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### Primacy of Universal-Consciousness: Insights and Revelations from the declassified US Army Stargate Project

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#### Abstract:

In this paper we review the now declassified CIA report on the analysis of the gateway process which was used in the Stargate Project for gaining access to information distant in space and/or time (remote viewing). While there was no ambiguity on the statistical significance of the results produced by the Stargate Project, doubts were raised on the explanation of remote viewing in terms of its mechanics. The success of the project was downplayed because the mechanics were built on some axioms and premises which were not readily acceptable in the prevalent materialist worldview. The focus of our paper is to present the mechanics, as specified in the “Analysis and Assessment of Gateway Process” report, so that readers are able to comprehend the insights revealed in it. The mechanics detailed out in the report categorically support the idea of primacy of Universal-Consciousness, which is also an integral part of many ancient and present belief systems of the world. Our paper also brings out that all the axioms and premises mentioned in the “Analysis and Assessment of Gateway Process” report were known to mankind for thousands of years and they are even part of ancient Indic texts. In light of these facts we can also summarise that the statistically significant results obtained by Stargate Project demonstrate, beyond any reasonable doubt, the primacy of Universal-Consciousness and related concepts as available in ancient Indic texts reaffirming the trustworthiness of this ancient knowledge repository for understanding life.

**Keywords:** Remote Viewing, Stargate Project, Gateway Process, Universal-Consciousness, the Absolute, Hemi-Sync

## INTRODUCTION

The Stargate Project was a secret \$20 million research program, funded by the US government between 1972-1995, which attempted to determine potential military applications of related psychic phenomena. Robert Allan Monroe (1915 –1995), founder of The Monroe Institute, was known for his technology called Hemispheric Synchronization (Hemi-Sync) which he was using to study out-of-body experiences and to gather scientific evidence to prove the existence of other dimensions. Given Robert’s extensive background and various patented applications, he was invited by the Central Intelligence Agency (CIA) to join this highly classified military project. As his techniques involved opening portals to other dimensions, researchers aptly named the assignment Gateway Process.

The key psychic phenomenon investigated by the Stargate Project was remote sensing or remote viewing. Page 119 of “Proposed Downgrading of Classified Documents for Cognitive Sciences Laboratory - Volume 2 of 2”[1] contains a meticulous definition of remote sensing which we reproduce here. *“Remote Sensing: The acquisition and description, by mental means, of information blocked from ordinary perception by distance or shielding, and generally believed to be secure against such access.”*

After the CIA declassified the files related to Stargate Project, some people directly associated with this project shared their perspectives in the documentary titled “Third Eye Spies”[2]. This documentary covers many aspects of the Stargate Project including what led to its initiation, some hard-to-believe remote viewing cases and how the project was ultimately discontinued. Our paper will not be re-exploring the information already contained in this documentary.

## SCOPE

The Stargate Project team hypothesised that remote viewing is a latent ability that every human being has; and it can be turned on (stimulated) by sustained learning and practice of certain well-defined techniques like the Gateway Process. Wayne M. McDonnell was assigned the task to provide an assessment of the Gateway Experience in terms of its mechanics and ultimate practicality. He submitted his findings to US Army Operational Group on 9 Jun 1983 in the report “Analysis and Assessment of Gateway Process”[3].

The report by Wayne M. McDonnell contains some axioms and premises which are not readily acceptable in the prevalent materialist worldview. However, they form the basic presumptions on which the entire Gateway Process technique was developed.

We reproduce here the first two findings as recorded in the “Conclusions” section (page 136 & 137) of another report “An Evaluation of Remote Viewing: Research and Applications”[4].

- *“A statistically significant effect has been observed in the recent laboratory experiments of remote viewing.”*
- *“The experimental research conducted as part of the current program does not unambiguously support the interpretation of the results in terms of a paranormal phenomenon.”*

These two statements clearly bring out that there was no ambiguity on the statistical significance of the results. However, doubts were raised on the explanation of remote viewing in terms of its mechanics. There were apprehensions on interpreting remote viewing as a paranormal phenomenon. The Stargate Project was finally discontinued in 1995, based on the recommendations of this report.

The focus of our paper is to present the mechanics, as specified in the “Analysis and Assessment of Gateway Process” report, and provide our review of the same, so that readers are able to comprehend the insights revealed in it.

## METHODOLOGY

To maintain the authenticity of our research we have only referred to the documents declassified by CIA. To avoid any unintentional misinterpretation of concepts contained in these reports we have reproduced the key points from the original text of these declassified documents before sharing our observations. Readers are encouraged to refer to the original reports in case they find the extracted text too cryptic to understand.

The declassified “Analysis and Assessment of Gateway Process” document[3] contains a covering letter and a 28-page report which, in turn, is divided into 38 sections and a bibliography section. While discussing the original report, we have divided these 38 sections into 7 parts and shared our observations at the end of each part. This division of the report into 7 parts does not exist in the original report but has been introduced by us for ease of presenting our work.

It should be noted that the document uploaded on the CIA Reading Room has a missing page – Page Number 25. The page resurfaced in 2021 and is reproduced in Annexure 1. While discussing the “Analysis and Assessment of Gateway Process” report we have included the contents from the resurfaced Page 25. Readers should, however, remember that the authenticity of this resurfaced page has not been confirmed by CIA, hence they may choose to ignore this particular section while drawing their conclusions on insights and revelations from the declassified US Army Stargate Project.

## ANALYSIS AND ASSESSMENT OF GATEWAY PROCESS

### Covering Letter

Before sharing the key points of this report, let us understand the context set by Wayne M. McDonnell in the covering letter.

*“... As I set out to fulfill that tasking it soon became clear that in order to assess the validity and practicality of the process I needed to do enough supporting research and analysis to fully understand how and why the process works. Frankly, sir, that proved to be an extremely involved and difficult business. Initially, based on conversations with a physician who took the Gateway training with me, I had recourse to the biomedical models developed by Itzhak Bentov to obtain information concerning the physical aspects of the process. Then I found it necessary to delve into various sources for information concerning quantum mechanics in order to be able to describe the nature and functioning of human consciousness. I had to be able to construct a scientifically valid and reasonably lucid model of how consciousness functions under the influence of the brain hemisphere synchronization technique employed by Gateway. Once this was done, the next step involved recourse to theoretical physics in order to explain the character of the time-space dimension and the means by which expanded human consciousness transcends it in achieving Gateway's objectives. Finally, I again found it necessary to use physics to bring the whole phenomenon of out-of-body states into the language of physical science to remove the stigma of its occult connotations, and put it in a frame of reference suited to objective assessment...Paradoxically, having gone to such great lengths to avoid trying to render judgements based on an occult or dogmatic frame of reference in the end I found it necessary to return, at least briefly, to the question of the impact of the Gateway Experience on common belief systems. I did so because although it was essential to avoid attempting to render an assessment in the context of such systems, I felt that it was necessary after having completed the analysis to point out that the resulting conclusions do not do any violence to the fundamental mainstream of either eastern or western belief systems. Unless that point is clearly established, the danger exists that some people will reject the whole concept of the Gateway Experience in the mistaken belief that it contradicts and is therefore alien to all that they hold to be right and true...”*

### **PART 1: The mechanics by which the tuned body-mind system receives information**

*“1. Introduction...In order to describe the Monroe Institute technique for achieving altered states of consciousness(the "Gateway Experience") involving brain hemisphere synchronization or "Hemi-Sync", the most effective way to begin is to briefly profile the basic mechanics which underlay operation of related methods such as hypnosis, transcendental meditation, and biofeedback...”*

*“2. Hypnosis... hypnosis is basically 'a technique which permits acquisition of direct access to the sensory motor cortex and pleasure centers, and lower cerebral(emotional) portions(and associated pleasure centers) of the right side of the human brain following successful disengagement of the stimulus screening function of the left hemisphere of the brain... if the left hemisphere can be distracted either through boredom or through reduction to a soporific, semi-sleep state, external stimuli to include hypnotic suggestions are allowed to pass unchallenged into the right hemisphere where they are accepted and acted upon directly...”*

*“3. Transcendental Meditation...In this technique, intense and protracted single minded concentration on the process of drawing energy up the spinal cord ultimately results in what appears to be creation of acoustical standing waves in the cerebral ventricles which are then conducted to the gray matter in the cerebral cortex on the right side of the brain...the standing acoustical waves are the result of the altered rhythm of heart sounds which are occasioned by prolonged practice of meditation, and which set up sympathetic vibrations in the walls of the fluid filled cavities which comprise the third and lateral ventricles of the brain.... exposure to mechanical or acoustical vibrations in the range of 4-7 Hertz(cycles per second) for protracted periods may achieve the same effect...”*

*“4. Biofeedback. Instead of suppressing the left hemisphere as is done in hypnosis, or largely bypassing and ignoring it as is done in transcendental meditation, biofeedback teaches the left hemisphere first to visualize the*

*desired result and then to recognize the feelings associated with the experience of successful right hemisphere access to the specific lower cerebral, cortex, pain or pleasure or other areas in the manner needed to produce the desired result...*

*"5. Gateway and Hemi-Sync...Fundamentally, the Gateway Experience is a training system designed to bring enhanced strength, focus and coherence to the amplitude and frequency of brainwave output between the left and right hemispheres so as to alter consciousness, moving it outside the physical sphere so as to ultimately escape even the restrictions of time and space. The participant then gains access to the various levels of intuitive knowledge which the universe offers. What differentiates the Gateway Experience from forms of meditation is its use of the Hemi-Sync technique ..."*

*"6. Lamp vs Laser:...the human mind under the discipline of Hemi-Sync acts after the fashion of a laser beam which produces a disciplined stream of light. ... Gateway assumes that once the frequency and amplitude of the human brain are rendered coherent, it is possible to begin accelerating both so that the human mind is soon resonating at ever higher vibrational levels. ... The mind, when operating at these increasingly rarified levels is assumed to be capable of processing the information thus received through the same fundamental matrix by which it makes sense of ordinary physical sensory input to achieve meaning in a cognitive context."*

*"7. Frequency Following Response. To achieve synchronization of brain hemispheres, the Hemi-Sync technique takes advantage of a phenomenon known as the Frequency Following Response (FFR) which means that if a subject hears a sound produced at a frequency which emulates one of those associated with the operation of the human brain, the brain will try to mimick the same frequency pattern by adjusting its brainwave output. ...If the human brain is exposed to one frequency in the left ear which is 10 Hertz below another audible frequency played in the right ear, rather than hearing either of the two audible frequencies, the brain chooses to "hear" the difference between them, the "beat" frequency."*

*"8. Role of Resonance. Yoga, zen or transcendental meditation, if practiced long enough, will produce a change in the sound frequency with which the human heart resonates throughout the entire body. ... this change in resonance results from elimination of what the medical profession calls "the bifurcation echo" so that the sound of the heartbeat can move synchronously up and down the circulatory system in harmonious resonance approximately seven times a second. By placing the body in a sleeplike state, the Gateway tapes achieve the same goal as meditation in that it places the body in such a profoundly relaxed state that the bifurcation echo slowly fades away as the heart lessens the force and frequency with which it pushes blood into the aorta. The result is a regular, rhythmic sinewave pattern of sound which echoes throughout the body and rises up into the head in sustained resonance. The amplitude of this sinewave pattern, when measured with a sensitive, seismograph type instrument is about three times the average of the sound volume produced by the heart when it is operating normally."*

*"9. Brain Stimulation. ... this resonance is of considerable importance since it is directly transmitted to and impacts upon the brain. ...An electromagnetic pulse is then generated which stimulates the brain to raise the amplitude and frequency of brainwave output,...As the coherent resonance produced by the human heart in a state of profound relaxation reaches the fluid layer surrounding the brain, it sets up a rhythmic pattern in which the brain moves up and down approximately 0.005 to 0.010 millimeters in a continuous pattern. ... In this way, the entire body, based on its own micromotion, functions as a tuned vibrational system which transfers energy in a range of between 6.8 and 7.5 Hertz into the earth's ionospheric cavity, which itself resonates at about 7-7.5 Hertz...This is occurring at a very long wavelength of about 40,000 Km... Such a long wavelength knows no obstacles, and its strength does not attenuate much over large distances. Naturally it will go through just about anything: metal, concrete, water, and the fields making up our bodies. ..."*

*"10. Energy Entrainment. As the body is turned into a coherent oscillator vibrating in harmony with the surrounding electrostatic medium, the specific exercises included in the Gateway tapes enjoin the participant to build up the energy field surrounding his body, presumably by using energy from the earth's field which the body is now entraining because of its ability to resonate with it. This puts the body's energy field into homogeneity with its surrounding environment and promotes movement of the seat of consciousness into the surrounding environment partly in response to the fact that the two electromagnetic medians are now a single energy continuum..."*

**Our Observations** – The mechanics of receiving information by the body-mind system as described above is analogous to how a radio receives signals from the environment. The circuit



of the radio receiver has a natural resonant frequency which can be tuned by altering the inductance and/or capacitance of the circuit. When this tuned resonant frequency of the receiver matches the frequency of the desired radio signal, that signal is passed on for further processing in the radio while all other signals are filtered out.

## **PART 2 – The mechanics by which the human mind exercises the function known as consciousness and deduces meaning from the stimuli which it receives**

*“11. Consciousness and Energy. ...we will first consider the fundamental character of the material world in which we have our physical existence in order to accurately perceive the raw stuff with which our consciousness must work...Solid matter, in the strict construction of the term, simply does not exist. Rather, atomic structure is composed of oscillating energy grids surrounded by other oscillating energy grids which orbit at extraordinarily high speeds...The point to be made is that the entire human being, brain, consciousness and all is, like the universe which surrounds him, nothing more or less than an extraordinarily complex system of energy fields. The so called states of matter are actually variances in the state of energy, and human consciousness is a function of the interaction of energy in two opposite states(motion vs rest) ...”*

*“12. Holograms...Energy creates, stores and retrieves meaning in the universe by projecting or expanding at certain frequencies in a three dimensional mode that creates a living pattern called a hologram...The whole concept of holography, despite its scientific implications, has only been known to the physicist since the underlying mathematical principles were worked out by Dennis Gabor in 1947(he later won a Nobel Prize for his work)...”*

*“13. The Part Encodes the Whole...The key to creating any hologram is that energy in motion must interact with energy in a state of rest(nonmotion)...To activate or, in effect, to "perceive" the meaning of a holograph, energy...must be passed through the interference pattern generated by interaction between the moving energy and the energy at rest...Another feature of a hologram is its efficiency. Billions of bits of information can be stored in a tiny space...”*

*“14. The Consciousness Matrix. The universe is composed of interacting energy fields, some at rest and some in motion. It is, in and of itself, one gigantic hologram of unbelievable complexity...With respect to states of expanded or altered consciousness such as Gateway uses, the process operates in the following way. As energy passes through various aspects of the universal hologram and is perceived by the electrostatic fields which comprise the human mind, the holographic images being conveyed are projected upon those electrostatic fields of the mind and are perceived or understood to the extent that the electrostatic field is operating at a frequency and amplitude that can harmonize with and therefore "read" the energy carrier wave pattern passing through it. Changes in the frequency and amplitude of the electrostatic field which comprises the human mind determines the configuration and hence the character of the holographic energy matrix which the mind projects to intercept meaning directly from the holographic transmissions of the universe. Then, to make sense of what the holographic image is "saying" to it, the mind proceeds to compare the image just received with itself. Specifically, it does this by comparing the image received with that part of its own hologram which constitutes memory.”*

*“15. Brain in phase: ...In states of expanded consciousness, the right hemisphere of the human brain in its holistic, nonlinear and nonverbal mode of functioning acts as the primary matrix or receptor for this holographic input while, by operating in phase or coherence with the right brain, the left hemisphere provides the secondary matrix through its binary, computer-like method of functioning to screen further the data by comparison and reduce it to a discreet, two dimensional form.”*

*“16. Evaluation. To the extent that Gateway succeeds in bringing about a refinement in energy matrix of the mind, it succeeds in expanding or altering human consciousness so that it can perceive without recourse to the intercession of the physical senses such that ever more of the universal hologram(not, of course, accessible by sense perception) can ultimately be perceived and understood...”*

*“17. Self Cognition...Humans not only know, but they know that they know. They are able to monitor the process of their own thinking and maintain an awareness of it. Moreover, they can conduct a comparative assessment, evaluating the functioning of "objective" standards they have adopted...”*

**Our Observations** – Of the various theories available at that time, McDonnell singled out the holographic universe theory as the best fit to explain how the human mind exercises the function known as consciousness and to describe the way in which human consciousness operates to deduce meaning from the stimuli it receives. This theory states that reality is an extraordinarily complex interplay of energy fields and what we experience does not exist in the form in which we experience it. In other words, reality is an illusion. The point to be noted here is that however counterintuitive this theory may sound, physicists have not been able to categorically dismiss the holographic universe theory and even today, as we write this paper, it is one of the viable theories to describe reality. The holographic theory of the universe finds remarkable parallels in *Advaita Vedanta*, an ancient Indic school of philosophy. It posits that the universe, as we see it, is an illusion (*māyā*) and is indeed a mere projection of the supreme reality (*brahman*).

### **PART 3 – The concept of the Absolute**

*“18. Time-Space Dimension. Up to this point our discussion of the Gateway process has been relatively simple and easy to follow. Now the fun begins. Gateway involves more than just perception of those aspects of the universal hologram which can be accessed in the dimension of time-space as we know it. To explain how and why human consciousness can be brought to transcend the limitations of time-space is the next task which must be addressed. To do this we must first appreciate what time and space are in order to understand how the dimension that they constitute can be transcended. Physicists define time as a measurement of energy or force in motion. In other words, it is a measurement of change. However, in order for energy to be in motion it must first be limited in some way within the confines of some sort of vibratory pattern so that its confinement gives it the capacity for being contained at a specific location which is distinguishable from other locations(space). Energy which is not confined is force without limit, without dimension, without the limits of form. It is infinity, cannot move because there is nothing beyond infinity, and is therefore outside the dimension of time. It is also beyond space because that concept implies that a specific energy form is limited to a specific location, and is absent from other locations. But if an energy is in the state of infinity, there are no boundaries, no “here” to differentiate from “there”, no sense of area. Energy in infinity means energy uniformly extended without limit. It has no beginning, no end, no location. It is conscious force, the fundamental, primal power of existence without form, a state of infinite being. Energy in infinity is said to be completely at rest and, therefore, cannot generate holograms so long as it remains utterly inactive. It retains its inherent capacity for consciousness in that it can receive and passively perceive holograms generated by energy in motion out in the various dimensions which make up the created universe but it cannot be perceived by consciousness operating in the active universe. Energy in this state of inactive infinity is termed by physicists as energy in its absolute state, or simply “the Absolute.” Between the Absolute and the “material” universe in which we experience our physical existence are various intervening dimensions to which human consciousness in altered states of being may gain access. Theoretically, human consciousness may continue to expand the horizons of its perceptual capability until it reaches the dimension of the Absolute at which point perception stops because the Absolute generates no holograms of or about itself.”*

**Our Observations** – As also mentioned by McDonnell above, up to point 18 the discussion of the Gateway process is relatively simple and easy to follow. However, point 18 is the stage wherein the conflict of the two supposedly divergent worldviews – materialist and non-materialist – surfaces. Most people are reluctant to give credence to the non-material or non-physical concept of “the Absolute” or Universal-Consciousness (a term that we prefer to use). Hence, they reject the mechanics described in “Analysis and Assessment of Gateway Process” report.

In our previous work[5] we have discussed at length why there is no valid reason to reject the non-materialist paradigm in favour of the materialist paradigm and we have also shown that

the current scientific know-how suggests that the materialist framework should be recognised as a special case (subset) of non-materialist framework. Acknowledging such an inclusive framework will imply that the contemporary materialist knowledge system continues to provide an understanding of things that are manifested in our visual world of experience whereas the non-materialist framework provides the explanation for all known human phenomenology.

To make a specific point on McDonnell's point 18 above, we draw your attention to the remark on the multiple intervening dimensions which human consciousness is thought to have the ability to access. The expanded form of the *Gayatri Mantra*, one of Hinduism's most venerated and ancient mantras that appears in the *Yajur Veda*, invokes as many as seven planes of consciousness starting from the physical plane, going through space, heaven and intervening subtle planes, and culminating in the plane of the Absolute Truth (one that coincides/merges with the Universal-Consciousness). The terminating nature of the Absolute plane is again strikingly similar to the conclusions in the closing line of the extract above.

#### **Part 4 – The mechanics by which human consciousness can be brought to transcend the limitations of time-space**

*"19. Intervening dimensions. ...any oscillating frequency(such as a brainwave) reaches two points of complete rest which constitute the boundaries of each individual oscillation(i.e. movement up or down). Without these points of rest, an oscillating wave pattern would be impossible since the points of rest are required to permit the energy to change direction and thus continue vibrating between rigid limits. But it is also true that when, for an infinitesimally brief instant, that energy reaches one of its two points of rest it "clicks out" of time-space and joins infinity... That critical step out of time-space occurs when the speed of the oscillation drops below  $10^{-33}$  centimeters per second(Planck's Distance). ...To return to our case in point, the human consciousness wave pattern reaches such high frequency that the pattern of "clickouts" comes so close together that there is virtual continuity in it. Then, a portion of that consciousness is actually postulated to establish and maintain its information collection function in those dimensions located between time-space and the Absolute."*

*"20. Subatomic Particles. The behavior of subatomic particles provides an interesting example of the phenomenon of "clicking out" discussed in the preceding paragraphs. ... It is this cause which accounts for the cross-communication at what in terms of time-space velocities, would seem to involve speeds in excess of light. In reality Einstein's Theory of Relativity is not being invalidated but, rather, the communication concerned is taking place outside the dimension of time-space to which the Theory of Relativity is strictly confined."*

*"21. Dimensions In-between. ...inside the dimension of time-space where both concepts apply in a generally uniform way there is a proportional relationship between them. A certain space can be covered by energy moving in either particle or wave form in a certain time assuming a specific velocity virtually anywhere in the time-space universe. The relationship is neat and predictable. However, in the intermediate dimensions beyond time-space the limitations imposed on energy to put it into a state of oscillating motion are not uniform as they are in our physical universe. A myriad of various distortions and incongruities are thus likely to be encountered such that our nice neat assumptions concerning the relationship between time and space as we know it in this dimension do not apply. But even more important, access is opened to both the past and the future when the dimension of current time-space is left behind."*

*"22. Special Status, Out-of-Body Experience. Although human consciousness can, with enough practice, move beyond the dimension of time-space and interface with other energy systems in other dimensions, the entire process is appreciably enhanced if that consciousness can be detached in large measure from the physical body before such interface is attempted. In other words, since he is starting from a point much "higher up", to use an analogy from the time-space context, that part of his consciousness involved in "clicking out" will have that much*



*more time to interact in dimensions beyond time-space because less time is required to traverse the intervening layers."*

**Our Observations** – McDonnell used the idea of “clicking out” of time-space to elucidate how human consciousness transcends the limitations of time-space to access information available in other dimensions where restrictions imposed by Theory of Relativity do not exist. To establish his point, he used the example of how sub-atomic particles can cross-communicate (or access information) instantaneously across any distance when they are entangled. Readers should note that the first loophole-free entanglement experiment was performed in 2015 and McDonnell submitted this report in 1983, decades before quantum entanglement was confirmed experimentally. Way back in 1983 or even in 1995, when the Stargate Project was discontinued, the scientific community was still questioning this concept. Hence, using quantum entanglement as an example to explain and establish the concept of “clicking out” appears to have been a case of attempting to rationalise and justify one un-established concept by drawing an analogy with another un-established concept. It is only as recently as in 2022 that the Nobel Prize was awarded to three physicists who had been working for years to demonstrate entanglement.

## **PART 5 - Nature of Reality and Consciousness**

*“23. Absolute in Perspective. It may be helpful at this point to pause and recap the major aspects of our intellectual journey from time-space to the realm of the Absolute. We have spoken at some length concerning the incredibly complex hologram which is created by the intersection of energy patterns generated by the totality of all dimensions of the universe, time-space included. We have noted that our minds constitute energy fields which interact with various aspects of this hologram to deduce information which is ultimately processed through the left hemisphere of our brains to reduce it to a form that we employ for the process we call thinking. We have implied that this hologram is the finite embodiment in active, energy form of the infinite consciousness of the Absolute.”*

*“24. From Big Bang to Torus. Working from the widely accepted "Big Bang" theory Bentov presents a conceptual model to depict the process of time-space evolution the relative position of the universal hologram. That hologram is often called a "Torus" because it is thought to have the overall shape of an immense, self-contained spiral. ... In such a model, time is observed to be a measure of the change which occurs as energy evolves into new, more complex forms as it progresses along the distance from the white hole side of the nucleus, around the shell of this "cosmic egg" until it enters the black hole...”*

*“25. Our Place in Time...Layered over this cosmic egg is the Absolute which sustains the radiating nucleus from which the original jet of matter issued forth. As the stream of matter moves around the ovoid towards its destination at the black hole where it will be reabsorbed into the radiating nucleus and then the Absolute, it generates the interference pattern within the cosmic egg which constitutes the universal hologram or Torus. Since the Torus is being simultaneously generated by matter in all the various phases of "time", it reflects the development of the universe in the past, present and future(as it would be seen from our particular perspective in one phase of time). ... All of the movements of the energies which comprise the universe leave their mark and hence tell their story throughout time.”*

*“26. Quality of Consciousness...When consciousness reaches a state of sophistication in which it can perceive itself(its own hologram) it reaches the point of selfcognition. Human beings have this form of elevated consciousness as does the Absolute but in case of the latter, it is a function of energy and its associated quality of consciousness in infinity(omniscience and omnipotence in perceptual unity). Our consciousness, therefore, is that differentiated aspect of the universal consciousness which resides within the Absolute. It accounts for the organization of the energy patterns which constitute our physical body but is distinctly separate from and superior to it. Since consciousness exists quite apart from and outside of reality, beyond the bounds of time-space, it, like the Absolute, has neither beginning nor end. Reality has both a beginning and an end because it is bounded within*

*time-space, but the fundamental quantum of energy and its associated consciousness is eternal. When reality ends, its constituent energy simply returns to infinity in the Absolute."*

*"27. Consciousness in Perspective. ...Since memory is a function of consciousness and therefore enjoys the same eternal character as the consciousness which accounts for its existence it must be admitted that when consciousness returns to the Absolute it brings with it all the memories it has accumulated through experience in reality. The return of consciousness to the Absolute does not imply an extinction of the separate entity which the consciousness organized and sustained in reality. Rather, it suggests a differentiated consciousness which merges with and participates in the universal consciousness and infinity of the Absolute without losing the separate identity and accumulated self-knowledge which its memories confer upon it. What it does lose is the capability for generation of independent thought holograms, since that can be done only by energy in motion. ...In exchange, however, this consciousness participates in the all-knowing infinite continuum of consciousness which is a characteristic of energy in the ever present..."*

**Our Observations** – This is where things get a little slippery. In an attempt to explain the nature of the reality and consciousness, McDonnell takes the help of statements that cannot be substantiated using accepted contemporary scientific research methodologies. As a result, they sound made-up to the materialist scientific community. However, people who are exposed to belief systems which are based on the primacy of Universal-Consciousness will maintain that these statements are inspired (or even re-scripted) from their belief systems. In fact, McDonnell himself acknowledges in Point 34 that these ideas are available in many ancient belief systems and also lists out a few of them.

We are of the opinion that the statistically significant results produced by the Stargate Project should have been acknowledged with an open mind. And, the scientific community should have dedicated time and effort to ascertain whether these results call for a relook at the prevalent materialist paradigm.

## **PART 6 - Information collection potential & various techniques of Gateway Process**

*"28. Gateway Method...the participant is introduced to a method of encouraging his mind and body to strive to achieve a state of resonance through utterance of a single tone, a monotonous, protracted humming sound that sets up a feeling of vibration particularly in the head... Following this, the participant is exposed to the Gateway affirmation...This affirmation is a statement to the effect that the individual realizes that he is more than merely a physical body and that he deeply desires to expand his consciousness."*

*"29. Hemi-Sync Introduced. After that, he is exposed for the first time to the Hemi-Sync sound frequencies...Next comes the technique of progressive and systematic physical relaxation ...Once all of this is achieved, the participant is invited to envisage creation of an "energy balloon"..."*

*"30. Advanced Techniques. ...Once the participant has achieved this state of greatly expanded awareness, he is ready to begin employing a series of specific techniques or "tools" ...*

*A. Problem Solving. B. Patterning. C. Color Breathing. D. Energy Bar Tool. E. Remote Viewing. F. Living Body Map. G. Focus 15: Travel into the Past. H. Focus 21: The Future."*

*"31. The Out-of-Body Movement...the Gateway program was not established solely for the purpose of enabling participants to obtain the out-of-body state nor does the program guarantee that most participants will succeed in doing it during the course of the training at the Institute. Only one tape out of the many which make up the Gateway Experience is devoted to the techniques involved in the out-of-body movement..."*

*"32. Role of REM Sleep. It is interesting to note that Bob Monroe informed the Gateway class that finished 7 May 1983 that an ex-trainer of his operating in Charlottesville, Virginia found that he could guarantee out-of-body movements by bringing participants down into a rapid eye movement(REM) state of sleep and then use the Hemi-*

*Sync tape technique. ...The difference between those states and the condition of the mind in REM sleep seems to be that the left hemisphere is almost totally disengaged in the latter experience such that memory of what was achieved in the altered states of consciousness cannot usually be retrieved by conscious desire because the left hemisphere has no knowledge of its existence or its location in the right hemisphere.*"

*"33. Information Collection Potential...information distortion...remains a major concern... This seems to be a function of the fact that physical reality in the present is not the only holographic influence which the individual may encounter...There are also energy patterns left by people or events occurring at the same physical site being viewed, but from the past rather than the present. In addition, ...it may also be possible that individuals encounter thought forms while in an out-of-body state which mingle with physical reality and are not easily differentiated..."*

**Our Observations**—Point 32 clarifies that even though using Hemi-Sync tape technique during REM Sleep substantially improves the chances of attaining out-of-body state, the waking mind may not be able to retrieve all the memory of the gateway experience. Even otherwise, there is a high probability of information distortion as the physical site being remote viewed contains energy patterns not only of events occurring in the present but also from events that occurred in the past. This leads to information mingling and distortion.

The point to be noted here is that in spite of the information distortions, due to reasons explained above, the Stargate Project experiments produced statistically significant results. Another fact worth mentioning is that while the Stargate Project was terminated in 1995, there are many institutes which continue to pursue research in Extra Sensory Perceptions, including remote viewing. These include Stanford Research Institute and Monroe Institute - two institutes which were an integral part of the Stargate Project.

## **Part 7 - The real promise of the Gateway Experience**

*"34. Belief System Considerations... the concept of the universe which at least some physicists are now coming to accept is identical in its essential aspects with the one known to the learned elite in selected civilizations and cultures of high attainment in the ancient world..."*

{The section picked up from the **missing page 25** which resurfaced in 2021 **starts here**}

*"...Mystics the world over, it seems, have perceived the universal hologram in the same spiral form and have incorporated that intuitive knowledge in their religious writings from antiquity to the present."*

*"35. Left Brain Limitations. Twentieth Century physics would seem to be revisiting insights belonging to mankind as far back as written records can take us. The only difference is that Twentieth Century physics is using a left brain, linear, quantitative style of reasoning to approach the same knowledge which the mystics of old apparently acquired in a holistic, intuitional, right brain style. As a tool in the hands of our left brain culture, Gateway would seem to be a promising method for achieving the intuitive, holistic type of interface with the universal hologram..."*

*"36. Self Knowledge. It was axiomatic to the mystic philosophers of old that the first step in personal maturity could be expressed in the aphorism: "Know thyself." To them, the education of a man undertook, as its primary step, achievement of an introverted focus so that he learned what was within himself before attempting to approach the outside world. They rightly assumed that he could not effectively evaluate and cope with the world until he fully understood his personal psychological balance. The insights being provided by Twentieth Century psychology in this context through the use of various kinds of personality testing seem to be a revalidation of this ancient intuition. But no personality test, or series of tests, will ever replace the depth and fullness of the perception of self which can be achieved when the mind alters its state of consciousness sufficiently to perceive the very hologram of itself which it has projected in to the universe in its proper context as part of the universal*

*hologram in a totally holistic and intuitional way. This would seem to be one of the real promise of the Gateway Experience from the standpoint of its ability to provide a portal through which, based on months if not years of practice, the individual may pass in his search to find self, personal effectuality, and truth in the larger sense.”*

{The section picked up from the **missing page 25** which resurfaced in 2021 **ends here**}

*“37. Motivational Aspect...the rate of progress is so much faster with the Gateway approach than it is with transcendental meditation or other forms of mental self-discipline and its horizons seem to be so much wider that the discipline needed to practice it would seem to be within the means of even the impatient, result oriented, skeptical pragmatist of our society...”*

*“38. Conclusion. There is a sound, rational basis in terms of physical science parameters for considering Gateway to be plausible in terms of its essential objectives...”*

**Our Observations** –We agree that the real promise of the Gateway Experience is not in ‘remote viewing’. The real potential lies in giving a quick experience of the true nature of Self and Universe and their interrelationship. This self-discovery will lead to personal maturity and a blissful and fulfilling life.

## **PARALLELS BETWEEN THE FRAMEWORKS OF THE GATEWAY PROCESS AND THE ANCIENT INDIC PHILOSOPHIES**

*(We are assuming that readers are familiar with the basic framework of ancient Indic philosophies. If not, we suggest that the reader refers to any text on ancient Indic philosophies or refers to the previous works of the authors[5],[6])*

McDonnell listed out, in Point 34, a wide range of belief systems which contain ideas and notions similar to the underlying axioms and premises on which he had built the framework to assess and analyse the mechanics and the ultimate practicality of the Gateway process. This list had references to ancient Indic texts too. However, we would like to add that these Indic texts contain not only the concepts he explicitly acknowledged but also all the underlying axioms and premises he utilises to build the framework to analyse the Gateway Process.

We have listed them here for ready reference and also mentioned the corresponding Point number from the declassified CIA report.

- “the so-called states of matter are actually variances in the state of energy” (Point 11)
- “the fundamental character of the material world in which we have our physical existence is nothing more or less than an extraordinarily complex system of energy fields” (Point 11)
- “universe is a hologram” (Point 14)
- “the concept of the Absolute (*brahman* or Universal-Consciousness - a term that we prefer to use) - It is the conscious force, the fundamental, primal power of existence without form, a state of infinite being with no beginning, no end, no location. It is beyond space and time” (Point 18)

- “energy in infinity (the Absolute or Universal-Consciousness) is said to be completely at rest and, therefore, cannot generate holograms so long as it remains utterly inactive. Though it retains its inherent capacity for consciousness in that it can receive and passively perceive holograms generated by energy in motion out in the various dimensions which make up the created universe but it cannot be perceived by consciousness operating in the active universe” (Point 18)
- “existence of dimensions beyond the time-space dimensions” (Point 18)
- “human consciousness can be brought to transcend the limitations of time-space” (Point 18)
- “human consciousness may continue to expand the horizons of its perceptual capability until it reaches the dimension of the Absolute at which point perception stops because the Absolute generates no holograms of or about itself” (Point 18)
- “in the intermediate dimensions beyond time-space the nice neat assumptions concerning the relationship between time and space as we know in our physical universe do not apply” (Point 21)
- “although human consciousness can, with enough practice, move beyond the dimension of time-space and interface with other energy systems in other dimensions, the entire process is appreciably enhanced if that consciousness can be detached in large measure from the physical body before such interface is attempted” (Point 22)
- “our minds constitute energy fields which interact with various aspects of the hologram (i.e. universe) to deduce information. This hologram is the finite embodiment in active, energy form of the infinite consciousness of the Absolute” (Point 23)
- “visible reality (i.e. the "created" world) emanating from the Absolute; visible reality emerging from a "white hole" (point of singularity) and ultimately merging back (or dissolving) into a "black hole" (point of singularity) or the Absolute; the cosmic egg; the Torus of creation; the cyclic nature of time; the coexistence of past & present in the universal hologram; future is a consequence of the past and present and can be predicted” (Point 24 and 25)
- “human consciousness is that differentiated aspect of the universal consciousness which resides within the Absolute. It accounts for the organization of the energy patterns which constitute our physical body but is distinctly separate from and superior to it. Since consciousness exists quite apart from and outside of reality, beyond the bounds of time-space, it, like the Absolute, has neither beginning nor end” (Point 26)
- “reality has both a beginning and an end because it is bounded within time-space, but its associated consciousness is eternal. When reality ends, its constituent energy simply returns to infinity in the Absolute” (Point 26)
- “when consciousness returns to the Absolute it brings with it all the memories it has accumulated through experience in reality. The return of consciousness to the Absolute does not imply an extinction of the separate entity which the consciousness organized and sustained in reality. Rather, it suggests a differentiated consciousness which merges with and participates in the universal consciousness and infinity of the Absolute without losing the separate identity and accumulated self-knowledge which its memories confer upon it” (Point 27)



The ancient Indic texts also contain the practices or techniques to gain insights regarding the true nature of human consciousness (*ātman*). These practices help in the realisation that we (*ātman*) are nothing but the Absolute (*brahman*) projecting a hologram of itself and then perceiving it. This concept is summarised in the famous *mahāvākya* (The Great Saying) - *tat tvam asi* or 'thou art that'. The *Yoga Sūtras* also include techniques to develop the capability to access information distant in space and/or time.

## OUR CLOSING REMARKS

We are not implying that McDonnell has re-scripted the Indic texts in his report. Our review paper is also not an attempt to discredit or downplay the innovative work done by the Stargate Project team. Our humble attempt, through this review paper, is to assemble all information that we have come across till date and create the most coherent picture that we possibly can.

Credit goes to the teams of scientists and researchers who have systematically and comprehensively studied and analysed the psychic phenomena and collected enough data to clearly bring out that there is no ambiguity on the statistical significance of the results. We would also like to state that our conclusions are not based solely on the experiments of the Stargate Project. There are substantial number of similar experiments which have been conducted over the last few decades and which have demonstrated statistically significant effects[5].

All available information indicates that the mainstream scientific community has no valid reason to downplay the significance of The Stargate Project and the Gateway Process. There were apprehensions raised on whether remote viewing is a paranormal phenomenon. We reserve our comments on this because there is no meticulous definition of paranormal. However, in light of the facts shared in this paper, we can summarise that the results obtained by Stargate Project demonstrate, beyond any reasonable doubt, the primacy of Universal-Consciousness and related concepts as available in ancient Indic texts reaffirming the trustworthiness of this ancient knowledge repository for understanding life.

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## Brief Profile of the Authors:

**Manish Pajan:** As leadership consultant and coach, Manish is committed to helping organisations and business leaders find their next level of empowerment, growth and excellence. He regards it as his *swadharma* (one's designated duty) to be a humble enabler of human evolution, one interaction at a time.

In pursuing this objective, he draws on his 25-year varied experience with leading organisations, and the formal education he is fortunate to have received at some of India's top institutions (IIM Ahmedabad, IIT Roorkee, DAV Gopalapuram Chennai).

Born to Kashmiri Pandit parents who instilled in him good values and exposed him to Indic wisdom from childhood, he believes he is guided on his path by the *anugraha* (grace) of his spiritually-elevated ancestors.

**Switi Gupta:** A chemical engineer (IIT Roorkee) with a master's in management systems (IIT Delhi), Switi's key focus area in the last 25+ years has been to design and develop easy-to-use systems for recording, managing and analysing data to successfully run enterprises. As founder member of Broad Strokes Ventures, she uses this experience to design IT solutions for remote business management, B2C marketplace and ERP solutions for Dairy & Food businesses.

She is also founder member at not-for-profit R&D organisation, GI4QC Forum, which is scientifically exploring the fundamental realm of reality in a balanced and structured way. She actively collaborates with other organisations and brings together like-minded people with the aim to transform the existing worldview to embrace a comprehensive spirito-scientific framework.

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## Annexure 1

Absolute as the model around which the evolution of time-space revolves to ultimately attain a reflection of and union with Him. That thought model, which perfectly reflects the essence or "spirit" of the Absolute fits the Christian metaphysical description of the Holy Spirit. Finally, our description of the Universal hologram, the Torus of creation and evolution is neither new nor original. Its use as the figure of the universe, of creation developing in evolution is found in various stylized representations in virtually every religious system of antiquity, whether of eastern or western derivation. Whether its the stylized labyrinth once popular in the Hellenic world, the spiralized version of the Hebrew Tree of Life or its Hindu counterpart, or the Chinese Spiral Through The Fourfold Powers, the ultimate meaning is the same. Mystics the world over, it seems, have perceived the universal hologram in the same spiral form and have incorporated that intuitive knowledge in their religious writings from antiquity to the present.

35. Left Brain Limitations. Twentieth Century physics would seem to be revisiting insights belonging to mankind as far back as written records can take us. The only difference is that Twentieth Century physics is using a left brain, linear, quantitative style of reasoning to approach the same knowledge which the mystics of old apparently acquired in a holistic, intuitional, right brain style. As a tool in the hands of our left brain culture, Gateway would seem to be a promising method for achieving the intuitive, holistic type of interface with the universal hologram needed to provide the context that thinkers like Einstein have sought in their labors to discover a unified field theory in physics. For persons in our profession whose concerns revolve around strategic issues, tactical questions and matters of managerial form and system, access to a new world of intuitive perception, self reflection would seem to offer, in the long term, the means by which to achieve a truly objective way. This is so because the self-imposed limitations to balanced perception and objective logic which our cultural and personal psychological subjectivity imposes when we use the strictly left brain thinking style could be offset by the holistic form of perception associated with altered states of consciousness. To the extent that we come to perceive ourselves fully in the context of that portion of the universal hologram which is the reflection of ourselves, to that extent we release ourselves from the prison of subjectivity.

36. Self Knowledge. It was axiomatic to the mystic philosophers of old that the first step in personal maturity could be expressed in the aphorism: "Know thyself." To them, the education of a man undertook, as its primary step, achievement of an introverted focus so that he learned what was within himself before attempting to approach the outside world. They rightly assumed that he could not effectively evaluate and cope with the world until he fully understood his personal psychological balance. The insights being provided by Twentieth Century psychology in this context through the use of various kinds of personality testing seem to be a revalidation of this ancient intuition. But no personality test, or series of tests, will ever replace the depth and fullness of the perception of self which can be achieved when the mind alters its state of consciousness sufficiently to perceive the very hologram of itself which it has projected into the universe in its proper context as part of the universal hologram in a totally holistic and intuitional way. This would seem to be one of the real promise of the Gateway Experience from the standpoint of its ability to provide a portal through which, based on months if not years of practice, the individual may pass in his search to find self, personal effectuality, and truth in the larger sense.

Source: <https://www.vice.com/en/article/found-page-25-of-the-cias-gateway-report-on-astral-projection/>