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The Department of Health and Human Services also said pregnant women are cutting down on smoking and drinking and that a large majority worked outside the home in the 12 months before their children were born. The report, "Health — United States, 1983," cited a series of recent studies by the department that show life expectan-

cies in each 1,000 live births in 1982, the report said. But it noted that final data for 1980 listed the mortality rate for black infants at 21.4 per 1,000 live births, or nearly twice as high as for white infants. Even though the fertility rate rose slightly between 1979 and 1980 to 68.4 births for each 1,000 women of child-bearing age, provisional data for follow-

1971 to 2.2 in 1980, the document added. Other data showed that before pregnancy, nearly one-third of mothers smoked and more than half drank alcoholic beverages. But of those who had the habit, 18 percent quit smoking during pregnancy and 30 percent stopped drinking.

suspicion and increase confidence and cooperation and said only at a later stage should members move on to actual arms reduction discussions. "If this objective is to be reached, it is essential that an atmosphere of confrontation and exaggerated polemics are avoided," Palme said. Officials said Shultz will endorse such proposals as mandatory advance notice of military exercises, extending from the Atlantic to the Ural mountains in Russia.

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Charlottesville Daily Progress - Jan. 17, 1984



Progress Photo by Jim Carpenter

Robert Monroe At Control Panel For Sound Equipment Institute In Nelson County Studies Various Levels Of Consciousness

# Out-Of-Body Experiences Initiated Man's Research

By KATHY HOKE of The Progress Staff

NELLYSFORD — In 1958, New York City radio broadcaster Robert A. Monroe began to leave his body. The unexplained experiences of his mind, via a second body, traveling across the country and to parts unknown initiated his studies into human consciousness — a pursuit that eventually drew him from a successful broadcasting career to full-time research at his 800-acre institute along the Blue Ridge in Nelson County. Monroe said the response from his 1971 book, Journeys Out of the Body, encouraged him to devote more time to his research. More than 200,000 copies of the book have been sold in six languages. Monroe, who wrote the prime-time radio

program "Rocky Gordon" in the early 1940s, said he began his research when "a strange series of events started happening to me some years ago." The events, his out-of-body experiences, or "OOBEs" prompted him to explore various levels of consciousness. "In order to learn to control my own out-of-body experiences, I had to learn what it was," he said. "It was a form of energy. The greatest use of that energy is consciousness." Although the studies at the Monroe Institute of Applied Sciences have attracted more than 4,000 people since it was formed in 1973, few Nelson residents know much about it. Some of its neighbors don't want

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# Serious Crime Decreases In County

By DANIEL W. LEHMAN of The Progress Staff

Serious crime in Albemarle County decreased by 9 percent in 1983 — despite a startling increase in the number of rapes — according to statistics provided by the county sheriff's department to Virginia State Police. The yearly statistics showed that homicides dropped 75 percent, robberies were down 55 percent, aggravated assaults were off by 52 percent, burglaries were down 2 percent and larcenies decreased by 8 percent from 1982. But the number of forcible rapes in-

it reflects a national trend, but crime dropped a little more here than most places. It was a good year for us. "But everyone will have to try a lot harder to let these people who are committing these rapes know that it won't be tolerated in Albemarle County." Bailey said several of the 16 rapes reported in the county have been reclassified as lesser crimes in subsequent court action. The statistics also included two cases of rape in the county at the Albemarle-Charlottesville Joint Security Complex, he said.

most common crimes in the county — to the addition of five police officers to the sheriff's department in July. "I feel sure that we were helped by the additional personnel," he said. "I'm very pleased to see that the property crimes dropped that much." In addition to the lower rates of burglaries and larcenies, motor vehicle theft declined by 44 percent. The sheriff's department reported a dollar loss from property crime thefts at \$636,000, and said it recovered \$247,188 worth of property during the investigation.

<b>Inside</b>	
<b>Michael Jackson Show</b>	Michael Jackson dominated the American Music Awards Monday night, capturing seven awards, including best pop-rock and soul album for "Thriller." See Page A8.
<b>Index</b>	
2 Sections, 22 Pages	

Change Percent	
-6	-75%
14	700%
-5	-55%
-16	-52%
-4	-2%

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to know, either. "I've heard different people talk about how they think there's some kind of a cult religion over there," said Betty Ann Duncan, who lives about three miles from the institute.

"You never see any of them out," she said. "They mind their own business, whatever their business is."

Monroe and his staff admit they do little to change the institute's local image, although they welcome visitors.

"You start talking about the brain or the mind, and it's cloaked in all this old-fashioned occult type of approach," says Nancy Honeycutt, Monroe's step-daughter and director of programs at the institute.

"You wouldn't believe the misconceptions," she said. "It saddens me that it should be so mystified."

After conducting consciousness programs and research across the country, Monroe moved the institute in 1979 from his Afton farm in Albemarle County to Nellysford.

Just west of the institute's three educational buildings, about 60 families will live in a community Monroe calls the New Land. Already, about 20 New Landers have moved into the energy-efficient homes, and five more houses are under construction.

In seven-day seminars offered

about 10 times per year, Monroe, 65, and other institute staffers teach visitors how to explore higher states of consciousness.

"We don't advertise," Ms. Honeycutt said. "People find out about us through word-of-mouth."

For \$850, participants use a series of tapes and exercises designed to explore higher states of consciousness.

They begin their days at 6 a.m. listening to a tape in a paneled chamber or alcove called a Controlled Holistic Environmental Chamber. The CHEC units are furnished with sophisticated stereo speakers and headphones, air mattresses and lights.

Called the Gateway Program, the seminars use Monroe's patented sound process called hemi-synchronization, or "hemi-sync." The technique involves sending audio pulses to create electrical signals in the brain. Monroe says the process enhances communication in both halves of the brain.

"Ideally, at the very least, the person learns how to relax so deeply without any kind of help," Ms. Honeycutt said. "Eventually, they don't use the tapes anymore."

"Beyond that, the person learns to achieve and control various levels of consciousness, or you could say expanded states of awareness," she said.

Some participants increase abilities in creative problem-solving, concentration or pain control. Others reach "peak experiences," she said.

ers reach "peak experiences," she said.

"Some people actually have found it increases their ability in physical coordination and speed and their control over emotions," Ms. Honeycutt said.

Monroe says about 25 percent of the participants have an out-of-body experience during the program, although that is not the intent of the program.

"We're dealing with a simple thing called sound," Monroe said. "We do not use any chemicals — they either distort or dull consciousness."

Monroe, who founded Jefferson Cable in Charlottesville in 1962 but sold his interest in it in 1976, said his research has been "infiltrating the main stream — seeping is a better word."

In an interview last week, he said that somewhere in the world, at least two executives are using his "Catnapper" tape to help them avoid jetlag. The 30-minute tape "seems to help them create a biological clock and time shift," he said.

He also hopes to begin commercial marketing his "Sound Sleeper" tape, which is now available only through the institute. Monroe says the tape helps insomniacs to sleep by using the hemi-sync process to aid the brain in developing the necessary patterns for sleep.

Among the more famous people to pass through the Monroe Institute include actor Eddie Albert and death-and-dying author Elisabeth Kubler-Ross, a Highland County resident. Actor Jon Voight participated in one of Monroe's sessions in California.

The Gateway program attracts mostly professional people from across the country and overseas, says Ms. Honeycutt, with relatively few from Virginia participating in the program. Many of the psychologists, medical doctors, academics, teachers and professors who attend later apply their experiences to their work, she said.

The institute's research, for example, has enabled first-grade public school students in Tacoma, Wash., to master reading skills most a year earlier than they would without listening to Monroe's hemi-sync process while they learn, according to a philosophy professor at Tacoma Community College who has participated in Monroe's programs.

Monroe's ideas have also been used to control pain in illness and surgery, help stroke victims recover, and tennis and golf players play better. Those who wish to improve their concentration and memory can buy a "super learning package" of two tapes for \$22 from the institute.

**Death Notices**

**CLARENCE R. FARRAR**

Clarence Russell Farrar of 702 South 1st. St. died Jan. 13, 1984, in McGuire Veterans Hospital, Richmond, Va.

He is survived by three sisters, Miss Grace Farrar, Mrs. Ida Whaley and Mrs. Annie Lockley and one brother, Thomas Farrar.

Funeral service will be held at 11 a.m. Thursday in Mt. Zion Baptist Church, the Rev. Alvin Edwards officiating. Burial will be in Oakwood Cemetery;

Arrangements are by Ferguson's Funeral Home.

**LILLIE K. MOON**

Lillie Kirby (Tillie) Moon, 73, of 22 Altavista Ave., died Jan. 16, 1984 in a local hospital.

She was born, Feb. 3, 1910, in Nelson County, daughter of the late Lewis Calvin Kirby and Irene...

Kirby of Florence, S.C.; one sister, Mrs. Bessie G. Peregory of Charlottesville; one granddaughter, Mrs. John (Deborah) Grady and two great grandchildren, John Travis and Robert Matthew Grady.

Funeral service will be 11 a.m. Wednesday at Cherry Avenue Christian Church, Mr. Ralph S. Carter will officiate, interment will be in Monticello Memory Gardens.

Those who wish may make contributions to Charlottesville - Albemarle Rescue Squad or Coronary Care Unit U.Va. Hospital.

The family will receive friends tonight from 7 to 8 p.m. at the Hill and Wood Funeral Home.

**REMONA FARISH MCNEIL**

Mrs. Remona Farish McNeil of Charlottesville died Jan. 16, 1984...

**Obituaries**

**MCNEIL** — Remona Farish McNeil, of Charlottesville, died Monday in a Staunton hospital. Teague and Hawkins Funeral Home, Ivy Road, is in charge of arrangements.

**MOON** — Lillie Kirby "Tillie" Moon, 73, of Charlottesville, died Monday in a local hospital. Hill and Wood Funeral Home is in charge of arrangements.

ANSWER TO PREVIOUS PUZZLE:

JACK	LATER	ZES
ULAN	ABELE	ACT
LORE	TAXIDANCE	
INTEREST	DRIEN	
AGO	ASH	ALOE
OMIT	MESSAG	
ZONED	THINE	UA
EXIT	TRACT	ETT
RES	GRIME	SLOE
ONTARIO	WAAC	
WADS	FIN	RB
CREATE	BACKWAR	
HACKENSACK	ATE	
ACHE	TORTE	DIV
PEON	SYNOD	ICE

**CORRECTION**

The 18 oz. Kraft Barbecue Sauce advertised in the IGA Insert this week is available in plain only. We regret any inconvenience this may have caused our customers