

G. Focus 15: Travel into the Past. All of the preceding techniques are conducted at the level of expanded awareness known as Focus 12. However, the technique of time travel into the past involves further expansion of consciousness through the inclusion of additional levels of sound on the Hemi-Sync tapes. Some of the sound is probably merely an intensification of the basic Hemi-Sync frequencies, being designed to further modify brainwave frequency and amplitude. Other aspects of the added sound patterns appear to be designed to provide subtle, almost subliminal suggestions to the mind as to what is desired by way of further expanded consciousness so as to support the verbal suggestions and instructions also contained on the tape. Even the instructions are highly symbolic, with time being visualized as a huge wheel in the universe with various spokes each of which gives access to a different part of the participant's past. Focus 15 is a very advanced state and is extremely difficult to achieve. Probably less than five percent of all participants in any given Gateway Experience actually fully achieve the Focus 15 state during the course of the approximately seven days of training. Nonetheless, Monroe Institute trainers affirm that with enough practice, eventually Focus 15 can be achieved. They also state that not only the individual's past history is available for examination by one who has achieved Focus 15 but other aspects of the past with which the individual himself has had no connection may also be accessed.

H. Focus 21: The Future. The last and most advanced of all the Focus states associated with the Gateway training program involves movement outside of the boundaries of time-space as in Focus 15 but with attention to discovering the future rather than the past. The individual who has achieved this state has reached a truly advanced level. Except in unusual circumstances, it is probably not attainable except by those who have conditioned themselves through long application of meditation or by those who have practiced long and hard through use of the Hemi-Sync tapes for a period of months if not years.

31. The Out-of-Body Movement. This remarkable phenomenon has been saved for discussion in detail until last because of the interest which it occasions and special circumstances involved in its attainment. Monroe Institute stresses that the Gateway program was not established solely for the purpose of enabling participants to obtain the out-of-body state nor does the program guarantee that most participants will succeed in doing it during the course of the training at the Institute. Only one tape out of the many which make up the Gateway Experience is devoted to the techniques involved in the out-of-body movement. Basically, these techniques are merely designed to make it easier for the individual to achieve the out-of-body state when his brainwave pattern and personal energy levels have reached a point that he is in apparent harmony with his surrounding electromagnetic environment such that he feels that he has reached the threshold where separation is a possibility. To facilitate achieving the out-of-body state, Bob Monroe, the founder of Monroe Institute, is quoted in a recent magazine article as saying that in order to assist the participant the particular Hemi-Sync tape concerned with that technique employs Beta signals of "around 2877.3 CPS." (cycles per second). Since 30 to 40 CPS is considered to be the normal range for Beta brainwave signals (those associated with the wakeful state), it is apparent that the Monroe Institute is convinced that the same heightened state of brainwave frequency output which promotes altered states of consciousness is also an important consideration in assisting in achievement of out-of-body states. The actual techniques employed for separating from the body involve such simple maneuvers as rolling out, lifting out after the fashion of a telephone pole wherein the individual separates in a rigid, headfirst manner (such that he finds himself standing at attention at the