Remote Viewing

Remote viewing is defined as 'the acquisition and description, by mental means, of information blocked from ordinary perception by distance, shielding or time.' Remote viewing is a form of clairvoyance originally developed by SRI International, a contractor for the United States Department of Defense, for espionage purposes during the Cold War in the mid-to-late Twentieth Century. It uses clairvoyant ability but also the intuitive and sensing abilities to acquire information about a target of interest. Remote Viewers with clairaudient ability may even receive information about the target that way. Remote viewing is the logical culmination of the four main forms of receiving psychic information which we've already discussed.

What is Remote Viewing Good for?

Remote viewing is very good at:

1.) Describing things which have a real existence, such as people, events, things, places and concepts

2.) Producing new leads, thus shortening the length of time an investigation needs to be completed

3.) Reconstructing events, pulling together all the pieces and stringing them together in a coherent narrative, sometimes even flushing-out missing pieces of the story

4.) Making decisions; the Associative Remote Viewing technique is very good at this

5.) Making projections; when using the strict Controlled Remote Viewing protocol, RV can produce some amazing detail about things which haven't happened yet, as long as the details are descriptive

Remote viewing is NOT good at:

1.) Timing; saying specifically *when* something is going to happen

2.) Targeting a specific series of numbers, words or statements. Unless the remote viewer picks up on some very unique and distinguishing features of the target, this isn't likely

3.) Providing information on mythical creatures, hypothetical events, non-physical targets, or phenomenological type targets (such as mysterious lights in the woods). If it doesn't have an actual existence, remote viewing can't pick up on it

4.) Identifying a specific location.

What Qualities Make for a Good Remote Viewer?

Author William G. Braud identified seven major characteristics of the successful remote viewer. They are:

1. They're capable of controlling their stress and can physically relax easily.
2. They're able to slow their body responses and quiet their physiology.
3. They're able to eliminate or shut-out outside distractions.
4. They're greatly aware of their internal processes and can separate imagination from reality.
5. They're able to center themselves and enter a receptive state of mind easily.
6. They're able to park their judging/interpreting part of the mind and just perceive.
7. They're strongly motivated to achieve an outcome.
8. To this, some military insiders say individuals who are prepared to think outside the box and resort to unique and innovative ways of solving the problem and accomplishing the mission make for good remote viewers.

Braud also identified the three types of people who make terrible remote viewers:

1. Those who, under no conditions, will believe in it.
2. Those who totally buy into the idea of remote viewing, no questions asked.
3. Someone who is not completely stable. There are some who function well in physical reality but come unglued when subjected to paranormal experiences.

So the picture these lists present is a person with a great deal of self-control and mental stability who walks the middle ground and can readily put themselves in a receptive state of mind and just receive information.

Mental Preparation for Remote Viewing

Getting in the right state of mind is important for remote viewing.

1. Make sure your ego is under control. Remote viewing isn't for the egotist, it gets in the way of accurate perception.
2. Give up any personal expectations of perfection in remote viewing. You won't detect *everything* about the target, so let yourself off the hook about it.
3. Banish fear, because it gets in the way of effective remote viewing.
4. A continued and balanced pursuit of the truth is required. It's easy to delude yourself about what you're perceiving in remote viewing, so a rigorous honesty is required. Learn to distinguish between seeing what's there and seeing because you *want* to see it.
5. Spiritual and philosophic growth will be required of you. Remote viewing should be compatible with your religious or spiritual beliefs, because and negative associations with the practice will interfere with effective remote viewing.

Controlled Remote Viewing – How to do it

The six stages of Controlled Remote Viewing are as follows:

Stage One-Overall Glimpse of the Target. What is the shape of the target you're viewing? Can you describe it using words, or draw it on paper?

Stage Two-Sensory Contact. Does the target have a color? Is it light or dark? Is it standing in light or shadow? Does it have a smell? Taste? Does it make any sound? Does it have a texure?

Stage Three-Size Perception. Is it large, medium or small? What is its height, width and length if any? Does it have volume? Is it heavy or light? How does it occupy physical space?

Stage Four-Abstract or More Complex Details. Is it natural or manufactured? Is it animal, vegetable or mineral? Living or an inanimate object? Is it pre-planned and purpose-built, or jury-rigged in an emergency? Is it local or far away? In this country or another country? Are there any people around it, or is it standing alone?

Stage Five-Fleshing Out the Details. Here, the remote viewer (also known as the RV'er) goes over earlier notes to excavate more details from their subconscious. Things like, what is the purpose of this target? Is it a place to visit, a machine to be used, a person or a food item? Is it open to the public or a closed facility? Are there any thoughts or emotions your are picking up in connection with the target?

Stage Six-The Gestalt. What is the larger context within which you see the target? What are its surroundings? For example, if it's a house, is it in a neighborhood, standing alone on a plain or in the woods, or is it flanked on either side by two larger buildings? If it's a top-secret research facility, is it part of a larger complex, such as one might find at a military base or a university campus? If it's a doughnut, is it in a doughnut shop or a home? This is the stage of remote viewing where it could be asked, if you could do a 3D model of it, what would it look like? If you have a clearer picture of the target by this point, you could either revise your original or do a whole new sketch with greater detail.

Associative Remote Viewing

This is a predictive form of remote viewing and closer to the traditional idea of divination. Whereas controlled remote viewing can be done individually, associative remote viewing requires two people. Associative Remote Viewing is used for when a decision needs to be made between two, three or more options. The steps are as follows:

1. Establish the question to be answered. Both parties should be clear on what the question is

2. Establish a specific time-period the remote view is supposed to cover

3. The non-viewer (known as the Monitor) should know what the options for the decision are. The Monitor will then decide on one symbol to represent each option. These symbols should be something simple, clear, unique, and very different from each other, such as a piece of fruit, a book, a ruler, a stop sign, etc. They will not share these with the Viewer.

4. The Monitor informs the Remote Viewer they have established a symbol to represent each potential answer. The Monitor holds these images in mind or separately while the Remote Viewer draws the symbol they are seeing in their mind. The drawn symbol which most closely resembles one of the Monitor's established symbols is taken to indicate the correct answer to the question.

5. At the end of the specified time-period, the notes are checked for accuracy.

Controlled Remote Viewing Observations Sheet

	Perceptual Stage	Input Received
1	**Overall Glimpse of the Target** What is its general shape? Draw it in the box to the right.	
2	**Sensory Contact** Is it a person, place or thing? What colors do you detect with this target? Texture? Taste? Sound? Smell? Pattern of light? Record any additional details in the box to the right.	
3	**Size Perception** What is the height, width, length or volume of the object? How does it occupy physical space? Record these details in the box to the right.	
4	**Abstract/Complex Concepts** Enter further descriptive details. Purpose-built or jury-rigged? Foreign or domestic? What is it used for? Are there any people around it? Is it an old, new or indeterminate-age object? Strong or soft? Animal, vegetable or mineral?	
5	**Tease-Out Further Information** Review all the information you've already gleaned from your impressions of the target and recorded in the space above and try to dig-out further details about it from your sub-conscious. What else are you sensing about the target?	
6	**3-D Model/Context Information** Is this something you could create a 3-d model of? Is the target part of a larger setting, and if so, what is that larger setting?	

Target:

Associative Remote Viewing Record Sheet

Associative Remote Viewing is the form of remote viewing most clearly divinatory in nature. In the column on the left below, the Monitor lists the symbols they have chosen to represent the answer options. This sheet is then either divided in half, or the Monitor's choices are covered with an opaque sheet of paper and the Remote Viewer writes their notes or sketches in the box to the right.

QUESTION:

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MONITOR'S LIST OF POTENTIAL ANSWER SYMBOLS:	REMOTE VIEWER'S SKETCH & NOTES: