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# Robert Monroe

## Ultimate Journey

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Analysis and Assessment of Gateway Process

THE PHASE

Adventures Beyond the Body

The Greater Journey

Journey to Heaven

The Journey of Robert Monroe

Astral Dynamics

Liquid Luck

Ultimate Food Journeys

Inner Vegas

Mastering Astral Projection

Out-of-Body Experiences

Cosmic Journeys

Soul Traveler

The Science of Making Things Happen

Far Journeys

I Am More Than My Physical Body

Journeys Out of the Body

The Emerald Tablet

Spiritual Hypnotherapy Scripts

Projection of the Astral Body

A New World

Limitless

Explorations in Consciousness

Bringing Your Soul to Light

Astral Projection Within 24 Hours

Captain of My Ship, Master of My Soul

Jump Into Sewing  
Practical Astral Projection  
Otherwhere  
Soul Journeys  
Far Journeys  
Stalking the Wild Pendulum  
Hacking the Out of Body Experience  
My Big Toe  
The Ultimate Journey  
The Secret of the Soul  
Meditation and Its Practice  
The Evolving Soul  
The Journey of Robert Monroe

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## **SANFORD HILLARY**

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*Analysis and  
Assessment of  
Gateway  
Process*  
Himalayan  
Institute Press  
A number of  
the basic  
tenets of  
Jewish belief  
regarding the  
afterlife,

resurrection,  
immortality,  
judgment,  
messianism,  
and the world  
to come are  
laid out in this  
fascinating  
and accessible  
volume.  
Beginning  
with the  
Bible's  
references to  
Sheol and its  
allusions to  
resurrection,  
this survey

explores  
immortality  
and bodily  
resurrection in  
Second  
Temple  
literature; the  
Mishnah's  
discussions of  
olam ha-ba, or  
the world to  
come, and  
how to merit  
entry into it;  
and the  
Talmud's  
depictions of  
paradise and

hell, and the soul's journey through these metaphysical landscapes. The book also explores the views of medieval scholars such as Maimonides and Nahmanides, Jewish mystical teachings about reincarnation, and modern views of faith and belief, as well as the evolving view of the Messiah over the course of Jewish history. This absorbing study demonstrates that the

afterlife is indeed a vital part of Judaism as it reveals how generations of Jews, from biblical times to the present, have grappled with the core ideas and beliefs about the hereafter. THE PHASE Llewellyn Worldwide Describes five principles, taken from recent scientific discoveries, that can be used to realize one's dreams. **Adventures Beyond the Body** Verity Press Publishing "Specific

instructions on how to dream lucidly and consciously leave one's body. Describes various methods of achieving the out-of-body state and what to do once there"-- Provided by publisher. *The Greater Journey* Rainbow Ridge This is a new release of the original 1930 edition. **Journey to Heaven** Lightning Strike Books Robert Monroe was a successful and distinguished

business executive and noted pioneer in the investigation of human consciousness . He also invented Hemi-Sync(r) and founded The Monroe Institute(r), a worldwide organization dedicated to expanding human potential. I AM MORE THAN MY PHYSICAL BODY: 100 ROTEs from Robert A. Monroe is a celebration of his life and work, and offers a very current message for humankind in

the twenty-first century. It is a collection of 100 thought-provoking, inspirational quotes from his three best selling, landmark books- JOURNEYS OUT OF THE BODY, FAR JOURNEYS and ULTIMATE JOURNEY- which are available wherever books are sold. Andrea Berger is a long-time consciousness explorer and a trainer at The Monroe Institute. She lovingly helped birth

this book in celebration of Bob Monroe's 100th birthday and twentieth anniversary since his transition. *The Journey of Robert Monroe* Pantarei Press Explorers are known for the journeys they take. Rosie McKnight explored the vast nonphysical dimensions of consciousness . With famed out-of-body researcher Robert Monroe, she helped to further the understanding of human consciousness

, and to demonstrate beyond doubt that we are more than our physical bodies. Many of these pioneering sessions are presented here almost word for word, as they were taped, along with her warm and inspiring observations of Bob Monroe and the early days of The Monroe Institute (TMI). Here are explorations of non-human energy systems, interactions with highly evolved beings,

concepts about the makeup of the many levels of the universe, views of the afterlife and the animal dimensions, the nature of healing and guidance, a look at the future, and much more. Here is the pursuit of the true meaning of science fearlessly mapping wherever the inquisitive mind takes us. Through the courage of Rosie McKnight and other explorers at TMI, we are given, as

Laurie Monroe writes in her introduction, "a clarity of perception and a sense of the greatness that is beyond our everyday life."

Astral Dynamics New World Library  
 "You are not thinking, you are merely being logical."  
 -Niels Bohr, Danish physicist and Nobel Laureate  
 Analysis and Assessment of Gateway Process is a document prepared in 1983 by the US Army. This document was declassified by

the CIA in 2003. This brief report focuses on the so-called "Gateway Experience," a training program originally designed by the Monroe Institute, a Virginia-based institute for the study of human consciousness. The Gateway experience uses sound tapes to manipulate brainwaves with a goal of creating an altered state of consciousness, which includes out-of-body

experiences, energy healing, remote viewing, and time travel. The report concluded that the Gateway Experience is 'plausible' in terms of physical science, and that while more research was needed, it could have practical uses in US intelligence. Students of US intelligence, and anyone interested in the cross-roads between consciousness and reality will find this report fascinating

reading. **Liquid Luck** Simon and Schuster In September of 2015 the visitors in Whitley Strieber's immortal bestseller *Communion* returned to his life. *A New World* details their powerful message: A new world is coming...if we can take it. In 2018, the US Navy admitted that videos taken off the carrier *Nimitz* by pilots using ultra-sophisticated cameras were of unknown objects with incredible

flight characteristics . Add to this the past seventy years of UFO evidence, and it is now undeniable that something unknown is flying around in our skies. But why are they here? There are millions of close encounter witnesses who would say that they are here for us, and have already been in contact with us for two generations, while the official world and the media

have been in denial. In 1987, author Whitley Strieber published Communion about his own close encounter. It was met with brutal skepticism...but not from other close encounter witnesses, who wrote him in the hundreds of thousands, telling of their own experiences. With these overwhelming accounts of alien encounters, Rice University in Houston,

Texas, has archived these letters as a testimony that we are not alone. After thirty-three years of having them in his life, and an entirely new group of encounters starting in 2015, Whitley Strieber returns with a new vision of contact that will shatter all of our previous theories and beliefs and reveal the experience for what it is: the strangest, most powerful, and potentially most

important thing that has ever happened to mankind. *Ultimate Food Journeys* Harper Collins In 1971 Doubleday published a book called *Journeys Out of the Body*, a Virginia businessman's memoir of his weird and wonderful adventures on other planes of reality. That book, which has sold more than a million copies, and that man, Robert Monroe, helped cement the concept of

astral travel into the American psyche and made the "out-of-body experience" a household word. Monroe not only helped others understand this state of being, but through his research on binaural beats and his development of the technology known as Hemi-Sync, he made the OBE accessible through programs at The Monroe Institute, which is attended by thousands of

people each year. However, Monroe made consciousness research more than an esoteric thrill ride. He put his technology to practical use by creating frequencies that have helped people with everything from meditation and learning, to insomnia, quitting smoking, and pain control. Inner Vegas Harmony Rosalind McKnight was one of the first, and most successful,



researchers to work with Robert Monroe and The Monroe Institute in Virginia. She spent eleven years doing research in a laboratory setting. With the help of Monroe and his Hemi-Sync technology that put her into altered states of consciousness, she explored and reported on various levels of non-physical reality. Her first book, *Cosmic Journeys*, described a visitation that she had in her

earlier life by an energy form that she calls Radiant Lady. When Radiant Lady first appeared forty years ago, she said nothing, leaving McKnight wondering about the purpose of her visit. In 2003, Radiant Lady suddenly reappeared, announcing to McKnight that they had a mission to accomplish together. Radiant Lady acts as "tour guide" into other dimensions where McKnight

meets non-physical energies who share their own personal experiences of the dimensions which they inhabit. Written for every soul on the planet, these unforgettable adventures emphasize that all of us have angels and spirit guides waiting to help us discover the inner workings of the multiple worlds in which we exist and to which we will all one day journey. Mastering Astral Projection

Lulu.com  
 Ultimate Food  
 Journeys is the  
 essential  
 'what to eat  
 where' guide  
 for foodies  
 who love to  
 travel and for  
 travellers who  
 love to eat.  
 DK's ultimate  
 gastronomic  
 tour of the  
 globe reveals  
 the origins of  
 the world's  
 most famous  
 dishes and the  
 best places to  
 eat them.  
 From Boeuf  
 Bourignon in  
 France to  
 Tapas in Spain  
 and soul food  
 in Louisiana to  
 tacos in  
 Mexico, this  
 beautifully  
 illustrated  
 book is

arranged  
 continent by  
 continent with  
 clear maps  
 and mouth-  
 watering  
 photography.  
 Expert authors  
 introduce  
 destinations  
 and select the  
 best or most  
 interesting  
 things to eat,  
 uncovering  
 the origins of  
 the dish and  
 exploring the  
 ingredients.  
 They  
 recommend  
 the best  
 places to eat  
 the area's  
 speciality,  
 chosen for the  
 quality of the  
 cooking, as  
 well as the  
 experience of  
 dining there.  
 Ultimate Food

Journeys  
 makes finding  
 the ideal  
 foodie  
 getaway  
 easier than  
 ever. Search  
 by time of  
 year, type of  
 vacation, type  
 of food or  
 simply flick  
 through the  
 pages and be  
 inspired. Take  
 a taste-bud  
 led tour of the  
 world with  
 Ultimate Food  
 Journeys.  
Out-of-Body  
 Experiences  
 Rainbow  
 Ridge  
 Donated.  
*Cosmic  
 Journeys* Read  
 Books Ltd  
 Manifestation  
 expert, Dr. Joe  
 Gallenberger  
 distilled

decades of wisdom about creating your dreams into a quick and effective meditation called Liquid Luck. He wanted to give people a simple and fun way to access heart-based manifestation and see immediate results in the form of days filled with synchronicity, serendipity, and good fortune. With Liquid Luck's release on CD, delightful tales came flooding in describing instant success.

People reported receiving money from unexpected sources, winning lotto and raffle tickets, selling houses in an hour, having businesses take off, solving intractable problems easily, receiving brilliant ideas for inventions and many more wonderful stories of manifestation. The book Liquid Luck: The Essentials of Creating Good Fortune shares these inspiring

stories in the explorer's own words, interwoven with exploration of the vital components for powerful abundance creation. Gallenberger delves into the meat and potatoes of how these principles work. He covers why happiness, gratitude, compassion, praise, love, and feeling abundant are essential and how these qualities can be increased in practical ways. Gallenberger

reveals how to transcend the limiting beliefs and emotions that usually keep us confined to old patterns. His knowledge and the stories show us that we can indeed be miracle workers in our own lives. Liquid Luck is an essential handbook that will be consulted repeatedly, offering a clear path toward our dreams lit with humor and heart.

**Soul  
Traveler**  
Panta Rei  
Press

Clear, concise and easy-to-follow instructions cover all the basics of sitting postures, breathing, relaxation and using a mantra..  
*The Science of Making Things Happen*  
Hampton Roads Publishing  
The practice of phase states of the mind is the hottest and most promising pursuit of the modern age. Unlike in the past, the notions of "out-of-body experience"

and "astral projection" have already lost their mystical halo, and their real basis has been studied in minute detail from the most non-nonsense approach. Now, this phenomenon is accessible to everyone, regardless of their worldview. It is now known how to easily master it and apply it effectively. It gives each and every person something that previously could only be

dreamt about  
- a parallel  
reality and the  
possibility of  
existing in two  
worlds.

*Far Journeys*  
Simon and  
Schuster  
Beginners  
rejoice—gettin  
g started with  
sewing has  
never been  
easier! This  
project-based  
introductory  
guide will give  
you  
everything  
you need to  
know to  
explore and  
enjoy this fun  
art form. Dive  
in and sew six  
cute and  
useful projects  
like pillows,  
totes,  
pouches, and  
more. Plus,

learn about  
the basics  
anatomy of a  
sewing  
machine,  
fabric, thread,  
and needle  
guide, and all  
the helpful  
tools and  
supplies you  
need. While  
this book is  
ideal for  
beginners, the  
adorable  
designs are  
still perfect  
and enjoyable  
for all sewing  
enthusiasts!  
*I Am More  
Than My  
Physical Body*  
Harmony  
In his exciting  
and original  
view of the  
universe,  
Itzhak Bentov  
has provided a  
new

perspective on  
human  
consciousness  
and its  
limitless  
possibilities.  
Widely known  
and loved for  
his delightful  
humor and  
imagination,  
Bentov  
explains the  
familiar world  
of phenomena  
with  
perceptions  
that are as  
lucid as they  
are thrilling.  
He gives us a  
provocative  
picture of  
ourselves in  
an expanded,  
conscious,  
holistic  
universe.  
*Journeys Out  
of the Body*  
Hampton  
Roads

<p>Publishing Company This practical guide to achieving conscious out-of-body experiences is based upon the author's extensive knowledge of astral projection. Presented in an easy-to-follow workbook format, the 13-week program introduces astral project methods and provides daily preparatory exercises. Includes a CD-ROM. <u>The Emerald Tablet</u> National</p>	<p>Geographic Books "Based upon careful scientific research and logical deduction, this is a trilogy for all who have an interest in the nature of the reality in which they exist. My Big TOE is not only about scientific theory, function, and process--a discovery of Big Picture science--but also speaks to each individual reader about his or her innate capabilities. Readers will</p>	<p>learn how to evolve their human potential far beyond the limitations of the physical universe. My Big TOE is about life, purpose, personal significance, physics, evolution, and the reason why. The acronym "TOE" is a standard term in the physics community that stands for "Theory Of Everything." Such a theory has been the "Holy Grail" of physicists for more than fifty years. My Big TOE</p>
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delivers the solution to that scientific quest at the layman's level with precision and clarity. This book is an adventure into the overlapping worlds of science, philosophy, and metaphysics. It is tightly analytical and logical as all good works of science and philosophy should be, while at the same time down to earth, easily understandable, and full of good humor. No leaps of faith or beliefs

of any sort are required to get to where these books will take you. Campbell did not put the "My" in My Big TOE to flaunt pride of authorship. Nor does the "My" indicate any lack of generality or applicability to others. The "My" was added to be a constant reminder to you that this reality model cannot serve as your personal Big TOE until it is based upon your personal experience. On the other hand,

personal or subjective experience is only one piece of the reality puzzle. In the objective physical world of traditional science, My Big TOE delivers a comprehensive model of reality that subsumes modern science, describes our objective material reality, and is universally applicable. Contemporary physics is shown to be a special case of a more general set of basic principles"--

Publisher's web site  
Spiritual Hypnotherapy Scripts C&T Publishing Inc  
 The definitive work on the extraordinary phenomenon of out-of-body experiences, by the founder of the internationally known Monroe Institute.  
 Robert Monroe, a Virginia businessman, began to have experiences that drastically altered his life. Unpredictably, and without his willing it, Monroe 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 inhabiting a place unbound by time or death. Praise for *Journeys Out of the Body*  
 "Monroe's account of his travels, *Journeys Out of the Body*, jam-packed with parasitic goblins and dead humans, astral sex, scary trips into mind-boggling other dimensions, and practical

tips on how to get out of your body, all told with wry humor, quickly became a cult sensation with its publication in 1971, and has been through many printings. Whatever their 'real' explanation, Monroe's trips made for splendid reading."  
 —Michael Hutchinson, author of *Megabrain*  
 "Robert Monroe's experiences are probably the most intriguing of any person's of our time, with the



possible  
exception of  
Carlos  
Castaneda's."  
—Joseph  
Chilton Pierce,  
author of  
Magical Child  
"This book is  
by a person  
who's clearly a  
sensible man  
and who's  
trying to tell it  
like it is. No  
ego trips. Just  
a solid citizen  
who's been  
'out' a  
thousand  
times now and  
wants to pass  
his  
experiences to  
others." —The  
Last Whole  
Earth Catalog