

Hemi  Sync®

THE GATEWAY EXPERIENCE®



WAVE VII
VOYAGER

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WAVE VII—VOYAGER *A Journey to Focus™ 27*

Voiced by A.J. Honeycutt

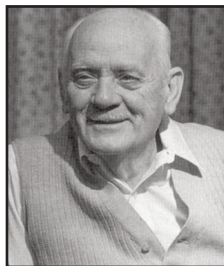
***Voyager** is dedicated to Robert A. Monroe,
to all who are committed to personal growth,
and to the evolution of humanity
seven generations from you.*



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Comments from Bob Monroe regarding the Gateway Experience

What can you expect from *The Gateway Experience*? As much or as little as you put into it. The exercises provide you with a set of tools—how you use them and what you do with them is your responsibility. Some discover themselves for the first time, and thus live more completely, more constructively. Others reach levels of awareness so profound that only one such experience is enough for a lifetime. Still others become seekers after truth and add on-going adventure to their daily activity.



There is only one basis—that you seriously consider the Gateway Affirmation at the least a possibility: that you are more than your physical body, that you can and do exist in energy systems that are not limited to time-space, that you can and do communicate with intelligence beyond your physical consciousness—call it what you will.

The Gateway Affirmation

I am more than my physical body. Because I am more than physical matter, 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 near and close to me. Also, 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.

Cautions and Warnings: Please Read

The Gateway Experience is a system of training in self-exploration and personal development. It is not a form of psychotherapy, philosophy, religion, or medical diagnosis/treatment. It is a means to acquire knowledge—the application and results thereof are solely the responsibility of the trainee.

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.

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Wave VII—Voyager

The purpose of Wave VII is to be of service to self and others. You will be introduced and operate within very deep states of awareness associated with the afterlife state: Focus 23 through Focus 27. From

these unique levels contact is made with individuals who have died physically but, for various reasons, remain “static”—unable to detach completely from the earth energy systems. One stated objective is to rescue or retrieve these individuals, guiding them beyond the earth experience to a “reception center” (Focus 27) where they can rest, review their life experiences, and consider their next evolutionary steps.

You will first begin by exploring your Total Self in Focus 21 with the aid of your Inner Helper. This allows you to set the groundwork for moving into and working in these higher Focus levels.

Trust that your experiences are exactly as they should be for you at this time. Your heartfelt appreciation is an appropriate means to acknowledge any assistance given you. It is, therefore, recommended that you take time to express your gratitude following each exercise.

Trust yourself throughout these exercises and know that a greater part of you is always there to help and assist you.

It is important that you experience each exercise in succession, building directly on the tools and techniques learned in the previous exercise. The goal is to practice what you learn so you can repeat the experience effectively without listening to the exercise. The more you do this, the easier it will become.

Use your intentions and willingness to explore to assist you in transcending limiting beliefs. It is our hope that you might come to know you are more than your physical body.

We appreciate your dedication to personal growth and thank you for your continued support of **The Gateway Experience**. As always, we urge you to keep a journal of your explorations.

Wave VII Exercises

Voyager 1—Explore Total Self

The purpose of this exercise is to gain a better understanding of your Total Self. You will explore your purpose for living this physical life with the help of your Inner Helper—the one who is your closest friend and ally, who knows and understands you better than you realize.

You will be guided to Focus 21, the bridge to other reality systems. From here you will connect with your Inner Helper, establishing communication so that you may ask a series of questions and receive information regarding your Earth life.

Voyager 2—Intro to Focus 23

This may be your first conscious experience in Focus 23, the transitional reality of those who have just completed a physical life, but are somehow unable to move on.

You will be instructed to move to Focus 21 by the method you have learned. As you relax into this exercise, special Hemi-Sync® signals and verbal guidance will lead you to Focus 23. Carefully observe the subtle changes in vibrations or feelings of movement within your body as you move to Focus 23, transitioning through the various states of consciousness as you choose.

Once in Focus 23, you will be instructed to observe and perceive the various beings and their states of consciousness. They may exhibit emotions of bewilderment, shock, and confusion. You will remain calm and confident as you are always in full control.

Become familiar with all you observe, as this is the point of the many you can help. However, you will only be an observer and are not to engage with any of these beings at this time. If approached by someone, simply offer love and ask their guides to help them. You will have the opportunity to return to this area and be of assistance in Exercise 5.

Voyager 3—Intro to Focus 25

In this exercise, you will be introduced to Focus 25, the belief system territories. This area is occupied by groups of non-physical humans who have, through thousands of years, accepted and subscribed to various premises and concepts.

You are instructed to move to Focus 23 on your own; from there, you will be verbally guided to Focus 25. This region contains all human

belief systems, and you are to observe without participation.

You may encounter those you know, but you are only a visitor here to observe, remember, and take the memory with you. Keep in mind beliefs are simply tools we use in constructing reality, using them to limit certain areas and to expand others.

Voyager 4—Intro to Focus 27

This is your introduction to Focus 27, the reception center between physical lives. This area was created as a way station, a familiar place to relax, meet with others, ask for help, communicate and consult with others.

It is designed to ease the trauma and shock of the transition out of physical environments for the many different new arrivals.

Through the assistance of counselors, the newly arrived can become calm and rational. Eventually the next goal along the path is decided, and the visitor is directed away from the Reception Center to begin a new path to achievement, whatever that may be.

You are only a visitor here, as you are still in physical matter reality. This is a vast area, so be open to other perceptions other than visual, such as impressions, feelings, sensing, knowing, etc. You are instructed to just explore, as you find or create your own special place that you can visit again during your regular sleep. A place where you can meet with friends and those you love. This is also the

region where you will return in Exercise 5 to assist those stuck in Focus 23.

Voyager 5—Retrieval

This exercise is designed to teach you how to assist those in Focus 23. You will first be instructed to move to Focus 27 to ask for help in making a “rescue run.” Suspend the skeptical, critical, and analytical left-brain part of yourself during this exercise, so that you may be free to fully experience and explore. Be open to the many ways in which information and communication may be perceived beyond the five physical senses.

You may have a visual impression of the guidance available, or you may not. Look for subtleties, such as:

- A “lightening” in the energy around you
- You may feel suddenly warmer or cooler in your body temperature
- A flash of color
- Your heart rate might accelerate
- You may just “sense” that there is a presence around you
- You could feel a tingling in your hands, arms or feet
- A rush of energy throughout your body
- A chill like goosebumps on your neck or arms
- You may sense the feeling of a cool breeze moving across your face or the top of your hands
- A little flutter on your cheek, like the trail of a butterfly wing
- Or maybe just a “knowing” that guidance is there for you

The important thing is that whether you perceive its presence in some form or not, you proceed here with the assumption that it is, indeed, there with you, because you know from all your experiences that it is.

Once you have your helper, you will then move back to Focus 23 and select a newly arrived person to escort to the Reception Center in Focus 27.

You will have the opportunity to converse with the newcomer before asking your helper to move that person to someone who can provide the best assistance. Be open to impressions you may receive, such as the name of a person that may come to you. Instead of dismissing it, develop further impressions to build on. Just flow with it. In your mind you may ask for verification of the name, ask how they are, how did they get there, or what happened to them. Simply allow vague initial impressions to develop more fully into things you can follow up on. Just relax into this and remember you are well-qualified and have much help as you move in this new phase of learning and experiencing.

You will then be guided back through the various levels to full waking consciousness. Use this exercise as much as you like to provide assistance to those in Focus 23.

Voyager 6—Messages From Beyond

The final exercise in this series is not as structured as all previous exercises. There is no formal preparatory process or count up/down. With limited verbal guidance, it acts as more of a free-flow, with a few visual suggestions and questions to pose. The Hemi-Sync® frequencies will take you into the Focus 27 state where you will encounter your loved ones, or other loving beings. From here you will select the one you wish to communicate with, as you ask for and send messages.

For more information about **The Gateway Experience** and other Hemi-Sync® titles, contact your local dealer or:

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