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MONROE INSTITUTE

2022-23

IMPACT  
REPORT

[monroeinstitute.org](https://monroeinstitute.org)

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# WHERE WE ARE NOW

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# & WHERE WE ARE GOING...

Dear Friends of Monroe,

We are pleased to share the 2022-2023 Impact Report summarizing the highlights and successes we enjoyed over the past two years. **Early in 2022, we set a lofty goal of reaching 1% of the world's population (80 million individuals) with a direct experience of expanded awareness by 2032.** As you might imagine, we have been quite busy as we actively pursued our high-growth strategy. It's also exciting to share that we made significant progress.

**We have defined this experience of expanded awareness as the first step down a path of self-discovery that leads to the most fundamental of truths, which we readily say to anyone who will listen: "You are more than your physical body."** Converting this simple fact from a belief to a "known" through direct experience is completely transformational at an individual level. We believe if enough people have this experience, it can positively impact humanity.

I encourage you to review this report outlining our accomplishments in 2022 and 2023. We also invite you to be a part of our future in the way that best serves you and your personal goals, and please remember, you are always welcome to join us on campus, virtually or online.

Wishing you well-being,

A handwritten signature in black ink that reads "Allyn Evans".

Allyn Evans, CEO  
The Monroe Institute



The Monroe Institute's programs are the first step in **helping people learn powerful tools for exploring the nonphysical, gaining greater self-awareness, and expanding their compassion.** Monroe's guided programs use sound technology to empower journeys of self-discovery as a path to creating a life of personal freedom, meaning, insight, and happiness. Courses are offered at our residential retreat in Virginia, virtually (in real-time), online, and around the globe.



## Residential, Virtual and Online Programs

Beyond Earth Life  
Beyond Meditation  
Conscious Coherence  
Conscious Presence  
Discovery  
Dowsing  
Energy Body  
Energy Expansion  
Energy Medicine  
Energy Medicine Practicum  
Exploration 27  
Gateway Experience  
Gateway Voyage  
Guidelines  
Heartline  
Introduction to Authentic Connection  
Introduction to Beyond Meditation  
Introduction to Lucid Dreaming  
Kortum Technique  
Law of Attraction Basic  
Lifeline  
Lifting the Veil  
Lucid Dreaming  
MC2  
NDE Spectrum

New Year Program  
OBE Spectrum  
Peak Week  
Remote Viewing Basic  
Remote Viewing I & II  
Sensing Spirit™  
Spoon Bending  
Starlines I & II  
Starlines Reunion  
The Medium's Toolkit  
Timeline  
Timeline Basic  
Triad Mind

For a full description of these courses, and to discover our 2024 offerings, please visit our website by using the QR code below or follow the link [to programs](#)



## Participants and Programs

With the guidance of 20 residential trainers, 10 guest trainers, and 16 international trainers:

**321 programs** were offered

**1,795** participants attended a residential retreat

**3,362** participants took an online program

**7,237 individuals** were directly affected by one of our residential, virtual or online programs



## International and Outreach

**76 Outreach Trainers** in 21 countries

**181 workshops, 1771 participants** in 11 U.S. states

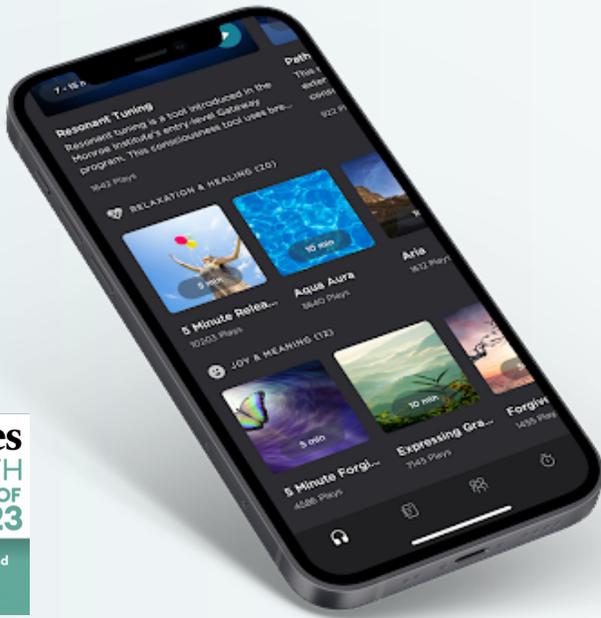
**78 Monroe Community Groups** in 28 countries



“ I loved taking the program, especially during this time with all the constant sirens, and bombs flying. I was able to reconnect with myself and my body faster than any other practice that I had done before. It allowed me to forget my extremely insane circumstances and environment allowed me to feel good again and put me back onto a path so that I can help others who need help around me again. I am very grateful to the Monroe Institute and everyone who helped me along the way to allow me to participate in the future of spirituality! ”

- Mila K., Monroe Graduate, Ukraine

# Highlights, Innovations and Accomplishments



**195K** people have installed the app  
**12K** subscriptions sold  
**1.7M** user sessions  
**483K** hours of meditations streamed

To survive, pivot, and flourish post-pandemic, the Monroe Institute carefully looked at how we could deliver our content globally while working toward our goal of awakening human consciousness. Launching our meditation app, **Expand**, has been a transformative experience, reaching the public at a scale unimagined pre-COVID.

The app presents guided and unguided meditations featuring the latest generation of Monroe Sound Science and provides community connection, allowing individuals to stay motivated and in touch on their journey of consciousness exploration. Forbes Health named it one of the top ten meditation apps of 2023.

In 2022, we launched our **podcast *Expanding on Consciousness* with host Mark Certo**. Conversations with scientists and practitioners covered the many disciplines and aspects of consciousness—in all its forms.

Esteemed guests in 2022 & 2023 included **Dr. Theresa Bullard** (author, speaker, and host of Mystery Teachings on Gaia TV), **Tom Campbell** (author, speaker, and former NASA scientist), **Dr. Bruce Greyson** (Professor Emeritus of Psychiatry and Neurobehavioral Sciences at the University of Virginia), **Dr. Raymond Moody** (psychiatrist, speaker, and NDE research pioneer), **Dr. Dean Radin** (Chief Scientist at the Institute of Noetic Sciences), and many more.



# Social Engagement and Collaborations

## Facebook, Instagram, TikTok and YouTube

**7.6M reach** (unique people who saw content)

**24M impressions** (number of times our messaging was seen)



YouTube: (+47%) subscribers  
from 77,900 to 115,000



Facebook: 3,280 new followers  
and 2,310 new page likes since  
Feb. 2023



Instagram: +14.5K followers  
since Feb. 2023, with a record  
number of 19M impressions

Beyond statistics is a story of connection.

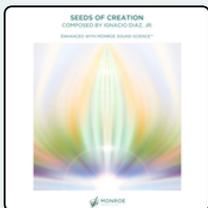
*"You helped me so much. Thank you so much. I feel like you found a piece of me that was missing."*

*"Forever grateful (for) what the Gateway Voyage brought me and introduced me to this eternal field."*

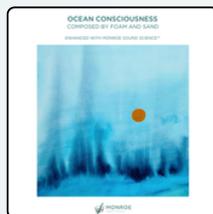
*"Get this vital information out!"*

*"Now I can find peace with this explanation. Thank you so much, you have no idea how this helps me!"*

In June of 2022, the first **Creation Station**, an invitation only residential program for musicians, composers, music producers and other creatives was held on campus in Virginia. This program serves as a method of outreach to begin artist collaborations, curate new and diverse music, along with other forms of art, that allows Monroe Institute to have a wider global reach.



July 2022 - Collaborative release of Seeds of Creation, by Ignacio Diaz, Jr. with Monroe Institute, for use in the Expand app.



October 2023 - Collaborative release of Ocean Consciousness, by Foam and Sand (Robert Koch) with Monroe Institute for World Mental Health Day.

# Research

The Monroe Institute performed independent research, and collaborated with the Division of Perceptual Studies at UVA on several research projects, **including psychokinesis at MC2, audio effects on brainwaves, EEG during remote viewing, and new methods for measuring physiological correlates of energy perception and healing.** In 2022-2023, the "Copper Wall Room" in the lab at RMR was upgraded to a world-class facility for the study of electric fields of the body.

The research team has presented at several conferences, including the joint conference with the International Remote Viewing Association (PsiFest 2023) in August 2023, and has several papers in the pipeline for publication.



Inquiry, Innovation & Impact - on a mission to investigate methods, tools, and techniques to assist people in achieving expanded states of consciousness.



Discovery Participants Mandy, Rebecca, Joyce and Paul

Additional collaborations over the past two years have included **research partnerships with the Institute of Noetic Sciences, the International Remote Viewing Association, and Coherent Spaces.** These collaborations have not only strengthened the MI network but also expanded our research capabilities.

# Philanthropy and Financial Contributors

Thank you to everyone who supported the Monroe Institute in 2022 and 2023. We could not have achieved the accomplishments detailed in this report without your contributions.

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Cheryl Hopkins, Director of Programs  
Paul Hynek, CFO  
Jason King, Director of Campus Technology and Special Projects  
Tammy Matheny, Registrar  
Nancy McLaughlin-Walter, Co-Director of Research  
Maggie McLean, Executive Administrative Assistant  
Carol Monroe, Outreach Coordinator  
Dillon Proutt, Marketing Specialist  
Michael Raynes, Director of Maintenance  
Jamie Rohrback, Controllor  
Susan Smily, Archivist  
Angie Smith, Director of Operations  
Jenny Whedbee, Director of Marketing

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Christin Evans  
Toyer Shifflett  
Rod Stewart  
Heather Tinnell  
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Barbara Wood  
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Dr. Janet Reed  
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Also serving during this time were:

Werner Barkhuizen, Ph.D.  
Robert Beringer  
Tom Pickens

Together, let's ignite the global awakening of human consciousness. Our goal is to reach 80M people with a transformative experience by the year 2032, helping shape the course of humanity. **Give today.**



A 501(c)(3) nonprofit organization.

A special thanks to all of our trainers and Monroe Community Group Leaders, throughout the world, who give their time, energy and guidance to the explorers out there. Without them, none of this would be possible.



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