

# Remote Viewing Worksheet

Remote viewing is increasing your ability to perceive the world around you, and to help you believe and understand that you can see, and sense without your physical senses. This skill, can be developed further with regular practice.

The benefit of remote viewing is that it will increase **all** of your non-sensory experiences.

Preparation steps: Included practicing the basic symbols, clearing your mind and opening your perceptions.

1. Practice the symbols: by drawing a full page of these “shorthand” codes with a partner. Your partner is called your **Monitor**.

Transit line

T

**The list of seven basic ideogram categories was originated by RV instructor Lyn Buchanan, and consists of:**

Surface

Water

Natural (Nature)

Subject (a living thing)

Man Made

Energy

As the remote viewer, you get only the number as the “target.”

In practice the monitor may share a little bit of intel.

# Prepare your document & set up:

Viewer Blind:

VPI – Viewer is partially informed

VI – View informed

D – Double blind (Neither the monitor or viewer knows the target)

NB – No monitor

ES – Emotional State

PS – Physical State

Intel: small amount of information, “front loading”

T- Transit line – information received after the set up

First page:

Left Side

Right

Your nickname: (secret)

Name:

Date:

ES – Emotional Sensation  
(throw pencil down)

Time:

PS – Physical Sensation  
(throw pencil down)

TRI – Target number created by monitor

VP - How much information is provided

NB – Practicing without a monitor

AP – Advanced perception that may come thru before you actually begin

## Begin your session

- Start by playing 5-10 minutes of music that puts you “out of thinking mode” and into relaxing and into the music. (Choose music with no words known.)

- After Music, continue session: by imagining walking through a long empty dimly lit tunnel to the target.
- Use the Target: TRI (6 digit number)
- Draw Ideogram: Doodle – using your symbols
- **Trace your ideogram with your index finger of your non-dominant hand while writing.**

Notice: Color, Natural or man-made, Energy, smooth or rough, soft or hard etc. Declare the Gestalt: goal is to aim for the “feeling/sensing” of the target, whole is greater than the sum of its parts.

**You repeat the entire scan process 3x – increasing the level of information**

Ask & Prompt yourself

Use your pencil to probe...

Throw your pen to break up mental postulating

Page 3 contains your summary of your scan results: S1, S2, S3 (Scans)

**AOL - Analytic overlay** – where the viewer assigns a value or an object (with beginners) this is common. With more advanced viewers this happens less and less. It is where the logical mind “tries to KNOW” rather than allowing the intuitive side to inform.

- biological
- land; texture smooth/dense
- manmade
- motion/energy
- natural
- space/air; density
- water