

The Hemi-Sync Programs

Gateway Voyage

Gateway Voyage is the Institute's basic, prerequisite program designed to provide the participant with tools to enable the development and exploration of human consciousness. The program I attended in Richmond was not nearly as comprehensive as the current program presented by the Institute.

In Richmond, we listened to a series of progressive, audio-guidance exercises recorded on cassette tapes using the Hemi-Sync technology. We also had group discussions and informal lectures—and, not least, free time for interaction with other participants.

Memorable for me was one tape experience during which I had a great adventure, and when it was finished I came back to my body and noticed that everything was very quiet. I didn't want to disturb the other participants, so I just rested quietly and waited for the trainers' instructions. After a while, I wondered if the tape experience was over, because I couldn't hear anything in my headphones.

Very slowly, I opened one eye and peeked to see if everybody else was still on tape. To my surprise, everybody was in the next room discussing their experiences. I was alone. I sat up, took off my headphones, and wandered in to join my fellow participants.

They all looked at me. The trainer explained that since a common fear that many had expressed was worry over what would happen if they got out-of-body and didn't come back when the tape ended, I had been used as an illustration that there was nothing to fear—that I would come back when the time was right.

I enjoyed the program so much I couldn't wait to do another once the new facilities on the new land opened. Two years later, I went to another Gateway Voyage program for still more great experiences.

On the second or third day of the program, we did an exercise

called Five Questions. The idea of the exercise was to enter into Focus 12.¹¹ Once in Focus 12, the prerecorded voice of Bob Monroe would present five questions for the listeners to ask themselves in their own minds.

We were not told the questions before the exercise. We were told that the answers would most likely not be perceived as spoken or written words, but probably would be in the form of a series of pictures, or a sense of feeling or knowing, or—in their prime form—some sort of first-person experience. It would be up to us to translate such nonverbal communication into time/space words and physical pictures.

The questions presented during the exercise were:

1. **Who am I?**
2. **Where and who was I before I entered this physical being?**
3. **What is my purpose for this existence in physical-matter reality?**
4. **What action can I now take to best serve this purpose?**
5. **What is the content of the most important message that I can receive and understand at this point in my existence?**

As I asked myself question two in Focus 12, my intellect interpreted the question to be about a past life. The question could have just as easily been interpreted to be about a spiritual existence just prior to this physical life. But having understood the question as I did, my intent was to find out who I might have been in an earlier lifetime.

I had never really seriously considered the idea of my reincarnation. But in Focus 12 the question did not seem unusual, and I was willing to experience whatever—regardless of whether I

During the three Gateway Voyage programs I attended, participants experienced various focused states of consciousness. Bob Monroe coined the following labels to provide a structure for novice explorers of these realms of consciousness: Focus 10, a "mind awake-body asleep" state; Focus 12, a state enabling expanded awareness of nonphysical perceptions; Focus 15, during which perceptions are expanded beyond time and place; and Focus 21, which provides access to other reality systems.

believed in the concept of reincarnation or not. When I was prompted by the voice of Bob Monroe during the exercise to ask, "Where and who was I before I entered this physical being?" I sent this question into the core of my being and awaited a reply.

Almost before I could finish asking, I saw a picture of a bearded man on a ship. I was told, as the expression goes, or came to know or experience or remember, that this was in the 1800s and that I was the captain of this ship. I was dressed in dark-colored woolen clothing and wearing a cap. I had a black, medium-length beard and was slender. The ship was sinking and, as captain, I had seen to the safety of my crew and was dutifully going down with the ship. As I pondered this vision, wondering what else I could learn, Bob Monroe's voice broached the next question and I complied.

After the exercise, the participants returned to the conference room to discuss our tape experience. It wasn't until then that I realized the implications of my experience. As I shared my ship's captain experience with the others, I began to remember, in the back of my mind, the origin of my nickname. This remembering was peculiar, because it was as though someone else was telling the ship's captain story while I occupied myself with the memory of my nickname.

Years ago my parents had explained to me that I had been given the nickname Skipper because they were seriously into recreational boating during my infancy, and I had become the "skipper" of the family boat, which was actually named SKIPPER. My needs and desires as an infant became paramount, and all family activities focused on my welfare. In nautical terms, I was the captain, the skipper.

As a part of me continued telling the Focus 12 ship's-captain experience, more memories began whirling around in the back of my mind. Just at the point in the story where my mouth was talking about "going down with the ship," I began to wonder if drowning was a traumatic experience. This immediately brought a memory of snorkeling at the age of twelve or thirteen. I failed a snorkeling class at the YMCA because I had passed out under water. The instructor had told me that I was different from other

people because I did not know, by means of a panic response, when I needed to take a breath. The instructor said that he flunked me out of the class for my own safety.

A similar incident occurred in a friend's swimming pool when I was sixteen. My parents told me after that incident that I should never try scuba diving or any underwater sports. My mom told me that "normal" people, when holding their breath, know when it is time to take a breath because they are overcome by an unrelenting need to take a breath and will do whatever is necessary to satisfy that need. I don't experience these feelings.

The memory of all this seemed to answer my wondering about drowning being a traumatic event in the ship's-captain experience.

That other part of me finished telling the story to the group, and I raised my eyes, allowing the group back into my awareness. Several others told of their Focus 12 experiences in the Five Questions exercise. Then someone asked me, "Captain Atwater, did you see anyone else on the ship with you?"

He addressed me as captain out of respect for my military rank, but before I could answer his question, my thoughts flashed through the composite of what was happening—the past-life vision, my nickname Skipper, not drowning, and the respected captain. I finally answered the question, "No, I didn't see anyone else." But the underlying importance of his utterance did not escape me. I remain thankful for his question today. Guidance can seemingly come from all of God's angels.

Although my most memorable experience in this Gateway Voyage was the Focus 12 Five Questions exercise, others have their peak or most meaningful experiences in Focus 21. In the conference room after the Introduction to Focus 21 exercise, one participant started describing his experience by saying, "I went up through the colors and began to visualize a scene with people or beings in white robes. I was so excited! This was Focus 21. Several of these robed beings came forward in turn, presented to me a large open book with the open pages facing me. It was obvious that they wanted me to see what was in the book, but I pushed them aside because I was so excited about being in Focus 21. I didn't

want to miss...." He stopped mid-sentence and a bewildered look came over his face.

It wasn't until that moment in the conference room that he realized what had happened. He was so anxious not to miss anything in Focus 21 that he pushed aside the information being offered to him. The lesson here is one of willingness, openness, and acceptance rather than a goal-oriented demanding or controlling attitude based on ego-relevant expectations.

Guidelines

The theme of the six-day Guidelines program, which I have attended twice, is to assist the individual in learning methods through which conscious contact (a unity experience in the form of communication) can be established with one's Total Self—or Inner Self Helper (ISH), or Guidance, or Non-Physical Friends, or Universal Consciousness.

Remembering the elation of their Gateway Voyage experiences, many come to Guidelines filled with expectations. But this is an entirely different program with a consciousness horizon far beyond those of the Gateway Voyage. Once the participant realizes this, they open to what the program has to offer.

Working primarily in Focus 21, the program encourages the practical application of communications with one's true nature. With practice, I learned to quickly and directly access whatever information I needed. The goal is to make such lines of communication as direct and natural as possible. During a business meeting, for example, one can calmly and serenely access the communication skills learned and apply them within the context of the situation.

Also included is direct training relating to the out-of-body state and to the use of healing *energy* for oneself and others. I had my own personalized session during the program in a specially designed isolation chamber in the lab, which is where my travels "through the Flavor Straw" continued, which I'll get to in just a bit.

Lifeline

During the six-day Lifeline program, I gained familiarity with both Focus 22, where humans still in the physical have partial consciousness, remembered as dreams, delirium, and patterns induced through chemicals, and with Focus 23, a level inhabited by humans who have recently exited physical existence and have not adapted to such change.

From there I experienced Focus 24, 25, and 26—the Belief System territories where those who have exited the physical are residing in a particular belief system. I then went on to Focus 27—the Reception Center, Way Station, or Park, representing a *process* designed to ease the trauma and shock of the transition out of physical reality and assist in evaluating options for the next steps in growth and development.

I became familiar with these levels and then offered assistance to those I met in these realms. I also helped those I met come to know they survived physical death by inviting them to accompany me to Focus 27. Some call these activities *rescues*.

During several of the exercises, I kept passing by a guy in Focus 25 who seemed to be repairing a sink drain. After seeing him on a few exercises, I finally stopped and asked him what he was doing. He said that he had to get the sink fixed because there was an electrical short and somebody might get hurt. I wondered if a rescue was in order.

I asked him if he wanted to take a break and come with me for a while. He said he would, and I moved off toward *my favorite place* in Focus 27. He followed, and when we arrived he began looking around the kitchen and noticed that, although there was illumination, there were no light fixtures or light switches. I asked him what he thought about that and if he liked the idea. He said he thought it was just fine and began to relax a bit.

I told him I wanted him to meet someone who would show him many other wondrous things. I asked if he would like to do that. He nodded his head, and I turned to the waiting Guide and gestured willingness and receptivity. My new friend glanced toward the Guide as though he had not noticed him before and smiled as

if greeting an old friend. They joined hands and became what I can only describe as a ball of soft light. This radiant oneness seemed to dance to music—a melody I could not hear—as it expanded beyond my perception.

Exploration 2"7

Exploration 27, which I attended twice, is a series of planned visits to Focus 27 to obtain information, data, and direct experiences related to this different nonphysical world. I experienced the unique energy field of Focus 27, had opportunities for extended communication with the *residents* there, and developed relationships that provided useful information. The program included explorations for the retrieval of historical data regarding Focus 27, including the investigation of *artifacts*.

A. J. Honeycutt, Bob Monroe's stepson and a stalwart example of thirty-something manhood, was one of my fellow participants in the second Exploration 27 program I attended. Beneath his sculptured physique and brusque mannerisms, A.J. hid a depth of understanding. You could see it in his eyes. He had his mother's eyes, the eyes of Nancy Penn Monroe.

During the program, in the state of consciousness called Focus 27, A. J. visited a nonphysical version of the Roberts Mountain Retreat. He began *looking around* and found familiar articles, pictures, and knick-knacks in all their proper places. In what he perceived as the kitchen area, he started thinking about small repairs that were necessary. To his astonishment, he found that this nonphysical version of the Roberts Mountain Retreat needed no repairs.

A.J. explained all this to us in the conference room after his experience. It illustrates that these nonphysical realms are not

objective realities but convenient projections of our own idealized expectations. It is probably more practical not to think about *places* in nonphysical realms but rather *processes*.

In Focus 27, the Roberts Mountain Retreat *process* might include methods and practices for experiencing aspects of *All That Is* beyond the Earth-life system. We overlay these experiences on mental projections of physical matter reality in an attempt (many times unsuccessfully) to mentally integrate meaningfulness.

I also explored beyond Focus 27, into previously uncharted territories referred to as Focus 34/35. At this level it is nearly impossible to relate experiences in human terms. Metaphorically, I found myself inside a great oneness, which appeared to me as a crystal geode. The message here was that just as the geode is *one* thing made up of many individual crystalline forms which are dependent on each other to create the unity of the geode form, so too is humanity *one* thing made up of each of us and by which humanity itself is defined.

If you can't get your mind around that, you'll just have to visit Focus 34/35 and "find out for yourself," as Bob Monroe would say.

Heartline

The six-day Heartline program came into being as a result of Laurie Monroe's experience of the universal love energy communicated through her from Bob and Nancy Monroe.

Laurie, Bob's daughter, was about eight years old when he began having the consciousness-expanding experiences described in his book *Journeys Out of the Body*. As a child, Bob's out-of-body stories amused Laurie, for she herself experienced such adventures regularly, as many children do. Together, she and Bob grew to understand the greater spiritual implications of the out-of-body experience.

Laurie played an active role in the early years of Hemi-Sync research and development. Being a part of all of this through the years must surely have been her chosen course, her divinely appointed purpose in life. Today, a heart-centered Laurie dedicates herself to continuing the work of her father, to maintaining a local

parent organization, and to establishing a global network so that people all over the world can experience the Hemi-Sync technology. She truly believes that the Hemi-Sync process will bring to humankind a knowing that we are more than our physical bodies and that in this knowing, life itself will be enriched here and beyond.

Heartline offers new approaches for removing the obstacles to love's expression in everyday life, as well as methods for exploring deeper levels of Self—for discovering one's true self-essence. This highly interactive experiential process uses a variety of exercises beyond the program tapes.

For me, however, Heartline represented something special, for I read *Conversations with God* by Neale Donald Walsch during this wonder-filled weeklong retreat. Neale's forthright treatises, or, as he put it, an uncommon dialogue, touched me deeply. With each turn of a page, my heart filled with emotion and my eyes wept. Here in this book were the truths, the principles by which I had been living, and amazingly someone else knew these things.

As I read through chapter after chapter, I kept asking myself in the back of my mind, "Who is this guy, this Neale Walsch, and how does he know all this stuff? Is this really a conversation with God?" Ultimately, I guess, I wondered if my contact with Guidance was in fact a conversation with God too. The truth never changes; it is and always will be. Thank you, Neale.

I attended the Heartline program because I was serious about looking within. For me, Heartline was about realizing heart space: self-love, self-trust, and nonjudgmental acceptance. It was about

allowing, understanding, and moving beyond feelings into the transcendental.

As humanity moves into knowing that we are indeed more than our physical bodies, so, too, do we need to understand that we are more than our emotional bodies, our personalities. To accomplish this, it is necessary to explore those areas within us that hold us back from self-trust and self-acceptance. The Heartline program teaches a willingness to let go of the energetic shields we hold to protect ourselves from (falsely perceived) threats.

Heartline is not about renouncing the rational self. Instead, it is an invitation to that part of oneself to open, allow, and welcome the heart, the feeling connection, to come into balance. In this way, humanity can move into a greater wholeness and expanded awareness of its true spiritual identity.

The Heartline affirmation is:

I am in touch with the source of all life and I am open to receive all energy from this source. My purpose is to know and be love. My intent is to know the fullness of life, the joy of life, and the love that I am. I deeply desire to know, to be, to understand, to experience, and to express the love that I am and the absolute good that I bring forth. I ask that the light of the source surround me, enfold me, and embrace me. I ask that the love energy flow through me now. From this day forward, I am better able to be the love that I am and to know that I have no limitations. For I am this energy—I am love. And because I am love, I live each moment of this day in heartfelt gratitude and deep, abiding appreciation for All That Is.

In the Lab

When I was hired to work in the lab back in June 1988, it marked a significant shift in direction for research at The Monroe Institute. Never before had anyone been employed at the Institute to do quantitative inquiry into brainwave states engendered by Hemi-Sync. Unpaid volunteers running an extended version of the Explorer Program conducted the ongoing lab effort.

Explorer Program

The program involved the use of experienced Hemi-Sync users in the *exploration* of what Bob called locales—other dimensional realities. Bob had been experimenting with this concept for a number of years, and by the time I arrived on the scene, Dr. Rita Warren and her husband, Martin Warren, were running the lab and the Explorer Program.

Martin and Rita Warren

Rita, a brilliant, highly educated woman and retired university professor, applied her intellect and education to the task at hand with the expected precision. But there was something more. Rita's compassion for humanity and respect for every spirit-soul with whom she worked established a standard of excellence for work in the lab renowned to this day. Martin Warren, "the miracle man," referred to himself as a lifelong student of *The Course in Miracles*. To me, he was not the student but the teacher, the shining example, the model for living one's life by the principles of everyday miracles.

Bob Monroe was fond of saying that Hemi-Sync should provide "something of value." In vigorous pursuit of this concept, he developed a set of questions that Rita and Martin were to ask every explorer. The questions pertained to such things as how to solve the energy crisis (remember the gas lines of the 1970s), cures for chronic diseases, and the ultimate nature of reality.

But things at the Institute were changing fast. With the advent of the Guidelines program, Bob wanted to provide every participant the opportunity to experience a personalized session in the isolation booth in the lab. Bob asked Dr. Darlene Miller, a retired clinical psychologist who worked in the Programs Division at the Institute, to develop a format for these sessions.

Darlene and the Warrens had been close friends for a number of years, and a collaboration of these "experts in the field" was bound to yield a perfect solution. The Warrens, brought to the table their years of experience with the explorers. And Darlene had her work with program participants, a career as psychologist, and an inner spirit wisdom evidenced in her soft-spoken ways to contribute. Her every carefully chosen word seems to be lovingly nurtured before it is allowed to grace the listener.

Over the years, the questions posed to the explorers (Bob's list) never yielded any consistent answers or reliable solutions. The explorers, however, found something of value for themselves in the Hemi-Sync booth sessions in the lab. In their explorations of consciousness, they found themselves—their true nature as spiritual beings. For those with a deeper interest, I recommend the book *Cosmic journeys* by Rosalind A. McKnight, one of Bob's original colleague-explorers.

Darlene decided that the personalized sessions that Bob wanted to include in the Guidelines program should be intended to produce something of value for each participant by allowing them to explore their own personal resources. With Bob's approval of Darlene's plan, she and I got together and established a structure for doing individualized Hemi-Sync exercises.

Darlene labeled this the Personal Resources Exploration Program, or PREP

PREP Sessions

Participants and graduates of the Guidelines program are eligible to participate in the PREP a personalized session conducted in a specially designed, secluded cubical in the lab at the Institute or, more recently, at Roberts Mountain Retreat. Hemi-Sync frequencies and verbal guidance provided by a trained facilitator (monitor) support them throughout this unique experience.

Before PREP sessions, the participant and the monitor discuss the intent of the session and plan an agenda appropriate to the participant's goals. Sometimes people go into a session with goals and expectations. Sometimes these goals are achieved and expectations are fulfilled, but most of the time what is realized (as in, "made real") is something entirely different, of greater importance than can be imagined.

The use of physiological monitoring is especially beneficial to facilitation of PREP sessions. The monitor can tell when the participants are relaxed, when they "move" from experience to experience, and when to ask questions about the experience. Participants get a complete report of their physiological changes during their session at the end.

I am one of the monitors for PREP sessions at the Institute. Over the years, I have assisted hundreds of participants to shift their conscious perspective and explore a realm of knowledge seemingly available beyond the limitations of their physical senses. The affinity I have for this process comes from several sources.

My original training as a counterintelligence special agent introduced disciplined interviewing techniques. Later, I monitored thousands of remote-viewing sessions over the decade I spent in the Star Gate program. My own psychic experiences provided an empathetic understanding of the challenge posed when asked to objectify, describe, or report nonphysical experiences. But most importantly, above all else, is my profound respect—my gratitude for being chosen to enjoin these participants in the realization of spirit.

For the most part, participants come to a PREP session under the impression that the session is exclusively *for* them. After all, it is called the Personal Resource Exploration Program. For me, however, these sessions are unity experiences, times when the delusion of separateness from spirit fades and the silhouettes and shadows of darkness vanish in the light of knowingness—in the realization of All That Is.

Many times, these experiences are seemingly very personal for the individual. I say "seemingly" because, for the most part, the reported information may represent a truth for all humanity and is not all that personal or unique to that individual. To illustrate, Jim Szpajcher gave me permission to share a transcript of one of his booth sessions.

PREP Session Transcript
Before Exploration S. ~7 Program
Novembers, 1998
Time: 15:00 hours
Monitor: Skip Atwater
Subject: Jim Szpajcher
Elapsed Time: 76 minutes

(Resonant tuning)

(Pause)

Skip: Remember your resonant energy balloon and your affirmation, beginning, "I am more than my physical body," and move on gently to Focus 10, using the method you've learned.

(Pause)

Jim: I'm in Focus 10 now. The energy that I call "Blue" is here. I'm going to ask it what I need to learn today in Focus 10.

Skip: Very good.

(Pause)

Jim: I'm being shown a group of my, hmm, people from my I-There. There's a lot of them that I know already, sitting out amongst these trees, kind of in a woods or an orchard, or something. They're all just grinning and talking to each other, and I'm being shown that they are with me today. They're very laid-back. The message that I'm getting is that they are with me whenever I need them to be.

I've approached the three soldiers, military types, some of my past: the Airman, Jaques, the French soldier, and Hank, the Confederate soldier. I'm asking them, "What is there that I need to learn today?" and if they have anything for me.

[Note from Jim: In some of the hypnotic regression work I've done, I have "memories" of having lived from 1920 to 1942, being killed in World War II as a bombardier in the Royal Canadian Air Force. I also have "memories" of being a young French soldier who, at the age of sixteen, died in 1812, in the battle of Borodino before Moscow. And I have "memories" of having lived from about 1840 to about 1905, surviving the U.S. Civil War, then going west to ranch and farm in Oklahoma.]

The message that I'm getting is that I shouldn't take it too seriously, this business of military lifetimes, that war is an accelerated, speeded up style of experiencing life. And it's a way to cram a lot of experience into a short period of time. It's important to learn the lessons but not to get hung up on the emotions.

I'm thanking them and moving back with the rest of the group. They're waving at me as if to say "Hi," and I'm ready to go to Focus 12 now.

Skip: Very good. Using the method you've learned, expand once again to Focus 12.

(Pause)

Jim: I'm in 12 now, in a small darkened room that's like a small amphitheater, and I have before me three of my IThere group, the ones that I consider to be members of my Ex-Com [Executive Committee].

There are three individuals here. There's the one that I call Caesar, the one that I call Chin, and the one that I call Princess. The message that I'm getting is that what we are doing is important, in terms of my progress, and there's a lot of work left to do.

(Jim laughs.)

Jim: So, they're telling me to lighten up and not be so serious.

Skip: Lighten up; to get enlightened?

Jim: UnrvHrnm. I get the impression that they are finished with me today, so I'm ready to move on to 15.

Skip: Very good. Open your heart, and from your heart expand

into Focus 15. Affirming, and stating from your heart your willingness to learn, to know, to understand, to experience, and to love.

(Pause)

Jim: I'm in 15 now. The energy that I call "Blue" has changed into Rex, my "guide'dog," which is how I recognize him. We're walking along through a panorama of stars. Looking at, in the distance . . . basically the creation of galaxies, looking back into time.

[Note from Jim: Rex showed up initially as a blue energy during my Guidelines program when I asked to meet my ISH (Inner Self Helper). When I threw a rote at the energy to display itself to me in a way I would understand, a German shepherd dog ran up to me. When I tried to understand why my ISH was showing up as a pet dog, he appeared at my left knee with a seeing-eye dog harness and later gave his name as Rex.]

(Pause)

Jim: I'm watching a slow-motion movie of the development of the universe right now. I'm getting the impression that it's important to watch the galaxies as they are developing, and as time is moving on, the understanding that I'm get' ting is that everything is important. The job that I do, as small as it is in the whole scheme of things, is important, 'cause it all fits in somewhere. It's like I'm getting a message that there is a plan, and we all have our roles to play in it.

(Pause)

Jim: Rex has got up, and he's . . . looks like he's walking over to 21, so I guess I'll follow him along.

Skip: Very good. Once again, through the colors, into the freedom of the White.

(Pause)

Jim: I'm in 21 now, and Rex and I are moving over to a . . . it looks like a crystal city hanging in the void. There's a big building that looks like a cathedral. It's all transparent crystal. I'm walking into it and sitting down. There are rows of benches, or pews. It's very restful. I'll stop for a minute and absorb some of the energy.

Skip: Yes. Welcome and express your gratitude.

(Pause)

Jim: One of the members of my Ex-Com, the guide that I refer

to as Chin, who looks like an ancient Chinese sage, has walked out and sat down beside me. Almost like an act of companionship. And the three of us. Rex, Chin, and myself, are looking around at the beautiful, prismatic colors that seem to light up within the walls of this crystal building; cathedral-like.

The message I'm getting from Chin is that the way to learn, and the way to acquire, is to go and experience things as often as I need to. To learn and understand them. To go out, and not be afraid of making mistakes but to repeat the lessons as often as I need to, to learn. And this should be done in a spirit of happiness. He smiles at me. Now he's walking away. Rex and I are just going to pop over to my cave in 21 and pick up some energy.

[Note from Jim: In my visits to Focus 21, I have found a little cave with a fire in the middle, which is like a small campfire. This represents a small part of all the light energy which is available to me, and I have often visualized absorbing light energy from the fire while moving through Focus 21.]

I'm ready to move on to the park in 27.

Skip: All right. We'll move, first passing through 23, for a brief stop in 25. Pass through 23 for a brief stop in 25.

Jim: Okey'dokey.

Skip: Here, in the belief-system realities of Focus 25, take a look around and see if there is anything for you here, before moving on.

(Pause)

Jim: The view that I have here in 25 is of thousands and thousands of bubbles suspended in a light green light, almost like bubbles in a light green water. And I see myself moving amongst them. I'm checking out to see if any of them have any attraction to me, or me to them.

An arm has reached out to me and dragged me into a bubble. I'm in a Stone Age, caveman-style area with people dressed in skins. It looks like a group of people that, if they were North American Indians, I would call it the Happy Hunting Grounds, but this predates them. This is very old. The fellow that drew me in is introducing me to several others of his friends and acquaintances there. They are welcoming me. The landscape is fairly rolling. It looks

like early spring, because there are no leaves on the trees yet, but the grass is greening up nicely. These people look happy. The group that I'm with right now is all males. They are showing me to a small campfire, where some of them have been working on arrowheads and spearheads.

(Time elapsed to this point: 45 minutes)

It's like they know that they've passed on and they are trying to work hard to get ready for their next life, for their next go-around, by learning how to make tools. It's interesting. I never quite thought of that approach before, from that time period.

Skip: You might like to ask Guidance why it is that you've been brought to this world.

Jim: I've thrown the question out as to why I was attracted to here. And I feel a very strong resonance with one of the men. I have the impression that he and I are associated in the same IThere. He's greeting me like a very close friend. I feel that he's familiar, but he seems to respond to me a lot closer than I am to him. He's just giving me a great big bear hug.

I'm getting a time from him. It looks like he's in a time that's about ten or twelve thousand years ago. I'm trying to get a sense of where. All right, I get the impression of either north'Central North America or north'central Europe, after the glaciers left. Both of them look as reasonable places. His skin is fair, so I'm getting the impression that it's north'central Europe. Hmm. I'm being shown an area that would correspond to Romania, Hungary, some' where in that area. He's inviting me to join him, but I'm telling him that I can't stay there, that I have to move on to other places.

[Note from Jim: I got the name "Crock" or "Groc" for him. Afterward, Skip pointed out that Robert Heinlein had used that word in *Stranger In A Strange Land* to mean knowledge or enlightenment, as in "I grok that."]

Skip: Does he understand the concept of other places?

Jim: He seems to, because he's saying that we will meet again. He's giving me a very clear impression that he feels he needs to be where he is, right now.

Skip: And so be it.

Jim: I'm thanking him, and acknowledging him with gratitude, for introducing himself to me. I tell him that I will remerri' her him and perhaps seek him out again. He's smiling and waving at me. Rex and I are leaving, and we've just stepped out of that thought'bubble. That was a bit of a surprise, that one.

Skip: Hmm. Interesting concept of making tools for the next life. Some cultures bury their dead with food and tools for the journey, and here we find a culture who is preparing for the next life by making tools.

Jim: Yes, they seemed very much more sophisticated than I would have initially given them credit for. These people weren't dummies. But they had a very fixed belief system and they felt that what they were doing was the right way. And I give them all credit for their approach. Especially the one who seems to have been part of my link. I'm floating through the bubbles again here in 25. I've gone into one—hmmm. This looks like a medieval style of an existence. There's a bunch of knights standing around in armor, with horses. It looks like there's a town fair, a pag'eant of some sort. There are ladies here, damsels, all dressed up in their long'gowned finery. There's a festival on in this town.

(Pause)

Jim: Hmm. This knight that has greeted me, and there's a lady in a long, blue gown, a light blue gown. They tell me—he's welcoming me to his place, to their place, there. I have an impression that this is one of my personas as well. The lady that's on his arm seems to be his mate, of some sort. She's very friendly to me. I'm wondering if she isn't some persona of my wife's.

[Note from Jim: I got the names Michael and Anna, and when Anna greeted me, she held my hands in her hands, looked into my eyes, smiling, and said, "It's nice to see you again." She had a twinkle in her eyes, like she knew something that I had for'gotten. I got a very strong echo of my wife when I looked in her eyes. I felt certain that she is a member of my wife's IThere.]

There's a castle on the edge of town. It's not very large. It looks like one of the older styles that was used as a secure hold, as opposed to a palace of some sort. The

time period in this thought-bubble seems to be in the late fall, after the harvest has been brought in. They seem to be holding some sort of Thanksgiving-style, harvest-type festivities. These people seem to be aware that they've passed on. I'm looking for any semblance of a church, or anything. I see a stone, small country church with a spire on it, but it doesn't seem to play a major role in the existence of these people right now. It's like a big outdoor banquet. There's food on the tables, fruit, meat.

This fellow in armor is blond. I'm getting an impression of northern Europe, or northern England—not as far as Scotland, but somewhere in northern England or northern Europe, from a period about 700 to 800 years ago, 1200 or 1300 A.D.

I just asked if they wanted to go somewhere else, the man and the woman, and they laughed like it was one of the funniest things they had heard in a long time. They are where they want to be right now, so I'm thanking them for showing me their place. Rex and I are going to leave that thought-bubble.

(Pause)

Jim: There's a fellow who's showing up. I've seen this guy before.

[Note from Jim: I had a brief glimpse of him at the end of a tape during my Guidelines program. He showed up for about three seconds, striding purposely toward me, then Bob Monroe's voice had interrupted and called us to go back to C-1, and I lost the image. This time he showed up in Focus 25, outside a "thought-bubble," in the light green of the Focus level, as if he was trying to track me down before I got away.]

He looks like he's a tall. Viking-type person, with a cape of some animal skin. Marching toward me. He has a message for me. I'm trying to listen to see what it is. He's telling me that He is Me, that he is part of me.

[Note from Jim: At this point, this man had grabbed me by the shoulders with both hands, and was forcefully looking into my eyes, saying, "I am you. I am you. / am you/"]

He's big. He appears to me to be over six feet tall and looks to be in his early twenties, very strong-looking, very vigorous, very fit, very capable. And he's telling me that it's important that I not forget that he is me.

I've got my hands on his shoulders, acknowledging him as me, as part of me.

I'm asking for a name, but the name I'm getting is "Wolf," and I don't know if it relates to the animal, or if that's his name, or if that's his persona, but it seems to fit, all of that, somehow.

I'm asking him if he wants to take me to where he is from, in that area, or if he wants to come with me. He's taking me with him, to a village.

[Note from Jim: At this point, we had *entered* his thought-bubble.]

Hmm. The buildings seem to be made out of, basically, wood frames, covered in animal skins, like tents of some sort. Not like the American *teepee* but as rounded huts, not quite as big as the yurts that the Mongols had, but skin-covered, huts. There are maybe twenty of these in his village. There are children and women, other men. This is his place, he's telling me. He's a member here.

He tells me I should come back and visit. Hmm. I'm getting the impression that he has done something almost like vision quests, and has seen me, and come looking for me. He has been chasing after me for some time. I'm thanking him, acknowledging him and giving him gratitude. I'm telling him that I'm thankful to have met him and that I will remember him, that we will visit again. Rex and I are leaving that thought-bubble.

I'm going to move onto Focus 27 now.

Skip: Yes, very good.

(Pause)

Jim: I'm in 27, at the park. There's a man in a toga. An older man, balding. There are several others with him, but he's coming toward me. He's welcoming me to the park. Hmm. And he's also telling me that this week coming up he'll have a chance to show me around Focus 27, and that he's looking forward to this week coming up.

There's a group of people from my IThere surrounding him, and they are all grinning and smiling. My Roman guy—I'm getting the name "Claudius," I don't know if that's his real name but it's the first name that popped into my mind when I thought of how to address him. They are all grinning and laughing. They're saying, "Welcome to Focus 27."

[Note from Jim: At this point, I protested to them that I had been to Focus 27 before.]

"You just think that you've been here before." They're laughing. The understanding that I'm getting is that this coming week will introduce me to Focus 27 Proper. That's quite a reception. I wasn't planning on that one.

[Note from Jim: I was booked for Exploration 27 November 7th to 13th, which was starting the next day.]

Skip: Did you smile back and say "Thank you"?

Jim: Absolutely. Yes, indeed. Thanks, guys. They're waving at me now. They're heading off back into some other buildings. They are telling me that I'll see them again. So, I think I'll start my way back down now.

Skip: Yes, very good. Moving back down through 25.

Jim: I'm in 25. I'll head for 21.

Skip: Move slowly, making sure of your touchstones quite well. Moving from 25 down to 21, passing through 23.

Jim: I'm in my cave in 21, by the fire. Rex is grinning at me, as much as a German shepherd can. I'm absorbing some energy. I'm ready to work my way back down again from there.

Skip: All right. Just hold on here, and we'll move slowly once again. We'll move back to the point where we began. Follow the sounds, slowly, easily, back to the point where we began. Back to level 10, back to Focus 10.

(Pause)

Jim: I'm in Focus 10. My Blue energy is back in front of my eyes.

Skip: Very good. Anchor on the Blue energy. Anchor in Focus 10. Now, counting back. Counting back to Focus 1: nine, eight, seven, six, five, four, three, two, and one. Open your eyes. Can you see the light in the room there?

Jim: (Deep breath) Yes.

Skip: All right. Very good. Move your arms, move your legs, wiggle your toes. Everything still connected down there?

Jim: So far.

Skip: (With humor in voice) Good. That's a real good sign.

Jim: Umm-Hmm.

Skip: Now if you'll just relax for just a minute, I'll be right in to get those electrodes off your fingers. Just relax, and I'll be right there.

Jim: Excellent.