



Institute for  
the Awakened Mind

## Executive Report for The Monroe Institute Mind Mirror Monitoring, August 2019 Discovery Program Report Submitted by Judith Pennington, October 2019

**Introduction and Summary.** TMI's Discovery program has been an exciting research endeavor since its launch during the June 2017 Journey to Happiness event, as this is the only known long-term, large-scale, EEG-monitored psi study being conducted anywhere in the world. Discovery has consistently proved that the gamma frequencies orchestrated by Bob Holbrook and delivered via TMI's innovative Spatial Angle Modulation (SAM) technology support and enhance remote viewing capabilities, out-of-body travel, and profound mystical experiences that add meaning and purpose to people's lives.

Such was the case during this program. It began with a highly advanced group of people, as usual. All but one of the 13 participants reported regular engagement in one and for some people several meditation/spiritual practices, including listening to HemiSync and/or SAM tracks from once a day to once a month to help with insomnia. Twelve people had attended previous TMI programs, some as many as 10 and 20 programs, and two were outreach trainers. During the Opening Baseline, eight participants produced high-value Awakened Mind patterns with their eyes open, a rarity that is undoubtedly due to the brainwave coherence and high-amplitude alpha stimulated and supported by HemiSync and SAM.

In their Closing Self-Assessments, everyone reported expansions in consciousness, and many people dramatically increased their physical, mental, emotional, and spiritual/non-local states of consciousness. (Copies of the Closing Self-Assessments are available to TMI upon request. Details about their feedback are included in the Compilation of Abstracts.) The Compilation of Abstracts summarizes by name each person's experiences, brainwave patterns, target attainment, OBEs, and comments on the program.

The energy of the group was calm and relaxed, as Bob Holbrook noted early on. The 13 participants successfully identified 18 Target Score 1 hits out of 60 possibilities. The target attainment rate resulted in  $p=0.076$  for all RV and OBE sessions, which means "approaching significance." Nine people traveled out of body or bilocated a total of 20 times. Four people scored six Target 1 hits during OBE/bilocations.

According to the Post-Exercise Questionnaires filled out by participants after each exercise, 11 of 13 people had profound mystical experiences during at least one exercise. The Insights Questionnaire

showed that everyone gained insights in at least once exercise. Eight participants attained at least one very powerful *life-changing or life-enhancing* insight, with three people receiving life-enhancing insights during three separate SAM meditations. (See the spreadsheet below.)

### The Target Results, OBE/Bilocation Counts, and Mystical Experiences Scores

Ten participants attained 18 Target Score 1 hits during two RV and three OBE exercises. Six participants correctly identified two targets, and two participants correctly identified three targets.

One of the two participants who identified three targets was a long-time practitioner of SAM exercises. Ironically, and to the credit of the SAM beats, the other top target-hitter was a 30-year-old first-timer at TMI with no meditation or spiritual practice. He served as the group’s control.

Nine of the 13 participants experienced at least one OBE or bilocation. Three people traveled out of body during two exercises; two people, during three exercises. One of the two top target-hitters, who had previously attended more than 20 TMI programs and listens to SAM meditations for at least 15 minutes per day, traveled OOB during seven of the eight possible EEG-monitored morning exercises. The eight exercises included the Opening and Closing Baselines, an introductory SAM exercise without a target (Freeflow Zen), and five target exercises.

Four participants attained a total of six Target Score 1 hits during OBEs or bilocations. This was surprising, as many OOB travelers forget or do not bother to look for the target. One participant correctly identified the target while traveling OOB during three exercises.

The following spreadsheet shows Target Score 1 hits in red and Target Score 2 hits in orange-gold. OBEs and bilocations are noted in purple. The M numbers refer to the Mystical Experiences Questionnaire included as an Addendum at the end of this report. The asterisks refer to the Insights Questionnaire explained below. Pattern attainment percentages are given for, in order, Awakened Mind, Evolved Mind, and Gamma Synchrony scores at Training Level 5; these are discussed later in this report.

The target exercises include Light Wave RV, Liquid Mind OBE, Aria RV, Presence OBE, and Higher OBE.

Name	Opening Baseline	Freeflow Zen	Light Wave RV	Liquid Mind OBE	Aria RV	Presence OBE	Higher OBE	Closing Baseline
1	91 37 26 * M2	79 30 12 * M2	86 28 12 * M1	94 20 20 ** M1 BI	91 28 20 ** M5	93 28 23 * M6 OBE	92 32 34 * M5 OBE	95 36 38 *
2	48 18 01 M5	88 35 10 M2	46 17 02 M2	24 08 00 2/1 ** M4	41 23 00	69 36 46 *** M10 OBE	44 34 29 *** M6	53 47 17 * M4
3	89 32 46 * M1	71 34 65 M1	80 38 65 M1	92 12 26 M4	83 28 20 **	82 40 38 * M1	81 25 13 *	98 36 19 ** M1
4	38 05 37 *** M4	47 05 38 ** M2	28 24 14 * M1	75 15 44 M?		30 24 12 M?		
5	43 32 24 M1	35 28 09 M1	25 16 01 M1	31 27 20	39 12 08	45 11 03	57 14 06	44 06 01 M1
6	69 34 51 ** M7 OBE	68 33 47 * M7 OBE	62 39 41 M6 OBE	75 42 63 1/2 ** M6 OBE	73 24 52 ** M6 OBE	76 26 56 * M6 OBE	75 44 60 * M9 OBE	78 37 65 *** M9
7	76 22 55 * M3	51 09 55 ** M4	75 27 56 ** M5	55 23 27 *	65 50 25 * M5	65 50 25 * M6 OBE	72 55 45 ** M5 OBE	57 29 21 ** M5
8	77 19 18 *** M6	64 13 14 M3 OBE	83 40 13 M1	80 44 20 ** M3	81 44 23 *** M6	83 48 12 ** M4 OBE	76 40 9 M1 OBE	69 39 16 *** M4
9	71 05 60 * M1	68 44 26 * M4	59 03 69 * M4 OBE	75 06 73 * M1	76 12 70 *** M1	73 13 70 *** M1	69 24 46 * M1	80 10 68 ***
10	75 44 44 *	72 37 51 *	82 33 23 *	81 35 26 1/2 *	75 37 41 *	79 39 56 *	70 40 54 **	95 18 49 ***
11	85 36 57 * M1	92 30 74 ** M5 OBE	87 32 39 ** M1	93 31 65 *** M8 OBE	85 32 64 M10	90 33 69 *** M9	89 19 69 *** M10	87 27 71 *** M7
12	84 22 44 * M2	89 22 60 * M5	91 21 29 **	86 20 53 M1	81 20 43 M2	89 36 57 * M4	89 32 49 * M3 BI	82 21 80 * M1
13	21 24 38 ** M2	27 23 36 *** M2	06 03 14 M3 OBE	20 05 26	18 20 33 *** M5 OBE	24 12 44 M1	32 31 04 *	25 28 47 ** M3

1 OBE M 35      3 OBEs M 38      3 OBEs M 30      2 OBEs, 1 Biloc M 28      2 OBEs M 40      5 OBEs M 48      4 OBEs, 1 Biloc M 40      M 35

## Gamma and Altered States: from Profound Insights to Ultimate Reality

Close study of each participant's brainwave data shows that **everyone increased the amplitudes of their low (35-44Hz), mid (45-64Hz) and/or upper (65-100Hz) gamma during all the SAM exercises.** This means that their brainwaves and/or states of consciousness entrained to the gamma beats, as expected and hoped. Gamma is associated with attentional awareness, love, compassion, mystical union, and psi states, as well as brain coherence and the stability of the 0.5 to 44Hz (hertz) Awakened and Evolved Mind patterns.

Scientific studies and previous Discovery programs find that high-frequency gamma waves synchronize all four lobes of the brain and stabilize brainwave activity in the lower frequencies of the Awakened Mind of creative flow and peak performance and the Evolved Mind pattern of non-duality and mystical union. Fifteen years of gamma research by Mind Mirror practitioners, particularly at TMI, shows that people expanding into higher states of awareness physically feel or sense small gamma amplitude increases as low as half a microvolt (0.5uV).

Such was the case during this program, as participants riding on gamma waves identified the target, traveled out of body, and entered mystical states of profound import to them.

***Mystical Scale.*** Note in the above spreadsheet that **11 of 13 people reported Mystical Scale scores of 4 and above** in their Post-Exercise Questionnaires. Self-reports of 4 and above equate to powerful, super-ordinary experiences. Most notably, three people reported Mystical Scale scores of 8, 9 and 10. Two people reported Mystical Scale 10—an experience of immense power and union with Ultimate Reality. (See the Mystical Experiences Questionnaire at the end of this report to grasp the profundity of these experiences.)

***Insights Questionnaire.*** Participants further scaled the quality of their experiences on an Insights Questionnaire. All 13 participants reported having received an insight (\*) during at least one exercise. **Ten people reported having had a very powerful insight (\*\*) in at least one exercise. Eight of 13 people reported having received at least one life-changing or life-enhancing (\*\*\*) insight.** (These numbers are likely much higher, as a few people did not complete the instrument for each exercise.)

Two participants received life-changing insights (\*\*\*) during the 15-minute guided meditation in the Opening Baseline, compared to five people who received life-changing insights during the Closing Baseline. This increase in life-enhancing insights from the Opening to Closing Baseline suggests an increase in their perceptual abilities and owes to their increased brainwave scores during the week.

Most importantly, the attainment of life-changing insights during both Baselines, *without* the benefit of SAM beats, reflects the participants' advanced meditation capabilities and states of consciousness.

## High-Gamma Frequencies and Superordinary States

Of special note is a possible correlation between the gamma frequencies employed in the SAM exercises and the types of experiences people had. For example, Bob Holbrook included 44Hz gamma in Freeflow Zen (no target), 38Hz gamma in Light Wave RV, and 40Hz gamma in Liquid Mind OBE and Aria RV. Both Light Wave and Liquid Mind show an extremely high target attainment rate: in fact, all but three of the Target Score 1 hits occurred during these first two 38 and 40Hz gamma exercises. (See the red-highlighted brainwave scores in the above spreadsheet.)

Low gamma, especially 40Hz, is associated with coherence—that is, interhemispheric amplitude symmetry—and enhanced mental efficiency, integration, and flow. Previous Discovery programs have shown that 40Hz gamma stimulates and stabilizes highly refined Awakened and Evolved Mind patterns. It is possible that this high rate of target attainment during Light Wave and Liquid Mind is simply a matter of chance, especially since 40Hz gamma frequencies were also employed during Aria, which facilitated only one Target Score 1. The high Target Score 1 rate during Light Wave and Liquid Mind may amount to nothing more than “beginner’s luck,” the background music, other frequencies contained in the exercise, the participants’ energy levels on that day, or some unknown factor or factors.

However, the spreadsheet also shows that the last two SAM exercises, Presence and Higher, had a higher rate of OBEs. These last two exercises employed 40Hz low gamma and three harmonics of 80, 120, and 160Hz upper gamma. The spreadsheet shows a total of 10 OBEs during the first four exercises and 10 OBEs during the last two exercises: a ratio of 2.75 to 5.

In addition, two of the highest Mystical Scale scores were for Presence (48) and Higher (40), although Aria (40) also netted high Mystical scores with lower gamma frequencies. Factors other than the high-gamma frequencies could be responsible for these high Mystical scores. And in fact, it is possible, and even likely, that five consecutive days of surfing gamma waves propels people into OBEs, no matter what frequencies are in the SAM exercises.

Still, comparison of super-high gamma frequencies with RV and OBE events is on the drawing board.

### Extraordinary Brainwave Patterns and Improvements

Careful review of the left- and right-brain Composite Summary data windows (which track amplitude changes in beta, alpha, theta, delta and gamma) for each person during each exercise showed that **all 13 people responded to the gamma rhythms in the SAM exercises by increasing their low, mid, and often upper gamma frequencies.**

Review of the Mind Mirror Summary statistical column charts showed that **all 12 of the participants present for the Closing Baseline increased in at least one and often several of the three patterns measured on the Mind Mirror.** This strongly suggests that their brainwave pattern increases were the direct result of the SAM beats and their expansions into subconscious/unconscious and non-local, multi-dimensional awareness.

The measured patterns include the Awakened Mind of peak performance, the Evolved Mind of universal awareness, and the Gamma Synchrony pattern of the Superconscious Mind. Statistical pattern attainment values were gathered for the Eyes Open, Eyes Closed, and Animal Meditation segments of the Opening and Closing Baselines and for all the SAM meditations. The baselines thus show where people began and, after the SAM meditations, where their brainwaves and states of consciousness ended up.

The Composite Summaries show that the brainwaves of all participants became more coherent over the course of the week. This increased coherence—that is, interhemispheric amplitude symmetry and the synchronized firing of beta, alpha, theta, delta, and gamma—strongly corresponds to target attainment success. Increases in brain coherence strongly relate to the percentage increases in the three Mind Mirror patterns.

As learned in previous Discovery programs, people with unstable brainwave patterns (and sleepy or wandering attention) did not perceive the target or travel out of body, except in the case of “click-outs.” **Several people repeatedly clicked-out during exercises, and on occasion they awakened from these deep, non-conscious trance states with accurate target images.**

The Opening Baseline confirms that the participants’ meditation and spiritual practices were responsible for their advanced levels of consciousness. As mentioned earlier, eight of the 13 people produced high-value eyes-open Awakened Mind patterns at or above statistical scores of 50%. The eyes-open Awakened Mind is rare, as it means that the person has access to internal and external awareness at the same time.

Further during the Opening Baseline, five people produced eyes-closed Awakened Mind patterns within the 75-98% percentile range of advanced meditators, psychics, healers, mediums, and other highly developed and spiritually conscious people. During the eyes-closed Animal Meditation, seven people were within this same advanced range of 75-98% statistical rewards for the Awakened Mind.

### **Mind Mirror Pattern Increases: Opening to Closing Baselines**

*For the Awakened Mind pattern:*

- 6 people increased their eyes-open Awakened Mind patterns, including four who produced high-value eyes-open patterns to begin with. Two people increased by more than 30 percentage points. **These are extraordinary increases which may or may not occur over the course of a meditator’s lifetime.**
- 7 people increased their eyes-closed pattern by as much as 35 and 36 percentage points. This too is impressive and a measure of the efficacy of the SAM beats.
- 9 people increased their Animal Meditation percentages, most by a few points and one person by 20 percentage points.

*For the Evolved Mind pattern:*

- 7 people increased their eyes-open Evolved Mind patterns by 10 to 35 percentage points.
- 6 people increased their eyes-closed pattern by a few percentiles but one person by 30 points.
- 7 people increased their Animal Meditation pattern by a few percentiles but two people by 29 and 30.

*For the Gamma Synchrony pattern:*

- 6 people increased their eyes-open pattern, three of them by 12, 14 and 17 percentage points.
- 5 people increased their eyes-closed pattern, four of them by 19, 20, 22 and 35 points.
- **8 people substantially increased their Animal Meditation pattern scores from Opening to Closing Baseline (without gamma beats). Two people increased by 17 points and one person increased by an extraordinary 36 points: from Opening 44 to Closing 80%. This is incredibly high value for the Gamma Synchrony pattern and a highly significant advance in brain coherence and consciousness.**

Although these statistical increases show the effect of SAM gamma on brainwaves and the brain, they do not tell the whole story. For example, one woman who had two OBEs and increased her Mystical

Scale scores from 3 to 6 produced strong gamma throughout the week and ended the training with several life-enhancing insights. During three of the SAM exercises she transcended discomfort from the pressure of the electrodes, but during the verbally guided Closing Baseline the electrodes were painful and the vocal guidance irritated her. As a result, her scores for the Closing Baseline were considerably lower than the Opening Baseline for all three patterns. The better indicator of her consciousness expansion was her Eyes Open value (not shown on the spreadsheet). **Her eyes-open patterns increased tremendously: Awakened Mind 51 to 85%, Evolved Mind 29 to 39%, and Gamma Synchrony 43 to 57%.** These eyes-open increases show that she generalized her inner expansion to conscious, waking awareness.

A 79-year-old man who had attended 14 previous TMI programs and has meditated with HemiSync and SAM tracks once or twice a week at home provides an excellent example of a similarly startling increase in two of the three Mind Mirror patterns for the Eyes Open segment. This 100Hz gamma producer experienced two OBEs and one bilocation. During the bilocation, he flared up into high-frequency gamma, visited the target box, correctly identified the target then traveled to his home and the moon. During this exercise, his brainwave amplitudes cyclically decreased from 17 to 3 microvolts, strongly suggesting that he bilocated. He correctly identified the target during the bilocation, won a Target Score 1 in a second exercise, and in a third attained a Target Score 2. His Opening to Closing pattern scores were Awakened Mind 91 to 95%, Evolved Mind 37 to 36%, and Gamma Synchrony 26 to 38%. Yet the far more exciting increases were in his eyes-open patterns: for the Awakened Mind from 82 to 90% and for the Evolved Mind from 47 to 61%. **His eyes-open Awakened Mind 90% is the highest statistic observed thus far in the Mind Mirror database.** His Gamma Synchrony score for Eyes Open decreased from 85 to 70% due to his increase in the lower-frequency (and more grounded) Awakened Mind pattern.

### **OBEs and RVs in High Mystical States**

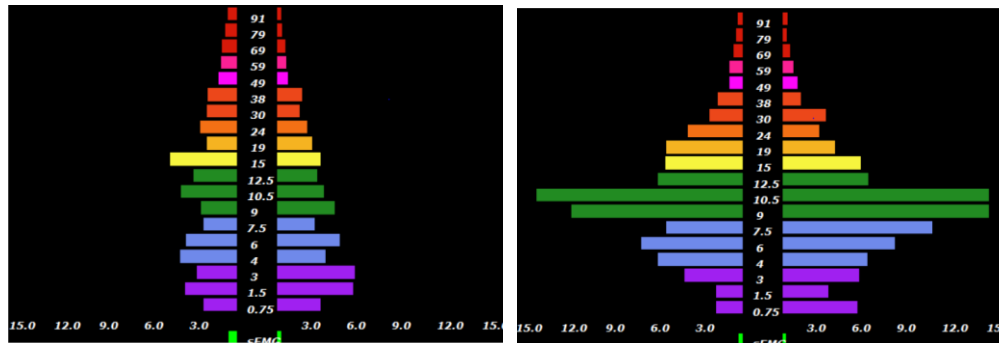
Statistical values are vital to this scientific study, but the best picture of SAM's success is the colorful experiences of participants. Participants write down detailed descriptions of their experiences in the Post-Exercise Questionnaires and afterward match them with their Mind Mirror monitor's sketched brainwave patterns. The subjective-objective match between their experiences and the associated brainwave patterns provides participants with landmarks they use to master their brainwaves and states of consciousness during and after the program.

Here are some of the many fascinating experiences shared by participants during the August program.

***Spontaneous Target Attainment during a Mystical Experience.*** The program's most perfectly described target image arrived during the Tuesday Aria RV exercise (Mystical Scale 6) while a veteran of six TMI programs was receiving messages from his guides and higher self about his purpose in life and the nature of love. He thought he was too "high" to search for the target (within a high-amplitude, diamond-shaped Awakened Mind pattern which people have associated with the higher self). But toward the end of the exercise, a clear, sharp image surfaced in his mind. The image won a Target Score 1\* -- with no extraneous or incorrect descriptors.

This outreach trainer's success speaks to the power of intention, which, in the end, remains one of the best predictors of success in RV and OBE target attainment.

**Pattern Amplitude Collapses during OBEs.** Quite a few people in this program reduced their brainwave patterns from high amplitudes to a very small 1, 2 or 3 microvolts during OOB journeys—as if, suddenly, “there’s nobody at home.” Indeed, these OBEs absented the physical brain’s sensory awareness, as seen in one woman who blissfully floated up to the ceiling and looked down on the group during Liquid Mind OBE (Target Score 1, Mystical Scale 8). After identifying the target, she used the target box as a portal to fly out to the earth and stars, where she met several light beings, including one who appeared as a wisp of smoke. They helped her feel and understand the connectedness of all things.



Out of body, out of brain.

Typical pattern before the OBE.

**Gamma Amplitude Surges.** One OOB traveler doubled his opening gamma amplitudes twice during Presence (Target Score 4, Mystical Scale 6) while he went to Focus 27, traveled out of body, and followed threads of his life back to Liverpool in 1865 and a Native American life in the Midwest in the 1500s.

**Non-Physical Entities in a Questionable OBE.** Another participant had a powerful vision that sounded like an OBE but was not reported as one during the non-target Freeflow Zen. The music reminded him of drops of water falling on the earth and bringing wisdom. During a theta/delta click-out with a 10-minute surge of high-frequency, high-amplitude gamma in the left hemisphere, a group of entities “as tall as trees” appeared with a sense that “They come” and a feeling of meeting old friends. He saw the faces of dark-skinned children with curly hair, and throughout most of the exercise his hands and forearms were moving, to him an indication of contact with non-physical energies. The participant gave this powerful experience a low score of 2 on the Mystical Scale. His understatement was explained in his Closing Self-Assessment. He wrote, “I have the definite impression that altered states are not altered anymore for me.”

**Healing while Traveling OOB.** Discovery’s SAM beats are healing for many people. One veteran OBEr and top target-hitter who was in less than optimal health during the August program spent two exercises (Freeflow Zen, no target, Mystical Scale 7; and Light Wave, Target Score 1, Mystical Scale 7) traveling out of body to the Copper Wall Room to electrically charge sensing devices before visiting the experimentation room for an actual measurement mid-week. During Liquid Mind (Target Score 1, Mystical Scale 6) he asked his guides for medical guidance and found himself floating above a highway toward a major medical center, which suggestion he gratefully accepted.

The same participant, who typically produces 100Hz Gamma Synchrony and almost perfectly rounded 100Hz Evolved Mind patterns, traveled OOB again during Aria (Target Score 2, Mystical Scale 6) but took along another participant in need of healing, this time to space station Alpha X<sup>2</sup>. After the exercise, she reported feeling better—before he mentioned their visit to Alpha X<sup>2</sup>. This was their second Discovery program together. During the February 2019 program, he sent healing energy to her, without telling her that he intended to do so. After the exercise she reported having seen his face during the meditation. Close study of their brainwave patterns revealed a high degree of neural resonance, meaning that their patterns were identical during energy transfers: he transmitted his powerful Gamma Synchrony patterns to her, and she shifted into them. But about two-thirds of the way through the 40-minute exercise in February, he felt fatigued; at that point, she began to transmit to him her high-value Awakened Mind patterns, replenishing him, in turn, on a subtle unconscious level without either one of them knowing it.

***Profound Mystical Experiences and Lessons.*** Mystical insights powerfully advance the brain and consciousness, especially when they steadily increase in profundity. During the Opening Baseline, one woman perceived herself as a (fantasy) Ceradot jellyfish able to receive and interpret energy (Mystical Scale 3). She found her energy body on a rock surrounded by a thought-responsive sea during Freeflow Zen (no target, Mystical Scale 4) and met a council of angelic beings. In Light Wave (Target Score 1, Mystical Scale 5) she drifted through the earth and universe, met a council of light beings who bring light across the multiverse, and understood the vibrational dynamics of thought forms and manifestation. During Aria (Target Score 2, Mystical Scale 5) she felt the support of her guides and understood how manifestation occurs via the layering of objects, each with different energetic forms picking up the energy of others. Presence (Target Score 2, Mystical Scale 6) gave her more information on the interconnected layers of the self and how to become fluid enough to unstick and slide out of the physical body to accomplish an OBE. During Higher (Target Score 4, Mystical Scale 5) she traveled out of body to the TMI crystal, wrote a message on the moon, felt great peace and pleasure, and watched the rainbow formation of the layers of the body. These journeys occurred within high-value Awakened Mind, Evolved Mind, and Gamma Synchrony patterns with sustained high-gamma surges alternating with cyclical reductions of her brainwaves during OBEs.

***Unlimited Mind.*** During Freeflow Zen (no target, Mystical Scale 5), a woman producing a strongly rounded 100Hz Evolved Mind pattern of Universal Consciousness experienced herself traveling to different places in the earth, saw a possible future structure, and while taken up to the stars to view them, heard the words, “You are limitless.”

“Limitless” is a good word for all Discovery participants—and for the program itself.

Bob Holbrook adds, “Onward, Delta Deities and Gamma Gods and Goddesses!”

*Report Submitted to TMI by Judith Pennington,  
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## ADDENDUM: MYSTICAL EXPERIENCES QUESTIONNAIRE

The following scale is loosely graduated toward the pinnacle experience of #10: “ultimate reality.” A self-score of 4 on the ME Questionnaire (M4), as shown on the spreadsheet above, means that participants selected *any* four of the following descriptors. However, because this is a graduated scale, a



selection of 4, even if it were the first four descriptors, would constitute a powerful and super-ordinary experience.

1. The loss of the usual sense of time and space
2. The experience that consciousness during this exercise was more real than your normal awareness
3. A sense that the experience cannot be adequately described in words
4. The experience of pure awareness
5. The experience of unity with something larger than yourself
6. A sense of awe or reverence
7. The experience of bliss or indefinable peace
8. Sensation of being surrounded in light
9. Feelings of universal love
10. You are convinced that you encountered ultimate reality