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HEMI-SYNC CASE STUDIES FROM A COMPLEMENTARY AND INTEGRATIVE PRACTICE



by Dr. Viktoria Mandlin

Dr. Viktoria Mandlin became a Monroe Institute professional member in 2005. She received her medical doctorate in 1983 from the Semmelweis University School of Medicine in Budapest, Hungary, and completed an otolaryngology residency, 1983–87, at Jahn F. Hospital, also in Budapest. Dr. Mandlin holds certificates in nutrition and cardiovascular health, nutrition and cancer, and integrative oncology. She is trained in holistic stress management, alternative therapies for women, and lifestyle and weight management. She is presently the director of the European Academy for Complementary and Integrative Studies in Dayton, Ohio, where she treats a variety of ailments in collaboration with her husband, Laszlo Toth, MD, a surgeon. Hemi-Sync is one of many resources that Dr. Mandlin provides to her patients. She shares their responses in the case studies below.

Case 1

I met this client in September 2005 when I spoke at the Angel Delivery Holistic Health Fair. She and her mother attended my session and were very interested in the information on Hemi-Sync.

Later, the daughter called to inquire about the Hemi-Sync program. Her first interest was for her mother, who was living with her. The mother was in congestive heart failure and having serious problems with edema—swelling of her legs and also fluid in her abdominal cavity. She was scheduled for an array of tests to assess treatment options.

The daughter's first appointment was October 20, the date that she got the final results from her mother's tests. The diagnosis was end-stage congestive heart failure, and the doctors gave her mother two months maximum to live. My client could hardly tell me about her mom's prognosis because she was crying so hard. After comforting her and settling her in the massage chair, I reclined the chair and placed a scented cloth over her eyes. After a relaxing massage (during which she was still crying), I turned off the chair and played the first Hemi-Sync CD. While listening, the client stopped crying and by the time she left was feeling more able to handle the situation. She kept her appointment every week. As her mom became weaker and weaker, she seemed to need the Hemi-Sync sessions more and more. Being her mom's primary caretaker was exhausting. She always said, however, that she felt rejuvenated and better able to

IN THIS ISSUE

HEMI-SYNC STUDIES FROM A COMPLEMENTARY AND INTEGRATIVE PRACTICE

Dr. Viktoria Mandlin sees a broad spectrum of patients in her Dayton, Ohio, practice. Whatever the illness or complaint, she has found that adding Hemi-Sync to the treatment regimen makes a noticeable positive difference.

DYING AND DEATH: A JOURNEY OF DISCOVERY

When Alexandre Chaligne joined the TMI Professional Division in 2001, he said that he intended to work with the GOING HOME® program. Alexandre has achieved his goal and shares the gratifying outcome in this article.

cope after each session.

My client said: “Mom had lived with me for fourteen years, being pretty independent until the last two. As Mom’s condition deteriorated, I even had to quit my job to become a full-time caretaker. Thanks to Dr. V. and the Hemi-Sync program, I was able to care for Mom at home (which was what she wanted) until the end. She lost her battle for life on November 17, 2005. I honestly do not think I could have managed taking care of Mom at home until the end without my sessions with Dr. V.”

This young woman used CDs from the *GATEWAY EXPERIENCE*®, *HUMAN PLUS*® Restorative Sleep, and exercises from the *GOING HOME*® support album. She is now working with me to correct some of her own health issues and to decide where she wants to go with her own life.

Case 2

This client was facing abdominal surgery. Afterward, he wrote: “I am a middle-aged orthopedic surgeon, fully recovered from a laparoscopic abdominal hernia repair, made markedly less painful due to Hemi-Sync natural methods. My surgeon asked me to consider a consult with Dr. Mandlin, who specializes in pain control, relaxation, and mind/body healing methods. She recommended the Hemi-Sync *SURGICAL SUPPORT* series. I used the tapes as directed and had a restful night’s sleep prior to surgery. I used the tapes in pre-op, and the nurses were instructed to use them during surgery and in the recovery room. I slept peacefully for one and a half hours after surgery with no narcotics since the anesthesia induction and woke up with very little pain. I was able to control my discomfort with the techniques I learned through the tapes. Only three narcotic pills were used during my entire post-op period. I know these methods contributed to my quick and uneventful recovery, and I plan to utilize these techniques with my receptive patients.”

Case 3

Reflexologist Rebecca K. Nettle, RM, CR, referred this client, who later underwent a complete hysterectomy aided by the *SURGICAL SUPPORT* series. Three days after surgery she went shopping. Recovery is usually four to six weeks on Vicodin® or other pain medication.

She said: “Thank you so much for introducing me to the Hemi-Sync *SURGICAL SUPPORT* series. Prior to my hysterectomy, I felt a peace that I have never known before. My surgery only lasted twenty-five minutes, and I awoke in my recovery room with NO nausea before the CD had finished playing. I was released the next day at 11:30 am and did not have my prescription for pain medication filled. There was simply no need, as I experienced no pain. I am finding *Energy Walk* quite necessary and helpful. Thank you for your calls to check on my progress and your powerful healing presence. My surgeon and the anesthesiologist will give you a phone call. They are very much interested in Hemi-Sync.”

Case 4

This fifty-year-old mother of seven and grandmother of

four had led a relatively active and healthy life. Over the past two years, however, she began to feel some pain in her back that radiated down her hip into her leg. It became uncomfortable to even drive a car for more than fifteen minutes. Her doctor diagnosed progressive arthritis in her right hip and neck. He recommended the COX-2 inhibitors Vioxx® and Celebrex®, as well as physical therapy. After about a year, the COX-2 inhibitors were taken off the market, and physical therapy was not much help for the pain. Then she was referred to me.

She later wrote: “At first I was hesitant, but I agreed to a one-hour consultation and the rest is history. The pain in my leg is greatly reduced, and my body feels like it did ten years ago. I look forward to my weekly sessions. Dr. Mandlin not only helps with my physical health but also looks at the overall picture and evaluates my entire mental and physical well-being. She is friendly, personable, and communicates with ease. She has introduced me to reflexology, relaxation of the mind, and acupressure for the body, as well as to the importance of nutrition in overall health of the human body.”

This client used selections from the *GATEWAY EXPERIENCE Waves I, II, and III* and *HUMAN PLUS Restorative Sleep*.

Case 5

This client wrote to thank me personally for the kindness and compassion I extended to her mother following gallbladder surgery performed by my husband, Laszlo Toth, MD. She said: “My mother is one of the precious gifts on earth. Knowing that she was in such kind and professional care was a great relief and blessing to my family and me. I also wanted to thank you for loaning her the CDs (*SURGICAL SUPPORT Pre-Op* and *HUMAN PLUS Heart: Repairs & Maintenance*), which she has been listening to voraciously. She is totally amazed at how effective they are. Last night on the way home she was very uncomfortable and the ride was becoming painful. After listening to the *Pre-Op* CD, her pain completely went away without even taking a pain pill. She sounds absolutely wonderful this morning, and she totally loves you and your husband. I cannot thank you both enough from the bottom of my heart. We feel so incredibly blessed and fortunate to be acquainted with you.”

Case 6

Severe childhood abuse and anger were the roots of this client’s problems. This referral was from Dr. Merek Ramirez, LAc, Dipl CH, whom she was seeing for acupuncture and herbal treatment. She used the *GATEWAY EXPERIENCE Wave I* and *HUMAN PLUS Restorative Sleep*, as well as *Brain: Support & Maintenance*. After exposure to Hemi-Sync, her body worker noticed changes.

The client reported: “Wow! I had a session with Linda today. I gave her your card. She did not know about Hemi-Sync. She did, however, notice the improvement within my entire body and my brain. My body is the best she has ever seen it: relaxed, not tense. She wants to do some “brain stuff” next time I see her (if my body wants it) and see how it connects to the organs, etc. This is living proof that Hemi-Sync is making

changes in my body. Linda knew that my body was telling her to work on the brain, and I understood why. Linda has been a huge part of my healing, and I highly respect her. Dr. Merek Ramirez, my acupuncturist, knows of her but they have not met. I think all the people I've had in my life over the last two years have been terrific. Hemi-Sync is the chocolate of my recovery. Today was a great day!"

Case 7

This client had a history of severe suicidal depression. She used the *GATEWAY EXPERIENCE Wave I*, *HUMAN PLUS Restorative Sleep, Brain: Support & Maintenance, Immunizing, De-Hab*, and *Möbius West*, and *MIND FOOD® Energy Walk*. After three weeks, she provided this overview.

"When I was nineteen, I contracted 'mono.' By twenty-five, I started having symptoms of the Epstein-Barr virus. Four years ago, a doctor diagnosed me with chronic fatigue. In addition, I have a long history of depression. Six months ago a close family member passed away. That loss deepened my depression, and I experienced frequent thoughts of suicide. I started seeing Dr. Mandlin and noticed results after the first visit. The mental fatigue I've suffered for so long immediately dissipated. It was like someone took their hand and wiped away years of sludge from the top of my head.

"Going into my third appointment with Dr. Mandlin, the mental fatigue hasn't returned. I used to spend most of my weekends in bed exhausted from my job. Within two weeks of my first visit, I was vacuuming the house, wiping cupboards clean, and still had enough energy to go out with friends and family. Now, after three weeks, I have a life again. I want to reach out to other people. I feel energetic. I sleep better. Suicidal thoughts have popped up twice. But they were fleeting and had no power over me. For the first time in years, I have energy and I feel hopeful."

Case 8

This fifty-three-year-old Caucasian female received her initial diagnosis of "possible multiple sclerosis (MS)" in 1980. She had her first magnetic resonance imaging (MRI) brain scan in 1999 and started taking interferons. By the year 2000, she had had an exacerbation and a follow-up MRI and had received the new diagnosis of secondary, progressive MS. About that time she started to use a cane and had another MRI.

By 2002 she was seeing an acupuncturist, Dr. Merek Ramirez, who practiced traditional Chinese medicine and treated her with acupuncture and herbal decoctions. That treatment regimen has continued to 2006 and has contributed to stopping the disease progression and improving many aspects of her life.

In October of 2004 she stopped taking the interferons. Earlier in 2004 she had another MRI and took those films and all the others to a radiologist in Springfield, Ohio. After examining the films he noted that there was a visible difference in the disease progression from 1999 to the year 2000. There was

no difference, however, between the 2000 and 2004 MRIs. An attending retired neurosurgeon who was present at the time remarked, "It's been arrested!"

Then there was another change. "In September of 2005, my acupuncturist, Dr. Merek Ramirez, referred me to Dr. Viktoria Mandlin. He told me that she was a medical doctor who no longer practiced Western medicine. She was using something called Hemi-Sync. He commented, 'I think she could help you.' So in September of 2005 I began to use Hemi-Sync CDs under her supervision.

"I started noticing that my legs were feeling stronger sometime around December of 2005. This was not consistent but certainly noticeable to me when it did occur. I wondered if the Hemi-Sync was responsible, as nothing else had changed in my routine.

"In March of 2006 I had a follow-up appointment with my neurologist at the Ohio State University Multiple Sclerosis Center. She told me I was 'holding my own.' When I asked to see the results of an annual walking time test, I noticed that my walking speed in 2006 was the fastest it had been in the last four years. At that time she had her office arrange for another MRI, since the last one was in 2004.

"On March 23, 2006, I had an MRI done at Mercy Medical Center, where the 2004 scan was done. The letter from the radiologist noted that he 'did not see focal areas of abnormal signal involving the midbrain, brainstem, or the proximal spinal cord as was described on prior examination.' It seemed to me that the radiologist was describing a medical miracle, as MS lesions in the brain don't heal. Again, I was cautious. I took the letter to Dr. Mandlin and Dr. Laszlo Toth. They confirmed that I had understood it correctly.

"I have been exercising with a Pilates instructor since the spring of 2005. The instructor has noted that my progress has been quite remarkable and she, herself, has stated that she believes it is the Hemi-Sync that has caused my improvement. This January, I resumed a workout routine with a personal trainer who had worked with me during the summer of 2005. She was quite amazed at how much my strength, balance, and coordination had improved since then.

"I have also been able to cut back on two different medications. I had been on as much as 150 mg of Zoloft® daily. Currently I am on a 25 mg daily dose. My husband has commented that I seem to be calmer now. For a number of years I have taken Ritalin® to combat fatigue. The usual dose was a 5 mg tablet two, three, or sometimes four times per day. I have been taking one or two tablets per day for a number of weeks now, and today is the first day I have taken none at all. My energy level has still allowed me to function without the complete exhaustion that would overtake me at least once and sometimes two or three times per day.

"Almost every aspect of my life has realized a remarkable improvement in the last six months since beginning to use Hemi-Sync CDs. Although I have noticed these subtle improvements, I have been very cautious in reporting them since many of them are quite subjective. Now, however, others

are noticing the difference in my walking and my overall frame of mind. Indeed, the changes have been documented by an MRI scan.

“I am eternally grateful to Dr. Viktoria Mandlin and to the Hemi-Sync technology for having improved so many aspects of my life. For years I have ‘known’ in my heart that there was something ‘out there’ that would improve my condition and conquer this insidious disease. I must say that I did doubt Dr. Viktoria’s very confident belief that Hemi-Sync would improve my symptoms. Her cheerful confidence, however, was unflinching. At this time I am very happy to provide the physical proof for her belief in the ‘life-improving’ capacity of Hemi-Sync.”

This client used exercises from the *GATEWAY EXPERIENCE Waves I and II*, the *HUMAN PLUS* CDs *Restorative Sleep, Brain: Support & Maintenance, Immunizing, Synchronizing, Think Fast, Attention, De-Hab, and De-Tox*, and *MIND FOOD Energy Walk*.

Case 9:

This client is a pilot who suffered a spinal cord injury at L4, L5, and S1 in a plane crash. He was referred by Rebecca Nessle, RM, CR, whom he is seeing twice weekly for reflexology sessions that have improved his condition.

“I began Hemi-Sync sessions with Dr. Viktoria Mandlin on January 26, 2006. At that time, I was in a wheelchair the majority of the time, having suffered a spinal cord injury in September 2004. The spinal cord injury has left me, thus far, with paralyzed feet. After about a month of using Hemi-Sync, I was able to walk on crutches for distances up to about 500 feet. Additionally, I was able to move to less supportive shoes, relying on plastic inserts instead of the much heavier metal rods on either side of my feet. In March I started acupuncture and herbal treatments with Dr. Merek Ramirez, a very positive experience.

“During the last week of March, my physical therapist was astounded at how much strength and balance I had recently gained. I could take about a dozen steps using one crutch only—something I had NEVER done before. This also means I should soon be moving to just a cane. This is a monumental step for me because the medical community didn’t know if I would ever walk again. If I can get to a cane, I can get to unassisted walking! My therapist was so impressed she called the other therapists over to ‘show me off.’ I attribute my recent accelerated healing to Dr. Viktoria Mandlin and the benefits of the Hemi-Sync program.”

The exercises used were the *GATEWAY EXPERIENCE Waves I, II, and III* and *HUMAN PLUS Restorative Sleep, Synchronizing, Brain: Support & Maintenance, De-Tox, and De-Hab*.



DYING AND DEATH: A JOURNEY OF DISCOVERY



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 attended the GATEWAY VOYAGE®, GUIDELINES®, LIFELINESM, MC², EXPLORATION 27®, and STARLINES. Alexandre has also volunteered in palliative care in his native France since 1997 and at the Riverview Health Centre in Winnipeg since 2002. The GOING HOME® series is the core of the programs that Alexandre provides as resources for healthy people, as well as for terminally ill people and their loved ones. In January 2006 he opened the Riverton Retreat Center 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.

In January 2002, I started volunteering at the palliative care center at the Riverview complex. After delivering the *GOING HOME* program for several weeks to doctors and to the manager of the palliative care center, we sent a team of volunteers (who had taken the program at an earlier date) to visit patients twice a week in the forty-bed palliative care unit.

We started with a Hemi-Sync menu composed of *METAMUSIC*®, plus *MIND FOOD*®, *HUMAN PLUS*®, and of course *GOING HOME*. We found the most popular titles were Pain Control, Restorative Sleep, Brain: Support & Maintenance, Lungs: Support & Maintenance, Spirit Journey, Baroque Garden, and Higher.

During the first year, we had great success with *GOING HOME* because the life span of people at the Riverview palliative care unit was at least six weeks. This allowed people to pass from one emotional stage to another, as Elisabeth Kübler-Ross described, and to arrive at the fourth or fifth week able to speak about death. In some cases, volunteers gently questioned patients as to why they were using their precious few weeks or even days on things like watching television all day. Unfortunately, over the course of our study, the average life span in the palliative care centers decreased to approximately three weeks. That made it more difficult to achieve our goal: death as a process of awareness.

The following are “real-life” examples of the volunteers’ work and experiences:

Experience 1: Peter, a forty-five-year-old man who had read

a Hemi-Sync Palliative Care flyer, asked his nurse to call for more information. I went to visit him, and after a few minutes he agreed to try the tape called *Lungs: Support & Maintenance*, as he had a hard time breathing due to his lung cancer. I left the tape with him for the rest of the day.

The next morning he came to see me, saying he was very surprised with the results of Hemi-Sync, and asked me to tell him more about other Hemi-Sync programs. While I was explaining *GOING HOME*, he listened with great attention and asked me a lot of questions about my beliefs and experiences. But at the end of the conversation, he said that it was too early for him and he didn't want to die. A few weeks after he started the tapes, I sensed negative feelings toward me, and he began to miss appointments. One morning, frustrated with the situation and knowing his health was worsening from day to day, I burst into his room and told him bluntly that avoidance of me would not change the fact that he was indeed going to die. There were only two choices: dying in fear with mental and physical pain or transforming his death into an experience of awareness and controlling all the steps of the process. He was stunned at my outburst, and while I was making a brisk departure, he ran after me in the hallway saying that I was right and he was ready to do *GOING HOME*.

I came to the unit to listen to tapes with him every morning and to prompt him to talk about his experiences. He said that he really liked the program because he could talk about his fear of dying but could only do that with me, since his family was not ready to let him go. He traveled through Focus 10 and 20 without any problems and even found that funny. The day he was introduced to Focus 21 was unforgettable. He had no clue what it was about. After that tape, he was only willing to travel up to Focus 21. I found that very interesting because he had felt completely lost in Locale 2.

I urged him to continue to do tapes beyond Focus 21 and told him that I would be with him until Focus 27 even if he couldn't see me. A few days after finally becoming comfortable with his journey into Focus 27, he died peacefully without too many fears and especially without any physical pain.

Experience 2: Henri and Fanny were a couple from Quebec who didn't speak English fluently. They welcomed my presence because I was able to translate and mediate between them and the hospital staff. Both of them were very upset by chemotherapy's effects on Henri. He refused any pain medication for his brain tumor because it caused him to completely lose his awareness.

The medical team thought Henri was the ideal patient to work with to demonstrate what Hemi-Sync was really all about. Right away, I installed a sound system where he could continually play some *METAMUSIC* and the *Pain Control* CD, and the results were impressive. Two weeks of tension that had built up between the nurses, the doctors, and the couple disappeared almost instantaneously. We tried to start *GOING HOME*, but Fanny was not ready to see her forty-five-year-old husband in the process of dying so young, so she kept finding excuses to retard the program. Two weeks later they were transferred outside the province to be in Montreal, where he could be with his family.

Fanny came to see me before leaving to get a set of tapes to

continue the same Hemi-Sync "treatment." A few days before Henri's death, Fanny played the tape *Higher* and later told us that although Henri endured pains and absent-minded moments, he took his last breaths with a smile on his face. Fanny thought that Hemi-Sync sounds helped them to be more relaxed and especially helped them to speak about death—even though they thought it would never happen to them in their lives, only to others.

Over the past two years, Terri has been one of the Aromansse volunteers with the *GOING HOME* program offered at the Riverview Health Centre Palliative Care Unit. She shared with me the following two experiences from sessions at Riverview.

Experience 3: Doris was in her seventies. She had lived a full and active life. Her husband had transitioned about eighteen months earlier. Her support network included a sibling, nieces and nephews, and friends. Terri sensed from her that none of them wanted to talk with her about the dying process. During a visit, Doris expressed an interest in working through the *GOING HOME* program.

Terri visited with her on a weekly basis, and over a period of six weeks they listened to the following tapes from *GOING HOME: Flying Free, Remove and Release, Edge of Here and Now, Touring the Interstate, Moment of Revelation, and Freedom Flight*.

After each session Doris opened up more and more and said she found the tapes to be very enlightening. She discussed belief systems with Terri and how limiting society is. She said she looked forward to Terri's visits and—even as she became very weak—she wanted to continue with the program. She really felt she was able to let go of a lot of things, especially after *Remove and Release*. As Doris progressed through the tapes, she expressed how much she enjoyed them and how she truly felt at peace.

Experience 4: Terri's other case was a woman in her fifties who was anxious to talk about dying since she was unable to discuss it with her family. This woman was very interested in proceeding with the *GOING HOME* program. She and Terri spoke about the whole process of dying. She opened up about her life and her relationships, how she felt, and her most important concerns. Leaving the family behind was her most difficult issue.

Her most dramatic experience was with *Flying Free*. She really enjoyed it and connected with a bird called "Willie" during the exercise. That became an important aspect of her transition process. Her husband was named Willie, and when she perceived "Willie" during her meditation, she knew that everything was going to be okay. Terri saw her again just after she had completed tests. She was unable to concentrate on the tapes because she was engaged with visitors. Shortly afterward she made her transition. She had realized that she could move on, and "Willie" was certainly waiting to fly with her on her new journey.

In September 2002, the palliative care center asked me to participate in the provincial conference about palliative care and explain our program to other Canadian palliative care centers. Although we had positive experiences to report, results were not as good as we had thought they would be. Unfortunately, palliative care centers are looked upon as places where people go with the hope of feeling better and not as places to end our journey here on earth. Nurses and doctors are usually not trained to talk open-

ly about death or to show dying people that they are more than their physical bodies. Our volunteers found this situation unrealistic because of the “hospital-like” surroundings and the intention to heal and make better, as opposed to what palliative care should be: a place where people can find psychological and spiritual help, as well as health support, while ending their earth journey.

In an effort to bridge the gap between those actually dying and the living, I decided to deliver the *GOING HOME* program to nondying people at our meditation school. I knew the existing *GOING HOME* program would not be sufficient for my intended audience. Therefore, after careful consideration and extensive consultation with focus groups, I created a six-day program called the Dying & Living Program, or Voyage to the Other Side. *GOING HOME* became the foundation on which I built different meditative and psychological techniques to prepare ourselves to die wherever, whenever, and to try to open our belief systems.

Eleanor, the coordinator of the Going Home Association, had the opportunity to share her knowledge of death and dying with her family shortly thereafter when her dad passed away.

Here is the story in her own words:

“After an intense week of learning about and experiencing altered states of consciousness, I left the program very confident in my beliefs—that there is definitely existence after human physical death and that I knew the best route to follow when I crossed over. I used all of this strength and knowledge immediately after the program, as my dad passed away the next day.

“When I came home from the program on Saturday evening, I learned that my dad was in the hospital but was doing fine and had been moved to a regular ward. He was resting for the night, so my mom and I made plans to visit him together the next day. My dad had been hospitalized many times over the previous seven years; therefore, we had no reason to believe this stay would be any different. He’d be released in a day or two. During our visit on Sunday, I didn’t feel the usual anxiety I experienced during his hospital stays. I now saw my dad as so much more than his physical body. My mom, dad, and I had a very peaceful, enjoyable visit that Sunday afternoon, so I was surprised to get a call from my mom at 11:00 that evening. The hospital had called to say that Dad’s breathing was labored and that family might want to come. My mom was almost apologetic in passing on this news, because we had been called to come to the hospital many times in the past. Somehow I knew that this time was different.

“The hospital was a half-hour drive and I was alone, so all the way there I ‘talked’ to my dad. I told him what I had learned and that life does go on. I told him what happens when we cross over and what to do, and then I spiritually grabbed his hand and took him up to Focus 27. I showed him my ‘house’ and that his favorite chair was there as well. I showed him that we could visit there, and he could do so many things . . . even go fishing (his favorite thing to do, but he hadn’t been able to for many years). My dad was an anxious man, determined to hang on, and often expressed that he didn’t want to die. He never shared his beliefs about death, and I believe he was afraid. I felt that my talking to him alleviated some of his fears and mine as well.

“I felt very ‘connected’ to spirit as I entered the hospital, and

when I pressed the fifth-floor elevator button the elevator went past five, stopped at the sixth floor (the doors opened, then closed), then went back to the fifth floor. I felt this was a message from spirit, which gave me strength.

“When I entered the hospital room, my dad’s breathing was very labored and he appeared unconscious. My mom, sister, and brother were already there, seated around the room, and previously I would have joined them against the wall, but I pulled a chair close to my dad and held his hand. This brought everyone else closer as well. We all had time to hold his hand or wipe his brow—and he was conscious after all, proven by a groan or a slight squeeze of his hand. When I held my dad’s hand I would privately ‘talk’ to him spiritually and show him the route to Focus 27. I shared visions of his past pets and old fishing boat in 27, and although I didn’t have the opportunity to do much, I felt that I had made a difference somehow. My dad passed away a few hours later.

“At the end of that night, we were standing around the hospital parking lot, about to go to our various cars, and the light above us went out. I said, ‘Maybe that’s Dad, telling us that he’s okay?’ My family laughed, and my mom said that the light had been burned out for weeks (my dad had been in the hospital a few weeks earlier). I knew that the light going out was a message, from my dad or someone else.

“I felt a great deal of strength and calmness during the next few days, and I know that wouldn’t have been the case if I hadn’t taken the Dying & Living Program. I took care of all the arrangements, but listened carefully to accommodate everyone’s wishes as well as possible. All of the events turned out to be wonderful tributes to my dad, which also brought our family closer together. I am amazed at the timing of my participation in the Dying & Living Program. I feel that I helped my dad cross over safely, and I now know that the program benefited my dad, my family, and me.”

Society at large may think that we have plenty of time to prepare for death, yet death has no timetable. It may choose to arrive in our life at any moment after our birth, and our program puts it into context and prepares one for that inevitable and ultimate journey.

[For more information on Alexandre Chaligne’s work and the Riverton pre-palliative care center, please visit

<http://www.aromansse.com/dying.htm>]

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