

## APPENDIX A - REMOTE VIEWING

Remote viewing is a NATURAL ABILITY that we all have. It is probably quite common in our early youth, but especially in our culture it is “Trained” out of us as we grow older. Some cultures, like the Australian Aboriginal peoples accept it as common, and will talk about meeting another group at a certain trail crossing at a certain time sometimes several days in the future. They call this ability “The Bush Telephone”. Here there may be a fine crossover between what we call precognition and telepathy.

Some people I know use remote viewing as a form of intuition to avoid accidents or to find and assist those in need. One or two people I know are adept enough to operate on multiple levels of consciousness at once, and can remote view looking for trouble ahead on the road as they drive. They can “See” what is ahead, be it an accident or obstruction, or even a police radar trap (saves money on radar detectors). I personally think these abilities are all very similar and closely related. Other closely related skills are psychometry (also called vibraturgy, the ability to pick up impressions by holding or touching an object) and precognitive dreams.

For your early experiments in Remote Viewing, you will need an assistant, preferably of the open minded variety. You cannot place your own targets without knowing what they are. Ask your friend to place an object in a box and seal it for you. Then, when you are given the box, place it in front of you, do your basic meditation, go into oneness, become aware of awareness, and then just allow your awareness to focus on the object in the box. You can visualize the box disappearing, or visualize your consciousness going into the box, or whatever works for you. Then RELAX, don't try too hard, but simply be receptive to whatever impressions you might get. Write them down on a handy notepad or speak them into a voice recorder as they flow into your consciousness. Do not try to analyze at this stage, as the intellectual mind will shut down the intuitive flow. Just let the impressions flow and you can analyze later.

First impressions are almost always the most accurate, so after a while when you feel you are trying too hard or are no longer getting good pure impressions, end the session, open your eyes if closed, and write some notes about your impressions. Take a moment to analyze which observations seemed the strongest and most valid. Only after writing your raw impressions should you start to analyze and try to figure out what the target is. Then open the box and see how close you were, not just on the total object but also the various aspects of it, color, texture, shape, size, material, and even including emotions that may have been associated with the object by its owner. I find that metal or crystal objects tend to work best for me, paper and plastic do not seem to hold the vibrations as well, although sometimes very good results can be had using a map. Remember to correlate the location indicated on the map, and not just the picture on the map. Some people also use pictures in an envelope for targets, and that can work well also.

Some people get colors, sounds, emotions or feelings, a tactile sense of what the object is made of, or if you are lucky you might even have seen a clear picture of the target. I generally get sketchy incomplete pictures which are sometimes combined with intuitions or emotions. It depends on whether you are

wired more as a visual, auditory, kinesthetic or emotional learner, however most people will get some of all, so you can work on developing all aspects of your remote viewing.

The first couple of times you try this, it might be helpful if your assistant is across the room beyond the object, as you can pick up telepathic and non-verbal clues from them in the process. While these dilute the validity of a pure remote view experiment, when first practicing you can use it to help correlate the feelings you get when you are right versus when you are wrong. Start to learn to trust that still small voice inside that never lies to you, and learn to differentiate it from the voice of the ego as well as the voice of the intellect. You can also take turns with your assistant if they are willing and interested in doing the experiment also.

After a couple of tries, have the assistant sit behind you so you no longer get the clues from their subtle body language, but you can still get telepathic clues when you say something that is right or wrong. Eventually you will want to go solo, and see if you can get good impressions without the assistance of another mind that knows what the target is. You can even go double blind where the object is packed by a 3rd party and your assistant doesn't even know what the target is. If you want to totally eliminate the outside observer, try picking a place on a local map that you have never been, put an x or circle on that point, and try to get impressions of the site. Then physically go to the site and see how close you are.

Another way to practice when riding in a car on an unfamiliar road (don't try this when you are also driving) is to try to "See" what is ahead, around the next corner for instance. You can also do this when walking, trying to see who or what is around the corner in the hallway or beyond the next bend in the path. I used to do a form of this as a kid on mountain roads, walking with my eyes closed for as far as possible and learning to trust that inner intuition. It might help to have a safety observer behind you if there are hazards or drop-offs.

As you develop proficiency you can expand the complexity of the experiments. Arrange a time to "Visit" a friend, and describe what their surroundings look like, what they were doing at that time, and possibly a target that they have set up on the table for you. Or you can start adding in the dimension of Time, as in the higher realms time and distance are not the obstacles they are here in the 3rd dimension. An example is the remote view I had of the UFO sighting that was to happen out in Joshua Tree later the same night.

If you are not having decent success at this or just want to try something easier at first, try Psychometry. This works best if you have a small group of people and pare up with a stranger. Exchange objects that you frequently wear, like a watch, crystal or metal necklace, ring, or eyeglasses. Hold the object gently in your hand and do the basic meditation, becoming aware of awareness, and then simply become receptive to impressions that may flow in from the object. Again it is important to avoid trying to analyze at this time as intellectual analysis interferes with and often replaces the intuitive impressions you are trying to get. Speak the impressions as they flow in without filtering (agree beforehand to not laugh or ridicule each other so you will not stifle the flow out of fear of embarrassment), and see what kind of impressions you get. I often get good impressions of a person's house and the area where they live.

Usually an object that has emotional significance to the person will store the vibrations of things that also have a strong emotional attachment to that person, like their home. I had a very good highly detailed and accurate RV of Emily Greer's home while holding her necklace. I "saw" a winding driveway with a circle drive, columns beside the front door, a detached multi-car garage off to the left which appeared to be for 3 or 4 cars, inside the front door you turned left to the kitchen, which had a tan or brown ceramic tile center island with something hanging over it which I took as one of those hanging pan and skillet holders. Out the back window there was grass, some bushes, more grass, and then dense trees.

Emily couldn't wait until I could visit so I could see how accurate I had been. The object hanging over the center island in the kitchen was 3 hanging lamps, the color brown was a little off, and she pointed out that there were no columns by the front door. We were looking right at the front of the house, and I pointed out to her that there were indeed False Columns beside the door, like large molding with a Roman column like bas relief. They were part of the front of the house, but not freestanding like she had assumed. When I pointed them out, Emily realized that she had never noticed them as such before, but I had still picked up on them in my impressions. We were both astounded with the accuracy of the impressions I got from holding her necklace and letting the intuition flow.

Don't expect perfection at first, or even frequently, but with just a little practice you too can have some similar successes.

Doing these kinds of experiments for yourself will help provide direct experience and validation of how we are all connected in this holographic universe. Experiencing this personally changes your perspective from an intellectual curiosity to a personal knowing, and really deepens your understanding of and connection with "All That Is". In this way it will contribute significantly toward your growth and evolution as a Cosmic Human Being.

Have fun with it!