

## **Wave VII - Odyssey (A Journey to Focus 21)**

Robert Monroe endeavored to offer "something of value" to contemporary culture to constructively change man's direction and destiny. Wave VII of the Gateway Experience is offered in the spirit of this vision. Odyssey is dedicated to Robert A. Monroe, to all who are committed to personal growth, and to the evolution of humanity seven generations from you.

Odyssey is an embarkation of self-discovery. Wave VII features high adventure exercises in Focus 21 (the bridge to other energy systems). Explore realms of awareness that defy description in dimensions beyond physical time-space reality. Until recently this was only available at the Monroe Institute six-day residential program. Now Hemi-Sync, Monroe products, has included this extraordinary learning experience in the Wave Experience Series.

On an individual level, it may be observed that the universe works with impeccable timing in matters related to personal growth and spiritual development.

In 1957 Robert Monroe began having out-of-body experiences that altered his life forever. The documentation of these first experiences become what is now known as the "classic OBE", in which a person actually sees his/her body and perceives his/her consciousness as clearly separate from the physical body.

Robert Monroe came to understand that "outer space" and "inner space" are one; therefore, the concept of going "out of body" no longer applied. Robert Monroe learned that he could project a portion of his consciousness "there" while retaining a portion of consciousness within the physical body. His discovery meant that consciousness transcended the physical boundaries of time and space. "Phasing" is the term he introduced to encompass these new realizations.

Your consciousness can and does operate simultaneously in multiple levels of awareness. You alone are responsible for how you choose to focus your conscious awareness.

*The concept of phasing one's consciousness can explain all paranormal or psychic phenomena from Lucid Dreaming or Remote Viewing to Near Death Experiences.*

The purpose of Wave VII is to assist you in applying this natural ability. The beginning exercises take place in Focus 12, a state of expanded awareness in Locale 1. In the process of working with these exercises, you will become familiar with the "second body". The second body also referred to as the energy body is actually the field of energy that surrounds the physical body.

You will learn how to expand your energy body, moving it progressively away from the location of your physical body. You will remember how to manipulate and control your energy body through the projections (or phasing) of your consciousness. You will have the opportunity to explore the far reaches of physical reality in Locale 1.

You will learn how to use the Gateway Affirmation more effectively.

The final exercises of Wave VII are designed to guide you beyond the boundaries of physical reality. You will journey to Locale 2, which awaits beyond the bridge that connects physical time-space reality with other dimensions and other levels of awareness.

## Wave VII Exercises:

- **Odyssey 1 - Sensing Locale 1** - learn to control your energy body

Exercise 1 will acquaint you with Focus 12. You may equate this second body to the life force that animates the physical body or you may choose to refer to it as your etheric body, subtle body, or light body. Exercise 1 will assist you in learning to control your energy body.

- **Odyssey 2 - Expansion in Locale 1** - reach out further from your physical body

Exercise 2 will enable you to gain a greater exploration of Locale 1 through the expansion of your energy body in Focus 12. Learn to speed up the vibrations of your physical energy body and expand it outward. Once fully expanded, you will learn to move your awareness toward the far reaches of your energy body; becoming lighter as you move farther from the confines of your physical body.

- **Odyssey 3 - Point of Departure** - project "out of phase" from your physical self

Learn to become comfortable and proficient in moving your consciousness within an expanded energy body. You will be lead to Focus 12, where you will move your consciousness into your energy body and rotate it 180 degrees. Your energy body is vibrating at a very high speed. It is best to suspend expectations. Whatever your experience, your goal during Exercise 3 is to project your consciousness out of phase with your physical body. **RELAX**, Relax, relax...

- **Odyssey 4 - Nonphysical Friends** - meet your "helpers in energetic form"

Be open to the idea of asking for and receiving assistance. Research at the Monroe Institute made it apparent that Explorers were not alone, they had abundance of help. "Helpers in energetic form" would typically position themselves two on each side of the Explorer. These helpers might assist the Explorer in leaving his/her physical body or contribute in other ways. Benevolent intentions are always clear. You decide who your non-physical friends are. Exercise 4 is designed so you might establish trust through direct personal contact.

- **Odyssey 5 - Movement to Locale 2/Intro Focus 21** - travel the bridge to other energy systems

Exercise 5 (Movement to Locale 2) may be your first conscious experience in Focus 21 (the bridge to other energy systems). Focus 21 is an extraordinary state of awareness that was previously reserved for the Monroe Institute's residential programs. As you relax into this exercise, specialized Hemi-Sync signals and verbal guidance will lead you to Focus 21.

- **Odyssey 6 - Free Flow Journey in Focus 21** - brand-new territory for your exploration

This exercise is the culmination of all your previous work and is brand-new territory for your exploration. Staying focused and aware is important. You will move to Focus 21 directly from 12 by simply projecting your consciousness and guidance to the light of Focus 21. You will once again be encouraged to ask for assistance and guidance from those whose wisdom, development, and experience are equal to or greater than your own. You will never exhaust Odyssey 6 limitless possibilities for rich and abundantly rewarding far journeys.