

Hemi-Sync® Support for Journeys Out of the Body

is dedicated to the life and legacy of Robert A. Monroe



“The greatest illusion
*is that mankind
has limitations.*”

—Robert A. Monroe
1915-1995

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Introduction

In 1958, Bob Monroe had an extraordinary experience that dramatically altered the course of his life. The chronicles of his experience and the events that followed were documented in his classic work, *Journeys Out of the Body*, published by Doubleday in 1971. The out-of-body experience, or OBE, was and continues to be little understood. However, Bob's pioneering work has helped countless people in their personal quest to understand their own experiences. Two chapters of “Journeys” were dedicated to providing guidance in the achievement of an OBE, and as Bob wrote, “the only possible way for an individual to appreciate the reality of this Second Body and existence within it is to experience it himself.”

In 1973, Bob founded The Monroe Institute® (originally known as The Monroe Institute of Applied Sciences), a research facility in Virginia. In searching for a means to quickly and safely induce states of relaxation and sleep, his research efforts resulted in the development of an audio-guidance technology known as Hemi-Sync®.

This patented technology uses pulses of sound to help facilitate and maintain a naturally occurring brain state known as hemispheric synchronization, when both the left and right hemispheres of the brain work in unison.

Bob's discoveries included the realization that the out-of-body state was but one of many possible states of expanded awareness, with many applications. In the years that followed, Hemi-Sync® applications were developed to facilitate focused attention and concentration, accelerated learning, enhanced creativity, problem solving, and pain management, to name just a few.

Hemi-Sync® Support for Journeys Out of the Body evolved as a natural extension of Bob's writings and the audio technologies he developed, presented together for the first time.

What is Hemi-Sync®?

Hemi-Sync® is a patented, scientifically and clinically proven audio-guidance technology refined with 50 years of research. Researchers learned that specific sound patterns could lead the brain to various states of consciousness ranging from deep relaxation or sleep to expanded awareness and other extraordinary states.

The audio-guidance process works through the generation of complex, multilayered audio signals, which act together to create a resonance that is reflected in unique brain-wave forms characteristic of specific states of consciousness. The result is a focused, whole-brain state known as hemispheric synchronization, or Hemi-Sync®, where the left and right hemispheres are working together in a state of coherence. Different Hemi-Sync® signals are used to facilitate deep relaxation, focused attention, or other desired states. As an analogy, lasers produce focused, coherent light. Hemi-Sync® produces a focused, coherent mind, which is an optimal condition for improving human performance.

Music, verbal guidance, or subtle sound effects are combined with Hemi-Sync® signals to strengthen their effectiveness. These recordings contain no subliminal messages. You are always in control.

Disclaimer

Hemi-Sync® Support for Journeys Out of the Body is a system of training in self-exploration and personal development. It is not a form of psychotherapy, philosophy, religion, or medical diagnosis or treatment. It is a means to acquire knowledge—the application and results are solely the responsibility of the user.

Do not listen to these Hemi-Sync® exercises without first consulting your physician if you are taking psychotropic medication or are engaged in psychotherapy.

While many of our products contribute to wellness, they are not intended to replace medical diagnosis and treatment. Do not listen to Hemi-Sync® while driving or operating heavy equipment, or with other devices that may influence brain-wave activity. If you have a tendency towards seizures, auditory disorders, or adverse mental condition(s), do not listen to Hemi-Sync® without first consulting your physician. In the unlikely event that you experience any unusual physical or mental discomfort, immediately discontinue use. All warranties whether expressed or implied, including warranties of merchantability and fitness for a particular purpose, are disclaimed.

Hemi-Sync® Support for Journeys Out of the Body

This series was designed as a companion set of exercises to complement the *Journeys Out of the Body* book. Chapter 16 of that book, titled “Preliminary Exercises”, describes the use of the “borderland sleep state” to achieve deep relaxation. The concept is quite simple, however, its successful execution requires dedication and persistence.

The basic idea is to pick a time when you are tired and sleepy, and to use your mind's concentration to keep yourself awake for an extended period of time. If you are successful, you will find yourself in an altered state of consciousness, where your mind is awake but your body is asleep.

“Preliminary Exercises” outlines four main steps on the way to achieving the out-of-body state, which Bob labeled as Conditions A through D. The *Hemi-Sync® Support for Journeys Out of the Body* series provides exercises designed to assist you through each phase of your journey.

It is strongly recommended that you read Bob's exact instructions, as they were written in *Journeys Out of the Body* back in 1971. You may find that reading (or re-reading) the entire work may be appropriate as part of your preparation process. At the very least, you are encouraged to read Chapter 16 and keep it handy to refer to as you move from step to step.

Getting Started

While this series is intended to assist you with achieving each condition that Bob describes, this will not make the process effortless. Notable among the obstacles one might expect to encounter when undertaking an exploration of the Second Body state is the fear barrier discussed at length in Bob's book. Nonetheless, Bob writes early in Chapter 16 that “I believe that anyone can experience existence in a Second Body if the desire is great enough. Whether or not anyone should is beyond the scope of my judgment.” Later in this chapter Bob adds, “A note of caution is in order here for those who are interested in experimenting, for once opened, the doorway to this experience cannot be closed.”

Two primary ingredients for success are beginning the process with the proper intentions and the ability to relax without a sense of urgency. To help you with these two important prerequisites, this series includes a *Relaxation Reinforcement* exercise. Recorded in Bob's voice, this exercise uses a guided progressive relaxation technique, along with Hemi-Sync® audio signals, to gently guide you into a deeply relaxed state.

The exercise begins with a statement of affirmation, as used in many Hemi-Sync® products. It is recommended that you begin all exercises in this series with this affirmation, or one of your own design.

The Gateway Affirmation

I am more than my physical body. Because I am more than physical matter, I can perceive that which is greater than the physical world. Therefore, in these exercises, I deeply desire to Expand, to Experience, to Know, to Understand, to Control, to Use such greater energies and energy systems as may be beneficial and constructive to me and to those who follow me. Also, during these exercises, I deeply desire the help and cooperation, the assistance, the understanding of those individuals whose wisdom, development, and experience are equal to or greater than my own. I ask their guidance and protection from any influence or any source that might provide me with less than my stated desires.

Recommendations for Using the Audio Exercises:

Locate a distraction-free environment where you can darken the room and remain undisturbed for the duration of the exercise.

Listen using stereo headphones on a personal or home stereo system.

Adjust the volume to a level where you can barely hear the words. Otherwise, the verbal guidance may startle you following a period of silence.

Allow at least one hour after eating and avoid alcohol, drugs, or excessive caffeine, which may limit the effectiveness of the Hemi-Sync® exercises.

Get comfortable. Use the bathroom before each exercise even if it seems unnecessary. Loosen any tight clothing and remove shoes, glasses or contacts.

Listen while lying down or seated with your head supported, whichever is more comfortable for you.

If you itch during an exercise, scratch. You will be able to move gently back into your pattern of relaxation.

There can be a metabolic drop as you enter an exercise, producing a perception of heat, motion or pressure. Have a loose blanket handy, ready to pull up or throw off as needed.

Keep a journal to document the details of your experiences, such as date and time, body position, unusual diet, mood/attitude, energy level, moon phase or any other circumstance that seems significant to you.

The Exercises

Introduction by Bob Monroe

A digitally re-mastered and newly-edited monologue discussing the out-of-body experience, this is Bob's story in his own words.

Relaxation Reinforcement Exercise

This exercise provides an introduction to Hemi-Sync®, for those who are new to this audio-guidance technology, in the form of a verbally-guided progressive relaxation technique. It also provides a refresher for those who are already familiar with the Hemi-Sync® technology or with other meditation or relaxation techniques. The exercise begins with the Gateway Affirmation in order to establish intent, and then introduces basic relaxation techniques. Use this exercise as often as needed to prepare for more advanced work, and to revisit if you find you need to return to familiar ground, or for additional reinforcement.

The Borderland Sleep State, Condition A

“Lie down, preferably when you are tired and sleepy. As you become relaxed and start to drift off into sleep, hold your mental attention on something, anything, with your eyes closed. Once you can hold the borderland sleep state indefinitely without falling asleep, you have passed the first stage. You will know

you are successful when you become bored and expect something more to happen.”

Bob describes Condition A as “the ability to hold calmly in the borderland sleep state, indefinitely, with your mind on an exclusive thought.” Continue using the Condition A support exercise until you have achieved this state.

The Condition A support exercise consists of Hemi-Sync® audio-guidance designed to help you stay awake and alert. At 20-minute intervals, an extended reminder sequence referred to as the “beacon guidepost” is repeated with additional reinforcing Attention/Concentration frequencies, and a short verbal reminder in Bob's voice, “remember your purpose....”

This exercise and all that follow are one hour in length and can be repeated automatically, if desired, by setting the appropriate controls on your CD player (refer to your owner’s manual).

Condition B (non-verbal)

Similar to Condition A, but with the concentration eliminated. “Do not think of anything, but remain poised between wakefulness and sleep. Simply look through your closed eyes at the blackness ahead of you. Do nothing more. You have accomplished Condition B when you are able to lie indefinitely after the impressions have faded away, with no nervousness, and seeing nothing but blackness.”

The Condition B support exercise is identical to the Condition A exercise, without the repeating reminder sequences. As you begin to acclimate to this borderland sleep state, you will no longer need the reminders and they will simply get in the way.

Condition C (non-verbal)

“Condition C is a systematic deepening of consciousness while in the B state. This is approached by carefully letting go of your rigid hold on the borderland sleep edge and drifting deeper, little by little, during each exercise.

“Condition C is characterized by the shutting down of various sensory mechanism inputs. The sense of touch apparently goes first. You seem to have no feeling in any part of your body. Smell and taste soon follow. The auditory signals are next, and the last to fade out is vision.”

The Condition C support exercise, as in the previous two exercises, uses Hemi-Sync® audio-guidance designed to help you stay awake and alert. At 20-minute intervals, the Attention/Focus/Concentration signals are replaced by Hemi-Sync® signals designed to allow you to drift deeper and deeper into the borderland sleep state and reinforcing signals conducive to the out-of-body experience and lucid dreaming.

Condition D (non-verbal)

“Condition D is the achievement of C when one is fully rested and refreshed, rather than tired and sleepy, at the beginning of the exercise.”

The final exercise in the series switches to Hemi-Sync® audio-guidance frequencies designed to help you move from a fully awake and refreshed state, into a state of deep relaxation. At 20-minute intervals, additional reinforcing signals are added conducive to the out-of-body experience and lucid dreaming.

Continuing Your Exploration

Exploring states of consciousness is a fundamental application of the Hemi-Sync® technology. If you have not already done so, you might consider the Gateway Experience from Monroe ProductsK as a means to continue your explorations. This six-album in-home training series will provide you with in-depth experience in Focus 10 (*Mind Awake/Body Asleep*), Focus 12 (*Expanded Awareness*), Focus 15 (*"No Time"*), and Focus 21 (*Other Energy Systems*).

Please feel free to contact Monroe Products® if you have questions about *Hemi-Sync® Support for Journeys Out of the Body* or if you would like to share your experiences.

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Recommended reading:

Journeys Out Of The Body by Robert A. Monroe (Doubleday, 1971)

The undisputed classic on out-of-body experiences.

Unpredictably, and without willing it, Monroe, a pragmatic Virginia businessman, found himself leaving his physical body to travel via a "second body" to locales far removed from the physical and spiritual realities of his life. He was exploring a place unbounded by time or death.

Far Journeys by Robert A. Monroe (Doubleday, 1985)

This mesmerizing odyssey, written after a decade of intensive research, takes you even farther beyond the known dimensions of the physical universe. With great insight and wit, Monroe offers new awareness into the untapped resources and limitless possibilities of the human mind.

Ultimate Journey by Robert A. Monroe (Doubleday, 1994)

In a long-awaited sequel, Monroe explores the incredibly rewarding opportunities that lie beyond the limits of the physical world. He charts the route that opens to us when we leave our physical lives and takes the reader with him on an exhilarating journey that expands the limits of human experience.