

LCN Connections

The Monroe Institute Local Chapter Network



Carol de la Herran 1944-2013 A Life to Celebrate

some years later when we met again as we were preparing to bring the TMI programs to Australia.

Carol was happy to share her experiences and the knowledge she had accumulated running the residential programs and the workshops in Spain over the years. With some wonderfully funny stories amongst all the gems. As I am writing this, I remember the story of the time the authorities were threatening to “blow up” her luggage which had her

equipment for a workshop in it. Some piece of equipment had turned on and was broadcasting and they did not have the key to open and inspect it.

Carol was passionate about TMI and the success of the Outreach program, which now has facilitators and workshop being run around the world. It is an attestation to her belief and dedication to the idea of “getting it out there”.

Gwen Jones
LCN Leadership Council

I met Carol at my Gateway Voyage program in October 2000. She had not been a residential facilitator for long and she was the first TMI facilitator to say those immortal words to me “What do you think”? It is my first memory of her and we both had a laugh about it

Spain Had The First Local Chapter

During a program in 2011, I found myself seated beside Carol at a meal and we began talking. She told me about all of the Excursion Workshops she was doing years before when she was living in Spain. I was transported while she recalled crazy antics of encountering unforeseen obstacles she had to overcome during workshops in the rain, stone castles where participants huddled together during exercises to keep warm and showing up to a nature-loving eco-hotel with no electricity for her equipment to operate except a single plug in the bathroom for a gentleman’s razor.

She always seemed to make it work with endless enthu-

siasm and MacGyver-like flair, pulling solutions out of thin air, often literally, and describing true paranormal moments when

things came together with no physical explanation to facilitate a transformative experience for her participants.

Such was the impact of these weekend Excursions on her participants that they would often call her at home, seeking her out – asking to come over and talk about their experiences with Hemi-Sync® and wanting more. Revel-

ing in the energy of consciousness waking up, she never said no.

She would arrange impromptu meetings with whoever gathered and, as conversation dictated, would pull out a certain exercise from her repertoire, pass out headphones to those one or two persons – sometimes more – who had journeyed to her home. After they had all listened to the tape together they would linger for hours discussing their experiences.

I remember saying to her, “Carol, you had the first



Special Edition

In Memory of Carol de la Herran



local chapter!” She paused, with her characteristic quick side head tilt, and bringing her hands together said, “Well, I guess you’re right! We did have a local chapter – in Spain.” The realization seemed to really mean something to her.

I will always remember Carol’s tremendous love and support for the Local Chapter Network. She frequently enthused about how important the work was to the core mission of TMI to “get it out there.” And her passion makes sense, because even though she may not have fully realized it, quite unconsciously and without even trying, she had the first local chapter.

Laurin Bellg
LCN Leadership Council

For Carol - Paul Rademacher

When I was TMI's Executive Director the stress would sometimes pile up in my neck, with stabbing pains shooting into my back and shoulders. Back then, Carol was the Program Director and she would take one look at me and offer to give me a Reiki session right then and there, no matter how busy she was – and she was ALWAYS busy.

Carol could get more work done than almost anyone I've ever met. I often worried about HER stress, but she would just shrug it off, assuring me she was only doing what she loved.

I can still hear her elevated voice pro-

claiming, "This stuff really works!" whenever she was talking about Hemi-Sync. She was living proof, for it had changed her life.



But Hemi-Sync wasn't the only thing

in her life that "worked" for those around her. She was a joy to be with, brilliant, insightful, and dedicated beyond measure. She was also a great, great friend.

Amazingly Carol's Reiki sessions always eased my neck pain. But the two of us also would take long walks together and I would let her in on what was nagging at me. During those strolls she brought healing that was so much deeper than physical. It was balm for the soul. I miss her terribly.

Paul Rademacher

Carol The Healer - Candie Sanderson

Complications from a bilateral thyroidectomy in November of 2012 caused paralysis of my right vocal cord. I could no longer speak beyond a whisper. I had difficulty swallowing, often choking when drinking liquids. I was forced to use a mechanical device for voice amplification.

"Carol, with the help of Fred Ribble worked on me while others held space for the healing."

During the LCN Retreat in February of this year, even with my awkward, bulky amplification system, I still had to ask others take over several segments I was supposed to lead. One evening during the retreat, Carol sat at my table during dinner. I told her about my condition and she immediately volunteered her help. She announced to the retreat members that there would be a healing session for me, for those who wished to join us.

Carol, with the help of Fred Ribble, worked on me while others held space

for the healing. Within 24 hours, my voice had returned approximately 80%! Over the next couple of weeks, my voice returned to its natural state. The gratitude I have for Carol and what she did for me that day is beyond measure. From the very depths of my heart, I will always be thankful to Carol for giving me my life back. She will live on in my heart forever.

Candie Sanderson, LCN Leadership Council, Naples, FL

When I Think of Carol - Frank DeMarco

My first experiences of Carol centered on spiritual development and energy work.

In the first weekend in January, 1998, at her friend Nancy Dorman's house on the New Land, she taught Reiki I to a group of ten of us. Reiki training begins with the instructor teaching but culminates in successive attunements, in which the instructor and her assistant proceed to put their hands on each person's head and convey something. What, how, it would

be hard to say. Suffice it say now, as I said then, that I felt that this was the first time I had experienced a sacrament.

A few years later, during one of the "energy exchange" evenings Nancy Dorman used

to sponsor, Carol and I chose to work



on each other. When it was my turn, lying on my back with my eyes closed,

I felt, without any uncertainty, Carol's hands a foot and a half above my body, balancing chakras. (I opened an eye to verify that her hands were where I was feeling them.) That was a unique experience, a small indication of how sure, able, and powerful she was.

Frank DeMarco, author

A Dream Come True With Carol - Andrea Berger

I am forever thankful to Carol Sabick for helping me realize my dream of facilitating Gateway Voyage in Romania.

I have known Carol since 2005 and we grew close over the years, as she has been my facilitator for many TMI programs. She was a wonderful friend and mentor and she knew how much it meant to me to bring Gateway to my native country, Romania.

In 2010, she was able to convince Skip Atwater and Paul Rademacher to approve the program and the two of us embarked on an exciting adventure in Romania. We had a group of 23 participants, lots of fun, some extraordinary experiences (including some Bob sightings, ghosts and spooky PK

events). All participants fell in love with her, despite the language barrier, as they could sense her loving and supportive energy. They were impressed and very grateful that she and TMI care about Romania.



I will never forget how much Carol has invested in me. She freely shared her wisdom, her knowledge, as well as

many delightful stories from her experiences in Spain and the US.

Over the years, she kept giving and giving her love and energy unconditionally, not only to me, but to many other people, and most importantly to TMI! She helped me not only with the Gateway program, but also with Lifeline and Exploration 27, which are now being conducted regularly in Romania.

Carol truly believed in “getting it out there”, in bringing TMI programs all over the world, thus enabling the Global Awakening of Humanity.

As it happens, I heard about Carol's illness while conducting another Gateway in Romania. We all did a DEC healing session as a group for Carol. She appreciated that we wanted her to get well, but she “told” me: “Please, do not interfere. I know what I'm doing.” So I know that this is the way she wanted it to be.

Knowing Carol, I can't envision her retiring and spending her days sitting idly... I am not surprised that she worked for TMI until the last minute of her life...this is how she wanted it to be!

Andrea Berger, LCN Leadership Council, TMI Residential Trainer

Carol's Generosity - Irene Blanck



I will always remember Carol for her generosity to Gwen and myself.

We were both in Virginia with a proposal to get TMI programmes in Australia. We had wanted to get somewhere to live so that we would be close to the Institute and Carol very graciously shared her home with us, despite not living there at the time. She opened her home to us and made us feel very welcome.

*Irene Blanck,
TMI Residential Trainer*

My Friend Carol - Geary Atkins

I met Carol in Oct 2000 at Gateway. The last night during the celebration, Carol asked me to step outside. She wanted to apologize to me for seeming aloof to me all week. She explained that 6 months earlier she had a dream/vision that she saw me just as I was, sitting in front of her. When the group sat down to introduce themselves she was shocked to see me there. She didn't know what to say and how to explain it to me and being a

basically shy person at first meeting held it until the last evening. We kept in touch over the years. Carol was very spiritually gifted. I knew her as a personal friend more importantly as a close spiritual friend. We developed a strong intuitive relationship that was mutually supportive no matter what was going on in our lives. We were always there for one another. There was always laughter in our friendship as we didn't take ourselves



too seriously. Now that she has transitioned back into spirit we will have a freer access to one another through meditation and dreams. There is no sadness only gratitude for having the experience of knowing Carol my friend. *Geary Atkins*

Gateway in Spain - Beth Vaughan

Daniel and I arrived in Alicante, Spain for our Gateway. Carol knocked on our door and welcomed us. She was surprised that we made the trip from Texas. I explained to her that this was a great vacation for us. Little did I know that she was one of the reasons we were there.

We were in the same room as Carol during the last exercise. She photographed Daniel during the exercise with his arm lifted in the air. This was astounding. Because of Daniel's medical history of a Traumatic Brain Injury, he had not been able to do this for over eleven years! After another exercise she said to Daniel, "Daniel you had a couple of visitors during the exercise." (Daniel said he did not see

anyone.) She said, "They were not of this world." You can imagine the rest. (Daniel shares this story with everyone when telling of our Gateway experience in Spain.) This changed our lives.



I would be with her during Facilitators training, New Year's programs and at every LCN Retreat. She asked me to take Gateway Voyage to Texas in December 2012. I was honored to accept

this challenge. She was always supportive of me and my endeavors. She gave me such encouragement and was the best example of sharing this work with the world. She explained that so many people need the TMI programs and we need to be out there offering it to those who want the experiences.

I am very grateful for her vision and her example. Because of Carol, many people around the world are participating in TMI programs, changing our lives, expanding our consciousness and coming together to share. We will miss her dearly.

Beth Vaughan, LCN Leadership Council, Residential Trainer.

Using Hemi-Sync® With the Homeless in France - Nelly Jolivet

I am not sure of anything regarding TMI now that Carol's vision and energy are used in some other ways, out there and maybe from out there for here in our physical world.

There is no single sharing I can write, there are regrets not to have had more time to be around her.

I have regrets and they have been with me since I realized during my one week facilitator training that I could have gone through GV or LL or... when she was in Spain and she would have been facilitating.

Not meaning she was a better facilitator, meaning she was Carol, a strong believer and healer, an American woman adopting European views from time to time, an inhabitant of the earth....all this together with being a good business woman.

"Eyes shining with joy, that day I knew for sure I was at the right place".

One morning at the Nancy Penn centre, I shared and asked her "would she agree with me using the Hemi-Sync® sound technology with homeless people here in France to restore some balance, esteem and will to have perspective". How she came to say Yes, eyes shining with joy, that day I knew for sure I was at the right place. Business is business and it does not prevent TMI to be being human, gentle, humble, open hearted.

Nelly Jolivet Outreach Facilitator

Smile With Your Eyes - Dawn Tobin

I can't say when I met Carol for the first time and that's probably because she was such a natural fit at TMI. I felt an energy connection to her that didn't require any other explanation. I recognized someone of admirable character with a motherly presence, calm, open-minded, loving and firmly focused on the success and growth of TMI. It didn't take any special effort to see how selflessly committed Carol was, to TMI, to Outreach and to the LCN.

On a personal level, I will always smile when I recall how she enjoyed collecting her beauty tips. One swelled her eyes during an Outreach Facilitator Training when she had a bad reaction to a "beauty" cream offered her. She verbally observed that I keep well hydrated; and attributing that to my healthy complexion she made her note to do the same. Carol really hated being photographed and asked advice on taking a better picture. "Smile with your eyes", I told her. ...

but there's one secret I would have liked to share in regard to her beauty...Carol, you never needed any help at all. Shine on gorgeous being of light, shine on.

*Dawn Tobin
Outreach
Facilitator*



Remembering Carol - Linda Leblanc

Amongst fond memories of working with Carol, one in particular still leaves me shaking my head in wonder at her talents and what she managed to accomplish.

I had the privilege of Carol's mentoring for my Gateway Voyage facilitator training in Spain in 2008 and 2009. The latter Gateway had a full house, with participants from Spain, Portugal, Britain, plus three of us undergoing the last leg of Gateway training for residential off-campus facilitator accreditation.

As usual, Carol was inspiring and unflappable, despite the tasks of supervising three nervous trainee facilitators and co-ordinating a bilingual Spanish/

English Gateway. As some of the participants did not speak very much English, Carol had Spanish exercises running simultaneously with the English ones. During briefings, Carol would sit calmly at the back of the lovely sitting room, providing translations when needed.

Her straight-talking mentoring style, tempered with warmth and encouragement when merited, provided us with invaluable insights into The Monroe Institute process. It's a tribute to Carol's unique skills that it all flowed so smoothly, with much joy and laughter during the week. Carol unselfishly gave so much to us, sharing her years of experience with ease, humour and

humility.

Many blessings to dear Carol who no doubt is still watching over us.

Linda Leblanc



My teacher, My trainer, My mentor - Ritta Nicoara

I felt like I had to, somehow, say farewell to you, dear Carol...

And I could write, to fill entire pages about:

Our first meeting at Gateway, in Spain, when I was so impressed by your wisdom, by your integrity... and by your sense of humor ... I felt as if I were reunited with someone so very dear, whose memory was somewhat shrouded by oblivion...

Then came to my mind all those memories of the days we spent together, days in which you have trained us to become TMI Outreach facilitators,

where you taught me without words how to reach peoples' hearts through love and simplicity, in a natural and authentic way. Then I learned from

**"You live in my heart now,
and with the deepest sense of
gratitude for everything you
have given me..."**

you that sometimes a look and a smile can say more than tons of words...

You give us a lot of pearls of wisdoms like: a positive experience in not necessary a beautiful one, a positive experience is one from which you can learn something valuable, which helps you to grow. How true it is, passed through this filter, all experiences gets a different meaning...

And that all you need to do is trust yourself, no matter of the process are you going through and that this "you" is so much more than you can imagine...

Then, I remembered all those wonderful days when you came to Romania and held the first Gateway Voyage

program, along with Andrea. I began to feel so close to you, as if we were the same family. And I believe that, in a sense, we've actually been a family. It was so wonderful to have you here, and you've felt so good as well.

You've loved everything you met in Romania and you showed your love through everything you did for us afterwards. We in Romania will remain eternally grateful for this.

You have had a wonderful life, and I have always admired your strength, courage and commitment to achieve the goals you believed in, for the transformations that you have produced...

You live in my heart now, and with the deepest sense of gratitude for everything you have given me, I wish to thank you for making all these wonderful experiences happen in my life...

So this is not goodbye, because I hope we will meet again, but I do wish you a wonderful journey, filled with light, my dearest Carol.

Ritta Nicoara

LCN Regional Coordinator, Romania



Carol & Ritta

New Year's Eve with Carol - Steve Winchester

My wife, Deryn, Carol, and I all met for the first time at Carol's first US New Year's Program in 2009 at TMI.

Carol's inspiring program and synchronicity created the transformation of our lives, because Deryn and I are now, three and a half years later, married and have made an adventurous move to Phoenix, AZ.

Carol not only facilitated the New Year's program, but also became a match-maker, something that she was very proud of doing! Since then we have discussed our gratitude with Carol

many times.

Carol recreated and ran the Outreach Facilitator Training Program which



Deryn and I both went through under her tutelage. Carol always made us feel welcome, special and she was truly a master at facilitating. During the week of

my FTP in November of 2011, Carol was elected to President and Executive Director of TMI. It was truly a great moment to share with her and watch her transform into her new role. She was gracious, humble and joyous all at

the same time.

Since we all met, whenever Deryn and I have attended TMI, we have taken such pleasure in finding Carol on campus, being greeted with a great big hug, and much laughter as we all caught up. She was a great friend and mentor. As one of the great leaders of our TMI family, she will always be an inspiration on our path to promote all the great things TMI has to offer for mankind.

My only regret is to not get one last hug and one last moment of eye contact with a smile to officially say goodbye. We will miss you Carol.

Until we meet again on the other side,

Steve Winchester

LCN Regional Coordinator

**Praising what is lost
makes the remembrance
dear. - Shakespeare**

Memorial Ceremony - Saturday, August 24th 2013

A memorial ceremony honouring Carol will be held at 11:00 AM Eastern Standard Time, August 24th, on the Nancy Penn Center campus of The Monroe Institute.

If you wish to attend please contact TMI to save a place.

Email

info@monroeinstitute.org or telephone 434-361-1500. Although lodging is not available at TMI due to programs in progress we can provide a list of lodging options. Light hors d'oeuvres will be served.

Carol's children from Europe will be with us. They are eager to meet some of Carol's TMI family members and supporters. We all look forward to celebrating Carol together.

Many of you have inquired about sending flowers or donations. Thank you! In lieu of flowers we are asking that a donation be made to one of

Carol's favorite projects, the [TMI Scholarship Fund](#). She felt it was a win-win-win situation~and life changing for the recipients.

