

# **The Gateway Experience**

**Congratulations!!** You are embarking on an exciting and rewarding adventure. You are about to discover your ability to perceive, direct, and control your life in ways you never imagined possible. The Hemi-Sync process provides the tools. You supply the action.

**Hemi-Sync®** is a patented audio technology developed through 40 years of researching the influence of sound on human capabilities. Complex blends of Hemi-Sync sound frequencies facilitate different states of consciousness as you proceed through the Gateway Experience. There are no subliminal messages. You are in control.

**Cultivate openness** - Approach each exercise without expectations. Open yourself to the same childlike sense of wonder that characterized your first explorations of the physical world. Many people find it helpful to hold relaxation as their only goal, allowing them to notice and value subtle shifts in consciousness. Maintain awareness of your experience without judging and remember that you may perceive in different ways. Pay attention to **kinesthetic** sensations such as motion, tingling, or pulsing in your physical body. You may "see" lifelike or **symbolic images** in your mind's eye. **Auditory** perceptions may manifest as verbal messages, sounds, tones, or even music. Gateway participants often report **intuitive** perceptions of sudden comprehension, a knowing, a gestalt. There is no right or wrong way to experience these exercises. Allow yourself to appreciate and value the uniqueness of your own perceptions.

**Recommendations for use - DO NOT LISTEN while driving.** Use any standard quality stereo equipment with headphones in a distractionfree, darkened room where you can remain undisturbed for about 45 minutes. If exterior sounds penetrate, simply let them pass by. Do not use Dolby™ or other noise-reduction systems. Wait an hour after eating and use the bathroom before getting comfortable. Avoid alcohol, drugs, or excessive caffeine. Loosen tight clothing; remove shoes and glasses or contact lenses. Experiment with lying down or sitting with your head supported, to find out which you prefer. Adjust your position as needed: scratch an itch, pull up or remove a blanket when metabolic changes produce coolness or warmth.

Lower the volume so the words are barely within your hearing range. Otherwise the voice after a silent period may startle you. You may experience variations in the volume of the Hemi-Sync frequencies. These are intentional; do not readjust the volume.

Many people find that documenting their experiences in a journal is a fascinating method to reinforce learning and review progress. Try it. You may find it helpful to review the "frequently asked questions" (see below) from time to time as you move along.

Work with each exercise in sequence after you feel comfortable with the one(s) proceeding. The right pacing is different for each of us; there are no rules. You may listen to one exercise daily for a week or a month and then work at a slower or faster pace with others. Trust your intuition to know when you are ready to move on.

# Gateway Experience Manual

**JR Anderson**



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