

ESP long version
Remote Viewing Journal

Draft – 2019

By: Howard Phillips, with inputs and feedback from others, including BG, DH,
CP, MW and MP

Ask for a Large Font Draft, for viewing on smart phones

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

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.



Chapter 5: Finding the medicine

In February 2019, I was asked to use RV to locate the “lost” medicine of a nursing patient. Her nurse was off duty and could not join the patient immediately, because the nurse was a 3-hour drive away from the patient at the time the patient phoned the nurse and reported the “lost” medicine. The nurse phoned me and asked for my help with RV. I responded within 30 minutes with my RV perceptions.

What I was told: I was told that the patient had looked in the normal location where medicines were kept, and where the desired medicines were believed to have been left most recently when medicine had been taken.

Perception from RV: I sensed that the medicines were NOT lost; and that the

desired medicines were where they should have been, grouped with other medicines. I reported this to the nurse.

Accuracy and feedback: The perceptions from the brief RV session proved to be **100% correct**. The “lost” medicines were where they should have been, grouped with other medicines. [**100% accurate**] .

Chapter 6: Search for Carlotta’s keys

On February 15, 2019, I was asked to use RV and attempt to provide information about Carlot’s lost keys.

Conditions for this RV session: Idiogram not used. Geshtalt not used. Tornado cool down used for 1 minute.

Target: I was told that she had searched her home, her car and other vehicles / locations, without success. Information given to me before the RV session was limited to the following:

- Keys were on a red “D type” key ring.
- A short length of black parachute cord was attached to the key ring.
- At the end of the parachute cord was a key fob.

RV perceptions and evaluation of the accuracy of the RV results

Below are the perceptions I received.

- I sensed that the keys were in a vehicle.
- The keys were located on and near metal and cloth – not wood or plastic.
- I sensed motion, as the vehicle was moved from time to time.
- I sensed outside temperature, variable as expected in a vehicle which was driven occasionally.
- **ALTERNATE PERCEPTIONS:** I sensed something about a coat pocket.

- The coat is a dark color – dark grey, dark blue or perhaps black.
- The coat has not been worn frequently recently.

Summary: After the RV results were provided to her, Carlota searched for the keys but to date, the keys have not been located.

Chapter 7A: Search for a missing person

Request: On 2/15/2019, I was asked to use RV and attempt to provide information about a missing person.

Target: Her family told me the missing person is Posey Annette Zeir – Referred to here as Annette or “she.”

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

RV session time: Conducted on the morning of 2/16/2019. I began early in the morning, before 9 a.m. and then focused additional energy on the RV session in the half hour from 9 a.m. to 9:30 a.m. The sisters agreed to focus on Annette during this designated half hour.

More target info: On 2/15/2019, I met with three sisters; M, B and C. Annette is the daughter of one of the sisters (M). Below is a summary of the info I was given:

- Annette was born July 3, 1967.
- She is about 52 years old.
- She has two children; both females.
- She weighed about 300 pounds when last seen by her family.
- She was a good student in high school. She was a dancer, and an ROTC student.

- She has no history of drug use.
- She has no history of alcohol use.
- She has no history of tobacco use.
- She developed mental illness as an adult -- after the age of 20.
- She is believed to be bipolar, schizophrenic, and has exhibited MPD on many occasions.
- She occupied a house of a man who was away on a construction job. When he returned and discovered her there, she was evicted by action of law enforcement, and spent 3 months in jail in Idabel, Oklahoma. The family believed she was supposed to have been taken to a mental health facility in Vinita, OK – but the family has no confirmation that she actually arrived in Vinita and that is when she became a missing person, according to her family.
- Her mother says Annette has been missing since June 6, 2016.
- Most recent contact with her family was a letter received from Annette – received by her aunt Carlota, about a year ago. Carlota does not recall that the letter had a return address.

Perceptions received and recorded:

What I was told: She has two children; both females.

Perception from RV: She is currently not in regular contact with her children.

What I was told: Her family told me the name of the missing person is Posey Annette Zeir.

Perception from RV: I sense that the name I was given is a bit of a problem. I

sense that both the spelling and the use of that name are questionable. I sense that she has used different names, different spellings and different variants of her name at various times.

What I was told: She weighed about 300 pounds when last seen by her family.

Perception from RV: She is large, but she weighs less now than she did when last seen by her family. Her hair is shorter, beginning to show grey; and her hair is not styled by a hairdresser – or by herself, other than the use of a comb and brush.

What I was told: She was a good student in high school. She was a dancer, and an ROTC student. I was told that she often spoke of wanting to go to college, even after she was an adult.

Perception from RV: She tried to have a normal life. She was aware of mental illness in her family, and she put effort into being “normal,” and her personality and performance were above average during her teen years. She had ambition to develop a career, either in the military or by pursuing a college education.

What I was told: She has no history of drug use. _

Perception from RV: This has probably been a misconception – not accurate. As a young adult she lived an independent life (not with her family). During that period of her life, I sense that she had friends who were experimenting with drugs, and she joined them in some drug-use activities. I sense that drug use was the reason why she developed mental illness. She has some brain damage from drugs used early in her adult life. I sense that during this time of her life she was mistreated, particularly in her relationships with men. Her mistreatment added to the problems she was having with her drug-induced mental illness.

What I was told: She has no history of alcohol use.

Perception from RV: I sense that this is not entirely true, but that alcohol use has not been excessive in her life, and alcohol is not the reason for her mental illness. I sense that she is not an alcoholic. I sense that she has not required medical treatment because of the use of alcohol. I sense that she eschewed alcohol, fearing that it could be particularly harmful to her. I sense that she was very aware – to the point of being concerned – of someone who she knew was an alcoholic. This person was important to her – maybe a family member; or maybe a close friend?

What I was told: She has no history of tobacco use.

Perception from RV: I sense that she has experimented with tobacco, but that she never became a “lifelong cigarette smoker,” because she has tried to take care of herself, although her efforts to do so were not perceived by others to be good faith efforts to live a healthy lifestyle. Her good efforts were hidden behind her personality because of her mental illness.

What I was told: She developed mental illness as an adult -- after the age of 20.

Perception from RV: I sense that this is true, and that she was concerned that she might have a tendency to have mental-illness issues. I sense that her concern had an effect on her efforts to lead a good life when she was a teenager. As mentioned above, I sense that as young adult, she had friends who were experimenting with drugs, and she joined them in several drug-use activities. I sense that drug use was the reason why she developed mental illness. I sense that her mental illness a result of brain damage from drug use. I sense that during this time of her younger adult life, she was mistreated, and her mistreatment added to the problems she was having with her drug-induced mental illness.

What I was told: She is believed to be bipolar, schizophrenic, and has exhibited MPD on many occasions.

Perception from RV: I sense this is true. I sense that her transition from being a “normal teenager” to becoming mentally ill has been a “downward spiral” over

most of her adult life. Her mental illness has gotten progressively worse over a period of time. I sense that she lost her psychological capability for handling stressful situations, and tended to slip into mental illness and delusions as a way of coping. The delusions led to a personality and actions that were responsible for more and more unfortunate stressful events as her adult life proceeded.

What I was told: She spent 3 months in jail in Idabel, Oklahoma. The family believed she was supposed to have been taken to a mental health facility in Vinita, OK – but the family has no confirmation that she actually arrived in Vinita and that is when she became a missing person, according to her family. Her mother says Annette has been missing since June 6, 2016.

Perception from RV: I sense that there are court records and other legally-required records that can be discovered by her family. I sense that these records can be obtained by an attorney representing her mother. I sense that her mother, acting alone, may not be successful in obtaining this information.

What I was told: Most recent contact with her family was a letter received from Annette – received by her aunt, C, about a year ago. C does not recall that the letter had a return address.

Perception from RV: I sense that she is more mentally impaired now than she was then. I sense that she wanted to reach out to anyone – especially her family – for help and support. I sense that she is less able to do that now, and that she is being kept in foggy, mentally-suppressed condition – and that her memory is degraded. I sense that she has difficulty recalling her past, including telephone numbers, addresses and names of people from her past.

The following perceptions go beyond what I was told by her family.

- She is being kept in a mental-health facility.
- She does not know where she is – she does not know what town. She only knows her immediate location – her living environment and her daily routine.
- She has no money of her own. She is not capable of working at a job.
- She is surrounded by a lot of white and “off-white” walls and ceilings.
- I sense that a life-threatening event happened to her during the past 2 to 3 years. The event was caused partially by neglect of her caregivers and partially because of her mental state – which had developed to the stage of depression because of her confinement.
- As a result of the life-threatening event, her caregivers increased the medications that she was being given, and the additional medications have degraded her awareness, her memory, and her physical activity. I sense that her personality is currently being controlled by medications, and that she is not as mentally ill as she might seem to be.
- I sense that her mental condition is not good, and is slowly getting worse.
- I sense that she is not able to help herself get better. I sense that she is being “over medicated” and the over-medication is a large part of the reason that she is not able to help herself get better mentally and physically.
- I sense that she does not have an advocate, and she needs that perhaps as much as any other need that she has.
- I sense that her caregivers do not understand that drug use was the CAUSE of her mental illness, and that CURRENTLY PERSCRIBED DRUGS have made her mental condition worse. Her current prescribed medications make her easier to manage (for her caregivers), but her medications are (1) best described as chronic overdose and (2) not optimum for the treatment of her mental condition.

- I sense that she has a good heart. She has always had a good heart. She means well. She wants good things for herself and for other people, but that doesn't always "come through" to other people because her good heart is masked by her "mental illness personality" and by her overdose-caused suppressed personality.
- Annette is not physically mistreated, but she is not being "engaged" by a caring, helpful person.
- I sense that one of her caregivers is a large, heavy adult woman with hair that is greying. This caregiver treats Annette (and other mentally-ill people) with no genuine heartfelt attempt to advocate for Annette.
- I sense that she has a problem with her leg – possibly her left leg.
- I believe she spends much of her time sitting; with little exercise because of her leg condition; and because of her mentally-suppressed state of mind.
- I sense that she does not read much, and is not up to date on current events and the "outside world." She has access to TV – watches it, but does not have much interest in TV.
- Annette is "mentally alone," and no longer able to help herself. She does not fully understand where she is, and she has only brief moments in time when she can communicate effectively, although she wants to do that.

Summary, AFTER the RV session:

I question whether it is a good idea to provide the above information to Annette's family, because this information probably can not make the family members feel better – and this information may not be true. Often, RV perceptions are not accurate. My feeling is that I hope these perceptions are NOT true, and that Annette's condition in life is better than the perceptions seem to indicate.

After the RV session, a photograph of Annette was provided to the viewer.



Can the missing person be found? I sensed that there are court records and other legally-required records that can be discovered by her family. I sensed that these records can be obtained by an attorney representing her mother. I sensed that her mother, acting alone, may not be successful in obtaining this information.

Information from the internet:

When a missing person with mental illness over age 21 is located, the **police and other agencies cannot be asked to hold a person against their will** if he or she has not committed a crime and are not a danger to themselves or others. No one has the authority to force the person to seek aid or medical care against their will unless there is a medical guardianship or court order stating what action to take. However, you still may want to ask the police to let you know if they locate your loved one, even if they refuse to contact you.

Reach Out to the Missing Person's Friends and Acquaintances

Call other people who are close to your loved one and ask when they last saw him or her. Reach out to anyone who had regular or recent contact with the missing person, such as case managers, coworkers, doctors and neighbors.

Register Them with the National Missing and Unidentified Persons System (NamUs)

Go to www.findthemissing.org and upload information about your loved one. This powerful resource will help you, law enforcement, medical examiners and other members of the justice community enter data about the person who is missing. You should include details such as physical characteristics and where they were last seen.

Postscript from Howard

From the internet, I learned that a variant of the name Annette is Annetta -- a name for girls that has its root in Hebrew. The name Annetta means "**He (God) has favored me**". I hope this is true, for Annette, the missing person.

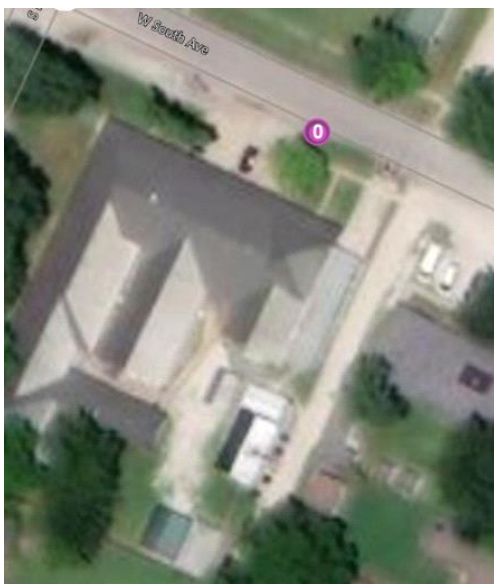
Chapter 7B: Search for a missing person

MP's remote viewing, in search of Annette

After seeing my RV perceptions, MP searched her subconscious in search of information about Annette. Her perceptions were that Annette is in a square house. The yard has trees, and the location is a seasonal location because leaves were blowing in the yard in front of the building. At the time of her viewing, it was thought that this perception could be true, if Annette has been relocated to a different location, or if she is in one of the hospital buildings based on the image of the hospital facilities below.

Accuracy and feedback: The perceptions from MP's brief RV session proved to be **100% correct**. Annette was located on 3/12/2019. She has been relocated to a residential mental health facility, at 421 W. South Ave, Vinita, Oklahoma.

Below is the satellite image of that facility.



MP was correct on all points: Her perceptions were that Annette is in a square house. The yard has trees, and the location is a seasonal location because leaves were blowing in the yard in front of the building.

Chapter 7C: Search for a missing person

BG's remote viewing, in search of Annette

After seeing my RV perceptions, BG completed 2 RV sessions. In summary, the results of BG's perceptions included the following: Annette is being cared for by a woman dressed in mostly white. The caregiver is graying, and the facility has a long hall. The facility is not a hospital. Annette has but one blanket. Her room has only two pieces of furniture – a chest-of-drawers and a bed. The room has no closet, and there are no locks on the door to her room. The medical staff includes 3 physicians, according to BG's perception.

Information from the Court Clerk's office in Idabel:

On Friday, 2/27/2019, BG obtained the following information from Phyllis in the Court Clerk's office (Idabel): Annette was arrested in 2016, and charged with breaking and entering a relative's house in Haworth. The relative declined to press charges, and the charges were dropped. The case was heard by Judge Hamilton, who ordered that she be sent to an in-patient mental health facility in Vinita, OK. No space was immediately available in Vinita, so Annette was retained in the Idabel jail for about 2-3 months, until May 2016; at which time a sheriff's deputy transported her to Vinita. In November 2016, the Court Clerk's office was notified that Annette was not sufficiently recovered to be released and that she would be held indefinitely.

Information from the mental health hospital in Vinita:

On February 25, 2019, BG telephoned the hospital and spoke with CJ, who

said she could neither confirm nor deny that Annette was in their facility.

But off the record, BG learned that Annette was not there and was discharged to a residential care facility that has a contract with Oklahoma Mental Health.

We can access them by going to the MH website and check the closest facility to MH facility to which she was sent as a result of the court order

There is a 2 page listing for those residential facilities, but can be accessed through the website. The facilities will say they have a contract with MH of Oklahoma.

Note: This is a confirmation of the perceptions obtained during the first RV session in search for Annette. I could not get a confirmation about Vinita being her location. I suspect that this might be because she has been transferred and her location has changed during the time she has been in the care of the mental health system.

Chapter 8: Search for the missing \$80

Request: On 2/16/2019, I was asked to use RV and attempt to provide information about a loss of \$80.

Target: \$80 that is lost. It was last seen in Mary's living room.

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

RV session time: Conducted on the evening of 2/17/2019.

More target info: Below is a summary of the info I was given:

- She said she remembers holding it in the house and doesn't remember putting it down.
- The last she remembers was she had the \$80 in the living room.

Perceptions received and recorded:

Perception from RV: The \$80 no longer exists. It did exist at one time, but it has been divided, spent, and dispersed into the general economy.

Disclosure: The above information may not be true. Often, RV perceptions are not accurate. My feeling is that I hope these perceptions are NOT true, and that Mary finds the \$80.

Can the missing \$80 be found? Probably not. I sensed that it has been divided, spent, and dispersed into the general economy.

Lessons Learned: Some lessons that I learned were:

- After experimenting with cool-down (get ready) methods, I learned that the best method for me is the vortex or 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 vortex 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 including Joseph McMoneagle and Len Buchanan, who report good results when working with a monitor or interviewer.

Chapter 9A: Blind RV; first object under a bowl; 67% accuracy

Request: On 2/20/2019, I was asked to use RV and attempt to provide information about a target under a bowl.

Target: BG placed an object under a bowl on a table.

RV perceptions: On Friday, 2/22/2019, the RV perceptions are summarized as; Cool, solid, circle imprint on surface, pink-redish in color with maybe a splash of yellow, clean, quiet, perceptions are weak – could these be guesses?

Information obtained after the RV session:



The circle imprint on surface, and the pink-redish color seemed to be the most accurate of the several perceptions.

I judged the accuracy of this RV to have been about 67%. This is simply the per-cent of the perceptions that were correct.

Chapter 9B: Blind RV; second object under a bowl; 50% accuracy

Request: On 2/26/2019, I was asked to use RV and attempt to provide information about a second target under a bowl.

Target: BG placed an object under a bowl on a table. I completed 3 RV sessions over a period of 4 days.

Non-optimum viewing conditions: As a test, I chose non-optimum conditions and times to carry out the remote viewing. I wanted some results that were NOT based on optimum viewing conditions, for comparison with other RV results described in this document.

RV perceptions: The RV perceptions are summarized as:

Small; not much larger than a postage stamp. Solid, thin, rounded edges, many lines, or filaments, lighter color on one side than the other, grooves, ridges, monetary worth low, curved on one end, no bright colors (bland colors), dark color, triangle or tear-drop shape, light weight (not heavy). Other perceptions of less interest are not included here.

Information obtained after the RV session:



The object under the bowl was a leaf, as shown above.

I judged the accuracy of this RV to have be about 50%. This is simply the per-cent of the perceptions that were correct.

Chapter 10: Blind RV; A non-optimum test; 90% accuracy

Request: On 2/20/2019, I was asked to use RV and attempt to provide information about a target selected and photographed by DH and BG.

Target: I completed 3 RV sessions over a period of 4 days.

Non-optimum viewing conditions: As a test, I chose non-optimum conditions and times to carry out the remote viewing. I wanted some results that were NOT based on optimum viewing conditions, for comparison with other RV results described in this document.

RV perceptions: The RV perceptions are summarized as:

Green. Black. Blue on left. In the yard. Outside. Some gold color, shiny. Line of circles or ovals, as O O O O O. Irregular shape, not like a box and not like a spherical ball. Tough. Durable. Sort of round but not a perfect sphere. Bright, light colors on the left side. Sometimes located outside. Partly metal. Outside or in garage. Located at floor level. Not in a vehicle. Can see grass. The grass has been mowed, like a yard. Other perceptions of less interest are not included here.

Information obtained after the RV session:



The target was a peacock yard-art object, as shown above.

The accuracy was judged by two people; BG and DH. They both judged the accuracy of this RV to have been about 90%. This is simply the per-cent of the perceptions that were correct.

Chapter 11: Finding Harriett's keys – a Blind RV -- 100% accuracy

Request: In August 2019, I was asked to use RV and attempt to provide information about a target that was a set of keys that had been lost by Harriett.



Information provided by Harriett: She remembered having the keys to start her tractor, and thought she may have put them on a barrel in her yard (not 100% sure about that). She had searched the area around the barrel, to no avail. She had moved the tractor (with an extra set of keys) and searched the tractor AND the

ground covered by the tractor where it had been parked – all to no avail.

RV perceptions: I completed a single RV session. The perceptions were clear and specific; therefore, the RV session was not repeated.

The RV perceptions are summarized as:

The keys are on a ring. The key ring is attached to a lanyard. I perceived the keys to be on the ground in a grassy area. The grass looked to be longer than grass in a yard that might have been mowed during the summer. The height of the grass appeared to be 3 to 6 inches in height. The lanyard appeared to have been chewed and there was a LOT of saliva – perhaps after been used as a “chew toy” by a dog.

Information obtained after the RV session: Harriett has 5 pets, including one dog, Sammie, which, when standing on his hind legs, is tall enough that Harriett thought he might have been able to reach the lanyard if the keys had been left on the barrel.

Search for the keys: Harriett searched areas that were the dog’s favorite “dog run” and play areas. Multiple searches produced nothing. Then, on Monday, September 9, 2019, she was working in her flower bed – an area which had NOT been mowed during the routine landscaping maintenance of her yard.

Success!! She found the keys! The keys were found on the ground in a grassy area. The grass was longer than grass in a yard that had been mowed 3 or 4 times, AFTER the keys were lost. The height of the grass was indeed 3 to 6 inches in height.



The lanyard appeared to have been chewed (see the photo below).



There was NOT a lot of saliva on the lanyard, but that was to be expected since more than a month has passed since the keys were lost.

Perception accuracy: The accuracy was judged by Harriett. She judged the accuracy of this RV to have been 100%. This is simply the per-cent of the perception details that were correct.

Appendix A – How anyone can learn remote viewing

The following videos are recommended for getting a quick education about RV so that you can evaluate your skills at perceiving information using your subconscious mind.

Ref A1. Remote viewing ~ the basics, by Tom Matriq (a YouTube video)

Ref A2. Learn remote viewing – Dr. Simeon Hein (a series of 5 YouTube videos)

I do not claim to be a psychic. The RV experiments described in this document were carried out as an engineering investigation of various aspects of telepathic communications. This has been a learning experience for me, in my quest for a better understanding of telepathic activities including ESP, prayer and remote viewing.

Because my interests are based on an engineering and scientific approach to learning, I have sought reports by researchers who have developed experimental data having statistical significance. A good reference for this kind of study is the following video available on YouTube:

Ref A3. Scientific Evidence of Telepathy – Documentary. This video is also available online at the author's web site: www.shelldrake.org

I wish you good viewing!

Howard Phillips

