

# Guidelines®

*A Monroe Institute Graduate Program*

**August 22 - 28, 2020**



The Monroe Institute's Guidelines program offers another step in the development of a more complete understanding of self. In addition to exploration of your Total Self and creating an ongoing communication with your guidance, the program provides orientation exercises to support the experience of out-of-body states. Training in the use of a special "healing" energy — either individually or in a group — is also an aspect of Guidelines.

The theme of Guidelines is to assist in learning methods in which communication can be established with distinct and different intelligences. Whatever you call such intelligence (e.g., Total Self, Inner Self Helper, Guide, Universal Consciousness, etc.) it can be any constructive source that has an overview beyond your normal physical perception.

A more complete understanding of self cannot be more appreciated than from the out-of-body perspective. Realizing that you exist apart from the physical is but one step on what Bob Monroe called the Freedom Route, a journey of life without fear in which you can achieve your greatest potential. The out-of-body orientation exercises included in the Guidelines program are designed to help you comfortably and safely begin this process. Not all participants consciously realize this subjective state while at the program, but these exercises could be your first opening to a realm far beyond the narrow confines of your physical body.

Guidelines is offered at Nanoose Bay on Vancouver Island as well as at The Monroe Institute's Virginia campus. The program consists of a series of unique exercises which provide training in developing these lines of communication. Following a review of Focus levels 10, 12, 15, and 21, participants are introduced to a new expanded alteration of the Focus 21 Hemi-Sync frequency. With the special 'ISH' (Inner Self Helper) frequency embedded in our subconscious minds, participants are guided into the limitless matrix of Focus 27. Encompassing the totality of human consciousness, Focus 27 can provide access to dimensional pathways including the "Park" and other commonly perceived locals often described by millions who have crossed over and returned.

Participants learn —

- to achieve the state where nonphysical communication and out-of-body experiences can occur.
- means and methods of establishing contact with guidance and other energy forms.
- to retain full awareness and memory of the communication and experiences achieved.
- to move into and explore the endless realms of Focus 27

**Tuition: \$1,995.** (Includes all seminar activities, meals, lodging, and local airport/ferry pickup & drop-off)

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Paul Elder ~ 1876 Morello Road, Nanoose Bay, BC. V9P 9B1 ~ (250) 730-7701 [pelder@paul-elder.com](mailto:pelder@paul-elder.com)

[www.monroeinstitute-canada.com](http://www.monroeinstitute-canada.com)