

The Monroe Institute® Lifeline Program

Prerequisites: Gateway Voyage



Lifeline® is a multifaceted six-day graduate program that provides access to states of consciousness beyond those experienced in the Gateway Voyage® and Guidelines® programs. Its primary emphasis is service to those here in physical matter reality and those There who have made the transitions from the physical and who may benefit from assistance.

Service There is accomplished through becoming knowledgeable about Focus Levels 23 through 27. Focus 23 is often perceived as an area in which certain souls, for a variety of reasons, may become “stuck” following their transitions from physical life. Lifeline participants learn to comfortably make contact with such souls and offer assistance to help them move to Focus 27, the area Bob Monroe described in Ultimate Journey as the Park, or Reception Center, or Way Station. Upon arrival in Focus 27, they are met by loved ones and guides who direct them to the specific areas of the Reception Center most appropriate for their next stages of development.

Participants also are given the opportunity within this program to explore Focus Levels 24, 25, and 26 (the Belief System Territories) and to investigate facets of their own current beliefs and structures for operating within the world. Questions which arise often take the form of “What is my most limiting belief?” and “How do my present beliefs support me in exploring as freely and fully as I would like?”

Perhaps the most significant impact of this week, however, comes from the personal revelations that frequently evolve from those “rescue and retrieval” activities. Beyond the considerable satisfactions of helping others move forward, many participants realize that at the same time they are also retrieving lost parts or fragments of themselves, and thus coming into more wholeness, completion, and balance.

Lifeline participants gain familiarity with additional Focus levels:

Focus 22: where humans still in the physical have partial consciousness, remembered as dreams, deliria, and patterns induced through chemicals.

Focus 23: inhabited by humans who have recently exited physical existence and have not adapted to such change.

Focus 25: the Belief System territories where those who have exited the physical are residing in a particular belief system.

Focus 27: the Reception Center, Way Station, or Park, designed to ease the trauma and shock of the transition out of physical reality, and to assist those there in evaluating options for their next steps in growth and development.

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