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AN APPRECIATION OF DR. DARLENE MILLER

by Paul Rademacher



The people who have the greatest impact on this world are not always the most vocal or visible. Theirs is the craft of "presence." They find subtle ways to bring about change without drawing attention to themselves, shaping the world as much by who they are as by what they do. They are alchemists of the spirit.

Darlene Miller is such a person. Since 1988, she has been working with The Monroe Institute®, navigating its unpredictable mix of circumstance and personality with her quiet wisdom, infinite patience, and open heart. Her recorded voice has propelled thousands of our graduates on adventures beyond their wildest imaginings. Her insight has helped to design a multitude of new programs for TMI. Her "eye of the hurricane" demeanor has been the calm in the midst of upheaval and transition. Her counseling has provided solid ground for adventurers, seekers, skeptics, stragglers, and strugglers.

Dar's impact has been so profound that the announcement of her retirement caught us by surprise and engendered more than a little consternation. To say she will be missed is an understatement. As a way of saying goodbye and celebrating her gifts, I'd like to highlight aspects of her life that most of you probably don't know. It is the nature of a quiet life that much can go unnoticed.

Growing up in a working-class family, Dar had a father who was convinced that women had no business attending institutions of higher learning. The problem: Dar was precocious and hungry for knowledge. Despite her father's objections, she enrolled at Ursinus College and paid her own way, working two jobs in the summer and—when classes were in session—running a snack bar as well as working in the college



This portrait—a gift from a program participant—captures Dar's essence so beautifully that we've included this photo although there is some reflection from the glass covering it.

kitchen. In addition, she played on the college tennis, basketball, and field hockey teams, was president of the student council, and was a member of the glee club. Though she only got about three hours of sleep a night, she graduated with a BS in psychology.

After completing her undergraduate degree Dar was accepted into the University of Massachusetts, earning first her master's degree in psychology and then her doctorate in clinical psychology. During her last year of doctoral work she took an internship at Fort Logan Mental Health Hospital doing juvenile detention consulting, working with thirteen- to eighteen-year-olds. She fell in love with juvenile delinquents because "They could immediately spot a phony. They were always testing, but if you were honest and straight with them, they would give you immediate respect."

In 1971 she began work with the Colorado Division of Youth Services consulting team and shortly after taking the job was sent to Sacramento, California, to attend a six-week intensive seminar led by Marguerite Q. Warren, PhD. Rita pioneered a sophisticated model for the differential diagnosis and treatment of juvenile offenders. It was a radical departure from the custodial/punishment model that then was mostly the norm for prison systems across the country.

Dar brought Rita's system back to Colorado and began instituting it statewide. Over time, the state's recidivism rate for juvenile offenders dropped from 70 percent to 25 percent. The Colorado system became an international model and was visited by prison officials from all over the world.

In 1979, Dar became the director of Lookout Mountain School in Golden, Colorado, a 180 bed institution for court-committed violent and sex offenders. She was the first woman director in its 100 year history.

Rita came to TMI in 1979 to attend a *GATEWAY VOYAGE*®. When she told Dar about her experience, it immediately created a dilemma. To Dar's ears, Rita's tales sounded like a description of a cult. But because Dar respected Rita so much, she couldn't dismiss what she was hearing.

Finally, in 1983, Dar attended her first *GATEWAY VOYAGE*. By that time she was meditating regularly and had been deeply influenced by *A Course in Miracles*. During the program not much happened, except for the fact that she was immediately able to access "the void" in Focus 15, a place she had tried for years to achieve through meditation, without success. She was impressed. But she also had a vivid, clear image at one point of "being at TMI." Dar decided if that was going to happen it wouldn't be until after she was too old to ski.

Meanwhile, things had started to go sour in Colorado. The legislature cut back on funding for the treatment program and its effectiveness was reduced. Dar was also getting burned out.

In 1984, Rita called Dar saying that she and her husband, Martin, were moving to the "New Land" being developed by Bob Monroe and that Dar was welcome to be their guest rent free. She could just come, chill out, and recharge her batteries. Dar took them up on the offer and spent the next year sitting on their back porch watching the wonder of nature unfold.

When Bob Monroe found out Dar had a doctorate, he persuaded her to volunteer for monitoring *EXPLORER* sessions in the lab. Scooter McMoneagle then commissioned her to become a residential facilitator. Dar loved it. She had free time and enjoyed the contrast of working with healthy adults.

In 1988, Dar came on staff full time to implement PREP (Personal Resource Exploration Program) sessions and to act as staff psychologist as well as a trainer. The Explorer sessions had originally been designed for a small group of volunteers who would pursue answers to the big questions of life. While they did get some answers, Dar began to notice that the nonphysical sources they were contacting were more interested in issues of personal growth than in answering the riddles of the Universe.

Dar began to notice that the nonphysical sources they were contacting were more interested in issues of personal growth than in answering the riddles of the Universe.

Because of this, Dar proposed that the PREP sessions be opened up to a larger group. This was eventually accomplished by integrating them into the *GUIDELINES*[®] program and by making them available to the general public for a fee. Skip Atwater was a big part of that process and instituted the practice of physiological measurement during PREP sessions.

From 1991 onward, Dar also worked extensively with the *LIFELINE*[™] program, tweaking and refining it while training all of the sessions through 1994. From Dar's perspective these were wonderful years because she was able to witness such dramatic transformations in participants over a six-day period of exposure to the Monroe model.

But Dar began to feel restless, longing for Colorado and the West and yearning for a new challenge. So in 1994 she bought a one-way ticket to Denver without telling Bob Monroe. She didn't want him to know, but somehow Bob got wind of her plans. He took her to lunch and told her he didn't want her to go. Then Bob set the hook: he wanted her to oversee the *GOING HOME* series. He laid out a vision of it being used in hospices worldwide with Dar in charge of disseminating it.

Dar always had trouble saying "no" to Bob. But even more, she was deeply inspired by the *GOING HOME* project. Dar canceled her one-way ticket, stopped training programs, and began work on the dream. That same year she became director of programs.

When Bob Monroe passed away in 1995, Dar was responsible for informing the staff. In the process, she was the one to provide comfort and solace while also alleviating fears that TMI might not survive.

To make matters worse, the new *EXPLORATION 27* program was scheduled for rollout that year. Despite constant nagging from the staff, Bob had not done any work on it before he died. Dar connected with residential trainer Franceen King and they collaborated to create the curriculum and recordings, working until the last minute on the finishing touches.

During a three-week period Dar worked on the scripts all day long. Near the end she realized that she had been in Focus 27 much of the time and became keenly aware of both Bob and Nancy Monroe's presence. That realization reassured Dar and the staff that it was possible to carry on, even faced with the devastating loss of TMI's founder.

During Laurie Monroe's years as TMI president and executive director, Dar was her friend, confidant, and adviser. She worked tirelessly with the residential facilitators to introduce *HEARTLINE*, *TIMELINE*, *MC²*, *STARLINES* and *STARLINES II*. She was a driving force behind the *OUTREACH* program and acted as an unofficial quality checker for the majority of Hemi-Sync recordings and new releases. In her role as staff psychologist, she fielded hundreds of tough phone calls and other emergencies while continuing to provide PREP sessions both within *GUIDELINES* programs and for individual sessions.

Dar was also deeply involved with the *POSITIVE IMMUNITY* program. She worked closely with professional member Jim Greene of Washington, D.C., as he pulled together groups of HIV/AIDS patients and the two of them crafted the program with an eye toward meeting those patients' special needs.

It speaks volumes about Dar's caring and compassion that through the years, she also continued active correspondence with many of the inmates she had worked with in Colorado. She saw that they were supplied with Hemi-Sync, while acting as both counselor and adviser at no charge.

The list could go on. Suffice it to say that Dar has touched more lives through her work than most people could ever hope to do. As she says: "It's been a great ride. There hasn't been a day that I haven't loved coming to work." And in that work she has made an incalculable impact on the world.

When Bob Monroe convinced Dar to join the TMI staff he promised her as much vacation time as she wanted. He never mentioned she would be too busy to take any of it.

Now it is her time: time to choose each day what *she* wants to do. There is music to be played, writing to be done, watercolors to be painted, crossword puzzles to be solved, a back porch to be sat on, and travel to the beach and to Colorado that is long overdue.

Thank you, Dar, from all of us. We love you and wish you great joy in retirement. Your subtle alchemy of the spirit has made all the difference to TMI and the far-flung TMI family.



EXPANDING TMI'S GLOBAL PRESENCE: NEWS FROM ROMANIA

by Andrea Berger in collaboration with Professor Petru Stetiu and Ritta Nicoara



Andrea Berger grew up in Bucharest, Romania, and has traveled throughout India studying yoga and meditating on inner light and sound. She now lives in Cincinnati, Ohio, with her husband and their two children. Andrea works as an information technology manager for a large consumer goods company and is a certified VortexHealing[®] Divine Energy Healer, a Reiki master, and an enthusiastic tai chi practitioner. In her “spare” time, she is a graduate student in transpersonal psychology at Atlantic University in Virginia Beach, Virginia. Between 2003 and 2006, Andrea attended the GATEWAY VOYAGE[®], LIFELINE[™], TIMELINE, EXPLORATION 27[®], and STARLINES. She is now an accredited OUTREACH facilitator.

The Monroe Institute's activities in Romania have expanded significantly in the last three years. After the publishing of *Journeys Out of the Body*—translated by Professor Stetiu—in the Romanian language in 2008 (see article by Irene Cupe, *TMI Focus*, summer/fall 2009), more and more people became interested in The Monroe Institute[®].

Starting in June 2008, Professor Stetiu conducted weekly Hemi-Sync[®] sessions at the Municipal Cultural House in Cluj, a large city in the north of the country. Each session was attended by at least ten people and included short talks on various topics: Hemi-Sync, its therapeutic benefits, TMI, and out-of-body experiences (OBEs). The talks were followed by two exercises from either the *GOING HOME* series, *OPENING THE HEART*, or *HUMAN PLUS*[®]. Some remarkable experiences were reported to Professor Stetiu during the workshops. While listening to the *Access to Energy* exercise, one participant remarked that she felt as if she was re-entering the cosmic womb, where she felt ecstatic and one with All That Is. Another participant, listening to *Touring the Interstate* from the *GOING HOME* series, felt flushed with love and light while passing through Focus levels 25, 26, and 27. Encouraged by the strong local interest, Professor Stetiu established the first Romanian local chapter group in Cluj in the fall of 2008.

Then in August 2009, Andrea Berger—assisted by Professor Stetiu—conducted the first *EXCURSION* workshop in Cluj. It was a great success! Lots of work went into this undertaking, as all the workshop materials had to be translated and recorded in Romanian. The hard work really paid off when twenty-six participants attended. We couldn't have wished for a better outcome! Participants came from all parts of the country, Constanța, Oradea, Bucharest, Satu-Mare, and Cluj, though about half were from the Cluj area. It was amazing to see how the group energy transformed/united by the second day, as the group bonded and people started to open up to each other. Many had good experiences, some even had amazing ones: meeting guides, seeing lights, going through the portal in the *Quantum Self* exercise, and becoming one with All That Is. One couple's dead son appeared to another participant and gave her a message for his mother. A participant encountered Bob Monroe, and numerous synchronicities occurred throughout the program.

The group was very strong energetically and well prepared, as several people were experienced meditators and had been previously exposed to Hemi-Sync. There were several doctors, psychologists, and energy healers in the group, but also educators, business people, and information technology managers. The delivery technology worked well, despite its complexity. We mixed the sounds from two iPods[®] with an iPod mixer—to include the Romanian translation on top of Bob Monroe's voice—and used “boosteroos” to amplify the sound and long wires to connect all twenty-six participants. Most people had limited (if any) English and really appreciated the fact that the program was held in Romanian, including all the exercises. I could sense the strong interest people had in TMI and Hemi-Sync. All the CDs I brought with me were purchased quickly, and several people placed follow-up orders.



EXCURSION workshop participants

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The venue for the program was a conference room at the Tulip Inn in the forest of Faget near Cluj, which worked quite nicely even though on both days there was a wedding in the late afternoon. The weddings added some noise but also lent a joyful “energy boost” to our meditations.

Here is what Ritta Nicoara had to say about her experience:

“When I came to the *EXCURSION* workshop in Cluj, I didn’t expect any peak experiences, because I had just returned from the *GATEWAY VOYAGE*[®] program in Spain with Carol Sabick, and those experiences were still very fresh and strong in my mind. But still, my heart was longing for more immersions into my inner worlds and I was craving the energy of the group ... and I was looking forward to meet Andrea. The venue was beautiful, the organization excellent, and when Andrea started to present the program, she was radiating such inner warmth and peace that—slowly—I entered into a state of profound resonance with her and felt that I was in the right place at the right time. Once we started the exercises, I felt that my journey of self-exploration and discovery did not start anew, but continued from the point I had left it at [the] *GATEWAY VOYAGE*. I was back into deep and profound dimensions, where new aspects of myself were slowly revealing themselves to me. I could feel the effects of Hemi-Sync working on me and, though the program was only two days long, the intensity of my experiences was extraordinary. Perhaps my subconscious knew that there was no time to waste—we had to take full advantage of every moment and explore as much as possible. Andrea created a protective and loving environment in which we all felt safe, accepted, and understood—gently and patiently answering our questions and guiding us along our journeys. In my view, the *EXCURSION* workshop is much more than an introductory program to Hemi-Sync. It is very powerful in its own rights! Needless to say, I had a marvelous experience. Thank you, Andrea.”

At the end of the program, we set our group intention on bringing the *GATEWAY VOYAGE* six-day program to Romania in Romanian. I am thrilled to report that this dream has become a reality. The first *GATEWAY VOYAGE* course happened on July 10–16, 2010, in a retreat near Bra ov at the foothills of the Piatra Craiului Mountains. Carol Sabick facilitated with assistance from me. In September 2009 following the *EXCURSION* workshop, Dr. Crina Veres—one of the *EXCURSION* participants and co-coordinator of the TMI Local Chapter in Cluj—gave a talk about Hemi-Sync that concluded with a Hemi-Sync exercise. She spoke at the annual conference of the National Association of Complementary Therapies in Romania (ANATECOR). The conference drew more than 150 attendees. This event was hugely successful, and as a result, several participants joined the local chapter meetings in Cluj.

There are now three TMI local chapter groups in Romania: the initial one in Cluj, one in Bucharest, and one in Satu-Mare. The last two were founded by two of the *EXCURSION* participants, one of whom, Ritta Nicoara, is now in the final phase of being certified as a TMI *OUTREACH* facilitator.

To date, approximately 220 Romanians have been exposed to Hemi-Sync. We hope this number will grow fast in the coming year, as more local chapter meetings, *GATEWAY VOYAGE* programs, and *EXCURSION* programs are conducted. It is indeed a humbling and gratifying experience to witness how people from all over the world—regardless of their cultural and religious background—are united in their interest in Hemi-Sync and come together to “awaken through the exploration of consciousness.”



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THE NEW GRADUATE GATHERING: CONSCIOUS LIVING

Karen Malik and Cam Danielson designed a new workshop for TMI graduates and cofacilitated it on August 6–9, 2010. They recently had a conversation about the history of the Graduate Gathering, the purpose and objectives of the new workshop on [Conscious Living](#), and what graduates who choose to attend can expect. A second workshop is scheduled for December 3–6, 2010.

Karen: The history of the Graduate Gathering begins in 1978 when TMI program graduates started getting together spontaneously. For over two and a half years I had given a weekend workshop each month at the same place in Mill Valley, California. People who had taken the workshop previously knew my schedule and would start showing up with their sleeping bags “hoping” to listen to a few Hemi-Sync[®] exercises before I broke down the equipment. I always said, “Yes, of course!” Afterward, they would help me load everything up, and we would all go out for dinner at a Howard Johnson’s restaurant. Thus began the Graduate Gathering.

Then, as I began giving Monroe workshops at the San Francisco Art Institute (SFAI) with its dean, Fred Martin—and also at other places in California—more graduate groups wanted to form. There were groups in Oakland,

Monterey, Orange County, Los Angeles, and San Diego. I would travel to Southern California and alternate between Orange County, Los Angeles, and San Diego approximately once a month.

I also gave Monroe workshops regularly at Antioch University in Seattle, Washington, and other sites there, as well as in Denver. The same thing happened: graduates would show up—by that point, with an invitation from me—and we would enjoy listening to exercises and socializing. It evolved into graduates bringing their family and friends to “have a taste” of Hemi-Sync, to see if they wanted to take a full workshop. It was a special way of serving the graduates because they truly wanted to share their experience with the people they cared about. The gatherings also helped spread the word about the Institute and develop its presence on the West Coast. It was natural that there would be a great deal of interest in Bob Monroe’s work once we got the word out. I had promised Bob I would do that.

After Bob made his transition in 1995, I once again created a graduate-focused weekend—this time here at TMI. It gave TMI a chance to offer our graduates a convenient and cost-effective way to get together, enjoy the ambience and each other, reinforce the higher focus levels, and have a personal retreat. These gatherings were well received, and there were requests for more. Personally, I was searching for a way to deepen our time together on those weekends, and now, I feel we have something more to offer. Over the years I have had the great good fortune and honor to witness and be a part of many of *your* personal journeys. Deep in my heart and with greatest respect, I have longed to offer the quality of support that would match the preciousness and profundity of those individual journeys. Based on Cam’s [research](#) on the effects of long-term participation in TMI programs, I now feel that together we can offer a weekend experience that will support you in deepening your personal process with a group of fellow graduates. That’s what it’s all about.

Cam: What a history! It is an honor to be a part of it. I want to underscore the theme of support that makes this new Graduate Gathering on Conscious Living so important to me. A sentiment I often heard in my interviews is that coming to TMI was like coming home. That’s quite a striking comment that speaks to the importance of TMI’s work in helping individuals transcend personal fears and self-limiting beliefs through the knowledge that consciousness extends beyond their physical bodies. Nonetheless, it often left me with a question, which I—like others—had to face upon leaving TMI: if this felt like coming home, then what was I returning to?

The rest of the story, so to speak, begins after we return to our respective homes and communities. Here is where we face the challenge of integrating the inner exploration that goes on at TMI. Exploration and integration are two sides of the same coin of human development. We begin by going beyond our known boundaries to find what more we are—what more exists along the spectrum of consciousness. It takes courage to step into the unknown, but that is the legacy of Bob Monroe, who noted that by coming to TMI we make Knowns of our unknowns. But that experience doesn’t end with the conclusion of the program.

We now embark on the second half of the journey, which is to return to those we live with, work with, and interact with across the different realms of our lives. It becomes a perplexing challenge to explain to them what we may not have words to describe. As Joseph Campbell asked: “How [do we] render back into the light-world language the speech-defying pronouncements of the dark? How represent on a two-dimensional surface a three-dimensional form, or in a three-dimensional image a multidimensional meaning? How translate into terms of ‘yes’ and ‘no’ revelations that shatter into meaninglessness every attempt to define the pairs of opposites? How communicate the message of the all-generating void to people who insist on the exclusive evidence of their senses?”

By coming to TMI we have changed our lives, but what does it mean? What do we do differently? What is it we have received in our inner explorations at TMI and how do we share it? How do we now live our lives? If these questions are relevant to the further unfolding of your life, then the next Graduate Gathering will be a good place to explore what it means to live more consciously with the gifts we have been given.

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In this three-day Conscious Living workshop, we will focus on the following objectives:

- Increasing self-knowledge through autobiographical exercises and dialogue
- Learning to engage the higher self in a practice of clarifying one's calling and/or next phase of personal growth and development
- Learning to tell the new story about oneself in dialogue with others
- Completing a self-improvement plan to tap the unfulfilled potential of one's new story
- Creating a community of colleagues for support and further inquiry on actions taken after the workshop

Karen: And let me add, Cam, that this workshop will make use of Hemi-Sync, which as you noted about the power of the TMI experience, brings us into alignment with the full spectrum of our Being. Hemi-Sync facilitates an opening to our higher mind or Total Self (in Bob's language) and opens the doorway to long-term memory, the unconscious, and the collective unconscious. With this alignment and opening, not only the full experience of our lives becomes available, but also our highest wisdom and guidance, thus setting the stage for a level of integration that is extremely meaningful on our journey toward becoming conscious and whole human beings.

Integrating the life we are given with our soul's purpose can bring us to a level of fulfillment that comes with being awakened to the truth of our existence. We can live our lives from the perspective of more fully knowing who we truly are and what our life's journey is meant to be. For me, integration is key to the conscious fulfillment of my life's/soul's purpose and existence. The goal is to manifest in my life all that I am. During this weekend, each graduate will have an opportunity to deepen their process, understanding, and manifestation of their own creative consciousness. I look forward to holding space for a new level of Graduate Gathering and having all the fun of being together once again!!!

Cam: In my work over the last thirty years, I have explored many different technologies, practices, and methodologies for adult and leadership development and have never found anything more powerful than TMI programs for the depth of inner work that is accomplished in such a relatively short period of time. Of course, that has some interesting implications. To open up to the full spectrum of our being can be pretty overwhelming, especially if we don't have any means of support available to us in the succeeding weeks and months. One thing I have learned about the value of traditional contemplative practices is the role of a community in doing deep inner work. If we lack others who share similar goals and face similar challenges with whom we can speak about our experiences, find counsel and advice, and laugh and cry together as we stumble at times along our way, that lack can be a limiting factor in our continual evolution.

The key to community and personal development, in my estimation, is paying attention to what supports a rich inner life. That's no easy task since the objective is to create a bridge between the external circumstances or context of one's life and the impetus or drive of self-realization that owes no allegiance to that context. And yet, this too is part of the heritage of TMI and is expressed in the way the programs are constructed: to treat adults like adults. At TMI, I feel in charge of my own learning and development because TMI offers a container for me to be in contact with my guidance or my Higher Self in a direct and personally meaningful way.

The fact that TMI does this in a communal setting is not a distraction because our respective journeys are shared in our own time, in our own way, without forced interaction. To the degree that we need the social context to help us deepen our inward exploration, that is available. But again, it feels directed by virtue of my own guidance as opposed to outward circumstances or structured activities. I would describe it as a place where we learn what engagement with others through our Higher Selves can mean. For instance, I have received guidance from someone speaking to me who may not have even realized (at the ego level) the importance of what they had shared. But just as important, I would not have known how to receive their message if I was not in such direct communion with my own guidance.

This same principle applies to our work of integration in the organization of the Graduate Gathering workshop on Conscious Living. We will use our respective practices—aided by Hemi-Sync—to engage our deeper selves and each other in questions about purpose and direction in our lives in an effort to live more aware of guidance in our daily actions and interactions with others.



IN MEMORIAM: RAYMOND O. WALDKOETTER, JR., EdD

by Albert E. Dahlberg, MD

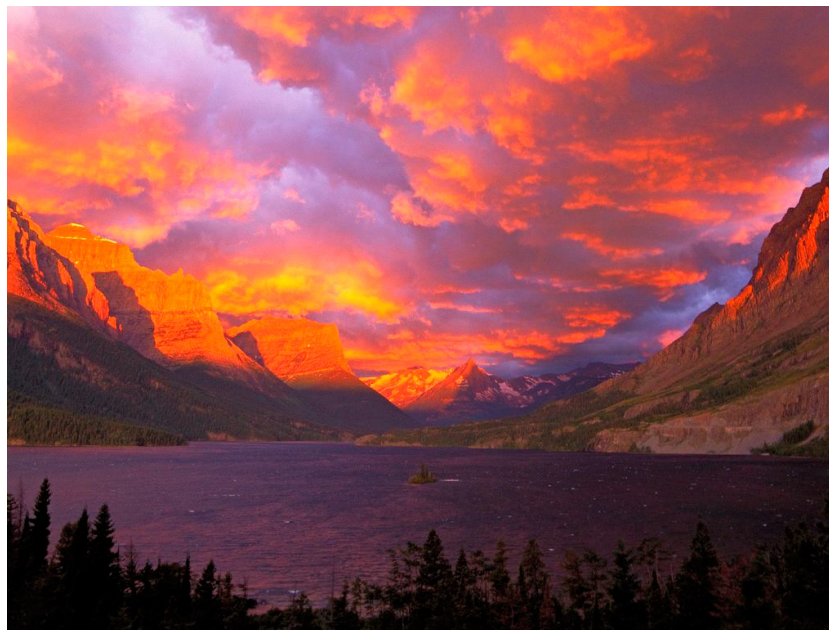
The Monroe Institute® lost a dear friend and longtime supporter with the passing of Ray Waldkoetter on January 22, 2010, due to heart failure. Ray was a personal friend of Bob Monroe's from the "early days" and had done some of the pioneering experiments to test the efficacy of the Hemi-Sync process with U.S. Army personnel at Fort Benjamin Harrison. Ray regularly presented the results of those studies on auditory guidance at the annual Military Testing Association conferences. In 2009, his reports were an invaluable part of TMI's successful application for accreditation to become a provider of continuing education credits.

Behind Ray's calm, modest demeanor and wonderful smile was a keen intellect. Ray lived a busy and full life, graduating with a bachelor's degree (Phi Beta Kappa), master's degree, and doctorate in education from Indiana University. He served in the U.S. Marine Corps, taught at a men's college in Ghana, and served as the dean of students at Shepherdstown College in West Virginia before finally returning to Indiana for thirty-plus years in the Army Civil Service.

A very important part of Ray's life, for him and for all of us, was his active participation and vital contribution to TMI. He was a strong supporter for many years, as a founding member of the Professional Division and a member of the TMI's Board of Advisors. Ray regularly attended the professional seminars until recent health problems restricted his travel. I had the privilege of rooming with Ray several times, which gave me the opportunity to enjoy many interesting conversations and get to know him as a friend. He was always surprised and delighted when he had a "good experience" with the Hemi-Sync® exercises on the Hemi-Sync Intensive day that was part of every seminar. I suspect that this modest and humble man did not realize how much his enthusiasm for life was appreciated and enjoyed by others at all levels.

Ray's wife, Mary, passed away in 2004, and he is survived by a sister, four daughters, two sons, nine grandchildren, and innumerable friends who will miss him dearly.

Behind Ray's calm,
modest demeanor and
wonderful smile was a
keen intellect.



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BECOMING POSITIVELY AGELESS

by Carmen Montoto, BA



Carmen Montoto graduated from the University of Puerto Rico with a bachelor's degree in art history. She has studied TFH kinesiology (level 1), photo reading, and ayurvedic massage. Carmen is an instructor of hado, the science of vibration, a Brain Gym[®] instructor and consultant, and a TMI OUTREACH facilitator. She has given presentations on Hemi-Sync[®] and its uses at conferences in Iceland, at the Latin American Health Institute in Boston, at several TMI professional seminars, and in Cuba and Puerto Rico.

Carmen has been a TMI professional member since 2001. In collaboration with nine Puerto Rican university students, she initiated a research project on the use of Hemi-Sync to enhance learning. With fellow professional member Jacqueline Mast, PT, MSED, she organized an international conference on special education in Puerto Rico. For the past six years Carmen has facilitated a children's summer theater workshop using METAMUSIC[®]. She has also developed a program called "Wiring"—"Alambraje" in Spanish—that combines Hemi-Sync, Brain Gym exercises, breathing techniques, positive affirmations, and the arts to increase the learning skills and wellness of children. This system was incorporated in some Puerto Rican schools in 2009. "Wiring" aims to facilitate the flow of information between different areas of the brain through sound and movement and also to reinforce and create new connections between neurons. At least twenty mothers told her that after going to sleep listening to METAMUSIC Cloudscapes, sometimes for just one night, their sons with speech problems started to speak more fluently.

Carmen has been a speaker at many events related to autism and attention deficit hyperactivity disorder (ADHD), presenting Hemi-Sync and Brain Gym as useful tools to help children and adults in special education programs. She is also director of Academia MC², a dance school offering yoga and diverse workshops to promote the arts and spiritual development.

All participants at TMI's 2008 professional seminar—"Hemi-Sync: Varieties of Experience"—received the POSITIVELY AGELESS album as a gift. Upon returning to Puerto Rico, Carmen gathered a group of friends to experiment with its five exercises. She shares the results of their adventure below.

One of the many things I like about The Monroe Institute is the vast array of research done by the professional members and the Institute on the application of the Hemi-Sync technology. The spirit of innovation infuses this group and leads to the emergence of new ideas for solving or alleviating human problems. The topics addressed have included birth and death, maintaining health and dealing with illness, improving sleep, accelerating learning, expanding consciousness, and exploring past lives and other dimensions. In 1997, Vincent C. Giampapa, MD, FACS, one of the first certified antiaging physicians in the world, gave an intriguing professional seminar presentation on a one-person study conducted during LIFELINETM with himself as the subject. During the six-day program, various aging biomarkers—including cortisol—were measured with saliva samples. Chronically high cortisol is a major contributor to stress and aging. Dr. Giampapa's cortisol levels decreased (Giampapa 1997). Unfortunately, he never wrote up the results of the case study.

In early 2006, Patty Ray Avalon—TMI professional member and OUTREACH and residential facilitator—was moving into her fifties. She began to notice the typical changes in eyesight, skin texture, hair color, and energy levels. She knew that positive thoughts could affect physical matter and that Hemi-Sync was unparalleled for reducing stress, a major factor in illness and aging. Exercises addressing those two issues could be a fantastic support for aging better. Patty Ray remembered Dr. Giampapa's work and approached Laurie Monroe, president of TMI, and Teresa West, president of Monroe Products, about creating CDs for baby boomers. Laurie suggested, "Why don't you create something for us?" Patty Ray's collaboration with Monroe Products' audio engineers resulted in POSITIVELY AGELESS.

In 2008, I was also counting my birthdays and knew how Hemi-Sync can be a catalyst to help us harness the power of the mind to attain many goals. I decided to create a group to test the effects of POSITIVELY AGELESS, which I use almost every day.

Forty people showed up for the project and many more called for information. Spanish is the national language of Puerto Rico. Three-fourths of the group decided not to participate in the project because they feared they would not understand the verbal guidance, even though I translated the first two exercises. English is a compulsory course in

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Puerto Rican schools, and I have a theory that the language is stored in the subconscious and with proper training it can come out. But I could not persuade them, and the group that met weekly was composed of ten women. Of those who participated, some bought the series but could not come to the meetings because of time pressures. The latter group reported interesting data if they used the exercises regularly. There was no effect, of course, on those who had used the exercises only a few times.

All of us were over forty years old, some were over fifty, and two were over sixty. The study was informal but the results were very intriguing. Two people did not exhibit any changes: one of them did the exercise only on the days we met and the other did them sporadically at home. The remaining eight did the exercises almost every day for three months.

We met once a week for two hours. The first hour was a presentation on factors related to aging: nutrition, exercise, tai chi, free radicals and antioxidants, the effect of Hemi-Sync on stress, and Dr. Giampapa's findings. During the second hour we shared feedback and discussed the exercises we were doing. We decided that the chronological order was not important and that in the first week everyone would do the affirmations and visualizations on the second CD, Reconditioning. The results were amazing! A woman who suffered from fibromyalgia said her pain was gone. She reported she was walking faster and her posture had changed for the better. Six out of eight participants had noticed a change in posture during the first week. In week two we added the first CD, Rejuvenation. Then everyone decided they would continue to do Reconditioning because it gave a sense of purpose to their day. We stayed on those two exercises for a month.

At the end of the month all of us were happier, more relaxed, and showed improvement in posture. One woman no longer had inflamed gums, one had fewer menopausal hot flashes, and three felt their flexibility had improved. Two thought their hair was prettier, and of course there was the woman whose fibromyalgia pain disappeared.

The affirmations and visualizations of Reconditioning were written out to be read daily as we moved to the third exercise, Lightbody. I was especially touched by a phrase in the Lightbody script: "I am a precious being of light and love." We added the fourth exercise—Clear and Balanced—in the sixth week. When the second month ended there was a sense of inner joy and love. Many in the group thought some issues in their lives had been solved and felt emotionally lighter. The results experienced in the first month carried over to the second. Some had personal preferences and did the exercises they liked best, but in general, the group stayed with the two exercises assigned for the month.

In the last month we did Renew through *H-PLUS®*. It was the favorite of three persons in the group; the rest thought the first three *POSITIVELY AGELESS* exercises helped them more. Two of the participants had previous experience with *HUMAN PLUS®*.

After almost a year had passed, I phoned to see if the participants were continuing to use the exercises, as I still do. Four of them considered *POSITIVELY AGELESS to be* life transforming and still used it. Two of them had ended relationships that were not for them, one opened a very successful business, and another improved her health and is having a more productive life. The other four employ the exercises periodically and feel better when they listen to them. Two did not continue to use them and therefore had no change.

One theory of aging hypothesizes that it is caused by errors in cell replication. Eight of us are planning to meet with a doctor. We hope that with his help we can create a more vivid visualization of our cells reproducing without error. If most of our cells renew themselves every seven to ten years on average, by understanding the process more completely (Spalding et al. 2005), we can—as Patty Ray Avalon affirms—"change our physical condition as we change our thoughts about ourselves, particularly as we age" (Wade 2005, 2009).

Recently I got a call from someone who purchased the series and while listening to the *Lightbody* CD, felt her guardian angel embracing her. As for myself, I think the *POSITIVELY AGELESS exercises* are well thought out and they help me program myself every morning for a more productive and joyful life.

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THE ICELANDIC DIALOGUES: HEALING THE HEALERS LOVE, LAUGHTER, & COMPASSION

Eleventh International Conference, October 8–10, 2010

by Lilja Petra Ásgeirsdóttir

Lilja Petra Ásgeirsdóttir, is an integrative health coach who uses MetaMedicine. Lilja and TMI professional member Jacqueline Mast, PT, MsEd, have been co-organizers for The Icelandic Dialogues conferences since their inception. The evocative illustration below is used by permission of artist Paula Green. You can see more of Paula's work at [Peagreen Cards](#)



Iceland is well known for its volcanic and thermal power. Less known is the creativity and spirituality of the people. The people are like the land they live on. They have inner power and stamina. They are warm and friendly when you get to know them.

Many who visit the country fall in love with it and must come back to rejuvenate, recharge, and be reborn. As Brian Dailey, MD, a former conference keynote speaker said recently: "This is one of my favorite conferences in the world, my fifth time! Last time we spent several hours in the 110-degree-Fahrenheit, mineral-laden waters of the Blue Lagoon while having massage, Reiki, and craniosacral treatments. The food is outstanding, and Kriunes, where we are

staying, is breathtaking! The morning sunrise is the screensaver on my computer."

Now you can also experience one of most inspirational and educational conferences ever in a land that crosses the North American and European tectonic plates. "Healing the Healers" promotes healing of mind, body, and spirit *through medicine and beyond*. Brilliant minds come together to teach and practice multidisciplinary methods for healing and well-being.

This year's conference focuses on love, laughter, and compassion. The joyful and loving pastor and healer Rick Patterson from Florida joins with Bill Mast, whose focus is "Healing the Earth: Environmental Sustainability."

Using the plentiful thermal water and the wisdom of Sarah Pierce and Robin Matthews, we will awaken our inner power and clear out clutter from this lifetime and beyond while floating in the Blue Lagoon and experiencing *alo in agua* (healing in water).

We will use laughter to heal and enhance inner joy and lift our spirits to new heights under the guidance of Les Moore, naturopathic physician and acupuncturist, and also awaken our bodies and minds each morning with oriental exercises after being swept off our feet by Ove Svenson, Swedish shaman and flautist. Physiotherapist Anna Katrín Osteen will lead us through Inner Smile practice.

Unconditional Love is the power that can change anything and everything. Within love there is laughter, joy, and compassion. It transmutes fear and all the aspects of it, such as anxiety, depression and dis-ease. Throughout the conference there will be time for free-flowing healing sessions, as well as group and individual sessions. Each participant brings his own knowledge and gets an opportunity to learn from others.

Just being in Iceland is an experience of the power of our living Earth. From March to May 2010, [Eyjafjallajökull](#) sent forth volcanic activity from an inner depth of twenty-five kilometers up to the sky above the earth. This eruption affected millions of people and kept them grounded for a few days. Lack of air flights created an unusual silence. Many people not only experienced tranquility and peace that had been missing from their lives but also inner fear,

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frustration, and anger. Iceland's volcanic event is a reminder that we are, indeed, all connected—that we cannot be isolated in our small corner of earth thinking no one will notice.

From the earth comes the crystalline form of quartz that has the ability to channel and enhance energies to heal and aid us. The wonderful physician and laser engineer Brian Dailey will share his knowledge of using crystals to bring wholeness to body, mind, and spirit.

Psychologist Eygló Guðmundsdóttir will tell us joyfully what it feels like to be a parent of a child who survived cancer. She is working on a doctoral dissertation about parents' psychosocial situation after having a child diagnosed with cancer.

This conference provides caregivers a time to step back and thoughtfully experience practices to enhance their lives and their abilities to give of themselves.

Pre- and post-conference tours are available with Lilja Petra Ásgeirsdóttir, Icelandic tour guide, healer, and integrative health coach. Past preconference tours allowed the international attendees to bond through the experience of energy lines (ley lines) and nature spirits, as well as meeting creative artists and healers. They meditated between the North American and the European tectonic plates and absorbed the power of the ocean and thermal water. This year's tours feature the volcano Eyjafjallajökull, waterfalls, and visits to an herbalist, thermal pools, and an eco village. We may even bathe in water-ash pools at the base of the volcano!

If this description entices you, visit www.healinghealers.com for more information.

Related websites:



Brian Dailey www.consciousmedianetwork.com/members/bdailey.htm.

<http://www.liebertonline.com/doi/abs/10.1089/1076280041138306>

www.rainbowcrystal.com/atext/crystalbowls.html

www.free-press-release.com/news/200505/1115410008.html

<http://www.monroeinstitute.org/>

Ove Svenson, member, the World Council of Elders www.worldcouncilofelders.org

Eygló Guðmundsdóttir <http://twitter.com/EyglóTigermom>

Les Moore <http://drlesmoore.com/>

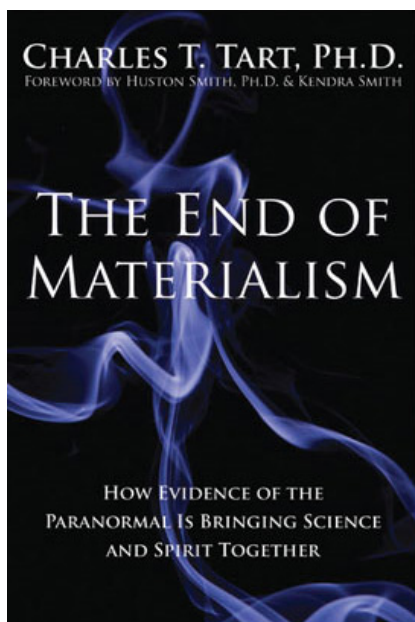
Rick Patterson <http://www.thechristlifecenter.com/>

Bill Mast <http://www.wildlands-inc.com>

Book Review

Charles T. Tart. *The End of Materialism: How Evidence of the Paranormal Is Bringing Science and Spirit Together*. Oakland, Ca.: New Harbinger Publications and Noetic Books, 2009. xiv + 397 pp. \$19.77.

Reviewed by Matthew Fike, PhD



As its subtitle indicates, the focused topic in Charles T. Tart's newest book, *The End of Materialism*, is the relationship between science and spirituality. Where proponents of scientism and materialism have assumed mutual exclusivity, Tart asserts that science provides evidence, though not definitive proof, that the mind is greater than the brain and that a human being is more than a "meat-based computer that will soon die." That is, "rigorously using the same scientific method, essential science, [which] has led to such great success in understanding and engineering the material world, leads us to a picture of humans having a nonmaterial, spiritual aspect to our reality." Mind connects with both brain and spirit; and mind, brain, and body are intricately "enmeshed." Tart thus challenges debunkers who believe that seeing ourselves as more than physical bodies means that we are "irrational,' 'unscientific,' or 'crazy.'"

The "essential science" that lies at the heart of Tart's approach is a fourfold process: to observe reality, to reflect on what one observes and to devise theories, to improve and expand those theories, and to use them to predict what will happen under different conditions. Simply put, it is "refined common sense." "Used correctly, science can be an open-ended, error-correcting, personal-growth system of great power." The book's huge

emphasis on evidential data makes it scientific in this highly positive sense, though the author insists that it "is not a scientific book per se" because it reflects his "full humanity and complexity: scientific, humanistic, spiritual, skeptical but open—and personal, when that helps illustrate points." It is as "a scientist *and* a personal seeker" (author's emphasis) that Tart makes his case for a dualistic view that includes both matter and spirit.

In his emphasis on scientific data, Tart is in full accord with Dean Radin whose books, *The Conscious Universe* and *Entangled Minds* (for a review of the latter see *TMI Focus* 29.1-2), he warmly praises at four points in the text. Radin's objective, however, differs from Tart's. Whereas *Entangled Minds* uses scientific studies to show that paranormal phenomena are real, *The End of Materialism* asserts that the quantum entanglement to which Radin attributes psi phenomena is an aspect of the physical universe. Even consciousness, in Tart's view, is considered to be an aspect of the physical universe; and in this regard, he might have engaged meaningfully with Thomas Campbell's *My Big TOE* trilogy (see review in *TMI Focus* 31.3-4). Radin uses entanglement to argue for the existence of Einstein's "spooky action at a distance"; and Campbell uses the concept of consciousness to offer a theoretical explanation of how psi works and how creation—physical and nonphysical—is organized. Tart combines aspects of both authors' strategies by using experimental evidence to show that psi is real, claiming that future research should focus on how psi works, and arguing that the evidential data suggest that the mind is greater than the brain.

In executing this strategy, the author follows a logical, if somewhat repetitious, organization. The volume begins with Richard Maurice Bucke's third-person account of his own experience of Cosmic Consciousness. The problem is then stated with an obligatory reference to Bertrand Russell's "philosophy of total materialism." Tart reviews essential science, which applies reason to experience; and then he distinguishes between a properly skeptical scientific approach and an improperly pseudoskeptical scientific approach, the latter being a false belief system or "neurotic defense" mechanism. At this point, a long list identifies the intellectual traps to which humans are prone. The main part of the text follows: the "big five" are discussed, that is, the psi phenomena whose "veridical" nature (veracity) science has validated; these are telepathy, clairvoyance,

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precognition, psychokinesis, and psychic healing. Tart then discusses the “many maybes”: postcognition, OBE, NDE, postmortem survival, after-death communication (ADC), mediumship, and reincarnation. The big five are to scientific experiment as the many maybes are to personal anecdote, though this is more a general trend than an ironclad distinction. After a summary of the foregoing material, Tart considers what a more spirit-centered life would look like and caps the body off by returning to Bucke’s experience. Four appendices follow: a list of books on parapsychology; helpful websites; Tart’s TASTE website (The Archive of Scientists’ Transcendent Experiences); and a précis on transpersonal psychology.

A closer look at Tart’s terminology should amplify the project just outlined. He uses the word “spiritual” in reference to “a realm of values, experiences, realities, and insights that goes beyond the ordinary material world,” that is, “another order of reality involving its own kind of possible entities and their decisions, a spiritual order that, to an unknown extent, affects our ordinary material reality.” Experience, authority, reason, and revelation are the four ways of gaining knowledge about reality, whether that reality be physical or spiritual; but any of them can become an intellectual trap. Tart is especially critical of scientism, “a rigidified and dogmatic corruption of science,” of pseudoskepticism (the realm of “debunkers, missionaries, [and] advocates”), and of the Law of Universal Retrospective Rationalization (our post facto attempt to attribute psi phenomena to materialistic causes). Although such criticisms and his assertion of a synergy of science and spirituality are on track, the author creates a false dichotomy between spirituality and religion. Yes, there is a difference between “primary, life-changing experiences of the spiritual versus institutionalized, socialized doctrines and practices”; but as his various positive statements about prayer indicate, it is simply not correct to overlook the fact that religion can sometimes be conducive to spirituality despite its institutional framework.

TMI readers will find Tart’s material on OBE to be among the most interesting sections of *The End of Materialism*; indeed he devotes eleven pages to Monroe’s experiences and the experiments that Tart performed on him in a laboratory setting. The author reminds readers in a note of the role that he played in helping Monroe publish *Journeys Out of the Body*, though the first appendix lists only *Far Journeys* and *Ultimate Journey*. It was Tart who in a 1968 publication coined the acronym “OOBE,” but he was later informed that it should have been “OBE” because “of” does not merit a letter. Of greater relevance to the Institute are Tart’s connection between alpha and theta waves and OBE, his mention that Hemi-Sync® reinforces theta waves, and his list of conclusions about what an OBE might be. Perhaps some part of the mind may be genuinely bilocated, or perhaps an OBE merely simulates such a condition. Between these extremes, an OBE may be a simulated bilocation enhanced by ESP. Maybe a person is really out, but perception is distorted as in a dream. Or perhaps being *in* bodies is the simulation, whereas being *out* is our natural state. Tart does not know for sure and calls the interpretation of OBE “a messy situation.”

In Tart’s view, since OBE and the other psi phenomena that he discusses “link the transpersonal and the physical,” the case for “a spirituality anchored in scientific facts” that he advances in *The End of Materialism* means that what I consider to be “ME!” is a simulation or point of view rather than my entire reality. Embracing this position has the potential, certainly, to enhance the importance of life and to lessen the depression and grief related to death. As Tart’s Western Creed exercise reveals, however, it is difficult for Western persons to embrace the transpersonal, which is why they/we struggle to learn the meditative practice necessary to achieve Cosmic Consciousness. The notion that mind is greater than brain also has implications for research: if there ARE spiritual beings, are their “desires and qualities . . . part of our experiment also?” In general, the multiple factors involved in psi experiments make conclusions about spirituality tentative by necessity. Nevertheless, Tart plans to forge ahead. In *The End of Materialism*, he provides evidence that psi is real and argues that the “big five” and the “many maybes” point to our spiritual nature. Starting with these notions, which TMI readers take for granted, he now plans to take the argument a step further: “With this book as a basis, I hope to later write another one sharing some of the things I’ve explored about actually practicing a spiritual life in modern times.” Tart’s next work should be of greater interest to TMI readers because its purpose will be to discuss the application, rather than to argue for the existence, of spirituality. We will await his further insights with eager anticipation.



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