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a "Crash Course" in Remote-Viewing & Remote-Influencing

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This is a short course, mainly in remote viewing to get people started.

Before we start beginning to practice **Remote-Viewing (RV)** and **Remote-Influencing (RI)**, we must first look at some important facts:

Q. What is Remote-Viewing?

A. Remote-Viewing is the ability to witness events at a distance location without physically travelling to that location.

Q. What is Remote-Influencing?

A. An apparent ability to influence machines or people without physically coming into contact with them.

Q. How do remote-viewers see distance locations or events?

A. In a nutshell, no one really knows how remote-viewing works. Tests carried out by the Stanford Research Institute and the U.S. military and Soviet scientists during the Cold War have proved that remote-viewing does indeed work. But there is currently no valid theory to described how RV, RI, telepathy, etc actually works.

My own research seem to point towards the idea that the human body emits ultra-weak **biophotons** to produce a biophysical field. This is supported by work carried out by German theoretical physicist **Fritz Albert Popp** who discovered that all living systems emit photons. The spectral distribution of biophotons appears to fall within the range of 200-800nm, making them almost invisible to the naked eye. [StealthSkater note: more at [doc](#) [pdf](#) [URL](#)]

Popp also found the photons were also surprisingly coherent. When photons become **quantum coherent**, they share information with other photons **regardless** of the distance between them. The level of quantum coherence recorded by Popp was quite high and has only been recorded in superconductors or superfluids known as a **Bose-Einstein Condensate**. A Bose-Einstein Condensate (BEC) consists of bosons [particles] which are in the same quantum state and behave like a single entity.

Popp also discovered that **DNA** emitted the most biophotons. Due to proprieties of the DNA acting like a Bose Einstein Condensate, the DNA can act as energy storage medium for the delayed coherent emission of biophotons. When coherent biophotons are emitted, they produce complex interference patterns. The more coherent the biophotons emissions, the more shaper the interference patterns are.

It is this biophoton emission which results in the formation of a biophotonic [quantum coherent] **amorphous scalar field** -- commonly known as biophysical field.

A simpler way to view this biophysical field is to view it as a biophysical **hologram** which mimics your physical body. I used the term '**amorphous**' to describe a field which has no distinct shape. And I include the term '**scalar**' to describe a field which has no overall direction (like the heat radiation from a hot body).

When a remote-viewer wants to remote view a distance location, they project this biophysical field to that distance location. The biophysical field will then shuttle back-and-forth between the distance location and the current location of the remote-viewer.

Each time the biophysical field returns to the remote-viewer, it will download bits of information on the distance location. **The "trick" of-remote viewing is training your subconscious mind to project this info into your conscious mind where you will experience flashes of information taken from the distance location. This information will be in the form of images, sounds, and smells.**

Relaxation

The first step in carrying out RV and/or RI is relaxation. It is a good idea to find a quiet location and relax in a chair or crossed legged on the floor -- whatever is comfortable. (It's a good idea to switch off all electrical equipment so the humming does not distract you. Also switch off mobile phones. Someone always seems to phone when you start doing this).

The best way to begin RV is to listen to some **music**. Classical music is quite popular. Some recommend Basque music. It actually depends on personal choice on what music you listen. I usually listen to *Enigma*, *Enya*, or *Vangelis*. Classical music includes *Sarabande Suite No11 in D minor* by Handel.

The next step is to treat this area you are occupying as a "**safe zone**". This safe zone is your place of safety where you can return to if you see something which unnerves you.

Charging Up

The next step is to charge up your biophysical field so it can be detached from your body and projected to a distance location. If you have not remote-viewed before, then this is the hardest step to overcome.

First, there is a "damping effect" which blocks out remote-viewing when you are in a standard state of mind. Dealing with stresses and strains of everyday life creates a lot of noise. So does the constant chatter or sub-vocalisation you do every minute of the day as you think what to eat, what to wear, what to drink, and when. This usually prevents your biophysical field detaching and being able to view remote locations.

You have to silence your mind and focus on the music you are listening to. Forget about the boss at work giving you a hard time. Forget about finding extra money to pay the bills. Just relax and focus on the music.

There are number of ways you can charge up and boost your biophysical field.

Russian scientists believe that other benign forms of biophysical energy -- such as bioplasmic energy -- are present within the air. So breathing deep and slowly is claimed to build and strengthen your biophysical self. Also using ionisers can be beneficial, as can relieve tiredness and reduce the effects of stress. [StealthSkater note: Dr. Wilhem Reich promoted "orgone" energy (see [doc](#) [pdf](#) [URL](#)) and Dr. Matti Pitkanen's TGD Physics allows for what is termed "plasmoids" ([doc](#) [pdf](#) [URL](#))]

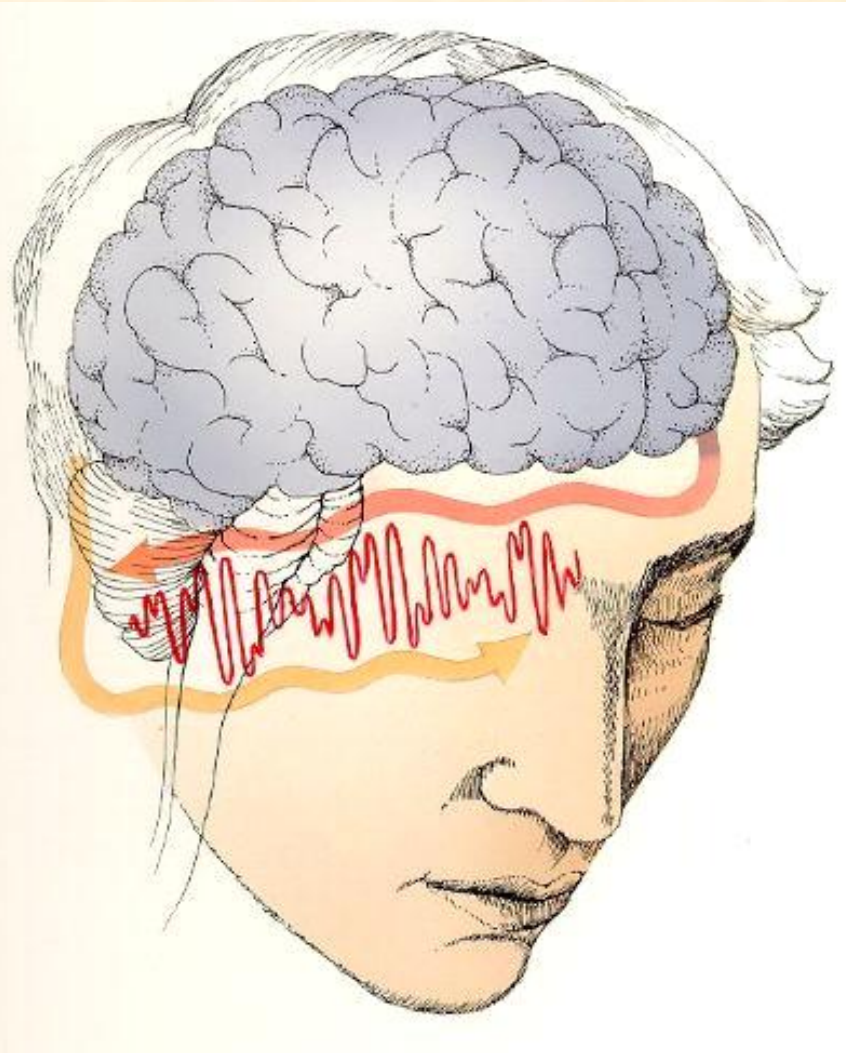


Figure One: The above diagram shows two audio waves of different frequencies (Red & Yellow) travelling inwards. The audio waves mix together and result in a beat frequency. *(courtesy the Monroe Institute)*

Next, you can use **binaural beat** CDs or cassettes and play them on a personal Walkman. "Binaural beats" is explained where 2 audio frequencies are played to the earphones. When you listen to them, your brain will mix the 2 frequencies together.

What you hear is a beat which is known as the **beat frequency**. The best tapes for RV or RI work produce a beat frequency of **4-Hz**. The amount of time you listen to the binaural beats is up to you. I recommend you switch off the Walkman when you start the next stage so you experience silence. Also, the headphones are operated by 2 electromagnets which produce 2 oscillating electromagnetic fields, which can assist with charging up the biophysical field.

Remote-Viewing

When you switch off the Walkman, think of a favorite location you have visited or would like to visit. Close your eyes and visualize that location in your mind. The image may fade as you start to sub-vocalise, so focus on an object at that favorite location.

Next, you may experience a series of flashes of vivid images. These images may be accompanied by noise. For example, if you remote-view a desert island, you may hear the waves crashing on the beach. You may hear the leaves of the palm trees blowing in the wind. It can be unnerving at first. But with practice, you can overcome the natural fear factor and start taking more details. Focus on those sounds. Look around at any trees, shrubs, and plants.

You can keep a notebook and draw sketches. When drawing sketches, draw then quickly. Don't worry if the drawing looks bad. It's a sketch you are doing, not a work of art. The idea of sketching is to quickly record the first impressions of anything which flashes into your mind when you direct your attention on to that location.

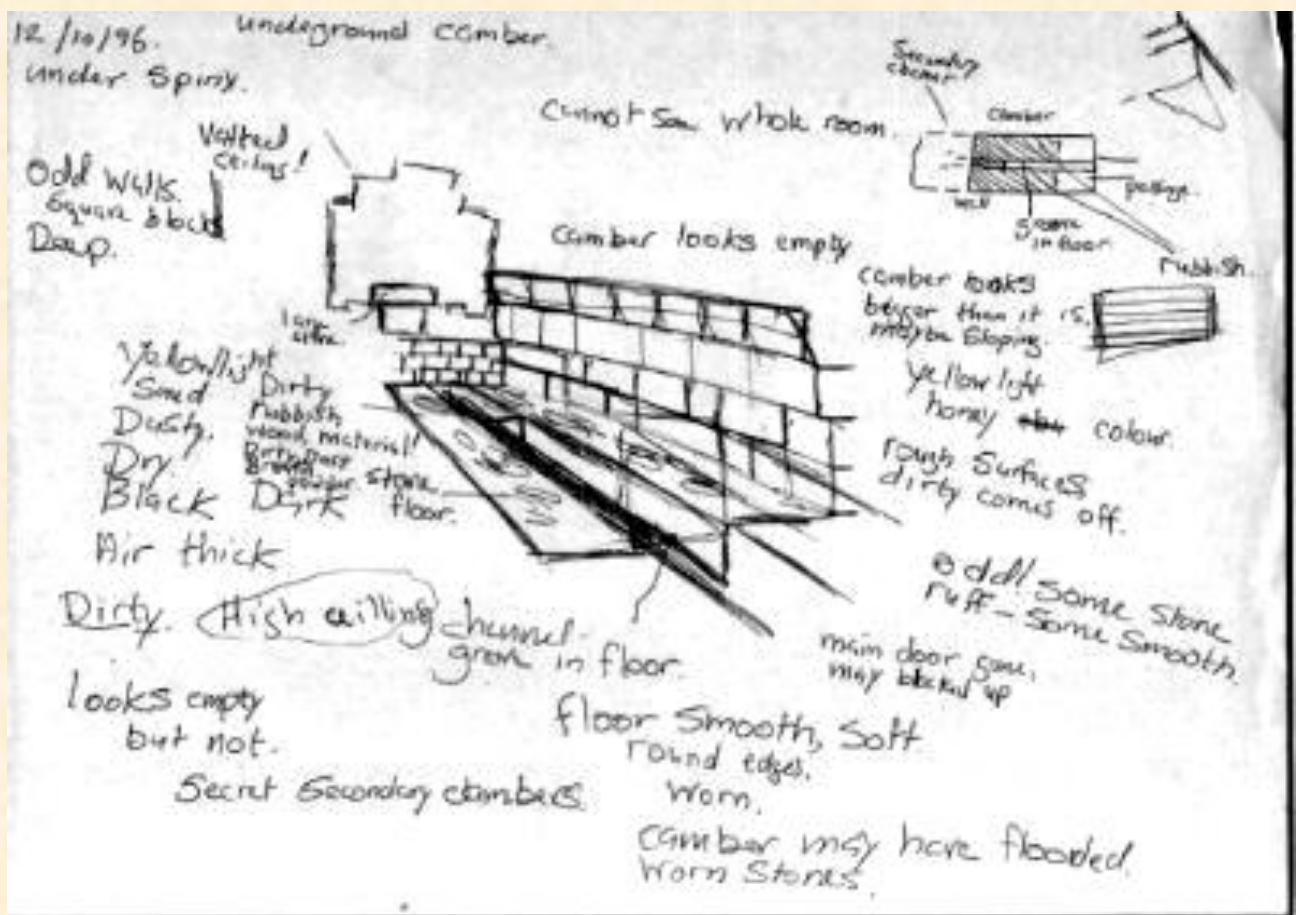


Figure Two: You can keep a record of your RV data by keeping notes and sketches. I recently found this sketch dated October 1997. It was an attempt to RV any underground structures under the Sphinx. Finding this paper means I have been experimenting with RV for hours more than I first believed. So this demonstrates the point of keeping records of your RV sessions.



Figure Two-A: This sketch shows a location which has great significance with Osama bin Laden. There are piles of stones and long narrow flags located on a rocky plateau in North-Eastern part of Afghanistan. There exists a strong connection with this site and bin Laden. But I am not 100% certain that this is his final resting place.

Also with practice, the flashes of images will get longer and you will be able to make out more details. You will be able to project your biophysical field at will or on demand when you have finishing taking notes.

If you experience **problems** remote-viewing, the main fault why people fail is that they are trying too hard. The secret is not to "force" remote-viewing. Relax and just let you biophysical do the work. You are an **observer**. And you are asking you biophysical field to visit a location. Don't "order", nor "tell", nor "force". When you are relaxed enough and your biophysical field has sufficient energy, it will do it automatically.

Another trick is to use the **cinema method**. Picture yourself sitting in your favorite cinema. The lights dim and curtains pull back revealing the silver screen. Focus your attention on the screen like you would when you go to your local cinema. Set back and relax. Pick a location you wish to remote-view and see what flashes up on the screen.

If you still have trouble remote-viewing, try listening to music again. When you start feeling tired, that's the time to remote-view.

Remote-Viewing notes

Take notes on everything you witness no matter how trivial it seems. The direction the clouds are moving, the color of sand and sea. Is the sea calm or rough? Are there any plane contrails? Are there any boats offshore? Are there any beach huts or signs of life?

Another common pitfall of remote-viewing is that you will make **mistakes**. For example, you can remote-view a local location. Take notes on what you see. Then physically visit that location and see how much you match up with your notes. You may be surprised how much you match up. But there are sceptics who will believe remote-viewing only works if someone produces a score of 100% accuracy on-demand. That is impossible! They set their expectations too high, and people will "fail" by those criteria. **[StealthSkater note: Tom practices what he preaches. He visited Montauk to see how his scans matched up => [doc](#) [pdf](#) [URL-doc](#) [URL-pdf](#) . More on remote-viewing limitations at [doc](#) [pdf](#) [URL-doc](#) [URL-pdf](#)]**

When you remote-view and take notes or do sketches, stick to what you see in your mind. Draw it out quickly. The **first** impressions are the most accurate. Avoid using your imagination to fill in blanks. If you notice any info is missing, leave it blank -- don't guess. Or you'll end up jumping from one wrong assumption to another. This is known as "**Peacocking**".

Avoid the temptation to "analyze" what you witness because this may influence your RV results. Tests in America have shown that analysing what you see when remote-viewing causes a real drop in accuracy of the information. This is known as "**analytical overlay**".

If you are unable to write down or sketch out what you see, this is known as "**confusion break**". If you are a novice, you may experience a lot of this. If you do, stop remote-viewing for the day and try again later.

Some remote-viewers report that when searching for some objects, the objects appear to give off a "**glow**". Some reported seeing nuclear weapons producing a green glow; people may produce a mainly golden orange glow; and energy sources may produce a blue-white glow. The reason for this is the information collected by your biophysical comes via your subconscious mind and may project **subtle cues** to highlight the objects you're seeking. With practice, you could instruct your subconscious mind to overlay false color images into your conscious mind. It's very much like viewing objects through a thermal imaging camera so you can easily identify objects quickly and how they relate to the surrounding environment.

But how your subconscious mind projects data into your conscious mind will vary from individual to individual. Some report seeing just in black-and-white. Others report seeing in color. Other may report hearing no sounds at all.

If you have trouble remote-viewing, you can round up what you experience into single keywords. Instruct your biophysical to seek important dates.

For examples:

27, 28-1st Dec 2003

27th = "Finance" + "Business" + "News" + "America" + "President" + "White" + "House" + "Press" + "Trail" + "X-Ray" + "Internment" + "Justice".

28th = "Market" + "Chart" + "Middle East" + "Oil" + "Israel" + "Talks" + "EU"

29th = "Royalty" + "News" + "Damage" + "Effects-of" + "Travel News" + "Europe"

30-1 = "Strike" + "Ships" + "Briton" + "France" + "Talks" + "Transport" + "Union" + "Demands"

28-1st "Breaking" + "News" + "Meetings" + "Talks" + "Many Flags" + "Mountains" + "France".

29-31st "Attack" + "Probable" + "Car" + "Large" + "Bomb" + "Iraq" + "Hotel" + "Shots Fired" + "Gun Fire" + "Fire-fight" + "Helicopters" + "Evac" + "Tanks" + "Engagement". "Night-Time" + "Tracers" + "Air" + "Support" + "Marines" + "Navy" + "Offensive" + "Major".

I know it appear meaningless and it might sound wrong. But the more keywords you can write down, the better.

When you remote-view, everybody will have a unique style. And it will be up to you how you interpret the information you will receive.

RV Countermeasures

The only successful way to **prevent** remote-viewing is not by using force-field technology but -- surprisingly -- by using psychology.

It is a fairly common practice in Western society to attack or discredit people. They may use the Internet forums to ridicule suspects as being crackpots or frauds or of spreading New Age disinformation. This has the ability to induce stress in any potential remote-viewer because everyone reading that message will think that person is not to be believed. This stress will create a **damping effect**, preventing or reducing their ability to remote-view. Some who engage to discredit remote-viewers will actually make fraudulent claims and claim that their information comes from a reliable source. Usually the source is claimed to be member of some intelligence or security service which means that their info can never be challenged nor proven. Some people on forums use fictitious "Deep-Throat" characters and aliases with an important history to back up their fraudulent claims.

The solution is not to respond to any Internet forums or unsolicited e-mails.

Other remote-influencers may try to continuously project keywords like "crank", "crackpot", "loser", "nut", "loner", "lazy", "weirdo", "fool", "dreamer", "malinger", "idiot", "loony", etc. to try to induce depression in attempt to induce stress and block RV. The solution is that over time, you will come to realise that this action is a just a 'projection'. You may sense they do not mean it. They are simply projecting the words. The words lack any emotion and meaning.

Others may do the trick were a group of people will sit next to you in a public place and talk about someone [loudly] they know who is "nuts" because they do "weird" stuff.

To protect yourself from being remote-viewed by others, you can use the **bubble visualization** technique. Picture yourself in a bubble of boiling particles continuously popping in-and-out of existence. It's more effective if you focus on randomising this biophysical [Zero-Point Energy] to create a lot of "noise" in the space-time around you. To another remote-viewer, you will appear fuzzy and out-of-focus. **[StealthSkater note: can this be done electronically with white noise generators or noise cancellation technology?]**

If they try to get closer, many will be put off by the noise of the particles oscillating rapidly and randomly. You can imprint this bubble of energy by applying direct attention where you can reinforce with the action of intent to protect you from all types of remote hostile actions and intrusions.

You can also program your energy bubble to produce a signal in your conscious mind if it detects an attack or intrusion. You can program your protective energy bubble to flash up a symbol in your mind. It can be anything from an Egyptian symbol (*Ra*) or some modern symbol as long as it attracts your attention to remote intrusions.

Such intrusions are like a virus attack on your computer. And this energy bubble will act like a firewall. Persistent intrusions may have to be countered by using a remote **PK strike** against the intruders to deter them in the future.

With remote-viewing, you can gain access to the most secure installations in the World and take a peek on what going on in such places. But exercise caution when visiting such locations and be discrete about publishing your findings. Every country has its right to protect its secrets. And some countries will use any means possible to safe guard secrets from public disclosure. **Be careful!**

RV/RI Defense Systems

Some countries use hi-tech electronic defence systems to guard against RV intruders. But every electronic defence system has a weak spot. It's called an 'On/Off' switch. Black out the power to the defence system and that will render it totally useless. Such RV defense systems may include pairs of **Tesla coils** tuned 180 degrees out-of-phase to each other.

Other systems may include special **photo multipliers** which are designed to detect the photon emissions of the biophysical field belonging to a remote-viewer. If it detects an increase in photonic emissions in a room, it will sound an alarm. This system may have a high definition camera fitted to the photomultiplier. And because everyone's biophysical field is different like a fingerprint, the system can store images of biophysical fields in a database. This system appears to be under development and does not appear to be widely used. So far, it may just be at one location along the East coast of America.

Another system which maybe in use is **sensitive ion counters**. People with highly charged-up biophysical fields may interact with air at the remote location causing ionization. A sensitive ion counter may detect a small increase as a remote viewer's biophysical field enters the location. Such a system may include filters to prevent false alarms. For example, someone sticking a match, etc.

Remote Influencing

Remote-Influencing has a notorious reputation as being known as "killing-at-a-distance" where shadowy men and women can make people drop down stone dead just by applying direct attention. The truth of the matter is that RI doesn't work like that.

They are just myths. Nor is it like in the movies where someone points at a car and make it suddenly explodes in a ball of fire. Real RI is not like that. The methods used are much more subtle, and effects are measured over minutes to days or even weeks.

With RI, you can inflict some serious damage to people or property at remote locations.

But what I know about RI is that it's not advisable. The action of directing hostile intent towards a chosen target appears to produce a type of **feedback loop** which can cause you yourself some serious long-term damage. The effects of directing hostile intent at a target thousands-of-miles away are no different from a face-to-face confrontation.

Russian Remote-Influencers' **life expectancy** was short during the Cold War. But recent info tends to suggest a radical re-think regarding the deployment and use of such people to take out targets that the authorities deemed as enemies of the State. To the Russians during the Cold War, the mission was far more important than the man.

Now Russia is in economic decline and many are leaving to seek out better pay and conditions in other countries. This has forced Russian authorities to improve pay and conditions to keep the best remote-influencers to stay put in their homeland. Also, they have reached the conclusion that each remote-influencer is a valuable asset. To force them to commit brutal telekinetic attacks shortens the life of their best remote-influencers. So such attacks against people are carried out only when absolutely necessary.

So what can a remote-influencer do? Remote-influencers can **implant suggestions** within the minds of individuals at a distance. They can influence the people when they dream during sleep. They can also -- to some extent -- influence electronic equipment. **[StealthSkater note: the Russians even loaded the audience front rows with remote-viewers when their national chess champion was playing in world competition. And the Lyn Bucanon achieved some notoriety when he "influenced" a quantum event inside a military laptop computer that led to its catastrophic failure.]**

When someone is on the receiving end of an attack, it would seem that they have had a brainwave or an idea will just suddenly appear in their mind. You do this by simply repeatedly flashing an image of the "idea" in the target's mind.

Remote-influencing appears to be most effective when the target is asleep because many remote influencers operate in the delta state of mind (4 Hz). This corresponds to the state of mind when people experience when sleeping.

Positive remote-influencing may come in the form of inspired, lucid, or life-like dreams. Negative remote influencing during periods of sleep usually come in the form of nightmares. **[StealthSkater note: more of Lucid Dreaming at [doc](#) [pdf](#) [URL](#)]**

If you charge up your biophysical field to high levels, you can cause electrical or electronic systems to fail. First, you must **bi-locate** to the remote location where your biophysical field becomes a **holographic** representation of original self. Bi-location is also where you experience the effect of actually being there. Next -- using visualization techniques -- picture in your mind seeing your biophysical self placing one hand on the device and the other hand torching something made of metal which is connected to earth. Because your biophysical self is highly charged prior to going to the

remote location, when your biophysical self touches the device, the energy will discharge into the device causing **extremely low frequency (ELF) oscillations** to produce standing waves in the electronics. The fuses or circuit breakers will trip, switching off the device.

Another trick using visualization techniques is not to affect the target electronic device as a whole. Using RV on electronic devices can disrupt sensitive electronic devices. Especially when you focus your attention not on the whole device but individual atoms which comprise the device. The act of observation can affect the device as whole. The effects are result of Quantum Theory and the observer effect, where the act of observation can affect the way quantum particles act/react/exchange information. This is most effective against microprocessors or compact integrated circuits (ICs). The bottom line is to affect the flow of electrons, not the device as whole.

I learned the above RI techniques by using RV to monitor others at work. I have not carried any such actions. I strongly advise people to refrain from carrying out such attacks.

An on-line computer test was carried out in 2001 where people were invited to 'influence' a computer-generated random number sequence of zeros and ones. In about 6-7 attempts, I produced one high score which had a score of 300-1. (I have yet repeated this test using the methods. Such on-line experiments can provide an ideal benchmark test to safely measure your success over a long period of training.)

Much of RI is overrated and appears to be designed to install a mild sense of fear and hopelessness amongst general population. It's like "voodoo" where the threat of an attack is far more effective than the attack itself.

This is why some remote-viewers and remote-influencers have a tendency to overrate their abilities (fairly common in America). The main aim is for marketing purposes rather than being malicious as they tend to market RV and RI as a commodity.

I have provided a few hints in the section on 'RV Countermeasures' section which can provide you a means of personal defense.

There is another reason why remote-influencers are not making people drop down stone dead.

In an all-out overt or even covert PSI conflict, if one side attacks the other, the other side will respond accordingly. And the conflict escalates into a full-scale conflict. Think of it as a PK Mutually-Aided Destruction (PK-MAD). Both sides run the risk of total destruction if one side attacks another.

Also, intense RI sessions can produce some troublesome **side effects** such as weight loss where you may lose up to 2 pounds during each session. You may experience aches and muscular pains. Or food cravings, mild headaches, tiredness, and mild depression. The last three may be the result of hormonal changes. The cravings for sweet or protein rich foods -- like chocolate, steak, hamburgers, or sugar -- may be due to deficiency in certain proteins. British writer and remote viewer **Tim Rifat** suggests that we may all have **PSI proteins** present within our DNA. When you take into account the work of Fritz Albert Popp., the act of intense RV and RI may cause the rapid discharge of energy which may destroy some of these proteins. The food cravings maybe the body's way of trying to repair the damage by taking in a protein rich foods. The destruction of certain proteins may also lead to chemical imbalances resulting in depression and anxiety.

This may be serious when remote-influencers are instructed or ordered to kill or seriously injure

another person. It's not just a question of violating ethics or morals. It's the intense act of 'destroying' which may cause serious damage to the remote influencers' DNA resulting in fatal diseases like cancer.

RI Charging Techniques

To do RI usually requires your biophysical field to be **boosted electronically** so it can over power any other biophysical field belonging to someone else. Having a highly-charged biophysical field means you can also overpower or influence computer-or-electronic based equipments, from causing small-short brown outs and minor errors to complete systems crashes and failures.

The Russians have carried successful experiments using with electronic devices like Tesla coils or powerful magnetic fields which can boost the biophysical field. The home experimenter can just be happy with the oscillating electromagnetic fields produce by a good set of headphones. Remote-viewers usually enter a altered state of consciousness and conduct remote viewing when in a light alpha to theta state.

Remote-Influencers operate in theta or even a delta state (4 Hz). Delta is associated with being in a dreaming state. This is why the best remote-influencers are most effective when the target person that they wish to influence is asleep (or in delta state). **[StealthSkater note: if you ever get a chance to watch the movie "Dreamscape" starring Dennis Quaid, this is exactly what happens. Buddy Ebson portrayed the U.Sx President who was the target of an assassination by a remote-influencer.]**

Another trick is to use the ultimate form of a **psychotronic generator** -- the Earth's geo-electric and magnetic fields -- by synchronizing with the Earth's geo-electromagnetic fields such as a **Schumann resonance**. One important fact about the Schumann resonance is that it varies from location-to-location around the World. Due to differences in attitude of the ionosphere, the Schumann resonance has a fundamental frequency of 7.8 Hz. In other parts of the World like the East coast of America, it's closer to one of harmonic frequencies of 12 Hz. Some also suggest when you sync to Schumann, your body and biophysical field merge with the surroundings for less than a second where it get a considerable boost. You can use flashing **light emitting diodes** (LEDS) fixed to a pair of old sunglasses and the LEDs pulsed using a square wave at Extremely Low Frequencies.



Figure Three: Glasses fixed with Light Emitting Diodes and flashed at Extremely Low Frequencies can cause entrainment where the wearer's mind is phased locked to the oscillation of the flashing lights.

This will reset your biological clock and this will allow you to become synchronized with the Schumann resonance. *(The above unit was purchased from New Age Electronics).*

Some will claim that flashing lights will induce epilepsy and cause hallucinations. But new research being carried in universities around the World has also shown that units like one pictured above can help reduce the effects of jet lag and help treat some forms of depression.

Another trick is (if you do not have access to large psychotronic generators used in RV or RI work) you can use remote viewing to charge up your biophysical field by sending it to a sacred site or a natural place of power like **Stonehenge** or **Avebury**. When you do this, you are tapping into the World's biophysical field which is claimed to be the sum of all the biophysical fields on the Planet. This collective biophysical field is commonly known as "**Gaia**".



Figure Four: Remote-Viewers & -Influencers can link up with the Earth's biophysical field by tapping into ancient or sacred sites like Stonehenge.

Notes on Remote-Influencing

One peculiar sensation you may experience when tapping into natural psychotronic or biophysical generators like standing stones is that you may experience being everywhere at else at once, instead of just being where you are. It's a strange feeling which you can only experience, and it's too difficult to explain. The downside is that this effect can be commonplace -- meaning it's hard to focus on the Present when you feel you are also occupying the Past, Present and Future all at once. It seems the boundaries which clearly separate time intervals breaks down. Yet the rational ability to deal with most basic every day tasks remains intact.

My personal favorite forms of natural biophysical generators are the **crystal skulls**, which may be responsible for some of the peculiar sensations described above. Most of the skulls appear to have a benign feel to them. But one in particular is a killer.

I'm referring to the crystal skull in the Smithsonian. And I suggest you don't RV this one. During one session last year, I linked up with 2 crystal skulls and a stone circle.

With crystals, you can project your biophysical field through the crystal. The crystal acts a bit like a prism which can split and enhance your biophysical field into various Fourier wave components. If you project your biophysical field through 2 crystals, it creates **quantum interference patterns** like you find in the Young's [double slit] experiment.

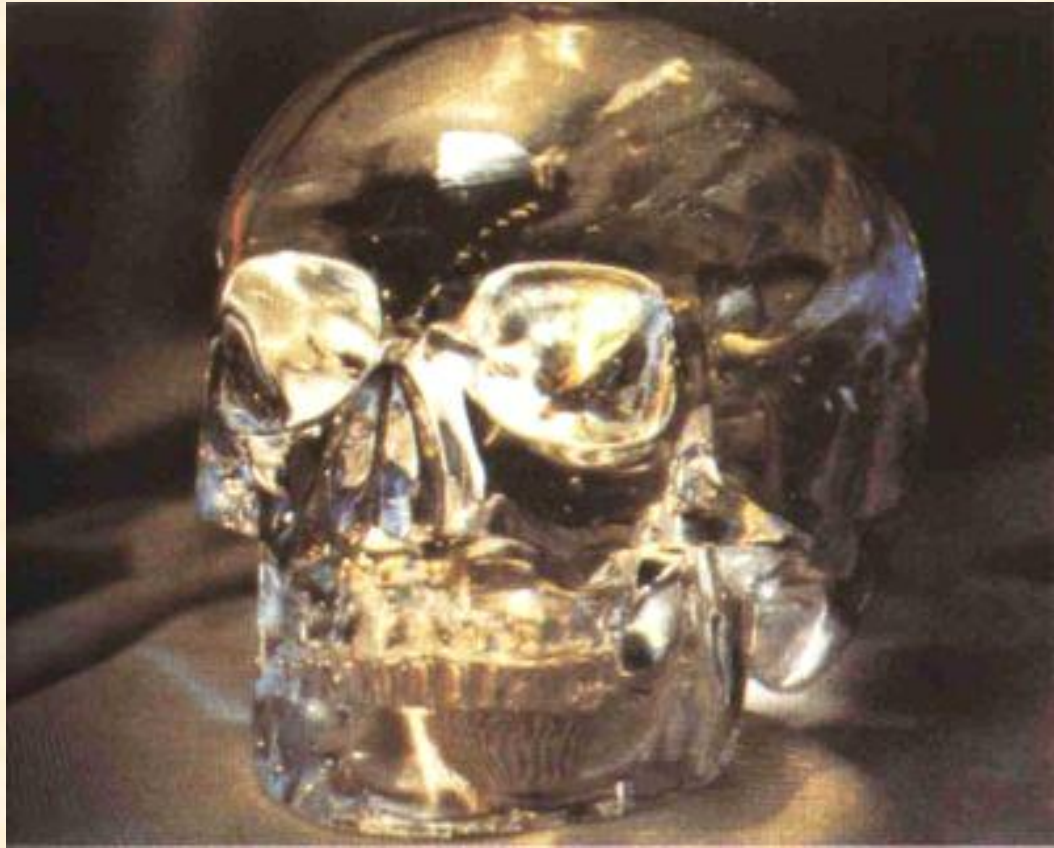


Figure Five: The Mitchell-Hedges Skull found in South America in 1920s.

And because the crystals are located at different places in space, the wave components will arrive at slightly different times at the target location. Very much like projecting a **hologram**. **[StealthSkater note: be sure to read about projecting real-time holographic images using Tom's "Star Chamber" at [doc](#) [pdf](#) [URL](#)]**

Positive Remote-Influencing

Not all remote-influencing is bad. You can use direct attention to **heal-at-a-distance** which is more beneficial to the individual you wish to help. Not only that, but it's also beneficial to person using RI to heal. The power of prayer has always been associated with the power of God. Yet the fundamental core principle in remote-influencing is not the power of God but rather the power of direct attention. The actual **act of intent**, which is the prime mover behind the power to heal (or even kill) at a distance. The action of emotion can also have a greater effect on the results of remote-influencing. Especially if you "feel" for the person you're willing to help or assist. There are some drawbacks here, too, with remote-healing. Some people's ailments may be so advanced that they may be beyond saving. To destroy a serious and advanced case of cancer can result in the death of individual. There are some things in Life that even the best remote-influencers can't stop; and that is the natural order of events regarding Death.

If someone attacked a remote-influencer, this would trigger an emotional response, producing a greater effect when mounting an RI counterattack. But people should exercise caution because some will try and provoke a response so they can justify the full use of force to destroy you. Which is a classic bully boy's tactic (a popular technique in America). It seems the rules of RI point to the idea that you can carry out a counterattack. But RI seems to be destructive against those who carry pre-emptive RI or unprovoked strikes. Some may try to provoke you into launching an attack so they execute a

counterattack.

Russians remote-influencers are something else. They can use false flag techniques where they project a false [telepathic] image of being from another country. They carry out a small-scale RI attack against the target. And the victim remote-influencer will respond by counterattacking soft targets in that country. The remote-influencers in that country will respond and launch an attack against the victim remote-influencer. And the Russian remote-influencers sit back and enjoy the fun, saving their remote-influencers from carrying out a direct attack. They provoke others to do it for them. Which is rather cunning, don't you think? With logic like that, you see why they so good at chess. **[StealthSkater note: rumors regarding the telepathic abilities of the grey ET aliens have always been that they can project false images to a remote-viewer when they detect they are being scanned. That is why it has proven so hard to "get the goods on them".]**

The Power of Self-Believe

When you practice remote-viewing, it will result in the production of feedback loops where successes will boost your confidence in yourself and lead to getting better results. The downside as to why many Westerners make poor remote-viewers is that the capitalistic version of success usually leads to arrogance. And good RV and RI results are not product of arrogance. RI and RV are the product of self-belief.

Remote-viewing is founded on the principle of self-belief which can only come from practice and patience. Many Westerners generally lack the patience. So continued practicing and patience will pay off in the long run. There are no fast track or quick-fix program to remote-viewing. It takes time. So practice.

Summary

What I have written provides a basic introduction to remote-viewing and -influencing. And I wish to express that I only disclose this data for information purposes only. I strongly advise people to exercise some discretion and reframe from carrying out such attacks.

I cannot keep stressing enough that **remote-viewing requires practice and patience**.

You will make mistakes-some maybe serious. But don't be put off by your mistakes or by anyone who tries to belittle you. Practice and patience will pay off in the long run.

Appendix One

Basic RV Protocol

Step One

- Practice relaxation techniques.
- Listen to music.
- Use Binaural Beats.
- Charge up your biophysical field.
- Breathing exercises.

Step Two

- Clear your mind
- Silence any internal chatter or sub vocalisation.
- Use visualization technique to picture the target location in your mind.
- Keep written notes of your experiences.

Appendix Two

Basic RI PK-Strike Protocol

Electronic

Step One

- Use RV Protocol to seek out location of target.
- Once target has been found, examine the target and search for weaknesses.

Step Two

- Charge up your biophysical field using electronic means.
- Use relaxation techniques
- Focus attention on target's weak point.
- Use visualization techniques-see target failing.
- Repeat visualization techniques until target does fail.

Appendix Three

RV/RI Countermeasures

Step One

- Use visualization technique to imagine being inside a bubble of energy.
- Focus your direct attention on this bubble to reinforce that no harm will come to you by other remote-viewers or remote-influencers, etc.
- Program your energy bubble to produce a signal in your conscious mind if it detects an attack or intrusion.

Appendix Four

RV using Keyword association

27, 28-1st Dec 2003

27th =“Finance”+ ”Business“+ ”News”+ ”America”+ ”President”+ “White“+ “House”+ ”Press”+”Trial”+ “X-Ray”+ ”Internment”+ ”Justice”.

28th =“Market”+”Chart”+”Middle East”+ “Oil” +”Israel” ”Talks”+ ”EU”

29th= “Royalty”+ ”News”+ ”Damage”+ ”Effects-of”+ ”Travel News”+ “Europe”

30-1= “Strike”+ ”Ships”+ “Briton”+ “France“+ ”Talks”+ ”Transport”+ ”Union”+ “Demands”

28-1st “Breaking”+ “News” +”Meetings”+ ”Talks” +”Many Flags”+ “Mountains”+ ”France”.

29-31st ”Attack” +”Probable”+ ”Car”+ ”Large”+ ”Bomb” ”Iraq”+ “Hotel”+ ”Shots Fired”+” Gun Fire”+ ”Fire-fight”+ “Helicopters”+ ”Evac”+ “Tanks”+ ”Engagement”. “Night-Time”+ ”Tracers”+ ”Air“+ “Support”+ “Marines”+ “Navy”+ ”Offensive”+ ”Major” + “IR Images on TV”. “War“+“ Ships”.

29-31st ”Israel”+ ”Man”+ ”Chest+ Ammo Belt”+ “Glasshouse“+ ”Restaurant”+ ”Collapse”+ ”East”+ “Main“+ “City”+ ”Old City”+ ”Outside”+ “By Street“+ “Corner”+ ”White window frame”+ “Door on Street Corner”. “Junction”+ ”Road”+ ”Fire”+ ”Smoke”+” Orange vests”+” Black Hats”+ “Vehicles”+ ”Blackened”+ ”Pavement+ ”Blood”+ “Paper”+ ”Field + Dressings” +”Army”+ ”Paramedics Aid”+ ”Grey” + “Stone“+ ”wall” +”Prophets” “By The”+ ”Blood”+ “On the Prophets”+ ”Death”+ “Stop”+ “The”+ ”Date”+ ”Is Now”.

23/11/03. Technique ERV. Music used -*State of Independence* by Jon & Vangelis. RV Crystal skull for 29-31st Only. No electronic charging. The crystals make you say funny things which have no meaning in the present. But they make sense in the future.

27th-29th carried on 21/11/03. No Music-No electronic charging.

I know it appears meaningless and I will it get some wrong. The more keywords you can write down, the better.

if on the Internet, Press <BACK> on your browser to return to the previous page (or go to www.stealthskater.com)

else if accessing these files from the CD in a MS-Word session, simply <CLOSE> this file's window-session; the previous window-session should still remain 'active'