Ron:

Would you like to become a remote viewer? My name is Ron Kuhn and I’m on my way to becoming a Controlled Remote Viewer. I would like to share my experience as a newbie because maybe if another newbie reads this, it might help them. Anyone can become a remote viewer if they are willing to put in the time and effort. You can read books, watch DVDs, or attend a seminar and successfully remote view a practice target. You get out of the learning experience what you put into it and more. It can be a very rewarding experience and change your life for the better, forever, but if you are like me, you might need more than that to become proficient.

I read the books, watched the DVDs, and attended some seminars. All I got was confused. I sat down on my back porch one Sunday afternoon and decided to try and break down the process of remote viewing. I wanted to understand all the steps and terminologies. What works for one person doesn’t always work for another. I can tell you what works for me. I hope this is helpful for you.

This is how I have broken the process down. When you begin to learn remote viewing you should look at it from the standpoint of a child. You are probably asking yourself, “What is he talking about?” What I’m saying is this is all new to you like when you were a child. Instead of experiencing the world with your physical senses you will be experiencing the world with your mental senses - subconsciously.

You are learning to use your senses all over again, but in a new way. You look, hear, smell, taste, touch the target with your subconscious mind and write down what you perceived with your conscious mind. Just like when you were a child you have your own language. Your parents speak a different language. For the conscious mind to communicate with the subconscious mind they both need to learn how to communicate with one another.

The conscious mind has a tendency to talk over the subconscious mind. This is very important so take note. If the conscious mind is talking, it is not listening to the subconscious. Just like with your parents, you need to learn their language to communicate with them, so listen to your subconscious. You will need to know the structure of a remote viewing session. You can get that from a book, a DVD, or a website. There is a lot of good information out there.

I chose to find a teacher. It took me a while, but I found her. Her name is Teresa Frisch. She was trained to remote view by Lyn Buchanan of STAR GATE. He was trained by Paul Smith who was trained by the late and great Ingo Swann. Ingo’s contract expired the week before Lyn entered the program at STAR GATE, but Lyn was friends with Ingo and continued to learn from him directly. When I learned this I felt like I had won the Triple Crown.

I’m not telling you that you won’t become a remote viewer
without a teacher. I’m just saying that instead of learning on my own, I like talking with a person who can answer my questions or if they can’t, find somebody who can.

As a Basic CRVer you learn the structure of a remote viewing session, you learn your ideograms, gestalts, descriptor words, making a sketch, writing a summary, declaring your stray cats, and scoring your session and more. As you continue to grow, you will progress to Intermediate then Advanced. For now I can only tell you about learning Basic CRV.

When you first start working Targets, concentrate on learning structure. Ingo Swann once said, “Content be damned structure is everything.”

That is very true. A sloppy session makes for sloppy work. Work on your ideograms. Lyn Buchanan has a very good ideogram drill on YouTube which can be accessed from the Aesthetic Impact website. You will think you can’t do ideograms that fast the first time you do the drill. Let your subconscious mind take over. It knows what the ideogram is and it will keep up.

Work on your gestalts. Start with manmade, natural, organic, water, space and motion. Your subconscious mind knows what they are and in time your ideogram language will evolve.

Like a child, when you begin to describe your gestalts you will have a limited vocabulary. Most RV websites have a list of descriptor words which you can print and study, which helps. Start using more colors, textures, smells, tastes, temperatures, and more dimensional descriptors in your real life vocabulary. Increasing your vocabulary increases your ability to describe a target when you remote view.

As you do an RV session don’t think about it. Just write down the information as it pops into your head. If you wait too long you start to think. You will start castle building because your conscious mind and imagination are over-riding your subconscious mind. Result? Now you are getting bad information so take a break. When you come back, retake your cue and resume your session.

You will have Stray Cats (AOLs) along the way. What do I mean by that? Your conscious mind kicks in. It assumes it knows what you are describing and it wants to name it. You may have written down white, cold, snow like, icy, big and long. You declare AOLs of ski slope or snow covered mountain, then continue getting perceptions and going down the page. Your feedback image shows you that the target was a freezer truck at a super market. Listen to the subconscious. It knows what it is describing.

When you are in Stage II, watch for dimensional perceptions because the A.I. is usually after them. The aesthetic impact (A.I.) has two parts and you have to write them both down. The first is where you are in relationship to the target. The second is how the target makes you feel emotionally. I’ve noticed that sometimes I recognize my A.I. and sometimes I don’t. You may have a good session without recognizing it but it can hijack your session if you don’t. Better if you learn to recognize it so that doesn’t happen.

After the A.I. you are ready for your Stage III sketch. Just as a child draws stick figures, so will you at first. Don’t think about your sketch, just draw it. The subconscious knows what is there. In time your sketches will get better.

When you are done with your sketch, move on to your summary. Declare your gestalts, your descriptors, your stray cats, and end your session.

If you are like me, you will look at your session and say to yourself, “I have no idea what this is.” You are not supposed to know what it is. In practice mode the analyst or trainer knows and when you see your feedback you will know too. I’ve done many sessions thinking I didn’t come close only to find out later that I had made site contact. You feel really good when you learn that you made site contact.

Here is another tidbit I would like to share with you. We newbies have to learn this and it is very important. When you work your session, the picture in the envelope is not the target. The picture is the feedback. Your target is the site—the real location at the time the picture was taken. I can’t stress this enough. You will probably never describe everything at the target location. At first you will describe what is of interest to you. You do the best you can and that is all you can do. The more you practice the better you will get, so practice, practice, practice.

A wise man once told me: “If you can describe the picture perfectly but you can’t make site contact, then all you are is a good parlor trick.” He’s very right.

I would like to share with you an experience I recently had working a practice session. I never seemed to describe what was in the target feedback. I worked and I worked, never feeling I was getting anywhere. I began to think I was that one person in the world that could not learn to remote view. I began to feel down. I had worked and tried so hard and I just wasn’t there. You ever feel that way? Well don’t, because you are better than you give yourself credit for and here’s the reason why.

By now I had been attending our biweekly online target discussions. We were reviewing past sessions. This is where I am exposed to other viewers’ work. I try to pick up as many tips as I can from my teacher, our mentor, and the other viewers, who, by the way, are very good. Our group has a nice cross section of people from different countries, methods and skill levels.

The feedback image for the session in particular that I want to tell you about was “The Longest Train in Canada.” Needless to say, I didn’t think that I hit the target. Other viewers in our
group did hit the target and also described other aspects such as the docks. I drew a Power Station, on the lake, with trees and a fence, and three transmission lines going up the hill and attaching to a pole.

What I still didn’t realize as a Basic CRV student was that the blind tasking was to describe the location. As a Basic CRV student I was learning how to make site contact and stay steady in time and space. As a Basic remote viewer exploring and describing a location, you are drawn to a point of interest that interests you. Sometimes that point of interest might be just out of camera range. I was drawn to a Power Station that wasn’t in the photo but at the location. A second photo showed the Power Station across the lake with three transmission lines going up the hill. Not only had I sketched the Power Station, I had drawn it from a different angle.

After the sketch, when I cued myself with Purpose? I wrote A Place of Power. This was the moment I had been working for all this time. This proved I had made site contact. I know how satisfied and good you will feel the first time that you realize that you made site contact, but remember: your job as a remote viewer isn’t to name the target, it is to describe the target.

Everybody is different. What works for me might not work for you but however we do it, we continually try to improve our work. If you are doing something that doesn’t seem to work try something else that might work better. I continually look at how I can improve my work. I decide what is bad and work to make it good. I take what is good and work to make it better. Never give up.

Someday I will be a good remote viewer. I feel blessed to have a good teacher, to be part of a great support group, and especially for the mentoring I am receiving along the way. I hope you found my insights helpful. You can become a remote viewer if you are willing to work for it.

Gandhi once said, “The journey of a thousand miles begins with the first step.” Take that step. You will find it to be the start of the journey of a lifetime. – Ron Kuhn

Teresa:

Ron mentioned to me that he wanted to write an article from a “Newbie’s perspective” when he “got really good.” I smiled to myself and told him that I thought this was a great idea, but I asked if he would consider writing it sooner instead of later. Why? Because there are people out there with questions. People who spontaneously remote view, or have various random experiences involving time and space but don’t understand it or have a language to even begin a keyword search of their experiences. At this moment, even if we don’t understand the mechanism of this ability we call remote viewing, we are pioneering it together. Together we are building a body of empirical knowledge through shared experiences, analogies and scenarios which fosters understanding of concept and application.

So I encouraged Ron to put his thoughts on paper and our online Remote Viewing Practice Discussion 130703 emerged. Ron’s session was a defining moment for him, and because he shared it with the group we were able to discuss and better understand many aspects of Controlled Remote Viewing theory and methodology in action.

The actual practice target was The Longest Train in Canada.

The image was taken as the train snaked along the border of Seton Lake, British Columbia. By the strictest of standards Ron’s sketch does not match anything in the feedback photo except the water and possibly the trees. By the strictest of standards he would probably be told by most judges / analysts that he blew the target.

As such, if the feedback parameters were only the one photo representing the site location, Ron’s subconscious mind would bear the brunt of negative feedback in the form of a failing grade. The second site location photo confirmed that he had
accomplished something remarkable.

In an overall analysis of the Stanford Research Institute (SRI) Experiments from 1973 – 1988, Dr. Jessica Utts reports “Free response” remote viewing, in which subjects describe a target, was much more successful than “forced choice” experiments, in which subjects were asked to choose from a small set of possibilities.” (Utts). Dunne and Jahn reported similar findings in their Princeton Engineering Anomalies Research (PEAR) in 2007. (Dunne and Jahn)

Translation: giving the individual fledgling remote viewer’s subconscious a steady diet of weighted practice targets with narrow scoring parameters introduces significant emotional and psychological barriers into the learning process. Do that enough and the subconscious mind that recognized that it had a voice and reported information about the location accurately but was not acknowledged, will fall silent. Instead of being nurtured and given positive feedback for what it did do, it was told that it wasn’t good enough but by all means, please, don’t quit, pick yourself up, throw some dirt on it and give it another go. Maybe the next time it will be okay, maybe not but that’s the way it is. Toughen up.

Why is it that remote viewing has this “no blood, no foul,” “eat your young” attitude? Because the harsh reality of most remote viewing expectations is that if you don’t hit the bulls-eye the first time, every time, the session goes in the trash.

We brush under the rug the fact that many published “gold standard” / “nailed the target” sessions describing locations, events and activities across time and space were 1) compiled over several sessions 2) performed by established viewers or 3) were produced by viewers working with monitors.

It takes time and dedication to foster ability in viewers working solo, one session at a time, whenever they can make the time. With any luck the viewer learns something from their session, but frequently the unrecognized and unspoken problem rests partially with the unrealistic “bulls-eye” expectation and not completely with the remote viewing student.

I try to accommodate the various viewers attending our online discussions with the blind tasking as well as choosing targets that might offer theory and methodology teaching opportunities. Blind tasking includes describing the location, and feedback includes information about the location and event, not just one image. We have a mixed group; all methodologies, all levels, some operational, some self-taught. People who have never remote viewed before but are interested in learning about it are welcome to join us.

So while Ron’s session wasn’t a “bulls-eye” by the strictest of standards or scoring methods, it was remarkable and demonstrated many issues that novice and experienced remote viewers learn to deal with through training and practice. These aspects are normal and part of the learning process, but not necessarily understood as such.

Because Ron shared this session we were able to reinforce several teaching points:

1) The target is not the flat two dimensional picture in the envelope. The target is the three dimensional location with activities and events and all the sensory information that goes with it. It must have verifiable feedback. Remote viewing students are encouraged to increase their personal knowledge (lexicon) of diverse global cultures, people, activities and events by researching information pertinent to their practice targets.

2) The beginning remote viewer is learning to stay steady in time and space. His/her aperture may be wider than the camera lens and what he/she reports may be just out of camera range. Research beyond what was given in the discussion of Target 130703 confirmed there are numerous power lines in the photo, but what Ron thought were three power lines going uphill are actually penstocks. He now has additional information and can go back to his session and evaluate it for perceptions that might correspond with what is known about penstocks.

3) Gradually narrowing the viewing focus happens with experience. In Operations, if a customer actually needed information about Seton Lake, he or she would probably know that the power station is at that location. A Project Manager or Analyst reviewing results with the customer would recognize that Ron had site contact and that he could be re-tasked for more detail.

4) Ron cued himself with “Purpose?” after the Phase III sketch and accurately reported the conceptual, or purpose of the site as “A Place of Power.” If he had written it in quotation marks it would indicate a P7 (Phase 7), i.e. information coming directly from the signal line. (Buchanan)

5) All remote viewers learn to work with emotional attractors. Ron is quite familiar with the environment of “power plants” and as a beginning viewer his subconscious may have logically (and happily) recognized it at the location and headed for it like a kid saying “I got this! I can do it!”

6) The purpose of a viewer working a remote viewing practice session isn’t to learn something about the target, it’s to learn something about themselves.

Analyzing a remote viewing session includes honest assessment, evaluation and objective, critical thinking skills as part of building proficiency. Ron mentally made site contact across time and space and accurately described a location in Canada, thousands of miles from his location in Ohio. Did he describe the location? Yes, he did.

*eight martinis
Ronald D. Kuhn is a graduate of The University of Akron, majoring in Data Processing and Computer Science, and worked as a computer programmer for several years at the Akro Corporation in Canton, Ohio. Ron spent six years training and working as an Industrial Electrician at Republic Steel Corporation in Canton after Akro was sold. He continued to study at Stark State College and Kent State University until his retirement, with thirty-two years as a Maintenance Technician Electrical (MTE) at Republic Engineered Steel.

Teresa Frisch is a Registered Nurse working full time in Ohio. Author of article “Controlled Remote Viewing and Era III Medicine,” she began her study of nursing intuition in 1995, eventually studying the development of intuition theory and application as used in Controlled Remote Viewing protocol with CRV trainer Lyn Buchanan.

Citations:
Frisch, T. Aesthetic Impact Informational Services, LLC, Remote Viewing Practice Discussion 130703. Image 1, Seton Lake Power Station, courtesy of Larry Bourne. 11.10.13
Ibid. Image 2, practice remote viewing target 130703 sketch, courtesy of Ronald Kuhn. 11.10.13