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NO VISIBLE MEANS OF SUPPORT

by Paul Rademacher



For years, I had been coming into my local building supply store knowing that any question I had, Bob could answer. In my career as a contractor, his advice was priceless. The creativity and knowledge he brought to the problems I encountered saved me many thousands of dollars. He, more than anything else, was the reason I shopped there rather than the store two miles down the street.

One day, I stopped by Bob's desk only to find that he had been laid off. No warning, no apologies from management. Though they wouldn't admit it, Bob was too expensive. They were convinced his job could be done by someone with less experience. I started shopping with the competitor from that point on. It has always seemed exceedingly shortsighted to me that human creativity and knowledge are so undervalued in our society. In a time when we are confronted by so many economic and environmental constraints, human creativity and knowledge are truly unlimited resources. People matter.

And people want to matter. There is a longing deep in the human heart to live a life of significance.

In my years of being a pastor, I noticed that there was one issue that came up time and again in counseling sessions. So many wanted to have a sense of excitement and meaning in their work, to contribute of their creativity, but instead often found themselves locked in jobs that stole their energy and passion.

This capacity to create is built into our being. Without a venue for creative self-expression we can feel intense frustration that we are living only half lives. Something within us keeps nudging us toward more, yet we turn away from that impulse because we are afraid of not being able to meet our financial needs if we take the risk. That tension between self-expression and the need for security seems to be built into the spiritual journey.

As we pursue our passion we can sometimes find ourselves at odds with our culture. That is because true creativity is an expression of something NEW. And that newness is often misunderstood, feared, or resisted because it has the potential to bring change.

Try as we may, we cannot help but fear change because of the uncertainty it generates. Society shelters us from that fear by maintaining a sense of stability. Those who might upset that order are not always rewarded. And so we are advised to "keep the day job."

The day job can serve a great purpose for a while. It can be a time of testing, honing our skills, incubating our passion. But if we are paying attention—and coming to TMI does seem to cause many to pay attention—inevitably there will come a time when we are faced with a stark choice: either we follow our inner life and calling or we suffer a gut-wrenching spiritual, psychic, or emotional loss. When the sense of loss becomes great enough we will risk everything for the deeper mystery.

But sometimes it may not even be a choice we make consciously. There are times when life will conspire to move us out of our comfort zone and propel us in the very direction we have been terrified to go on our own.

That's what happened to my friend Bob. The last time I saw him, he was radiant, telling me that losing his job was the best thing that ever happened to him. He had started a business he'd been mulling over for years. He was his own boss. But best of all, he was creating, building, and designing in ways he could have never dreamt.

In this time of bad economic news, it is important to remember that we are more than our physical bodies. But it may be just as important to consider that we may be more than our professions. Right now, there is more going on than meets the eye. The world is asking us all a question: "Are we willing to answer the inner calling?"



GATEWAY

by Mat Aronoff

Spirit

Flame emanating from an intuited beginning
To remember we must first forget

Body

Earth comprised of form and function
But not of purpose
Must wait and be possessed
It does but does not know why

Mind

Independent of body
Drifts through air
Creating a knowing
Not bound to or by its manifestations
A cold harsh interpretation of disconnects

Heart

Plumbing the depths of
Deepest waters
Giving form to feelings
Combining the elements
To find a Gateway to
Spirit

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[Mat Aronoff, a native New Yorker, has been involved with meditation practices since the 1970s and with The Monroe Institute since 2001. He started writing poetry during his STARLINES program. Mat practices general dentistry in Manhattan and incorporates mindfulness, meditation, and philosophy into his teaching at the New York University College of Dentistry.]

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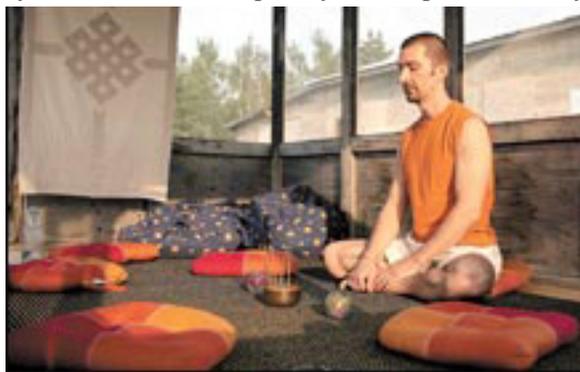
THE DYING AND LIVING RESCUING CIRCLE

by Alexandre Chaligne

Alexandre Chaligne, a TMI Professional Member since 2001, owns the Aromansse holistic health and meditation studio in Winnipeg, Manitoba, Canada. He has volunteered in palliative care in his native France since 1997 and at the Riverview Health Centre in Winnipeg since 2002. The GOING HOME® series is the core of the programs that Alexandre provides as a resource for healthy people, as well as for terminally ill people and their loved ones. In January 2006 he opened the Riverton Retreat Centre to offer what he calls “pre-palliative care.” Riverton is a sacred space in which to relax, reenergize, and address unfinished business before going into a palliative care facility. Here Alexandre shares the insights and knowledge that he has acquired from his work with the living and the dying.

The Rescuing Circle is a monthly reunion of graduates from the Dying & Living program, which is held at the Riverton Retreat Centre in Winnipeg, Manitoba, Canada (TMI Focus, summer/fall 2007). During the program people learn how to journey beyond Focus 21—the gateway between human form and spirit—to Focus 27, which we call “home” or “The Park.” The purpose of the Rescuing Circle is to find souls who have died but are lost somewhere in Focus levels 22 to 26 and help them get home to Focus 27.

When these individuals died, they went to where they *believed* they would go after death. If they had no beliefs, their spirits could be in a sleep state for a long time. If they do not know that they are dead, they may also be stuck in a confused state. They may repeat their death scene over and over while not knowing what to do next. Others may be in higher levels of consciousness, perhaps in a more religious belief system. Children can be found in any of the levels. Their belief systems are not completely developed, and they may be separated from other family members who have passed on.



Alexandre Chaligne meditates in the Riverton Retreat Centre gazebo



The welcoming interior of Riverton Retreat Centre

It is important to assist these people, as it is easier for them to see us than a spirit guide or helper since our vibrational rate is closer to their own. There are very few people trained to help these lost souls compared to the number of souls waiting to be helped. For readers of this article who want to know more about soul rescue or what comes after Focus 21, attending the LIFELINESM program would be a good start.

The following are some brief reports of rescue attempts from individuals in my graduate Rescuing Circle:

- I went to Focus 27 and then began to move back down. Somewhere around Focus 25, I saw a very small boy who looked like my brother who died over fifty years ago at the age of two. I took his hand and he came with me to Focus 27 as though he had just been waiting for me. I know he wasn't my brother but he assumed this guise in order to be sure that I saw him.

—Catherine.

- I was floating in what I thought was Focus 21, and I had a vision of skyscrapers and clouds. As I got closer I met a boy and the skyscrapers vanished. We appeared to be standing in light. I asked where we were, and the boy told me he could make things appear and disappear. He asked if I was real. I imagine he suspected I was real because he hadn't made me up. When I replied, “Yes, I am real,” he changed everything to a tree house in a yard. He looked to be about ten years old, with dark hair and glasses. He told me that he didn't look like this before but that he changed himself to look like this because he had always liked this look. I asked him his name and he said his name

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was Bobby Hogart (*sp?*). I got an image of him as a middle-aged man but didn't discuss it. He continued to share information. He said food or anything he wanted just appeared when he thought about it—even friends and family. He said he knew he was making it all up, had been for a long time. He was bored. He was lonely and didn't believe that I was not an angel. I knew at this point he was stuck and perhaps communicated nonverbally, because I can't remember discussing things. I do remember telling him that I could take him to a new place. Bobby was thrilled to go. I told him about The Park and that he might meet someone there from his past. When we arrived at The Park a woman he recognized met him and they happily walked away from me. She appeared to be dressed in 1950s/1960s clothes. —*Cathy*

- I encountered a youth, sixteen [to] eighteen years old. He was on a surgical table, in a blue gown, head shaved, and about to be prepped for surgery to remove a brain tumor. He thought he was waiting for the surgery, when in fact he had passed. It was, according to him, 1986. His name was/is Jason Thomas. I explained to Jason that it was in fact 2008, that he had passed in 1986, and that this was not his place. He needed to go someplace where he would heal and be genuinely happy. I asked him if he would allow me to take him there. He said he would, so I dropped him off at a common greeting area in Focus 27 and asked the folks there to take him to a healing place and to acquaint him with Focus 27. —*Ted*

- I was driving (actually going to a meditation class). I felt this panic inside my stomach and had to look around as to what the panic was. Well, I saw this ambulance drive in front of me with no sirens on but going to the hospital that wasn't very far away, and I knew that was the reason for the panic feeling but did not know why. After telling Alex this, he said to try to connect with whoever was in the ambulance and to try to rescue this person. So I did. She was around sixty years old, an obese lady who had experienced a heart attack. The rescue was successful. This rescue happened on a Saturday, and when I was trying to connect with this person in the ambulance, another woman that I know (I'll call her Mrs. N) kept coming through. Mrs. N lived in the same nursing home as my own mother and they would share the same table for mealtimes. The week after the program was finished, I went to visit my mother. On the bulletin board was an announcement that Mrs. N had passed away on that same Saturday that she came through during the rescue of the woman in the ambulance. So of course that proved something to me: that these rescues really do happen. At a later date I connected with Mrs. N and rescued her also. —*Diane*

- My best recall was going into the rescue level and finding a young boy, who then turned into a young girl. Then I saw a group of young ten- or eleven-year-old kids, all lost and wanting to stick together. They all joined hands and we went up to 27. It was very rewarding for me, because most of my life has been spent rescuing children in the school system. —*Izzy*

- On my way past Focus 24 I felt like I never had looked for someone in other levels. So I went walking in Focus 24. I could hear drums so I followed the sound. I found a group of dancers. A man was standing by a tree. He said to me, "My people need me; you can take me where I need to go." I said, "Okay." A woman took his hand and he took mine. We went up to Focus 27 and I took them to the hospital. He said, "Thank you," and then went inside. After the rescue was over I felt he had called me into Focus 24. I think he was a tribal warrior who needed to return to this plane for the good of his people. This was a short but very powerful rescue for me. I will continue to walk in Focus 24 for many rescue circles to come. —*Mary*

- I was standing in front of a second-story window overlooking farm fields. The wind was moving the curtains and I could feel them brush against my face. There was no screen on the window. I was standing beside a woman all dressed in black. She was in mourning and was so sad—I could feel her pain. She didn't speak but I just knew I couldn't leave her there. So I put my arms around her and took her to Focus 27. I couldn't connect with what happened when we got to Focus 27, but I have revisited that farmhouse in other meditations and the woman is no longer there. —*Eleanor*

What and who are we rescuing? After long years of meditation and soul retrievals, I came to the conclusion that it was gratifying to rescue lost souls and that often we can retrace the trail to a real life, like Robert Monroe taught us with the Patrick tape that everyone hears during the *GATEWAY VOYAGE*®. But more important for me is the feeling that we are actually helping ourselves retrieve our own parts—our own fragmented soul cluster—for the evolution of our soul or soul group and humanity as well.



GATEWAY VOYAGER: A JOURNAL

by Viola Johnson



Viola Johnson says she was the child of a spiritually enlightened, psychic mother who encouraged her to seek the path less traveled. By the time she was thirteen, she was meditating regularly, learning the basics of nature, and exploring the inner workings of her mind.

College brought her first “sensory deprivation tank” experience. In the 1970s she continued to “tank out” at Tranquility Tanks in New York City and at Altered States in Los Angeles. In LA she first learned about the work of Robert Monroe after hearing Hemi-Sync[®] through the sound system of the tank. The Hemi-Sync “wave” produced one of her most exciting meditations. Viola continued to experiment but seemed to gravitate to Hemi-Sync more than any other tool for enlightenment. After reading the chapter on The Monroe Institute[®] in Megabrain, she knew that at some time in her life she would make a pilgrimage to the mountain to take her own voyage.

Family genealogical research brought Viola to Nelson County for a series of trips. On the first trip she stopped at the Institute to feel its vibration and to plant her feet on the soil, encouraging fate to allow her to return. In 2005—thanks to her family—her dream came true. She packed her laptop, Luca (the hide of the wolf who is her dream companion and guide), and almost twenty-five years of excitement to embark on a personal voyage of discovery, which she shares with us in this lyrical journal.

Saturday

I have arrived at the first step of this spiritual journey. I always find the trip down Route 29 relaxing. It has been at least three years since I've been in Nelson County. I had forgotten just how beautiful the Blue Ridge Mountains are.

I stopped at the Nelson Memorial Library and dropped off the Braddock and Johnson genealogy reports and charts. The librarian was amazed and gratified at the gift. Mine is the first African-American genealogy in the library's county genealogical department. I hope the reports are utilized by other Blacks in Nelson County, who just might be amazed that someone cared to add their family history.

I arrived on the mountain at 2 P.M. and was unpacked by 3 P.M. I realized that the old familiar vibration was beginning, so Luca (the wolf) and I climbed into my controlled holistic environmental chamber (CHEC) and had the first of what I know will be many meditations.

There are twenty-five of us in our GATEWAY VOYAGE[®] class. Our instructors are Karen Malik and Bob Holbrook. The group is international, with three people here from Japan, three from Canada, a mother and son team from Mexico, one person from Denmark, one from Britain, a charming young woman from Romania, and the rest from all parts of the United States. My roommate is a delightful woman. We have a lot in common. I think we will enjoy each other. A man came up to me and started a conversation because his now-deceased mentor—a Black woman—had instructed him to find the Black woman at the VOYAGE and say “Hello.” He was crying as he relayed this message. He misses her very much.

After an introductory film by and about Robert Monroe, we listened to our first Hemi-Sync exercise.

The evening meditation is now over. I am going to wrap myself in Luca's skin, sit on the roof for a while and enjoy the bright red-orange crescent moon. My mother would have called it a “blood-burning moon.”

Sunday

The wake-up music was gentle but insistent. I showered, had a cup of tea, and went to yoga then breakfast.

The first exercise was a meditation on Focus 10 consciousness and the second was on building and learning to control protective energy balloons, or REBALS. I have always had a problem with this exercise at home. It's the same here. Perhaps because my protective energy comes from a different place and manifests in such a different way, this particular exercise feels almost conflicting. Who knows? I will have plenty of time over the next week to practice.

Now that lunch is over, I have called home. Luca's pelt will wrap me in warmth while I meditate down by the crystal.

One exercise this afternoon was very difficult for me. It involved creating or visualizing tools of energy that would allow focusing to heal. The mechanics I understood, but creating the visualization proved almost impossible. My mind would not hold the images for more than a few seconds before trying to go on to other planes. The final afternoon meditation was a Free Flow that allowed us to go where we needed to without verbal cues. In the

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The answer came in the form of hundreds and hundreds of images passing before my eyes at amazing speed.

meditation Luca, my wolf, and I walked to the crystal and enjoyed its vibrations. After that we lay down together and slept in its energy.

We watched a film of Robert Monroe made about a year before he died. His conviction and strength were astounding. The interviewer also talked with his daughter Laurie. Our last meditation for the night was to teach us to tap into our own energy fields, as well as the energy fields of those around us, and be consciously aware of the sensations. Part of the exercise was to help us recognize friendly, troublesome, and potentially troublesome energy. I am better at the first one than the last two.

Monday

This morning has begun with the voice of Robert Monroe waking us to a positive affirmation of this new day, and of ourselves. The mountains are not visible this early. The mist that covers them reflects the gray blue of the morning sky. It does not hover in mystery but simply erases nature's grandeur. In and of itself, this mist is a natural miracle. My cup of liquid heat and I will watch the Creator unwrap the mountains from their covering. This morning, the mountains are more important than yoga. I cannot help but think that this new day will also find a layer of psychic mist being lifted from my mind as well.

Our first exercise in Focus 12 consciousness is over. If nothing else happened for the next three days, the trip would have been worth it. I watched as a hole was melted in the ceiling of my CHEC unit. I could see through the hole to the trees and sky outside. I had no peripheral vision. Rather it was like looking through a telescope. Slowly the vision turned until I was looking back at the tower of the Nancy Penn Center. I started to walk back toward the center when I became consciously aware of motion.

In an instant I was moving down the road, not so fast as to be frightening or so slow as to be walking. In just a few seconds I had traveled down the mountain and was moving along some familiar streets in Shipman, then on to streets I had never seen. I viewed a man trimming his hedges, a mother scolding her child. My psychic vision kept traveling on, moving through small areas and over what I believe to be local farmlands. A voice through my headphones abruptly brought me back to the reality of my CHEC unit. I've had out-of-body experiences (astral projection, if you will) before; this was different. One of my classmates—a specialist in remote viewing—talked to me about my experience. That may be what I had just done.

After the class debriefing we were readied for our next meditation, an exercise in problem solving in Focus 12. Our assignment was to formulate a question with Desire, Clarity, Intensity, and Gratitude, then turn it over to a higher force and wait for an answer. In an effort to make my question simple but encompassing, I asked, "What do you want me to know? What do you want to show me?" The answer came in the form of hundreds and hundreds of images passing before my eyes at amazing speed. Each image had an opposing image with it. By the time the experience ended I understood the answer to my question: Choices, it's about choices.

We had guided meditations this afternoon. The second one—a free-flow meditation in Focus 12—was the most gratifying. I opened myself to Focus 12 and just relaxed. I cannot remember the images or thoughts save one; parts of my affirmation ran through my mind.

The evening program was on remote viewing. We were given the coordinates of a location and asked to go into a meditation and record our first impression in real time. The concepts of remote viewing have never been something of interest to me. Yet my first attempts met with some success. I can often see those I love. I always thought that connection depended on emotional ties. Now I wonder if remote viewing plays a part.

Tuesday

This morning the mountains are unveiled. Small pockets of mist float here and there in ethereal splendor, perfect accents to the green and blue of nature's morning palette. I went outside to salute the mountains and allow my body to move in its own way, without the formal structure of the yoga class.

Our first exercise of the day was a free Focus 10. Its purpose was to get us to move or elevate, even slightly, from our physical bodies. Bob Monroe's voice kept trying to get us to roll out. For me and my roommate, it was much easier to just lift out of our physical housing. The exercise was very refreshing.

The second meditation was our first time venturing to Focus 15. Based on my reading, a part of me has been both eager for and dreading Focus 15. My venture into Focus 15 started like all of my meditations. Then at Focus 12 the wavelengths started to change. I could hear as well as feel the frequencies change in my earphones. In a few seconds my personal frequencies began to shift with the incoming sounds. The lights and images so natural to my meditations slowly faded into a comforting womb-like blackness. The stillness, like the last blackness before creation, engulfed me. At that moment the temperature began dropping, and then plunged. A walk-in freezer would have been sauna-like compared to the temperatures I was experiencing. The meditation ended and I bolted out of my CHEC unit, climbed into clothes plus sweats and ran out into the sun. I would not have been surprised if I had seen my breath. All during the class debriefing I sat under two blankets, shivering. My teeth chattered for the first twenty minutes. I have scheduled a private discussion with Karen to talk about what happened. We are about to go into another Focus 15 exercise. I'm not thrilled ...

Our next Focus 15 was friendlier. I moved on through other times and lives. Some seemed to pass in little more than the blink of an eye. There were more than I can remember here. Male, female, and even animal (at least twice) have been added to my story. This Focus 15 was amazing. Now I am eager to go to Focus 21.

I had a massage after lunch. One solid hour of being rubbed, stroked, and pampered could make for a very spoiled me. I'm going back on Thursday.

The afternoon brought the first unguided exercise. We were all sent to our units with pleasant music and instructed to reach a deep meditative state without the Hemi-Sync wave to rely on. It felt like someone took the training wheels off my bicycle. Don't know if I really like riding alone. The feeling of the wave within me is quite pleasant. It's a lot like smoking or coffee: I may not need it, but I really do like it!

The last Focus 15 of the afternoon was a heavily guided exercise. I liked the imagery and guiding in the beginning, but found the voice intrusive in short order. My spirit wanted to go other places than those mandated. My mind drifted off to family and friends. Perhaps I shall try and reach out to them tonight.

The evening class was an audiotape of a soul retrieval that was carried out here by Monroe in the early eighties. Since the first tape was made, many more retrievals have been performed by *LIFELINE*SM graduates who rescue souls bound to earthly consciousness by their own fears and death traumas.

When the tape finished Karen talked about the Energy Conversion Box that we've worked with at the beginning of each exercise. Tonight we are to take all that we have consciously stashed away—as well as things that may be locked within because of unspoken physical, emotional, or spiritual trauma—and release those problems and concerns to the Universe. In return we are to allow the Universe to separate whatever good is in each item/situation and return that to us. I've got a lot of crap stuffed in my box, probably more than I know or realize. It's time to empty or at least lighten the "box."

Wednesday: THE FACE OF G-D, Day 5

Like smoke rising from a dying fire,
the fog lifts its veil to show the mountains' face.
They reveal themselves to me at their leisure,
for time has no meaning to this ancient stone.
A thousand years ... a heartbeat
to Gaia who made the mountains rise.
Ten thousand years ...
the span between her blinks.
Eternal wisdom, ancient strength
rise from the mountains in equal measure,
their gift to me, admirer, disciple
and patient, learning pupil.

This is to be a morning of silence. Eagerly have I awaited this day of introspection and self-evaluation. The awakenings and revelations of yesterday called for some time without cramped social interaction. Our three morning exercises are all meant to turn us inward for a more intimate relationship with the self.

THE EXERCISES

We did the three exercises back-to-back. The purpose of the first was to experience a new level of consciousness. The second instructed us to go back to that level, ask the Universe five questions, and wait for the answers. The goal of the third was to expand yet again and listen to the vibrations of the world around us. In my experiences with

these three exercises. I was allowed to reach out and touch the face of G-d.

Exercise 1: My consciousness has expanded. Like the ever-extending force of the Universe, a part of me has drifted as particles of dust on cosmic wind to the end reaches of All. There We sat, forming a membrane around the everything of Everything. In timed timelessness we joined each to the other until we were called home.

Exercise 2: Send me a promise substantiated in creation that I may take measure in its meaning. Send me a promise wrapped in Buddha's lotus, perfect in its purity and beauty. Send me a promise made from my own essence that I might become one with my reflection. Send me a promise made from cosmic consciousness that I might marry it unto myself. I now seek the promise, and its open message, sweet voyager and voyage, we are one.

Exercise 3: Nature plays its melody in perfect harmony with its own majesty. The galaxy sings a rhapsody designed to make it one with sister stars. The Universe hums one note, one perfect cosmic tone, the vibrating e-string that gives birth to our own creation.

We *GATEWAY* travelers have been brought to the realm of Focus 21. Guided by verbal instruction, we drifted through the wave spectrum to the white light of this new level. Perfect white light swirled around me. I swam, like a young guppy, through the living patterns of this wavelength. Layer after layer of brightness unfolded before my eyes, caressed my very essence. I have touched the part of me where the Creator resides.

Tomorrow is the last full day of classes. Friday quickly approaches. Part of me does not want to leave this place of spiritual magic and majesty. Here I have found a new level of enlightenment and rejuvenation for my weary spirit. I have called to the mountains and they have answered. I have walked again the place of my grandfather's birth. I have awakened to nature unveiling her splendor without interruption or the rude whinings of civilization's symbols. Here I am at peace.

Thursday

I watched the mountains disrobe from the morning mist as I walked the labyrinth in quiet contemplation. I entered slowly and with reverence, noting the colors of the blocks that defined the labyrinth and the green of the grass under my feet. In the center I stopped to pray and thank the Universe for all that has been given to me. On the pathway out I chose to remind myself to not take for granted those I love. That was my affirmation for this new day.

"Go placidly amid the noise and haste, and remember what peace there may be in silence." We were sent on a walk this morning. We were to experience meditative states while out in nature, to see our surroundings through new unhurried eyes. A sour gum leaf that fell at my feet accompanied me, and we walked together. Before I came back into the center, the leaf was placed back under the tree it fell from.

The walk was the introduction to a super meditation. My entry to the familiarity of Focus 10 was smooth and uneventful. I greeted my totems Luca and Lilly, the black panther, and we walked together. At the appropriate time we were guided to Focus 15 and the vibrations of the Hemi-Sync wave began to change. The feelings of cold that I have so come to dread began again. I sent out a conscious request to go on to a higher level and found my personal vibratory rate begin to shift upward, ultimately halting in Focus 21. The experience was so wonderful I could have stayed there for hours. I watched stars twinkle in a private light show all my own.

I have seen angels.

That part of me where Creation resides
has united me with my Creator.

We have walked hand in hand through Eden.

We are now *GATEWAY* graduates. Laurie Monroe spent the last evening session with us, just as her father used to do. It was fun being able to ask questions about her childhood and what it must have been like being Bob Monroe's daughter. In the closing circle we shared our feelings about the week and each other. Though I do not want to, I know that I must leave Eden.

Friday: Farewell to the Mountains

The gentle affirmations of previous mornings have been replaced with the blare of Harry Belafonte's "Banana Boat Song." It's a good thing that I was already awake or the powers that be would probably have been peeling me off the walls of my CHEC unit. Most people don't want to hear "DAAAYYY-O" at 6 A.M.

Our watches were returned to us last night. I almost didn't recognize my own piece of jewelry. Having this dimensional anchor around my wrist is the most vivid reminder that I must leave this Elysium and venture forth. I will not be a stranger to this magic mountain.



NEWS FROM CYPRUS



John Knowles, Linda Leblanc, and Ronald "Russ" Russell at the Paphos Health & Well-Being Exhibition

The best evidence for The Monroe Institute's global reach lies in the activities of TMI *OUTREACH* facilitators and professional members beyond United States borders. This is especially obvious in the island nation of Cyprus where professional member and *OUTREACH* facilitator Linda Leblanc resides with her husband, John Knowles, a former United Nations diplomat.

Linda and John are close friends of Ronald (Russ) and Jill Russell, who spent two restorative weeks with them in early March 2009. Russ and Jill are British citizens who live in Scotland, where they spread the word about TMI. They are involved with establishing a center that will offer Monroe-style programs. The Russells are members of the TMI Board of Advisors, as well as professional members.

During the visit to Cyprus, Russ gave a radio interview on Cyprus National Broadcasting on March 6 and discussed his book *The Journey of Robert Monroe*.

On Sunday, March 8, the two couples hosted a Hemi-Sync® grads and friends open afternoon. The opportunity to be with like-minded souls was much appreciated by about twenty visitors, three of whom had attended the *GATEWAY VOYAGE* in Europe.

The agenda for March 9 included a meeting with the founder and retired chief executive officer (CEO) of Disabilities Trust (UK) to discuss Hemi-Sync as a resource for people who had suffered brain damage. Russ made plans to contact the current CEO for further discussion on his return to Great Britain.

Linda and the Russells visited the Paphos Hospice on March 13 and met with the hospice director, Dr. Aristos Georghiou. They lent him the *SURGICAL SUPPORT* series. The hospice is open-minded, and they have complementary therapists working with the staff, family, and patients and offering Reiki, massage, etc. They are also starting to use *METAMUSIC*®. The two *GOING HOME* albums were donated as well. One therapist who had attended two *OUTREACH* courses recently told Linda that she reads the *GATEWAY* Affirmation to patients and finds that they settle down quickly on hearing it.

On March 14–15, Russ and Jill joined Linda and John at their Hemi-Sync display table at the annual Paphos Health and Well-Being Exhibition. Russ signed copies of his books, *The Vast Enquiring Soul*, *Focusing the Whole Brain*, and *The Journey of Robert Monroe*. Linda gave a PowerPoint presentation, "Psychic Imprints from Past Lives," on March 14. It was so well attended that the organizers had to bring in extra chairs. The talk included Bob Monroe's Tower story and a short guided meditation with *METAMUSIC* and the *Reincarnation Cards*® created by John and Linda in collaboration with Patty Ray Avalon, artist and TMI residential program facilitator. The cards are part of the *Awakening Far Memory* set and are available from the TMI Store. During this presentation, which Jill and Russ sat in on, at least two people in the audience were deeply moved when the colorful, evocative images were flashed on the screen. Jill helped to hold the energy, and playing *METAMUSIC* really seemed to open things up during the presentation.

In the midst of the visit, *The Cyprus Weekly*—Cyprus's largest English-language newspaper—featured "On a Mission," a profile of Linda, in its magazine *Flair*. The article spotlighted her support of ecologically sound policies and open government in her position as the first foreigner elected to the council of the town of Peyia, as well as her involvement in personal development through offering the *EXCURSION* workshops. The Monroe vision is obviously well represented in Cyprus.



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THE ICELANDIC DIALOGUES: HEALING THE HEALERS

by Jacqueline Mast, PT, MEd, FAACPDM

Jackeline Mast is a pediatric physical therapist providing developmental evaluation and physical therapy to infants and young children at Mast Clinic, Inc., in Portland, Maine. She has been a TMI Professional Member since 1999 and uses her intuitive abilities to choose the Hemi-Sync[®] selections most appropriate for physical therapy sessions. Jackie's professional honors include a fellowship in the American Academy of Cerebral Palsy and Developmental Medicine and the vice presidency of the Section on Pediatrics, American Physical Therapy Association. With the assistance of Icelandic colleagues—Thora Halldórsdóttir, Anna Katrín Ottesen, Erlendur Magnús Magnússon, Lilja Petra Ásgeirsdóttir, and Örn Jónsson—Jackie and Brian Dailey, MD, organized the third annual “The Icelandic Dialogues: Healing the Healers” conference around the theme, “Water: Motion and Emotion.” In this article Jackie shares some of the magical healing interactions that characterized the event.



Jackie Mast and Brian Dailey give hands on healing to Jill Russell in the Blue Lagoon as her husband, Russ, looks on

The international presenters for “The Icelandic Dialogues: Healing the Healers, 2008” arrived at Keflavik airport just as the sky was evolving from dark to light. Snow blanketed the ground, an unusual but lovely sight in Iceland. As Thora Halldórsdóttir, a member of the Icelandic contingent of our conference committee, drove us toward Reykjavik, the sun rose from behind glacier-clad mountains. Awed by the sight, Brian Dailey and I agreed, “We will give whoever attends the best conference experience ever.”

The October 3–5 conference enabled the sharing of the positive, healing energies we all had in abundance. Sharing and caring occurred within the group, as well as through learning from our amazing presenters who came together to teach and practice multidisciplinary methods that incorporate water—including Iceland's geothermal pools—for health and well-being.

As an example of intergroup sharing, I'd complained to my niece, Leda, that I had a bad headache. Lots of pain relievers had helped me to cope for the past two years. She said, “Go in there,” and pointed to our lecture hall. I looked and saw that all the massage tables were taken and three to five people were working on each reclining person's body. I said, “The tables are all taken.” Leda reiterated, “GO IN THERE.” So, I did. A pair of unattended feet sticking out at the end of one table caught my eye. Because I always ache to use my hands, I grasped Solveig's feet. Sensing that she needed work closer to her core, I climbed onto the table, picked up her pelvis, and started lifting and rotating it as I would with an infant or a young child. Suddenly a release was felt in her upper body, a signal that we were finished. Solveig got up from the table and announced that we had helped her to disperse the energy buildup from a recent divorce and other unhealthy events. She could breathe deeply again. My headache was gone and it has not returned.

Healers trained in a variety of methods and possessing an eclectic mix of talents developed the conference theme of “Water: Motion and Emotion.”

- Keynote speaker Les Moore, ND, MSOM, LAc, a naturopathic doctor, acupuncturist, and member of a multigenerational family of practitioners of botanical medicine, discussed balneology—healing with mineral water—an integral component of his practice.

- Daniel J. Benor, MD, is a journal editor, author, and holistic psychotherapist who developed Whole Health—Easily and Effectively[®] (WHEE), a holistic hybrid derived from Eye Movement Desensitization and Reprocessing (EMDR) and Emotional Freedom Technique (EFT). Dan demonstrated how WHEE can help to clear chronic pain by addressing body, emotions, mind, relationships with other people and the environment, and spirit so that healing may flow more clearly and cleanly, as and where it is needed. We all witnessed the success of WHEE experiential exercises successfully releasing physical and psychological pains, stress, and residual hurts from the past. Brian experienced relief from years of low-back pain in one fifteen-minute session. Thora had persistent thoracic, cervical,

and head pain from a car accident fifteen years ago. In a few short minutes, her body language changed from tension to relaxation. Now Thora's eyes sparkle and she e-mailed, "i have changed ... thank god ... i needed to change."

– TMI Board of Directors member and Professional Division member Brian Dailey, MD, FACEP, FACFE, shared his knowledge of using crystals, Hemi-Sync, polycontrast interference photography, guided imagery, and energetic and vibrational medicine as aids to healing. He led participants in using Hemi-Sync and crystals for hands-on sessions with volunteers.

– Lilja Petra Ásgeirsdóttir, a biomedical professional, and her husband, Erlendur Magnús Magnússon, have taught Shamballa multidimensional healing around the globe for ten years and are cocreators of the extraordinary "waterfall essences." Lilja led us in experiencing the power of these wonderful living light essences, which hold powerful transmutational energies from plants, places, stones, and beyond.

– Dr. Rick Patterson, a minister of great humor and warmth, told stories of traveling around the globe to share his healing abilities. In a demonstration of instant healing, Rick and Dr. Brian Dailey both placed their hands on the heels of a participant who had chronic back pain because one leg was one inch shorter than the other. Brian was amazed when the shorter leg lengthened an inch in a few seconds!

– Leda Mast, artist and creator of the Joy! method, led participants in right-brain activities beginning with individual artistic involvement and ending with group interaction that fashioned them into a coherent whole.

– Marta Eiriksdóttir, a dance therapist with a huge heart chakra, led the group in power yoga and power dance. In an interesting synchronicity, Brian met Marta and her husband in August when he was standing at the top of the Airport Vortex in Sedona, Arizona, imaging the vortex energy. A wonderfully radiant couple asked if he would take their picture. Recognizing their accent, he asked where they were from. They replied, "Iceland." He told them that he loved Iceland and would be there in early October. It turned out that Marta would also be there for a conference called "Healing the Healers."

– Finally, I demonstrated my approach to physical therapy with infants and young children. Because I have attention deficit hyperactivity disorder, *METAMUSIC*[®] *Winds over the World* calms me while I'm working. Unfortunately, using that selection as background music for my presentation proved to be *too* calming for many of the attendees, who fought to remain awake and alert during the presentation. The effect of the music selection was immediately obvious to everyone when the audience suddenly became alert again after *Winds over the World* was turned off.

The conference culminated with participants' sharing their healing energies in the *Bláa lónið* (Blue Lagoon), Iceland's most famous geothermal spa. During a fierce storm of sleet and high winds, the warm waters—rich in minerals like silica and sulfur—washed away unwanted energies as we exchanged hands-on body work with one another, a transcendent experience!

Thora noted: "It was interesting to see the difference ... in some in the group from Friday to Sunday. There was much more smiles, brightness, lightness, and happiness in the faces and all over. Together we managed to create a special weekend for everyone who joined in. We all learned a lot that we can use for ourselves as well as to help others. By combining everything learned from the weekend, we can all do miracles."

[The next "The Icelandic Dialogues: Healing the Healers" conference will be held October 2–4, 2009, in Reykjavik, Iceland. For more information, contact Jacqueline "Jackie" Mast at healingthehealers@gmail.com]



Aurora borealis at Reykjavik, Iceland



Book review

Rosalind A. McKnight. *Cosmic Journeys: My Out-of-Body Explorations with Robert A. Monroe*. Charlottesville, Va.: Hampton Roads, 1999. 292 pp. \$11.96.

Soul Journeys: My Guided Tours through the Afterlife. Charlottesville, Va.: Hampton Roads, 2005. xiii + 250 pp. \$11.96.
Reviewed by Matthew Fike, PhD

“We feel an urgency to get the material through so that it can get into written form, and thereby into the consciousness level of souls who are in need of growth and are searching for new inspiration and openings into their higher selves.”¹ This quotation, which is spoken by a nonphysical entity through Rosalind McKnight in Robert Monroe’s research laboratory, nicely encapsulates the overall purpose of the two books under review in this issue. To that end, *Cosmic Journeys* and *Soul Journeys* provide a formidable and comprehensive cosmology that includes the consciousness of plants, animals, and the earth itself; multiple destinations in the afterlife, including “The Patrick Event”; the author’s own birth and preexistence; alien spaceships; Monroe’s death, which frames the first book; and the distant future of our planet.

Cosmic Journeys is the result of the author’s work as one of Monroe’s Explorers between 1971 and 1982. Its twenty-four chapters—divided into sections that correspond to parts of the “Gateway Affirmation”—are mostly dialogues between Monroe and either Rosie herself or guides who speak through her. Chapter 19, though, is typed as it is channeled, a technique that she employs throughout *Soul Journeys*, most of which is recorded at a computer keyboard as her guide, Radiant Lady, takes her on a tour of the afterlife. The author’s body functions “as a transmitting set between dimensions,” and the material has an immediacy and a conversational quality that result from her rare ability to report psychic events as she experiences them.

Cosmic Journeys not only describes the origin of numerous meditative techniques taught at The Monroe Institute® but also sheds light on several passages from Monroe’s second book, *Far Journeys*. It is interesting, however, that a wide variety of theological material conveyed by Rosie’s Guides did not make it into the Institute’s course cosmology or Monroe’s writings. At the very least, this pattern of references reflects Rosie’s MDiv degree from Union Theological Seminary in New York City. Along with echoes of biblical language (especially Paul’s image of seeing “through a glass darkly” and the twin principles “Ask and you shall receive,” “Seek and you shall find”), the Guides stress, among many other important points, that God is pure love energy, that the fall is separation, that salvation means emulating Jesus who “came from the highest God-energy” to teach unconditional love, and that prayer and thanksgiving are important to spiritual development.

The fuller cosmology laid out in *Cosmic Journeys* is a treasure trove to which no brief review can do proper justice, but a sampling of concepts most interesting to TMI readers will provide a sense of what awaits between its covers. A fundamental principle is that “all that exists within.” Thus the key to accessing “universal knowledge” is to look within to the five levels of consciousness or vibration. From lowest to highest, these are “the physical, etheric-substance, emotional, mental, and spiritual levels.” The lower levels are subject to time and fear; the higher levels—beyond time—correspond to realms of love. Human beings can separate from the physical at the etheric-substance level on up to the spirit level. For example, if separation occurs at the mental level, the mental and spiritual levels separate, while the etheric-substance and emotional levels remain with the physical body. The more levels are left behind, the safer the physical body remains. The five-level system also suggests that there is no genuine OBE (only phase shifting) and accounts for how we can travel during sleep but not remember doing so: unless one lives consciously in the “higher energy state of two and a half and beyond,” one is unlikely to remember the experience.

Whereas the afterlife is a subset of *Cosmic Journeys*, it is the author’s exclusive focus in *Soul Journeys*, a title that anticipates phrases like “soul journeys back to our original forms” and “journey back to the Godhead.” The book’s purpose is to help people realize that there is no death and to counsel self-recognition, faith, hope, and joy. More so than the first book, *Soul Journeys* provides snapshots from Rosie’s life: various jobs, her nine-acre farm, her love of cats and dogs who play supporting roles in the drama Here and There, and even a past lifetime in which she was sacrificed by a high priest (her ex-husband in this lifetime). With brutal honesty, she narrates the darkest period of her life when, in Europe, she nearly committed suicide but was saved when her beloved guide AhSo from *Cosmic Journeys* intervened. Since that nearly fatal moment, she has lived in the “eternal presence of God,” which may partially explain her talent for channeling spiritual beings. Her close brush with suicide illustrates two principles that reappear throughout the book: the Disconnect Principle (disconnection from God and others is bad) and the Chaos Principle

(when everything “seems to fall apart, it’s simply coming together at a higher level”). Of course, *Soul Journeys* includes a variety of other interesting psychic experiences as well. The most notable are Rosie’s reunion with her brother Larry, who was killed at a young age in an automobile accident; face-to-face meetings with AhSo, Patrick, and various pets in the afterlife; a visit to Monroe’s heavenly conference center; and a Dantesque scene in the Dark Realm where stuck souls self-punish according to their own negative thought forms.

Soul Journeys describes a soul’s incarnation as a circular journey from the spirit world to the Earth and back again. Highlights of this process include a life contract with an Earth Council, guidance while on Earth, and an automatic life review upon return to the spirit world. Most souls migrate to Summerland (a subset of which is the Park known to *LIFELINE*SM participants)—a realm of love, joy, and pleasure, where souls engage in learning, hobbies, and service. Over and over again, Rosie’s Guides stress a variety of key points about this soul journey. Suicide is a great no-no because it breaks one’s contract with God. We must clear ourselves of addictions while on Earth and live joyfully and meaningfully so that we may die peacefully and ascend to the level of our highest energy. Thought is incredibly important because “we attract everything to ourselves by the way we think.” God energy or spirit is the only thing that is real. And as in Platonic philosophy, everything on Earth originates on the spiritual plane.

Residing in the background of Rosie’s two books are not only Dante and Plato but also the English poet John Milton. *Cosmic Journeys* makes four references to the point that Milton has the angel Raphael tell Adam and Eve: “And from these corporal nutriments perhaps / Your bodies may at last turn all to Spirit, / Improv’d by tract of time, and wing’d ascend / Ethereal.” The implication of this happy thought is that the Earth and all who live on her will eventually, through spiritual ascension, come to enjoy some of the qualities that *Soul Journeys* associates primarily with the afterlife. Living well in love and joy is therefore of utmost importance. Perhaps Rosie will say more about this in her next book, which her Guides, she says in the final chapter, are ready to download through her fingertips—*Earth Journeys: Spirit-World Guidance for Living in the Here and the Hereafter*. In the meantime, readers will find much of interest in the two volumes already published, which rival Monroe’s trilogy for depth and breadth of insight, come highly recommended, and are virtually indispensable reading for serious metaphysicians. [Matthew Fike is an associate professor of English at Winthrop University in Rock Hill, S.C.]

¹ For the sake of simplicity, all quotations within quotations in this review appear in a single set of quotation marks.



CORRECTION

In the conversion of the summer/fall 2008 *TMI Focus* from a Microsoft Word to a PDF file, essential diacritical marks and the associated letters were deleted from “Exiles in England Bring Journeys Out of the Body to Romania.”

On page five, Ua Interzis should be Ușa Interzisă.

On page seven, Bioara should be Băișoara.

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.

JULY–DECEMBER 2009

GATEWAY VOYAGE

July 11–17 (Japanese)

July 18–24

July 25–31 (IONS)

August 1–7

August 15–21

August 29–September 4

September 26–October 2

October 10–16

October 24–30

November 7–13

November 14–20 (IONS)

December 5–11

EXPLORATION ESSENCE

September 19–25

GUIDELINES®

August 1–7

September 12–18

October 17–23

HEARTLINE

August 15–21

INTUITIVE INVESTING WORKSHOP

August 7–10

INTUITIVE INVESTING INTENSIVE

August 10–14

LIFELINE™

October 3–9

October 31–November 6

FACILITATOR TRAINING PROGRAM

October 3–8

EXPLORATION 27®

July 18–24

October 10–16

*MC*²

September 26–October 2

STARLINES

October 17–23

STARLINES II

July 25–31

MEDITATION RETREAT

October 23–26

SILENT RETREAT

October 31–November 6

REMOTE VIEWING

November 14–20

SHAMANIC HEALING

August 7–9

PROFESSIONAL SEMINAR

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