

Brain Enhancement Techniques Listed In a CIA Document

[https://www.youtube.com/watch?
v=zMK8bPEerEM](https://www.youtube.com/watch?v=zMK8bPEerEM)

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0:02

the report entitled analysis and

0:05

assessment of the gateway process was

0:07

penned in 1983 by u.s army lieutenant

0:10

colonel wayne m mcdonnell mcdonald

0:13

described the gateway experience as a

0:15

training system designed to bring

0:16

enhanced strength focus and coherence to

0:20

the amplitude and frequency of brainwave

0:22

output between left and right

0:24

hemispheres so as to alter consciousness

0:27

moving it outside the physical space so

0:29

as to ultimately escape even the

0:31

restrictions of time and space in

0:33

simpler terms the gateway experience

0:35

uses sound to manipulate brainwaves with

0:38

a goal of creating an altered state of

0:40

consciousness in which a person can

0:42

interact with non-physical aspects of

0:44

reality practical uses of the technique

0:47

according to the cia report include

0:49

manifesting goals converting energy to

0:52

heal one's body and even traveling

0:54

across space and time to access new

0:57

information

0:58

the report was quietly declassified by

1:00

the cia in 2003 and largely went

1:04

unnoticed

1. Introduction

1:11

one

1:12

introduction

1:14

in order to describe the monroe

1:16

institute technique for achieving

1:17

altered states of consciousness the

1:19

gateway experience involving brain

1:22

hemisphere synchronization or hemisink

1:24

the most effective way to begin is to

1:26

briefly profile the basic mechanics

1:29

which underlay operation of related

1:31

methods such as hypnosis transcendental

1:34

meditation and biofeedback it is easiest

1:37

to effectively describe what gateway is

1:39

by beginning with a short description of

1:41

those associated techniques that share

1:44

some common aspects with the gateway

1:46

experience but which are nevertheless

1:48

different

1:49

in this way we can develop a frame of

1:51

reference at the outset which will

1:52

provide useful concepts to explain and

1:55

understand gateway by comparison as we

1:58

proceed

1:59

[Music]

5. Gateway and Hemi-Sync

2:01

5.

2:02

gateway and hemisink

2:05

fundamentally the gateway experience is

2:07

a training system designed to bring

2:08

enhanced strength focus and coherence to

2:11

the amplitude and frequency of brainwave

2:14

output between the left and right

2:15

hemispheres so as to alter consciousness

2:18

moving it outside the physical sphere so

2:20

as to ultimately escape even the

2:22

restrictions of time and space the

2:25

participant then gains access to the

2:27

various levels of intuitive knowledge

2:29

which the universe offers what

2:31

differentiates the gateway experience

2:33

from forms of meditation is its use of

2:36

the hemisink technique which is defined

2:38

in a monograph by monroe institute

2:40

trainer melissa jaeger as a state of

2:43

consciousness defined when the eeg
2:45
patterns of both hemispheres are
2:47
simultaneously equal in amplitude and
2:50
frequency although hemi sync seems to be
2:52
rather rare and of only short duration
2:55
in ordinary human consciousness melissa
2:57
jagger states that audio techniques
2:59
developed by bob munro can induce and
3:02
sustain hemisync with the institute's
3:04
basic focus 3 tapes she also notes that
3:07
studies conducted by elmer and alice
3:10
greene at the henniger foundation have
3:12
shown that a subject with 20 years of
3:14
training in zen meditation could
3:16
consistently establish hemisync at will
3:19
sustaining it for over 15 minutes
3:22
dr stewart twemlow a psychiatrist and
3:25
research associate of the monroe
3:27
institute reports in our studies of the
3:29

effect of the monroe tape system on
3:31
brainwaves we have found that the tapes
3:33
encourage the focusing of brain energy
3:36
it can be measured as with a light bulb
3:38
in watts into a narrower and narrower
3:40
frequency band the focusing of energy is
3:43
not unlike the yoga concept of
3:45
one-pointedness which we may translate
3:48
in western terms as single-mindedness dr
3:51
twemlow goes on to observe that as the
3:53
individual gets into the tapes beyond
3:55
focus 3 there is a gradual increase in
3:58
brainwave size which is a measure of
4:00
brain energy or power

Sample of the Hemi-Sync Tape

4:03
this is the first step along your path
4:06
to a gateway
4:07
a gateway beyond which is discovery
4:10
your own discovery of reality of truth
4:14
of who and what you are

4:16
because of the special audio techniques
4:18
used
4:19
it's important that certain sounds reach
4:21
your right ear and others your left ear
4:24
to be sure of this you should be hearing
4:26
my voice in your right ear at this
4:28
moment
4:29
if you are not hearing my voice in your
4:31
right ear
4:32
turn your headphones around now
4:34
so that you are hearing my voice in your
4:37
right ear

6. Lamp vs Laser

4:41
6.
4:42
lamp versus laser
4:45
melissa jaeger uses a metaphor to help
4:47
clarify the process involved in the use
4:49
of hemisink in the gateway experience
4:52
she points out that the human mind in
4:54

its natural state may be likened to an
4:56
ordinary lamp which expands energy in
4:58
the form of both heat and light but in a
5:01
chaotic incoherent way which diffuses
5:04
its energy over a wide area of rather
5:06
limited depth on the other hand the
5:09
human mind under the discipline of
5:10
hemisink acts in the fashion of a laser
5:13
beam which produces a disciplined stream
5:15
of light the stream of energy is
5:17
projected with total coherence of both
5:19
frequency and amplitude such that the
5:22
surface area of a laser beam contains
5:24
billions of times the concentrated
5:26
energy found in a similar surface area
5:29
on the sun gateway assumes that once the
5:31
frequency and amplitude of the human
5:33
brain are rendered coherent it is
5:35
possible to begin accelerating both so
5:38

that the human mind is soon resonating
5:40
at ever higher vibrational levels the
5:42
mind can then bring itself into
5:44
synchronization with more sophisticated
5:46
and rarefied energy levels in the
5:48
universe the mind when operating at
5:51
these increasingly rarefied levels is
5:53
assumed to be capable of processing the
5:55
information thus received through the
5:58
same fundamental matrix by which it
6:00
makes sense of ordinary physical sensory
6:03
input to achieve meaning in a cognitive
6:05
context
6:06
such meaning is usually perceived
6:08
visually in the form of symbols but may
6:10
also be perceived as astonishing flashes
6:13
of holistic intuition or even in the
6:15
form of scenarios involving both visual
6:18
and oral perception the mechanics by
6:20

which the mind exercises the

6:22

consciousness function will be addressed

6:24

in more detail later in this paper

7. Frequency Following Response (FFR)

6:28

7. frequency following response

6:31

to achieve synchronization of brain

6:33

hemispheres the hemisink technique takes

6:36

advantage of a phenomenon known as the

6:38

frequency following response ffr which

6:41

means that if a subject hears a sound

6:43

produced at a frequency which emulates

6:45

one of those associated with the

6:47

operation of the human brain the brain

6:49

will try to mimic the same frequency

6:51

pattern by adjusting its brainwave

6:52

output therefore if the subject is in a

6:55

fully awake state but here's sound

6:57

frequencies which approximate brainwave

7:00

output at the theta level the subject's

7:02

brain will endeavor to alter its

7:03

brainwave pattern from the normal beta

7:06

to the theta level since the theta level

7:08

is associated with sleep the subject

7:10

concerned may progress from a fully

7:12

awake to a sleep state providing that he

7:15

does not consciously resist as the brain

7:18

strives to entrain its wave frequency

7:20

output with one which the person hears

7:23

since these brainwave frequencies are

7:25

outside of the spectrum of sounds which

7:27

can be heard in pure form by the human

7:29

ear hemisphere must produce them based on

7:32

another phenomenon known as the brain's

7:34

capacity for deducing beat frequencies

7:37

if the human brain is exposed to one

7:39

frequency in the left ear which is 10

7:41

hertz below another audible frequency

7:43

played in the right ear rather than

7:45

hearing either of the two audible

7:47

frequencies the brain chooses to hear

7:49

the difference between them the beat

7:52

frequency thus availing itself of the

7:54

ffr phenomenon and using the technique

7:57

of beat frequencies the gateway system

7:59

uses hemisync and other audio techniques

8:02

employing the ffr phenomenon to

8:04

introduce a variety of frequencies which

8:06

are played at a virtually subliminal

8:09

marginally audible level the objective

8:12

is to relax the left hemisphere of the

8:14

brain place the physical body in a

8:16

virtual sleep state and bring the left

8:18

and right hemispheres into coherence

8:20

under conditions designed to promote the

8:22

production of ever higher amplitude and

8:25

frequency of brainwave output audible

8:27

and perhaps subliminal suggestions by

8:29

bob monroe accompany the various

8:32

brainwave frequencies which are

8:33

sometimes rolled in together with other

8:35

sounds such as c surf to mask the sound

8:38

frequencies were desirable in this way

8:41

gateway endeavors to provide the subject

8:43

with the tools by which he may alter his

8:45

consciousness based on his own volition

8:47

over time through the repetitive use of

8:49

the tapes so as to access via intuitive

8:52

means new categories of information not

8:55

available to ordinary consciousness

8. Role of Resonance

9:01

8. role of resonance

9:04

however brain coherence through

9:05

entrainment to beat frequencies

9:07

introduced via stereo headphones is only

9:10

part of the reason why the gateway

9:11

system works it is also designed to

9:14

achieve the physical quietude

9:15

characteristic of deep transcendental
9:17
meditative states which bring about a
9:19
complete alteration of the fundamental
9:21
resonance pattern associated with the
9:23
sound frequencies produced by the human
9:25
body yoga zen or transcendental
9:28
meditation if practiced long enough will
9:30
produce a change in the sound frequency
9:33
with which the human heart resonates
9:35
throughout the entire body according to
9:37
bentov this change in resonance results
9:39
from the elimination of what the medical
9:41
profession calls the bifurcation echo so
9:44
that the sound of the heartbeat can move
9:46
synchronously up and down the
9:47
circulatory system in harmonious
9:49
resonance approximately seven times a
9:52
second benshov describes the role played
9:54
by the bifurcation echo as follows when
9:57

the left ventricle of the heart ejects

9:59

blood the aorta being elastic balloons

10:02

out just beyond the valve and causes a

10:05

pressure pulse to travel down along the

10:07

aorta when the pressure pulse reaches

10:09

the bifurcation in the lower abdomen

10:11

which is where the aorta forks into to

10:14

go into the legs part of the pressure

10:16

pulse rebounds and starts traveling up

10:18

the aorta if in the meantime the heart

10:21

ejects more blood and a new pressure

10:23

pulse is traveling down these two

10:25

pressure points will eventually collide

10:27

somewhere along the aorta and produce an

10:30

interference pattern by placing the body

10:32

in a sleep-like state the gateway tapes

10:34

achieve the same goal as meditation in

10:37

that it places the body in such a

10:38

profoundly relaxed state that the

10:40

bifurcation echo slowly fades away as

10:43

the heart lessens the force and

10:44

frequency with which it pushes blood

10:47

into the aorta the result is a regular

10:49

rhythmic sine wave pattern of sound

10:52

which echoes throughout the body and

10:54

rises up into the head in sustained

10:56

resonance the amplitude of this sine

10:59

wave pattern when measured with a

11:00

sensitive seismograph type instrument is

11:03

about three times the average of the

11:05

sound volume produced by the heart when

11:07

it is operating normally

9. Brain Stimulation

11:11

nine

11:12

brain stimulation

11:14

bentoff's biomedical model shows that

11:16

this resonance is of considerable

11:18

importance since it is directly

11:20

transmitted to and impacts upon the

11:22

brain the resulting vibration is

11:25

received and transmitted into the brain

11:27

itself via the fluid-filled third and

11:29

left ventricles located above the

11:31

brainstem an electromagnetic pulse is

11:34

then generated which stimulates the

11:36

brain to raise the amplitude and

11:38

frequency of brainwave output just as dr

11:40

twemlow observed in his research on the

11:42

effects of the hemisink tapes also the

11:45

brain is contained in a tight membrane

11:47

called the dura which is in turn

11:50

cushioned by a thin layer of fluid

11:52

located between it and the skull as the

11:54

coherent resonance produced by the human

11:56

heart in a state of profound relaxation

11:59

reaches the fluid layer surrounding the

12:01

brain it sets up a rhythmic pattern in

12:04

which the brain moves up and down

12:06

approximately .005

12:09

to .01 millimeters in a continuous

12:12

pattern the self-reinforcing character

12:14

of resonant behavior accounts for the

12:16

body's ability to sustain this movement

12:18

despite the minimal level of energy

12:20

involved in this way the entire body

12:23

based on its own micro motion functions

12:26

as a tuned vibrational system which

12:28

transfers energy in a range between 6.8

12:31

and 7.5 hertz into the earth's

12:34

ionospheric cavity which itself

12:36

resonates at about 7 to 7.5 hertz of

12:40

this process bentav states this is

12:42

occurring at a very long wavelength of

12:44

about 40 000 kilometers or just above

12:47

the perimeter of the planet in other

12:49

words the signal from the movement of

12:51

our bodies will travel around the world

12:53

in about 1/7 of a second through the

12:55

electrostatic field in which we are

12:57

embedded such a long wavelength knows no

13:00

obstacles and its strength does not

13:02

attenuate much over large distances

13:05

naturally it will go through just about

13:07

anything metal concrete water and the

13:10

fields making up our bodies it is the

13:12

ideal medium for conveying a telepathic

13:15

signal consequently the gateway process

13:18

is designed to rather rapidly induce a

13:20

state of profound calm within the

13:22

nervous system and to significantly

13:24

lower blood pressure to cause the

13:26

circulatory system skeleton and all

13:29

other physical organ systems to begin

13:32

vibrating coherently at approximately 7

13:34

to 7.5 cycles per second the resulting

13:38

resonance sets up a regular repetitive

13:40

sound wave which propagates in

13:42

consonance with the electrostatic field

13:45

of the earth

10. Energy Entrainment

13:47

10. energy entrainment

13:50

as the body is tuned into a coherent

13:52

oscillator vibrating in harmony with the

13:54

surrounding electrostatic medium the

13:57

specific exercises included in the

13:59

gateway tapes enjoy the participant to

14:02

build up the energy field surrounding

14:04

his body presumably by using energy from

14:06

the earth's field which the body is now

14:08

in training because of its ability to

14:10

resonate with it this puts the body's

14:13

energy field into homogeneity with its

14:15

surrounding environment and promotes

14:17

movement of the seat of consciousness

14:19

into the surrounding environment partly

14:21

in response to the fact that the two
14:23
electromagnetic medians are now a single
14:26
energy continuum thus the same process
14:29
which moves the brain into focused
14:31
coherence at steadily higher levels of
14:34
frequency and amplitude so as to entrain
14:37
analogous frequencies in the universe
14:39
for data collection also promotes the
14:41
enhancement of bodily energy levels to a
14:44
point adequate to permit the subject to
14:46
experience an out-of-body movement when
14:49
he is ready to do so in addition by
14:51
resonating with the earth's
14:53
electromagnetic sphere the human body
14:55
creates a surprisingly powerful carrier
14:58
wave to assist the mind in communication
15:00
activity with other human minds
15:02
similarly tuned
15:06
[Music]
15:35

you