

APERATURE

Fall/Winter 2012, Issue 20

The Hemi-Sync® Effect

Alternative Advanced Training

ARV
News from the Future

MEDITATION
and Remote Viewing

LAS VEGAS 2011:
The IRVA Remote Viewing Conference

TELL ME WHAT YOU SEE
Review

MONITORING
Techniques and Responsibilities

APERTURE

Ap - er - ture (ap'er-cher) 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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- Tell Me What you See <http://amzn.to/uVAd85>
- Las Vegas 2011, IRVA Conference <http://www.irva.org/conferences/>
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- Cover Graphic Credit: Radu Jianu/Brown University. Two-dimensional brain researchers at Brown University have created a computer program to advance analysis of the neural connections in the human brain. <http://bit.ly/IQPXbP>

FEATURE ARTICLE

THE HEMI-SYNC® EFFECT

by F. Holmes “Skip” Atwater

Alternative Advanced Training

“Through remote viewing, out-of-body experiences, spiritual insight, or miraculous healing, we recognize, at some level of awareness, the true nature of ourselves as individual sentient elements of a greater non-local consciousness. The value of remote viewing lies in the objective nature of the process itself: a protocol-driven, scientifically tested perceptual technique/experience to acquire and describe information seemingly separated from the ‘viewer’ and his or her physical senses by distance, shielding, or time.”

As the initiator of the U.S. Army’s remote-viewing intelligence program known by the code name Star Gate, I spent ten years as the Operations and Training Officer, and recruited and trained an elite cadre of professional intelligence officers to do remote viewing for the Department of Defense and various members of the national intelligence community. During that time, I planned, conducted, and reported thousands of remote-viewing intelligence-collection missions using several different remote-viewing methodologies.

Rather than Controlled Remote Viewing (CRV), several members of the military unit adopted a more meditation-based style of remote viewing. I coined the acronym ERV for Extended Remote Viewing, so named because these remote-viewing sessions took longer to conduct.

As good as these remote viewers were, they expressed an interest in receiving some form of “advanced” training. From a management position, I too wanted to see if their remote-viewing skills could be enhanced. Since the foundation of their remote-viewing behavior was based on the notion of achieving a special state of consciousness conducive to the

detection and acquisition of site-relevant data—the proverbial “information of interest”—I recommended Hemi-Sync®* training from The Monroe Institute. Aside from any out-of-body expectations imbued by founder Robert Monroe’s books, the Hemi-Sync training process offered a pragmatic, scientifically based method of teaching people to access levels of cortical arousal supportive of a variety of focus states of consciousness.

Hemispheric Synchronization

“Hemi-Sync,” short for Hemispheric Synchronization (also known as “brainwave synchronization”), defines the process of synchronizing the two hemispheres of the brain together -- thus the word “hemi” for hemispheres and “sync” for synchronization. This audio-guidance technology works through the generation of a series of complex, multilayered audio signals (also known as “binaural beats”), which act together to create a resonance that produces unique brainwave patterns characteristic of specific states of consciousness. It is very powerful for creating, accessing, and sustaining different states of awareness, and thus different levels of consciousness.

The Hemi-Sync audio-guidance process works by sending different tones into each ear through a stereo headphone or speaker. Then the two hemispheres of the brain begin to act in unison to hear a third signal, which essentially is the difference between the first two tones. This third tone is not an actual sound, but rather an electrical signal that can only be perceived in the brain when both hemispheres are working to-

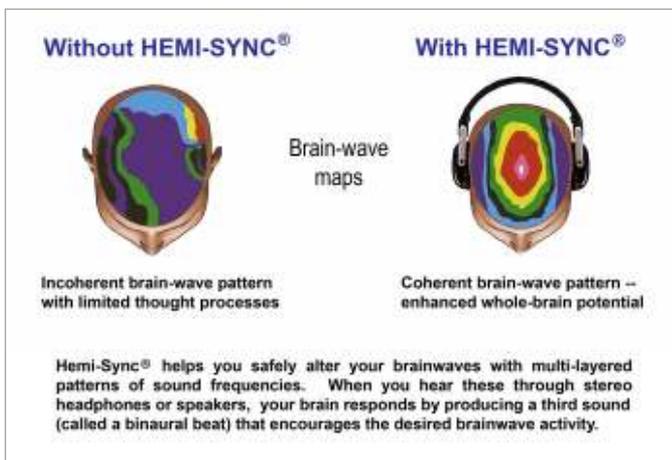


Neural network

*Hemi-Sync® is a registered trademark of The Monroe Institute of Faber, Virginia.

gether. This electrical signal is perceived as a wavering type of sound, which stimulates the brain to move from random waves to more balanced and thus highly synchronized brainwave patterns.

The end result of this process is a much more focused, centered, whole-brain state known as hemispheric synchronization. Thus, Hemi-Sync produces an optimal condition for improving overall human performance. This technology has been used for many different purposes, including relaxation and sleep induction, learning and memory aids, anxiety and stress management, and remote viewing -- all accomplished by reaching higher altered states of consciousness.



The Hemi-Sync Process Alters States of Consciousness

The extended reticular-thalamic activation system (ERTAS) regulates brainwave activity (Newman 1997), an essential element in altering consciousness. The word "reticular" means "net-like" and the neural reticular formation itself is a large, net-like diffuse area of the brainstem (Anch *et al.* 1988). The reticular activating system (RAS) interprets and reacts to information from internal stimuli, feelings, attitudes, and beliefs, as well as external sensory stimuli, by regulating arousal states, attentional focus, and levels of awareness -- by definition, elements of consciousness itself (Empson 1986; Tice & Steinberg 1989). How we interpret, respond, and react to information, then, is managed by the brain's reticular formation stimulating the thalamus and cortex, and controlling attentiveness and levels of arousal (Empson 1986).

In order to alter arousal states, attentional focus, and levels of awareness, it is necessary to provide some sort of information input to the RAS. Hemi-Sync provides this information component. The information referred to here is the complex, brainwave-like pattern of the Hemi-Sync binaural beat. This unique binaural beat (neurologically evidenced by the EEG* frequency-following response) is recognized by the RAS as brainwave-pattern information. If internal stimuli, feelings, attitudes, beliefs, and external sensory stimuli are not in conflict with this information (e.g., an internal, even unconscious, fear may be a source of conflict), the RAS will alter states of consciousness to match the Hemi-Sync stimulus as a natural function of maintaining homeostasis.

The brain automatically and actively regulates all bodily functions to maintain homeostasis -- an internal equilibrium (Green & Green 1986; Swann *et al.* 1982). In a natural and constant attempt to maintain a homeostasis of the elements of consciousness, the RAS actively monitors and continues the neural replication of ongoing brainwave states (unless, of course, there is reason to make an adjustment due to new information from internal sources or external sensory input).

As time passes, the RAS monitors both the internal and external environment and arousal states, attentional focus, and levels of awareness to determine, from moment to moment, the most suitable way to deal with existing conditions. As long as no conflicts develop, the RAS naturally continues aligning the listener's state of consciousness with the information in the brainwave-like pattern of the Hemi-Sync sound field.

In objective, measurable terms, EEG* based research provides evidence of Hemi-Sync's influence on arousal states, attentional focus, and levels of awareness. Since the RAS regulates cortical EEG (Swann *et al.* 1982), monitoring EEG chronicles performance of the RAS. There have been several free-running EEG studies (Foster 1990; Sadigh 1990; Hiew 1995, among others), which suggest that Hemi-Sync binaural beats induce alterations in EEG. Because the

****EEG** is acronymic for *ElectroEncephaloGraph*, a medical device that measures the brain's electrical-activity.**

RAS is responsible for regulating EEG (Swann *et al.* 1982; Empson 1986), these studies document measurable changes in RAS function during exposure to Hemi-Sync.

But this is only part of the Hemi-Sync process. First-person experience of consciousness is much more than just arousal states, attentional focus, and levels of awareness. The cognitive content of the experience is what gives it meaning. Whereas a specific state of cortical arousal is induced by the Hemi-Sync binaural beats, the content portion of a focused state of consciousness depends on social-psychological conditioning and the mental ability of the individual. The educational application of the Hemi-Sync technology incorporates these dimensions. In terms of social-psychological conditioning, the Hemi-Sync audio-guidance media provide instructions on relaxation and breathing, affirmations for objectifying personal intent, and guided visual imagery.

In The Monroe Institute's educational programs, skilled trainer-mediators sensitive to the subtle indices of participants' phrasing, body language, and expressiveness provide counseling and encourage group interaction to ensure an environment conducive to enhanced cognitive experience within specific Hemi-Sync-generated states of cortical arousal, called *Focus Levels*.

Trainers are experienced in the realms being explored by a program's participants. Because they have firsthand knowledge of these worlds, they can help others alter their own social-psychological conditioning. Trainers encourage introspection on the part of participants, to aid in the integration and realization of novel experiences. When appropriate, trainers encourage participants to reframe their experiences into more useful perspectives.

To the degree that mental ability defines one's capacity to experience, cognitive skills can be enhanced through educational processes. Participants are offered materials to read. Informative lectures are scheduled throughout the duration of the programs. The use of multimedia enhances the presentation of educational materials. Planned group discussions provide the opportunity to share and to inspire each other. Development through practice is at the core of the educational process, and participants are given

numerous opportunities to experience the exciting focused states of consciousness available within the Hemi-Sync process.

The Hemi-Sync audio-guidance system provides a safe, natural means to alter arousal states, attentional focus, and levels of awareness. The Hemi-Sync process is a combination of this brainwave-modification technology, coupled with well understood psychophysiological inductive techniques (restricted environmental stimulation, controlled breathing, progressive relaxation, etc.), supportive social-psychological conditioning procedures, and conventional teaching methods.

Hemi-Sync and Remote Viewing

With practice, a graduate could willfully and reliably enter a propitious level of cortical arousal without the aid of the Hemi-Sync sound technology. I hoped that our remote viewers could be trained to access arousal levels conducive to the five behaviors (relaxing, connecting, listening, becoming aware, and reporting) I had outlined years earlier, based on what I had learned from Dr. Harold Puthoff and Russell Targ [*Eds.* of SRI International], other research labs, a review of the pertinent literature, and my own personal remote-viewing experiences.



Joe McMoneagle, U.S. Army Remote Viewer No. 001

As the years passed, I learned a great deal from the SRI scientists, their remote viewers, and Ingo Swann [*Eds.* the originator of CRV] himself, and from working with our own cadre of Army remote viewers. It all reinforced my original thoughts about the five basic behaviors of remote viewing. If the viewers could develop their expertise in these behavior

skills, chances were that their remote viewing would improve. Yes, they would have good days and bad days, and a variety of factors would surely influence their performance, but any “advanced” training supportive of these basic behaviors seemed appropriate for the ERVers, and The Monroe Institute offered such training.

We contracted privately with The Monroe Institute founder Robert Monroe to work with Joe McMoneagle, our best ERVer, for ten nonconsecutive weeks over a period of one year. McMoneagle discussed his training with Monroe in his first book, *Mind Trek* (1993). He was a first-rate military officer when I recruited him for the unit, and since then had established himself as our most accomplished remote viewer.

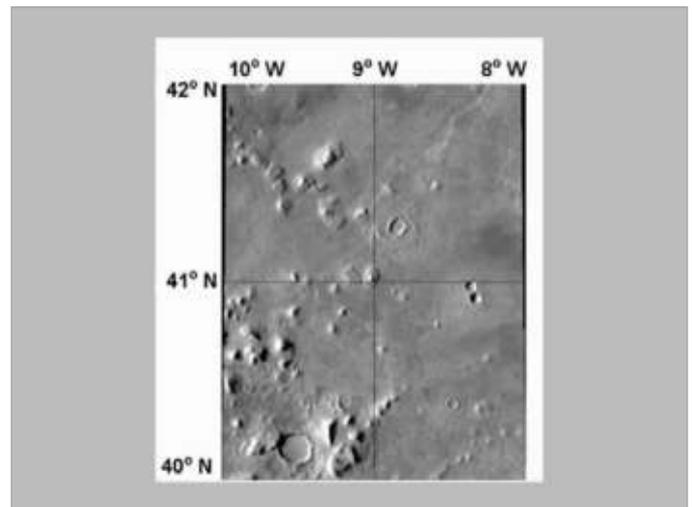
During these training sessions, Monroe worked one-on-one with McMoneagle, experimenting with him and teaching him how to access different levels of arousal. The recipe for this training involved several identifiable processes: First was learning how to physically relax. Monroe coached a relaxation process directing McMoneagle’s focus of attention to various parts of his body, encouraging him to tell these areas of his body to “relax, let go, sleep.” Next, Monroe coached him to attend to his breathing, to slow his respiration and to imagine that his breath represented the flow of life energy. Monroe then suggested that he set his intent for this session through a process of affirmation.

Once these first three ingredients were solidified, Monroe coached McMoneagle to focus his attention on his internal world or, stated another way, become aware of his own mental realm without the “noise” of the physical senses. The final ingredient in this training recipe was the addition of Hemi-Sync, an audio technology capable of altering one’s state of consciousness or first-person experience by altering the brain’s cortical level of arousal. Properly applied, this recipe would enable McMoneagle to orally report and/or journal his perceptions. This Monroe formula seemed very similar in many aspects to the behaviors that I had identified as conducive to the remote-viewing process.

Each training week, I conducted an “audit” remote-viewing session to try to determine any improvement in McMoneagle’s remote-viewing performance.

During these sessions, we were able to monitor physiological changes from electrodes placed on his fingers. A couple of these audit sessions proved to be some of the most demonstrative training sessions I had the privilege of conducting with him. During one of these, I decided to use the coordinates of some unusual structures on the planet Mars that Dr. Harold Puthoff had provided. McMoneagle reclined with headphones in a soundproofed room in the lab at The Monroe Institute, and Robert Monroe and I sat in the adjacent control room.

In preparation for this exercise, I had written, “The planet Mars, one million years B.C.” on a standard three-by-five-inch index card, sealed it in a small opaque envelope, and asked Monroe to put the envelope in his breast pocket. Monroe (and, of course, McMoneagle) did not know what I had written on the index card. I kept the list of specific coordinates (unseen by either of them) provided by Dr. Puthoff with me. When McMoneagle finished his cool-down period, I directed him to focus by saying, “Using the information in the envelope . . .” and then read him the first Martian coordinate. Monroe adjusted McMoneagle’s Hemi-Sync patterns.



Martian reconnaissance imagery provided by USGS.

McMoneagle seemed very deep (slowed respiration, slurred speech, incomplete sentences)—a good sign. He usually did well when he really got into the process. When he began to describe an “arid climate” in “some distant place,” I knew he was probably on target. I reviewed the list of Martian coordinates

provided by Dr. Puthoff and directed McMoneagle to “move” from his present location to the next set of coordinates on the list.

Of course, if he had started off by describing an aircraft carrier, a factory, a person having coffee, or some other irrelevant locale, I would have figured that the session was a “bust” and would not have continued with the Martian coordinates.

When directed to focus on the time period designated in the sealed envelope, McMoneagle reported the “after-effect of a major geologic problem.” When asked to move to a time before the geologic problem (perhaps thousands, or tens or hundreds of thousands, of years), he reported a “total difference” in the terrain. He also found a “shadow” of “very large” people. McMoneagle went on to explain that, by “shadow,” he meant that they were not there anymore. Once again, I asked McMoneagle to move back in time—to the period when the people were still there (again, perhaps thousands, or tens or hundreds of thousands, of years). He described “very large people” who were “wearing very strange clothes.”

As it turned out, McMoneagle described eight different coordinate-designated locations on Mars. When he began to describe the unusual structures on Mars, Monroe did not know if McMoneagle was on target; he asked me what was happening. As he continued to adjust the Hemi-Sync sound patterns, he asked repeatedly about McMoneagle’s descriptions. I gestured “Wait” several times until I finally turned to Monroe and winked, while saying simply, “Joe is on Mars.”

Monroe listened carefully to McMoneagle’s intriguing descriptions of an ancient race of “very large people” and a cataclysmic disaster that caused them to abandon their home. At one point, McMoneagle was in telepathic contact with one of the Martians. During this deep-contact period, his skin-potential voltage (measured from finger electrodes) reversed polarity—crossing the zero or null point—indicating a discrete shift in perception.

After the session, Monroe and I debriefed McMoneagle before revealing the contents of the sealed envelope. McMoneagle reiterated his feeling of having been “a long way off” and that this session was very different than his previous remote-viewing experi-

ences. He did a great job during this audit session; again, his comments on this unique remote viewing are in his book *Mind Trek*.

The importance of this remote viewing for McMoneagle (and the rest of us) extends far beyond the implications it may have for the exploration of the planet Mars in the 21st century. What I am reiterating here relates to what this session did for McMoneagle back in 1984 -- he was able to extend his consciousness across millions of miles and millions of years (in terms of space/time reality). This must have had a tremendous impact on his concept of self; he not only experienced his consciousness extending beyond the confines of his physical body but also reaching across our solar system, spanning millennia, and bonding (telepathically?) with another being. Who is this guy named Joe McMoneagle? And, if he is an example of our true nature, who are we?

The final results of this Hemi-Sync training cannot be explained in terms of better or higher-resolution remote viewing. Hemi-Sync training did not necessarily improve the overall remote-viewing quality, but rather the reliability of the remote viewer. The training provided remote viewers with a dependable tool that they could use to access beneficial states of cortical arousal, states conducive to relaxing physically and mentally, to connecting with the target, to listening quietly to internal perceptual processes, to becoming aware of the information of interest, and to accurately reporting (“objectifying”) such information. (When asked, McMoneagle simply says that the process helps him relax or prepare himself.)

F. Holmes “Skip” Atwater was the initiator of the U.S. Army’s remote-viewing intelligence program, and its Operations and Training Officer for ten years. A past president of IRVA and a founding member of the IRVA Board, he is now president of The Monroe Institute. Atwater has published technical research on methods for expanding consciousness, and authored the book, [*Captain of My Ship, Master of My Soul*](#) (2001).



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Metamusic®**



Metamusic combines music with Hemi-Sync sound technologies. Titles blend alpha, delta, and theta frequencies, which slow excess mental activity and facilitate meditation and relaxation. Beta frequency selections encourage focus and concentration while delta frequencies enhance restful

sleep.

Metamusic creates a unique ambience for each listener. Vividness of imagination and cooperation with the theme intensify the experience. The same Metamusic selection can be enjoyed repeatedly, engendering different perceptual states each time according to one's focus.

The Hemi-Sync concentration CDs can assist remote viewers in learning to focus. For more information, visit: www.monroeinstitute.org/store/

**HEMI-SYNC®
The Gateway Voyage®**



One of the core programs at The Monroe Institute is the Gateway Voyage, which has been offered for the past thirty years. It is a prerequisite for all other programs that are taught at the Institute. The Gateway Voyage is a week of self-discovery and

exploration into expanding human consciousness where attendees are introduced to Hemi-Sync.

The Gateway Voyage is also available as a home study course, titled The Gateway Experience® In-Home Training Series, and heavily employs the use of Hemi-Sync. For more information, visit: www.monroeinstitute.org/gateway_voyage/about/

**HEMI-SYNC® and Remote Viewing
By F. Holmes "Skip" Atwater**

Remote Viewing by Joe McMoneagle at The Monroe Institute with Skip Atwater and Bob Monroe. Quantum non-local psi perception is assisted by the Hemi-Sync process.

Video:
[Remote Viewing and Hemi-Sync](#)

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ever farther away into the distance. The small braided streams that make up this river represent all the many ways that the future might possibly unfold as we move into it. Most of these will never be realized, but some of them will. Which of these streams turn into our present and then shift into our past depends on which way events happening now turn out.

There are many branches of the future that are “possible” right now. But the events that make up our present “now” usually themselves have several possible outcomes. Once one of these outcomes is “decided,” it also decides which course one part of the future stream will take, as well. So, how events are resolved *today* may channel the future stream onto a different path, away from *one set* of future possible outcomes and towards different ones. Thus, the vast majority of possible futures will never come to be – and we do not know which ones they are.

This river of future possibilities is what I call the “open future.” Most of the events people want remote viewers to predict lie somewhere out in the vast collection of future potential events. Right now, all of these events are still “open,” in that they remain mere potentials here at present. Eventually most will be eliminated as possibilities, while a relatively small number will become certain to happen by the way the future stream is directed by present events being resolved.

When someone tries to remote-view an event in the “open future,” it is often done under the belief either that there is such an event to be found (for example, that there might actually be a “future major terror attack”) or that the manner and nature of a future event that *is* certain (such as one’s death) has already been decided and can be known. But the dismal record of people trying to predict these and other “open future” events shows how unpredictable such events usually are. A few exceptions occur, of course, but these are relatively rare. Because these exceptions *are* rare, they serve to confirm the uncertainty of most events in the potential future.

Does this mean that remote viewing can *never* predict a future event with any success at all? Fortunately, it turns out that it can – but differently from how people often expect. One mode of employing remote viewing does in fact predict certain futures

just as accurately as does remote viewing the present or past. More exciting still, this remote-viewing mode can be (and often is) used to turn a profit, that is, Associative Remote Viewing (ARV).

Unlike Controlled Remote Viewing (CRV) or Extended Remote Viewing (ERV), ARV is not a *method* of remote viewing. Instead, it is a way of tasking remote viewers, and you can use any remote-viewing methodology to do it.

But there is a catch: Only certain kinds of future events are predictable by ARV. One of the most common are “binary” events. Any binary event has two possible outcomes, one or the other of which *will* certainly occur. Typical binary events include the closing price of a stock (two possible outcomes: the price will have either gone up or down in relation to the open); team sporting events (one team will win, the other lose); or the price movement of a commodity (it will either go up or down).*

Unfortunately, as early remote-viewing researchers quickly discovered, you cannot just ask a remote viewer whether a stock will close up or down, whether team A or B will win, or if the price of gold will change up or down. If you were to ask such a question, the response you get will amount to little better than a guess. This is because the viewer’s conscious mind (“left brain hemisphere”) will weigh in, and it usually does not know enough about the event to be able to predict the outcome at more than about chance levels.

Starting with researcher Stephan Schwartz, pioneering remote-viewing scientists such as Dr. Harold Puthoff, Russell Targ, and Dale Graff recognized this problem. They soon realized that they could leverage remote viewing’s real strength – describing a target verbally and with sketches – in a way that allowed much more success in future prediction.

The ARV mode works like this: Pick two objects, say a pencil and an apple, without disclosing to the remote viewer who will be working on the project what they are. Decide ahead of time that, if the stock price

* Clever readers will note there is often a third option not mentioned here: for example, a stock price will stay the same or a game will end in a tie. There are ways of dealing with these situations, but for simplicity of explanation those possibilities are ignored here.

is up by the close of the trading day, the remote viewer will then be shown the pencil; in contrast, if the price is down, the viewer will be shown the apple. Then, ask the viewer to describe what he or she will be shown after the market closes on the selected trading day. The viewer uses a remote-viewing method to describe the object that will be shown to him or her several hours later.

Let's say the viewer says, "I see something that is round, red, sweet-smelling, and reminds me of a red rubber ball." Since this sounds more like the apple than the pencil, this indicates that the viewer will be handed the apple after market close. This, in turn, means that the stock will go down. And, if the stock does go down in price, you show the viewer the apple.

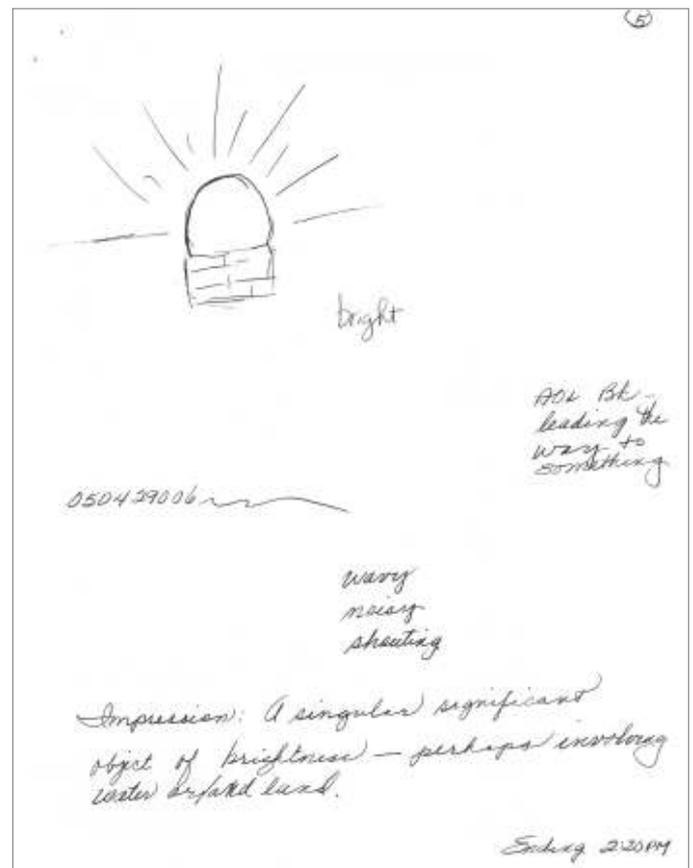
You can think of ARV as the viewer "looking into the future" to get some news from his or her future self – the news being the features and appearance of the object he or she will be shown after market close.



An example of an ARV target feedback photo

By having the pencil "stand for" one outcome and the apple "stand for" the other, you have "associated" each object with one or the other of the possible future outcomes.

A great thing about ARV is that you do not have to be an expert remote viewer to be successful with it. You just have to be able to remote-view well enough that the "judge" (the person who judges which target the viewer's results best match) can pick the target that stands for what the final outcome will be. As I tell my ARV classes, associative remote viewing at its simplest is a "duet" between the viewer and the judge. If both of them are in step, they cannot help but win.



These sketches, compared to the feedback photo, show that ARV results need not be of especially high quality for the judge to make the correct decision between possible ARV targets.

ARV can actually be used to predict events that have more than two possible outcomes. It has been used to predict horse races and lotteries successfully, and people are always trying to think of new events on which to use ARV.

Many folks pursue ARV today. One of the more

prolific over the past few years has been a retired engineer named Marty Rosenblatt, who has experimented with a number of different approaches to ARV. Another, Greg Kolodziejzyk, has done literally tens of thousands of ARV trials over the past 13 years, with considerable success. Still, while it is successful, ARV is no *more* successful than is remote-viewing the present or past – about 70 percent, give or take. So what keeps ARV from being 100 percent successful? I'll mention a few of the basic problems here.

Return to our previous example. What happens if the stock price goes up instead of down, yet the viewer nonetheless described the apple instead of the pencil? First, in order to keep the protocol clean, the viewer *must* be shown the pencil, even though he or she apparently described the apple. The standard ARV protocol requires that the viewer *only* be shown the associated item that matches the correct outcome, and should never become aware of what the other object might be.

Why, then, did the viewer describe the apple? The culprit in this case may be something called “displacement,” which is the occasional tendency of viewers to perceive and describe the wrong associated target. Displacement occurs often enough that it can be a real annoyance in ARV projects. It can even lower profits if you go through with a trade based on wrong information.

Sometimes we know why displacement happens. Maybe the viewer just subconsciously dislikes one target or finds the other more inviting. For example, perhaps the person choosing the targets selects a fearsome-looking mask and a cute stuffed animal. In that case, the viewer might be subconsciously attracted to one and repelled by the other, no matter what the correct associated outcome turns out to be.

Other times, the objects chosen for the target pool might be too similar; for instance, where the targets selected were a doughnut and an automobile tire. In that case, even if the viewer's results were accurate, the judge might have a hard time deciding which target had been matched. As you can see, care in choosing and matching targets is essential for ARV success.

Still, there are times when the viewer displaces to the wrong target, and there is no clear explanation why. In those cases, you just have to take the loss

and move on.

Other complications can get in the way of ARV success. Sometimes the judge may make a mistake in analyzing the viewer's data and chooses the wrong target, even if the viewer performs well. The best way to avoid this is to make sure the judge is competent and experienced in the judging procedure.

The ARV process is very simple in concept, but can be more complicated in execution. Nevertheless, for those who want to put the necessary work and commitment into it, ARV can be rewarding. While still an undergraduate, my son Christopher and his fellow classmates in a course in parapsychology at the University of Colorado took what they had learned about ARV and, with a \$10,000 contribution in seed money, invested in the stock market. After predicting seven correct trades in a row, they had turned their seed money into \$26,000.

Greg Kolodziejzyk, mentioned earlier, has netted nearly \$150,000 in the futures market over the past 13 years. And recently, over a two-week period, an ARV student named Nancy Jeane concentrated on the Texas Pick-3 lottery. During those 14 days, she got two out of three numbers in the correct order eight times. And, she won the full Pick-3 twice. Considering that, by chance, one should win the Pick-3 only once in a thousand tries, and win twice only once in a million times, the fact of winning it two times in 14 attempts is mind-boggling.

So, the next time someone says, “If you're psychic, why aren't you rich?” maybe you will be able to answer, “As a matter of fact, I am working on that right now – using associative remote viewing!”

Paul H. Smith, Ph.D., is a founder, former president,



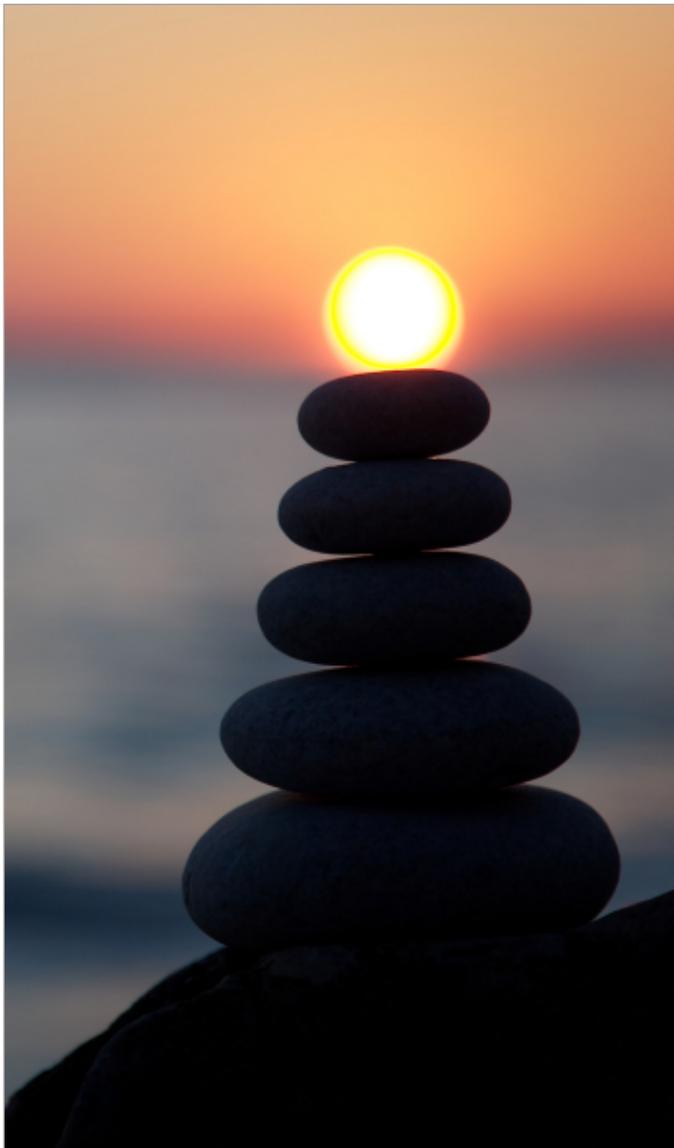
and current Board member of IRVA, and a former member of the U.S. Army's Star Gate remote-viewing program at Ft. Meade, MD. Author of *Reading the Enemy's Mind: Inside Star Gate, America's Psychic Espionage Program* (2005), he is

the president and chief instructor of [Remote Viewing Instructional Services, Inc.](#) in Austin, Texas, where he teaches *Controlled Remote Viewing (CRV)* and *Associative Remote Viewing (ARV)*.

RV TRAINING & TECHNIQUES

MEDITATION and Remote Viewing

by Mark Berger



Styles of remote viewing such as Controlled Remote Viewing (CRV) and Extended Remote Viewing (ERV) require a certain amount of mental control and discipline on the part of the viewer as they are being employed. The untrained mind tends to fabricate random thoughts or wander off-target at times during the remote-viewing process. Also, emotional responses in the remote viewer, triggered by infor-

mation accessed by him or her at the target, can pull the viewer out of the session. The challenge for all remote viewers is to open their minds to the matrix of information and stay on track with the proper remote-viewing protocols and the viewing objectives.

Meditation has often been recommended as a way to improve one's process of awareness in the remote-viewing experience. While this is true, the world of meditation practice and styles is enormous. Meditation is a form of mental training and, as with physical training, there is a variety of practices and varied results -- just as there is aerobic, weight, static, and cross training in the physical realm. Meditation can be done with combinations of concentration practice (on words, feelings, images, the breath, etc.), awareness or mindfulness practices, and a practice of being in the moment-to-moment experiential reality of each of the senses. The mental training and discipline required by all of these practices can provide a foundation to help remote viewers work with the signal line and data from the target, as well as any disturbances that occur and cause distraction during the viewing experience.

As a remote viewer accesses the signal line, data comes into his or her present consciousness. In this process, the mind experiences events and can then assign descriptors such as adjectives, emotional feelings, or nouns (usually characterized as analytical overlay [AOL], at any time in a session but particularly early on). The mindful viewing of distractions or AOL can be used to notice any present "imbalances" in the viewer's mental state. With meditation practice, these imbalances become known and familiar, and allow the viewer to learn how his or her mind is working, given the data received and mental activity experienced.

Knowing the conditioning or "climate" of one's mind permits the use of a variety of meditative techniques or tools to focus on the task at hand. For example, applying mental energy could be used to strengthen concentration; or, relaxing stress or tension could be used to release disturbing thoughts or to tranquilize

the mind. The nature of the present mental imbalance will show the viewer a way to better work the target for a more likely successful viewing.

Meditation begins with learning how to train the mind to focus without distraction -- done by looking within daily and using an object of concentration to focus the mind and watch how it works. Using the breath, for example, one can find a place where the breath feels pleasant or watch the energy flows of the breath as it enters and leaves the body. It is important to simply stay with the experience of the in-breath and the out-breath.

Another way to train the mind is simply being mindful of what is happening in each present moment -- observing what is coming in from the senses and where one's mind is going or how it is being stimulated. This can be done all the time, while one is walking, sitting, standing, eating, bathing, etc. This awareness practice can be done as one's mind moves away from the object of meditation and begins to think, reflect, plan, or wonder. Ultimately, the practice is about being in a state of open mindfulness regardless of where one's attention goes, and gently bringing the mind back to the object of original concentration (here, the breath).

Length of practice should be 20 minutes at first, expanding to 30 minutes and 45 minutes as one's ability to concentrate grows. Meditation such as mindfulness can be done throughout the day; its regular practice is what brings results. Having a set time each day for practice is best, and will help give a remote viewer more control during his or her viewing sessions.

A very useful meditation skill is "tranquilizing the mind," using a technique known as "The Six Rs." The first R is realizing that one's mind has gone away from its object of concentration. In a remote-viewing session, this could be distractors from the signal line or any conscious mental activity. The second R is releasing the thought or experience, and just allowing it to be there without any judgment, comparison, or identification (akin to "setting it aside" in the CRV protocol). The third R is relaxing -- finding where in the mind or body any tension exists and applying an intention to relax that place. This can be done to a specific site or globally in the mind. The fourth R is returning a gentle smile to your face (smiling while meditating), which makes for an "up-turned" mind

that is open for data. The fifth R is returning to the object of original concentration. The sixth, last R is repeating the process.

Developing this skill can help enable remote viewers to avoid getting sidetracked into personal mental activity that will sabotage their sessions. While at first the application of the six steps may be mechanical, with practice they will become easier, smoother, simpler, and faster. This relaxation process can be used in the beginning of mental training at the gross level as well as the advanced stages of viewing and the most subtle experiences of the mind. There is also a wider application too, not only during remote viewing or meditation but also in daily life whenever one's buttons get pushed and adverse mental states or emotions arise.

Meditation assists the remote viewer by providing more mental control with his consciousness and discernment of the events that occur while viewing. If disturbed by too many extraneous thoughts, including attractors or distractors, a viewer can use stronger concentration to stay on the signal line. Whatever AOL occurs can be observed with mindfulness and then, along with the identification tendency and the fabrication of thoughts or reflections, be released so as not to hinder or sabotage the session.

Overall, meditation helps viewers strengthen their concentration to be clear and see their mental patterns better. Meditation with awareness and concentration can assist in bringing attention to the whole viewing process and, in this way, can give the viewer more control, attention, and more mental discipline during the viewing activity.

Mark Berger, an advanced practitioner of daily meditation for 39 years, completed a 2 1/2-year training program in 1995 as a meditation teacher for small retreats from Spirit Rock Meditation Center in California. He has also been trained in controlled remote viewing, starting in 2002. If you have any questions regarding meditation, you can contact him at brgr4u@cox.net.



REVIEW

TELL ME WHAT YOU SEE

by Cheryle Hopton

Remote Viewing Cases from the World's Premier Psychic Spy

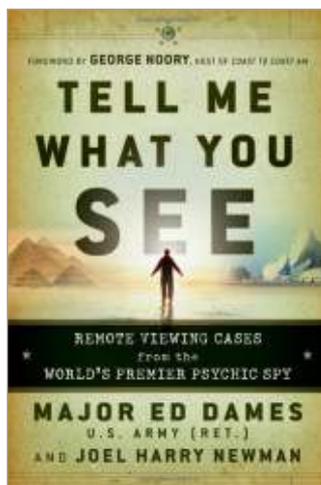
By Edward Dames & Joel Harry Newman
John Wiley & Sons, Inc., Hoboken, NJ, 2010
ISBN 978-0470581773

“Remote viewing is about reaching beyond the five senses into the unconscious mind, to look inside and miraculously gather information stored like web pages on a cosmic computer. Even more miraculous is that we all have the innate potential to do this, a prescient sixth sense.”

--- Edward “Ed” Dames

Tell Me What You See, Remote Viewing Cases from the World's Premier Psychic Spy is the latest remote-viewing autobiography to be penned by a former member of the U.S. Army's 18-year psychic-spy program located at Fort Meade in Maryland. This volume, which sometimes reads more like a science-fiction thriller, presents the author's early life, his time in the military's remote-viewing unit, the many personalities he interacted with through the years, and session data from several military and civilian targets that were worked. It also describes in detail the varied challenges the unit faced because of political and military indifference, bureaucracy, and fear.

Ed Dames is, without a doubt, one of the most colorful and controversial individuals to have ever been involved in the Army's remote-viewing program and, with his flair for the dramatic, he takes the reader on an emotional roller-coaster of a journey through reality as he sees it. As Dames describes himself in the book, he is “jagged and ruined, a little wild-eyed, but not too crazy.”



The Army's remote-viewing unit was established in October 1977 by then Lieutenant F. Holmes “Skip” Atwater at the direction of the Army's Assistant Chief of Staff for Intelligence, and was ultimately deactivated by the CIA in September 1995. Temporarily attached to a group of three other novice viewers from the Fort Meade unit, Dames was partially trained in 1984 by gifted psychic/researcher Ingo Swann in Controlled Remote Viewing (CRV). He also took part in a week-long experimental ESP screening program using Hemi-Sync® consciousness-altering technology at

The Monroe Institute in Faber, Virginia. Dames officially joined the remote-viewing unit in January 1986, nine years after its formation. Originally assigned to work as a remote-viewing monitor and project officer for the military unit, Dames went on to take over the unit's training officer duties from Skip Atwater, and serve as his assistant operations officer until Atwater's retirement in early 1988. Dames left the unit in December 1988, and approximately a year later formed his own company, Psi Tech.

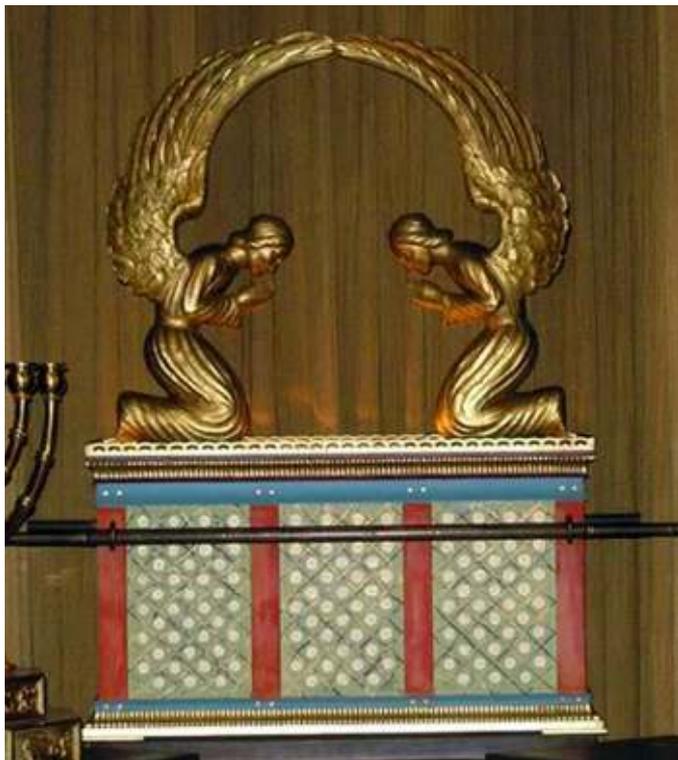
With Dames using as viewers his former remote-viewing colleagues (moonlighting from their government jobs), Psi Tech initially took on commercial contracts and did *pro bono* and speculative work. But, beginning about two years after Dames's 1991 military retirement, Psi Tech took the first steps toward training civilians in remote viewing.

Dames describes a CRV session in the book accurately enough to capture anyone's interest, and relates specific cases worked by the military's remote-viewing teams, such as intelligence on the Soviets' bio-weapons program and the whereabouts of missing POWs.

For his civilian team, he has frequently boasted of

a 100 percent accuracy rate in years past; however, in this book he refers to targets such as the disappearance's of millionaire celebrity pilot Steve Fossett (whose plane vanished over Nevada) and a young Colorado girl named Christina White, where his post-RV analyses did not reach any definitive conclusion. Such is the bane of all remote viewers sooner or later.

One of the more exciting and intense remote-viewing sessions described in the book is the search for the biblical Ark of the Covenant. The military remote viewers described the Ark in detail and take you along as it is secreted away from Solomon's Temple to its current resting place. Of course, this is another instance where post-session analysis cannot verify the remote-viewing data, but, as Dames says in the book, "Part of me didn't really want to know."



A replica of the Ark of the Covenant, George Washington Masonic National Memorial

Dames's claim to be the world's premier psychic spy may be perceived by many readers as being a bit cheeky. Although he does have a reputation for being a qualified and tough remote-viewing instructor, there are several exceptional, well known, remote viewers in the modern field (some also from the original Fort Meade unit) with at least equally qualified teams that

privately work missing-person cases and corporate, historical, and intelligence-agency targets.



Bill Ray, Paul Smith, Ed Dames, Ingo Swann, Tom McNear, and Charlene Shufelt. Photo courtesy of Tom McNear.

Dames has clearly put his ego into writing this book, and it is his portrayal of himself as the central figure in the military remote-viewing unit, as well as the subsequent civilian remote-viewing community, that draws the reader in and keeps him or her reading. He is combative, argumentative and ego-driven, which has earned him countless critics over the years. But, it has also made him a good salesman and appears to have given him an earnest desire to do good work and be creative.

Perhaps not surprisingly, there are many contradictions between what Dames remembers of his years in the military remote-viewing unit and the recollections of his fellow team members and superiors. But, as one of the other unit members once said, "Memory is a peculiar thing. We are all sure we can trust it, but it often lets us down right when we need it most."

Regardless of whether everything in this book is accurate, believable, or provable, it makes for an interesting read.

Cheryle Hopton currently serves as IRVA's Vice President, managing editor of *Aperture*, moderator for the IRVA forum and newsgroups, and coordinator of IRVA's annual conferences. She is also a member of IRVA's board of directors.



CONFERENCE HIGHLIGHTS

LAS VEGAS 2011: The IRVA RV Conference

by the Editors of Aperture

The Green Valley Ranch continues to be a huge hit with both our annual conferences' presenters and attendees, and so, by popular demand, this year's IRVA Remote Viewing Conference returned for a third time to this upscale resort in Las Vegas, Nevada, during the weekend of June 17 – 19, 2011.



The facility is beautiful, modern, and plush, with an expansive reception and registration area, exceptional catering services, and many restaurants and fun activities to choose from. Lighting and the audio/video systems in the conference hall were beyond reproach, and IRVA provided several special amenities to make attendees' days at the conference easier, including transportation to and from the resort; in-room wireless, high-speed Internet access; a vendor area at the rear of the conference hall; and ample supplies of the resort's famously good coffee. Friendly volunteers were always available to help, as needed.

Over the three calendar days of the conference, attendees were treated to a plethora of spirited and insightful presentations, ranging in topic from remote-viewing applications and case studies to theories of consciousness and perception. This year's conference also featured popular hands-on sessions, including associative remote-viewing (ARV) and outbounder remote-viewing workshops.

Day One

Setting the stage for the opening was Master of

Ceremonies William "Bill" Ray. Ray has a long history in the remote-viewing community, having served as a commander of the U.S. Army's Fort Meade RV Unit and been one of the five military viewers trained by Ingo Swann. He spent over three years in the Fort Meade unit and has remained involved with the remote-viewing community ever since, including facilitating IRVA's *FocalPoint* online remote-viewing practice community. With his sharp Irish wit, along with a few songs and jokes, he kept the crowd entertained and the presentations on time.

The conference-in-chief began with Dick Allgire, vice president of the Hawaii Remote Viewers' Guild (HRVG) in Honolulu and a popular presenter at earlier IRVA gatherings. Allgire is well known at the conferences for his fascinating presentations, and this year's entry was no exception. His thought-provoking presentation, "A Message to the Past," was the talk of the conference because the implications of the experiment he described, if repeatable, could be quite profound. He posed the question: Can remote viewers affect the past and cause an effect that will be evident in the present? His presentation took a look at a session, done "blind" by a remote viewer, HRVG president Glenn Wheaton, while being video-recorded. Wheaton clearly hit the target -- Civil War photographer Matthew Brady.



Dick Allgire with feedback photo

But there was more to the project. The viewer at-

tempted to “impregnate” an object (a photographic plate) at the target location with a message, to see if the message would show up across time. Allgire presented photographic evidence that, while certainly open to interpretation, made the audience consider that very possibility.



Stephan Schwartz, a founding IRVA Board member

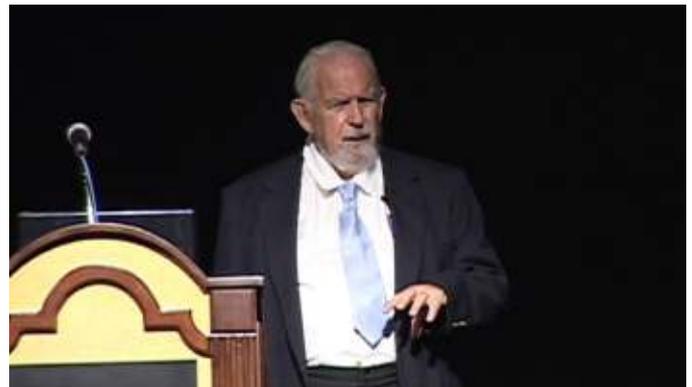
IRVA director Stephan Schwartz continued the sessions with “Exploration with Remote Viewing: The Mobius Consensus Protocol.” Schwartz explained that the early remote-viewing protocols were essentially designed for “proof of principle:” Is it possible to obtain objectively verifiable data that cannot be explained as coming through normal sensory channels? The outcome was a mere statistic demonstrating variance from pure chance. In contrast, his Mobius Consensus Protocol (MCP) sought to answer this question, but only as a first stage of analysis.

The MCP is predicated on the assumption that a remote-viewing project begins as an “intention contract” that creates a kind of bio-circuit in which every participant has a role to play, as part of a “mega-mind,” with the collective purpose of solving some practical problem. Schwartz walked the audience, step by step, through how MCP was designed for practical applications work, including showing fascinating video of Ingo Swann, and the late Hella Hamid and George McMullen, working live research targets.

Next up was IRVA director and P>S>I president Lyn Buchanan’s presentation on “What Humans Perceive and How it Affects Our Viewing.” Buchanan described the physical-response aspects of remote viewing and how those aspects factor into the early stages of controlled remote viewing (CRV). He went

on to explain that remote viewing is very much like a mental martial art, with the similar requirement of constant practice, practice, practice! He asserted that the conscious and subconscious minds each speak a different language and that the body can act as a translator between the two.

Buchanan explored the means by which we perceive information through seven different senses: our eyes, ears, nose, tongue, skin, sense of ambience, and our psychic ability. He further explained the proper use of these senses as tools; when, why, and how they should be applied; and the importance of taking breaks during a session. He finished up with a detailed overview of remote viewing by association (ARV) and his thoughts on how the subconscious mind often presents information symbolically. He warned of the problems with associating “nouns” to perceptions, and that a viewer should always “describe, not identify” in perceiving information.



Lyn Buchanan, a founding IRVA Board member

Rounding out the first day’s sessions was a fascinating presentation by international author, speaker, and researcher David Oates. Oates is the founder and developer of Reverse Speech technologies and was the first person to document speech reversals in human speech in 1983. He has since worked extensively on research and development of these techniques. His presentation, “Can Reverse Speech Benefit the Remote-Viewing Community?” initially discussed the theory of reverse speech, presenting examples and studies that support its existence, and its uses and applications for society in general. Then, using audio recordings of remote-viewing session data from IRVA members, he discussed its specific uses in remote viewing and how it might enhance

both the skills of viewers and the thoroughness of their analyses. He speculated that the supposed “telepathic overlay” phenomenon, involving mental interaction between monitors and viewers, might in some cases be due to reverse-speech cues in the monitor’s speech.

Friday’s events ended with the ever-popular annual evening PK (for *PsychoKinesis*) or “spoonbending” party hosted by Lyn Buchanan. Buchanan guided the crowd through the process of bending solid metal cutlery without exerting serious physical strength. It was quite a sight to see the ballroom filled with people screaming at their silverware, shouting “BEND! BEND! BEND!” Successful spoonbending “cheerleaders” shouted at first-time spoozbenders’ forks to aid them in their process. Veteran spoonbenders slung their properly bent silverware on their belts like harvested game pelts, while many novices at the party stood in stunned disbelief at their own successful efforts.

Day Two

The second day opened with a presentation by Lori Williams, who has been teaching Controlled Remote Viewing (CRV) since 2001. She discussed the topic



Lori Williams

of “Making Remote Viewing Work for You,” beginning with a simple multiple-choice test that relied on attendees’ intuition to answer each of three questions by different techniques. Williams explained that the human body is the interface between the conscious and subconscious minds, and can provide answers to unknown questions through a variety of sensory techniques.

The first test question was to determine Williams’s maiden name by using the body’s sense of temperature to scan and identify the “hot” answer out of four possible choices. The second experiment repeated the process with a different question, but using the sense of vision. She suggested envisioning a bright light or a camera flash as the identifying characteristic of the correct answer. The final experiment was to determine the correct answer to a question audibly by intentionally associating a sound such as a “ding” or “buzz” with the correct answer.

Williams was very happy with the results, many in the audience having answered all three questions correctly. She explained how these techniques can be used to choose the shortest line in a bank or grocery store, or to determine which elevator door will open first in a crowded lobby. Williams gave humorous examples of how she has used CRV and these sensory techniques to manage her children, help people find lost items and new jobs, and examine relationships. Above all else, she emphasized the value of setting aside one’s personal ego and just having fun with remote viewing.

Dr. Courtney Brown, an Emory University mathematician and social scientist (and the founder of



Courtney Brown, Ph.D.

the Farsight Institute), returned to Las Vegas for another exciting presentation on conducting public demonstrations of remote-viewing experiments. Brown presented “The Creation of the Asteroid Belt,” a remote-viewing study conducted at the Farsight Institute of Thomas Van Flandern’s “exploding planet” hypothesis.

Working with a team of remote viewers from the Hawaii Remote Viewers’ Guild and IRVA director Lyn

Buchanan’s P>S>I training company, Brown detailed an experiment to remote-view the origins of the asteroid belt. The experiment included targeting the creational process or events of three different asteroids, and comparing the data received against two popular theories on the origins of the asteroid belt. Judged session data appeared to correlate significantly with van Flandern’s exploding planet hypothesis, while the other theory, postulating a gradual formation through solar nebulae, enjoyed little corresponding data.

Brown went on to discuss how these experiments represent the type of contribution that remote viewing can make to the field of science. He explored how this type of exciting work might stimulate the interest of a new generation of remote viewers.



Marty Rosenblatt

Marty Rosenblatt, president of the Physics Intuition Applications corporation (PIA), presented a workshop on his new Unitary or 1ARV protocol. After giving a detailed explanation of the protocol, and his current thinking on the subject of human consciousness and its connection to the physical universe through zero-point energy, he invited the audience to experience 1ARV through a public experiment. He had the audience predict the outcome of an “over/under” wager on the then-upcoming Yankees-Cubs baseball game by dividing the audience into two groups, one representing the “over” wager and the other, the “under” wager. The tasking for the experiment was for the group representing the successful wager to remote-view a target represented by a feedback photo associated with that wager, and for the group representing the unsuccessful wager to view a personal “open” target selected by their subconscious minds.

The core theory of 1ARV is that only one group will have session data that strongly correlates with their feedback photo, and the other will have little correspondence because each viewer will be viewing his or her own “open” target instead. This new protocol is an effort to resolve the “displacement” problem that often plagues ARV experiments.

The experiment was highly successful, with the “over” group showing very little session-data correlation, while the “under” group had strong correlation to data at their photosite. Bets were then made, and photo feedback was provided only to the group representing the winning wager after the game was concluded. The experiment was a great success, with the forecasted “under” wager being correct. It was all great fun, and attendees greatly enjoyed participating in the first live demonstration of this new remote-viewing protocol.

IRVA director and former president Paul H. Smith, Ph.D. continued with a discussion of “The Paradigm Argument Against Psi and What To Do About It!”



Paul H. Smith, Ph.D., a founding IRVA Board member

Smith presented the critics’ typical argument that psi cannot be real because it would act to invalidate all that is currently known about the universe. He equated it to Ingo Swann’s now-famous “reality box”--the claim that, for psi to exist, it would collapse the physicalists’ “reality box,” as it would have to come from outside their reality. He went on to explain how the extensive evidence for psi is never enough to convince the critics, for they also require a theory compatible with their existing paradigm. Smith noted that psi does not threaten modern-day physics, but rather only physicalism -- the belief that all can be

explained by physics. He explained that physicalism is a metaphysical concept in and of itself, as yet to be proven, and that the abundance of evidence for psi might eventually show physicalism to actually be the belief that is irrational.

Next up was Smith's son, Christopher Smith, with an excellent presentation on a college Associative Remote Viewing (ARV) project. The younger Smith gave a brief overview of what ARV is, its history, and what he hoped to achieve with his study. He described his experiment, which consisted of using a ten-person team of inexperienced remote viewers to accurately predict the direction of the stock market. Seven trials were conducted and each correctly forecast the direction of the market. Highly successful, the experiment turned a \$10,000 bankroll into \$26,000 by the end of the study. Smith noted the areas that his team hoped to improve upon in the future, such as judging, viewer recruitment, and the benefits of a team approach.

The topic for panel discussion was "Remote-Viewing Promotion and Public Perception." The distinguished panel, chaired by Bill Ray, featured Alexis Champion, Ph.D., Jim Channon, Pam Coronado, Melvin Morse, M.D., and HRVG president Glenn Wheaton. Champion gave an overview of how he



Alexis Champion, Ph.D., Jim Channon, Pam Coronado, Melvin Morse, M.D., and Glenn B. Wheaton

established a remote-viewing service business in the mold of a typical business model, complete with office, staff, marketing, etc. He felt that, if remote viewing is treated the same way as any other emerging technology, the market would not be afraid to employ it and would embrace it as they would any other business

tool.

Jim Channon talked about how remote viewing came about and the early heroes and champions of the field. He added that, while respecting the past, we need to move beyond its historic and academic roots. He mused that it is time to use social media and other forms of communication to bridge the remote-viewing community over to other sympathetic and synergistic groups.

Pam Coronado, star of the Discovery Channel's *Sensing Murder*, emphasized the opportunities afforded by television to expand popular awareness of remote viewing. She stressed the importance of demonstrating remote viewing through television in an honest and realistic manner, educating the public to the strengths and weaknesses of the process. She amplified on Champion's business model for remote viewing, and explored the framework and mission of her own "Project Search for Hope" non-profit organization.

Pediatrician and researcher Melvin Morse spoke of moving beyond the "does it work?" stage, and how to optimize the efficiency of remote viewing, and applying it to everyday concerns such as intuitive medicine and diagnostic applications.

Glenn Wheaton, HRVG's president, gave a brief overview of the early events that formed public perception of remote viewing and how the remote-viewing community may have lost some momentum along the way. He described his efforts to help popularize remote viewing through published works, such as novels by author Kam Majd and the recent movie, *The Men Who Stare at Goats*. He added that it was time for professionals in the field to adopt a more collaborative effort to reach beyond the immediate community through projects and events.

Saturday night concluded with a hosted speakers reception for the attendees, featuring a beautiful spread of desserts and finger-foods catered by the excellent kitchen of the Green Valley Ranch. Shortly afterwards, University of Maryland philosophy professor Stephen E. Braude, Ph.D., presented the keynote address, titled "Psi and the Nature of Abilities." Braude first explored what a human ability really is, and then the distinction between capacities, abilities, and skills.



Stephen Braude, Ph.D., 2011 IRVA Conference keynote speaker

He next applied those definitions to the case of psi functioning to explore whether psi is an inherent human capability present in everyone, or an ability or skill that can be trained or improved upon with practice. He also discussed savants and the concept of naturally gifted or “all-star” psychics. Braude went on to speculate that our lack of understanding of the nature of psi limits our ability to research and apply it in everyday life.

Day Three

The final day of the conference began with a dynamic and entertaining presentation by Debra Katz entitled “Twins Separated At Birth: Remote Viewing & Clairvoyant Reading.” At approximately the same time



Debra Katz and volunteers

as Controlled Remote Viewing (CRV) was developed by Ingo Swann and the researchers at the Stanford Research Institute, another viewing technique was being created in Berkeley, California by a visionary named Louis Bostwick. Katz described Bostwick’s parallel effort, and compared the similarities and dif-

ferences of both the founding individuals and the techniques they developed. She illustrated the concept of a “videogram,” analogous to the CRV ideogram but using mental-visualization techniques to identify aspects of the target. Attendees were invited on stage to participate in a demonstration of the technique, and, although the results were not as good as had been hoped for, all enjoyed the exercise and wished they had had more time to explore the method.



Jeffrey W. Smith, Psy.D., and son

A shared presentation by psychologist Jeffrey W. Smith and Dr. Melvin Morse explored the use of remote viewing and other non-local techniques in “Therapeutic Applications of Nonlocal Viewing for Counseling.” Smith discussed the hemispherical nature of the human brain, and the roles and functions of the two hemispheres. He explored the use of various tools and techniques to bring the two hemispheres into “coherence” to enhance efficacy in the remote-viewing process. A fun and fascinating demonstration of a low-cost computer-based tool, the “HeartMath emWave,” was performed by Smith’s young son to illustrate moving the mind through different states of mental coherence.

While Smith provided a set of tools and theory for the use of remote-viewing techniques in counseling, Morse provided interesting case studies of applying aspects of remote-viewing protocols in a therapeutic environment. He cited the use of an analytical overlay (AOL)-type methodology in the treatment of post-traumatic stress disorder, as a means of dissociating experiences from unrelated trigger events, and the use of CRV’s Stage 5 techniques as a therapeutic exercise to dissect personal topics and issues. He

also discussed the therapy known as Eye Movement Desensitization & Reprocessing (EMDR), suggesting that this technique is remarkably similar to the protocols of CRV and might be used as an adjunct to improve remote viewers' accuracy.



Alexis Champion, Ph.D.

French researcher and IRIS-IC president, Dr. Alexis Champion, described the use of software to enhance the overall effectiveness of a remote-viewing business model. He recounted the operational history of his remote-viewing consultancy business and how the adoption of standard business tools, including custom analysis tools, has allowed for the orderly expansion of his business, improving customer communications, project definition and execution, data analysis, and even the session data of the remote viewers.

A final remote-viewing experiment involving attendees was conducted by IRVA directors Stephan Schwartz and Paul H. Smith. The format used was the traditional "outbounder" or "beacon"-type of remote-viewing session. This year's experiment was very successful, with many of the participating attendees experiencing good psychic contact with the target site, the Little Baha Garden and Design Center's outdoor garden and patio area, located just a few miles from the Green Valley Ranch. Many participants "saw" the patio area, and some had excellent drawings and descriptions of a central water-fountain feature. It was fun for first-timers and experienced viewers alike to watch the feedback video from the site and then compare notes on how they all did individually and as a group.

While waiting for the outbounder team to return with its video feedback showing the target site, IRVA



William "Bill" Ray, Master of Ceremonies

held a large raffle consisting of many excellent prizes donated by generous friends, members, and directors. Also featured for sale by silent auction were two unique photographic prints of Ingo Swann, donated and signed by famed rock 'n' roll photographer Robert M. Knight. There were so many prizes that many attendees won two or more times!

The social aspect of IRVA's annual conferences continues to be one of the prominent features that many attendees enjoy most, and they used this opportunity once again to make new friendships, renew old ones, and meet many of the researchers, instructors, and other notable members of the international remote-viewing community.



Attendees Ralph Burton (l) and Ed Wilde (r)

For those who may have missed this year's conference in person, DVDs of all of the presentations are available through IRVA's website. We look forward to another outstanding annual IRVA conference in Las Vegas next year beginning on Friday, June 15, 2012.

For DVD information please visit: www.irva.org/shop/dvds.html.

IRVA News

IRVA Announces 2012 Call For Papers “Celebrating 40 Years of Remote Viewing”

The 2012 Remote Viewing Conference, sponsored by the International Remote Viewing Association (IRVA), seeks to provide a forum for the presentation and discussion of remote viewing. In particular, but not exclusively, our aim is to enrich the issues and contribute to the understanding of remote viewing with empirical research and an overall perspective.

We solicit submissions in any area that explores issues relevant to remote viewing or related fields. Appropriate topics include remote-viewing history, philosophy, theory, practice, training techniques, research, etc. However, innovative contributions that do not fit within these parameters will also be considered since they may be of interest to conference attendees.

The conference will be held June 15-17, 2012, at the Green Valley Ranch in Las Vegas, Nevada. See the Call for Papers at www.irva.org.

IRVA Announces Board Member Changes



Pam Coronado was elected to the Board of Directors in December 2011. Pam, star of the popular television series *Sensing Murder*, has been involved in forensic psi work since 1996 and has consulted as a psychic detective for government and private agencies, including the Federal Bureau of Investigation, on some of the nation's highest-profile crimes. A constant advocate for victims and their families, she is the founder of the non-profit *Project Search for Hope*. Pam also provides training for those interested in assisting with psychic detective work.



Glenn B. Wheaton (SFC, U.S. Army, Ret.) was elected to the Board of Directors in December 2011. Glenn is the co-founder and president of the Hawaii Remote Viewers' Guild (HRVG) in Hono-

lulu, Hawaii, a non-profit organization dedicated to research and training in remote viewing. Wheaton currently works in Honolulu as a Radio Frequency engineer.

To allow for the addition of the new directors, Stephan A. Schwartz and Russell Targ have graciously offered to move to IRVA's Board of Advisors. We thank them for their long and dedicated service on the Board of Directors, and welcome them in their new role. We also want to thank and acknowledge the efforts of William P. Eagles, a long-time officer, director of IRVA, and managing editor of *Aperture*, who stepped down from the board in September to pursue other activities.



2011 IRVA Conference DVDs Are Now Available!

IRVA is pleased to announce that the 2011 IRVA Remote Viewing Conference presentations are now available on DVD. Please visit the conference website to read the speaker's abstracts.

Presenters:

[Stephen E. Braude, Ph.D.](#)

[Dick Allgire](#)

[Courtney Brown, Ph.D.](#)

[Leonard \(Lyn\) Buchanan](#)

[Alexis Champion, Ph.D.](#)

[Jim Channon \(Panel Discussion\)](#)

[Pam Coronado \(Panel Discussion\)](#)

[Debra Lynne Katz](#)

[Melvin Morse, M.D. and Jeffrey W. Smith, Psy.D.](#)

[David J. Oates](#)

[Marty Rosenblatt](#)

[Stephan A. Schwartz](#)

[Paul H. Smith, Ph.D. and Christopher C. Smith](#)

[Glenn B. Wheaton \(Panel Discussion\)](#)

[Lori Lambert-Williams](#)

IRVA offers one-click ordering through its website at www.irva.org/shop/dvds.html.

FEATURE ARTICLE

MONITORING

Techniques & Responsibilities

by William "Bill" Ray

Monitoring is a role that receives little attention in the remote-viewing field. It is not sexy, and it is not exciting, but it is important because a good monitor can make any remote viewer perform better. Monitors are sensitive to the viewer's wording, body language, and other unconscious actions, but a good monitor should also be educated in the many remote-viewing technologies and methodologies (i.e., CRV, ERV, HRVG-RV, TRV, etc.), and be mindful of the necessary traits, techniques, and responsibilities required to assist a remote viewer.

Before discussing the mechanics of monitoring, let us address how a monitor can benefit a remote viewer and his or her session results.

Why Use A Monitor?

There are numerous reasons why a viewer should, whenever possible, remote-view with the assistance of a monitor. The primary reason is similar to why a boxer has a trainer in his corner, a baseball player has a manager, and a football player has a coach: Apart from guiding the viewer through the session, the monitor also acts as a teacher/interviewer/coach. When the viewer is actively involved in viewing, he or she is focused on "acquiring" the target and obtaining information. The monitor is capable of determining whether the viewer is in structure, making sense, or has been diverted by something shiny and attractive that may not be relevant to the target.

Remote viewing is primarily a right-brain activity, and therefore if the viewer attempts to be his or her own monitor (which is a left-brain activity), he or she runs the risk -- indeed the likelihood -- of being pulled off of the signal line. The viewer needs to be "right-brained" during a session and to let the monitor worry about left-brain, logical activities.

Universal Rules

There are two absolute rules for a monitor. The first is, "Do no harm." If a monitor cannot help the

viewer, then he or she should make sure to not distract the viewer. The second rule is, "Do not confuse your roles." The monitor should never attempt to view the target, and the viewer should never attempt to monitor or analyze the session while he or she is at the target. In other words, there should be only one person on the signal line and one person using their brain. If the viewer thinks too much, he or she will be pulled off of the signal line; and if the monitor gets "sucked into" the target, he or she will become worthless as a monitor from that point on.

Monitor Protocols

Three basic protocols are used in remote viewing, and each has its advantages and disadvantages. These protocols are:

No Blind In this protocol, the monitor and the viewer both know what the target is and what information the viewer has been tasked to obtain. This is the ultimate "frontloading." While some viewers claim that they are able to work this way, there is good reason to doubt this: It takes a very disciplined person to put his or her imagination aside and overcome the frontloaded data. Tremendous temptation exists for one's left brain to take over and attempt to resolve the tasking by using logic and judgment. Obviously, this is not a protocol that can be recommended.

Single Blind In this protocol, the monitor is aware of the target and tasking, but the viewer is kept completely in the dark. This approach is not favored by scientists because of the potential for psychic "leakage" between the monitor and viewer. The scientific community, as a rule, considers target sites that are worked in the single-blind mode to be invalid.

The advantages of working single-blind are many, however. It takes fewer sessions and the sessions tend to be shorter, securing more information from viewers while they are still fresh. The monitor spends less time moving the viewer around the target site because the monitor knows what the viewer is looking

for. For example, if the target is located in a building complex and the specific target is the only three-story building at the site, the monitor can then move the viewer directly to it once the viewer identifies that there are several buildings and one of them is three stories tall. Without that foreknowledge, the monitor might have to move the viewer through several or all of the other buildings before locating the one that contains the target.

Double Blind This protocol is most favored by the scientific community because there is less chance for the monitor to influence the viewer and corrupt the data. Double-blind sessions tend to be longer, and



Monitor (l) and remote viewer (r)

it takes more sessions to resolve the target because the monitor cannot direct the viewer to what is important at the target site, but must explore all data available at the site. This protocol requires three people: a tasker, a monitor, and a viewer. The tasker provides the target and asks the tasking question in a format that the viewer can answer.

I would like to add a fourth protocol, called “Legally Blind.” Here, the monitor is only given the general gestalt of the site. Basically, it is the information that comes through in Stage 1 in Controlled Remote Viewing (CRV). For example, a tasker might tell the monitor that the target is a land/water interface, temperature is warm, and there are some isolated structures. That way, the monitor does not have enough information to corrupt the data coming from the viewer, but does have enough information to tell the viewer early in the session if he or she is on-target, or to stop the session and begin again if the viewer is obviously off-target. While a viewer may be hesitant early on in a session, once he or she is told they are on-target, it is this author’s experience that they have a tremendous leap in confidence and the information flows freely.

Pre-Session: The Mechanics of Monitoring

The monitor needs to be knowledgeable in the

methodology that is used by the viewer – it is the only way that the monitor can know whether the viewer is adhering to the proper structure. The better educated the monitor is, the better the viewer performs.

It cannot be emphasized enough how important it is for the viewer to trust the monitor. By “trust” is meant not only confidence that the monitor knows what the viewer is doing, but confidence that the monitor has the best interests of the viewer as his or her goal at all times. Each viewer is different, with his or her own quirks and ways of obtaining information, and so the longer a monitor works with a specific viewer, the more experienced the monitor becomes with that viewer’s individual strengths and weaknesses.

Remote-Viewing Session

By the time the monitor and the viewer sit down to conduct a session, most of the monitor’s work is done. For a monitor, the session should be 50 percent preparation, 25 percent “action” (the session itself), and 25 percent post-session activity.

Remember, the monitor is in control of the session, and he or she must be diligent. Make sure the viewer has a comfortable chair, the proper paper and pen, the correct date, that session pages are numbered, etc. Once the viewer is on the signal line, the monitor wants him or her to stay on it.

During the session, part of the monitor’s role is to give the impression that he or she is wise, knowledgeable, and serene, even if, in reality, the monitor does not have a clue as to what is going on. This is important because the monitor is the only link the viewer has to the “real world.” If one is mountain-climbing, the last thing one wants to hear is the man on the belay rope saying that he *thinks* he has the knot tied right or that this is *probably* going to work.

Once the viewer indicates that he or she is ready to begin the session, the monitor cues the viewer, and that cueing will vary depending on the protocol that

the viewer is working. From this point on, the monitor remains low-key, speaks in a soft monotone and only when necessary. He or she may reassure, and even compliment, the viewer when the viewer is staying in structure and identifies distractions (such as AOL or “stray cats,” etc.). If the session is single-blind or legally blind, the monitor can make a very low-key “you appear to be on-target” statement to the viewer. Something this simple will boost the confidence of the viewer. But anything more in-depth runs the risk of driving or distracting the viewer.

The monitor focuses the viewer on obtaining raw information, not on making judgments. If the viewer reports that the target site is in California, the monitor will request the viewer to supply the information that caused the viewer to call “California.” The raw data might be “land/water interface,” “palm trees,” “sun,” and “insane drivers.” The raw data is usually correct and the viewer’s judgments probably wrong, in the experience of this author.

Because the monitor knows the viewer, he or she is aware of the viewer’s endurance. The viewer has only a certain length of time to remain on-target, and the monitor must decide when it is time to move the viewer along in order to maximize that critical time. The viewer, for the most part, is not in a decision-making mode while in session. If a decision must be made, the monitor can ask the viewer which of the possible choices seems most important to them. If the viewer is not sure, the monitor should then make the decision and say in an even monotone, “Try the building on the left first.”

The monitor will usually be the one to make a decision to move the viewer, either in time or in geography. The monitor can move the viewer geographically should the viewer be focusing too much on just a small part of the target. In CRV, this phenomenon is called “door knobbing.” A slight shift in location can change a viewer’s interaction with the target. “From 100 feet in the air, something should be visible.” “One hundred feet to the north, something should be visible.”

A move in time is also sometimes helpful. The monitor could move a viewer backward or even forward if it appears that a historic perspective might help obtain information or clarify a point. The monitor can request the viewer to call “End site” if the viewer

has resolved the target, the viewer has exhausted him- or herself, or it is apparent that the viewer is no longer on the signal line. Note that the viewer may not always be aware when he or she has slipped off of the signal line.

Post-Session

The end of a remote-viewing session is not the end of a monitor’s responsibility. The monitor should immediately have the viewer write a summary of the session just completed. This is not always easy, as the viewer is usually tired from the session and the last thing he or she wants to do is summarize the last hour or more. However, getting the session down on paper immediately ensures that the viewer will not forget information obtained during the session or misinterpret that information later. Also, the viewer may put information down in the summary that did not come out during the session; this can be caused by information coming in so rapidly during the session that the viewer is not able to objectify all of the data. During this time, the monitor should question the viewer if information that was brought up during the session is not in the summary. However, the monitor needs to be careful not to influence the viewer or to put the monitor’s interpretation on the viewer’s information.

The viewer and the monitor are a team and, if they function well together, they will be mutually supportive, and the question of who is in charge of the session should never come up.

The more a monitor and a viewer work together, and respect and trust one other, the more productive and accurate the viewer will become.

William “Bill” Ray (Maj. USA, Ret.) trained with Ingo



Swann, the originator of the protocols of Controlled Remote Viewing, and was commander of the U.S. Army’s Remote Viewing Unit at Ft. Meade from 1985 to 1987. First retired as an Army intelligence officer, he later retired again as a Department of the Army intelligence civilian. He is currently a contract-employed Senior Instructor at the Army Intelligence Center and School at Ft. Huachuca, AZ.

IRVA Member Benefits and Programs

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- IRVA FOCAL POINT Target List
- (2 targets per month).
www.irva.org/community/focal-point.html
- IRVA conference discounts
www.irvaconference.org

Coming Soon (Website Members Section)

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- ARV Target Photoset Library

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About IRVA

Expand Awareness, Research, & Educate

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 beginning, 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 or-

ganization 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 re-

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.