

Hemi Sync<sup>®</sup>  
By Monroe Products

# Going Home<sup>®</sup>



This is your Guidance Manual.  
Please pull out and read before proceeding with the audio exercises.

***Going Home***<sup>®</sup>

Guidance Manual

*For Subject and Support Group*

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### Disclaimer:

*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),*

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*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. DO NOT reproduce Hemi-Sync® products or use with Dolby® or other noise-reduction systems. Doing so will diminish the effectiveness of the Hemi-Sync® signals.*

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### ***Going Home*® Introduction**

The *Going Home* series consists of two CD albums (available separately), one for the Subject (7 CDs/11 exercises) and one for the Support Group (8 CDs/9 exercises). Although some parts may seem similar, each is different in expression.

For the purpose of understanding the Subject and Support Group distinctions, *Going Home* makes the following identifications: one who is in the last and irreversible stages of a terminal illness or injuries is called the Subject. Those who are in close loving and family contact with the Subject plus caregivers are called the Support Group.

The set of learning exercises intended for the Subject offers a means whereby the individual can reduce dramatically the common fear of physical death. The result can be, at the least, greater tolerance of the situation. At most, the *Going Home* Subject may learn to control calmly the sequence of this critical event, allowing it to be one of peace and dignity. These exercises are designed for use at a private residence, in hospitals, hospices and nursing care facilities.



Support Group exercises are designed to help family and friends better understand and accept the reality of the death process. Such knowledge can assist the Support Group in administering appropriate care at critical moments for the departing Subject. These exercises also include methods that can be employed to help family and friends adjust to and recover from the loss of their loved one.

**Going Home Objectives:**

- A. To provide the Subject with valuable knowledge achieved through direct experience to include the surety that one is more than the physical body and that one does survive physical death.
- B. To help the Subject with the release of emotions, guilt, and obligations that are no longer needed and that bind one to the present physical life experience.
- C. To help the Subject recognize and remember some of the possibilities subsequent to this present physical life experience.
- D. To provide the Subject an opportunity to exercise calmly and rationally the option to depart this physical existence at the desired time.

*Please note there are no direct or subliminal suggestions in Going Home learning exercises that the Subject terminate physical life existence. The program does provide a means to resolve any fears or emotional barriers related to this natural process. The decision and resolution to act accordingly, based upon this different perspective, is left entirely with the individual. Thus anyone can participate with Going Home Subject exercises and benefit from the experience, especially those close to the dying loved one.*

- E. To provide the Support Group with enough exposure to *Going Home* exercises so as to assure their understanding and encouragement for the Subject engaged in the process. Such exposure can greatly reduce stress for both the Subject and the Support Group.

The objectives outlined are achieved through the application of a sound technology known as Hemi-Sync® to facilitate higher states of consciousness.

**What is Hemi-Sync®?**

Hemi-Sync® is a patented, scientifically and clinically proven audio-guidance technology refined with over 40 years of research. Researchers learned that specific sound patterns could lead the brain to various states of consciousness ranging from deep relaxation or sleep to expanded awareness and other "extraordinary" states.

The audio-guidance process works through the generation of complex, multilayered audio signals, which act together to create a resonance that is reflected in unique brain-wave forms characteristic of specific states of consciousness. The result is a focused, whole-brain state known as hemispheric synchronization, or "Hemi-Sync®," where the left and right hemispheres are working together in a state of coherence. Different Hemi-Sync® signals are used to facilitate deep relaxation, focused attention, or other desired states. As an analogy, lasers produce focused, coherent light. Hemi-Sync® produces a focused, coherent mind, which is an optimal condition for improving human performance.

Music, verbal guidance, or subtle sound effects are combined with Hemi-Sync® signals to strengthen their effectiveness. These recordings contain no subliminal messages. You are always in control.



## Hemi-Sync® Focus™ Levels

As mentioned, Hemi-Sync® is used in *Going Home* to facilitate higher states of consciousness. The Monroe Institute® has mapped these higher states to help participants navigate their inner landscape. These exercises guide the individual through various physiological states similar to typical stages of sleep—with a major exception: the mind remains alert and conscious while the body exhibits all the signs of deepening sleep. As learning progresses, fewer physical body nerve signals enter the mind until a basic conclusion is reached: the human mind-consciousness does not require such signals in order to exist and be active.

Secure in this knowledge, the *Going Home* learning system provides the experience of guided visits and tours into extraordinary realms of awareness just beyond our physical time-space reality—realms that are usually entered upon departure from physical existence. Participants with profound religious beliefs may easily identify states of being that are familiar, although no particular religious pattern is part of the process. For many, a feeling of remembering may arise during such tours which can alter significantly their mental and emotional state of being upon return to physical wakefulness, yet no specific memory suggestion is provided.

Included in such tours is a visit to the Park, an interim “way-station” for those just completing the physical death transition, a point of rest and recuperation, if needed.

The result for one who participates in these guided visits and tours via *Going Home* can be, at the least, greater tolerance of any present life

situation. At most, the *Going Home* participant may learn to control calmly the sequence of the coming critical event, even to the point where it becomes interesting and exciting. Following is an overview of the Focus levels employed:

**Focus™ 1**—a state of physical waking consciousness in the Here-Now portion of time and space we call Planet Earth.

**Focus 10**—the Mind Awake/Body Asleep state—the physical body is deeply relaxed so that physical sensory signals to the mind are greatly reduced while the mind remains awake and conscious.

**Focus 12**—the state of Expanded Awareness—a deepening of body sleep, where the mind begins to perceive in ways ordinarily restricted by the physical signal input. It is the beginning of awareness of the freedom human mind-consciousness has from complete dependency on the physical body.

**Focus 15**—the No-Time state—Focus 15 begins the conscious experience of No-Time with progressively greater states of separation of mind consciousness from physical body signals. Focus 15 is very similar to deeper stages of sleep except that the mind remains awake.

**Focus 21**—Other Energy Systems—the edge of human perception of time-space, equivalent to very deep sleep, yet the mind is fully conscious and active.

**Focus 22**—the human mind border between time-space and other nonphysical states of being. Focus 22 is often experienced as a slight change in vibration.

**Focus 23**—the condition of a human being immediately after physical death—a very active area filled with ex-physical human minds in various stages of confusion, stasis, and emotion.

**Focus 24**—the site of nonphysical activity generated by simple or primitive religious belief systems of humans both past and present. As in all belief systems at the nonphysical level, there will be very little perception, only a flash or shadow or two if one knows nothing about the belief.

**Focus 25**—the expression of the major organized religious beliefs in recent human physical history. Distinctly separate in activity, here are Christianity, Buddhism, Hinduism, Judaism, Islam and others, complete with various denominations thereof. The visitor touring the area will be attracted only to those which were a strong element in his or her physical life structure. Others will be flickering patterns much less coherent, varying in degree according to direct individual knowledge, experience and interest.

**Focus 26**—identifies postmortal areas, few in number, that contain the structures and knowledge of various highly individual religious and other beliefs that are each based upon direct experience of self. Some are composed of no more than two or three ex-physical humans. Thus great selectivity is a major factor in both perception and admission into these sectors. Awareness alone is often the beginning or entry point of most of these unique and exclusive systems.

**Focus 27**—the edge of human thought capability as it is currently organized; the site of the Park, a way-station for rest and recovery from the trauma of physical death.

## Comments from the Contributors

Monroe Products would like to acknowledge the contributions of Elisabeth Kübler-Ross, M.D., world famous authority on death and dying and Charles Tart, Ph.D., renowned researcher of altered states of consciousness. Following are some comments from these contributors along with those of Robert Monroe regarding the *Going Home* program:

### Elisabeth Kübler-Ross, M.D. (1926-2004)

Dr. Kübler-Ross was a highly respected authority in the field of death, dying and transition. She has authored over twenty books and made groundbreaking contributions toward a greater understanding of these life experiences among the medical establishment, the community of helping professionals, and the general public. Her first book *On Death and Dying* has become a master text on the subject and is required reading in most major medical and nursing schools as well as graduate schools in psychiatry and theology.

### Comments from Elisabeth Kübler-Ross:

*"Ten years ago, I would not have believed that something like Going Home was possible.*

*But here it is, and the pattern of the program is so simple that almost anyone can benefit from using it. You don't have to change your religious or other beliefs to participate.*

*I also like that family and loved ones are included. So often they are not a part of the system that tries to give care to the person who is dying, and these others need help almost as much in other ways.*



*Very important, all of what we have learned and taught through the years can be a part of this program. All of our books and papers can be provided to assist in the understanding of the process. All of the care givers in hospices, hospitals and nursing homes can use their knowledge of our work when this program is used in their facilities. Now, what we begin in our workshops and lectures can be continued wherever our friends are when they leave.*

*And most important, the Going Home program is finally a way that we may be able to help our dying friends not only during their transition, but afterward as well. Several times, I myself have visited the Park, the way-station they call Focus 27 in the program. It is a beautiful place and filled with love and understanding. Maybe we will meet there some day."*

**Charles T. Tart, Ph.D.**

Dr. Tart, a Core Faculty member of the Institute of Transpersonal Psychology in Palo Alto, is internationally known for his psychological work on the nature of consciousness (particularly altered states of consciousness). He is also known as one of the founders of the field of transpersonal psychology, and for his research in scientific parapsychology. His two classic books, *Altered States of Consciousness* (1969) and *Transpersonal Psychologies* (1975), are widely used texts that have become instrumental in allowing these areas to become part of modern psychology. His primary goals are to build bridges between the scientific and spiritual communities, and to help bring about a refinement and integration of Western and Eastern approaches to personal and social growth.

**Comments from Charles Tart:**

*"The tremendous advances in medical treatment in our times has, unfortunately, a shadowy side to it: the way we treat the dying. Instead of recognizing our natural dignity and spirituality, we suppress them and believe all things are material, so death often becomes a medical 'failure,' best ignored as much as possible. Sedate the patient, add distractions and don't think about it too much.*

*Yet impending death can be a resolution and culmination of life—a time to embark on a psychological and spiritual adventure, time to become acquainted with our deeper selves that lie beyond the distractions of everyday life. The possibilities are hinted at in many life experiences which normally get too little attention, which are dismissed by our too busy, work-a-day minds—the peak experiences, the fleeting mystical tastes of deeper understanding, the psychic flashes of knowing about things at a distance.*

*The Going Home training series is based upon modern scientific and technical discoveries for getting acquainted with and exploring the deeper aspects of your mind, what we call altered states of consciousness. While science can go only so far in thinking about what lies beyond death, we can die in a far more interesting and challenging way. Designed for the skeptical as well as the deeply religious, Going Home invites you, the dying person, to open to and cooperate with a deeper part of you that is beyond ordinary life and death.*

*You don't need a medical pronouncement that you are close to death to benefit from the training series. We are all dying persons. It's just a matter of time."*

### **Robert A. Monroe (1915-1995)**

The late Robert A. Monroe, founder of The Monroe Institute and Monroe Products, achieved world-wide recognition as a visionary explorer of human consciousness. The origin of Mr. Monroe's interest took place in 1956, when he set up a small research and development program in his New York-based company. The research was designed to determine the feasibility of learning during sleep. In 1958, a key result emerged—a little-known state of consciousness separate and apart from the physical body. The research team gave it a label, Out-of-Body Experience (OBE)—a term which has become generic in our culture.

In the ensuing years, Mr. Monroe and his research group began to develop the means and methods of inducing and controlling this and other states of consciousness in their laboratory. Their efforts in working with the audio-guidance technology now known as Hemi-Sync® gradually produced significant results, and attracted international interest among people from all walks of life. These included medical doctors, psychologists, physicists, psychiatrists, ministers and research engineers, to name a few.

#### **Comments from Robert A. Monroe:**

*"Going Home is most particularly the result of a recent project titled Lifeline™. This program was an attempt to solve a*

*personal problem—the onset of cancer in my wife Nancy. I felt I needed 'death insurance,' a guarantee that we could be together whatever took place. When our research and exploration team discovered the Park, many visits were made to verify the experience. Lifeline then was developed and became a week-long seminar where individuals learned to go to Focus 27 (a modern label for the Park) as visitors and helpers.*

*Who and what originally created the Park is unknown. An uncounted large number of humans suffering post-mortem bewilderment and fright are constantly arriving at the Park and its environs for rest and recuperation. When they are calm and rational again, each makes a choice as to the next life sojourn from the many options available.*

*After several years of successful Lifeline program experience, we realized something was missing. This missing element was brought forcefully into this 'loved one' with the death of Nancy. We did not deal with the emotional and other factors of the death transition itself at the Here-Now level. Not just for the Subject, but for the family and loved ones.*

*Going Home was produced to fulfill this very common need for many who requested an answer. Perhaps it is a service that can be utilized at any time or any place, **before** the fact."*

#### **Recommendations For Using Going Home**

Meetings with Subject and Support Group, including medical helpers and care-givers, should be held to describe the *Going Home* series and



give instructions for its use. If the Subject is unable to attend, be sure to advise the Subject as to the nature of such meetings. A simple tape recorder can be invaluable for recording the comments, discussions and Subject's responses for family history archives.

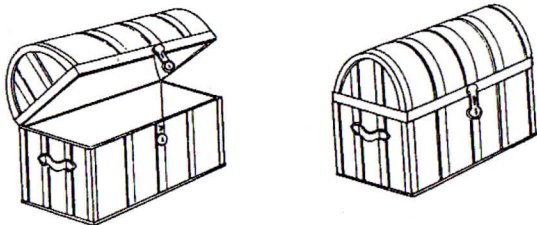
- First, be sure that everyone (to include both Subject and Support Group) has carefully read the *Going Home* Guidance Manual. If the Subject cannot do so, one of the Support Group should read these instructions directly to the Subject.
- Select one person from the Support Group to be the Coordinator. It will be this individual's role to see that the flow of *Going Home* runs smoothly.
- Select the one person in the Support Group who is among the most intimate and most loved by the Subject and with whom the Subject is most apt to confide. This person will conduct private meetings with the Subject if he or she is unable to be part of meetings or discussions regarding the use of *Going Home*.
- Practice the proper use of the CD players to be used. Two or more are recommended (one to remain with the Subject and the other(s) to be rotated among the Support Group. These should be stereo players, preferably AC powered; otherwise be sure to have an ample supply of batteries. Quality headphones are best, but conventional audio speakers can be used, if necessary, one on each side of the Subject's bed, facing the pillow.
- Care should be taken with the volume and balance of CD playback both to the Subject and to members of the Support Group. Adjust the volume to a comfortable level.

- Please note that there are two *Going Home* albums in the series. These are available separately. The first, labeled **Subject**, contains learning exercises (on CDs 1 through 4) that are specifically designed for and should remain with the Subject. The rest of the series (CDs 5 through 7) are to be played to the Subject **only** at the appropriate time, and with selection by the Subject, if possible. *Any of the CDs can be reviewed by members of the Support Group, if desired. Even the exercises on CDs 5 through 7 can be explored, as they will only end in sleep for the individual.*

The second album, labeled **Support**, contains information and exercises to be used by the Support Group. With the exception of the information tracks (all of CD 1 and the first track of CD 2), these exercises should be used by the Support Group and not by the Subject. The reason for this is quite simple. Although the Support exercises may seem the same as those for the Subject, they include various physical health affirmations that may induce internal conflicts within the Subject due to an inability to conform to them.

- *Going Home* exercises should be listened to while lying down in a distraction-free environment by both the Subject and the Support Group.
- Each exercise should be used in the recommended sequence. This is important because *Going Home* is an evolving learning method. There are several exceptions in the Support Group album: *Going Home Leaders* (CD 1, track 1 & 2), *Hemi-Sync® Technology* (CD 2, track 1) which are informative rather than actual exercises. *Remove and Release* (CD 3, track 2), *Recharge and Regenerate* (CD 8, track 1), and *Restorative Sleep* (CD 8, track 2) can also be used out of sequence.

- Each exercise should be repeated until the Subject or Support Group member appears cognizant and/or satisfied as to the personal, individual results.
- Before beginning the exercises, the Subject and each member of the Support Group should design their own mental **Security Repository Box**. This is the image of a large and strong box with a heavy lid that each participant will use during the learning process. You may wish to make a simple sketch on paper to get the image firmly in your mind. You will mentally open and close this **Security Repository Box** during each learning session to insert distracting thoughts. If the Subject is unable to think it out alone, one of the Support Group can draw one for this purpose with the lid of the box both open and closed. Here is a sample illustration of one you can use if desired:



- Gather your Support Group together as often as may be convenient or necessary to discuss the response of the Subject. Include the Subject when and if it seems appropriate. Record such meetings if possible—you eventually will be happy that you did.
- Keep a simple journal as each exercise is used, reporting the response of the Subject and each member of the Support Group.
- The exercise *Remove and Release* (CD 2, track 1 for the Subject and CD 3, track 2 for the Support Group) can be repeated as often as needed, especially in between other exercises. This exercise has a long and successful history of prompting adjustment to and understanding of emotional traumas that may be latent or dominant in the Subject and the Support Group in attendance.
- The following Subject exercises are not to be used until it becomes obvious that the Subject is ready and desires to depart: *Right of Passage* (CD 5, track 1), *Homecoming* (CD 5, track 2), *Freedom Flight* (CD 6, track 1) and *Return to Revelation* (CD 6, track 2). Use the one or ones selected by the Subject, if possible.

*The difference between exercises on CDs 5 and 6 is that these do not close with verbal guidance back to complete physical waking consciousness. The one selected may be repeated until the transition takes place, or substituted with other exercises on CDs 5 and 6.*

*Most important, the choice of departure and destination remains solely that of the Subject. If this does not take place, the Subject will drop off into sleep and eventually wake up physically.*



- Many spiritual systems and religions, as well as the nonordinary experiences of some living people, suggest that the disassociation and departure of the nonphysical self at death is not as instantaneous as it seems. In many cases, the last physical link appears to be the sense of hearing.

*Relocation Theme* (Subject CD 7) is to be played to the Subject's body immediately after medical diagnosis that the physical body is no longer alive. It should be repeated for at least one hour after such notification. Two to three hours are preferred. Make such arrangements with the medical authorities long before the actual physical death seems imminent.

Most important, the Support Group may be able to give vocal messages to the departing Subject during the playing of this recording, which is basically music. To help the process, the Subject's headphones can be loosened and moved slightly to one side. Identify vocally the Support Group member just before speaking the message. Speak softly near the ear, but not too close. Physically touching the Subject's body does not have any major effect.

Based upon the personality of the Subject, this is an ideal opportunity for the Support Group to improvise. Perhaps a farewell gathering around the departing Subject's body would be appropriate.

- From the beginning, discuss candidly the following among the Support Group, and privately with the Subject, and continue to do so during the evolving Different Overview generated by *Going Home*:

- *the feeling of each about the coming death of the Subject.*
- *the feeling of the Subject about death, both consciously and unspoken, and in the opinion of the group.*
- *changes in emotions and attitudes of the Subject and members of the Support Group as Going Home progresses.*
- *plan steps to be taken by the Support Group after the Subject's death, with desires of the Subject carefully and casually obtained and included.*

- Read some of the books and papers by Elisabeth Kübler-Ross, Charles Tart and Robert Monroe. They will assist greatly in the understanding of *Going Home* (see *Recommended Reading*, page 27).
- Keep a journal of any specific impressions or "messages" you feel you received from the Subject **after** his or her departure from this physical reality. If it is material that can be verified, make a serious attempt to do so, if for no other reason than your own knowledge and satisfaction.
- After departure by the Subject, maintain contacts among the Support Group, and continue use of the exercises (including those in the Subject album), if so desired. However, the Support Group Coordinator should eventually retrieve all *Going Home* materials, including this manual, to hold in reserve for the next Subject among the Support Group's family and friends.

## The *Going Home* Sequence

**Section 1** - An introduction to the people and the technology involved in the production of *Going Home*. Two elements perform this function: *Going Home Leaders* is an audio introduction via recorded interviews with *Going Home* contributors Elisabeth Kübler-Ross, Charles Tart, and Robert Monroe. The selection titled *Hemi-Sync® Technology* is a demonstration of the patented sound technology known as Hemi-Sync® that is used extensively in the *Going Home* series.

### Section 1 Support Group Exercises

*Going Home Leaders* (CD 1, tracks 1 and 2). Conversations and discussions with Elisabeth Kübler-Ross, M.D., Charles Tart, Ph.D. and Robert Monroe.

*Hemi-Sync® Technology* (CD 2, track 1) A demonstration of the Hemi-Sync® process, then into normal sleep.

### Section 1 Subject Exercises

(The above exercises are not included in the Subject Album and are optional listening for the subject)

**Section 2** - Begins a learning program of differentiation between human mind-consciousness and the physical body. *Mind Awake/Body Asleep* is the first step in knowing that the human mind can operate clearly without physical input (followed by normal sleep). *Flying Free* provides guided steps to help one soar above the Earth and above the clouds and return to full physical waking consciousness.

## Section 2 Support Group Exercises

*Mind Awake/Body Asleep* (CD 2, track 2)

*Flying Free* (CD 3, track 1)

### Section 2 Subject Exercises

*Mind Awake/Body Asleep* (CD 1, track 1)

*Flying Free* (CD 1, track 2)

**Section 3** - Here are the key steps in coming to know that we are indeed more than our physical bodies. The first is *Remove and Release*, a systematic exercise where one learns to detach from binding and restraining anxieties and concerns that prevent full expression of what we truly are. The second learning exercise provides guided steps with full consciousness to Focus 21 along the Freedom Route to the *Edge of Here/Now*, where time no longer exists and space is merely a thought process.

### Section 3 Support Group Exercises

*Remove and Release* (CD 3, track 2)

*Edge of Here/Now* (CD 4)

### Section 3 Subject Exercises

*Remove and Release* (CD 2, track 1)

*Edge of Here/Now* (CD 2, track 2)



**Section 4** - With knowledge that human consciousness is much more than a physical body, *Touring Interstate* provides the experience of a guided visit to states of consciousness just beyond time-space (Focus 22 through Focus 27) where most humans find themselves after complete release from the physical body. *Moment of Revelation* provides a guided visit to a specific part of the Interstate that held the most attraction for the participant with a return to full waking consciousness.

#### **Section 4 Support Group Exercises**

*Touring Interstate* (CD 5)

*Moment of Revelation* (CD 6)

#### **Section 4 Subject Exercises**

*Touring Interstate* (CD 3)

*Moment of Revelation* (CD 4)

**Section 5** - With extended knowledge based upon personal experience, the *Going Home* learning series provides the following Subject exercises as ways and means to explore more widely, to do and be that which you desire. (Section 5 contains Subject Exercises only.)

#### **Section 5 Subject Exercises**

*(These selections do not provide a guided return to Focus 1 physical waking consciousness)*

*Right of Passage* (CD 5, track 1)—return to states of being you know and understand along the Interstate.

*Homecoming* (CD 5, track 2)—Further leisurely tours of the Interstate.

*Freedom Flight* (CD 6, track 1)—Reunion with contacts already made.

*Return to Revelation* (CD 6, track 2)— Expand, remember and hold that which you experienced.

*As noted earlier in this manual, there are no direct or subliminal suggestions in Going Home learning exercises that the Subject terminate physical life existence. The program does provide a means to resolve any fears or emotional barriers related to this natural process. The decision and resolution to act accordingly, based upon this different perspective, is left entirely with the individual. Thus anyone can participate with Going Home Subject Exercises and benefit from the experience, especially those close to the dying loved one.*

*Relocation Theme* (CD 7) Music and effects to be played continuously to the Subject's physical body immediately upon medical certification that Subject has officially departed. Continue for at least one hour.

**Section 6** - *Messages in 21* provides a state of perception in Focus 21 whereby a Support Group member may receive or have communication with the Subject for an indeterminate period after his or her transition. Such information may be important and verifiable only by that particular Support Group member but still should be reported to other Support Group members. Such communication can do much to alleviate the desolate emotional patterns of others in the Support Group. *Recharge and Regenerate* provides a half-hour nap to balance mind and body and may be used whenever needed during the entire *Going Home* process. *Restorative Sleep* provides guidance into normal sleep with

emphasis upon healing the total self—mental, emotional and physical. This selection may be used during or after completion of the *Going Home* program. (Section 6 contains support exercises only.)

### **Section 6 Support Group Exercises**

*Messages in 21* (CD 7)

*Recharge and Regenerate* (CD 8, track 1)

*Restorative Sleep* (CD 8, track 2)

### **CD Listings: Subject Album**

- |      |  |
|------|--|
| CD 1 | Track 1: Mind Awake/Body Asleep<br>Track 2: Flying Free  |
| CD 2 | Track 1: Remove and Release<br>Track 2: Edge of Here/Now |
| CD 3 | Touring Interstate                                       |
| CD 4 | Moment of Revelation                                     |
| CD 5 | Track 1: Right of Passage<br>Track 2: Homecoming         |
| CD 6 | Track 1: Freedom Flight<br>Track 2: Return to Revelation |
| CD 7 | Relocation Theme   |

### **CD Listings: Support Group Album**

- |      |   |
|------|---|
| CD 1 | Track 1: Going Home Leaders<br>(Elisabeth Kübler-Ross)<br>Track 2: Going Home Leaders<br>(Charles Tart) |
| CD 2 | Track 1: Hemi-Sync® Technology<br>Track 2: Mind Awake/Body Asleep                                       |
| CD 3 | Track 1: Flying Free<br>Track 2: Remove and Release   |
| CD 4 | Edge of Here/Now  |
| CD 5 | Touring Interstate  |
| CD 6 | Moment of Revelation  |
| CD 7 | Messages in 21  |
| CD 8 | Track 1: Recharge and Regenerate<br>Track 2: Restorative Sleep  |



## Appendix A - Important Guidelines for the Support Group

As Dr. Kübler-Ross emphasizes in her audio interview (*Going Home Leaders*, CD 1, track 1), it is most important for caregivers to be fully attentive to and supportive of whatever state of this process the Subject chooses to experience at any given time. Whether in denial, anger, bargaining, depression, or acceptance, it is essential to be with the Subject where he or she is. *Do not* attempt to move the Subject to another stage and *do not* express judgements, for example, when the Subject is in denial or feeling angry or depressed.

As much as possible, enter into the Subject's experience; allow yourself to feel his or her own emotional states and reactions. Encourage the expression of anger, for instance, understanding that it is not to be taken personally. Sit quietly, perhaps simply holding a hand when despair is present.

Allow yourself to respond in the moment, with empathy and unconditional love, however the process is unfolding. Each Subject's timing is perfect and uniquely their own. Your understanding and respect for this will be very helpful.

## Appendix B - Relocation Theme (voice track)

*You hear my voice clearly...you hear and understand my voice very clearly...where you go, you take much love and beauty with you...you take knowledge and experience with you...you take with you so much memory you didn't know you had...and the huge mass of emotion you have gathered...most of all, whatever you become...wherever you go...however you change... every particle of this life span you have just*

*go...however you change... every particle of this life span you have just completed is of exquisite value...you have learned so much...so much more than you realize...but you will. You soon will know the immense treasure you possess...*

*You will use it in ways you haven't ever considered...ways that were not a part of the life you just departed...soon you will realize the life you lived is simply a learning pattern...a preparation for a kind of glory and joy and creative activity that cannot be described in physical human words...action...or even thought...*

*You are graduating...moving into another state of being for which you are better prepared and trained than you ever imagined...but soon you will begin to know this... and you will begin to understand why at best...it can only be hazily and vaguely explained in the schoolroom terms of physical life...*

*Go now...and remember!...you did not really leave your loved ones behind...they are with you now...their very essence firmly and permanently melded into you...and they always will be...as you are in them...it is this knowledge that relieves their grief. There is only a physical separation, no more.*

*Go now to the others whom you know...who are waiting to help you become that which you are trained to be. Soon you will be ready for those who follow you. Send them a message of love when you can.*



## Recommended Reading:

### Books by Robert A. Monroe

#### ***Journeys Out Of The Body*** (Doubleday, 1971)

*The undisputed classic on out-of-body experiences.*

Unpredictably, and without willing it, Monroe, a pragmatic Virginia businessman, 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 exploring a place unbounded by time or death.

#### ***Far Journeys*** (Doubleday, 1985)

This mesmerizing odyssey, written after a decade of intensive research, takes you even farther beyond the known dimensions of the physical universe. With great insight and wit, Monroe offers new awareness into the untapped resources and limitless possibilities of the human mind.

#### ***Ultimate Journey*** (Doubleday, 1994)

In a long-awaited sequel, Monroe explores the incredibly rewarding opportunities that lie beyond the limits of the physical world. He charts the route that opens to us when we leave our physical lives and takes the reader with him on an exhilarating journey that expands the limits of human experience.

### Books by Elisabeth Kübler-Ross, M.D.

- *On Death and Dying*
- *To Live Until We Say Good-bye*
- *On Life After Death*

### Books by Charles T. Tart Ph.D.

- *Altered States of Consciousness*
- *Waking Up: Overcoming the Obstacles to Human Potential*
- *Open Mind, Discriminating Mind: Reflections on Human Possibilities*
- *Living the Mindful Life*

*Robert Monroe's books may be ordered from Monroe Products (see contact information below).*

### Thank you for Participating

Providing quality care for the dying is a new endeavor for our society. *Going Home* is our very first attempt to answer this need and we are pleased to have been a part of this much-needed undertaking. We think of the *Going Home* program as an evolving project and we would be very interested in hearing from Subject and Support Group users of this learning series.

Please take a moment to share your experiences for the benefit of future *Going Home* users. What works really well? What could be improved upon or added? We would love to hear from you.

For more information about the *Going Home* learning series or to share your experiences contact:

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