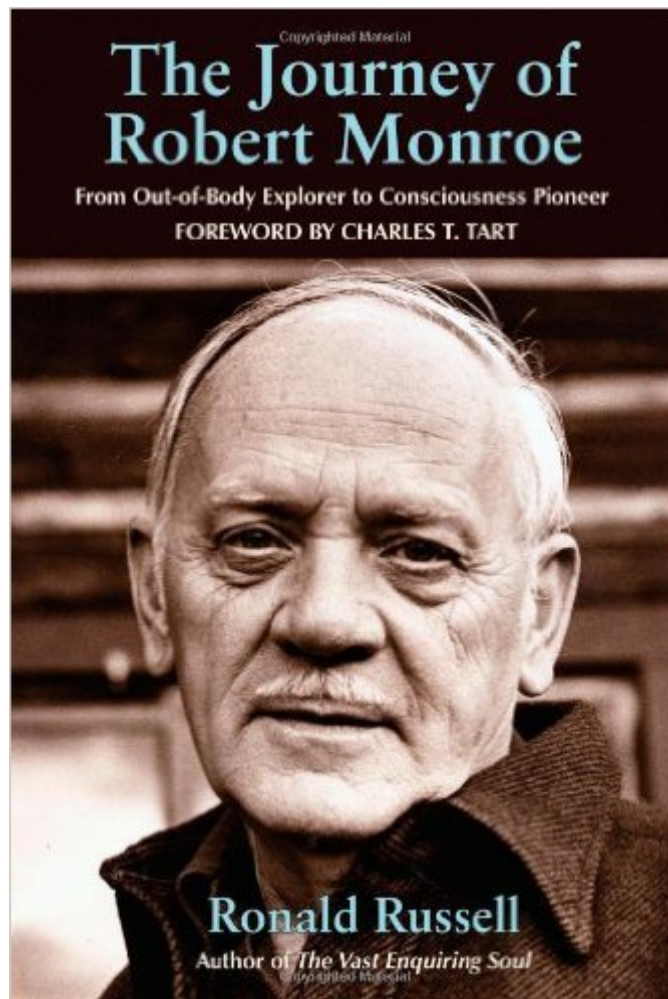


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# The Journey Of Robert Monroe: From Out-of-Body Explorer To Consciousness Pioneer



## Synopsis

In 1971 Doubleday published a book called *Journeys Out of the Body*, a Virginia businessman's memoir of his weird and wonderful adventures on other planes of reality. That book, which has sold more than a million copies, and that man, Robert Monroe, helped cement the concept of astral travel into the American psyche and made the "out-of-body experience" a household word. Monroe not only helped others understand this state of being, but through his research on binaural beats and his development of the technology known as Hemi-Sync, he made the OBE accessible through programs at The Monroe Institute, which is attended by thousands of people each year. However, Monroe made consciousness research more than an esoteric thrill ride. He put his technology to practical use by creating frequencies that have helped people with everything from meditation and learning, to insomnia, quitting smoking, and pain control.

## Book Information

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## Customer Reviews

This book provides background and explanatory information helpful in understanding Robert Monroe's writings. The first few chapters are difficult to get through, as the information on Monroe's family (especially the name changes) isn't clear. The rest of the book provides useful information supplementing and clarifying the history of the Monroe Institute and the personal characteristics of Robert Monroe that tended to reduce his effectiveness and that of the institute. I would recommend reading Monroe himself before tackling this, as the ambiguity and inconsistency here gets in the way of understanding the original work.

I watched some videos of Robert Monroe on Youtube and was curious to know more about him. This book answered all my questions, and then some. Here are some excerpts from the book: "In recent decades, consciousness has come to the fore as one of the great problems confronting Western science and philosophy. The attempt to explain consciousness has developed into a sort of academic business, with professorships and lectureships accumulating and publications multiplying year after year." (p. 338) "Monroe's reading did not include books on the scientific study of consciousness. His conversational approach in his writings and talks is devoid of the weighty vocabulary of academia. He was an explorer, not a theorist, and, certainly to begin with, he had no clear idea as to where his explorations might lead. [...] It took much courage to move forward, leaving security and certainty behind." (p. 347) The biography is objective and deals frankly with some of Monroe's less admirable personality traits. On the negative side, the writing is not great.

Having known Robert Monroe for many years, I can say this was the best biography of Monroe I could have imagined anyone writing. The research and reporting are impeccable. Ronald Russell has truly captured the fascinating life and world of Robert Monroe. This is a "Must Read" for any Journey Out-of-Body fans.

I find Robert Monroe to be an interesting character, and I wanted to find out more about him. I expected this book to be a bit dry after reading some of the reviews on here, but it turned out to be a great read. I couldn't put it down. I'm not sure how fair this assessment is of Monroe's life, but it certainly makes him seem very human.

This book fills in the gap of Robert Monroe's history that I never knew. Having been to The Monroe Institute twice, I have always wondered how everything came together and how Bob got it there. After having read this book, I feel like I have a greater sense of who Bob Monroe was and also a greater appreciation for the legacy he left behind.

I have read the three books written by Robert Monroe and reading this book gave him more credibility in my view. Some of his "out of body " explorations and their descriptions can seem a little beyond belief but this biography helped me understand him as a pioneer and thoughtful researcher in the field.

This book, written after Monroe's death, is much more informative than Stockton's Catapult - the first biography of Monroe written in 1989. Russell writes that he is much indebted to Stockton for information about Monroe's career and family life. Russell takes the narrative further by writing about the inner workings of the Monroe Institute and the development of Hemi-sync. He share more of Monroe's vision as well as his many struggles. I read this book after I read Monroe's "journey" trilogy - and this book gave me the back story - about a remarkable man who was not a mystic, but a pioneer in out-of-body travel to other dimensions of consciousness. Along with the books I've mentioned in this review, I also highly recommend Eyes of an Angel by Paul Elder.

I learned much more about Monroes life than from the books he had written. It was very good information about family life and events.

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