



*The Gateway Experience®*

**Wave V**

**Exploring**

# The Gateway Experience®

Wave V—Exploring  
A Journey to Focus™ 15

A Gateway to Self-Exploration  
Voiced by Laurie Monroe

*Exploring is dedicated to Robert A. Monroe,  
to all who are committed to personal growth,  
and to the evolution of humanity  
seven generations from you.*

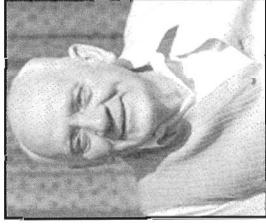


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## Comments from Bob Monroe regarding the Gateway Experience

What can you expect from the **Gateway Experience**? As much or as little as you put into it. The exercises provide you with a set of tools—how you use them and what you do with them is your responsibility. Some discover themselves for the first time, and thus live more completely, more constructively. Others reach levels of awareness so profound that only one such experience is enough for a lifetime. Still others become seekers after truth and add ongoing adventure to their daily activity.

There is only one basis—that you seriously consider the Gateway Affirmation at the least a possibility: that you are more than your physical body, that you can and do exist in energy systems that are not limited to time-space, that you can and do communicate with intelligence beyond your physical consciousness—call it what you will.



## The Gateway Affirmation

I am more than my physical body. Because I am more than physical matter, I deeply desire to Expand, to Experience; to Know, to Understand; to Control, to Use such greater energies and energy systems as may be beneficial and constructive to me and to those near and close to me. Also, I deeply desire the help and cooperation, the assistance, the understanding of those individuals whose wisdom, development, and experience are equal or greater than my own.

## What Is Hemi-Sync®?

Hemi-Sync® is a patented, scientifically and clinically proven audio-guidance technology developed by The Monroe Institute and refined with over 40 years of research. Researchers learned that specific sound patterns could lead the brain to various states of consciousness ranging from deep relaxation or sleep to expanded awareness and other "extraordinary" states.

The audio-guidance process works by sending different sounds (tones) to each ear with stereo headphones. The two hemispheres of the brain then act *in unison* to "hear" a third signal—the difference between the two tones. This is not an actual sound, but an electrical signal that can only be perceived within the brain by *both brain hemispheres working together*. The result is a focused, whole-

brain state known as hemispheric synchronization, or "Hemi-Sync®." Different Hemi-Sync® signals are used to facilitate deep relaxation, focused attention, or other desired states.

Music, verbal guidance, or subtle sound effects are combined with Hemi-Sync® signals to strengthen their effectiveness. These recordings contain no subliminal messages. You are always in control.

### **Cautions and Warnings: Please Read**

*The Gateway Experience is a system of training in self-exploration and personal development. It is not a form of psychotherapy, philosophy, religion, or medical diagnosis/treatment. It is a means to acquire knowledge—the application and results thereof are solely the responsibility of the trainee.*

While many of our products contribute to wellness, they are not intended to replace medical diagnosis and treatment. **DO NOT** listen to Hemi-Sync® while driving or operating heavy equipment, or with other devices that may influence brain-wave activity. If you have a tendency towards seizures, auditory disorders, or adverse mental condition(s), **DO NOT** listen to Hemi-Sync® without first consulting your physician. In the unlikely event that you experience any unusual physical or mental discomfort,

immediately discontinue use. **DO NOT** reproduce Hemi-Sync® products or use with Dolby® or other noise-reduction systems. Doing so will diminish the effectiveness of the Hemi-Sync® signals.

**ALL WARRANTIES WHETHER EXPRESS OR IMPLIED, INCLUDING WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, ARE DISCLAIMED.**

## **The Gateway Experience**

Recommendations for Use

The **Gateway Experience** is an in-home training program for developing, exploring, and applying expanded states of awareness. Exercises in this series use specially blended Hemi-Sync® frequencies combined with verbal guidance and subtle sound effects to guide you into focused, whole-brain states of consciousness.

You will be gently led from your physical waking state into deep relaxation then to those thresholds of consciousness where you may experience *profound states of expanded awareness*. While in such states, one has a broader range of perceptions available with which to solve problems, develop creativity or obtain guidance. You may use this expansion and integration of personal awareness to know and better understand your *total self* so you might

enjoy a more fulfilling life.

Each album (Wave) in the **Gateway Experience** is progressive in nature, building directly on the tools and techniques from the previous album. Therefore, the albums must be used sequentially. Following are recommendations for listening to these exercises:

- Locate a distraction-free environment where you can darken the room and remain undisturbed for the 30- to 45-minute exercises.
- Listen using stereo headphones on a personal or home stereo system.
- Adjust the volume to a level where you can barely hear the words. Otherwise, the verbal guidance may startle you following a period of silence.
- Allow at least one hour after eating and avoid alcohol, drugs, or excessive caffeine, which may limit the effectiveness of the Hemi-Sync® exercises.
- Get comfortable. Use the bathroom before each exercise even if it seems unnecessary. Loosen any tight clothing and remove shoes, glasses, or contacts. Listen while lying down or seated with your head supported, whichever is more comfortable for you.
- If you itch during an exercise, scratch. You will be able to move gently back into your pattern of relaxation.

- There can be a metabolic drop as you enter an exercise, producing a perception of heat, motion, or pressure. Have a loose blanket handy, ready to pull up or throw off as needed.

- Keep a journal to document the details of your experiences, such as date/time, body position, medication or unusual diet, mood/attitude, energy level, moon phase, or any other unusual circumstance.

## Foreword to Waves V and VI

The **Gateway Experience** In-Home Training Series evolved directly from The Monroe Institute®'s world-renowned Gateway Voyage®. Thousands of people have journeyed from around the world to attend the highly acclaimed Voyage or another of the Institute's six-day residential programs. Given the popularity of these life-enhancing programs, it is easy to understand why the **Gateway Experience** is widely considered the preeminent in-home course for developing, exploring, and applying expanded states of awareness. Indeed, like the Voyage, the **Gateway Experience** has attracted loyal participants from all walks of life and from every corner of the globe.

Wave V (Exploring) and Wave VI (Odyssey) are milestones with regard to the **Gateway Experience** as prior to their release **Gateway Experience** enthusiasts were not permitted an opportunity to work with Focus™ 15 (no time) and Focus 21 (the bridge to other energy systems). The extraordinary states of awareness made

possible in these Focus levels had previously been reserved for the Institute's residential programs.

While actual experiences vary from person to person, most program participants have considered their Focus 15 and Focus 21 exercises to be profoundly meaningful, if not life-changing. Not surprisingly, requests for these Focus levels to be included in a continuation of the **Gateway Experience** in-home program have outnumbered all other requests we have received, without exception.

So why, after decades of receiving such requests, was a decision finally made to release Focus 15 and Focus 21 exercises for use outside the Institute's residential programs? In a word, timing. Much has changed in the evolution of human consciousness since the Institute's program beginnings.

On an individual level, it may be observed that the universe works with impeccable timing in matters related to personal growth and spiritual development. Untold numbers of individuals, for example, have been guided to attend Institute programs at what may be considered the most appropriate time. Similarly, we were guided to release Focus 15 and Focus 21 exercises for the first time outside Institute programs.

Robert Monroe endeavored to offer "something of value" to our contemporary culture so as to constructively change man's direction and destiny. Waves V and VI of the **Gateway Experience** are offered in the spirit of this vision. These Waves are dedicated to Robert A. Monroe, to all who are committed to personal growth, and to the evolution of humanity seven generations from you.

We welcome your participation.

## Wave V — Exploring

In Wave V, you will be reacquainted with Focus 12, the state of expanded awareness. You will then have the opportunity to enhance your intuitive abilities with two additional Focus 12 exercises. These exercises will help you connect to the feeling or feelings associated with an intuitive knowing. They can assist you in identifying and overcoming limiting beliefs or obstacles which may prevent you from knowing and trusting your intuitive self.

Focus 12 is an ideal springboard for exploring higher states of consciousness. From this now familiar state, you will be introduced to Focus 15, the "no time" state—the state of simply being. Hemi-Sync® signals will assist you as you expand your consciousness far beyond the limitations of your five physical senses and connect with the source of your intuition. Following your introduction, you

will have the opportunity to experience Focus 15 as a powerful state of creation and manifestation before moving on to the culmination of Wave V, a free flow Focus 15 exercise. This free flow experience will provide you with an ideal inner landscape for further exploration of this extraordinary state.

We suggest you practice the verbal cues you learn in Wave V so you can repeat your experiences without listening to the exercises. The more you do this, the easier it will become.

We appreciate your dedication to personal growth and thank you for your continued support of the **Gateway Experience**. As always, we urge you to keep a journal of your explorations. We invite you to share your Wave V experiences and would be delighted to hear from you.

*Contact information:*

The **Gateway Experience** Coordinator  
c/o Monroe Products  
P.O. Box 505 Lovingsston, VA 22949  
434-263-8692 800-541-2488  
FAX: 434-263-8699  
Interstate@Hemi-Sync.com  
www.Hemi-Sync.com

## Wave V Exercises

### Exploring 1—Advanced Focus 12

Focus 12, the state of expanded awareness, can serve as an ideal springboard for expanded explorations. In this exercise you will return to Focus 12 to strengthen and reinforce your familiarity with this valuable state. You are free to explore. You may use this opportunity to perceive with your nonphysical senses, to establish new patterns for your life or to reopen channels of communications with your nonphysical friends. Practice your nonverbal communication skills by giving and receiving information.

### Exploring 2—Discovering Intuition

In Exercise 2 you will be guided to use the Focus 12 state of expanded awareness as a natural foundation for enhancing your intuitive abilities. You will learn to connect to the feeling or feelings associated with an intuitive knowing. This feeling is your own unique and personal marker of your intuition in action. You will also learn a verbal cue that you might use whenever you desire to know something with great clarity. The more you exercise your intuitive abilities, the more you will come to rely upon and trust this innate part of who you truly are.

### **Exploring 3—Exploring Intuition**

Exercise 3 affords you the opportunity to use the Focus 12 state for further exploration of your intuitive abilities. Hemi-Sync® signals will assist you as you expand your consciousness far beyond the limitations of the five physical senses. Be prepared to express your intent to understand and know more fully who you are as an intuitive being as you connect with the source of your intuition. Ask for help in identifying any limiting beliefs or obstacles which may prevent you from knowing and trusting your intuitive self. You may then express your intent to release these limiting thoughts and beliefs. Be sure to express your gratitude for the trust and confidence you have gained in your intuitive self before returning to physical waking consciousness.

### **Exploring 4—Intro to Focus 15**

From the now familiar Focus 12 you will be guided into another state of being, Focus 15, the state of “no time,” where time does not exist for you. You can move into Focus 15 and return easily because your energy body is not limited or controlled by time and space. To enhance your familiarity with the state of “no time,” you will return to Focus 12 and then be guided back to Focus 15 before returning to full waking consciousness.

### **Exploring 5—Mission 15 Creation and Manifestation**

Focus 15 is a state of stillness, a state of simply being. In Exercise 5, you will explore Focus 15 as a powerful state of creation and manifestation. From within the energy of Focus 15 you will be able to access the “ALL THAT IS” and know that your creative abilities are put into action through your intention. You will also learn a verbal cue that you may use whenever you desire to create a change or manifest what is needed in your life.

### **Exploring 6 — Exploring Focus 15**

By now you should be familiar with the stillness of Focus 15—the “no time” state—the state of simply being. Exercise 6, the culmination of Wave V, presents you with a free flow opportunity for further exploration of this extraordinary state. You are given free reign to explore the nature of intuition, to experience the creative energy within you, or to commune with your true essence for guidance and inspiration.



