

what is remote viewing

what is remote viewing is a question that delves into a fascinating and often misunderstood phenomenon related to perception and consciousness. Remote viewing refers to the claimed ability to perceive or describe details about a distant or unseen target using extrasensory perception (ESP) or psychic means. This concept gained attention in both scientific and paranormal communities, with various experiments attempting to validate its existence. Understanding what remote viewing entails involves exploring its history, methodologies, applications, and the controversies surrounding it. This article provides a comprehensive overview of remote viewing, addressing its definition, origins, techniques, scientific research, and cultural significance. The following sections will guide the reader through these key aspects to offer a thorough insight into this intriguing topic.

- Definition and Origins of Remote Viewing
- Techniques and Methodologies of Remote Viewing
- Scientific Research and Skepticism
- Applications of Remote Viewing
- Cultural Impact and Popular Media

Definition and Origins of Remote Viewing

Remote viewing is defined as the practice of seeking impressions about a distant or unseen target through means beyond the known human senses. It is often classified under the broader category of psychic phenomena or extrasensory perception (ESP). The term "remote viewing" was coined in the 1970s during research programs funded by the U.S. government, particularly within the Stargate Project, which aimed to investigate potential intelligence-gathering applications of psychic abilities.

Historical Background

The concept of perceiving information beyond ordinary sensory channels has ancient roots, appearing in various cultures' folklore and spiritual practices. However, modern remote viewing as a formalized practice emerged in the Cold War era. Researchers such as Russell Targ and Harold Puthoff at the Stanford Research Institute conducted experiments to test psychic phenomena scientifically. Their work led to the establishment of remote viewing protocols designed to minimize bias and subjectivity.

Terminology and Definitions

Remote viewing is sometimes interchangeably used with terms like clairvoyance, psychic spying, or intuitive perception. However, it specifically refers to the structured process of describing locations, objects, or people that are hidden from physical view and separated by distance or shielding. The emphasis is on obtaining accurate and verifiable information without prior knowledge or sensory input.

Techniques and Methodologies of Remote Viewing

The practice of remote viewing relies on specific techniques developed to facilitate and document the information perceived by the remote viewer. These methods are designed to reduce noise, prevent contamination, and enhance the clarity of the impressions received.

Basic Remote Viewing Protocol

A typical remote viewing session involves the viewer receiving a target reference, often a random number or code, which corresponds to the location or object to be described. The viewer then attempts to record impressions, sensations, and images that come to mind without guessing or logical inference. This process follows strict protocols to ensure the independence of the data and avoid feedback.

Types of Remote Viewing

Various forms of remote viewing have been developed, including:

- **Coordinate Remote Viewing (CRV):** Uses geographic coordinates as the target reference.
- **Extended Remote Viewing (ERV):** Emphasizes entering a trance-like state to gather information.
- **Associative Remote Viewing (ARV):** Applies remote viewing to predict outcomes by associating targets with specific results.

Training and Skill Development

Remote viewing requires training to develop focus, sensory sensitivity, and the ability to separate impressions from conscious reasoning. Practitioners often engage in exercises to enhance their intuitive faculties, improve documentation skills, and learn to interpret subtle cues without bias.

Scientific Research and Skepticism

Scientific inquiry into remote viewing has produced mixed results, with some studies claiming statistically significant findings while others highlight methodological flaws and lack of replicability. The debate continues regarding the legitimacy of remote viewing as a genuine phenomenon.

Key Research Programs

Notable research initiatives include:

- **Stanford Research Institute (SRI) Studies:** Early experiments conducted by Targ and Puthoff in the 1970s demonstrated some positive results, though critics questioned the controls.
- **Stargate Project:** A classified U.S. government program that ran from the 1970s to the 1990s, aimed at using remote viewing for military intelligence.
- **Independent Replications:** Various academics and parapsychologists have attempted to replicate results with varying degrees of success.

Criticism and Skepticism

Skeptics argue that remote viewing results can be attributed to chance, subjective validation, or experimental bias. They emphasize the importance of rigorous double-blind protocols and reproducibility. Many mainstream scientists regard remote viewing as pseudoscience due to the lack of conclusive empirical evidence and theoretical framework compatible with known physics.

Applications of Remote Viewing

Despite controversy, remote viewing has been explored for practical applications in several fields. Its potential utility lies in accessing information that is otherwise inaccessible through conventional means.

Military and Intelligence Use

The U.S. military and intelligence agencies investigated remote viewing for locating hostages, hidden weapons, and enemy installations. Although classified reports suggest some operational use, the overall effectiveness remains disputed.

Scientific and Exploration Purposes

Some researchers have applied remote viewing to scientific inquiries, such as searching for archaeological sites or studying natural phenomena. These efforts aim to supplement traditional methods with intuitive insights.

Personal Development and Entertainment

Remote viewing is also practiced by individuals interested in psychic development, meditation, and personal growth. Additionally, it has inspired creative works in literature, film, and games, contributing to popular culture's fascination with psychic abilities.

Cultural Impact and Popular Media

Remote viewing has influenced various aspects of culture, shaping public perceptions of psychic phenomena and inspiring numerous fictional narratives.

Representation in Media

The concept of remote viewing appears in movies, television shows, and books, often portrayed as a mysterious and powerful skill. These depictions have helped popularize the idea but may also contribute to misunderstandings about its nature and scientific status.

Influence on New Age and Paranormal Communities

Remote viewing holds a place within New Age and paranormal belief systems, where it is associated with expanded consciousness and spiritual exploration. Workshops, courses, and communities dedicated to remote viewing continue to thrive globally.

Ongoing Interest and Research

Despite skepticism, interest in remote viewing persists among researchers, enthusiasts, and the general public. New technological tools, such as neurofeedback and brain imaging, are sometimes employed to study and enhance remote viewing capabilities, underscoring the ongoing quest to understand the limits of human perception.

Frequently Asked Questions

What is remote viewing?

Remote viewing is the practice of seeking impressions about a distant or unseen target using extrasensory perception (ESP) or psychic abilities, often used in parapsychology and intelligence gathering.

How does remote viewing work?

Remote viewing works by focusing the mind to perceive information about a target location, person, or object that is hidden from physical view or separated by distance, typically through mental visualization and intuition.

Is remote viewing scientifically proven?

Remote viewing remains controversial and is not widely accepted by the mainstream scientific community due to lack of consistent empirical evidence and reproducibility.

Who uses remote viewing?

Remote viewing has been used by intelligence agencies, such as the CIA and military organizations, for espionage and gathering information, as well as by individuals interested in psychic phenomena.

Can anyone learn remote viewing?

Many practitioners believe that remote viewing is a skill that can be developed through training and practice, although results may vary depending on the individual's abilities.

What are common applications of remote viewing today?

Today, remote viewing is used mainly in parapsychology research, personal development, and by enthusiasts exploring psychic phenomena, rather than official government or military operations.

Additional Resources

1. *Remote Viewing: The Complete User's Manual for Coordinate Remote Viewing* by David Morehouse

This book offers a comprehensive guide to the technique of remote viewing, focusing on the coordinate remote viewing method developed by the U.S. military. David Morehouse, a former Army intelligence officer, shares his personal experiences and practical exercises designed to help readers develop their remote viewing abilities. It serves as both an introductory text and a practical manual for anyone interested in exploring psychic perception.

2. *Psychic Warrior: Inside the CIA's Stargate Program* by David Morehouse

In this memoir, David Morehouse recounts his involvement in the CIA's secret Stargate Project, which researched remote viewing for intelligence purposes. The book provides an insider's perspective on how remote viewing was used in real-world operations and the challenges faced by remote viewers. It blends personal narrative with an overview of the history and applications of remote viewing.

3. *Reading the Enemy's Mind: Inside Star Gate—America's Psychic Espionage Program* by Paul H. Smith

Paul H. Smith, a former military remote viewer, details the history and methodology of the Stargate program in this engaging account. The book explores how remote viewing was employed for espionage during the Cold War and explains the protocols and training involved. It offers a fascinating look into the intersection of psychic phenomena and government intelligence.

4. *Remote Viewing Secrets: A Handbook* by Joseph McMoneagle

Joseph McMoneagle, one of the original remote viewers in the U.S. Army's Stargate Project, shares his insights and techniques in this practical handbook. The book breaks down the process of remote viewing into understandable steps and includes exercises to help readers develop their psychic abilities. It also covers the scientific and anecdotal evidence supporting remote viewing.

5. *The Seventh Sense: The Secrets of Remote Viewing as Told by a "Psychic Spy" for the U.S. Military* by Lyn Buchanan

Lyn Buchanan, a remote viewer who worked on classified military projects, provides an in-depth explanation of remote viewing and its practical applications. The book covers the history, training, and protocols, as well as Buchanan's personal experiences. It is a valuable resource for those interested in the operational aspects of remote viewing.

6. *Limitless Mind: A Guide to Remote Viewing and Transformation of Consciousness* by Russell Targ

Russell Targ, a pioneer in the scientific study of psychic phenomena, presents remote viewing as a tool for expanding human consciousness. This book combines scientific research with practical exercises to help readers enhance their intuitive abilities. Targ also discusses the implications of remote viewing for personal growth and understanding the mind.

7. *Remote Viewing: The Science and Theory of Nonphysical Perception* by Courtney Brown

Courtney Brown explores the theoretical framework and scientific basis for remote viewing in this detailed work. The book delves into the mechanics of nonphysical perception and presents data from remote viewing experiments. It is suited for readers interested in the scientific and theoretical aspects behind the phenomenon.

8. *The Essential Guide to Remote Viewing: The Secret Military Remote Perception Skill Anyone Can Learn* by Paul H. Smith

This guidebook provides an accessible introduction to remote viewing techniques derived from military training. Paul H. Smith offers clear instructions, exercises, and tips for developing remote viewing skills. The book demystifies the process and encourages readers to practice and apply remote viewing in everyday life.

9. *Remote Viewing for Beginners: A Practical Guide to Psychic Spycraft* by Paul H. Smith

Designed for novices, this book breaks down the fundamentals of remote viewing into easy-to-follow steps. Paul H. Smith includes practical exercises and explains the historical context of psychic espionage. It serves as a helpful starting point for anyone curious about developing remote viewing abilities.

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through the power of the human mind.... Now, for the first time, Lyn Buchanan -- a world-renowned expert on remote viewing and its potential -- tells the complete, candid story of his experiences. Assigned for nearly a decade to a clandestine U.S. Army intelligence group, Buchanan trained military personnel who utilized their inherent psychic abilities as a data-collection tool during the Iran hostage crisis, the Chernobyl disaster, and the Gulf War. In this incredible account, Buchanan tells how he was selected for his unique psychic abilities, and how he was transformed from an ordinary soldier into one of our nation's leading psychic spies. Working on top-secret government and military projects using mental espionage created permanent, life-altering changes within Buchanan. Now, after many years of analysis and interpretation, he reveals the techniques and mental exercises used to train remote viewers, and demonstrates that each of us carries a dormant psychic ability that we can explore and use ourselves. For anyone interested in a hard, scientific look at the reality of psychic covert operations in the world today, or anyone who has ever wondered if he or she could have the inherent skills to become a remote viewer, this fascinating chronicle of life as a psychic spy will reveal the answers.

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