

points will eventually collide somewhere along the aorta and produce an interference pattern." By placing the body in a sleeplike state, the Gateway tapes achieve the same goal as meditation in that it places the body in such a profoundly relaxed state that the bifurcation echo slowly fades away as the heart lessens the force and frequency with which it pushes blood into the aorta. The result is a regular, rhythmic sinewave pattern of sound which echoes throughout the body and rises up into the head in sustained resonance. The amplitude of this sinewave pattern, when measured with a sensitive, seismograph type instrument is about three times the average of the sound volume produced by the heart when it is operating normally.

9. Brain Stimulation. Bentov's biomedical model shows that this resonance is of considerable importance since it is directly transmitted to and impacts upon the brain. The resulting vibration is received and transmitted into the brain itself via the fluid filled third and left ventricles located above the brain stem. An electromagnetic pulse is then generated which stimulates the brain to raise the amplitude and frequency of brainwave output, just as Dr. Twemlow observed in his research on the effects of the Hemi-Sync tapes. Also, the brain is contained in a tight membrane called the dura which is, in turn, cushioned by a thin layer of fluid located between it and the skull. As the coherent resonance produced by the human heart in a state of profound relaxation reaches the fluid layer surrounding the brain, it sets up a rhythmic pattern in which the brain moves up and down approximately 0.005 to 0.010 millimeters in a continuous pattern. The selfreinforcing character of resonant behavior accounts for the body's ability to sustain this movement despite the minimal level of energy involved. In this way, the entire body, based on its own micromotion, functions as a tuned vibrational system which transfers energy in a range of between 6.8 and 7.5 Hertz into the earth's ionospheric cavity, which itself resonates at about 7-7.5 Hertz. Of this process, Bentov states:

"This is occurring at a very long wavelength of about 40,000 Km, or just about the perimeter of the planet. In other words, the signal from the movement of our bodies will travel around the world in about one seventh of a second through the electrostatic field in which we are imbedded. Such a long wavelength knows no obstacles, and its strength does not attenuate much over large distances. Naturally it will go through just about anything: metal, concrete, water, and the fields making up our bodies. It is the ideal medium for conveying a telepathic signal."

Consequently, the Gateway process is designed to rather rapidly induce a state of profound calm within the nervous system and to significantly lower blood pressure to cause the circulatory system, skeleton and all other physical organ systems to begin vibrating coherently at approximately 7-7.5 cycles per second. The resulting resonance sets up a regular, repetitive sound wave which propagates in consonance with the electrostatic field of the earth.

10. Energy Entrainment. As the body is turned into a coherent oscillator vibrating in harmony with the surrounding electrostatic medium, the specific exercises included in the Gateway tapes enjoin the participant to build up the energy field surrounding his body, presumably by using energy from the earth's field which the body is now entraining because of its ability to resonate with it. This puts the body's energy field into homogeneity with its surrounding environment and promotes movement of the seat of consciousness into the surrounding environment partly in response to the fact that the two electromagnetic medians are now a single energy continuum. Thus, the same process which moves the brain into focused