

# Remote Viewing Journal

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## ESP Short version – Chapters 1 - 4

### Chapter 1: Basic information about remote viewing

**Remote viewing** (RV) is the ability to gather information about a distant or unseen target using paranormal means or extra-sensory perception or sensing with mind. Typically a remote viewer is expected to give information about an object that is hidden from physical view and separated at some distance.[1] This can be done using information gathered from the subconscious mind. Anyone can develop the ability to RV, according to the leaders in the field of remote viewing.

**Introduction:** The method used and reported in this document is ERV. It is not CRV or ARV. Engineering Remote Viewing is a method of RV which has been optimized using methods from an engineering study of telepathic communications). Telepathic communications includes prayer, ESP and remote viewing (RV).

Some background is required if the reader is to fully grasp the information in this document. The minimum background study recommended is a reading of the following four references:

Ref 1. From Wikipedia: [http://www.thefullwiki.org/Remote\\_viewing](http://www.thefullwiki.org/Remote_viewing)

Ref 2. Introduction to Remote Viewing, on YouTube:

<https://www.bing.com/videos/search?q=youtube+introduction+to+remote+viewing&view=detail&mid=56F0D3E04FE55EE112D356F0D3E04FE55EE112D3&FORM=VIRE>

Ref 3. Mind Trek, a book by Joseph McMoneagle

Ref 4. The Seventh Sense, a book by Lyn Buchanan

**My first experiences with RV:** My study of RV began as an assessment of telepathic communications from an engineering point of view. I was an open-minded skeptic when I began the study of Remote Viewing. After taking my first online RV course [2], I experimented with blind RV, trying to sense what pictures were on cards that were randomly selected so that I would not be “frontloaded” with helpful information. For me, that was not successful. My success rate was judged to be 10% to 20%, with an occasional 40% to 50%.

**This document:** This document contains results from RV that taught me something from the experiences. My goal for this document does not include the documentation of RV sessions which taught me nothing; either because they were failures or because of other reasons.

**Lessons Learned:** Some remote viewing lessons that I learned were:

- After experimenting with cool-down (get ready) methods, I learned that the best method for me is the tornado or hurricane method. For me, this method requires only about 30 seconds to achieve a mental state which enables me to access my subconscious mind and prevent almost all mental noise from preventing the perceptions which usually turn out to have value.
- I had success using the 110 Hz tone cool-down method, but I eventually learned that the method described above works well for me, and I no longer find added value from the use of the 110 Hz cool-down method.
- I learned that I require no idiograms when using my method of ERV.

- I require no use of paper and pen. My best work is done at the computer, using the keyboard to rapidly (70 WPM) record my perceptions. Later, I can go over those notes and explain the perceptions with elaboration, when I need to provide more comprehensive explanations.
- I learned that my best results – highest accuracy perceptions – result from RV sessions that task me to find things that have been lost.
- I have learned that my highest accuracy perceptions result from RV sessions for people who are keenly interested in the results. It seems that there is added value associated with having a second person focusing on the task, or the lost object, or their desire to find the lost object (or person). This correlates with professional RV people like Joseph McMoneagle and Len Buchanan, who report good results when working with a monitor or interviewer.

## **Chapter 2: Finding the ice chest**

**Request:** On November 4, 2018, I was asked to use RV and attempt to provide information about Brenda's lost ice chest.

**Conditions for this RV session:** Idiogram used. Gestalt not used. Relaxation cool down used for 1 minute.

**Target:** I was asked to use RV and attempt to locate Brenda's lost ice chest. I was told that she had searched her home and her storage building, without success. Information given to me before the RV session was limited to the following:

- Ice chest was Black, with a white lid.
- The ice chest was of medium size.
- Last known location was in her house.

### **RV perceptions and evaluation of the accuracy of the RV results**

Below are the perceptions I received, and the feedback from Brenda after she

found the ice chest. Her evaluation of the accuracy of the perception is given in green font below, after each perception is listed.

- I sensed that the target (ice chest) was NOT in her home. [100% correct]
- I sensed that the target was in a dark building. [100% correct]
- I sensed that when located it would be in a very low-light environment. [100% correct]
- I sensed that the target was partially covered with cloth material. [100% correct]
- I sensed that the right side of the target would be the most visible. [100% correct]
- I sensed that a small amount of light would be coming from the upper right and the light would shine dimly near the target. [100% correct]
- I sensed that the building was not on the same elevation as her home. [100% correct]
- I sensed that there was an incline (uneven ground) would lead to the building where the target was located. [100% correct]
- I sensed that the roof of the building was not a flat-top building. [100% correct]
- I sensed that the target was on the floor, near a side wall on the left side of the person who would locate the target. [100% correct]

**Summary:** After the RV results were provided to her, Brenda quickly located the ice chest in a storage building located near her home. She had not recalled putting it there, even after it was found. The cloth covering the ice chest was clothing that had been stored above the target, and spilled over the ice chest, making it difficult to see.

### Chapter 3: Finding Brenda's keys

**Request:** In November 2018, I was asked to use RV and attempt to provide information about Brenda's lost keys.

**Conditions for this RV session:** Idiogram used. Gestalt not used. Relaxation cool down used for 1 minute.

**Target:** I was told that she had searched her home, her car and her storage building, without success. Information given to me before the RV session was limited to the following:

- Keys were on a key ring.
- Three keys were on the ring – padlock key, door key, and a key for an unknown lock.

#### RV perceptions and evaluation of the accuracy of the RV results

Below are the perceptions I received, and the feedback from Brenda after she found the ice chest. Her evaluation of the accuracy of the perception is given in **green font** below, after each perception is listed.

- I sensed that the keys were in her home. [100% correct]
- I sensed that there was a plastic item on the key ring. [100% correct]
- I sensed that the plastic item was white. [100% correct]
- I sensed that one of the keys on the ring was a brass-colored key. [100% correct]
- I sensed that the keys were in a low-overhead location, as though on a shelf where the next shelf (or ceiling) above the keys was a short vertical clearance. [100% correct]
- I sensed the overhead space limitation was because of the presence of the bottom of another shelf, or the bottom of a drawer above the keys or perhaps the ceiling which was close to the surface where the keys were lying. [100% correct]

- I sensed that the keys were not in plain sight; and an effort would be needed to view the key. [100% correct]
- I sensed the keys were not covered by other items. [100% correct]

**Summary:** After the RV results were provided to her, Brenda quickly located the keys in her home. The perceptions were helpful, she said. After receiving the information from RV, she went directly to the location of the keys, with no other location being as well described. She had not recalled putting the keys there, even after finding the key ring. Brenda judged the accuracy of the perceptions to be 100% correct.

#### **Chapter 4: Finding the artist's paint brushes**

**Request:** On 2/15/2019, I was asked to use RV and attempt to provide information about Donna's paint brushes.

**Target:** I was asked to use RV and attempt to locate Donna's paint brushes. I was told that the brushes were in a jar that was painted (decorated). The brushes were believed, by Donna, to be located in her home. I was not given any additional information.

**Conditions for this RV session:** Idiogram not used. Gestalt not used. Tornado cool down used for 1 minute. The RV was done early in the morning, soon after I awakened, so I was in a relaxed state of mind.

#### **Evaluation of the accuracy of the RV results**

Each item was graded, for per-cent accuracy, by Donna, after the brushes were found. The graded results below show an accuracy of about 93%.

I got 25 pieces of information (listed below) from a single viewing sessions. One or more of the brushes has a BLACK thin handle. [100% correct]

2. Dry, not wet. [100% correct]
3. Brushes not happy. They don't like where they are. [100% correct]

4. Lighting is dim -- definitely not in a bright-light place. Brushes want to be in a place with lots of light. Brushes want to be found and relocated to a better place. [90% correct]
5. Brushes are not on the floor; they are in a location "up off the floor." [100% correct]
6. Brushes have not seen sunshine since they were last used. [100% correct]
7. Brushes were not stored wet. Even so, the bristles (hairs) of the brush tips are slightly stuck to each other. [90% correct]
8. Quiet; brushes hear only muffled sounds; and only occasionally, suggesting they might be in a closet or garage or some place that is not accessed often. [100% correct]
9. The wall or shelf has a light color; I get a color like "off white" or cream colored. [100% correct]
10. Brushes have not been "stored and forgotten" for a long, long time. They have been used in the recent past -- maybe only weeks or not longer than 3 months ago. [0% correct; wrong]
11. Brushes WANT to be found -- want to be relocated to a place where there is lots of light. [90% correct]
12. Brush tips need to be cleaned. They have had a water history, but at least one of the brushes needs to be in oil for revitalization. [100% correct]
13. Brushes are not vertical. I don't get much signal about the "jar" so the brushes might be in a horizontal position; or if "standing up," they are at an angle, as though they are in a wide-mouth jar, not being constrained to be perfectly vertical and upright. [100% correct]
14. Brushes are few in number -- less than a half-dozen; and they were not purchased at the same time -- not a "complete set" of brushes. [50% correct]
15. There is a light above the brushes, but the light is seldom turned on... maybe like a overhead closet light. Light bulb is an incandescent light bulb; not one of the newer CFL kind of lights. [100% correct]

16. Brushes are not warm -- so maybe they are not in the "main living area" that would be heated this time of year. [100% correct]
17. I tried to view the container (jar), but don't get much -- so, could the brushes be stored horizontally, and not upright in a jar? [100% correct]
18. One of the brushes, with a black handle, has a metal "bristle holder" and that metal is tarnished, with "rusty" looking spots. The spots are not the kind of "red rust" color that you would expect; but more of a dark grey kind of color. [100% correct]
19. Brushes don't have a lot of paint left on the bristles. Brushes were cleaned before being put away, but the cleaning was not perfect, and the brushes need to be in oil for a bit -- they are in a VERY DRY location. [100% correct]
20. I sense that wherever the brushes are located, a light must be turned on to see the brushes well. That suggests looking in places where there IS a light but in that place, the light is turned on seldom. Look in drawers, of course, but what I am sensing is that they are located in a place more like a closet or garage location. [100% correct]
21. Location is not under the bed or on the floor -- definitely up off the floor. [100% correct]
22. Brushes are "crowded for space" as though there are other things stored with the brushes, in very near the brushes, on the sides and maybe even partially covered on the top of the brushes. Not easy to see "at first glance." Might need to move things about a bit to see the brushes clearly. [100% correct]
23. I keep sensing that the brushes are not "bristle down" in a jar. Or, if a jar, it might be on its side or not "setting flat" on a surface. Brush tips are not lower than the handles; they are at the same elevation of maybe higher. [100% correct]
24. One of the brushes was used to paint with yellow-colored paint, but the brush was cleaned so there is not a lot of remaining paint on the brush. Hint: Where were the brushes used when yellow paint was being used? [100% correct]
25. Best time to look for the lost brushes is in daytime, because light is not shining on the brushes now. Very dim light surrounding the brush tips. [100%



correct]

### After the RV session

After the brushes were found, the photos below were provided:



The above photo is “what was described to me” as the target. My perceptions were, however, different from what I was given. My perceptions were the following:

13. Brushes are not vertical. I don't get much signal about the "jar" so the brushes might be in a horizontal position; or if "standing up," they are at an angle, as though they are in a wide-mouth jar, not being constrained to be perfectly vertical and upright. [100% correct]



When the brushes were found, they were stored in a plastic box, removed from the “empty space” on the top shelf shown above.

Recall perception #9: The wall or shelf has a light color; I get a color like "off white" or cream colored. [100% correct]

Note the color of the wall behind the location that the brushes had been stored.

From perception #20: “I am sensing that they are located in a place more like a closet.”



When the plastic storage box was opened, the brushes were obscured by other objects in a smaller plastic box, as shown above, left. When the smaller box was set aside, the brushes were in view. Note the black handle on the brush that is prominent, on the bottom of the photo.

The specific condition of the brushes was correctly perceived:

From perception #18: One of the brushes, with a black handle, has a metal "bristle holder" and that metal is tarnished, with "rusty" looking spots. The spots are not the kind of "red rust" color that you would expect; but more of a dark grey kind of color. [100% correct]

Below is a photograph of two of the brushes. The one on the left has remnants of yellow paint from previous use. The brush on the right has tarnished metal, exactly as perceived in Perception #18.

