion for what we do. Our graduates genuinely care about the Institute and want to see our work expand in its scope and impact. It is immensely gratifying to know that so much goodwill has been established through the years.

Because of that enthusiasm for our work, I have been receiving countless ideas for our future. Even at this point, it is more than we can act on. Knowing this would be the case, I decided from the outset to look for consistent suggestions rather than isolated ideas. These shared themes would become the basis of our vision.

What follows is an interim report on a few of those gradually emerging themes. Bear in mind that this is a work in progress, subject to change as future input is received.

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## REMEMBERING MARGUERITE Q. WARREN ~ 1919–2008

by Darlene R. Miller, PhD



I first met Rita in 1971. Over a period of years she had developed and researched a system for the differential diagnosis and treatment of juvenile offenders—a highly sophisticated and elegant system—and was conducting intensive six-week training sessions at her center in Sacramento, California. I was sent from Colorado's juvenile justice system to be trained in her internationally known approach, and tasked with bringing it back to Colorado and implementing it statewide. I remember so clearly her very first lecture and the powerful impression she made on me.

Without hesitation I adopted her as a significant role model. Soon after she also became my mentor, and later, dear friend.

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## INTERVIEW WITH RITA WARREN

March 14–15, 2005

by Russ Mason, MS

**I** cannot claim to have known Rita Warren well. I had dinner with her and Frank DeMarco one evening in August of 2004. I got a little note from her at Christmas, and based on Laurie Monroe's suggestion, I interviewed Ms. Warren the following year. It was to have been a part of a book project entitled *Hogwarts for Real*. The book project never saw the light of day, but I saved the tapes of those whom I interviewed. I am glad I did. Ms. Warren had much to say about TMI, Bob Monroe, and her experiences and life—with her husband, Martin—at the research lab and living on the New Land. I'm happy to be able to share some excerpts from that interview with TMI members now.

**RM:** What occurred during your first visit to the Institute?

**RW:** During some of the tape experiences, the most vivid to me in my recall of that week now was a tape in which we were initially asked to go to the box where we leave behind all the things that might interfere with the experience. And this time the instruction said, take just one thing out of the box to take along with you, and to experience from another perspective.

I chose guilt. I thought that would be something worth looking into from a higher perspective.

During that tape—it's almost unfair to start with this incident, because it was so dramatic—I took guilt into some higher level. I am not sure of the Focus level we were going to, but I think it was Focus 12.

During the experience, I was aware of the picture, [of] what I was seeing. The sky was getting darker and darker. And then it began to sprinkle and I was feeling the raindrops. Then the rain got heavier and heavier and heavier, and finally an absolute downpour. I was feeling an absolute pressure from this experience.

But then the rain began to ease up, to a light rain, and then the sky began to lighten up.

Then a voice said, "If you needed to concretize your sins being washed away, there it was."

That was the single most dramatic experience I had during those tapes. But, as I say, there were many others.

I experienced both visual imagery and auditory imagery, the kinesthetic. They were part of the example I just gave you. I was pretty convinced that something was happening here that I had no experience with, but my feeling about it was that—although I didn't understand these experiences—they felt fine. I was excited, wanting to continue in this realm.

**RM:** During your time in the booth, were you able to go out-of-body? Or meet your spirit guides? Examine past lifetimes?

**RW:** [chuckles] I guess I'd have to say "all of the above." You know, the out-of-body language is not very useful. He [Bob Monroe] used the idea of [turning] a dial from one state of consciousness into another. From 10, 12, and so on, and ultimately

out to some point where it would be clear that you were describing an out-of-body experience. But because it is a process, rather than a state—that is, getting there is a process—Bob felt strongly that what the people were experiencing was an out-of-body state. And many of the participants felt that "Yes, this is an out-of-body state." But they had to learn to do it, while still being able to talk. Because the purpose of the *Explorers* was to bring back information, not merely to have experiences in the [isolation] booth.

**RM:** It is interesting to me that "ordinary" people could do that—that many people are walking around on the street, unaware that they have this capacity to go out and explore, the way the *Explorers* did.

**RW:** Yes, there are people who could easily do that. There are also all sorts of people who have belief systems that wouldn't permit that. I have no idea what the proportions are, but I do know it does not require a rare person to have these experiences. But what is required is either a real curiosity about these experiences or some prior experience in this area.

**RM:** The question that is obvious is: Where is the person getting the information?

**RW:** It seems to me that the two categories are (a) those who assume this information is coming from a Higher Self; or (b) that the information comes from an external source, that is, outside of their Selves. For some, the second category seems to be more valuable, because one is getting the information beyond the boundaries of one's own perspective.

There are a variety of ways of thinking about it. But, at this point in time, we don't know. So it is probably better to let the person who is getting the information make that decision.

**RM:** A final question. After you and Martin had relocated to the New Land and had begun to work with Bob, did you ever have any regrets about giving up your work as a teacher and a researcher?

**RW:** No. It was the best decision I ever made. To consider that we might never have had these experiences is a frightening thought.

Also, the experience of working with people who were going on these kinds of journeys—that was a great gift to us. As a scientist, it wasn't just getting the information, but it was also finding out what the process was. That was of greater interest to me, and a wonderful thing to behold.

[Russ Mason is a freelance writer who frequently interviews interesting subjects for the journal *Complementary & Alternative Therapies*. Through that work, he learned of *The Monroe Institute* and attended the *GATEWAY VOYAGE*.]



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## HEARTLINE TRANSFORMATION: MUSINGS FROM A VISIT WITH DEAR OL' DAD

by Debra J. Hawley



**D**ebra Jean Hawley was first introduced to Hemi-Sync in 1991 when she purchased a few HUMAN-PLUS® exercises from col-

lege professor Barbara Bullard, a TMI professional member. The effects were immediate. Doors opened and many changes took place, including a move from suburban Southern California to a small country town in northern California, where she still makes her home. Debra discovered the Institute in 1995 and immediately felt a sense of being home in the rural setting. The sense of home turned out to be more than just a level of comfort, as she recently discovered that her ancestors were among those who settled in Albemarle County, Virginia, in the early 1600s. Debra has attended the GATEWAY VOYAGE®, LIFELINES™, GUIDELINES®, EXPLORATION 27®, and most recently HEARTLINE in August

2007. She believes her continued work with Hemi-Sync and the wonderful trainers at TMI are primarily responsible for the sense of peace she has come to in her life journey. Debra says, "It's become clear to me that I chose the path of victim to journey to the core of my being. With the assistance, love, and acceptance I've found at TMI, I've been able to shift from victim to healer as I step fully into my continuing life adventure."

"Wow, you look good! You really look good."

My father's words still ring in my ears. Yes, it had been almost a decade since I'd seen him, but the surprise in his voice haunts me. Did he expect me to look old and haggard, as he appears to me, or did he forget my being blessed with good looks? Another option that occurs to me now, as I reflect on the visit, is that I have changed. I've grown into a graceful, elegant woman, one who radiates a peaceful confidence that comes from a full heart. The suspicious voice in me, the one who felt the slight twist in the gut, wonders if his compliment had an ulterior motive. That reaction tells me I still don't feel completely safe around this man, despite his gaunt body and thin white hair.

As I walked into his compact one-bedroom apartment next to the high-voltage electrical towers, I was immediately hit with

the stench of cat urine. How is it possible he doesn't notice this smell? I took one final breath of the hot North Hollywood afternoon and closed the door. The room looked much the way I would have expected, the tired and worn sofa an afterthought—does he even have guests?—as the room is primarily occupied by the fifty-inch TV and his oversized desk jam-packed with electronic gear ranging from copious ham radio equipment to a new Mac to items so old their plastic covers have yellowed. After the initial niceties—"Can I offer you something to drink?" "No, thank you, my water is fine"—he says, "I want you to look at this."

He started pulling papers out of a file and presented me with his will and statements from two bank accounts. Wow! ... I didn't expect this, though honestly, I don't know what I expected. If someone had told me even ten days ago that I'd be having an afternoon visit with my father, and that I had initiated it, I would have told them they were nuts. I had fully expected him to die without my ever seeing him again. This change of heart can be attributed, quite literally, to attending HEARTLINE at the Monroe Institute just the week before. It's not like I flipped a switch and suddenly all is forgiven. Although much has been, the turnaround is really more about me coming to peace with many aspects of my being, including the incest and psychological abuse of my childhood.

As I looked over the brief and to-the-point legal documents, I felt a mixture of emotions. A part of me felt so sad for this lonely old man, while the flip side said, "Good, you got what you deserve." When he tells me he's got about \$12,000 in his estate for my brother and me to split, I think, "Wow, he really is doing his best to make good by us; in his own way he's trying to

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### THANKS FOR YOUR CONTINUED SUPPORT AND CARE

As I have been traveling around the country, I have been deeply touched by how many have remembered and asked about my son, Sean's, medical condition. I am delighted to share that he is doing wonderfully well. He has gone from a condition of shocking and dismaying frailty to one of robust health. Since mid-October he has gained close to sixty pounds in weight, is playing flag football and basketball, and is loving his job and life. A parent can receive no greater gift. Thank you to each and every one of you who have offered your care, thoughts, prayers, and love. You have helped in more ways than you can possibly know. ~ Paul Rademacher



## 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 2008

### GATEWAY VOYAGE

July 12–18  
July 19–25 at IONS  
August 2–8  
August 16–22  
September 6–12  
September 13–19 (Japanese)  
September 27–October 3  
October 11–17  
October 25–31  
November 1–7 at IONS  
November 8–14  
December 6–12 (Japanese)

### GRADUATE EXPLORATION ESSENCE

September 20–26

### OPENING TO STILLNESS MEDITATION RETREAT

October 24–27

### GUIDELINES®

August 2–8  
September 13–19  
October 18–24

### HEARTLINE

August 9–15

### INTUITIVE INVESTING WORKSHOP

August 8–11

### INTUITIVE INVESTING INTENSIVE

August 11–15

### CREATIVE FLOW

August 23–29

### LIFELINE™

July 12–18  
October 4–10  
November 1–7

### EXPLORATION 27®

July 19–25  
October 11–17

### MC<sup>2</sup>

September 27–October 3

### REMOTE VIEWING PRACTICUM

July 19–25

### SILENT RETREAT

November 1–7

### STARLINES

July 26–August 1

### STARLINES II

October 18–24

### SHAMANIC JOURNEY

August 22–24  
November 7–9

### TDAP

October 4–9

### PROFESSIONAL SEMINAR

March 2010 (dates to be announced)

## Book Review

Russell, Ronald. *The Journey of Robert Monroe: From Out-of-Body Explorer to Consciousness Pioneer*. Charlottesville, Va.: Hampton Roads Publishing Company, 2007. xxviii + 376 pp. \$18.71.

Reviewed by Matthew Fike, PhD

If one were going to read only a single book on the life and work of Robert A. Monroe (1915–1995), an excellent choice would be Ronald Russell's new biography, which provides a stronger, more comprehensive synthesis than Bayard Stockton's *Catapult: The Biography of Robert A. Monroe* (Donning, 1989). Russell begins with the coming of William Munro to the United States in 1651 and concludes with the promotion of Skip Atwater to the presidency of The Monroe Institute® in January 2007. The book's thesis is that Monroe's life is a hero's journey, in Joseph Campbell's sense, because he had adventures both in the physical world and in inner space, bringing back from the latter a message that benefits humanity in the form of Hemi-Sync®, TMI's residential courses, and his three books.

Russell takes the reader in just two brisk chapters from Monroe's boyhood in Lexington, Kentucky, to his marriage in 1971 to Nancy Penn Honeycutt (his fourth wife, to whom he would be married for twenty-three years). The rest of the book focuses on his personal experience of OBE, scientific investigation of consciousness in his own lab, the development of Hemi-Sync and TMI, and his growing popularity as a speaker and research subject. There are chapters on his out-of-body exploration as described in each of his books and on major segments and themes in his life. Charles T. Tart's thoughtful Foreword and an Appendix containing Skip Atwater's article on

the Hemi-Sync process frame the book.

Monroe's early adventures in the physical world, especially flying, conditioned him to deal with fear, while his creative activities, especially music and writing, cultivated his imagination. He gained a left-brain practicality from his father and a right-brain sense of adventure and a fascination with the unknown from his mother. There was no heavy religious indoctrination in the Monroe household, but the influence of his father may be more profound in one area than Russell realizes. The obvious connection between the elder Monroe's 370-acre farm outside Columbus, Ohio, and his son's experiment with 800 acres of New Land in rural Virginia is left unexplored.

In 1958 Monroe had his first OBE, precipitated perhaps by sleep-learning experiments, an energy beam that caused vibrations, or (in Stockton but not Russell) the pyramid-shaped copper roof of his home. His experiences involved the physical world, the nonphysical world, an alternate universe, and past lifetimes (reincarnation is one of the main principles of his cosmology). Along the way, there were major turning points and discoveries such as giving over his OBEs to his Higher Self, realizing that the music and colors in his extra-terrestrial "Home" were on a feedback loop, and ceasing his OB activity after the death of Nancy because of the powerful emotion involved in encountering her in a nonphysical state. Monroe's most important milestone was the realization in *Ultimate Journey* of the "Known Basic," which is that we are co-creators with a mysterious and indifferent essence that is definitely not the God of Sunday school lessons.

Russell emphasizes the crucial

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**A VIEW FROM THE ROAD***Continued from page 1*

I am pleased to say, however, that we have already begun work on some of these ideas.

- **Bring back the GATEWAY OUTREACH program.** A great many people want the OUTREACH program to be revived and reinvigorated because it gives a taste of the TMI magic in a less costly and less time-consuming format. But there is also a groundswell of interest from new people in becoming trainers as well. We have been very fortunate to be able to hire veteran OUTREACH and residential trainer Carol Sabick, who has agreed to move from Spain to Virginia and is already making plans for a new training program before the end of this year.

- **Update our Internet presence.** There have been many suggestions to increase our use of the Internet to attract a younger generation, to enhance communications, to provide discussion forums, to assimilate and disseminate information, to provide RSS\* feeds, to deliver online programs, to streamline our application process, to deliver our newsletter, to better access research projects, to take advantage of YouTube, MySpace, and other social media, to offer recorded interviews, to disseminate TMI-produced articles and research, etc. To this end we have recently hired an Internet service company to examine what we have been doing and to steer us into a vastly updated future. We hope to have this new “up to the minute” Web version up and running by early fall.

- **Create ongoing community.** For many, there is a feeling of

loss when returning from one of the residential programs. To move from the precious group energy of the Institute to the isolation of everyday life is difficult, to say the least. Former program participants have a real desire to find a way to reconnect on a more consistent basis. As I said above, this is one reason for my travels—to gauge the enthusiasm for local chapters. In some places that enthusiasm has been high. But there have also been suggestions to create community in other ways: by using our database more effectively to connect people in a given area, by creating geographically oriented Web conversations, and by finding ways to put new graduates in touch with support groups in their area.

- **Ramp up our research effort.** For over twenty years, Skip Atwater has been our director of research. After Laurie Monroe’s passing, Skip moved into the positions of president and treasurer of our corporation. We are currently in the process of interviewing for a new research director, who will determine the direction and scope of future studies at TMI. In addition, we have been approached by several institutions for collaborations. We are also laying the groundwork for creating an endowment that will help to fund upcoming research. To assist us with this effort we have hired longtime residential trainer and TMI associate Karen Malik to coordinate contacts with other organizations and to explore options for fund-raising and planned giving.

*Continued on page 6***REMEMBERING  
MARGUERITE Q. WARREN***Continued from page 1*

Years later, in 1983, upon retiring as a professor from the State University of New York at Albany, Rita and her husband, Martin, built a home and moved to the New Land. She quickly became a close friend and confidante to both Bob and Nancy Monroe, and it didn’t take Bob any time at all to recognize the new gold mine he had in his neighborhood. He mined it by putting Rita in charge of the EXPLORER program, and over the next four years she and Martin monitored literally hundreds of sessions in the lab. This was done on a volunteer basis: a true labor of love. TMI owes a debt of gratitude to Rita and Martin for their conscientious commitment throughout those years, and for the outstanding quality of those EXPLORER sessions. Rita also made considerable and significant contributions to the work of TMI by assisting with research efforts, as well as serving on the Board of Advisors for many years.

On a number of occasions I was fortunate to serve in the role of technician to Rita’s monitor. No novice to interviewing, I was frequently awestruck by Rita’s skills as she gently guided the explorer through deeper and deeper levels of insight and understanding. The words and questions she chose were beautifully and perfectly crafted and masterfully elicited the next most natural, expanded progression into the explorer’s experience. On a personal level, she was one of those dear souls whom you just delight in—witty, calm and centered, compassionate, gracious. Her deep wisdom, passion for ideas, and love of stimulating discourse were inspired and inspiring. Rita’s passing leaves a void in the TMI and New Land communities that no one else can fill. We were truly fortunate to have her with us for as long as we did. We only wish it could have been longer.



**A VIEW FROM THE ROAD***Continued from page 5*

- **Create programs that cost less time and money.** There has been much interest in more weekend programs both on campus and off campus. Teleseminars, webinars, online programs, discussion forums with trainers, conferences, interactive Web experiences, and more have all been suggested. As I mentioned above, much of this will be offered through our new Web site. But we are also working on another aspect of our educational programming—the ability to offer continuing education units (CEUs). These initiatives are projected to be in place within the next year.
- **Offer programs targeted to specific needs.** There have been many suggestions for highly targeted programs that could meet the needs of a much broader population and focus on meditation, stress reduction, chronic pain management, learning enhancement, cancer-related issues, and yoga practice. Addressing these areas could provide a steady stream of income from a demographic that might not otherwise

be interested in our more advanced programs. There has also been interest in creating collaborative programs with other individuals and organizations such as Deepak Chopra, Bruce Moen, The Institute of HeartMath<sup>®</sup>, the International Association for Near-Death Studies (IANDS), and the Omega Institute.

As you can see, we are receiving terrific input. And the process is just beginning!

For those of you who have been kind enough to contribute your ideas, let me express my heartfelt thanks. For those of you I have yet to visit, won't you join me when I come to your area and make your voice heard? Your contribution is essential to our mission of developing human consciousness.

Hope to see you soon!

Paul Rademacher, Executive Director

\* RSS refers to Really Simple Syndication, a Web-based way to automatically distribute specific information—the latest in consciousness research, for instance—to a group of subscribers. Instructions on signing up for and using RSS will be supplied when it's made available at [www.monroeinstitute.org](http://www.monroeinstitute.org)

**BOOK REVIEW***Continued from page 4*

role of Nancy Penn in supporting Monroe's exploration of the OB state and his development of the Institute, as well as the "incalculable" contribution of her daughter, Nancy "Scooter" Honeycutt (later McMoneagle), to the latter. Without the two of them, Russell suggests, Monroe "lost contact with the realities, and also the limitations, of the audio technology he had created." The reader may notice this statement's resonance with Murray Cox's 1993 *Omni* article, quoted two pages earlier, which associates Monroe with Don Quixote for "telling us there's more to reality than what we see or touch." The analogy is disputable—Monroe's exploration of dimensions beyond the physical world is not analogous to Quixote's distortion of everyday reality. More to the point, an infected imagination overcomes both the man and the literary character in the absence of a grounding feminine influence. In any case, Russell is forthright about Monroe's shortcomings in other areas as well—he could be difficult to work for, moody, and controlling. That his time in charge of the Institute clearly outlived his ability

*Continued on page 11***MEMBER CDS**

*Golden Mean* is a guided visualization exercise that takes you on a journey through some of the sacred structures found within the physical universe. The Hemi-Sync signals used in the exercise are based on the harmonic properties of the "phi ratio," or "golden mean" (expressed mathematically as the Fibonacci series), which is omnipresent throughout all of nature as well as in humankind's greatest art and architecture.

Rosie McKnight, one of TMI's original Explorers and the author of *Cosmic Journeys* and *Soul Journeys*, leads you in an exercise appropriately entitled *Joy*. Learn a simple yet powerful way to harvest the joyful energies from your own life's experiences and use them to transform your perception of yourself and the world.

## PAROLE FROM THE INSIDE OUT

by Darrell Williams

*Over the years that Darrell Williams has corresponded with Dr. Darlene Miller, he and his circle of friends have made good use of the Hemi-Sync resources provided by TMI. In this article Darrell shares the details of the GATEWAY Prison Outreach Program and the transformative change it has inspired.*

In the most unlikely place, where the sound of clanking metal doors reverberates in the middle of a Native American rain-cut valley, a miracle is blossoming in the lives of formerly spirit-broken, weary men as a GATEWAY Prison Outreach session led by incarcerated men thrives. The location is Kern Valley State Prison (KVSP), Delano, California, a high-security Level IV facility surrounded by coiled razor wire atop double fences on the central coast of California.

I've been incarcerated at KVSP for two years now. I came from another central coast facility (Corcoran Prison) in Corcoran, California. There are nearly 5,000 prisoners here, some with convictions for minor crimes but many with felony commitments for the most distasteful affronts to humanity imaginable. About 75 percent of the prisoners are "lifers." Some will go home one day, but for many, this is the end of the road.

With that in mind, I had to gauge how to jump-start the GATEWAY Prison Outreach Program (G-POP). In the midst of this racially diverse prison—filled with the likes of robbers, murderers, car thieves, drug dealers, and drug addicts—a meditation group utilizing The Monroe Institute's Hemi-Sync® sound systems appeared to be sorely misplaced. The contrast was remarkable

because the prison yard is segregated, with neighborhoods of Crips and Bloods (black street gangs from the Los Angeles area) making up the majority of gang affiliations. There are also white skinheads, Southerners (Mexican gangs from the Los Angeles area), Northerners (Mexican gangs from Northern California), Asians, Muslims, Christians, Native Americans, Buddhists, and Wiccans.

The GATEWAY Prison Outreach Program began with a small group of prisoners who met in the prison chapel. There, the group was introduced to the science of Hemi-Sync technology and discovered the many benefits it could provide to one's personal growth, self-improvement, memory, learning, and ability to eliminate negative thinking and behavior patterns. The group began by listening to *The Way of Hemi-Sync*, an introductory CD voiced by Robert Monroe. They left it to Mr. Monroe to assassinate their old, tempestuous, rough-and-tumble views! Those who decided to take the plunge with the GATEWAY EXPERIENCE® CDs were first given HUMAN-PLUS® exercises, METAMUSIC®, and various relaxation CDs to acquaint them with Hemi-Sync. Indeed, they were told to suspend all judgments and formulaic understanding of the CDs. Most prisoners found the experience both welcoming and strange.

I have always been intrigued by the occult and fascinated by the powers that are latent in man. My library is full of books on these subjects, but these tomes never gave me the answers that I was seeking. They talk "all around" the subject but never supply satisfactory proof. Neither do they explain their subject material in such a way that one can practically apply the mystical concepts and truly become experienced and adept in exercising the powers latent in man. I wanted to know and experience for myself

the esoteric secrets that are merely hinted at in classic literature, the Bible, and contemporary media sources such as books, newspapers, and television. The GATEWAY EXPERIENCE gave me conscious contact with my second body and other multidimensional bodies. It enabled me to look into the deep aspects of consciousness and find the answers I was seeking.

Out-of-body travel, or "spirit walking," as I prefer to call it, is a skill that can be useful for the incarcerated. Some of the prisoners here are serving life terms without the possibility of parole. Others are serving countless years in an environment that is entirely foreign to the psyche of a thinking man. You are limited to what you can read and to the distorted views that you can experience by watching television or shooting the breeze with one another. Unable to hear the song of a bird or the laughter of children at play, to smell a pine forest, to feel the mist coming in off the ocean, or to inhale the scent of a clean woman, one becomes callous and unconcerned and reverts to the base and common elements of the surroundings. It is hard to maintain absolute sanity under these circumstances and certainly not inspiring to the spiritual mind.

What if out-of-body journeys were possible? What if you could go into the vast reaches of your own consciousness and travel to wherever you wanted to be and experience everything that was happening there? What if it were possible to go and visit your mom, or your children, or your woman, without ever physically leaving your cell? What if you could project to The Monroe Institute and sit in on the classes as they occur, rather than waiting for months until participants' stories are published in the TMI Focus newsletter? Could this

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## HEALING THROUGH CREATIVE FLOW

by Patty Ray Avalon, MFA



**P**atty Ray Avalon received her BFA and MFA from Indiana University. She also studied at the Art Institute of Chicago and the Central School of Art and Design in London, England. Her artwork can be found in public and private collections around the world. As a TMI residential trainer, Patty Ray trains program participants to use their consciousness to access guidance, improve manifestation, and learn self-healing and self-actualization skills. She is also an experienced energy healer and a graduate and former faculty member of the Barbara Brennan School of Healing. Patty Ray has used her knowledge to develop *Positively Ageless with Hemi-Sync®*, a tool for using consciousness to intervene in the aging process, as well as designing the *CREATIVE FLOW* program described below.

When we free our creative spirits, we draw up more power and wisdom to craft our lives with elegance, depth, and enjoyment. We bring magic to the world and ourselves when we live our lives creatively. Exploring and expressing our creativity is one of the most rewarding processes we can do to gain more self-awareness and accelerate higher development of our minds, spirits, and yes, even our bodies.

Many of us have deep fear around our greatness—about “shining” our light, love, and creativity in the world. And almost every one of us has old patterns and emotional wounds around

our creativity. The new weeklong *CREATIVE FLOW* program at TMI has been developed to help change patterns that keep us from being and expressing more of our authentic selves. It is for non-artists and artists alike. It is for anyone with a creative longing.

*CREATIVE FLOW* offers experiential creative projects, as well as Hemi-Sync exercises and group sharing in a safe, nonjudgmental setting, to provide a rich approach for “uncovering” more of our own essence—peeling away the layers that have developed over time that stop our creativity from emerging freely. The *CREATIVE FLOW* process is extremely helpful for healing our lives at deeper levels and enhancing our own healing skills.

These vignettes from past weekend *CREATIVE FLOW* programs illustrate just what I’m talking about:

- A young man, who professionally recorded other artists as a sound engineer, picked up and beat a drum for an evening for the first time in his life, and made his very own music. That process brought light and tears to his eyes when he realized how much he had been missing in producing only others’ music.
- Another man who had very little opportunity for creative self-expression in his life wrote a poem about what it was like to *never* write a poem or sing a song or paint a painting, and then to finally express himself in a new way. In his poem, he expressed the pain and the joy of that process, and when he read his poem to the group, he touched a deep chord that brought emotional healing through resonance to others. The process of writing opened his heart, and his words, in turn, opened the hearts of others.

- A woman who had a very intense, mentally left-brained, demanding job came for a weekend. What happened in the secluded sanctuary of her CHEC unit with *METAMUSIC®* playing was nothing less than magical. She described having a channel suddenly open to provide a holographic download of a novel that she was to write. Not only was the novel complete in its delivery, but the whole movie of the novel also played out before her. She “saw” it all in her mind’s eye like a hologram. The book is now completely written, and we await the publication!

- Another woman came to the workshop in extreme physical pain, a type of fibromyalgia she had suffered with for years. By the end of the workshop, after having removed some of the emotional, intellectual, and spiritual creative blocks that prevented her energy from moving, she was pain free!

Awareness heals, and through trusting ourselves and tapping into the creative realms within, we come to know more of who we really are: our love, our passions, our light, our darkness, and our pain. We are revealed to ourselves in a beautiful new light for appreciation, for development, and for wholeness. By putting her hand to writing and expressing her creativity, the great twelfth-century mystic Hildegard of Bingen marked a spiritual awakening in her life that not only led to a plethora of books, lectures, music, and paintings but also brought her up from “a bed of sickness.” By engaging in a truthful process of self-expression, she was literally able to heal her weakened body and spirit.

I have been a practicing artist all of my adult life. About ten years

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**HEARTLINE TRANSFORMATION:***Continued from page 3*

make restitution.” Yet again I hear the inner rumblings of the angry daughter who wants to lash out and attack. But the good daughter, the nice girl, simply says, “Thank you.” It is this aspect of self that knows the monetary amount is irrelevant, money is simply a form of energy, in this case energy that is also a form of peace offering.

Then he asks if he can pass along my contact information to a ham radio friend, the same friend I am to call when it comes time to clear out all his electronic gizmos. He points to the organ against the back wall, something I hadn't even seen until that moment and says, “You can have the organ.” In retrospect I am struck by the irony, or play on words of that statement. Even as I write these words I feel the lingering energy imprint of his “organ” in my throat, the first of many inappropriate sexual encounters in my life. Yet again I realize that in the duality of this visit, the organ is one of his prized possessions. I'm reminded of mini-performances I sat through during past visits with him, visits where I felt more like the mother witnessing a child desperate for approval than a daughter attempting to make sense of her life.

I'm amazed that despite the lingering memories of sexual abuse and trauma, I am able to open my heart to this man. During this visit I was actually able to look into his eyes and feel compassion, as well as see remnants of the sweet little boy aspect that had appeared to me in one of the *HEARTLINE* exercises just days before. Even more incredibly, when he confronted me with one of his sociopathic comments, I was able to speak up for myself in a calm, forthright manner.

We'd been fiddling around on his computer, where he showed

me some of his favorite video clips. I held my breath as each new file opened, fearing I would be assaulted by porn, but surprisingly they were all lightly humorous, including one hilarious collection of cat antics. How liberating it was to sit and laugh with joy and innocence in this man's presence. It was amazingly healing and at the same time evoked a deep chord of grief. On some level I believe our souls agreed to the path our lives have taken, and from that awareness I have profound honor and appreciation for this soul who brought me such dark lessons.

The sense that my visit was somehow a clearing for him, too, continued as he pulled out the old picture albums for me to take home: his prized collection of personalized, autographed headshots of actors he had worked with over the years, a few pictures of me and my brother growing up, and the most fascinating, pictures from his own childhood. The only pictures he didn't pass along were those of me and my children—all close to twenty years old. A wave of guilt washed over me as I realized I'd stopped sharing images, so he had simply kept the circa 1980 ones prominently displayed. One of my first to do's when I returned home was to gather some current family photos and pass them on.

As the afternoon wore on, my comfort level decreased. Despite breathing into my heart to find a place of inner peace, only so much fiddling to fill time is tolerable. I was gathering the willpower to say good-bye when he looked at me and said, “I'm sorry about what happened when we were on location.” I was stunned. To hear “I'm sorry” come out of his mouth, even if the occasion he chose to be sorry about was one of the lowest in my traumatic-life-event chronology, was a miracle. I had been more affected by the “incest is best” com-

ment made by the logistics director back in 1974 as we checked into a shared hotel room than I was by walking in on him and some woman he had picked up during the movie shoot.

His apology was quickly negated, however. Directly after it came, “But you were in that drug thing.” Here I did the heretofore unimaginable. I didn't shut down and pout, but I didn't shift to victim status either. I very calmly said, “There wasn't any drug thing. I have done drugs, but there wasn't any drug thing.” My father's reference was to a complete figment of his damaged imagination.

I was twenty-six when the incest memories cracked my world apart. At twenty-nine I confronted him via letter. His twisted way of accepting the accusations was to create a story: I was a drug addict who had concocted the whole abuse scenario to hurt him. Yet on the one occasion when I confronted him in person, he told me he knew his father had sexually abused his sisters, though only one of the two girls ever admitted it. The other died of cervical cancer, which to me speaks as loudly as words. Almost immediately after his admission of the family secret during that visit twenty-plus years ago, he shook from head to toe as though struck by lightning and instantaneously changed the subject. It was as though a time gap had opened and he had slipped midsentence into another conversation. To this day it remains one of the oddest moments I have ever witnessed. So to hear, “I'm sorry,” however buffered by his fantasy coping mechanism, is a miracle.

Will I see him again? Who knows! ... He would certainly like that. In fact he called me twice in the twenty-four hours following my visit with seemingly insignificant questions. What I do know is

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## A JOURNEY INWARD TO WHOLENESS

by Karl Boyken



**K**arl Boyken is a computer systems administrator for the University of Iowa. He has been attending programs at The Monroe Institute® for eight years and is also a Dolphin Energy Club member. Karl volunteers at hospice and is a student of yoga.

My Monroe path has been a little outside of what is usually considered to be the typical experience with the Institute. My process has led me into the physical, into mystery and wonder and shadow, not into the nonphysical or into knowledge and certainty and light. It's been a journey *into* my body, through pain into wholeness.

Upon returning from *TIMELINE*, my Focus-state experiences began showing me that they were internal and illusory. Something would always happen to demonstrate that everything I perceive—whether in C-1 consciousness or a Focus level—is a projection of my self. For example, in a Focus 15 exercise I was rolling along on my Segway®, the vehicle I use to go places in F15 and make things happen. From out of nowhere, a very old Buddhist monk hopped onto my back. He suddenly jumped off and stood beside the Segway, even though it still seemed to me that it was moving. He squatted down and pointed at the wheels and said, “I wonder what they're rolling on?” And then he laughed loudly and vanished.

This process accelerated at *LIFELINE*<sup>sm</sup> during my interactions with the other participants. My *LIFELINE* experiences pointed out to me that my perceptions of everyone at the program were projections from within myself—especially my perceptions about the people who annoyed me the most. Back home again, I felt myself drawn more and more to Buddhist practice, to mindfulness and a very simple form of mindfulness meditation. As I looked back at my TMI experiences, they all seemed like overly dramatic projections of small-self stuff. Maybe I wouldn't ever return for another program. Luckily, I was drawn to *EXPLORATION ESSENCE*. It was exactly what I needed: a mindful exploration of the consciousness that underlies perception. *EXPLORATION ESSENCE* restored my faith in my Monroe process. It was a way to resolve the tension between vision quest and the questioning of vision.

At home once again, I began to have a series of similar dreams that seemed to be about moving down into the root chakra. In all of them, I fought my way

down through armies of demons before reaching a wonderful golden glow at the bottom. About a year after the dreams came, I began to have severe pain in my buttocks and left hip and thigh. I was diagnosed with chronic pelvic pain syndrome, a condition without a cause or a cure. I felt broken and defeated. I managed to pull myself together enough to attend *HEARTLINE*, and there—through my interactions with others—I finally understood that there could be value in brokenness. This powerful insight marked the beginning of coming into wholeness.

Back home once more, I let go of the idea of diagnosing and fixing myself. I quit exercising and doing yoga and taking supplements and receiving energy healing and everything else I'd been doing. I accepted the fact that I was broken. I began feeling my way into my pain, into my body. I slowly built up a regimen of self-administered massage, extremely gentle and passive stretching, and mindful relaxation and attention to body movement, always listening to my body—always asking permission before trying something new, and always letting go of anything that led me into pain. Whenever I worked with my body in an attitude of exploration and acceptance, I felt better; whenever I worked with my body while holding the intent to diagnose or heal, I felt worse.

This way of working *within* my body began to highlight emotional energetic patterns reaching all the way back into early childhood. What I had long valued most about myself—my mental and spiritual development—had actually blocked me from working with my body and emotions in a way that could bring wholeness to my life. The idea that the mind or spirit could diagnose and heal the physical-emotional body had prevented me from letting the body come into wholeness on its own. And until the body came into wholeness, mind and spirit would always be obsessed with trying to fix it. My body finally resolved this dilemma by going into such painful dysfunction that I had no choice but to let it heal itself on its own terms, without intervention from the mind or from spirit.

Now, I live almost pain free and am more nearly whole than I have ever been in my life, physically, emotionally, mentally, and spiritually. I now have a nontheistic view of spirit. From that perspective, everything seems to be a projection of a nonexistent self. Mind and spirit seem to be useful but potentially seductive and addictive tools that must operate in balance with body and emotion to be effective. My journey does not seem to match the one shared by many others who attend residential programs. But it is still a Monroe path, my Monroe path, and I'm glad to have walked it this far.



## HEALING THROUGH CREATIVE FLOW

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ago, I was finished with making art. I felt creatively dried up and could not sense a creative bone in my body, nor could I muster the desire to express myself in any creative way. I decided, “Well, since you’re not an artist anymore, time to go learn something new. Yes, a new career!” I was drawn to, and enrolled in, the Barbara Brennan School of Healing, only to find that one-third of the curriculum was called “creative arts”! Clearly, there was something more to heal around my creativity. We never really “dry up,” as I later discovered. We are only blocked, or gestating! The school knew it was important for healers to nurture and tap into their creativity, not only for self-healing but in order to hold the same creative consciousness for their

clients. Becoming more creative helps one become whole, alive, and fully express essence and life force. And for energy healers, letting life force flow through is vital to being an effective healer.

Using Hemi-Sync as a tool for opening the channels of creativity is unsurpassed in its expediency and effectiveness in helping the “creative flow” within to happen. By activating both hemispheres of the brain—particularly the right hemisphere—we have access to more of our ideas, intuitive insights, and longings of the heart. We can receive information from higher aspects of our consciousness or the greater collective consciousness for new applications. And, by accessing information through a variety of brain-wave states, we can bring forth and release hidden blocks or gain insights into the soul for development. Almost everyone who has gone through his or her first

GATEWAY VOYAGE® realizes the new energy that is available through Hemi-Sync. In *CREATIVE FLOW*, you will have a whole week to immerse yourself in the energy and process of creativity.

The co-trainer of the *CREATIVE FLOW* program is Bob Holbrook, who is not only a residential trainer for TMI and an anthropologist but is also a certified facilitator for the Institute of HeartMath®. Bob will bring in great heart-opening exercises and related information.

The weeklong *CREATIVE FLOW* promises an intensive week of self-knowledge, self-healing, and personal evolution. When we heal ourselves on any level, we naturally begin to heal the world around us. So by opening to our creativity, expressing it, and embracing it, we will help bring healthy change into our lives, depth to our relationships, and new life to our workplace and our communities.



## BOOK REVIEW

Continued from page 6

to administrate effectively points to a pervasive irony that Russell overlooks. If “thoughts are things,” then Monroe’s “predator theory” of human nature may partly account for the predators he encountered in his business dealings.

To our knowledge of Monroe’s life, the book contributes, for example, a heart-warming anecdote about daughter Laurie’s visit to a psychic; detail on George Durette (Monroe’s close friend and farm manager); facts on the binaural beat’s discovery in 1839 (Monroe did not discover it but realized its potential and patented three related applications); a good explication of Miranion’s revelation of the forty-nine focus levels; and a moving account of Monroe’s death. But the author devotes only one sentence to Monroe’s dare-

devil flight in dense cloud cover through the mountains of Ecuador (a highlight of *Catapult*), downplays the “earth changes” that loom large in Stockton’s account, and completely omits the earlier biography’s lovely detail about photographs that reportedly show how “shafts of light emanate from the excavation” for TMI’s residential center. In due course, Russell does note that Monroe’s “Inspec” (short for “Intelligent Species”) is “a part of himself” (more precisely, it is his afterlife self); but the author overlooks the strong implication that “AA,” a character from *Far Journeys* and *Ultimate Journey* who is associated with a pyramid-shaped roof, is Monroe himself.

The reader, however, will be grateful for Russell’s restraint in applying labels (former TMI business manager Ron Harris’s phrase “a true renaissance man” best sums up Monroe’s remarkable

life) and for the ample references to consciousness investigation and other traditions. Russell is fully fluent in the relevant literature. Near the end of the book, he invokes William Blake’s lines about seeing earth and heaven in small things, but another passage from Blake might be a more fitting tribute to a hero of consciousness exploration, who believed that the greatest illusion is that human beings have limitations. Blake writes of supra-consciousness, “If the doors of perception were cleansed every thing would appear to man as it is, infinite.” As Russell makes clear in his fine biography, the world is indebted to Robert Monroe for leading the way toward such expanded perception.

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**HEARTLINE TRANSFORMATION:***Continued from page 9*

that I have a new level of internal freedom when I look at the picture of the eleven-year-old boy I have placed on my altar. Even with the strain I see in his eyes, or perhaps as a result of it, I feel a deep love and connection beyond anything I would have imagined possible. The victim self that held tightly to the estrangement and justified resentment has loosened her hold and today I can truly feel love in my healing heart. I have come one step closer to feeling complete and at home within my soul and at peace with my life's journey.

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**PAROLE FROM THE INSIDE OUT***Continued from page 9*

be possible? These are some of the questions we asked in our G-POP group. Through the consciousness-expanding techniques of the *GATEWAY EXPERIENCE*, we were able to achieve “parole from the inside out.”

Numerous examples of spirit walking occurred this past summer (2007). We made trips into the mountains and to the sea and to planetariums and the like in order to expand our minds and attune them to the world around us. We played *METAMUSIC* and meditation music. As we experimented with spirit walking, almost everyone was successful in visiting their own homes and making contact with their parents, siblings, and other relatives. In one instance, we went to a little town just outside of New Orleans and visited with one young man's grandparents, aunt, and nephew.

Sadly, as prisoners we live in a violent world where the deep wounds of pain, shame, and con-

fusion reign. But these *GATEWAY* participants were there to explore new ways to overcome disrupted lives riddled with addiction issues, sexual abuse, and poor choices.

During my six years of being program coordinator with the G-POP, the self-help group has mysteriously reshaped the hearts and minds of those courageous souls who desire to change their unfortunate lives. In a way, we find ourselves clinging to the sometimes-strange experiences like eager little children waiting to hear again that the “Self” and “God” love us. One of our brothers, Michael, gives us further insight:

“There's a Russian proverb that says, ‘Once a pumpkin falls off the wagon, it can never get back on.’ That is society's view of serious crimes or even lowly crimes in modern California. That attitude toward prisoners says that once you've transgressed against society, you are without hope—fit only to be warehoused in vast industrial lockups until broken and hopeless. Having served that sentence, [you're] returned to the streets with \$200 ‘gate money.’ During my years of incarceration, I've realized that help is not coming unless we do it for ourselves.

“In any event, it takes years for the capacity for feeling and [the] love of self and others to regenerate and penetrate the armor that has been built up by years of abuse and neglect. When it does, the magic happens and suddenly there is hope. Hope is a big thing in here.”

One of the great Sufi mystics, Jalaludin Rumi, once described meditation practice as “removing the filter, closing the gap between our limited experience and the experience of greatness we all hold inside.” That is the whole point of the *GATEWAY* Prison Outreach Program. At first I thought it was just a way to achieve an out-of-body experience, but the process

sort of sneaks up on you. Somehow the beauty and inner resources that lie below our surface rise up to become more prominent than our darker selves. It is obvious to me that serious, lasting self-transformations are taking place daily among us. Stubborn old patterns of negativity are falling away. Some guys seem more caring of others' welfare—not high on rage anymore. That alone is huge! Some are more open, relaxed, and happy.

Hemi-Sync seems to act as “a fertilizer of the spirit.” The *GATEWAY EXPERIENCE* has altered my whole comprehension of living a proper and more meaningful life. My perspectives are clear. Priorities that were once out of whack and self-destructive are now in order. Not a bad payoff for listening to a set of CDs . . . and at no cost to the state. It's a great step in the quest for self-transformation.

For the participants, the *GATEWAY* Prison Outreach Program provides an atmosphere conducive to contemplating how they got here and what they are going to do with the rest of their time. Even the name “Gateway” resonates powerfully with many of these prisoners who still hope to find their own way to change and freedom.

Thanks to Darlene Miller and Shirley Bliley and the staff at The Monroe Institute, G-POP will involve other convicts in this spiritual practice. The ripple effect may be felt in the lives of many sincere, well-meaning men and women and their children for generations. This is our highest aspiration.

If you would like to learn more about this exciting program and how your correctional system might adopt it, contact: Darrell Williams, #D-47495, KVSP, P.O. Box 5101, A3-119, Delano, CA 93216.

