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Monroe Institute



When I lived in Miami Beach I read an article in Omni Magazine about the Monroe Institute. Robert Monroe was a radio engineer in the late fifties.

One day as he was sleeping he felt himself drifting outside of his body. He thought he was dying. He had this experience recurring every month or so. Finally, he went to the doctor.

He was concerned that he was going crazy or he had some major illness. Robert told the doctor what was happening and the doctor told him that maybe he was having an out-of-body experience.

He recommends some books to read on the subject. Robert Monroe learned that his experience was about the same as his. Maybe he wasn't so crazy after all.

The experience kept on coming. Being a radio engineer he thought can I produce this experience by using sound waves. After years of research, He learned to utilize sound waves.

He came up with a system that used sound waves to trigger the right and left hemispherical synchronization of the brain. This technique can be modified for learning, health, exploring, etc.

The Omni article said that he had a week-long course in the foothill of Virginia. I was fascinated by this article, called the office, and found out there was an opening for the course. This course is called Gateways.



I arrived at the site of the course and was captured by the beauty of the place. The site was in the mountains. There were a few houses on the property. The foundation owned a good chunk of land.

We were oriented on what days were to be. They took away our watches so we had no idea what time it was. This was not an ordinary course.

Most courses I know of are lectures. This course was based on experience.



At the institute, our actual living quarters were our laboratory. Each bed was its unit.

There were headphones with a microphone which I will tell you about later. There was a curtain that closes off the bed so no light could come in.

Each unit was self-contained. At the first meeting, they told us our schedule. We would get up in the morning shower and then play a series of tapes.

After each tape, we would go to a conference room and talk about our experiences. We would do this throughout the day. We would have lunch and breaks throughout the day.

Day 1 started. We learned about focus 10. This step was about how to put the body asleep and at the same time keep the mind awake. The tapes were incredibly produced. We would put on these headphones,



lie down on our bed, and have these incredible experiences. Day after day the experience would build on each other.

I remember some experiences being completed taken out of my body and being bath in light.

There were talks with angels. I call the Monroe Institute the Disneyland of spiritual. It was amazing to go to a place and see modern scientific equipment being used for self-discovery.

So many of these tapes were for our self-discovery. I remember on some tapes I could hardly walk afterward. I was quite shy and didn't talk too much about my experiences.

I would recommend this program to anyone. During our course, we had a doctor, ministers, computer programmers, housewives, and people from all walks of life.

It was worth it. Robert Monroe is truly an amazing man. He is definitely on the cutting edge of technology.

Intro.

This is Richard Fletcher Monday, October something Second day of the gateway program. I would like to say at this point I'm diving deeper and discovering more of myself and I'm very impressed by the whole operation that is happening around here.



Energy-bar tool

My experience was building the energy bar was going to take some time to get into it. To develop it It wasn't too hard to construct. My experience was very simple. I kind of drifted to sleep. I wasn't there the whole time.

But I had some powerful connections beforehand to see this energy bar could take me to another dimension. It could take me to the other side.

It has endless possibilities for what this bar can be used for. I can use this bar as a beacon to attract my guides or use it to protect me from other things it looks like an all-versatile tool. I just need to develop more and more usage of it.

Freeform 10



This tape was freeform 10. My experience was using the energy bar and trying to see and trying to feel how I could use it in a practical form.

I used this energy bar to create a vibration inside of me that was vibrating faster, faster, faster, and faster. I then used the energy bar to go up and down my body.

I used it like a laser to take away all the negative energy and impurities from my body. I then would take it to my brain and subconscious.

From there it turned my dark subconscious into light. From there I could be more conscious. Then I used the energy bar to create swirling effects around my body.

This would create a much more intense kind of energy. I put this energy bar on my third eye. I was experiencing an inner dimension

Liftoff

This is the lift-off tape. In this tape, I lifted myself through the roof, through the clouds, and past the moon. I lifted myself and then lowered myself down.

I was putting together the kinesiology of actual lifting off.

Introduction to Focus 12



Before the tape even began I was just completely sailing inside. I was just accepting myself.

I was just trying to accept my hesitation. Hesitations are your friend. Just go inside

and enjoy the experience just like a child.

In the focus 12 state, it was such a beautiful, beautiful, beautiful state. It is a state, of freedom of joy, and happiness. It was an expanded state of awareness. I was experiencing this state just like a child.

A child just accepts and accepts. This is a place I want to be all the time the place of acceptance. If the hesitation is there accept it just like a friend.

It's ok. I don't have to control any kind of experience. All I have to do is ride on that experience.

Just ride on that joy, just ride on that beauty and ride on that light. All I have to do is let that experience come to me of its own accord. I know what I'm looking for and I know it's happening moment by moment.

It will open up to me in its prime moment. In the meantime, I will just enjoy each experience that comes to me. I am putting my attention on what is coming my way.

I am not being directed towards one aspect of what I think is supposed to happen but just to be open period. Focus 12 is such a beautiful state. I have been there many times before.

Problem Solving



This tape is called problem-solving. The problem that I was trying to solve was the question "how can I practically leave my body consciously?"

I had this one vision of walking down these stairs from the gateway program (from upstairs to downstairs). And then an answer came to me that I'm learning the tools.

Don't worry about it. Everything will simply come to you. It's just a matter of relaxing into that experience and just accepting it. It will come in due time.

Most of all just be patient. It will come. There are means. This is not a supernatural thing. If you practice it will happen. It will manifest.

This was the question I put out and I waited and this was the answer that I got. I'm just learning how to visualize, see images, and accept images. There is something for me to learn from those images. In the past, I would ignore them but I know not to look at them and embrace them.



Free flow 12

The name of this tape is free flow 12. My main objective was to explore this state of consciousness.

I just let go and just enjoyed this state of consciousness. It was a very beautiful experience that I had. I was just bathing in the light.

I was experiencing that beautiful vibration inside. I was just riding that wave and riding that energy inside. I saw a picture of a person named

Catherine who was here. I was just experiencing her inner beauty and her happiness.

I was just experiencing a very simple friendship. It was very beautiful and very simple. I just rode with that experience and was open to various nonverbal communication experiences.

I have the ability the inside, it's there and it's latent and I have experience with my brother. Overall it was a very simple beautiful experience.

It was beautiful to see the potential that is there. I am very happy with this place. I am very happy to partake in this program. Just to relax and swim and socialize. I feel I'm establishing a stronger connection inside.



Free Movement

The name of this tape is free movement. There are different positions to leave the body.

This first one was the most powerful. I feel with this technique I can master it with some practice. It's a very powerful way to explore different worlds and dimensions inside of myself.

The next thing was lifting myself from a string lying down and lifting myself at a 45-degree angle. This is also very powerful. All and all I see the glimpse that I can experience the freedom that I want.

I see that it is happening. In the long road, I will have that experience.

Five Questions

This is a tape called five questions. The first question is who I am. In my last life, I realize I was a student of Ramakrishna a famous Indian



saint in the 1800s. My name was M. I wrote the Gospel of Ramakrishna.

That's what I read in the Autobiography of a Yogi and completely identified with Yogananda. Yogananda would come and see me as a child.

My next question is what is my purpose here? My purpose here on earth is to expand and become completely one with the Lord and to express his knowledge and love.

Also to establish the kind of communication a human being can have with his creator.

The message that I was told to do was to keep on trucking. Keep on going and I will be led to areas I never knew existed. This workshop that I doing is something I have wanted to do for a long time.

All of my dreams and aspirations are coming true. This tape was delightful just to go and go deeper into this experience.

Non-Verbal Communication



I just can't believe this. This tape is NVC. I just got taken away. I saw all of these incredible things.

Lord Jesus on it.

The light coming out of my navel, blooming into a Lotus blossom. A Christmas tree with

The next thing I knew around this table were people from outer space sitting around it. There were just talking to me and there was such a feeling of love, energy, emotion, excitement, and joy. My whole body was sweating and tears of joy were streaming down my face.

Now I know the experience of NVC. It's such an incredible place and experience. This is the type of communication that human beings are meant to have.

I just want to say thank you, thank you, thank you. I'm just totally one hundred percent fulfilled. I just can't believe this.

This form of communication is so beautiful. Just to see and feel the kind of communication that we can have. Just pure love being transferred.

Introduction to focus 15



This tape was the introduction to focus 15. My experience of this time was to sense and experience a state of no time.

There is a tremendous void, a tremendous light inside of myself. By being with this light it is possible to travel to any time zone past the present and future.

It's wonderful to know that through this experience I can learn to do so. I can slowly just ease myself into this consciousness.

It's incredible to know that there is a place that is beyond time. There was so much energy that it was hard to get used to it.

Free flow 15



This tape was free flow 15. I experience a beautiful love with Cathy. I experience a beautiful connection between us.

I just completely want to dive into that experience. I know I have met her before but

I don't remember where. (See Maldek experience.).My daughter was there and her daughter was there.

We were all playing and laughing together. It was so much fun. We were all experiencing so much joy and happiness.

No tape experience.



This was the no-tape experience. This was like all the rest of the tapes.

I brought myself into 10 then 12 then 15. In all of these states, I experience inner NVC communication.

I just rode this inner wave that kept on getting faster, faster, and faster.

I found myself in various states of consciousness. It was so easy to just go right through them. When I reached the 15 states I just explored that state.

It was so beautiful to be in a place where there is no time. Just light, love, and happiness. We don't need these tapes. They are just like training wheels on a bicycle.

It's nice to know that there is a technique that we can use to experience this. The silence is beautiful. I am very happy to know that I can incorporate this into my life. It's all happening.

What an incredible love that exists inside. It's so natural and beautiful.

Communication point 15



Communication point 15. I went to a state and asked for any kind of message.

The messages I received were in the form of NVC verbal communication. My first message was a picture of Cathy.

The next picture was an image of a dove that gave me peace. Then I was brought up and saw the image of Shri Maharaj Ji



(Maharaj Ji Father). My whole feeling was sensing discovering that there is communication in this state is where communication can occur between your guides and teachers.

They can in this state teach you and communicate with you. They communicate not so much with words but with images.

They can transmit their experiences through images. I just need to learn more and more about this. I am very hopeful about communicating with my guides.



No name tape

Before this tape started they play Amazing Grace. I couldn't believe what was going on. Maharaj was there in his crown and glory. It brought me back to where I was 15 years ago.

It was very emotional and I cried a lot. Just to experience the joy inside. Amazing Grace. This life is

truly amazing. It is glorious, I then kind of drifted off and when I came back I was surrounded by swans.

I tried to do the tape but some of the technique I couldn't quite understand. The main thing I wanted to emphasize was Amazing grace. It truly is amazing. Amazing beyond words. That is the main thing I wanted to communicate.

Relation Galaxy

The name of this tape was the relation galaxy. At this point, I was supposed to put on my headphones. I was just totally just gone. I went to this place in the center of the universe.



At the center was the incredible power of love. The primordial energy for this universe. It was beyond words to experience the unity of the universe being supported by this primordial vibration.

I saw in this state swans and a beautiful lotus flower that was blooming and blooming. There exists in this place all of the great masters. There exists that divine light. The light of God exists everywhere.

That was such a wonderful place to be. I was experiencing my body like an astronaut experiencing the various g-forces.

My whole body was contorted. I am still not out of that place. I just want to live there and dwell there.

5 Messages



The name of this experience was 5 messages.

The fifth message was I have something to do in December. There is a mission that I'm getting prepared for (I moved from Miami to Calif. with Catherine in December) my fourth one was that I should be good friends with Cathy.

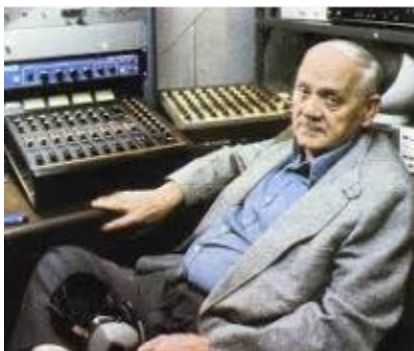
The number one message was devotion to the lord. I should be an example of this. The Lord wants love.

Number two was that everything I ever desired will come true. All of my dreams will be satisfied.

Another purpose that came to me was to love everybody I encounter. I should be an example of accepting people for who they are and loving them without conditions.

I should be a simple messenger of the Lord. I don't remember the other one.

Vibe Flow



This tape was called vibe flow. This is a nice tape. Bob (Robert Monroe) just increased the frequency level.

I just got in tune with the frequency level. I just went higher and higher and higher and higher.

Shhhh. I was absorbed in that energy. Half of that experience was traveling at the speed of light. It was like being in a rocket going faster than warp speed. It was traveling at the speed of light. 186,000 miles per second.

Next on the tape was music from the session I forgot to turn off the tape

I was just completely blown away. I was in total bliss. This music just brings me back to that state. I was in total awe.

There was laughter in the background. The rest of the people were discussing their experiences.

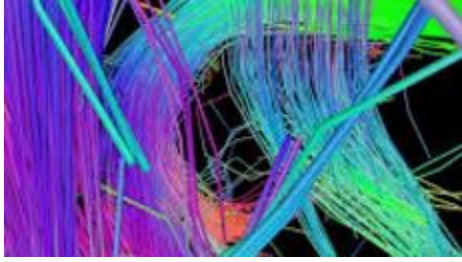
Side Two



During this music, I was seeing a picture of Shri Maharaj Ji (Maharaj Ji's father). I saw an image of Shri Maharaj Ji holding Maharaj Ji.

I had an NVC experience of going into a dream and coming out and realizing that it was an NVC experience. I just want to go back inside for a few more minutes. I could very easily just leave and never come back. (Long Pause)

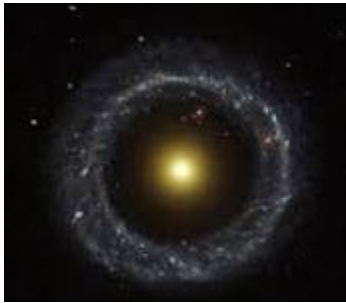
15 to 20



The name of this tape was 15 to 20. I felt I was resonating with the colors green and purple.

It will take me time to know what this experience means. Slowly I will begin to understand all of this. (Long Pause)
Music is playing in the background.

One one patterning



This tape is called one-one patterning. I kind of zone out of this tape. I see I just to have something in my mind hold it and repeat it every single day and it will come true.

By putting it in my subconscious over time it will come to existence. I am incorporating everything in my life. The main key is to utilize these tools in my life.

I am the director of my life. I am in charge of maintaining and expressing my emotions. At the same time, I just enjoyed the feeling of love that was all around.

I had such a peaceful rest. (I forgot to turn off the tape long period of silence)

Freeform 21



The name of this tape is freeform 21. I just got taken inside of me. I just really enjoyed the experience inside of myself. Joy and peace were overflowing.

All of my guides and teachers were there.

(Once again I forgot to turn off the tape)

Freeform 15



My experience with freeform 15 was completely wonderful. I went to such a deep place inside.

I had this wonderful experience that happened there. Catherine was there and we were beings of light. There was this big heart that surrounds us.

We were just one in that heart. Out Of that heart, our souls just merged. The light came from my third eye and Catherine's third eye. It was like two laser beams of light and love merging into our bodies. We just totally become one.

It was like a sexual experience but it didn't contain sexual energy. It was just pure love. We were both fulfilled in that love, in that joy, in that happiness.

I was inside of her and just riding the wave of love. Both of us were in tuned and in synchronization and experience the oneness of each other.

Coming from her breast was this liquid light was I was drinking. Each drop tasted like nectar. I was completely intoxicated. At one point her

daughter appeared and my daughter appeared and we all hugged each other.

We were all laughing and dancing and singing. It was like a family of love, beings of love. At another point, after this self-expression, Catherine just laid on top of me and I just totally melted into her. We just exchanged the beautiful love that existed between us. Both of us were saturated in that love.

We were both in tune with each other. It was such a wonderful feeling. I feel I have known her for a while. I don't know where. Somehow there is a connection between Catherine, myself, and Shri Maharaj Ji. I haven't figured it out.

I just have these feelings that something beautiful and simple is manifesting in my life. I'm open to it. Later on, in one of my tapes, I received a message that on thanksgiving my daughter and I should go and visit Catherine and her child in Virginia. We should just go and play and have fun.

Introduction to focus 21



The introduction to focus 21 was a completely mind-blowing experience.

As soon I put on my headphones I was tuned in to that light. I was completely submerged in that light inside. I was just taken over. I was flying with a whole group of swans.

There was this beautiful lake where thousands of lotus flowers were just blooming and blooming. I went through the various states of consciousness.

I went from 10 to 12 to 15 in different colors. At 21 a marvelous thing happened. Bob was there (Robert Monroe) and he was just shining. He was his joyful self. He just looked up at me smiling and gave me the thumbs-up sign. He said "go for it" and "enjoy the experience".

There were so much love and communication between us. I recognized him and he recognized me. Both of us know that this is an incredible journey. The ultimate journey.

Once he said that I was completely ready to accept and experience that wonderful light of my existence. I then went to a place where I experienced a light that was supreme love and intelligence.

Every single cell of my existence was filled with this intelligence. I was just one and bathing in that light and joy. I was just flying like a swan. I was just flying like that beautiful bird. That swan is free.

I felt like my soul was free. My soul was just singing in that joy and happiness inside. I was just one. It was so wonderful.

Freeform 21



One of the most amazing tape experiences was freeform 21. I don't think there are any words to describe what happened there.

From the moment I put on my headphones throughout the entire process, I was riding the wave of ecstasy and joy. Technically Bob (Robert Monroe) was a genius to develop that tape.

The sounds that he was emitting were the sounds and frequency that reside inside. It was completely a marvelous experience. I was completely experiencing the oneness of joy.

I had these visions of Catherine. She would just smile at me and just drift away. Once again I would dive deeper and deeper into the experience inside. I would go deeper and deeper into that light.

My whole body was like an astronaut experiencing the G-Force. I was experiencing how powerful and incredible the energy is. This energy touches my whole molecular structure and even beyond that.

It reaches the soul and the very essence of life. I feel so wonderful that everything is on track in my life. I have a vision of a quest and it's happening. All of my dreams are coming true on all levels

One experience that I want to express is that I went to bed on the last night of the program around midnight. I was kind of tired. I just needed to go inside and experience that inner beauty.

I drifted off to sleep and was just in that place of love. I was in a nice deep sleep. Around three o'clock in the morning, I was waking up with a bang.

I automatically woke just right up. Something inside of me told me to go take a shower and go see Catherine. I did this. I was kind of hesitant.

What am I doing? I just had this faith and intuition to do this. I went up to Catherine's room and very quietly walked into her room. I opened up her curtain and very slowly touched her.

She looked at me and I could tell she was in a state of shock herself. She thought at first I was a ghost. All she could see was my head because

the rest of my body was behind the curtain. She looked at me and said is that you or is it a ghost. I reassured her that yes it was me.

I just climbed into bed with her and just held her the rest of the night. We just exchanged the feeling of love that we had. We just caressed each other and love each other.

There was such a warm inner exchange of love. It wasn't sexual energy. It was like the energy of love, satisfaction, and joy. It was a wonderful experience.

At times I would find myself snoring. My body was asleep but I was wide awake. I was in such a beautiful state inside. I was surrounded by love. I saw these beautiful swans surrounding us. They were protecting us and saying everything is an ok.

Everything is going to plan Just relax and enjoy each other. At one point when Catherine was drifting off to sleep, I saw one of my guides named Running Water.

I saw his face and saw he was an Indian. At one time we were brothers. We were once in a state of laughing and playing and interacting with the forces of nature together.

It was such a beautiful connection. I remember coming out of a dream state and all of a sudden BAM there he was. We talked to each other for some time. He was the eternal brave. He was forceful powerful and full of love.

That consciousness lies inside of me. I felt so wonderful the whole night. What a way to end the week

PDF



Books 2022- Monroe Institute

Fletcher Soul Traveler

Updated today



This is from the table of contents of Omni magazine which featured Robert Monroe.

[Notes from the New Land \(pg 40\)](#)

At the Monroe Institute, participants go on an extraordinary journey induced by sound patterns - both into and beyond themselves. by Murray Cox

35 years later

My twin brother John last week sent me the links to these two YouTube videos. These videos contained once classified information from the CIA in the 1980s. They were changed from classified to unclassified in the early 2000s.

These documents were about Robert Monroe and their Monroe institute. They were about the gateway program that was highly known during its day. I watched these two videos 35 years later. They are just as relevant. today as 35 years ago.

Robert Monroe was an absolute genius. I thought so back then. Today I even have more respect for the man. He died in the 1990s. In these CIA videos, they went over the one-week Gateway program that I attended years ago.

I found it quite fascinating that the same tools used during the Gateway program were the foundation of the CIA's development tools. In plain English, they described many of the tools we learn and experience during our week-long program. Maybe it's just 35 years later but I was blown away by the description of the tools.

Back then I didn't have the maturity or understanding of the preciousness of these tools. Mind you this was probably one of the most memorable weeks of my life. One does not become an adult overnight. A young child doesn't have the maturity of an adult.

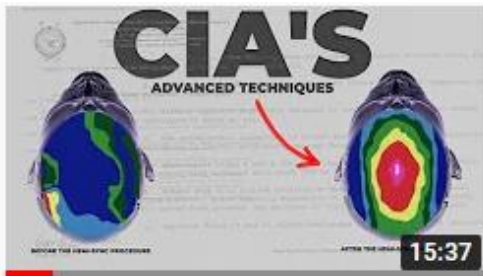
After meditating for over 50 years and listening to these videos I saw the brilliance of Robert Monroe. Not too many people knew of him. His voice was mesmerizing. I don't think I have ever heard a voice so brilliantly before. In each of the tapes, we listen to during our retreat he would be leading us.

His voice was the perfect magnet to resonate this experience with us. I would love to experience these original tapes once more. It would be an entirely different experience. My understanding from this course has been integrated into me.

Many of my doubts have disappeared years ago. These tapes are incredible training wheels that humanity can use. With training wheels, once you get the

confidence you can take them off. Even if you never take off the training wheels, there are endless journeys to embark on within.

Both science and the world of mystics are coming together. He was at the forefront of this Hemi-Sync technology since the 1950s. We are just at the beginning of a new mankind which he talked about in his books.



Brain Enhancement Techniques Listed In a CIA Document

Video Advice ✓ 936K views

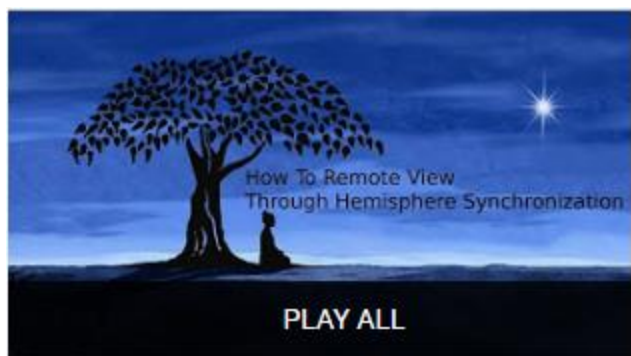
✓ AUDIO PROGRAMS - <https://bit.ly/3w7mRjt> The report entitled Analysis and Assessment of The Gateway Process was penned in...



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THE GATEWAY TAPES (C.I.A DECLASSIFIED)