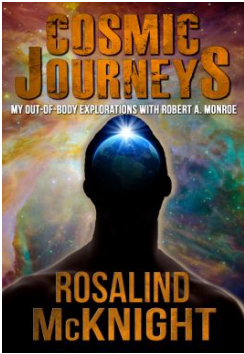


Cosmic Journeys: My Out-of-Body Explorations With Robert A. Monroe

by [Rosalind McKnight](#)

I have long been interested in the work of Robert Monroe, founder of the Monroe institute in Virginia. When he began his explorations of consciousness his career had worked primarily in radio. He was the owner of a small network of five radio stations when he retired. He became known for his research into altered consciousness and for founding The Monroe Institute. His 1971 book, *Journeys Out of the Body*, is credited with popularizing the term OBE, "out-of-body experience." Since then he has coached hundreds if not thousands of people using his proprietary audio technology designed to help induce an OBE with the purpose of in higher consciousness explorations. I have a set of his recordings which I have used over the years.

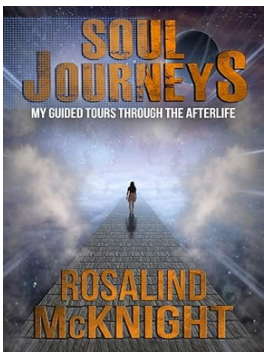


I had recently read a book written by a woman called *The Reluctant Messenger; Tales from Beyond Belief: An ordinary person's extraordinary journey into the unknown* by Candice Sanderson, and produced a review of it for the August issue of the Inner Voice Magazine. In the book, which reads somewhat like a memoir, she makes note of the fact that at some point after experiencing spontaneous downloads from higher dimensional beings, that she had decided to take some training at the Monroe institute in order to sharpen her abilities. One thing leads to another and serendipity lead me to another book in the same vein called ***Cosmic Journeys: my out-of-body explorations with Robert Monroe*** by Rosalind McKnight. Rosalind had coincidentally been introduced to Robert

Monroe by a friend just before deciding to move from New York City and had discovered that she would soon be living very near to the Monroe institute in Virginia after having recently been introduced to Mr. Monroe by a friend. Was this coincidence or fate?

Her book, *Cosmic Journeys*, is primarily a memoir covering her many interactions with Robert Monroe as a subject during his early experiments experimenting with his special audio sounds to assist people in obtaining to higher states of out of body consciousness. As a beginner she was perfect because she knew absolutely nothing about consciousness. But over a period of many years, she developed into a model subject and became very adept at going OBE. Robert Monroe recorded all of the sessions and so many of the chapters in the book draw from the written material kept by Mr. Monroe. Along the way Ms. McKnight injects her own personal reactions and views about what develops during these years.

The second book by Rosalind McKnight is titled *Soul Journeys*. And this book draws on her experiences many decades later. Rosalind McKnight was one of the first, and most successful, researchers to work with Robert Monroe and The Monroe Institute in Virginia.



She spent eleven years doing research in a laboratory setting. With the help of Monroe and his Hemi-Sync technology that put her into altered states of consciousness, she explored and reported on various levels of non-physical reality. In her first book, *Cosmic Journeys*, she described a visitation that she had in her earlier life by an energy form that she calls Radiant Lady. When Radiant Lady first appeared forty years ago, she said nothing, leaving Rosalind wondering about the purpose of her visit.

In 2003, Radiant Lady suddenly reappeared, announcing to McKnight that they had a mission to accomplish together. Radiant Lady acts as "tour guide" into other dimensions where McKnight

meets non-physical energies who share their own personal experiences of the dimensions which they inhabit.

Written for every soul on the planet, these unforgettable adventures emphasize that all of us have angels and spirit guides waiting to help us discover the inner workings of the multiple worlds in which we exist and to which we will all one day journey.

Explorers are known for the journeys they take. Rosalind McKnight explored the vast nonphysical dimensions of consciousness. With famed out-of-body researcher Robert Monroe, she helped to further our understanding of human consciousness, and to demonstrate beyond a doubt that we are more than our physical bodies. Many of these pioneering sessions are presented almost word for word, as they were taped, along with her warm and inspiring observations of Bob Monroe and the early days of The Monroe Institute (TMI).

Here are explorations of non-human energy systems, interactions with highly evolved beings, concepts about the makeup of the many levels of the universe, views of the afterlife and the animal dimensions, the nature of healing and guidance, a look at the future, and much more. Here is the pursuit of the true meaning of science fearlessly mapping wherever the inquisitive mind takes us.

Through the courage of Rosie McKnight and other explorers at TMI, we are given, as Laurie Monroe writes in her introduction, "a clarity of perception and a sense of the greatness that is beyond our everyday life." Both books are available on Amazon: [Cosmic Journeys](#) & [Soul Journeys](#)