

Hemi Sync®
By Monroe Products
Explore the Original®

Into The Light

with Hemi-Sync®



**For maximum benefit and understanding,
please read this manual before beginning the exercises.**

Into The Light

with Hemi-Sync®

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In collaboration with Monroe Products®

Dedicated to
Anne M. H. Hunter

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Introduction by Scott Taylor

I was in love with Mary Fran and her son Nolan. In 1981 they were involved in a horrific car accident that killed Mary Fran and left Nolan mortally wounded. Five days later, I was bedside when Nolan, age 7, made his transition.

When he left his physical body for the last time, Mary Fran crossed the divide between the nonphysical and physical worlds and helped him out of his body. Their reunion embrace was exquisite. Then, to my surprise, they turned and included me in their embrace. Together, we went to the light. Although I didn't know it then, I'd just had a shared near-death experience (NDE).

I know of no English words that captures the combination of joy, ecstasy, love, and requited longing that burned within me. It carried me to a dimension I never knew existed. In that moment, there was no pain or loss...only unity, rapture and reunion.

I began searching. What was that? This experience is certainly not discussed in the traditional church I grew up in. Who knows

about this? How do I touch that space again?

Fast forward to 1983. I attended The Monroe Institute's *Gateway Voyage* program. Bob Monroe's technology, Hemi-Sync[®], allowed me to have similar and more varied experiences by design, replicable and under my control. The only dogma Bob requested we consider is that "we are more than our physical body."

Two years later I became a facilitator for TMI. My role was assisting others in discovering/remembering the myriad states of consciousness that are our birthright.

Into The Light with Hemi-Sync[®] is a natural extension of my interest in near-death and near-death-like experiences, my high regard for the effectiveness of the Hemi-Sync[®] technology, and my genuine desire to help you explore the nonphysical world safely and effectively. It offers a path into states of being we are destined to explore.

The program is designed to give you sense of what it is like to have a near-death experience. It is based upon the analysis of more than 6,000 case studies of NDEs, shared/empathetic NDEs and NDE-like experiences.

Each near-death experience is absolutely unique, although there

are often common elements. How an element chooses to manifest is up to you, your higher self and your teacher/protectors.

Will you have an NDE or NDE-like experience using these exercises? No one can predict what another human being will do. However, if you are willing, wear the headphones and trust the process, you'll have every chance to enter altered states that will allow an experience of expanded awareness to happen. The rest is up to you and your intention.

What is a near-death experience?

A near-death experience is a profound psychological event that may occur to someone who has physically died, is close to death, or is in physical or emotional crisis. Because an NDE includes transcendental and mystical elements, it is a powerful event of consciousness. For the record, it is not mental illness, as once was believed.¹

The International Association for Near Death Studies (www.iands.org) describe most NDEs as peaceful and loving. Some are disturbing.

The same elements appear in both pleasant and disturbing near-death experiences, but with different emotional tones. PMH Atwater, one of the most prolific NDE researchers, describes the

elements of a peaceful experience in *Coming Back to Life*:

- A sensation of floating out of your body. Often followed by an out-of-body experience where all that goes on around the "vacated" body is both seen and heard accurately.
- Passing through a tunnel, black hole or some kind of darkness. This is often accompanied by a feeling or sensation of movement or acceleration. "Wind" may be heard or felt.
- Ascending toward a light at the end of the darkness. You see a light of incredible brilliance, with the possibility of seeing people, animals, plants, lush outdoors, and even cities within the light.
- Being greeted by friendly voices, people or beings who may be strangers, loved ones, or religious figures. Conversation can ensue. Information or a message may be given.
- Seeing a panoramic review of your life just lived, from birth to death or in reverse order. Sometimes becoming a reliving of life rather than a dispassionate viewing. Your life can be reviewed in its entirety or in segments. This is usually accompanied by a feeling or need to assess loss or gains during the life to determine what was learned or missed. Other beings can take part in this process or offer advice.
- A reluctance to return to the earth-plane, invariably realizing that either your job on earth is not finished or you must accomplish a mission before you can return for good.
- Warped sense of time and space. You discover that time and

space do not exist, eliminating the need to recognize measurements of life either as valid or necessary.

- Disappointment at being revived. You feel a need to shrink or somehow squeeze to fit back in to your physical body. There can be unpleasantness, even anger or tears at the realization that you are no longer on "the other side."

The felt-sense or quality of the NDE experience may feature :

- Intense emotions: Commonly of profound peace, well-being and love
- Rapid movement: Through darkness, often toward an indescribable light
- Otherworldly sense: Being "somewhere else," in a landscape that may seem like a spiritual realm or world
- Lucid observations: Incredibly rapid, sharp thinking
- Omniscient: A flood of knowledge about life and the nature of the universe²

Whether the NDE was beautiful or unsettling, those who have reported having a near-death experiences commonly say it was unlike a dream, 'more real than real,' and the most powerful event in their lives. They struggle to find words to describe it, but insist they now know something new about reality, that 'there's more than what is here' (in the physical world). Most feel deeply changed in their attitudes toward life, work, and relationships.

After a wonderful NDE, people almost always report losing their fear of death. They come to believe that the essential purpose of human life is to develop our capacity to love. After a disturbing NDE, people almost always look for an explanation. Because many interpret it as a threat or warning, they instigate changes to habits or behaviors. Some take up a new religious practice, hoping to avoid a recurrence.

A common lament among NDErs is they often have difficulty finding someone they can confide in about the event. They usually feel a great need for information and support.

Experiences with nearly identical characteristics may also occur when someone is nowhere near death, or not in any health crisis at all. This can occur during prayer or meditation, under deep emotional stress, or at the bedside of a dying person. Rarely, NDEs happen spontaneously. The general elements and after effects of near-death-like experiences are the same as in classic near-death experiences.³

¹ Greyson, B. (2000). Near-Death Experiences. In E. Cardena, S. J. Lynn, & S. Krippner (Eds.), *Varieties of anomalous experiences* (pp. 315-352). Washington, DC: American Psychological Association

^{2,3} Excerpted from <http://iands.org/aboutndes/characteristics.html>

Before you begin

In her book *Testimony of Light*, Helen Greaves quotes Frances Banks (a deceased spirit) as saying, “A minute after you die you will be exactly the same!” She observes that we get to be ourselves both before and after we make our transition. When you have an NDE, the experiences of joy, peace and love are all real. We are privileged to have all these experience as ourselves. So if you feel like the same person before and during the exercises, you’re right on target.

We recommended that when you start this program, you follow the instructions on the exercise. They will help you get comfortable with the technology and the states encountered. They also will assure you that you can revisit these states of consciousness when desired.

The program is designed to provide you with an experience, so feel free to go with what is happening to you. If you feel that the verbal guidance is pulling you away from an experience, it’s perfectly okay to ignore the verbal guidance, or remove the headphones and come back to the recorded exercise later.

For example, when you are in the beginning part of the exercise, the instructions are for you to breathe deeply and relax. If an angel sits on the end of your bed and says “Hi. I’ve been waiting

for you. I have some information that you need to hear,” your response should NOT be, “Sorry, I’m supposed to be deep breathing now. Can you come back later?” You can always breathe deeply later. The instructions are a guide, nothing more. Go with the experience as it’s presented to you. Don’t let the instructions interfere with your experience.

Use your imagination

Navigating in the nonphysical universe can take some getting used to. For instance, in the realm of unmanifested potential, on exercise 3, is a living black environment where you exist before time, space and form. It’s an amazing place to just be with yourself. However, it has dual personality. It is also the place of creation. So create. You will find this environment will respond to your intention.

In essence, we live in a reactive universe. What you put out is what you receive. If you are tired of hanging out in the black and want to visit, say, the signing of the Declaration of Independence in 1776, go for it. You are outside of time and space. Set your intent, imagine it, and watch for the images to take on a life of their own. It’s one indication that you’re there.

Interactive

NDEs are by their very nature interactive. Ask your guide to show you interesting areas to explore. Ask your teacher/protector

tor why something happened, and probe to find out what might have happened if you had responded differently to a situation. Curiosity will make for a richer, more interesting trip.

Real or imagined?

Your guides may answer the question of “is my experience real or imagined” irreverently: “Where do you think imagination comes from anyway?” Truth is truth, no matter how it is presented. Establish some criteria for yourself and see how it works. Ask yourself, “Did it feel right?” or “Did it take on a life of its own?”

Become one with the exercise

To have a more meaningful experience, relax into the sounds. Become one with the exercise. The less you do to “get there,” the better it will be. Once you’re there, interact with the experience.

There is no place to go. All the light and energy in the universe are contained within you. We are connected to every atom, cell, person and group in the universe(s). Our joy is remembering that.

We can lift the veil between the physical and nonphysical worlds more easily by letting go, asking and learning to raise our vibratory rate to merge with the Light. Rest in the Light. This merger allows for the widening of our perceptions. At the same time, the Light breaks down our inhibitions—our inner constructed

barriers. Your physical and energetic bodies hold more light because you've removed the constrictions and allowed more space for light to shine through. Frances Banks describes this as "death and life are only separated by density."

To increase your vibratory rate, create the intention in your mind and "breathe out" a strong thought. Use your physical breath, or imagine this action in your mind.

Intention

At certain points in the exercises, you'll encounter short or long stretches where you will have time to explore. Because this silence can make you "spacey," it's really helpful to have an intention for what you want to do. For example, on Exercise 4 there is a long break, when you're in the area of all knowledge. Your intentions for this exercise could be one of the following:

- View history from beginning to end of time
- Explore this or other universes
- Visit centers of:

Rest and recuperation (for those just arriving from the physical)

Science/scientific development, medicine and healing

Evolution of the human mind

Study of the creative plan

Knowledge (Akashic records)

Learning (Universities)

Animal and mineral kingdoms

Dance and movement (and their festivals)

Music

Humor

Loving service

- The true nature of the Light
 - How things work
 - Why ___? (ask a question of your own)
 - Or anything that intrigues you. The possibilities are endless.
- Intention is everything in the nonphysical universe. Notice how fast the events form themselves from your desire to create them.

Repeat often

Every time you enter into the world of altered states, the resulting experience is different. It is appropriate for that time, your mood, and the lessons you need to be learning today. Repeat these exercises often. Keep revisiting them. The process grows infinitely greater and deeper over time.

Banish fear

You may wonder if there any chance you won't come back. There are two simple reasons why you can banish this fear. First, if it's not your time, it's not your time. Your guides won't permit you to stay. You've got more work to do in the physical. Second, even

more powerful than the first, are the simple physical needs of elimination and nourishment. These physical necessities will guarantee your return to normal waking consciousness in the physical world.

Bilocation

It is common for participants using these exercises to have two (or more) locations of consciousness. You may be completely aware of your physical body and the room in which you are doing this exercise, AND be fully able to communicate with your teacher/protector during the life review.

Communication

You may communicate with other entities in a myriad of ways. You may hear their voice with your nonphysical ears. You may communicate telepathically. Or, you may just get a “thought ball.” This instant knowing (or gestalt) may take a while to trust, but that will come with time and experience.

Synesthesia

Participants have noticed that the experience of the nonphysical world can be different than that of the physical world. Cross sensations occur. Being able to hear the different vibrations (or colors) of light is an example.

Record your journey

You didn't take all the time and effort to get to another level of consciousness just to forget the experience when you come back. Here are suggestions to give your experience "staying power:"

- Write it down. Plan enough time to jot down your experience. Use words, drawings, or a recorder to capture your memories. Keep implements of capture immediately at hand so there is little interruption.

- Everything is important. This is an arena where information is often imparted using metaphor and puns. So things that might not make sense in the moment can prompt great insights upon reflection. Case in point: I was in the space of unmanifested potential when I asked the question, "Is it a good idea to try and explain this experience to my co-workers?" Out of the sky dropped a rope. When it was at eye level, it curled back on itself. I didn't get it. Until I recognized what happened to the rope. It had created a knot. There was my answer: Knot a good idea.

- Remember in reverse order. You may remember more if you write (draw and voice) your last experience. Then write what came before that. And before that.

The Exercises

These exercises are designed to be used many times. You will have a different experience each time. As you become more com-

fortable, you'll be able to move about in the nonphysical world more easily. With each exercise, you'll find your experience of the physical world will become richer.

In an NDE, there may be as few as one element (the Light) or there may be several. They may occur in any order. This program follows a logical sequence, carefully chosen to represent common experiences. It is designed to give you a good foundation for your future explorations.

Please note: These exercises are based on research of pleasant, Western near-death experiences. Other cultures tend to have experiences that use metaphors familiar to their world view.

Exercise #1: Reunion

Description: A reunion with your friends and relatives who have already made their transition to the nonphysical.

• Sequence:

- Leaving your physical body
- Meet a guide for assistance
- Travel quickly down the tunnel
- Encounter the white Light
- Visit a peaceful meadow
- Reunite with those that have passed before you
- Return

Exercise #2: Life Review

Description: Experience a life review

• Sequence:

Discover your energetic body

Meet your guide

Travel slowly down the tunnel

Hear celestial music

Encounter clear Light

Experience a verdant garden

Open your book of life

Experience a life review

Discover your nonphysical senses

Have your teacher/protector love you through your life review

Answer: how will you change your life based on what you learned?

Return

Exercise #3: Cities of Light

Description: Explore cities of Light

• Sequence:

Dissolve your energetic body

Hear your guide

Encounter black light

Discover a realm of infinite and unmanifested potential

Meet a sacred figure

Experience unity

Explore a city of light and centers of learning, healing, etc.

Raise the energy level of your physical to accept more light

Return

Exercise #4: Realm of Knowledge

Description: Expand what you know to be possible

• Sequence:

Mist out of your physical body

Project yourself to a favorite place

Learn to fly in the nonphysical

Be a guide to others in the tunnel

Encounter the Light

Become one with the universe

Enter area where all knowledge exists

Return

For further study

Books on near-death experiences:

The Big Book of Near-death Experiences: The Ultimate Guide to What Happens When We Die, PMH Atwater, Hampton Roads Publishing Company, 2007.

Lessons from the Light: What We Can Learn from the Near-death Experience, Ken Ring, Moment Point Press, 2006.

Testimony of Light: An Extraordinary Message of Life after Death, Helen Greaves, Tarcher, 2009.

Life After Life, Raymond A. Moody Jr., Mockingbird Books, 1975.

Consciousness Beyond Life: The Science of the Near-death Experience, Pim van Lommel, HarperOne, 2010.

The Handbook of Near-Death Experiences: Thirty Years of Investigation, Janice Miner Holden, Bruce Greyson, Debbie James, 2009.

Proof of Heaven: A Neurosurgeon's Journey into the Afterlife, Eben Alexander, Simon & Schuster, 2012.

Books on after-death communication:

Testimony of Light: An Extraordinary Message of Life after Death, Helen Greaves, Tarcher, 2009.

Hello from Heaven!, Bill & Judy Guggenheim, Bantam, 1996.

NDE Conference

International Association of Near-Death Studies (IANDS)

NDE Website: www.IANDS.org

