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accummulated self-knowledge which its memories confer upon it. What it does lose is the capability for generation of independent thought holograms, since that can be done only by energy in motion. In other words, it retains the power to perceive but loses the power of will or choice. In exchange, however, this consciousness participates in the all-knowing infinite continuum of consciousness which is a characteristic of energy in the ever present. Consequently, it is accurate to observe that when a person experiences the out-of- body state he is, in fact, projecting that eternal spark of consciousness and memory which constitutes the ultimate source of his identity to let it play in and learn from dimensions both inside and outside the time-space world in which his physical component currently enjoys a short period of reality.

- 28. Gateway Method. Having put the Gateway Experience in context by postulating a structural outline of how and why it seems to work, and having shown what it is designed to achieve, the time has come to examine the specific techniques which comprise the Gateway training process. These techniques are designed to enable the user of the Gateway tapes to manipulate the high energy states which can be achieved if the user continues to work with the tapes over a period of time. amount of time required to reach advanced energy states and to fully exploit the techniques varies with the individual. The sensitivity of his nervous system, his general state of mind, and the extent to which he may have previously developed facility in related techniques such as transcendental meditation are all pertinent factors affecting the speed at which he may expect to progress. The Gateway process begins by teaching the individual participant to isolate extraneous concerns in a visualization device called an "energy conversion box." Next, the participant is introduced to a method of encouraging his mind and body to strive to achieve a state of resonance through utterance of a single tone, a monotonous, protracted humming sound that sets up a feeling of vibration particularly in the head. He engages in this "resonate tuning" as it is called by humming along with a chorus of such sounds that are contained on the Gateway tape. Following this, the participant is exposed to the Gateway affirmation, and is encouraged to repeat it to himself as he hears it repeated on the tape. This affirmation is a statement to the effect that the individual realizes that he is more than merely a physical body and that he deeply desires to expand his consciousness.
- Hemi-Sync Introduced. After that, he is exposed for the first time to the Hemi-Sync sound frequencies, and is encouraged to focus on and develop a perception of and appreciation for those feelings which accompany the synchronization of brainwaves that results. Next comes the technique of progressive and systematic physical relaxation while the Hemi-Sync frequencies are expanded to include additional forms of "pink and white" noise designed to put the physical body at the virtual threshhold of sleep as well as to calm the left hemisphere of the mind while raising the right hemisphere to a state of heightened attentiveness. all of this is achieved, the participant is invited to envisage creation of an "energy balloon" comprised of an energy flow beginning at the center of the top of the head and extending down in all directions to the feet. The energy involved in this flow then proceeds up through the body and back out into the balloon pattern The "energy balloon", which sets up a pattern very reminiscent of the cosmic egg discussed earlier, not only enhances bodily energy flow and encourages early achievement of a suitable resonant state but it is also designed to provide protection against conscious entities possessing lower energy levels which the participant might encounter in the event that he achieves an out-of-body, state. It serves a precautionary purpose in the unlikely event that the participant's first out-of-body experience involves direct projection outside the terrestrial sphere.