

Aperture

The Official Publication of the International Remote Viewing Association

A Message from The President

Concerning Target Displacement

By Stephan A. Schwartz

Some years ago Russell Targ and I did an experiment in which his late daughter Elizabeth, then a teenager and later to become a nationally prominent research psychiatrist and parapsychologist, was the viewer. It was a precognitive object-viewing exercise, and it turned out there were seven targets in the pool we judged: A napkin holder, a blue comb, and a pair of tortoise shell glasses were the ones I remember.



Elizabeth gave a strikingly detailed description. She said it was two round things, held together by a bridge. The round things were clear, and changed the way things appeared when you looked through them. The frame was tortoise shell, and there were small metal hinges that made the two arms of the object capable of movement. She said the object was held close to the eyes. Being a well trained remote viewer even then, she had surrendered to the imagery and never imposed the patently obvious analysis: A pair of glasses. I think she truly never even made the connection.

It turned out the target was the blue hair comb. What happened? Was Elizabeth wrong? Yes. But not in quite the same way she would have been wrong if she had described, say, a pillow or other object that was not in the target set. She had simply displaced.

When you precognitively describe a future that can never be, because the target you see is not in the target set, you are simply wrong. The imagery is just mental flotsam. There was no future that might have included a pillow outcome. But when you describe a future in exquisite detail that could have occurred, that was potential, but ultimately not actualized (because that wasn't the target chosen), you are wrong, of course, but it is not that simple.

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Aperture

Ap - er - ture (ap'ěr-chěr) n.
1. A hole, cleft, gap, or space through which something, such as light, may pass. 2. A term of art in certain remote viewing methodologies, signifying the point or portal through which information transitions from the subconscious into conscious awareness.

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APERTURE

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Feature Article

How I Became A Remote Viewer (Part I)

By R. J. Durant

*Criticism has been lodged with **Aperture** on occasion that it focuses too much on Controlled Remote Viewing (CRV) as an RV methodology, at the expense of other RV methods and subjects of broader application to the RV field. While we always welcome constructive criticism, we are puzzled about this particular one, as we have consciously tried to foster the same "Big Tent" approach to the content of this publication that has characterized IRVA's annual conferences. That said, we introduce here the first segment of a two-part article that is decidedly CRV-oriented, because of the valuable insights of its author. The article gives an informed look into how RV is taught by its most experienced practitioner and theorist, the legendary Ingo Swann. This segment describes the general environment of CRV training and the principles applied. In the next issue of **Aperture**, the second segment details in depth the author's stunning final remote-viewing session. We are confident that people involved in any remote-viewing discipline, not just CRV, can and will profit from his experiences. And, of course, we are always happy to receive balanced, well written manuscripts on or about other aspects or methods of remote viewing. -- the Editors*

My Introduction to Remote Viewing

In 1992, I attended a UFO conference in Atlanta, Georgia, organized by psychiatrist and UFO abduction researcher Dr. Rima Laibow¹. One of the speakers was new to me, and to nearly all of the 200 attendees: Major Edward Dames², recently retired from the U.S. Army.

Dames stunned the crowd with what struck me as a preposterous tale, even in the context of the dozen other presentations dealing with such arcane topics as claimed UFO abductions. He spoke about a psychic skill called "remote viewing," developed in secrecy at the Stanford Research Institute (SRI) and then applied by teams of military "viewers" on a systematic basis to gain information about operational targets of great interest to the American intelligence community. Remote viewing, said Dames, was a latent ability

common to the human species, but it required long and demanding training.

Upon returning from Atlanta, I called a friend who has spent decades in parapsychology, including laboratory work. "Psychic phenomena" was a subject of only passing interest to me; I was unread and untutored, and didn't really care that much about it. But I wanted to run the Dames story by my learned friend, fully expecting him to draw on his knowledge and dismiss "remote viewing" as arrant nonsense. To my great surprise, however, he said that such a skill



did indeed appear to exist and had been replicated at various laboratories over the years. He was unaware of the military program, but knew through the parapsychological grapevine about the work done at SRI, presumably under CIA sponsorship.

With this sobering confirmation, I wondered why this skill had not been followed up on. Where was the parapsychological community? The scientific community at large? The response was an exercise in studied diffidence: Yes, this seemed to be real ESP, but there were many other examples; researchers had no funding; all positive findings were instantly attacked by the organized skeptics; the press always misrepresented the work; and who cares anyhow? Such was my introduction to the mindset of academic parapsychologists—diligent researchers, but beaten down by an unthinking, skeptical culture to the point where they avoid the most dramatic evidential results and instead hide behind clouds of statistics.

Several months later, I was invited to the summer place of a prominent Manhattan psychiatrist with a long-standing interest in the paranormal. The guest of honor was none other than that mysterious fellow, Ingo Swann, whose name Dames had mentioned in his lecture in Atlanta. After Swann's rather short talk, I introduced myself over cocktails. That was the beginning of a deep friendship and became a pivotal point in my life.

By 1994 I had done enough reading on remote viewing, interspersed with discussions with Swann, to persuade me to take the plunge. Swann was not teaching and said he would never teach again, having had enough of that at SRI, among other vaguely proffered reasons. So I signed up with Ed Dames, who at the time was the only source of instruction using the protocols developed by Swann. I knew Dames had been trained by Swann, which gave me some confidence that I would have a teaching pipeline back to the exhaustive research and development that my tax money had helped pay for. Swann did not try to dissuade me when I announced my intentions.

Two weeks before I was to depart for Albuquerque, however, Swann called. "I've decided to teach a fellow named Jim Schnabel, and I can teach two about as easily as just one, and you are welcome, if you want." And so I cancelled my appointment with Ed Dames, who was upset but gentlemanly about it. I learned later that Schnabel had also signed up with Dames, but had cancelled when Swann offered him his instruction.

Schnabel was a journalist who wanted to write a book about remote viewing. He had done his homework on the topic and had already interviewed most of the "names" in the open literature, but Swann told him that the only way to understand remote viewing, particularly if the goal was to write a competent book about it, was to learn the skill; that is why Schnabel

had signed on with Dames. But then Swann ruminated about it and decided that the writer of the definitive book on remote viewing ought to be taught by the original "armchair traveler," as Russell Targ and Dr. Harold Puthoff³ had whimsically dubbed Swann during their early research into remote viewing at SRI.

When I met him, Jim Schnabel turned out to be about half my age and appeared much younger than his 30 years. He had a keen mind, the ability to express ideas precisely, and a sporadically evinced but genuine sense of humor. The 12 days of training that followed

for us were long, intense ordeals. I came to appreciate his personal reserve, because a more emotional person might well have become troublesome in the pressure cooker of Swann's Academy.

Swann's curriculum began with two 12-hour days of extraordinarily intense drilling on the theory of remote viewing. We learned about the difference between automatic and autonomic, what a "limen" is and what it is not. This experience came in fairly short doses, usually 30 to 45 minutes long, and often accompanied by overhead projector slides originally prepared for use in Top Secret briefings of skeptical CIA and Pentagon audiences at SRI International (SRI) during the 1970s. Now declass-

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Ingo Swann (right) with IRVA President Stephan Schwartz (left) and George McMullen (seated)

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sified, they had been put away on Swann's shelves. We would then be asked to write a short essay on what we had just learned, or tried to learn. Then on to another topic. And so on for two very wearying days.

The object was to teach us the theory of remote viewing, along with all the carefully recorded details of how it works, per the many years of research at SRI, in order to help collapse the cultural barriers that almost force us to reject the very possibility that something like remote viewing exists and can be accomplished by mere mortals. We even had homework, which consisted of reading various technical papers—none dealing with remote viewing directly or any other “psychic” topic, but all pertinent to and supportive of the theory of remote viewing as developed at SRI and now taught by Swann.

Although Swann had agreed to teach us for a total of 12 days, he said we would work two days, then take two days off, and so on until the 12 days of instruction were complete. We thought this silly, but soon discovered that we were exhausted by remote viewing and really needed the breaks. Why three or four sessions, each lasting only 30 minutes or so, should exhaust us physically and mentally remains a mystery. But Swann learned that this is the case when he taught his initial class of military viewers and was not going to abuse us by failing to provide adequate rest.

We then began remote viewing. Swann uses only geographical coordinates (latitude and longitude) and for our course stuck entirely to geographical locations or structures as targets. There were no events in the target list, just sites. Both Schnabel and I progressed at about the same pace; that is, we made no progress at all the first day or two, while making repeated attempts to produce an ideogram in response to the infinitely patient droning of North and South and East and West from Swann's end of the long table where we worked.

The sites, like the teaching slides we had seen earlier, were originals from SRI. Manila folders contained color photos of each site, together with worksheets from previous students who had used the same coordinates. The folder's face showed only a latitude and longitude, and a notation about the “phase” level the particular site was meant to evoke in the trainee. When Swann left SRI, he had been given the folders, numbering no less than 2,600! On occasion, Schnabel and I peeked at the work done by our predecessors, partly to judge their results against ours and partly for the titillation of seeing some

very interesting names, some of whom have no publicly known connection with remote viewing.

At some magical moment, one of us (I cannot recall which) finally let it happen and produced a real ideogram. Whether by morphogenetic resonance or just practice I cannot say, but from that point forward both Schnabel and I began doing well. We were taken through various stages, patiently and systematically, as our “preconscious processing” got more sensitive and productive of correct data about the site. I especially remember one session that Schnabel did that astonished me and also brought out more than a bit of jealousy. The coordinates were that of a platform many miles off the U.S. East Coast, where the Air Force had a radar station. Schnabel made a beautifully precise sketch of the place, the platform, the sea around it, the large plastic balls enclosing the radar antennas, and, to make things better (for him), he had a little something hanging off the side of the platform that looked mighty like a small crane. When Swann showed us the feedback photo, there it all was—including the crane!

During the first dozen or so training exercises, Swann would reply to our spoken statements about the site. Even when we were obviously “on target,” we would make descriptive statements that either he knew to be correct or thought it reasonable to assume were correct, or about which there was simply no way of knowing if they were correct or not. He would limit his comments to one of three: “Correct,” “Probably correct,” or “Can't feed back.” But he never said,



Ingo Swann's apartment building where Bob Durant and Jim Schnabel took their training.

“Not correct.” It was Swann’s theory that this would be “negative reinforcement,” and, as such, it would not help the student. When, as occasionally happened, we simply did not come close to the target, this would be evident early in the session and Swann would tell us to end it. And, for the record, I must add emphatically that he never gave us the slightest hint or clue about the nature of the target site—only that specific data we enunciated were “C” or “PC” or “Can’t feed back.” The use of the three comments continued throughout the training, although it occurred much less frequently during the final stages.

At one telling point, Jim Schnabel, usually reserved, said that he had spent so much of his life studying anomalies or alleged anomalies (such as crop circles and UFO abductions, about which he had written entire books) and that everywhere he looked, he discovered bunk and nonsense. “But this, this is real. This is amazing!” he said.

At the end of each day, we were required to write summaries of what we had done, listing the sites that were remote-viewed and our personal evaluations of how well we had done. Those self-critiques, together with the worksheets, are stored in Swann’s files. As the course progressed, both Schnabel and I continued to add our personal appreciations to what was obvious from the worksheets.

On the evening of the tenth day of training, Swann unwrapped blocks of modeling clay and announced nonchalantly that our task for the following day would be to make a clay model of a site. This struck us as an absurd leap for a pair of neophytes.

However, starting with nothing other than a latitude and a longitude, I constructed out of clay a fairly accurate three-dimensional model of a temple located somewhere in Southeast Asia; the very unusual carved concentric designs on the temple spires are clearly rendered. I am very proud of that, and Swann, to whose credit all of this really redounds, expressed himself as being equally proud. He keeps the model handy, and shows it from time to time to persons who inquire about remote viewing.

Schnabel then took over the table and, about an hour and a half later, had produced his own clay model, with necessary cardboard appurtenances, that was a dead ringer for the dam at Lake Victoria in Africa. It included the unique spillway and the roads on either side of the dam, as well as the lake behind it and the river into which the dammed waters flow. A superb job he did, and a job that thrilled us all very much.

That was the last time I saw Jim Schnabel. I finished 11 days out of the agreed-upon 12, but was then called away on business. Schnabel stayed for Day 12, however, which consisted of doing one more clay model. The target was a unique building in the American Southwest, and again he proved unambiguously the power of remote viewing. These three clay models of ours stand as an unimpeachable argument on behalf of remote viewing.

The Remote Viewing Process

While practicing remote viewing at SRI by using geographical coordinates as target cues, Ingo Swann and his colleagues noticed that immediately after writing down the coordinates, he would make a quick mark on the paper. This was apparently an automatic, unconscious movement of the pen, and had no obvious meaning. But after a while, it became clear that these scribbles were part of the process, and in fact the first response of the viewer to the coordinates.

Further research showed that these scribbles were a very highly compressed evocation of the nature of the site located at the place defined by the coordinates. That is, the initial scribble showed, in highly compressed form, whether the target was, for example, man-made or natural in nature.

Careful examination of Swann’s sketches also showed a progression from the initial scribble to a series of descriptions of color, temperature, texture, and other similar characteristics of the site that one would experience using the normal physical senses. Then there would begin a series of sketches, first two-dimensional, then three-dimensional. And following that, information would flow about the general purpose of the site, particularly if humans were using it for a specific function.

The initial scribble was named the “ideogram.” The progressions of data flow were called “stages,” and these always progressed in the same sequence, making it possible under most circumstances to know whether the viewer had in fact made “contact” with the target site. The entire process came to be known as Coordinate Remote Viewing, or alternatively, Controlled Remote Viewing (CRV).

CRV was thus distinguished from traditional psychic modes. It was written down, it was systematic, and it contained internal ways to check for accuracy.

Swann’s training of his students in the process of CRV was organized as follows: He would sit at

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one end of a long table. He had a folder containing a photograph of the target site, and the latitude and longitude of that site. Apart from this, later research has shown that a purely random number coordinate assigned to a target site works nearly as well as the actual latitude and longitude. In any event, for all but the very first training sites, the coordinates Swann gave were so precise that they defined the target site within a hundred meters.

As student, I was seated at the other end of the table, armed with a set of about ten sheets of 8.5-by-11 inch unlined paper and a pen. We always used “roller-ball” pens, because these move so smoothly on the paper, but even a piece of charcoal would have worked for the purpose.

Swann would first ask if the student were ready, and wait until the student agreed he was prepared to “take the coordinate.” The student would indicate his readiness by placing the tip of his pen on the paper. Swann would then read the coordinates, such as “Fifteen degrees, twenty-three minutes, forty seconds North, two degrees, seven minutes, four seconds East,” out loud.

Immediately, the student’s hand moves, producing the ideogram. Usually, he does a quick analysis of the ideogram, writing whether it appears to show something man-made or natural, smooth or hard. Little else can be seen or felt.

Within seconds, the “tactiles” would then begin to form in the student’s mind, very vaguely. It is important not to allow any thinking or analysis to take place when these are appearing. They take the form of colors first, but soon mix with other results of normal sense-organ signals. The student verbalizes these and writes them on the paper. For example, “brown, yellow, white, cold, rough.”

Shortly thereafter, the pen would begin to move, seemingly by itself. Again, it is imperative that no thoughts be allowed to interfere. The seasoned remote viewer will be able to rise above the process and observe the drawing, almost as if he were watching another person draw. The result is likely to be a very rough sketch, in two-dimensional form, of the target site.

Then more movements of the pen, and then on to a second sheet of paper. Some exercises consume ten or 12 sheets of paper. Typically, a session will last from 20 to 45 minutes. For reasons not understood, the data eventually ceases to flow; however, the sequence of the

flow never changes.

Perhaps the most difficult part of the entire process is simply letting it happen. There is always “performance anxiety.” Regardless of the success of a previous exercise, every remote viewer probably believes he is about to attempt something that is ridiculous, impossible. And the great enemy is allowing the mind to override the process. This can occur by attempting to analyze the results as they appear on paper, or otherwise intruding the intellect upon the process.

During the initial training, very simple targets were given. Examples would be remote places with no buildings, such as the middle of a lake or a desert, or a swamp in South America. As the student becomes more sensitive, more detailed targets are used, such as the Eiffel Tower, Mount Etna, and lighthouses. At this level of competence, it is important to select targets that literally rise above the surrounding terrain and are easy to distinguish from the surroundings. The remote-viewing process is much like ordinary vision in this respect—the most obvious thing is noticed first. ☯

R. J. Durant is a retired airline pilot of 31 years who has studied anomalies, mainly the UFO enigma, for decades. A recognized authority on the Roswell Incident, he produced a DVD titled “Roswell? Yes!” His story on how he became a remote viewer will conclude in the next issue of Aperture.

(Endnotes)

¹ Rima Laibow, M.D., a psychiatrist, organized Treatment and Research on Experienced Anomalous Trauma (TREAT) in 1990 for the purpose of investigating reports of “alien abductions.” Several formal conferences were held which featured scientists and medical professionals as speakers. Laibow married Maj. Gen. Albert Stubblebine, who was a commander of the U.S. Army’s Intelligence and Security Command and a vigorous supporter of the U.S. military’s remote-viewing program.

² This appearance by Ed Dames was the first public description of the military use of remote viewing for “psychic spying.” Although among the initial cadre of Army intelligence officers trained by Ingo Swann, he did not complete the course. He has become an extremely controversial figure in the remote-viewing community because of his regular appearances on radio programs where he proclaims various imminent global catastrophes revealed to him through remote viewing. His predictions have proven uniformly incorrect.

³ In 1977, Targ and Puthoff, both physicists, wrote *Mind Reach*, an account of their research on remote viewing at Stanford Research Institute to date.

IRVA Chapter News

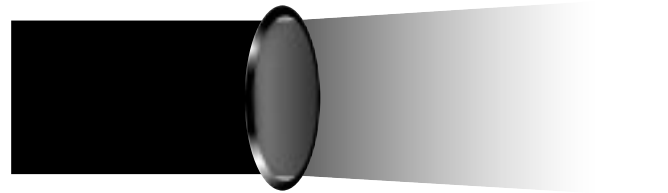
New Hong Kong Chapter Formed
 ~ Established in November 2004, IRVA's Hong Kong chapter held its first plenary meeting on February 26th with 11 people in attendance. A Discovery Channel science documentary about sending subatomic particles forward in time was first shown to help acculturate attendees to the RV phenomenon. IRVA and RV were then presented and discussed,

followed by attendees practicing CRV Stages 1-3 and performing an outbouncer RV session. Lawrence Tse, who trained in CRV with Remote Viewing Instructional Services, Inc., is president of the chapter and notes that about 60 people have been introduced to CRV in Hong Kong to date, as a result of five 10-hour introductory courses he and chapter vice president Stephen Wong have held for the

past few months using materials in traditional Chinese. Participants have so far been drawn from the police, as well as the investment, property management, marketing/advertising, accounting, and legal fields. Messrs. Tse and Wong hope to increase and maintain their group of people interested in RV and to support the ongoing development of solid RV skills amongst the membership. ☯



Lawrence Tse and Stephen Wong lead discussion at IRVA Hong Kong chapter meeting.



Attendees at IRVA Hong Kong chapter meeting participate in RV session.



ReView by Jim Schnabel

Reading the Enemy's Mind

by Paul H. Smith, (2005); FORGE (Tom Doherty Associates) ISBN 0-312-87515-0

Good Enough For Government Work?

In 1983 Paul Smith was a thirty-something INSCOM (INtelligence and Security COMmand) officer living in pleasant, leafy Fort Meade, Maryland and making his way through a typical Army intelligence career, when he noticed something odd about two of his neighbors. Though they were Army officers like himself, Fred Atwater and Tom McNear always wore civilian clothes—McNear even sported a beard—and Smith soon had the feeling that whatever they did for the Army was not only extremely secret but also, somehow, *weird*. As Smith eventually discovered, they worked for INSCOM's psychic spying unit—Atwater was operations officer, McNear a recently trained “remote viewer.” Noting that Smith had artistic talent—the way he had rendered a cat stalking a butterfly reminded them of some RV-related automatic-sketching techniques—they suggested that Smith consider joining the remote viewers. By the end of the year he was on the team.



The unit had been active since 1978, using Army personnel selected, in effect, for strong natural psi ability. By the time of Smith's arrival, most of these originals had retired or rotated out to more ordinary Army duties, and in any case the Army wanted fresh officers—the less self-consciously “psychic” the better—to learn a new remote-viewing training system developed for the Army at the think-tank SRI International (“SRI”) in California.

The primary developer of the new “coordinate remote viewing” system (“CRV” for short) was not some lab-coated scientist but a cigar-chomping New York artist, astrologer, and psychic named Ingo Swann—best known as SRI's longest-serving psi research subject. With

support from program manager Dr. Harold Puthoff at SRI, Swann had convinced the Pentagon that his way would lead to better RVers, and in 1982 he had received his first trainees, including Tom McNear and another member of the Fort Meade unit. Smith and three other volunteers—two Army captains and one female civilian analyst—formed the second and last group of Swann's trainees from Fort Meade. They spent several months in 1984 at the feet of the master, first at SRI's campus in California and later at the think-tank's New York offices.

Swann's training scheme was an attempt not only to boost the RV program but also to save it from failure. In the earlier years of the program, the emphasis had been on raw talent rather than training. The program's preferred research subjects—including civilians Pat Price, Hella Hammid and Keith Harary at SRI, and Army warrant officer Joe McMoneagle at Ft. Meade—had seemed genetically gifted at accessing presumed psi data, and had used their own methods to remote-view targets. McMoneagle, for example, worked in a near-dreaming, “hypnagogic” state, typically in a dark, sound-damped chamber where he sleepily murmured his observations into a collar mike. The sensational RV sessions he, Price, and the others produced were bound in a “red book” the program managers showed to potential supporters in Washington. Yet it was clear that the remote viewers could be off-target—in convincing detail—at least as often as they were on-target. It was also true that at least some of their more celebrated data had been generated with the help of feedback about the targets from the tasking agencies. Few, if any, of the program's clients in the intelligence community wanted to lose access to the remote viewers, but it was believed—by the CIA in particular—that unless some way were found to separate the “signal” from the “noise” in RV, the technique would never become fully operational and eventually the program would wither and die.

Swann and Puthoff, by the early 1980s, had recognized that extrasensory perception was really a form of subliminal perception. In other words, the remote viewer was thought of as having only brief, multi-sensory (or maybe pseudo-sensory) glimpses of his or her target—too brief to bring the target fully into consciousness. The remote viewer's brain, it was believed, took these simple, subliminal percepts and automatically tried to select the higher-order patterns in memory that best matched them. If the target was,

for example, a B-2 Stealth bomber, the viewer might be able to verbalize simple attributes (“black,” “rounded edges”), and might be able to sketch some basic shapes, but his or her efforts to provide a higher-order description (“manta ray,” “Corvette,” “frisbee”) would be fraught with error. Swann’s new CRV method was meant to enable the remote viewer to identify and ignore this higher-order analytical noise (which Swann termed “analytical overlay”). After years of personal conflict with other civilian research subjects like Harary and Hammid at SRI, Swann also wanted a system that would work for ordinary, intelligent military officers—men and women who would keep a lid on their egos and follow orders.

Smith provides a good, detailed account of his training with the colorful Swann, and of his own subsequent career as a remote viewer at Fort Meade. One advantage he has over previous authors is his access to a set of documents declassified by the government after the program’s termination and released to the public just a few years ago. He also, remarkably, appears to have retained a pile of records and notes from his days at Fort Meade, including the unit’s operations officer’s log. With these in hand, plus his own direct memory of events, he is able to provide many new and fascinating anecdotes of RV operations.

Although the actual performance of the Fort Meade unit will probably never be known completely—many clients provided no end-of-project feedback, for example; and some apparently didn’t even keep records of their taskings—Smith does at least begin to get beyond the anecdotes to some quantitative data. In a series of projects in 1990 for a Pentagon anti-narcotics unit known as Joint Task Force 4, for example:

[S]trong correlations between our findings and actual [drug] busts were found in eleven of the projects, or 34.4 percent; some correlation was found in ten, or 31.2 percent; and in another eleven (34.4 percent) no correlation was seen. I remember we were personally told that on a number of occasions federal and local

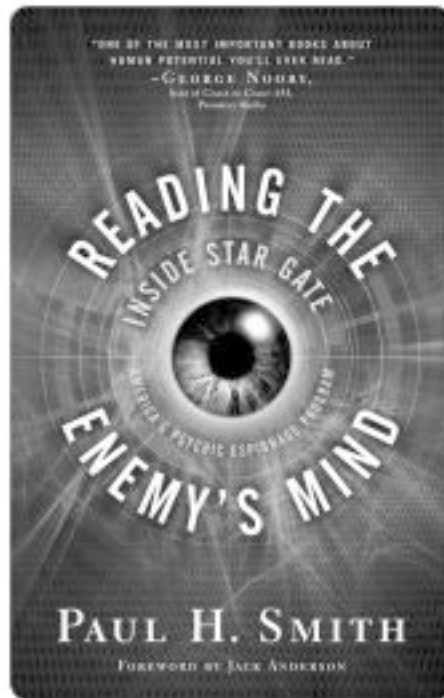
law-enforcement officials were able to arrest suspects and recover contraband thanks to the information we provided.

Despite high points like these, it seems that most of the dramatic tension during Smith’s years as a remote viewer was generated not by psychic espionage missions but by factional strife—pro- and anti-RV—within the intelligence community itself. Safe within INSCOM (Army intelligence) at the time Smith arrived, the Ft. Meade unit was suddenly kicked out of the Army after

the career demise of its most fervent champion, INSCOM commander Maj. Gen. Albert “Spoonbender” Stubblebine. It thereafter survived precariously as a DIA project with support from the DIA’s Science & Technology boss Jack Vorona and several influential senators, including Appropriations Committee chairman Robert Byrd (D-WVA). By the time Smith, an Arabic speaker, was transferred to a traditional military intelligence slot for the invasion of Iraq in 1990, Vorona had just retired and those who opposed the RV program were sharpening their claws for the final attack.

Smith believes that the unit’s demise owed more to the opposition of these skeptics than to any shortcomings of RV itself. Lt. Gen.

William Odom, who served as the Army’s Assistant Chief of Staff for Intelligence in the early 1980s (and later headed the National Security Agency), is portrayed as having been particularly irrational in his opposition to the RV program. We are told that Lt. Gen. Harry Soyster, who kicked the program from INSCOM as soon as he succeeded Stubblebine in 1984, later was promoted to be DIA’s chief and was dismayed to hear that the RV unit was still alive and kicking: “You mean I wasn’t able to get rid of that tar baby?” In 1994 Senator Byrd lost his Appropriations Committee chairmanship when the Senate shifted to Republican control, and the program was soon killed, in classic Washington fashion, with the commissioning of a “study”—a key author being Dr. Ray Hyman, a card-carrying member of CSICOP (Committee for the Scientific Investigation of Claims



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of the Paranormal) and a perennial bogeyman of paranormal research.

Smith also makes clear that some harm came to the program from its own supporters. “Exhibit A” is Maj. Gen. Stubblebine, who held spoonbending sessions with his senior officers, and also pushed the remote viewers and dozens of INSCOM staffers to attend the New Ageish Monroe Institute, where they were encouraged to have “out-of-body experiences” with the aid of audiotapes that founder Robert Monroe had developed. The Pentagon backlash came in 1984, and the RV program suffered along with Stubblebine’s other paranormal-oriented projects.

As Smith’s account proceeds, more and more flakiness seems to rise up around remote viewing. Instead of treating their RV data as the error-prone product it was, some of the members of the unit started to treat it as gospel truth—with predictably unhealthy results. Even before Smith’s training finished in 1984, Tom McNear frightened his wife, and Smith’s, with the RV-derived “news” that they all would be annihilated soon by some secret Russian superweapon. Another unit member, Ed Dames, began to use RV almost exclusively--and obsessively--against “anomalies” such as UFOs and angels, and by the early 1990s was preaching that a horde of Martians was shortly to rise up from the New Mexico desert.

Smith struck me as perhaps the most down-to-earth of all the Fort Meade RVers I encountered, and in his book he has tried to distance himself from all the flakiness. But I

do wish he had tried harder to tackle a question that has always puzzled me: What is the real relationship between psi and, loosely speaking, the “esoteric belief system” with its seemingly uncritical acceptance of almost anything supernatural or paranormal? The one seldom appears without the other. Is this because having an esoteric belief system in the first place is important to psi functioning, as a

Smith retains a lot of admiration for Ingo Swann and his CRV system, and his discussion of Swann’s theory and methodology is engaging...

sort of “disinhibiting” factor? Seems likely, but is that all there is to the connection? The fact that successful remote viewing supposedly requires the suppression of analytical “noise” should have cued everyone to the possibility that long-term RV, and maybe playing with altered states in general, impairs one’s analytical functions, *e.g.*, one’s ability to think critically.

Smith retains a lot of admiration for Ingo Swann and his CRV system, and his discussion of Swann’s theory and methodology is engaging and takes up much of the book. Even here, though, the problems with the RV program are in evidence. Swann’s (and Puthoff’s) insights on subliminal perception are surely valuable; but Swann, I think, ran too far with them. The structure of his original CRV scheme seems overcomplicated, its underlying hypotheses questionable. Swann’s

use of the real geographical coordinates of a target to start a CRV session effectively unblinds (and distracts) the viewer—and Swann’s justification for this amounts to hand-waving. Though such a scheme might have passed muster with Stubblebine, I can see how it would drive a serious scientist up the wall. For the reader, it might come as a relief (as it was for me when I tried to learn CRV years ago, as part of my own book research) that Smith and his colleagues ultimately dispensed with geographical coordinates and used less distracting, non-unblinding forms of initiating their RV sessions.

Did Swann’s method boost the reliability of remote viewing, as originally intended? Were ordinary CRV-trained men and women better remote viewers than the best “naturals” like Price (who died in 1975) and McMoneagle (who retired in 1984)? Although the survival of the program at one point supposedly hinged on these questions, the program does not seem to have generated the answers—it just kept going. Most likely Swann’s CRV project lay outside the reach of formal scientific evaluation because of its reliance on geographic coordinates. Smith tells us that, near the end of his tour at Ft. Meade, he was asked to look over the unit’s performance post-1985, and from the available documents he had the impression that the CRV-ers in the unit were more reliable than those in the unit who occasionally used looser techniques, including one woman

who “channeled” a trio of entities. Maybe Smith is correct here, but maybe he is shooting fish in a barrel. In any case, there is no evidence from his account that any of the key sponsors felt that Swann had truly succeeded.

Even so, the Ft. Meade unit did keep some clients interested for many years, and there is no

With so much interest in the paranormal in America today, would it really be so hard to set up a modest but serious RV research center with private financing?

doubt that its product at times was consequential. The Joint Task Force 4 project began in late 1989 when Col. William Johnson, an energetic staff officer for the Soyster-chaired Military Intelligence Board (MIB), was asked in effect to prove for the MIB (and by implication, RV-supportive Senators) that the RV unit was worthless and should be

shut down. After the best part of a year using Smith and the other Ft. Meade remote viewers against drug smugglers, Col. Johnson came away a believer—not just in RV as a legitimate phenomenon, but in its utility as a routine intelligence-gathering tool. In the end, though, there just weren’t enough Col. Johnsons in the intelligence community to sustain the program.

As disappointing as it was for Smith that the program was cancelled, his account makes clear that (a) the level of funding was never tremendously high nor did it really need to be, and (b) the government officials who controlled the program didn’t always push it in directions that enhanced RV’s usefulness or scientific validity. Given the urgent spying priorities of the post-9/11 era, I would guess that the government by now has re-funded elements of the program or at least has reached out to some former participants. But if I were a scientist and wanted to realize the promise of RV and of psi generally, I would be inclined to keep the

generals and the “espiocrats” at arms’ length from now on. With so much interest in the paranormal in America today, would it really be so hard to set up a modest but serious RV research center with private financing? Its mission—to prove and to improve RV’s practical utility—would be relatively easy if RV’s utility is already as robust as its proponents claim. ☯



Jim Schnabel is the author of Remote Viewers: The Secret History of America’s Psychic Spies (Dell 1997), and Forever Young: Science and the Search for Immortality (Bloomsbury 1999). He is now working on a novel.

Taskings & Responses

(Q & A)

Have you been burning to ask a question of some remote-viewing expert? Are you wanting to know something about remote viewing, but didn’t know where to turn for an answer? As we regularly print questions and answers in the Taskings & Responses column of *Aperture*, please forward your questions to:

Janet@irva.org (with T&R Editor in the subject line), or mail to:
T&R Editor,
Aperture, Box 381,
E. Windsor Hill, CT 06028.

ReView

by William P. Eagles

Limitless MIND: A Guide to Remote Viewing and Transformation of Consciousness

by Russell Targ, (2004); New World Library, Novato, CA. ISBN 1-57731-413-1

In this latest work by remote-viewing pioneer and former IRVA president Russell Targ, the author undertakes several purposes in a sometimes very personal survey of the current state of the remote-viewing field. Of paramount importance to Targ throughout his book is the opportunity that psychic abilities afford people to focus on individual self-inquiry and spiritual self-realization, in furtherance of a discovery that all of us are capable of a greatly expanded awareness far beyond our physical bodies. In this vein, he posits the centrality of “nonlocal” reality to the scientific understanding of psi phenomena, the notion that everything and everyone is interconnected across space and time and that, as such, each of us can be affected by events that are distant from our ordinary awareness. It is this precept that allows both remote viewers to “inflow” information about targets remote in time and space, and psychic healers to “outflow” energy or awareness to people far removed from them, to achieve some demonstrable therapeutic effect. Targ notes, in reviewing many of the world’s spiritual and philosophical traditions, how very universal this paradigm of nonlocality really is.

The author reviews the psychical research program that he joined as co-director with Dr. Hal Puthoff at the Stanford Research Institute in 1972, which program culminated in the development of remote viewing as a useable tool. Detailing via anecdotes their work with Ingo Swann, Pat Price, and Hella Hammid, as well as related work of some other prominent researchers, Targ provides a concise yet very entertaining summary of what is known about the RV phenomenon and the nature of the psychic channel, followed by a chapter of some basic, practical exercises for people to

begin experiencing the remote-viewing skill both as viewer and “interviewer.” Intriguingly, by way of discussing success in the art, he likens remote viewing to making love: It requires “complete surrender to the task at hand, with no preconception or self-judgement about the outcome”

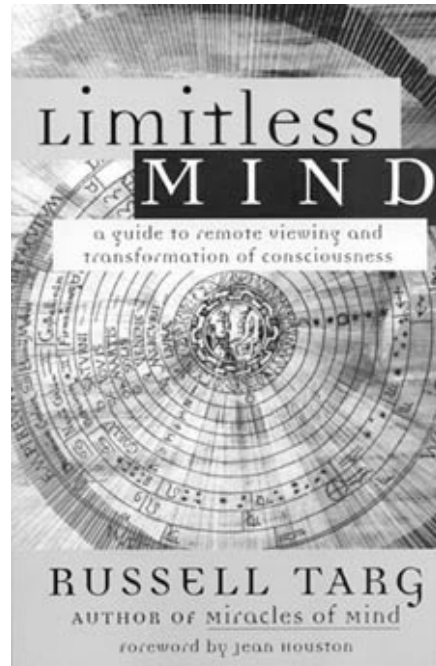
and at the same time “a single-pointed focus of attention.”

Further to his thesis that human existence is timeless, the author explores the research in precognition, including dreams of the future and associative remote viewing. Based on his own experiments, he suggests that remote viewers targeted with the future see the actualized, chosen prospective events rather than probable futures. His account is chock full of tantalizing anecdotes that buttress the notion that the future is eminently discernable.

Other chapters discuss the research of the last century concerning intuitive medical diagnosis and distant mental influence aimed at healing afflicted persons, with some “how-to”

suggestions offered throughout. Targ’s consideration of this realm spans the work of Edgar Cayce, Judith Orloff, and Mona Lisa Schultz in diagnosis, to that of Russian Leonid Vasiliev, Willam Braud, and his own daughter Elisabeth in distant influence; her studies of the efficacy of intentional prayer on people with AIDS in the 1990s in California are particularly renowned.

Russell Targ is an avowedly spiritual man, and this perspective frames and informs his treatment of all subjects he covers in this volume. The greatest significance of his psi investigations seems clearly to have been the development of a deeply healing



spirituality for himself. He views remote viewing as a gateway to a spiritual path, a tool to help all of us explore the transcendental awarenesses of which great mystics have long spoken. Whether elucidating the teachings of Dzogchen Buddhism, *A Course in Miracles*, or his own teacher Gangaji, Targ writes movingly of his personal search for peace and inner love. He has been deeply inspired throughout his journey of exploring remote viewing and related psi phenomena, and earnestly seeks to convey that ongoing wonderment to his readers.

Particularly poignant, Targ includes as an afterword a short memoir and tribute to his late daughter Elisabeth, a gifted research psychiatrist whose work investigating distant healing through prayer was cut short by her own untimely death just before her 41st birthday. Justly extraordinary in life, her abilities apparently did not end with her passing, for she appears postmortem to have telepathically relayed messages to her husband through a third person's dream—in Russian no less, a language in which she, but not the dreamer, was fluent while alive. It's really no wonder then that Russell Targ became such a profoundly inspired man. ☸



William P. Eagles is Managing Editor of Aperture and IRVA's Secretary. A longtime aficionado of paranormal abilities, he is a writer, advocate, and noetic advisor.

The opinions and views expressed in **Aperture** are those of the writers. They do not necessarily reflect the position of the International Remote Viewing Association. We invite your letters and comments on all matters discussed herein.

RV News

New RV Books Featured ~ Congratulations to three of our remote-viewing veterans and current IRVA directors, Lyn Buchanan, Russell Targ, and Paul H. Smith, for having their books listed on the *IntelDesk.com* website. Paul's *Reading the Enemy's Mind* was featured in the inaugural issue of the website on February 3rd, and Lyn's book *Seventh Sense* made it on board on February 15th. Russell's newly republished *Mind Reach* (co-authored by Hal Puthoff) was listed a week or so later. We applaud them all for the kudos well deserved. Perhaps these books will help spark renewed interest by the U.S. government in this most valuable intelligence-gathering tool.

IntelDesk.com is a privately funded and run website for the dissemination of intelligence, special operations, and defense and foreign policy news, and can be viewed at www.IntelDesk.com. ☸

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Editor's Comment Remote Viewing on eBay

by Skye Turell

I was cruising eBay one day at work and put “remote viewing” into the eBay search engine, and up came the usual suspects. Then I saw “E-book CIA Remote Viewing Manual,” which offered e-book prints of the manual and “Art Bell Ed Dames Remote Viewing Manual (CIA),” which offered a CD with the file. This is the original Fort Meade CRV Manual that is available on Palyne Gaenir’s www.firedocs.com and Paul Smith’s www.rviewer.com websites for free! These eBayers are getting about \$4.00 for the disk or book, plus shipping. What a rip-off!

So I emailed CD Guy who said he paid \$2,500 for the “e-book rights” to the manual—presumably from E-book Guy. He also said he intended to keep on selling it—despite now being informed that the material is in the public domain—in order to recoup his investment (which at \$8.00 or so a pop will take him a really long time). He didn’t have any problem with that or in having his cousin step in as a shill and bid up the auction in one instance. Or in acting as a cut-out for his cousin who had been booted off eBay over some drama involving a website pedaling Ephedra—although he was quick to tell me they’d be back in two weeks and, if I wanted some, they have really quick shipping.

I was just disgusted! Most of the eBay community is very honest and friendly, and I hate seeing this. What to do? Well, I couldn’t complain to eBay (except about shilling, which is hard to prove) because these guys do have a legal right to distribute the CRV Manual. So, I decided to launch my own educational ad. I paid all of 25 cents to eBay for this and, I must say, it was well worth the quarter, if only for sheer vindictiveness. Here’s what my ad said:

CIA/ART BELL/ED DAMES REMOTE VIEWING
MANUAL 1 CENT

The “manual” you may have seen for sale here on eBay, often associated with the terms “CIA” or “Art Bell” or “Ed Dames,” is a product of the U.S. Government and is in the public domain (although I believe Ed Dames has other products for sale). If you wish to buy it from me, you can do

that (and pay \$5 shipping), and I’ll load it on a disk for you and mail it out. However, you can obtain it for free on numerous websites, download it and send it to everyone you know.

The manual usually associated with terms like the above is not a training manual. It was never used as a training manual at the STAR GATE project at Fort Meade. It was simply notes taken from training sessions with Ingo Swann (the developer of this particular sort of remote-viewing training, called Coordinate or Controlled Remote Viewing, and later used or adapted by many). Much of the content deals with the philosophy behind this approach, but does not contain step-by-step instructions for conducting a session. It is not a how-to manual in that sense. It was always assumed at the STAR GATE unit that trained remote viewers would be available to explain the content to new students and to expand upon that in a significant way.

There are remote-viewing training materials available in all sorts of media formats from numerous sources. You will have to judge for yourself if those are right for you. How you will do this, I’m not sure, since you probably wouldn’t want them if you are already a remote viewer; and, if you aren’t a remote viewer, how will you be able to evaluate the material? It’s a Catch 22. Personally, I like Joe McMoneagle’s book *Remote Viewing Secrets* as a good guide to actually doing remote-viewing sessions.

Here are some download sites for the manual. The document is 98 pages in .pdf format, but is not dense with type. Be sure to read the article by Paul H. Smith (the main author of the manual) and others on the *firedocs* site about the copyright of this document and its history.

www.firedocs.com/remotewiewing/answers/crvmanual/index.html

OR www.rviewer.com/crvmanual/index.html

There are more sites, which you can find via any search engine. Please let me know if you have any questions and I’ll try to answer them.

One last chapter in this drama. I went on an eBay seller’s bulletin board to discuss this situation, and one of the sellers wrote back with this:

“I worked for the DoD for many, many years. I have boxes and boxes of ‘government documents.’ Quite a few of which I wrote myself, or collaborated on. LOL. And, of course, they’re all public domain. Had no idea I was sitting on a gold mine!” ☺

Skye Turell is ReView Editor of Aperture and is a skilled and talented practitioner of remote viewing.

President's Message, continued from page 1

Of course, it is possible that Elizabeth just coincidentally described so perfectly one of the unchosen targets; nothing anomalous need be invoked. But this peculiar “wrongness” happens with greater frequency than it should, if it were just a random coincidence. Not everyone in the research community holds the same view on this, but one model (which I subscribe to) is that viewers occasionally “displace” to another target, another possible future, because something draws them to that target.

Later in the day, after we had judged the session, I happened to run into the person who had assembled the target set, and she casually mentioned that the glasses were an old pair that Russell had donated when the collection of target objects was being assembled. Russell, who is extremely nearsighted (so much so that he cannot drive a car), had never recognized them during the course of the experiment. It was an electrifying moment, because it gave me a possible explanation for what we had just observed.

Elizabeth was drawn to the glasses, I think, because, for her, they were highly numinous. The glasses meant nothing special to the rest of us, but, to her, they held great significance. These were her Daddy's glasses—the ones he had worn when she was a young girl. As a child, she had looked up into the face of the most important man in her life, and those were the glasses she had seen.

Of course, she didn't even know any glasses were in the target pool. Faced with seven possible futures—six of which involved objects foreign to her and one which had great personal psychological potency for her—she had been drawn to that specific future: That is displacement. As you judge your experiments, it is important to keep this phenomenon in mind. And this displacement occurred because the glasses were highly numinous. This is another important concept I will discuss in the next issue of *Aperture*.

Happy Viewing,

Stephan A. Schwartz



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Guidelines for Submitting Original Articles to *Aperture*

The Editors would like to extend an invitation to all readers to submit timely, relevant, and well written articles about remote viewing for possible publication in future issues of *Aperture*. Please send your submission(s) in MS Word to Wiph@irva.org, mentioning *Aperture* in the subject line. Article length is negotiable depending on the importance, and interest level to the readership, of the topic and the quality of the presentation. Submissions should generally be between 500-1500 words, but longer pieces will also be considered based on the merit of the topic and how it is treated. All submissions should include a short (2 sentence) “bio-blurb” about the author(s) and must pertain to remote-viewing research, applications, protocols, skills, viewer performance, or experimentation. If there is any doubt about the suitability of a topic, feel free to communicate with us at the above e-address, and we will provide you guidance. Thanks for your interest in *Aperture*, IRVA's flagship publication!

Cordially,
Bill Eagles
Managing Editor



Taskings & Responses

As a newbie in RV, a strange thing happened during a recent session of mine. I saw an image that had all the hallmarks that usually tell me I'm seeing one of those very rare images that are absolutely real—these hallmarks have to do with the way it feels, that it comes to me in a certain visible way, and that I don't expect it—but it contained easily verifiable information that turned out to be totally wrong. What really surprised me was having such a purely imaginary image pass my internal tests of correctness and yet be completely and verifiably wrong. How can I work on improving my ability to discern what is good information and what is overlay? And, does each viewer have their own set of subjective hallmarks that they use to decide what images or data to accept as more likely accurate than not?

First, Lyn Buchanan of Problems > Solutions > Innoations (P > S > I) responds:

This is a problem that has haunted remote viewers since the beginning. Through research and databasing, here is the essence of what we've found out about it to date:

One of the biggest problems in remote viewing is the fact that we cannot keep our conscious minds out of the process. A perception bubbles up from the depths of the subconscious and runs directly into a ceiling called the "limen" (everything below it is "sub-liminal"); the limen marks the boundary between the subconscious mind and one's conscious awareness. However, there are a couple of pathways through the limen that will let the information through.

The most honest pathway is the body. For example, the subconscious causes the body to react in a trained and practiced manner to a perception, the body makes a squiggle on the viewer's paper, and the conscious mind looks at it and says, "That's my ideogram for..." Or, the subconscious gets a perception, say, of "red," and causes the body to physically see red. The conscious mind picks up on the visual and declares, "red." The subconscious-to-body-to-conscious-mind route is the purest and most honest path, but this path requires training and practice before it will develop into a physical language for the two minds to communicate with each other.

There is another doorway, however, one that lets the perception come straight through. But it has a "gate guard," which fastidiously filters everything coming along its path. If the perception is one that is dangerous, against logic, against religious mores, etc., this "gate guard" will not let the perception pass through to the conscious mind. This filter is also called the "Namer and

Guesser" or "NAG." This is not a term devised by Ingo Swann, but bear with me through the blasphemy and you will see that it is true nonetheless. The NAG not only filters what can or cannot pass into the conscious mind, but it also feels compelled to name the perception; and, if it cannot name it, it guesses at a name. The end result is what, in Ingo Swann terms, is called "analytic overlay" or "AOL." The truly helpful thing about this phenomenon is that the NAG almost always comes up with a noun. If you go back and study your own sessions, you will find that well over 99 per cent of your AOLs are nouns. But the subconscious does not think in nouns; rather, it thinks in concepts. The nouns, therefore, are constructs of the NAG, and not valid perceptions from your subconscious.

The problem is that nouns are actually "boxes" that your mind hides stuff in. You get a lot of perceptions (often too fast or too subtle to identify), so at some point, your NAG scoops them all up, throws them into a box and labels the box with the name of a person, place, or thing—that is, a noun. The noun the NAG comes up with is simply the label for the box in which all the real perceptions are hidden. Therefore, if you want to purify the information from your sessions, simply set aside all the nouns. The remainder of the information will probably be very highly accurate descriptors of the target.

But nothing is that simple, of course—especially in remote viewing. There are many different kinds of AOL. Ingo Swann was aware of this, but lumped them all under the general term, AOL. Because he did, many people have the mistaken belief that, since analysis happens in the conscious mind, all AOLs must originate from there. In fact, however, many kinds of AOL happen in the subconscious mind, before the perception ever gets to the limen.

One of these subconscious-sourced AOLs emanates from the dredging up of deeply repressed fears. Let's say that the color red is of the same shade as the blood that you saw everywhere when a loved one died in an accident. As the simple perception "red" bubbles up towards the limen, it will become attached to this memory, then the associated fear, and the three elements will rise as one towards conscious awareness together. The same process also goes on for subconscious desires and memories. For this reason, in $P > S > I$'s teaching paradigm, we have deliberately separated the consciously formulated AOLs from the subconsciously formulated AOLs, and called the latter kinds the "Subconscious Transfer of Recollections, Anxieties, and Yearnings to Consciously Accessible Thought," or STRAY CAT for short. We have separated the two types because we have found that there are different requirements for dealing with them effectively in remote-viewing sessions.

With that as essential background, let us establish that visuals can qualify as one type of AOL (or STRAY CAT), just as words can. Then, recalling the concept of the "gate guard," assume that an impression comes bubbling up as pure—that is, it does not pick up any memories, fears, or desires along the way. The gate guard will generally pass it on, as it poses no threat. If the gate guard does decide to block it for any reason, the impression can still get to the conscious mind through the body path. However, if the perception has picked up any old memories, fears, or desires, the gate guard will evaluate the perception in its entirety, "pollution" and all. Using the previous example, if the pure perception was "red"—*and* the memory of the accident, the associated fear, and the desire to have the deceased loved one back all get attached to that simple perception—the gate guard will look at the whole package and, instead of simply passing on "red," will pass on "accident" to the conscious mind.

Now to the question of visuals: What if the gate guard were to pass the AOL of "accident" on in a visual manner, instead of as a simple word? To do so, it would have to construct the picture on the spot in order to pass it on. That visual might contain a vague impression of red, with sharply defined (newly created) visuals of cars, bodies, people standing around saying "uh-oh," ambulances, flashing lights, etc. In short, the gate guard would fill in any gaps in the picture with its own visual information. And therein lies the secret of handling visual AOLs and discerning what is true in what you see.

The vague, amorphous, moving parts of the visual image are the parts that come from the subconscious perceptions. The gate guard accepts them and lets them

go through as they are. The sharp, clear, static parts of the visual are the parts that the gate guard has formed on the spot in order to fill in the gaps not covered by the simple perception of "red" (or whatever other gestalts and/or perceptions are coming directly from the subconscious).

So, to make your remote-viewing experience more accurate: (1) When perceptions come through as words, set aside all nouns; and (2) When perceptions come through as pictures, pay special attention to the vague, moving, amorphous parts of the visual, and either ignore or set aside in writing any sharply defined, non-moving, clear portions of the visual. While the full and effective handling of AOLs and STRAY CATs is much more complex than this, following these two simple rules can have a tremendous impact on your remote-viewing accuracy.

I would suggest that you try a little experiment: Do a single session and then write your summary, including all of the nouns and clear visual descriptors. Then, go back and write a second summary, taking out the nouns and trying to recapture and describe only those parts of the visuals that were not clear and sharp. Afterwards, look at the feedback and score each summary separately. I believe the difference in accuracy will surprise you!

Second, Paul H. Smith of Remote Viewing Instructional Services, Inc. (RVIS) responds:

There is actually more than one question here, which will eventually require a discussion of analytical overlay (AOL). At the outset, you claim to have a set of criteria that tell you when a complete image you see in your head is a "real" remote-viewing image rather than an imagined one. You also note that your criteria failed you this time; that, even though the image came through in the way that suggested it was correct, it turned out to be wrong.

Here is a word of caution right off the bat: The research at SRI International showed that remote viewers themselves were poor judges of whether their data was actually "on target." Often, while a viewer is convinced that he has provided highly accurate information, it will turn out to be wrong. Other times, a viewer will be certain during a session that her RV-produced data is all wrong; yet, in the end, it turns out to have been very accurate.

So, as a threshold matter, on what basis do you think that your way of telling high-quality remote-viewing images is either reliable or accurate, especially when you say the occasions of receiving such images are

continued on page 18

Tasks & Responses, continued from page 17

rare? This is a very important question to ask because of “AOL-matching,” an RV phenomenon outlined by Ingo Swann many years ago. An AOL-matching is an analytical overlay that is very similar to the actual target and so contains a high degree of true information within it.

To use an example, borrowed from the original CRV (“Coordinate Remote Viewing”) manual, let’s say the actual target is the Notre Dame Cathedral in France, and you get a very strong impression that what you are perceiving is Westminster Abbey in England. There would be very much that is true about your strong impression—in fact, if you are “describing” as a good viewer is supposed to do, rather than “naming,” there would be more similarities than differences perceivable by you. Nonetheless, the conclusion “Westminster Abbey” would still be wrong—and would be AOL.

Sometimes, though, the AOL-matching can be *exactly* correct. For example, the actual target might be the Giza pyramids, and you “see” the pyramids in your mind! If, on occasion, you had a very strong AOL-matching like this, you might have thought yourself to be “right” (and, of course, in a certain sense you would have been), but your experience would, in fact, still have been pure AOL. This would particularly be the case if you had one or a few very clear AOL-matching experiences during your very early, first-ever RV sessions. Often, first-time viewers encounter a “first-time effect” whereby they have an exceptionally good early session, only to be followed by a considerable fall-off in performance quality in later sessions. The danger is that such pristine early experiences can mislead viewers into thinking that the AOL-based qualities of an AOL-matching represent indicators of accuracy, rather than the signals of AOL they should actually convey.

Ingo Swann long ago laid out the ways of determining whether one is experiencing AOL, the most relevant indicators being: (1) A clear, sharp, static, colorful “picture” in your mind; (2) Use of a “comparator” word or phrase (e.g., “like,” “as if,” “reminds me of,” etc.); and (3) A logical construct or “story-line” that makes sense to the viewer. Oftentimes, the more certain a viewer is that she “knows” what the target being described is, the more likely she is to be wrong about it.

If any of these elements are present in a viewer’s perceptions, viewers should *always* assume they are experiencing AOL. A “Stage II image” can also exist in CRV, that is, a bit of mental imagery made up of actual visual elements—patches of color, light values, shades, etc.—that are recognizable as a scene and which accurately represent the target. These experiences are

the opposite of AOL images, however, in that they are relatively indistinct, the colors are muted, they fade in and out as the viewer tries to focus on them, and the viewer may detect unexpected motion in them. Because these are always correct, they do not apply to the circumstances of your question, but knowing of them gives further guidance on how to distinguish veridical imagery from AOL.

So what causes AOL? Blame it on the “Left Brain Interpreter” (LBI), a term coined by the respected experimental psychologist Michael Gazzaniga, who has spent decades investigating split-brain phenomena and the hemisphericity of human brains. Gazzaniga’s research (and that of others) provides evidence that, first, the right brain-hemisphere’s main focus is sensory and emotional experience, global reasoning, pattern recognition, and other related functions. In normal humans, the right brain has only marginal linguistic capability and is thus generally unable to “explain” to us the nature of and reasons for the things we sense or experience. In effect, it provides us with the “existential” part of our experience.

In contrast, the left brain-hemisphere is the center of verbal activity. It tends to process information linearly and is able to integrate the data passed over to it from the right brain through logical and sequential processing. It is also the seat of Gazzaniga’s Left Brain Interpreter. The LBI is language-based, and its job is to make sense of the mass of information emerging from sensory perception. It labels, interprets, explains, and prescribes actions and reactions. Essentially, the LBI provides the framework and context needed to understand the world we live in, to help us identify and properly react to both threats and opportunities in our environment. This is very important for our survival, whether we live in a jungle or a modern city.

The LBI uses memories (the database of remembered past experiences and actions), logical inference, plus metaphor, analogy, and symbology (all three being comparator functions) to interpret and form conclusions about the meaning of the information it receives via the right brain. We decide to act, or refrain from acting, based on these conclusions.

The function of the LBI starts to break down at what I call the “threshold of perception,” the borderline below which we have sense-derived information still coming into our perceptual apparatus, but where the information stream is too thin for the LBI to make proper interpretations. In effect, the LBI starts at this point to “jump to conclusions,” which are mostly wrong because it does not have enough information to go on.

As an example, suppose you are out walking in the woods after sunset. The light is dim, the shadows deep, and the shapes beyond an arm's length are fuzzy and hard to make out. Suddenly you notice an object that makes you afraid. Your left brain has analyzed the profile of the object and concluded that it looks like a bear! Uneasy, you leave the woods. Next day the sun is shining, and you can see details. You now realize the "bear" was really only a bear-shaped stump. What was the difference? Information! In the dusk, your visual input was seriously reduced, and the LBI had too little information to go on in forming its conclusions. Consequently, it gave you a wrong interpretation.

A similar informational problem is at the root of AOL. Remote-viewing data must compete with input from the five physical senses for bandwidth when trying to move from the subconscious (where the RV "signal" first emerges) to the viewer's conscious awareness. Hence, remote viewing (indeed, all psi processing) is a narrow-bandwidth phenomenon. The data flow is weak, especially early on in a remote-viewing session, and the right brain is only able to pass a limited amount of information on to the left brain. As a result, the LBI will often "jump to conclusions" in attempting to do its job; while it is obligated to provide you with an interpretation of what the data mean, it ends up (due to working from too little data) telling you the wrong thing. This is akin to a person who, coming late to a conversation between others, thinks he knows what everyone is talking about and then says something foolish.

Later in the session, after the store of information available to the LBI has built up considerably, these jumping-to-conclusions become much more accurate; this is when AOL-matchings start to occur. On rare occasions (such as with the first-time effect), the channel is faster or less resistant, the LBI has more information sooner, and thus provides a higher-quality interpretation earlier in the session. But it is still an interpretation, that is, AOL. If one starts to trust this too easily, problems result.

This is not just a conscious phenomenon. Studies have shown that much of our cognitive processing goes on in our subconscious, below the *limen*, the threshold between one's conscious awareness and subconscious. In other words, AOLs can emerge fully formed into our awareness without us having any conscious clue as to where they came from or what caused them--this is one reason why one can be fooled by an AOL that *seemed* to be true, but was not). As a result, we usually cannot do much *about* analytical overlay itself; instead, we have to learn to recognize and deal with it.

How one does that is really the answer to the main question: How to tell the good information from the bad? First, one needs to learn the criteria for recognizing AOL, the main elements of which I noted above. The other criteria are available in the online version of the CRV manual (see below). When you identify an AOL, you must take an "AOL break." How to do so is also described in the manual in some depth. Most important, you must practice by doing many remote-viewing sessions against targets that have ground-truth feedback to examine after you are done. This will help you to better learn how your own internal remote-viewing "system" deals with these things.

Remote viewing is both a science *and* an art. The "art" part comes in when you try to develop these subtle skills, such as more accurately recognizing analytical overlay when you encounter it. Though there is much that is common to all people engaging in remote-viewing practice, how each individual person interacts with the signal line will vary at least a little from viewer to viewer.

Finally, never try to "figure out" what the target is. Any time you start worrying about or thinking you might know what the target "is," you invite your LBI to give you an answer. All you should be worrying about as you are working a session is whether you are following the correct procedures and whether you are staying true to the structure of the remote-viewing process. Just do not worry about the content or the "what-it-is" of the signal line. As the late Capt. Rob Cowart declared when this idea finally sank in during his training with Ingo Swann, "Oh, I get it now: Structure! Content be damned."

For further reading:

Coordinate Remote Viewing. (Defense Intelligence Agency: Bolling Air Force Base, Washington, D.C.). 1 May 1986. Available on the Web at www.rviewer.com (click on "Resources")

Gazzaniga, Michael. *Nature's Mind: The Biological Roots of Thinking, Emotions, Sexuality, Language, and Intelligence*. (Basic Books/HarperCollins) 1992.

Gazzaniga, Michael. *Mind Matters: How the Mind and Brain Interact to Create Our Conscious Lives*. (Houghton Mifflin: Boston) 1988. [Gazzaniga has more recent work on this subject, but the theory is presented here in a reader-friendly way.]

Puthoff, Harold E. and Russell Targ. *Perceptual Augmentation Techniques: Part II*. (SRI International: Menlo Park, CA) 1 Dec. 1975. (Available in CIA Star Gate Archives Disk 1, Part 2, Document No. CIA-RDP96-00791R000100410001-2) [See the especially good section on AOL by Ingo Swann.] ☞

About The International Remote Viewing Association

The International Remote Viewing Association (IRVA) was organized on March 18, 1999 in Alamogordo, New Mexico, by scientists and academicians involved in remote viewing since its beginnings, together with veterans of the military remote-viewing program who are now active as trainers and practitioners in the field. IRVA was formed in response to widespread confusion and conflicting claims about the remote-viewing phenomenon.

One primary goal of the organization is to encourage the dissemination of accurate information about remote viewing. This goal is accomplished through a robust website, regular conferences, and speaking and educational outreach by its directors. Other IRVA goals are to assist in forming objective testing standards and materials for evaluating remote viewers, serve as a clearinghouse for accurate information about the phenomenon, promote rigorous theoretical research and applications development in the remote-viewing field, and propose ethical standards as appropriate. IRVA has made progress on some of these goals, but others will take more time to realize. We encourage all who are interested in bringing them about to join us in our efforts.

IRVA neither endorses nor promotes any specific method or approach to remote viewing, but aims to become a responsible voice in the future development of all aspects of the discipline.

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