

# APERTURE

Fall/Winter 2013, Issue 22



TARGET-A-DAY  
The Journey Back

INGO SWANN (1933 - 2013)  
In Memoriam

LAS VEGAS 2012 IRVA CONFERENCE

SRI AND TOM McNEAR

HOW DO YOU ADD LAYERS  
OF PERCEPTION TO YOUR  
SESSION?

THE REALITY OF ESP

*APERTURE* LIBRARY

AN INTERVIEW WITH LYN BUCHANAN

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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## FEATURE ARTICLE

# TARGET-A-DAY

## The Journey Back

by Dick Allgire



***Once in a while  
you get shown the light  
in the strangest of places  
if you look at it right***

***-- Scarlet Begonias, by Jerry Garcia and  
Robert Hunter***

In early 2012 I suffered a concussion on the job while climbing a dim, circular stairway in a Second World War-era airport control tower in Hawaii. As I came up to the top floor of six stories, there was a doorway above me, which was backlit by the afternoon sky. I bounded up the last few steps and came

up into the opening full-force. The doorway was less than six feet tall and I struck the crown of my head with a stunning impact.

I was off-work for a while with typical post-concussion symptoms of headaches, fatigue, dizziness, vertigo, nausea, and difficulty concentrating. I attempted several remote-viewing sessions during this time, but I always ended up with a pounding headache and difficulty focusing, so I stopped doing any target work.

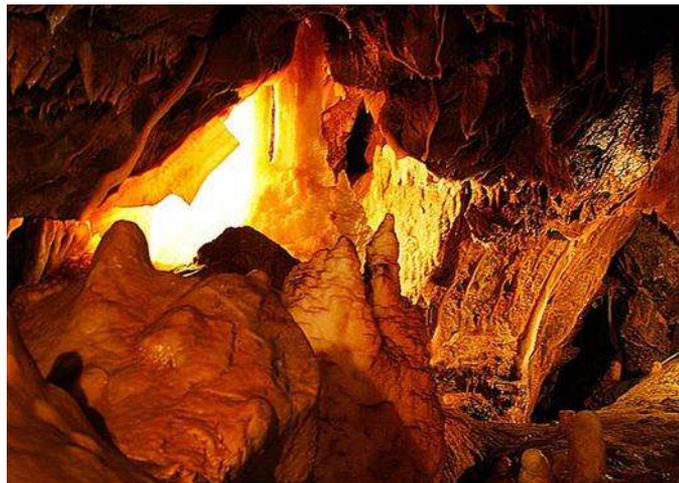
Some claim that a knock on the head improves remote-viewing ability, but I had not been the same for many months and I was worried that I might have lost my ability to focus and concentrate. Was it really gone, and, if it was, could I regain it?

I believe remote viewing is a perishable skill and that viewers need to remote-view regularly to stay in shape. So, in late 2012, I went to the Hawaii Remote Viewers' Guild (HRVG) website and found several lists of targets that had been used as training for online students. Since these targets were new to me, it was a source of good *blind* targets that would provide me with immediate feedback.

I got out a box of fan-fold paper, pulled out a brand new *Uniball* vision pen, found my well-worn hematite stone, and vowed to work a target every day. Having the luxury of setting my own schedule, I was able to work most of the sessions at 13:30 Sidereal time, which in mid-December in Hawaii was hitting conveniently at about 8:00 a.m.

The challenges I faced during my recovery were both physical and psychological, and the target-a-day sessions that appear below were part of my journey back to myself -- and remote viewing.

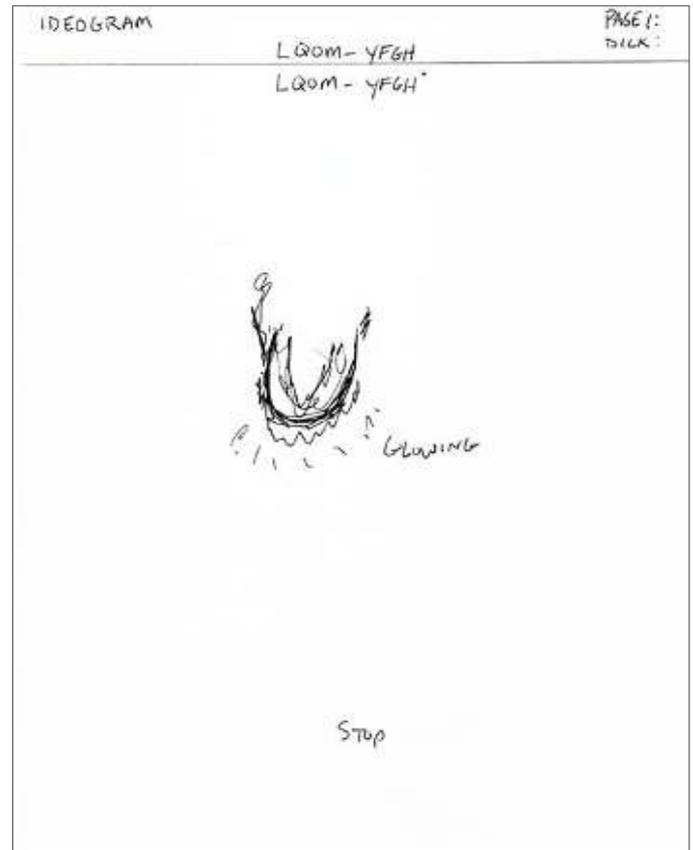
**Day One**  
**Target LQOM-YFGH**  
**Atta Hole Cave/Attendorn, Germany/**  
**Photographic Timeline**  
**December 16, 2012**



My initial *Visual Ideogram* (the first two-second look with eyes closed) revealed a jagged glowing shape, which compares favorably to the feedback photo of the target site.

I have never been a fan of cave targets, and while a well lighted photograph of a cave can be dramatic, a cave is essentially just static rock, a "hole in the

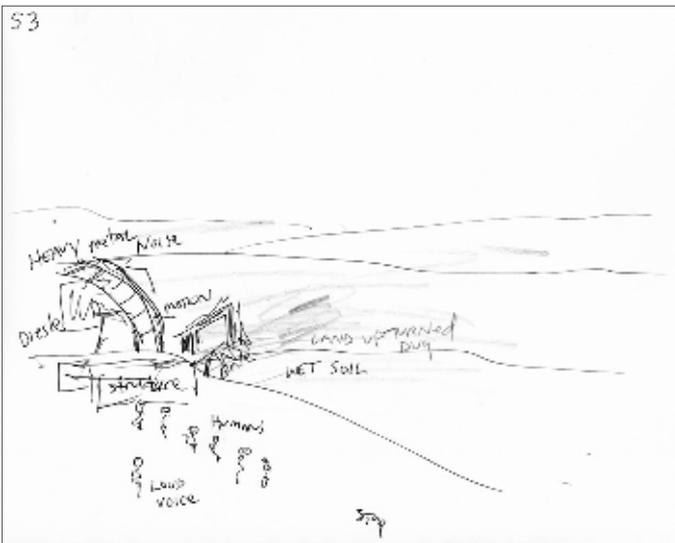
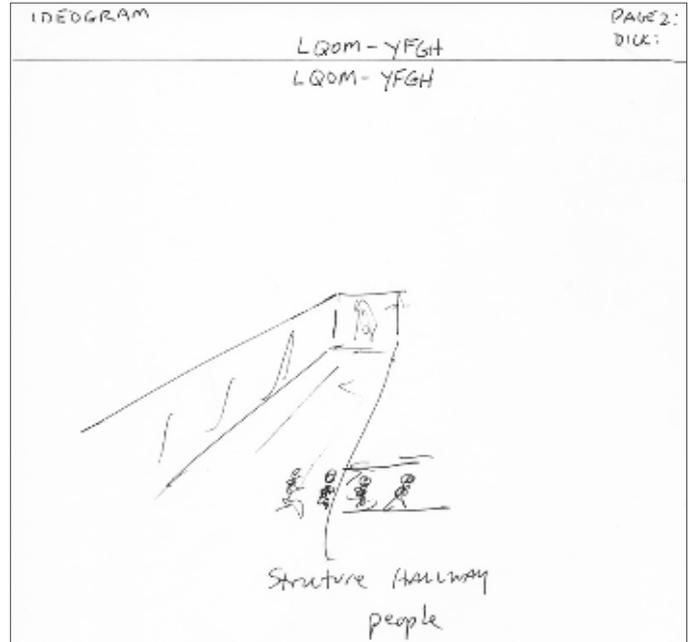
ground," and not a dynamic and interesting target for an hour-long remote-viewing session.



In HRVG *Playfair* (the probing for sensory data in the order of sights, sounds, smells/tastes, temperatures, and textures), I saw a jagged landscape with machinery and diesel engines.

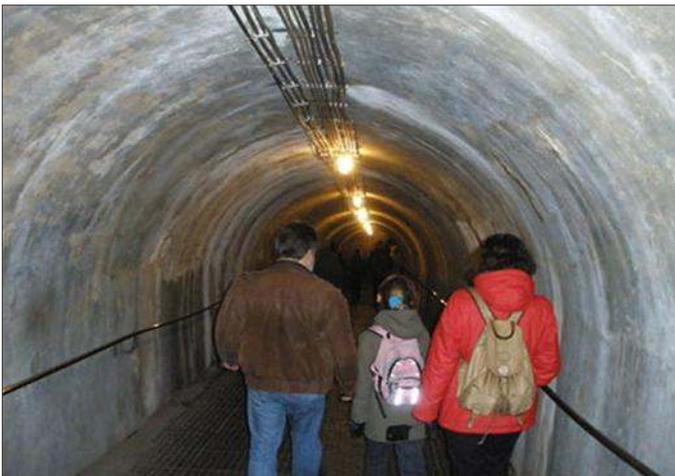
When I saw feedback of the cave pictures, I couldn't understand my data on mining and excavation.

	HEAVY engine machines	SOIL	COOL	clumps heavy upward earth
LAND	engine noise	Coffee steam	COOL	mounds earth
	VOICES TALKING	—	WARM	sands gravel uneven upward or stirred earth



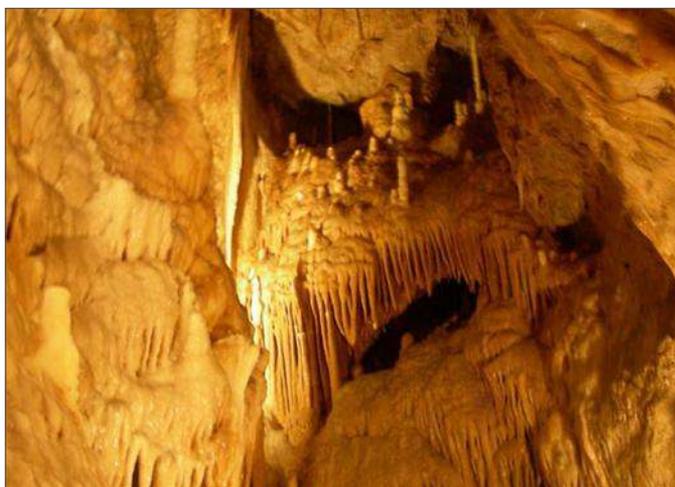
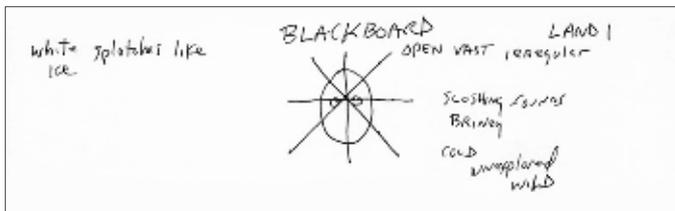
I found it confusing because the corridor felt man-made, but the next time I looked, I was in a natural location with what appeared to be glowing rocks.

At other times during the session, I saw people walking down a man-made corridor or tunnel, and I heard their footsteps echo on the cement walls.

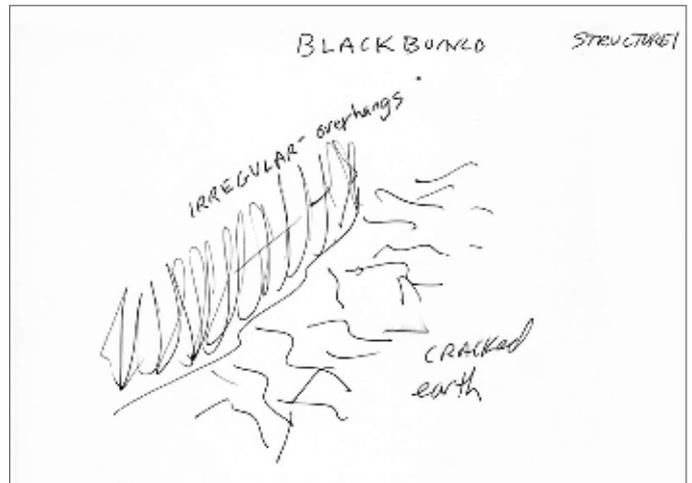


After the session, I conducted some research that revealed that crews working at a limestone mine had discovered this cave -- and there *is* a man-made tunnel leading into it. Apparently, I had slipped a bit in time.

While the temporal cue was "Photographic Time-line," my subconscious had gone to a more interesting time of dynamic activity at the location. Not good.



The session concluded with some very nice, fairly clear visuals of unusual rock formations, which left me confused but pleased when I saw the feedback photo.



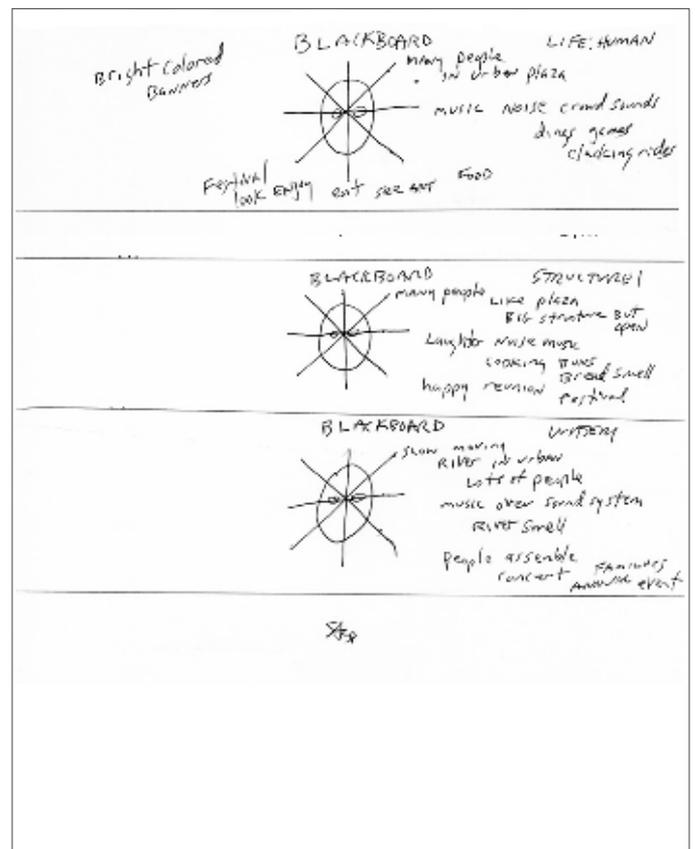
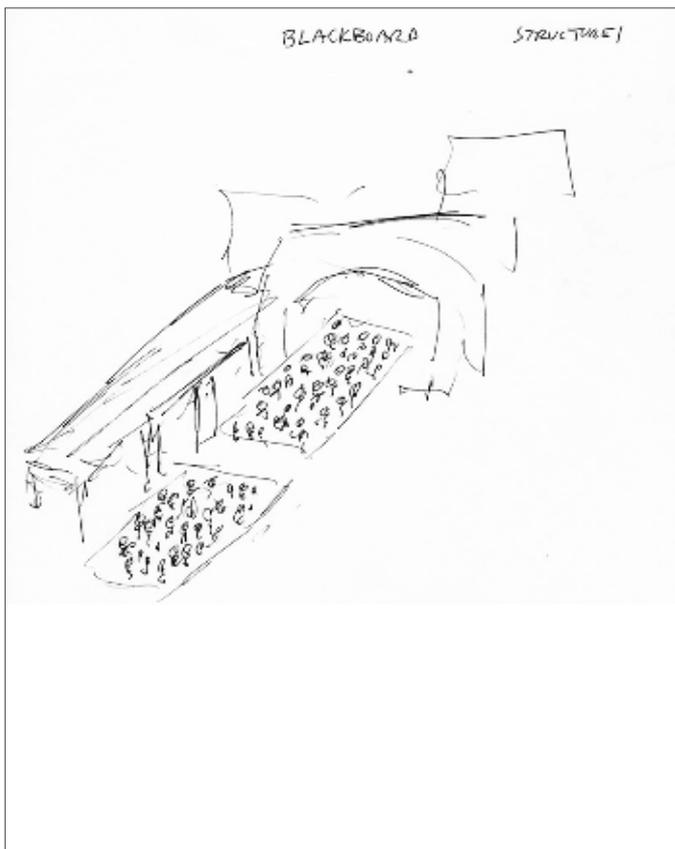
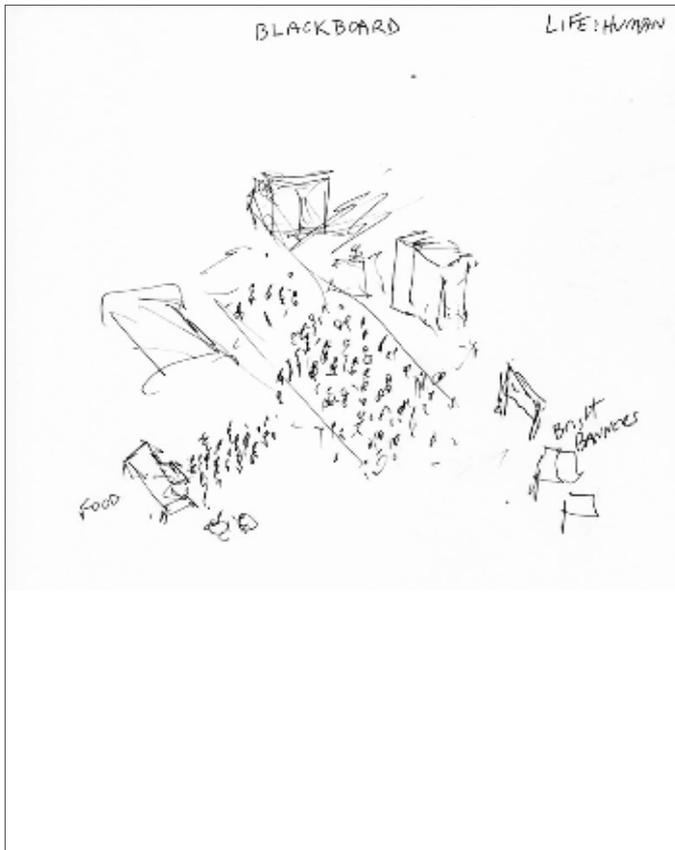
I had not lost my remote-viewing skills, after all!

**Day Two**  
**Target FBCT-GMNL**  
**Theater Performance/Kyoto, Japan/**  
**Photographic Timeline**  
**December 17, 2012**



The next session took me inside a large man-made structure. The target was a theatre performance of Japanese dancers in Kyoto, Japan. I suspect that the tasker had intended the viewer to see the painted faces of the performers and their curved fans. I ended up at the top of the theatre with a wider view of the entire hall, looking down at the audience. I also heard the music, and had a *slow-moving* sense of festival.

The target cue only gets us into the ballpark; the rest is up to the viewer.

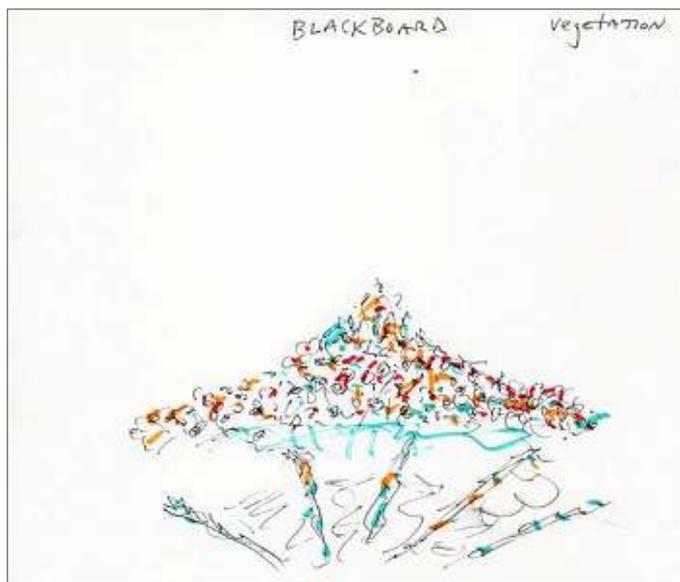


**Day Three**  
**Target VEY-CAUC**  
**Cow Elk in Forest Fire/Montana/**  
**Photographic Timeline**  
**December 18, 2012**

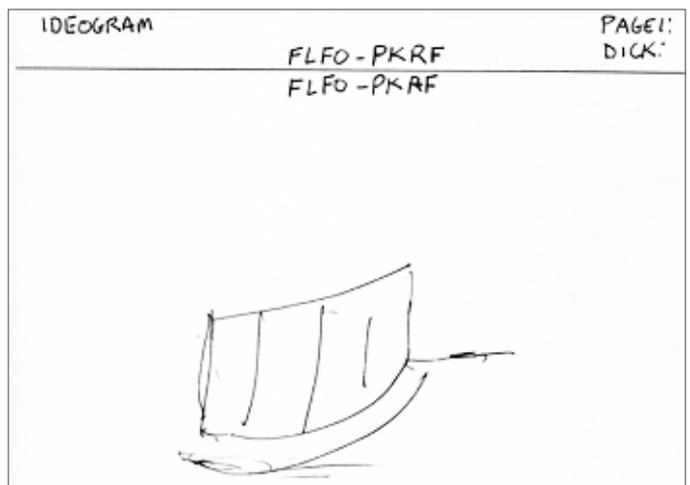
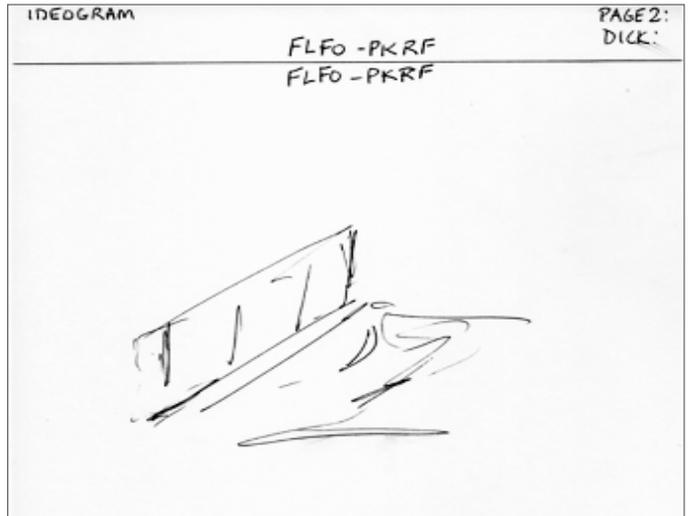


This target took me to a huge forest fire in Montana. I had a spectacular visual contact that was colorful but lacking in clarity. While I sensed the billowing smoke cloud and actually felt the fine ash in the air, I never figured out that it was a forest fire -- although I did have a stunning visual experience, seeing the entire blazing mountainside. It was so colorful that, when I closed my eyes and looked on *Blackboard*, I grabbed some colored pens to make my sketch.

Note: I was looking for vegetation on *Blackboard*.



**Day Four**  
**Target FLFO-PKRF**  
**Fishing Shack/Felixstowe Ferry/Suffolk, UK/**  
**Photographic Timeline**  
**December 19, 2012**



This target was an old fishing shack at the edge of the ocean. I did not find it very interesting and only got meager contact. My *Visual Ideogram* was evidence that I saw the target, but the session did not progress well beyond that. Even good remote viewers have bad days.

**Day Five**  
**Target EPZW-OANE**  
**Outrigger Canoe "Iosepa"/Brigham Young University/Hawaii/Photographic Timeline**  
**December 20, 2012**



The target this day was a Hawaiian sailing canoe. It was the closest I came to "calling target," as I looked at the water gestalt and saw people in what I actually described as a canoe.



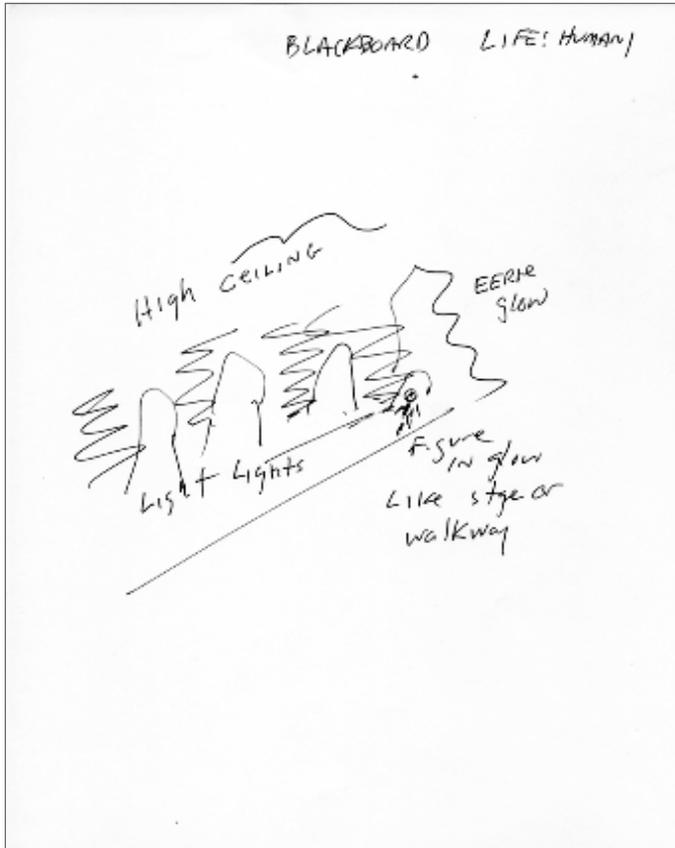
	FEET ON WOOD BOARDS	WOOD	WARM	SMOOTH WORN WOOD
--	---------------------	------	------	------------------

Of greater impact to me was the sensation of wood and feet on wood boards (*smooth-worn wood*).

**Day Six**  
**Target SKBB-FORT**  
**Carlsbad Caverns/California/**  
**Photographic Timeline**  
**December 21, 2012**



This target was another cave, the Carlsbad Caverns in California. (Session sketch is on next page.)

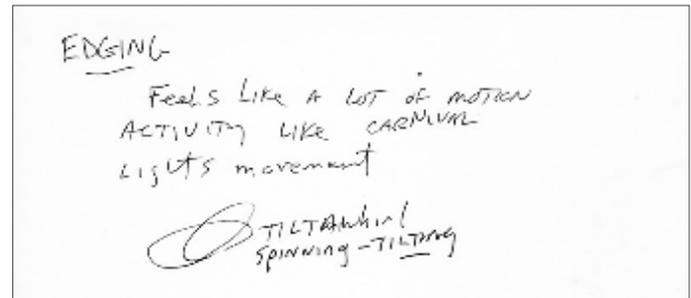


In Stage 4, I had a very strong visual bilocation. I saw the eerie glow of sunlight through the cave opening, the dramatic colored lights inside the cave, as well as the pathway and the high ceiling. I was really there!

**Day Seven**  
**Target HAXH-ITFC**  
**Elk roundup/south of Elma, Washington/**  
**March 9, 2002**  
**December 22, 2012**



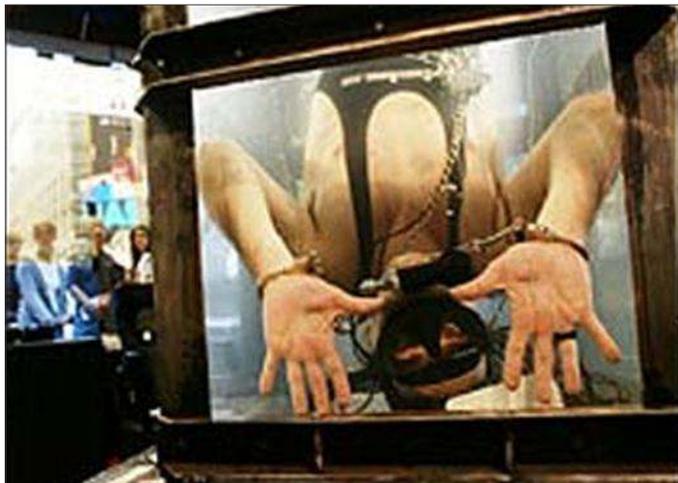
In the helicopter elk roundup this day, I never perceived the elk, but I got a good look at the open land at the target and sensed the grassy brush. The helicopter came to me as something spinning and whirling, like a carnival ride.



	SIGHTS	SOUNDS	Smells/Tastes	TEMP	TEXTURE
Colors green Brown Blue gold	(CROWDED) SKY HORIZON POP POP	Many voices	gunpowder licorice	WARM	Flannel cloth
Brite Medium	SKY HORIZON POP POP	voices	ocean breeze SALTY	WARM	Vapor (CLOUDS)
	"A N" "A N" "A N"	-	grassy straw	COOL	(Like hay bales) packed

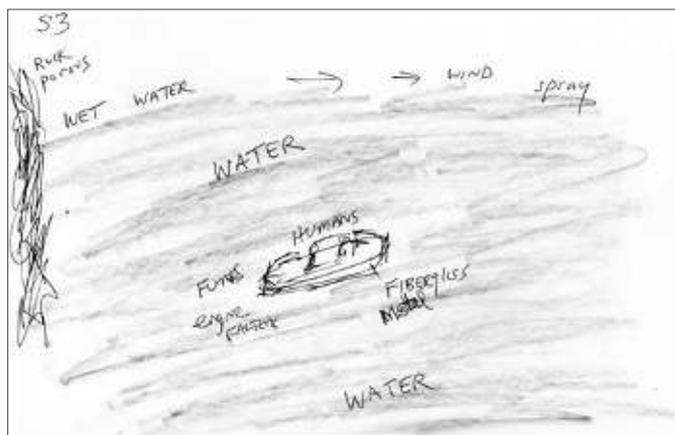
This session had a combination of good and bad data. The colors were on in *Playfair* (green, brown, blue, gold); I got the gunpowder smell and the “pop, pop” sounds; I saw the open field and what felt like wheat or hay. The best part was how the motion of the helicopter came through to me as a tilt-a-whirl, spinning and tilting.

**Day Eight**  
**Target RGWW-PIOX**  
**Criss Angel/underwater stunt/Times Square,**  
**New York/August 27, 2002**  
**December 23, 2012**



Underwater! I am not a fan of “gag” targets -- targets with really unusual gestalts meant to mess with a viewer’s mind, like a guy floating in a box of water for 24 hours in Times Square in New York City.

My perceptions of this target came in René Warcollier fashion, correct but disjointed. I had a constant sense of water, water, and water. I perceived the structure, but I thought (incorrectly) that the structure was in or on the water.



While not a great session, it would probably get a “GO” at Stage 3, primary gestalt of water with human inside a structure. It was interesting how my subconscious communicated the feeling of being surrounded by water.



**Day Nine**  
**Target MLVW-NEPA**  
**Galaxy AM 0644-741/Deep Space/**  
**Photographic Timeline**  
**December 26, 2012**

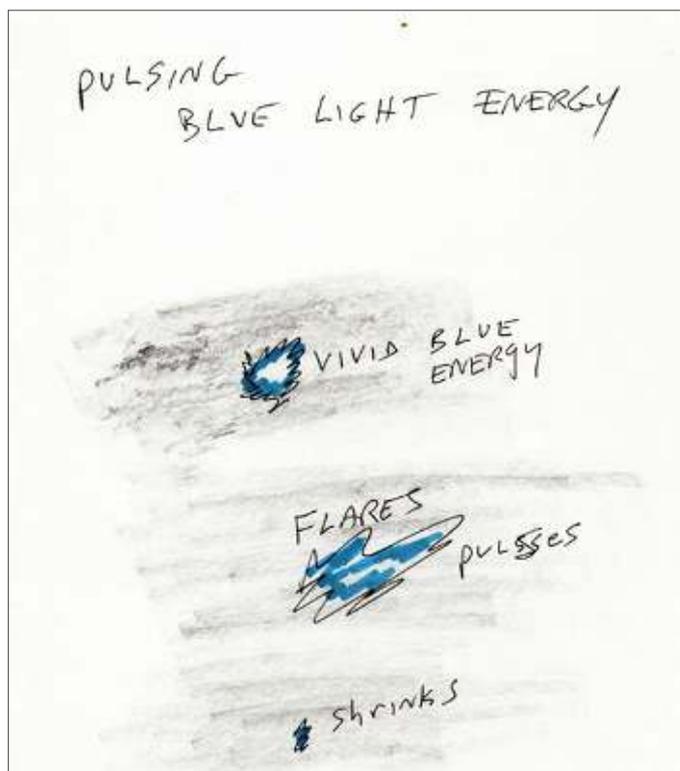
I got great visual clarity when I viewed this day’s target, a deep-space Hubble telescope image.



(Session sketch on next page.)

This shows how a viewer can have difficulty grasping scale; I saw the glowing ring of the galaxy, but when I closed my eyes and settled into *Edging*, the visual was experiential, and I was spellbound.

Getting a visual that clear, when I synchronize with the target and it forms before me, I sometimes tend to freeze, trying to maintain the image. I saw the blue ring pulse and flare, but without a sense of dimension, I had no idea it was a galaxy.



While it was extremely boring to work this target, the visual I got after 40 minutes was actually quite spectacular: full color and total immersion. It is difficult to describe the sensation I felt, but it was as if I was seeing the *God-source* of energy.

### Conclusion

My target-a-day series reinforced the fundamentals of remote viewing for me, the importance of establishing a routine, and sticking to the structure of one's chosen methodology. It reminded me that viewers have to be willing to accept that the target could be anything, from a cavern in the earth to a galaxy in deep space. Viewers must also be able to work each

session without judging their data or caring about whether the target is boring or dramatic.

**Dick Allgire**, vice president of the [Hawaii Remote Viewers' Guild](#) (HRVG), is a skilled



remote viewer and HRVG-certified instructor who has trained with Glenn Wheaton in Honolulu for over 14 years. Allgire has lectured and trained students internationally at scientific symposia. A musician and a veteran television journalist with over 27 years of experience as a reporter, anchor, and producer, he has worked in Hawaii since 1985.

### HRVG ANNOUNCES NEW TARGET SERIES

The Hawaii Remote Viewers' Guild has announced a new series of targets available to be worked by anyone in the remote-viewing community, regardless of method or affiliation. The targets will consist of a mixture of *validation* targets of interest, possible ongoing projects, or *operational* targets. The targets will be cued using HRVG's "targeteering" protocol. There will be no frivolous, or agenda targets. While many will be *validation* targets (targets that are unambiguous and verifiable) there will also be *operational* targets mixed in. Some may involve important HRVG projects, while others may be submitted by clients or agencies. The goal of the series is to provide viewers with reliable targets under an essential blind protocol. Viewers will not be told ahead of time whether a specific target ID is a *validation* target or an *operational* target. All targets will be blind.

Often, feedback will be provided within one week; at other times, it may be withheld for longer periods, but viewers can be given a "Go" or "No-Go" at Stage 3. Viewers outside of HRVG will be invited to submit sessions, although viewers can also work the targets and obtain feedback without submission. Outside viewers will be able to work their sessions privately and then click on target *Feedback* at the HRVG website.

Veteran HRVG remote viewer, trainer, and project manager, Dick Allgire, took over as HRVG Target Committee Chairman on February 1, 2013. Under Allgire's supervision HRVG will post regular targets on its HRVG website. ([www.hrv.org](http://www.hrv.org)).

## IN MEMORIAM

## INGO SWANN (1933 - 2013)

*by Paul H. Smith, Ph.D.*

## The Father of Remote Viewing

*Ingo Swann**Photo Courtesy of Robert M. Knight*

Few of us get to be the originators of anything unique, much less something so revolutionary that it just might change the entire world. Yet that was the case with Ingo Douglas Swann, who died from the effects of a stroke on January 31, 2013 at the age of 79. Swann, born in Telluride, Colorado on September 14, 1933, was both sensitive and intuitive almost from his first awareness. He experienced an out-of-body state at 2 ½ years of age from which, though fully anaesthetized during a tonsillectomy, he was able to observe and later report accurate details of the procedure he had undergone. That event initiated an ongoing series of out-of-body and clairvoyant experiences that he quickly learned not to share with anyone other than his maternal grandmother, who herself had a sensitivity for such things.

Swann took his education at Westminster College in Salt Lake City, Utah, earning a double degree in art and biology. He served a three-year enlistment in the U.S. Army, much of it in Korea in an administrative position with the Eighth Army. During this time, he became a bridge partner and friends with Madame Syngman Rhee, the Austrian-born wife of

South Korea's first president, and played an important behind-the-scenes role in preventing a major international incident, for which he received a letter of commendation.

Out of the Army and transplanted to New York City in the early 1960s to begin his art career, Swann supported himself for 12 years as an employee in the Secretariat of the United Nations, in various roles. While nurturing his fledgling art career, he became acquainted with many of the literati and intellectuals in New York's social circles of the day, including people such as artist Andy Warhol, whose parties Swann attended just a few blocks from his own residence in the Bowery.

Some of these connections led him to the world of experimental parapsychology, which was enjoying a heyday in the Manhattan of the mid-to-late 1960s and early 1970s. Dr. Gertrude Schmeidler of the City College of New York (with whom Swann did work in psychokinesis research) and Dr. Karlis Osis of the American Society for Psychical Research (with whom Swann became involved in out-of-body perceptual work) were two of the more prominently active parapsychologists at the time. In 1971, Swann proposed a new parapsychology research protocol that involved participants trying to "observe" locations or settings that were separate from them by either distance or shielding, under fully blind conditions. He named this protocol "remote viewing," and it served as the kernel around which all of the discipline of modern remote viewing and its various aspects ultimately formed.

Soon, Swann also became affiliated with Cleve Backster, a leading pioneer in polygraph and "lie-detector" development who was also engaged at that time at the leading edge of consciousness research; this connection led to a defining moment in Swann's career. Coming across a communication sent by Dr. Harold Puthoff to Backster that proposed an ex-

periment based on Backster's "Primary Perception" theories, Swann volunteered to participate in that research.

Dr. Puthoff invited Swann to the Stanford Research Institute (SRI), which was located in Menlo Park, California. On June 6, 1972, the pair performed a watershed experiment in the basement of the Varian Physics Building on the Stanford University campus. With no previous access to a large-scale magnetometer situated under the building and being used for fundamental physics research, Swann was able to both mentally influence the output of the heavily shielded device and

to correctly sketch—clairvoyantly—the relationships of elements in the internal mechanism.

Word of this success eventually reached the CIA's Office of Technical Services and Dr. Puthoff was shortly visited by CIA representatives who then further tested Swann's abilities and offered SRI a preliminary \$50,000 contract to explore both psychokinesis and the newfound remote-viewing phenomenon. This seminal event launched the U.S. Government's 23-year involvement in remote-viewing research and applications. In 1976, Swann played a key role in bringing nuclear physicist Dr. Edwin May into the program; May would later come to head SRI's efforts in this field.

Although other remote viewers were recruited and, where necessary, taught or trained, Swann remained a central figure in SRI's program, suggesting new research directions and participating in thousands

of remote-viewing trials, both research-oriented and for practical applications. Starting in the late 1970s and continuing through the first half of the following decade, Dr. Puthoff and Swann focused first on isolating and identifying the underlying principles of remote viewing, and then eventually on developing a system to convey to naive subjects the techniques and

competencies of successful, well-experienced remote viewers.

Their research ultimately culminated in what is known today as "controlled remote viewing" or "CRV" (originally, it was called "coordinate remote viewing"). The process progresses through six "stages," be-

ginning with general mental contact with the target and then guiding the viewer's consciousness up through increasingly detailed target access. Having been tested on some of Swann's and Puthoff's associates at SRI, CRV proved successful in developing remote-viewing abilities in naive subjects and was offered to the U.S. Army beginning in 1982 to further develop the military's remote-viewing program that was already underway.

Army captains Rob Cowart and Tom McNear were the first military officers to be trained in the new discipline. Cowart was forced to drop out due to illness, but McNear went on to become Swann's most successful student ever, according to Swann himself. Other military personnel soon followed.

Due to changes in Army politics, the SRI training contract was completed at the end of 1984 and was never renewed. The military's program was officially



(l to r) Jane Kutra, Ph.D., Russell Targ, Ingo Swann, Mrs. Hal Puthoff, IRVA 2002 Conference  
Photo Courtesy of Cheryle Hopton

moved from the Army to the Defense Intelligence Agency at the end of January 1986. Swann continued to be associated and to participate with SRI until 1989, when he declared his retirement from parapsychology research.

There followed for him two decades of fruitful writing and painting, during which time Swann authored several

popular books, many articles, and content for his own comprehensive website, [www.biomind-superpowers.com](http://www.biomind-superpowers.com). He was a popular, much sought-after speaker who, regardless, limited his speaking engagements. The International Remote Viewing Association (IRVA)

was very fortunate to have him speak at three of our conferences, plus at an additional gathering that it co-sponsored with the Association for Research and Enlightenment in Virginia Beach, Virginia in 2003.

After retirement, Swann occasionally dipped his toe briefly back into active parapsychology research. He worked chiefly with Dr. Michael Persinger at Laurentian University in Ontario, Canada in a set of innovative experiments that attempted to identify correlations between remote-viewing functioning and brain activation.

But mortality beckoned. Swann overcame a bout with mouth cancer and then, in December 2003, suffered a serious fall on the icy streets of New York City, shattering one of his femurs. Hospitalized for over two weeks, he was nursed through a long and difficult recovery process by his sister Murleen and his friend (and CRV student) Bob Durant. But from

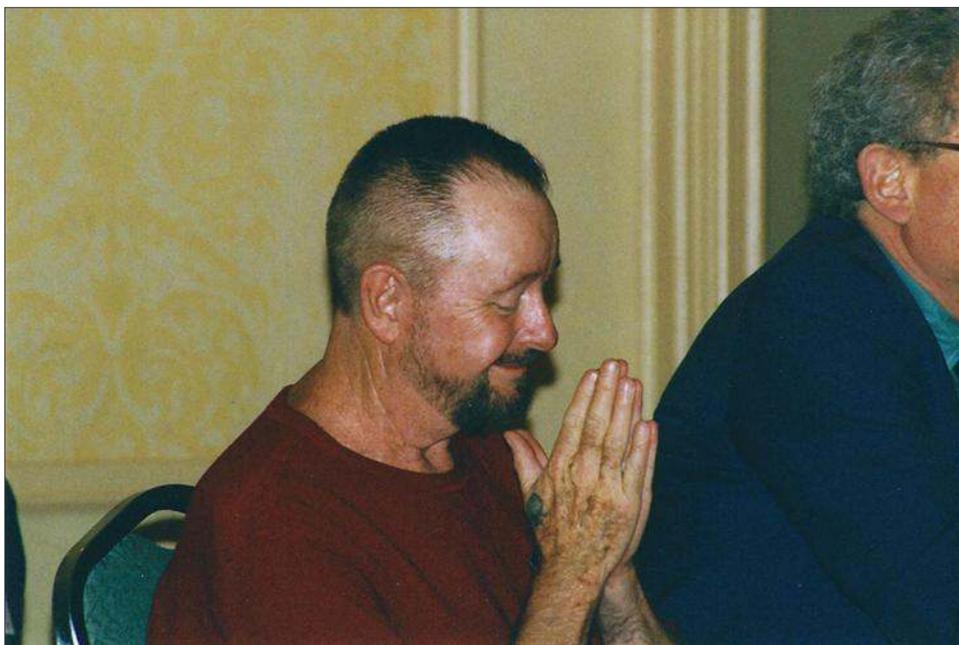
that point on, his health remained somewhat fragile, although he still engaged in discussions and gave occasional lectures, as well as making appearances at several IRVA conferences, where he was always the honored guest.

Appropriately, at the time of his passing, Swann was well along in organizing and producing a book

of his marvelous artwork, a final legacy to bestow on the world. We sincerely hope that this book will eventually be published for all to appreciate and enjoy.

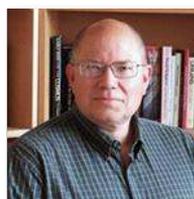
Now, just a few days after his transition, Ingo Swann is already sorely missed by many people. Our planet is, indeed, emp-

tier without his presence. But, what he left behind will contribute to the further development of human consciousness for many years to come.



*Ingo Swann, IRVA 2002 Conference*  
Photo Courtesy of Cheryl Hopton

**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.](http://RemoteViewingInstructionalServices.com) in Austin, Texas, where he teaches *Controlled Remote Viewing (CRV)* and *Associative Remote Viewing (ARV)*.



## CONFERENCE HIGHLIGHTS

## LAS VEGAS 2012

*by the Editors of Aperture*

## 40 Years of Remote Viewing



40 YEARS OF REMOTE VIEWING, 1972 - 2012  
Millenium, Courtesy of Ingo Swann

IRVA members and remote-viewing aficionados returned to Las Vegas during the weekend of June 15–17, 2012 for a celebration of the 40th anniversary of Remote Viewing. The conference commemorated the day in June 1972 when Dr. Harold (“Hal”) Puthoff and Ingo Swann conducted their remote-viewing experiment with a magnetometer at Stanford Research Institute (SRI) in California.

By popular demand, the conference was again held at the upscale Green Valley Ranch. This facility is beautiful, modern, and plush, with an expansive reception and registration area, exceptional catering services, and many restaurants and fun activities from which to choose. And, IRVA provided several special amenities to make the 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.

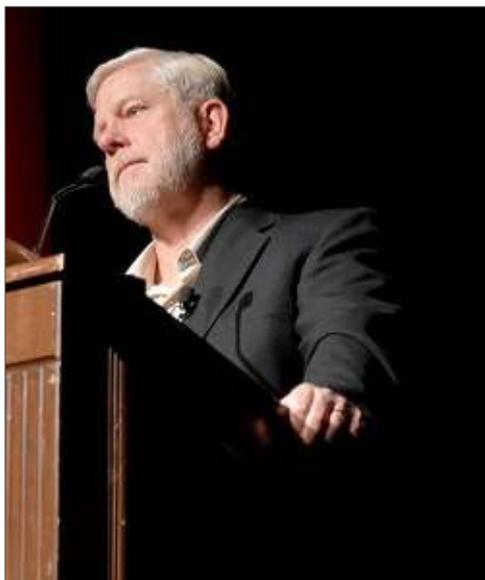
Over the three calendar days of the conference, attendees were treated to an expanded line-up of spirited and insightful presentations, ranging in topic from remote-viewing applications and case studies to theories of consciousness and perception. This year’s conference also featured popular hands-on sessions, including remote-viewing sensory exercises, and an outbender remote-viewing workshop. Unique to the 40th anniversary conference’s speakers line-up were two remote viewers trained by Ingo Swann, Marsha Adams and Tom McNear, and the CIA’s SRI remote-viewing project coordinator, Dr. Christopher (“Kit”) Green.

**Day One**

After a brief welcome by IRVA President John Stahler, the conference’s Master of Ceremonies, Bill Ray, was introduced to the audience. Ray has a long history in the remote-viewing arena, having served as a commander of the U.S. Army’s Remote Viewing Unit at Fort Meade, after being one of the five military viewers trained by Ingo Swann. Ray 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, and serving as a conference presenter and frequent master of ceremonies. With his famed sharp Irish wit, along with a few songs and jokes, he kept the crowd entertained and the conference’s presentations on time.

The conference began with F. Holmes (“Skip”) Atwater, the former operations and training officer for the Fort Meade unit, a former president of IRVA, and a former executive director of The Monroe Institute (TMI) in Faber, Virginia. Atwater provided a fascinating look at the latest Hemi-Sync technology being developed at TMI. He discussed the history of Hemi-Sync and how

it is used, and offered a revised theory about how and why it works. Atwater also provided a brief discussion on how Hemi-Sync may be rooted in quantum physics and what he refers to as the “quantum mind.” He



*F. Holmes (“Skip”) Atwater*

discussed the limitations of the Hemi-Sync binaural beat system, and explored a companion technique that may take Hemi-Sync to the next level, “Spatial Angle Modulation.” Unlike binaural-beat-type systems, whereby two slightly different tones are played into each ear to cause the brain to then create the desired effect, the new technique uses a single tone that is rapidly swept between the left and right channels to generate a similar result, but without some of the inherent limitations of the binaural-beat method.

Next up was Marsha Adams, a former senior



*Marsha Adams*

computer systems analyst at SRI International, who participated in the remote-viewing project in the early 1980s. She worked as both researcher and remote-viewing trainee under the

tutelage of Ingo Swann. Adams pioneered the idea that remote-viewing performance may be influenced by prevailing geomagnetic conditions, and gave a detailed presentation on whether physical location and time are variables that can affect remote-viewing performance. She gave a brief overview of her prior research efforts at SRI, revealing for the first time that she was also trained by Swann as a remote viewer (but never went operational). She shared some entertaining stories about Swann, including the dinner parties he often hosted at her home. She explored various factors that can affect remote viewing, from galactic noise to local wall transformers and cell-phones, as well as the ambient environment inside buildings, at sacred sites, and at “geopathic zones” that might help or hinder performance.

Marty Rosenblatt, president of Physics-Intuition-Applications Corporation (PIA), presented a workshop on his new Unitary or “1ARV” protocol. He provided a detailed review of his 14 years spent working with Associative Remote Viewing (ARV) and discussed what he has learned about “displacement” (the tendency of remote viewers to view aspects of multiple targets simultaneously), from early ARV protocols that included elements of beginner’s luck through to the more refined and current 1ARV protocol. He illustrated the value of group analysis and judging, and presented many fine examples of remote-viewing sessions used in the various experiments, as well as the techniques he hopes will eventually lead to an 80-percent accuracy rate in forecasting financial markets.

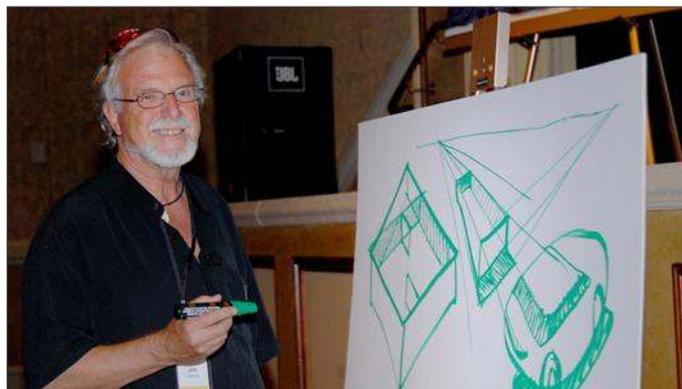
Following was a presentation by the well known near-death-experience researcher and pediatrician Dr. Melvin Morse. Dr. Morse discussed what he perceives to be the barriers to acceptance of the operational use of Controlled Remote Viewing (CRV) in the civilian world, and possible solutions. He discussed the advantages of using a structured methodology, including its greater acceptability than other psychic modalities to the business, academic, and law-enforcement worlds. He reviewed several case histories of CRV use to solve crimes, and described the difficulties encountered in presenting the data to clients who have little understanding of the process or what such data might represent. He suggested that

some elementary training in remote viewing for the client might minimize confusion in separating “real” perceptual data from data synthesized through the analytical functioning of the brain (the latter being known as “analytical overlay” or “AOL”).

Russell Targ, one of IRVA’s founding directors and a former president, discussed the early history of the remote-viewing program at SRI. Along with Dr. Harold Puthoff, Targ was a founder of the SRI project investigating psychic abilities for the CIA in the 1970s and 1980s. Their previously classified work in remote viewing, along with the work of others, was published in *Nature*, the *Proceedings of the Institute of Electrical and Electronics Engineers (IEEE)*, and the *Proceedings of the American Association for the Advancement of Science*. Targ talked about the efficacy of various methodologies explored at SRI, including both natural, unstructured approaches and the more formal methods such as coordinate remote viewing (later renamed *controlled* remote viewing).

He told an entertaining story about a chance meeting with the famous NASA rocket scientist Wernher von Braun. A brief discussion with the NASA administrator about the remote-viewing project resulted in him authorizing a grant in the amount of \$80,000 to help fund the fledgling SRI program. Targ emphasized that we still know very little about the nature of remote viewing other than that it is a non-local phenomenon, meaning only that it is unaffected by distance or time. He added that it is neither a spiritual endeavor nor a religion and is not necessarily a result of quantum physics.

On the lighter side, after a break for dinner, attendees returned for an entertaining presentation by



James Channon

First Earth Battalion commander Jim Channon (LTC, USA, Ret.). Taking the stage with dramatic music in the background, Channon fired up the crowd, inspiring them to promote the story and achievements of remote viewing, and to develop a vision for the future role of remote viewing. Channon then moved on to the core of his presentation: Helping remote viewers to improve their ability to sketch aspects of their targets. He walked the attendees through a video presentation of various drawing techniques and provided live examples of the various methods.

Capping Friday night’s events was the ever-popular annual PK (*Psychokinesis*) or “spoonbending” party, hosted this year by former IRVA director Angela Thompson Smith, Ph.D. She guided the crowd



through the process of bending restaurant-quality spoons and forks while using only the energy of their minds directed through their fingers. (Disclaimer: This event was provided for entertainment purposes only, and anyone who participated and got caught must assume full responsibility. We are told that learning this skill is unsuitable for the overly sensitive person with no sense of humor. IRVA makes no warranties, expressed or implied.)

## Day Two

The second day started off with a presentation by current director and former IRVA president, Paul H. Smith, Ph.D. Dr. Smith guided a workshop on “What You and I Can Do to Help ‘Remote Viewing’ Become a Household Word,” whose goal was to prepare remote viewers to deal comfortably with questions and challenges from friends and loved ones who may be

uncertain about their interest in “the paranormal.” Dr. Smith also discussed the importance of “spreading the word” to people with an interest in, but no understanding of, remote viewing. He talked about having a script that is easy to recall and would be easy to explain to someone with a passing interest. He put on a brief skit with IRVA member Paul Rivera to demonstrate a mock conversation during an airline flight that served to illustrate the right and wrong ways to discuss the topic. He then had members of the audience write their own scripts and present them to other members of the audience.

The next presenter, Lori Williams, who has been teaching CRV since 2001 through her company *Intuitive Specialists*, discussed the topic of “Remote Viewing: Is it Dangerous?” Williams talked about common fears and expectations about remote viewing expressed by her students, and how to address them. She gave an overview of the remote-viewing process; possible dangers, including tapping into the emotions of people; how to avoid getting emotionally involved; “danger indicators” to look for in yourself and in those

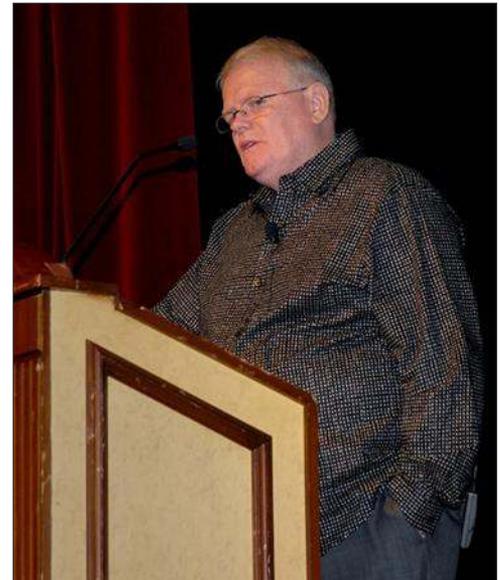


Lori Williams

you may monitor; safely monitoring yourself; how to protect yourself through various mental methods; and the benefits of having a trained monitor. Williams reminded the audience that the best tool to combat these fears is to remember that the remote viewer is in control of the session at all times.

IRVA director and Hawaii Remote Viewers' Guild (HRVG) president Glenn Wheaton presented a vision of remote viewing one hundred years in the future. He gave a detailed overview of the origins of remote viewing, where it is now, and how it might evolve in the fu-

ture. Wheaton also explored a new architecture of the remote-viewing platform, and what it might be like by the year 2112. He took a speculative look at future viewers and their training, as well as their environment and the science that might support them.



Glenn B. Wheaton

Then IRVA director and remote-viewing trainer/consultant Angela Thompson Smith, Ph.D., then gave a riveting account of a recently publicized remote-viewing success story, the “DJ” murder case in Denver, Colorado; the case involved the mysterious disappearance of a popular radio disc jockey, Steven B. Williams. Dr. Smith discussed the steps taken by her remote-viewing team to identify Williams’s whereabouts and to help solve what ultimately became a murder case. Her viewers quickly determined that Williams was the victim of murder for financial gain, and provided the information that was used to associate a body found in the waters off of Catalina Island in southern California with that of the missing Williams. Further information helped identify the killer, his whereabouts, and ultimately his motive. Her presentation outlined the history of the project from tasking to feedback, and hinted at the possibility that the killer may have had accomplices still at large.

Closing out the afternoon was a first-time IRVA conference presenter, Tom McNear (LTC, USA, Ret.). He was the first member of the U.S. Army’s Center Lane (ultimately known as Star Gate) remote-viewing program to be personally trained in CRV by Ingo Swann. McNear was the only member to be trained through Stage VI of the protocol and introduced to Stage VII (phonetics). He shared fascinating stories



*Tom McNear*

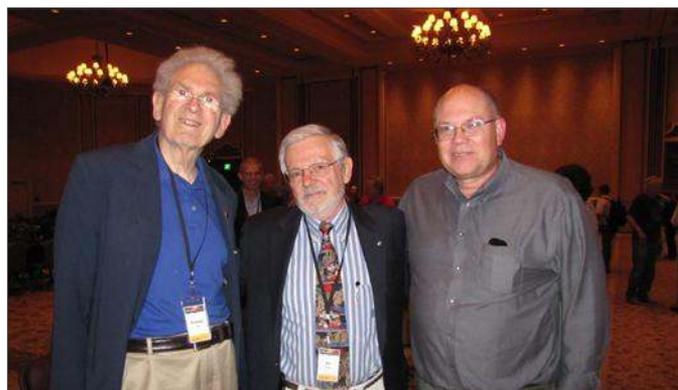
of his introduction to the program at SRI, training with Swann, life in the Center Lane program, and what it was like to do a remote-viewing session with Swann after a 26-year hiatus. He discussed his beliefs on how remote viewing works, his reasons for leaving the military program, how the program assignment affected his military career, whether it interfered with his natural psychic abilities, and whether he continued to use remote viewing in his everyday life. He discussed the CRV manual he drafted in 1995 defining possible future stages of remote viewing. McNear ended his presentation by reviewing copies of his “graduation” targets conducted with Swann. He took the attendees through some amazing sessions in which he not only described the targets to a certainty but actually named them!

Saturday night opened with a hosted speakers’ reception for the attendees, featuring a delicious spread of desserts and “finger foods” catered by the excellent kitchen of the Green Valley Ranch. Following the reception, IRVA and IRIS-Psi & Applications announced the winner of the 2012 René Warcollier Prize for remote-viewing research. The winners of this year’s \$3,000 prize were Robert Price, Ph.D., principal investigator, and co-investigators Shirley M. Bonham, Ph.D., James L. King, and Jan A.E. Six, Ph.D., all members of the Institute for Neuroscience and Consciousness Studies (INACS) in Austin, Texas. Accepting on their behalf was INACS member Nancy Jeane. In order to conduct a blind study and not bias any of the participating remote viewers, the title and abstract of the INACS submission was not announced and will be withheld until publication of the results.

Shortly afterwards, Wayne State University School

of Medicine’s Assistant Dean Christopher C. (“Kit”) Green, M.D., presented the keynote address, titled “Separation Anxiety: A View from the Inside of the Two Scientific Worlds of Remote Viewing.” Dr. Green began his career with the U.S. Government in 1969 as a Senior Division Analyst for neurosciences at the CIA. In the mid-1970s, he was the first analyst and program manager for remote-viewing research, and oversaw program efforts at SRI.

He first provided a brief history of the Star Gate program, including a discussion of its unfortunate termination by the CIA as presented in the now-famous American Institutes for Research (AIR) report on the remote-viewing program. Dr. Green explained that there were those in the scientific community who reviewed the data and were skeptical (the “outsiders”), and those who participated in the experiments and demonstrations (the “insiders”) and knew beyond any doubt that remote viewing was a real and effective human capability. As an example of the two scientific worlds of remote viewing, he talked about how the AIR report only analyzed the most recent remote-viewing intelligence and research data, and only in a quantitative way. The AIR evaluators did not review the earlier 1980s demonstrations that did not require



*Russell Targ, Christopher “Kit” Green, M.D., Paul H. Smith, Ph.D.  
Photo Courtesy of Paul H. Smith, Ph.D.*

blind judging, statistical analysis, etc., because those were plainly and simply unambiguously accurate. To illustrate his point that analysis was not required to prove that remote viewing worked, he provided three captivating examples of remote-viewing demonstrations in which he participated. Dr. Green discussed his disappointment that remote viewing was treated



Robert M. Knight  
 Photo Courtesy of Paul H. Smith, Ph.D.

by the intelligence community as an “imaging system” instead of a human-intelligence-gathering system. He suggested that the outcome for the program might have been different had it been treated differently.

He concluded by sharing his opinion on the controversial subject of whether remote viewing is fundamentally a natural ability or one that can be taught and trained. His view was that the original viewers in the program were anything but “normal” participants, and were unique in regard to their physiology, intellect, and philosophical makeup. Those unique aspects, he believes, made them superior viewers. He also questioned whether remote viewing was always safe, and cited examples of early experiments where viewers experienced physical distress.

**Day Three**

The final day of the conference began with IRVA director and P>S>I president Lyn Buchanan’s presentation of “Remote Influencing -- Is It Real?” Buchanan described the many misconceptions about the rarely discussed and little understood subject of remote influencing; what it is and is not; how it is or is not done; what it can or cannot do. He explained limitations of the technique, as well as a brief overview of the methods and tools that have proven most effective. He explained that it is really “persuasion at a distance” and, being a weak force, must be performed repeatedly in order to be effective. He gave warnings about the dangers involved in its improper use, and praised the benefits when used appropriately. Buchanan ended by providing a fascinating example of using

remote influencing on oneself to improve personal decision-making ability.

Pam Coronado, the star of the *Discovery Channel’s*



Pam Coronado

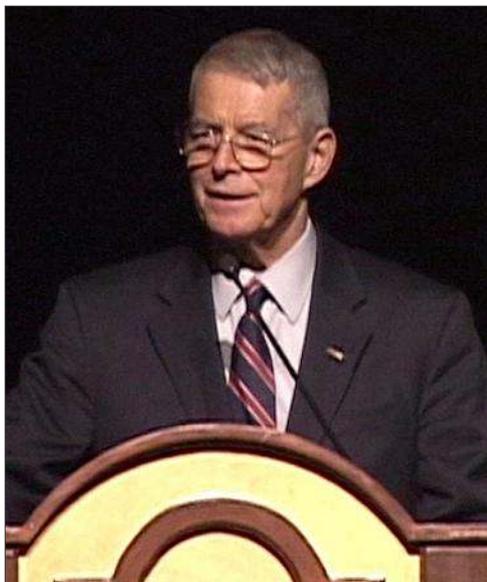
popular series *Sensing Murder*, returned to present another exciting workshop, “Opening Up To Your Senses.” Great remote-viewing sessions are built on a series of perceptions, with the very best comprising elements of all five human senses-- sight, hearing, taste, smell, and touch. In her workshop, Coronado shared exercises to help viewers improve their perceptions of each sense while remote viewing. In a variation of the early remote-viewing experiments at SRI, Coronado had five unique items, each easily distinguishable by one of the five human senses, hidden in paper bags. She then guided the participants through simple remote-viewing sessions that used only a single sense to determine the bags’ contents. It was great fun and many attendees had excellent



Debra Lynn Katz (l) and Lance Beem (r)

results, with a few participants actually naming the objects!

Winners of the 2011 Warcollier Prize, Debra Lynne Katz and Lance Beem, presented an overview of their remote-viewing experiment on the mysterious Phage virus. The Phage virus is unique in its antibacterial-like properties and may thus be a potential alternative to modern-day antibiotics. They discussed various aspects of the project such as target selection and tasking, and how viewers were chosen. An interesting secondary aspect of the experiment was an extensive demographic study of the 42 remote viewers who participated in the study. The demographics included data on methodology used, session length, the school where the viewer trained, age, and overall level of experience. The researchers hope to identify superior methodologies and ways to improve the remote-viewing process. Katz and Beem concluded by talking about the challenges of doing such a large project, including the incorporation of differing methodologies,



*William ("Bill") Ray*

generating various data-reporting formats, and the proper rating of sessions. A final remote-viewing experiment involving the attendees was conducted by Bill Ray and Paul H. Smith, Ph.D. The format used was the traditional "outbounder" or "beacon" type of remote-viewing session. While Dr. Smith explored and interacted with the randomly selected target site (the Ethel M. Chocolate Factory and Botanical Cactus Garden in Henderson, Nevada), Ray "cooled down" the audience and guided them through a simple remote-viewing session to pick up real-time aspects of the target site. Many participants had excellent results, with some

exceptional sessions produced by the viewers from HVRG; the cover article in the Spring/Summer 2012



*Paul H. Smith, Ph.D. (l) and Tom McNear (r), Las Vegas 2012 IRVA Conference*

issue of *Aperture* provides some examples. All of the participants enjoyed the experience and the chance to partake of this classic experiment.

While the attendees waited for Dr. Smith to return to the conference hall with feedback from the out-bounder site, Bill and Sandy Ray held a large raffle consisting of many and varied excellent prizes that had been donated by generous friends, members, and directors. There were so many prizes that many attendees won multiple times!

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

For those who may have missed IRVA's 2012 Remote Viewing Conference, DVDs of all of the presentations are available through the IRVA website ([www.irva.org/shop/](http://www.irva.org/shop/)) We look forward to another outstanding IRVA conference in Las Vegas next year, tentatively scheduled for Friday - Sunday, June 27- 29, 2014. Please join us there!

## RV RESEARCH

# STANFORD RESEARCH INSTITUTE

by Paul H. Smith, Ph.D.

## Tom McNear's RV Session Data

In 1972, Harold (Hal) Puthoff, Ph.D., a physicist at the Stanford Research Institute (SRI), a California-based research institute associated with Stanford University, expressed his interest to a New York researcher in conducting research into a form of non-conventional communication. That researcher was Cleve Backster, an acquaintance of Ingo Swann, and that exchange eventually led to Swann and Puthoff getting together and conducting the magnetometer/quark-detector equipment experiment in the physics building at Stanford University. That experiment ultimately attracted attention and funding from the Central Intelligence Agency (CIA). Research physicist Russell Targ soon joined Swann and Puthoff in the SRI program, forming the core team that researched and refined the understanding of what has now become known as the original protocol for remote viewing.

U.S. Army captain Tom McNear was the first army officer to be fully trained in the then newly developed coordinate (now "controlled") remote viewing (CRV) system developed at SRI by Ingo Swann and Dr. Puthoff. Swann has repeatedly referred to McNear as the best student he ever trained in remote viewing. McNear's careful remote-viewing work shows why. Featured here is the transcript of a session he executed on April 19, 1984; the target was the impressive archaeological Mayan ruins at Tulum on the Yucatan peninsula in eastern Mexico.

As you page through the session, note the way each step builds on the preceding one, and how ever more explicit details emerge as McNear proceeds through the session. This is a Stage VI-level session and so it culminates in a clay model, a photo of which is included here with the feedback for comparison.

A few things to note while examining this classic session:

1. After each AOL break, McNear begins again by taking the coordinate, followed by the A and B components. (Those unfamiliar with this detail of the CRV process should go to [www.rviewer.com/crvmanual/index.html](http://www.rviewer.com/crvmanual/index.html) for the necessary background, viz., the chapters on Structure and Stage I.) While most students are no longer taught to start from scratch every time

they take an AOL break, that was, in fact, regular procedure back when training with Ingo Swann. When having trouble staying with the signal while doing their sessions today, CRV students may find it to be a useful practice, at least until they gain more confidence and proficiency.

2. On the final page is a series of verbal fragments, ending with "toloo." This is what Swann at the time was calling "Stage VII." The idea was that the viewer would try to make the sounds that were closest to the name of, or to some significant word important to, the target. In this case, the target was "Tulum." McNear, blind as always to what the target might be, had no idea that the target was Tulum (pronounced "tooloom"). At Swann's direction, McNear tried to vocalize



Harold ("Hal") Puthoff, Ph.D. (l), and Ingo Swann (r).

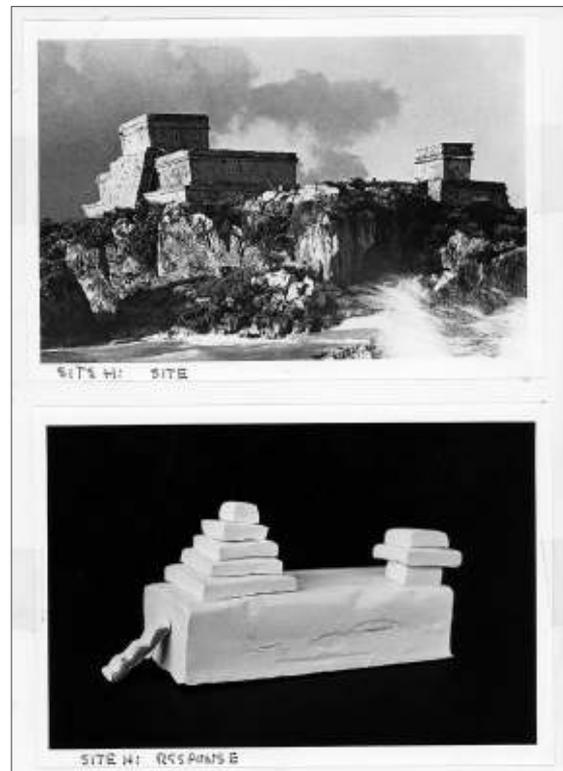
what sounds came to mind, and “toloo” was what he ended up with. Undoubtedly, this is pretty impressive, given that McNear could have arbitrarily pronounced just about any combination of sounds available in the human vocal range--an almost infinite number of possibilities. (Later, Swann decided this was actually “Stage VIII” and that another remote-viewing modality was Stage VII; unfortunately, he was never able to get formal consistency in any of these advanced stages and so abandoned the uncompleted effort in the late 1980s.)

3. Now, examine the photo of the 3-D model that McNear produced as part of his session. (Remember, he built this model completely unaware of what the target was; he was only shown the photo *after* the session had been completed and could no longer be altered.) It is notable that the stairs to the ruins in the model are not actually where they should be if the model were completely accurate. Instead, they seem to be attached to the part of the model that would correspond to the land on which the ruins stand. On the actual structure, the stairs instead go up the face of it, and there are no stairs up the cliff.

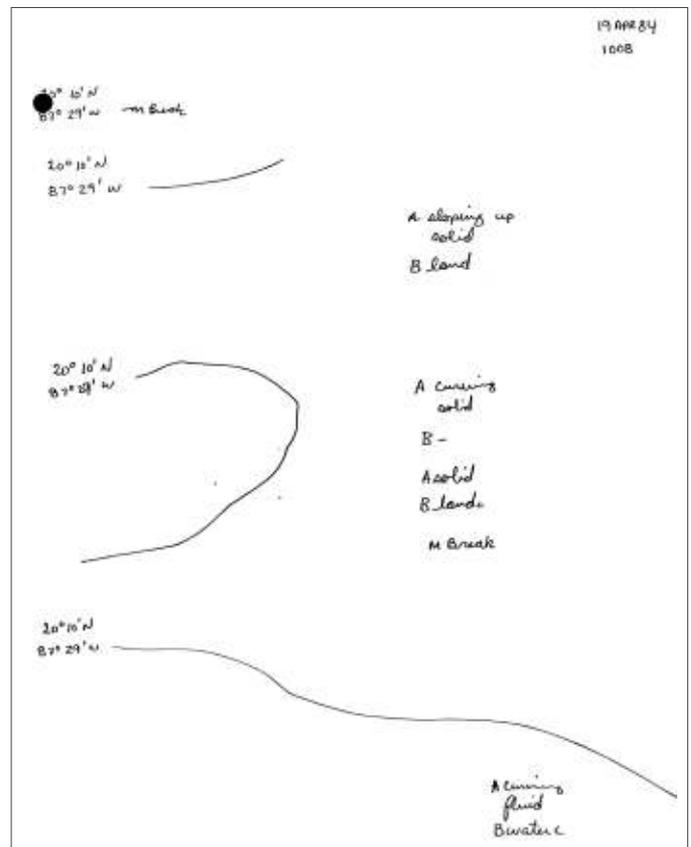
The reason for this has nothing to do with McNear making a mistake. He was using a modeling compound that hardens after prolonged exposure to air. At some point in the process, the stairs, which McNear had actually placed in the correct location, fell off. The photographer who was documenting the model was unaware of this fact, and placed the stairs where they looked logically to belong: at the bottom of the cliff, to give access to the buildings on top. Thus, just one more lesson: You can't always trust a photograph!

**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 of [Remote Viewing Instructional Services, Inc.](http://www.irva.org) in Austin, Texas, where he teaches *Controlled Remote Viewing (CRV)* and *Associative Remote Viewing (ARV)*.

**Tom McNear Tulum Session Data**



Target feedback photo (top) and 3-D clay model (bottom)







## TASKINGS &amp; RESPONSES

# HOW DO YOU ADD LAYERS OF PERCEPTION TO YOUR SESSION?

by Pam Coronado

## Use ALL Your Senses!



Seven years ago, I was sitting at a table in the Lane County Sheriff's Office in Oregon holding a homicide victim's keys while a detective watched me intently from across the table. Several more detectives were squeezed up against the walls trying to stay out of the way of the camera and sound crew as I worked to describe the weapon and method used to murder

an Oregon couple and their dog while walking in the woods. I was filming an episode of *Sensing Murder* for the Discovery Channel.

Having already viewed the victims and describing the gruesome scene to the detective, I perceived that the weapon used was a gun, maybe more than one, since there was more than one perpetrator. The prob-

lem was, I just could not conjure up a visual image of the weapon. Being in front of the camera crew and a room full of cops has a way of inspiring resourcefulness, though. Trying to remain calm, I quickly asked myself what Beverly Jaegers, my early mentor who is now deceased, would have done. “When visual images elude you, listen to the site,” she always advised. After squirming in my seat a bit, I snapped back to the task at hand and tuned in to listen. I heard two things, first a woman screaming bloody murder and then a series of gunshots. I could tell from the sound how many shots were fired, how close together, and that it sounded like both a rifle and a handgun. This information was later confirmed as correct based on autopsy reports, but, more importantly, it helped to unravel the confusing series of events.

## Visuals

Most remote viewers rely on visual impressions in their remote-viewing sessions, and I was no different early on. Strong visual images, however, do not appear easily to all viewers. Over the years, I have had students tell me that they are not visual and just cannot see anything on their “mental screen.” I say, “Nonsense.” If you can visualize your spouse’s face or your favorite flower, you already are seeing images on your mental screen. You simply need to learn to flip the switch from memory images to intuitive images. For viewers who do have a natural tendency toward “clairvoyance” or “clear seeing,” I find myself repeating Bevy’s advice and reminding them to *use the other crayons in their crayon box* so their session becomes rich in detail.

Tips on developing visual skills:

- Practice using your mental screen to recall known objects. Have a practice-partner call out the names of objects while you visualize them.
- Practice visualizing the faces of people you live with or see every day, then people you see occasionally, and then celebrities or other high-profile people you do not know.

## Sounds

Russell Targ received a call one day from the new Oprah Network looking for a demonstration of remote viewing. He assured them I would be happy to do it; I was not exactly happy, but after much deliberation I did agree to a live, on-camera remote-viewing session. After poking around the target site a bit and having no idea what or where I had landed, I decided to listen. It proved a life-saver once again because I suddenly heard the sound of happy children playing. The target turned out to be a playground slide in a park. In location targets, sounds at the location can be especially enlightening. If your target is a nature setting, you may hear water babbling nearby or animals scurrying through the bushes. You may be able to hear traffic in the distance or humming from electric lines. The possibilities are endless and the additional layer of insight invaluable.

As with all things, learning to use “clairaudience” or “clear listening” comes with practice. When developing a lesser-used skill, remember that your stronger senses will remain active and continue to provide data. That is fine; just make sure that you discipline yourself to request data that are aural in nature. I use a listen command just as I would a move command.

Tips on developing aural skills:

- Practice by mentally replaying familiar sounds such as a loved one’s voice, the microwave beeping, water running in the shower, a bell, a siren, etc.
- Stand out in your own backyard and listen. Let the sounds that you usually ignore come into your awareness.
- Prepare some sound-rich targets and seal into envelopes for self-practice. This might include an orchestra warming up, a firetruck, construction work, a babbling brook, etc.

## Textures

As my training and experience continued throughout the years, I added “texture” to my repertoire. In the Oprah Network session, I was able to identify the slide as plastic because I had mentally reached





out to feel it. I also knew it had a rounded feel, which I neglected to say out loud. Drat! Since I do a great deal of missing-person work, my mental journeys land me in the woods more often than not. All woods are not created equal and, if you do not know what part of the country you are in, tree bark is a great way to understand the type of trees surrounding you. One sure way to bring tree bark into sharper focus is to reach out and mentally touch it; the same goes for a man-made structure. A big blob of tan in front of me will suddenly become a brick wall, adobe, or stucco as soon as I reach out to mentally feel it. Students in my classes are often given the task of describing vehicles, and one way to understand a vehicle is to mentally walk and feel your way around it. This process can reveal how many doors the blue hunk of metal has, if it is a high- or low-profile vehicle, and if there is a trunk in back, an open bed, or a hatch.

When I was a kid, “Do Not Touch” signs drew me in like a moth to a flame. Why not? I would carefully peek to see if anyone was watching and then reach out a cautious finger to touch the beautiful object, often china and usually on a glass shelves. That innate curiosity has served me well as a remote viewer because now my subconscious is full of texture memories. I am sure yours is too, and it is often overlooked as an information-packed piece of the target puzzle. Controlled Remote Viewing trainer Lyn Buchanan is often reminding students to “knock on the target.”

This skill should not be confused with psychometry, where you actually hold an object to “read” its history, as I have demonstrated with rocks at a recent IRVA-conference workshop.

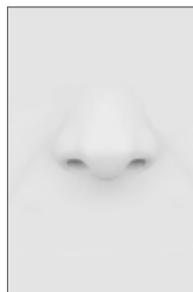
As noted above, when working on developing one sense, you are not going to block out everything else. There will be “bleed-through,” and that is great. For instance, if your target is kitchen tile, those who are used to working visually will likely see the color of the tile before they become adept at feeling the smooth glossy surface. Practice is the key, but the payoff is worth it.

Tips on developing texture or touch skills:

- As with move and listen commands, remember to give yourself a touch command in your sessions.
- Sit quietly and mentally recollect the feel of common objects such as a glass window, a scratchy wool sweater, a brick wall, rubber tires, etc.
- Have a practice-partner prepare some texture targets for you, such as a bag of marbles or cotton balls, sandpaper, a stuffed animal or piece of fruit. The possibilities are endless, but should be common enough to be recognized simply through touch. Targets can also be photos of these objects.

### Smells

This sensory experience happened for me spontaneously and, since I started in remote viewing targeting crime, let us just say it was unpleasant and memorable. The first time that I actually did smell decomposition at a crime scene, I was prepared for it because I had mentally smelled it for years.



This is probably the least used of the senses. Mediums often report smells that are connected to a deceased person such as cigar smoke or perfume. In target work, however, smells can also bring in valuable insight about a location. If there is a bakery anywhere near my target, I will find it. Smell played a role in helping me to identify the location of a missing person I had been working on finding in Maryland. I perceived trash around the body, but I was not sure if it was an actual landfill or a place where people dumped things illegally. A few mental whiffs of the site gave me the answer; it was certainly not a landfill, thank heavens! The actual site turned out to be just outside a recycling center where locals illegally dumped couches, tires, washing machines, beer bottles, and food wrappers. It smelled like woods, not like a landfill.

Tips on strengthening the smell skill:

- Remember to give yourself the smell command when working targets.
- Mentally recall common smells such as citrus,

chocolate, coffee, popcorn, etc.

- Prepare practice targets that are rich in smell, like a doughnut shop or pizza parlor, a bowl of lemons, fresh-cut grass, sea spray, etc.

### Tastes

The perception of taste is an often overlooked sense for many remote viewers. It was not until my study of Controlled Remote Viewing, where I was introduced to the command of “lick the target!”, that I grew to appreciate this sense and all it had to offer.



In one operational case where I remote-viewed, the fudge was rich and delicious -- I could taste the mouth-watering chocolate as surely as I was sitting in my mother's kitchen back when I was 12 years old. In this case, I was on the hunt for a missing male who was in motion. My strong perception of fudge led the investigators to the River Walk in New Orleans, home to the famous “Fudgery,” and our first confirmed sighting of our missing man.

When we are babies, most of us try to put objects into our mouths in order to explore our fascinating new world; because we are not yet adept at using our fingertips to experience and analyze texture and shape, we rely on such oral explorations. As adults, taste perception can work in another fashion, too: Many viewers and students over the years have reported tasting metal under their tongues when metal is somehow present at a target site. This perception can also be used to discern between a small white pile of sugar or salt. The taste sense may develop as one strengthens the smell and texture perceptions.

Tips on developing the taste perceptivity:

- Become familiar with the five major taste categories: salty, sweet, bitter, sour, and umami (savory).
- Practice with taste-rich targets such as the fudge shop, lemons, ice, a flower, etc., and then a few non-food items that your subconscious mind will likely not turn away from.
- Remember to ask for taste perceptions concerning your targets.

- Holding a metal coin in the palm of your hand, perceive whether you can taste metal under your tongue. Try this same exercise with sugar and salt, as well.

Consistently adding these layers of perception to your sessions will make you a much stronger remote viewer and less likely to fall into “castle-building” and analytical overlay (AOL), both of which can be troublesome when remote viewers work only in the visual mode.

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**Pam Coronado**, star of the popular television series, *Sensing Murder*, has been involved in forensic psi work since 1996 and has consulted as a psychic detective to government and private agencies, including the FBI. While no psychic can claim 100% accuracy or provide all of the answers, Pam's work has proven to be astonishingly accurate and helpful on numerous occasions. A constant advocate for victims and their families, she is the founder of the non-profit Project Search for Hope [www.project-searchforhope.org](http://www.project-searchforhope.org).



Coronado provides training for those interested in assisting with psychic detective work, and is trained and practiced in remote viewing methodologies. Her website is [www.pamcoronado.com](http://www.pamcoronado.com).

### APERTURE GUIDELINES FOR SUBMITTING ARTICLES

The editors of *Aperture* would like to extend an invitation to all readers to submit relevant and well written articles about remote viewing for possible publication in future issues. All submissions must pertain to remote-viewing research, applications, protocols, skills, or experimentation. Article length is negotiable depending on the importance to and interest level of our readership, and the quality of the presentation. All articles will be edited for content and style. Submissions should generally be between 500-1500 words. Please submit any additional questions regarding submissions to [contact@irva.org](mailto:contact@irva.org).

## REVIEW

## THE REALITY OF ESP

by Paul H. Smith, Ph.D.

## A Physicist's Proof of Psychic Abilities

by Russell Targ  
 Quest Books  
 Wheaton, IL 2012.  
 305 pp. + xxvi.

When one of the pioneers of remote viewing says he has just published the last book he is ever going to write on extrasensory perception (ESP), one really ought to sit up and pay attention. This is all true for Russell Targ and his new book, *The Reality of ESP: A Physicist's Proof of Psychic Abilities*, as this book really is worth the money and the time to read it.

Targ's premise is that the case for the reality of the human faculty for ESP is now conclusive. He bases this premise on the evidence he has seen with his own eyes, together with objective scientific evidence developed both in his own research and that of others during his roughly 50-year career of researching ESP phenomena. ESP is real and, by implication, anyone who rejects that fact either does not know what they are talking about or are willfully ignoring the evidence.

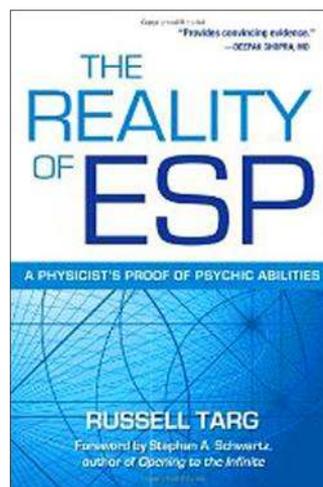
Those bare facts do not, however, convey the richness of the material in Targ's book. Some of what is contained in it may have been encountered elsewhere, whether at an IRVA conference talk, in another of Targ's books, or in the writings of others. But many of these familiar stories have fresh faces, retold to match the emphasis of the volume that contains them. Adding further value, context is now provided in many cases that had not been available before; this "added value" enriches the tales and contributes to understanding of what actually happened and why. Making *The Reality of ESP* even

more rewarding, there are also other accounts and stories that likely have *not* been heard before. These introduce novel and interesting terrain to cover in the remote-viewing saga.

Ultimately, that is the core of the book: remote viewing and Russell Targ's decades-long involvement with it; this is the material from which he mostly derives his certainty about ESP. New details are disclosed from his perspective on how remote viewing arose, on early successes at Stanford Research Institute (SRI), and how SRI contributed to the development of the military psychic-spy program. But Targ does not begin or end it there: In these pages, one will read about an ESP teaching machine developed for NASA; read an entire chapter on precognition, including the latest experiments published in mainstream science journals; encounter a thorough discussion of distant healing and mental influence at a distance; and be confronted with evidence for the survival of bodily death.

The book consists of more than stories and evidence, though. Targ recognizes the importance of giving his readers an explanatory framework for

how ESP might work; he therefore provides a chapter outlining his views on this very topic. Although he discusses current thinking that ties quantum nonlocality into a framework that may ultimately explain ESP, he also shows that he is not in thrall to conventional versions of that point of view. He shows this fact in his discussion of the theory of an "8-space" universe developed by physicist Elizabeth Rauscher and himself that makes sense of ESP abilities within a hyperspatial context. For those wishing more details, he includes a section covering the math behind this model (but mercifully makes it easy for those who are



“math-challenged” to skip over without losing anything from the narrative).

The author follows this chapter with one on how to learn (and teach) basic remote viewing. There are some nice revelations there of his thoughts, ideas, and innovations for conveying the remote-viewing experience to others. Even this writer, who has been teaching remote-viewing classes and workshops for almost 30 years, learned a few things of value.

The final chapter of *The Reality of ESP* moves into more philosophical territory. Titled “Naked Awareness,” this chapter lays out Targ’s metaphysical and spiritual foundations for all aspects of nonlocal awareness, including remote viewing. The views of the author owe very much to the Buddhist worldview, and he cites many authoritative Buddhist teachers and passages from Buddhist literature to give force to his ideas. Even if there were no spiritual perspectives to be gained from this section of the book -- and there are -- it is worth reading just to gain insight into one of the towering legends of remote-viewing history.

As might be expected in a work this broad in scope, there is the occasional unintended mistake, although these are not Targ’s fault in the main. One such flaw occurred in his recounting of the startling success of remote viewers in finding a crashed Soviet reconnaissance aircraft in the African jungle in 1979: Accepting the popular meme that Joe McMoneagle was the remote viewer who found it, whereas the credit actually belongs to two other viewers, Rosemary Smith (an Air Force enlisted woman) and Gary Langford (an SRI remote viewer).

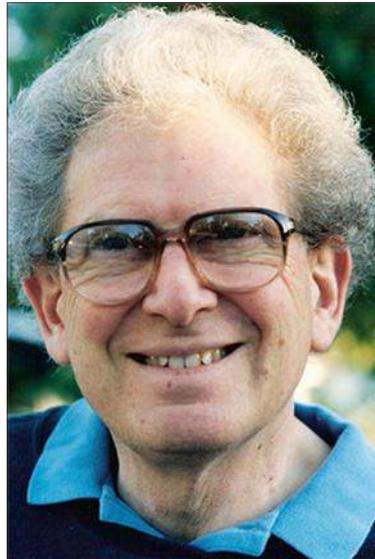
Another mistake has to do with the Semipalatinsk facility remote-viewed by Pat Price in 1974 -- this was the project during which Price produced the impressive “giant crane” sketch that long-time remote-viewing aficionados are well familiar with. Targ repeats the then-current, but erroneous, belief that the Soviet facility’s purpose was to produce particle-beam weapons; however, it is now clear that the facility

actually researched nuclear space propulsion and had nothing to do with any “death rays.” Still, these are small issues and do not detract from the overall value of the book.

Targ deserves especial praise for one feature of the book: Unlike many in the remote-viewing field who author memoirs and retrospectives that barely, if at all, mention others’ contributions, Targ is generous in giving credit where it is due. He is very respectful of Ingo Swann and Dr. Harold Puthoff, freely praises Pat Price and Hella Hammid, and happily acknowledges the good work of such luminaries as Joe McMoneagle and Dr. Edwin May. He also acknowledges other researchers in the field such as Dr. Robert Jahn and Brenda Dunne, Dr. Daryl Bem, Dr. William Braud, and others. To his undying credit, Targ has not created a universe in which he and a few friends are the only residents, unlike too many others writing in the remote-viewing field. He makes very clear that the story of remote viewing is one of cooperation, not one of a few

*prima donnas* who created everything themselves and now deign to share it with the rest of humanity.

Targ is convinced that *The Reality of ESP* will be the epitaph to his parapsychology writing career. Maybe he will one day change his mind and write something else that will give us new insights and new inspiration in exploring nonlocal consciousness. But, even if he does not do so, *The Reality of ESP* serves as a worthy bookend to an illustrious and productive career that has, in many ways, changed the world forever.



Russell Targ is a founder and former president of IRVA.

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**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.](http://www.remoteviewing.com), in Austin, Texas.

## IRVA News

### IRVA 2012 Conference DVDs Are Now Available



IRVA is pleased to announce that the 2012 Remote Viewing Conference presentations are now available on DVD. Please visit the conference website at [www.irva.org/speakers](http://www.irva.org/speakers) to read the speakers' abstracts.

Presenters:

IRVA 2012 Remote Viewing Conference:

[Complete 16-DVD Set](#)

Skip Atwater:

[Quantum Mind Remote Viewing with Spatial Angle Modulation](#)

Marsha Adams:

[Are Location and Time Variables in Remote Viewing?](#)

Marty Rosenblatt:

[Analysis/Judging and Displacement in ARV](#)

Melvin Morse, M.D.:

[CRV for the Civilian World: Barriers and Solutions](#)

Russell Targ:

[Remote Viewing At Stanford Research Institute](#)

Jim Channon:

[Workshop: Introductory Drawing for Remote Viewers](#)

Christopher C. Green, M.D.:

[A View from the Inside of the Two Scientific Worlds of Remote Viewing](#)

Paul H. Smith, Ph.D.:

[What You Can Do to Help 'Remote Viewing' Become a Household Word](#)

Lori Williams:

[Remote Viewing: Is it Dangerous?](#)

Glenn B. Wheaton:

[Remote Viewing In the Future: 2112](#)

Courtney Brown, Ph.D.:

[An RV-Inspired Revision of Human History and the Nature of Physical Reality](#)

Angela Thompson Smith, Ph.D.:

[Practical Applications of Remote Viewing: The Denver "DJ" Murder Case](#)

Tom McNear:

[Life in the Center Lane](#)

Lyn Buchanan:

[Controlled Remote Influencing](#)

Pam Coronado:

[Workshop: Opening Up To Your Senses](#)

Debra Lynne Katz and Lance William Beem:

[2011 Warcollier Prize: Research Project Findings](#)

### IRVA 2014 Conference

IRVA has decided to postpone the next remote viewing conference until June 2014. We thank you for your continued support of IRVA activities and look forward to welcoming you to Las Vegas in June 2014.

### IRVA Member Honor Roll

#### IRVA Founders

Harold E. Puthoff, Ph.D.

David Hathcock

John Alexander, Ph.D.

Leonard "Lyn" Buchanan

Paul H. Smith, Ph.D.

F. Holmes "Skip" Atwater

Angela Thompson Smith, Ph.D.

Marcello Truzzi, Ph.D. (dec.)

#### Lifetime Membership

Robert Dorion

Ronald D. Kuhn

Christer Lofgren

Marshall Payn

Dr. Kaz Stevens

Karlie Stevens

### IRVA and *amazon.com*

IRVA has an account with *amazon.com* that allows our members to make their personal purchases (computers, electronics, games, DVDs, books, clothing, etc.) through a graphic link on the *irva.org* home page (lower right corner). Amazon products have great prices, IRVA is provided with a small finder's fee for each purchase, and it costs nothing for those who wish to participate: [www.irva.org](http://www.irva.org).

*Continued on page 43*

RV ONLINE

# APERTURE LIBRARY

by the Editors of Aperture

## Article List and Links



IRVA recently added its past *Aperture* publications (22 issues as of this printing) to our members' online benefits. The articles from each issue are listed below for your convenience, and also provided is a link to the member log-in page which will direct you to the *Aperture Magazine Library*.

### [Issue 1 \(Vol. 1, No. 1, 2002\)](#)

#### President's Message

Russell Targ

#### Article

Russell Targ: *Remote Viewing at Stanford Research Institute in the 1970s: A Memoir*

#### Thinking Critically

Patrick Huyghe: *Extraordinary Claim? Move the Goal Posts!*

#### ReView

Shelia Massey: *Captain of My Ship, Master of My Soul: Living with Guidance* by F. Holmes Atwater

#### Research News

Angela Thompson Smith, Ph.D.: *Remote Viewing Study: Summary and Preliminary Group Data Feedback*

Dean Radin, Ph.D.: *Some important questions about remote viewing and its place in the world.*

#### RV in the News

Cindy Waite: *History Channel Documents Remote Viewing History & 2001 IRVA RV Conference*

Paul H. Smith: *Classics of Consciousness Series*

#### RV Online

Web Links

### [Issue 2 \(Vol. 1, No. 2, 2002\)](#)

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William P. Eagles: *The Annual Remote Viewing Conferences: How It All Began*

#### Taskings & Responses

Greg Kolodziejzyk: *What is Associative Remote*

*Viewing?*

### **RV History**

Paul H. Smith: *A Brief Time Line of Remote Viewing History*

### **Research News**

R. Michael O'Bannon, Ph.D.: *Brain Wave Study of Remote Viewers*

### **Thinking Critically**

Marcello Truzzi, Ph.D.: *On Pseudo-Skepticism*

### **ReView**

Skye Turrell: *Remote Viewing Secrets: A Handbook* by Joe McMoneagle

Shelia Massey: *FATE Proposes Remote Sensing Experiment*

Shelia Massey: *CBS's SUNDAY MORNING with Charles Osgood*, April 28, 2002

Shelia Massey: *HARPER'S Magazine Presents Analysis*

### [Issue 3-4 \(Vol. 1, No. 3&4, 2002\)](#)

#### **President's Message**

F. Holmes Atwater

#### **Article**

H.E. Puthoff, Ph.D.: *Searching for the Universal Matrix in Metaphysics*

#### **ReView**

Gene Troy: *The 2002 IRVA Conference - A Personal View and RV Retrospective*

#### **RV Online**

William P. Eagles & Shelia Massey: *Web Links*

#### **Article**

Eliot Jacobsen: *Remote Viewing with Children*

#### **ReView**

Skye Turrell: *Psychic Criminology: A Guide for Using Psychics in Investigations* by Whitney S. Hubbard, Raymond W. Worrying, and Richard Brennan

#### **ReView**

William P. Eagles: *PSYCHICS: The Investigators and Spies Who Use Paranormal Powers* by Sarah Moran

#### **ReView**

Paul H. Smith: *The Stargate Chronicles* by Joe McMoneagle

### **Research News**

R. Michael O'Bannon, Ph.D.: *Analyzing the Mind of a Gifted Viewer: A Respected Researcher Vets the Brain of Ingo Swann*

### **RV in the News**

William P. Eagles: *Mainstream Article Profiles Remote Viewing History*

### **Taskings & Responses**

Response to a reader wondering why remote viewers failed to anticipate the 9/11 attack.

### [Issue 5 \(Vol. 2, No. 1, 2003\)](#)

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*An Interview with IRVA Director Stephan Schwartz* ~ Adapted from *Venture Inward* magazine (Sept/Oct 2003)

#### **ReView**

Dale E. Graff: *The Seventh Sense* by Lyn Buchanan

### **Taskings & Responses**

Palyne Gaenir: *How to set up practice-target pools*

### **RV OnLine**

Shelia Massey: *Interview with Bo Kindstrand, editor of The Remote Viewer: the RV E-Zine*

#### **ReView**

Skye Turrell: *Applied Psi on TV: Psychic Detectives, 1-800 Missing, & The Dead Zone (The Hunt)*

### **Book Notes & News**

Skye Turrell: *The Wisdom Category: Shedding Light on a Lost Light* by Ingo Swann

Skye Turrell: *The Heart of the Internet: An Insider's View of the Origin and Promise of the On-Line Revolution* by Dr. Jacques Vallee

### [Issue 6 \(Vol. 2, No. 2, 2003\)](#)

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Frank DeMarco: *A.R.E's Remote Viewing Conference in Virginia Beach*

#### **RV Research**

Bill Stroud, Ph.D.: *The Essential Overlap Matrix: An Extension for a Remote-Viewing Tool*

#### **Feedback**

Robert Durant: *Response to Dr. Michael O'Bannon's article in Volume 1:3&4*

### **Taskings & Responses**

Jim Schnabel: A reader questions Jim Schnabel's apparent bias in favor of one particular method of remote viewing and the omission of information regarding the science of remote viewing in his book *Remote Viewers: The Secret History of America's Psychic Spies*

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Fran Theis: *Stephen Schwartz's Seminar on the Science of Remote Viewing*

**[Issue 7 \(Vol. 2, No. 3, 2003\)](#)****Article**

Paul H. Smith: *Science, Not Magic: A Response to Recent Comments on the U.S. Government's Remote Viewing Program*

**Article**

Association for Research and Enlightenment: *Remote Viewing Finds Saddam Hussein Before His Capture* ~ Adapted from *Venture Inward* magazine (March 2004)

**ReView**

Fran Theis: *Skip Atwater's Remote Viewing Practicum*

**ReView**

William P. Eagles: *Mind in Matter: New Directions in Psi Research*

**RV Research**

Bill Stroud, Ph.D.: *The Essential Overlap Matrix: An Extension for a Remote-Viewing Tool*

**Feedback**

Lyn Buchanan: *A Response to Questions regarding IRVA book review of the Seventh Sense*

**Taskings & Responses**

*Defining remote-viewing terms for the lay person and novice viewers.*

**[Issue 8 \(Vol. 2, No. 4, 2003\)](#)****President's Message**

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Paul H. Smith: *The Truth Is Out There . . . Finally!*

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Skye Turell: *Suspect Zero*

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*Enhancing Remote Viewing with Hypnosis*

**[Issue 9 \(Vol. 3, No.1, 2004\)](#)****Article**

Robert Durant with Paul Rivera: *The 2004 IRVA Conference in Las Vegas*

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Christine Simmonds: *Mind at Large: IEEE Symposia on the Nature of Extrasensory Perception*

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Sky Turell: *The Psychic Fiction of Martha C. Lawrence*

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Lawrence Tse and Stephan Wong, *The Hong Kong Chapter*

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Jim Schnabel: *Reading the Enemy's Mind* by Paul H. Smith

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

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*Multiple Questions Answered* by Lyn Buchanan and Paul H. Smith

**[Issue 11 \(Vol. 3, No. 3, 2004\)](#)****Article**

Robert Durant: *How I Became a Remote Viewer [Part II]*

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Bill Stroud, Ph.D.: *Taming Your Stray Cats: Dealing with Resistance in CRV*

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Skye Turell: *Suspect Zero (on DVD; April 2005)*

**ReView**

Paul H. Smith: *Mind Reach: Scientists Look at Psychic Abilities* by Russell Targ and Harold E. Puthoff

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Skye Turell: *Unseen Forces: A Remote-Viewing Action Adventure* by Ed Kovacs

**Issue 12 (Vol. 3, No. 4, 2004)****2006 RV Conference Highlights**

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Angela Thompson Smith, Ph.D.: *The Rings of Saturn Predictions Verified*

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Skye Turell: *Focus on TV Psychics*

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Skye Turell: *The Gift: ESP, The Extraordinary Experiences of Ordinary People* by Sally Rhine Feather

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Skye Turell: *Biographies of the TV Psychics*

**Issue 13 (Vol. 4, No. 1, 2007)****President's Message**

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Adam White: *2006 Remote Viewing Conference Review*

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Angela Thompson Smith, Ph.D.: *Does an individual's right-or left-hand preference have anything to do with success in remote viewing and other psi activities?*

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Skye Turell: *Worker in the Light: Unlock Your Five Senses and Liberate Your Limitless Potential* by George Noory and William J. Birnes

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Cheryle Hopton: *Encyclopedia Horrifica -- The Terrifying TRUTH! About Vampires, Ghosts, Monsters, and More* by Joshua Gee

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Paul H. Smith: *The Men Who Stare at Goats* by Jon Ronson

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Glenn B. Wheaton: *Amelia Earhart: Beyond the 7th Horizon*

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**RV In The Real World**

Melvin L. Morse, M.D.: *The Case of the Missing Bunny*

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Paul H. Smith, Ph.D.: *The ESP Enigma* by Diane Hennacy Powell, M.D.

**In Memoriam**

The Editors of *Aperture*: *Shelia Massey*

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Russell Targ & Jane E. Katra: *Remote Viewing in a Group Setting*

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Donald D. Hoffman, Ph.D.: *Conscious Realism and the Mind-Body Problem (Part I)*

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Donald D. Hoffman, Ph.D.: *Conscious Realism and the Mind-Body Problem (Part II)*

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Angela Thompson Smith, Ph.D.: *The Gold Leaf Lady RV Research* by Stephen E. Braude, Ph.D.

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Angela T. Smith, Ph.D.: *Extended Remote Viewing*

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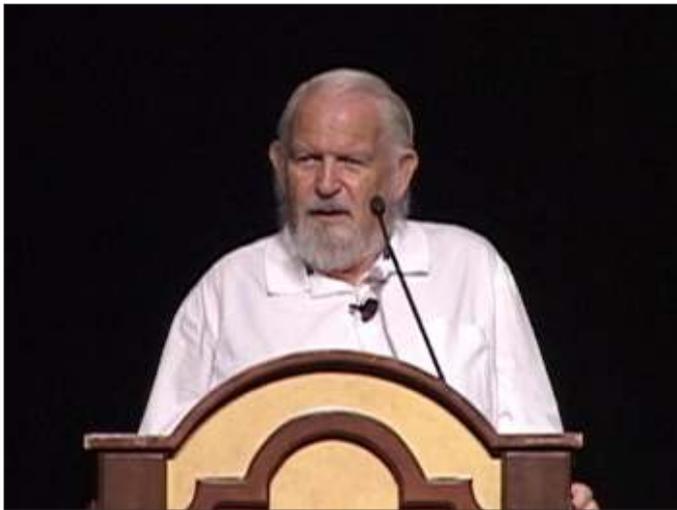
**Taskings & Responses**

Jed Bendix: *Interview with William ("Bill") Ray*

## TASKINGS &amp; RESPONSES

# AN INTERVIEW WITH Leonard (“Lyn”) Buchanan

by Jed Bendix



Lyn Buchanan, IRVA 2012 Conference, Las Vegas

**Ed. Note:** This is another in a continuing series of interviews with remote-viewing luminaries conducted by Jed Bendix.

*Jed Bendix [JB]: When a remote viewer is “getting into” another person’s mind, like that of Saddam Hussein, how dangerous can this be? And, if it is dangerous, how should it be used in an operational session?*

Lyn Buchanan [LB]: It is very dangerous, especially if the viewer doesn’t have the experience or training to keep a wall between him and the other person’s feelings.

Say the person is an axe murderer and gets this humongous thrill out of murdering, you experience that thrill. Also everybody justifies that what they’re doing . . . isn’t bad. The axe murderer does it because of what appears to [him] to be a good reason. You are exposed to that reasoning; you’re exposed to those emotions; you are exposed to the source of whatever made [him] be that way; you have to learn

how to “detox” from it or learn how to prevent it from affecting you in some way.

For example, there is one [remote-viewing] trainer who, on his first day of basic class, has his students do “deep mind probes” of people. He [has] said it is no problem because he only uses people like Mother Teresa and Glen Campbell.

“Well,” I said, “first of all, you are taking Glen Campbell’s personality by his press ratings; you can’t do that! And, second of all, if you get people to “mind-meld” with Mother Teresa, make sure you get paid for the course in advance because, by the next day, they may have given all their money to the poor and start living in an alley in India.”

To do a “mind probe”, you need special training and lots of experience to do it safely.

*JB: If a remote-viewing trainer is constantly having his students remote-view or mind-meld with Glen Campbell, how would that affect Glen Campbell?*

LB: It appears that you “cannot” remote view without affecting the target in some way. For practice targets, we do not give targets that involve gore or mayhem. Yes, affecting a target person is entirely possible.

*JB: Please explain the importance of detoxification.*

LB: Let me give you an example: I was asked to find a missing child; the child had been abducted and taken into a paramilitary camp. They used the kids as slaves and treated them very badly.

The police asked me to keep viewing and describing the place until the children were found. By the time the police found them, two months had passed. For two months, I had been going to these children every day and melding with them, trying to calm them down, soothe them, and help them get through it.

You just can’t *observe* something like that! You have to get in there and try to help.

I was relating this at a [remote-viewing] conference Q&A session, and a woman asked, “Well, how do you get over that?” I said, “You *don’t* get over it. You can detox all you want to get rid of the emotions. You can get rid of spiritual and emotional connections and everything else, but you can never get rid of the memory.

This is one thing people do not understand about remote viewing: You’re exposed to things that then become a part of your life experience, a part of your living memory.

*JB: When working a session, what are the markers or signals that the viewer is ready to move on from Stage 1 to Stage 2, or from Stage 2 to Stage 3, and so on?*

*LB: First, it is important to understand [that] the remote viewer is in charge of the session, not the monitor or anybody else.*

While in Stage 1 (which is the ideogram), if you feel like you have not gotten all of the gestalts, you cue yourself over and over again. When the ideogram starts repeating, that is your subconscious saying, “Ask me again, I’ll tell you the same.” So, you might as well move on. And, if you’re tired of doing Stage 1, then [because] you’re in charge, you can then simply move on to Stage 2.

Going from Stage 2 to Stage 3 happens when you have the AI, which stands for “aesthetic impact.” At the moment you have the AI, you are thrown into the target and start experiencing a spatial relationship to the target. “It’s in front of me” or “it’s off to my left.” You begin experiencing the target as being around you. This is the aesthetic impact.

There is an emotional reaction to suddenly being “at” the target, so you need to dispel the emotion but keep the spatial contact. This puts you into Stage 3.

The cue to move from Stage 3 into Stage 4 happens when you start getting impressions that are no longer sensory or dimensional. Stage 3 is where

the viewer sketches. You can then “feel” around the sketch (which is actually an ideogram) and continue “feeling” for sensories and dimensionals, but now in the shapes and relationships which are really at the target. All of a sudden, you get something like “feels scientific” or “feels religious”, something that’s neither a sensory nor a dimensional. Now it’s a good time to move into Stage 4.

The other way to get into Stage 4 is to remember that you are in charge of the session. So, if you get tired of Stage 3 and sketching, simply go to Stage 4.

When you get into Stage 4, there are three basic ways to get into Stage 5. One is when you get all wrapped and get so confused that you cannot sort anything out. The second is when you realize that you have jumped to conclusions and there were a lot of things that you perceived but did not write down; you can go back and pick them up.

The third is when you have symbolic or allegoric information coming through, like “This object is pink, furry, cuddly . . .”, and then have the STRAY CAT or AOL [Ed., Analytic OverLay] of “army tank.” And you say, “What?!” What has happened is your mind is trying to tell you something about this target that it cannot tell you directly. So, it uses something symbolic. So, you go into Stage 5, cueing yourself with, “What does an army tank symbolize to me? Ah . . . danger.” Now you know [that] your target is pink, cuddly, furry, and dangerous. This is a way of in-session analyzing the information you are getting.

You move into Stage 6 whenever you want scalar-type information. You say, “This is big. Well, how big is it?” You can move into Stage 6 and do measurements if you need to draw a map or a floor plan. If you have a series of events and you want to find out the order they come in, that’s on a scale of time. You draw a time line, and you find the different events along



*Lyn Buchanan, host of the IRVA 2009 Conference PK Party  
Photo Courtesy of Paul Rivera*

the time line. What you have to understand is that the stages are there to meet your needs and to help you keep your hold on the target. You're not there to follow a sequence of steps, like one, two, three, four, and do it at a certain time. It's the structure serving you, not you serving the structure.

*JB: Concerning frontloading: Did you use it when you were in the Ft. Meade unit and find that it worked?*

LB: Frontloading is about telling you where to put your work. It is not telling you something about the target--that is pollution. In the unit, they would come in and they'd say, "OK, we're *looking* for the location of a person." That frontloading means that I should not spend an hour describing the person, because that is not what I am tasked to describe; I should put my work into describing the location. That is the type of frontloading we used.

In the military, we rarely worked "double-blind." Usually, the monitor knew what the target was. Quite often, a viewer would sit down and the monitor would say, "OK, we are looking for such and such a hostage, and we think we know where he is." For example, the monitor might lay out a map of Lebanon, then tell us, "We think he is on this map, but maybe not, so we need you to find out the information for us." Now, that is absolute, total pollution! That is telling you what the target is, where they think the target is, and everything else.

Just because they laid a map out doesn't mean he is somewhere on the map; also, the hostage they may be looking for may not be alive. So, we had to learn to work in spite of pollution. That can be very hard, but it is good training. It toughens you as a viewer.

*JB: Did Ingo Swann, who created the Controlled Remote Viewing (CRV) protocols, approve of frontloading?*

LB: Absolutely not. Ingo has never approved of pollution or frontloading in any form.

*JB: I understand that Stage 5's Tool 3 (where a remote viewer "breaks out" the symbolism behind an AOL occurrence) has been approved by Ingo Swann. This would seem to show improvement of the original science of CRV as developed at SRI International. Doesn't science demand that we evaluate and improve our process, not stagnate?*

LB: That's true; that is why we keep data. We

keep data on remote viewers so that they can see what their strengths and weaknesses are. Nobody is perfect at everything; some people will be accurate at colors, but never be able to give you the right shape, and vice versa. We take notes to see if this new thing here works. We keep scores to see how well this new thing improves the results or how much it [detracts] from the results, affecting the person's usual scores.

In the military unit, we had thousands of ideas of how to improve CRV. I'd say 99.9 percent never worked. We found that, if it plugs easily into the Swann method, it will probably work; if it doesn't plug easily into the Swann method, it probably won't.

*JB: Do you know anything about the Russian psychic program?*

LB: I went into the service the second time as a German linguist and was going to be sent to Germany. In typical Army method, they said, "Oh, you are fluent in German? We'll teach you Russian."

At Russian school, I always took a sack lunch and ate in one of the classrooms. One day, one of the Russian teachers came with a sack lunch, and she started talking to me about her previous work with the Russian psychic-spying effort. The reason she spoke of the Russian effort was because there were excerpts from *The Penkovsky Papers* [Ed., a 1965 book detailing intelligence disclosures by Western spy Soviet Army Col. Oleg Penkovsky] in our Russian manual. She told me the Russian effort actually came from Adolf Hitler. When World War II was over, the U.S., France, and England took the nuclear and rocket scientists. Hitler had a project called *Doktor Gruenbaum*, which was a mind-control project. The Russians gladly took the project and started developing it, just as we started developing the rocketry and nuclear sciences.

Now, at that time, I did not know that there was an American effort. So, I thought she was telling me some stuff from the old country and what she did for the Russian military when she was much younger. I put it away in my mind and went on learning Russian. After Russian school, the Army was supposed to send me to Germany. Well, the way the military does things, they sent me to Japan, where I did radio intercepting. She and I never met again.

*JB: What do you see for the future of Controlled*

### *Remote Viewing?*

LB: When remote viewing came out to the public, so did all the self-made experts with their self-made plans. There were “crystal-ball remote viewers”, “rune remote viewers”, “palm remote viewers”-- everybody with their own method. A lot of chaos was built up, so it became harder to teach. Now, we are moving forward and have a small core of good people who are quietly advancing Controlled Remote Viewing, which is the original science.

*JB: Please describe one of your childhood PK (psychokinesis) experiences.*

LB: When I was around 12 years old, two friends and I were throwing rocks at a big metal plate lying against a wall. I threw a rock and, about mid-air, I remember hearing in my mind the words “go through.” Well, the rock went through the metal plate and hit the wall on the other side. We looked at one another, then ran over and saw the rock behind the metal plate. Of course, there was no hole in the big metal plate!

About two years later, I was trying to show off to a cute redheaded girl. I took a metal pie plate, put a rock on it, lifted the plate and, without making a hole, the rock fell through! She was very impressed; she went home and told her father, who was a Pentecostal minister. The next day, I was going home from school when I met him and a couple of his deacons. He introduced himself and said he would like to see me passing a stone through the pie plate. He produced a rock and a pie plate. So I did it.

As soon as I did, they had me down, pressing my head into the sidewalk, screaming for the devil to come out of me. The episode scared me half to death. I never, under any circumstances, thought of this as evil. Raised in the South, I had been raised to believe that, if the preacher said it, then God said it. From then on, I tried to not have PK things hap-

pen. Of course, once you open that door, you never completely close it. I fought it from then on, but PK events happened at times anyway.

There’s the time I destroyed the computers at the Augsburg facility [Ed., a U.S. Army intelligence center in West Germany]. When General Stubblebine [Ed., then commander of the U.S. Army’s Intelligence & Security Command] heard about it, he wanted to use me to start a PK unit. The unit would focus on destroying enemy computers, and one day hopefully learn how to control them instead. Congress said “No!” That

left General Stubblebine with no place to put me, so he took me out to Fort Meade and stuck me into the remote-viewing unit.

*JJB: Please describe what your internal state is, as you do PK.*

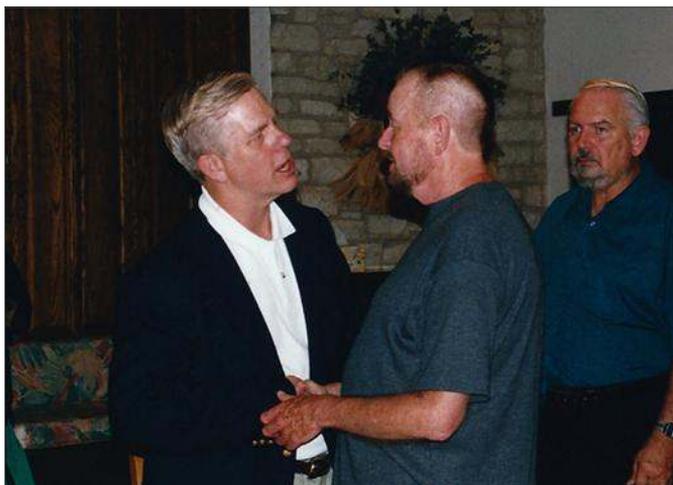
LB: If you were to codify it like Ingo [Swann] codified remote viewing, it would wind up in stages. I have never codified it; I know how to do it and know how to make it happen. If I get mad, then it happens whether I want

it to or not. I rarely ever consciously make it happen; it’s a natural thing.

With PK, people might try to lift a pencil off the table. It’s not going to happen, because you have to work with Nature instead of against it. If you want to lift a pencil off the table, you mentally place a whole lot of water around the pencil. When you get to where the water becomes real to you (even though it is not actually there), the pencil will tend to float up to the top of the water.

*JB: If you were going to do a healing, would you do it the same way as you would with PK?*

LB: Absolutely not! In our Medical Applications course, we teach you to persuade a person to heal themselves. If you heal that person and you are successful, whatever caused that illness is going to come back and cause it again. But, if you teach a person at the subconscious level to heal himself, then you



*Skip Atwater, Ingo Swann, Lyn Buchanan, IRVA 2002 Conference  
Photo Courtesy of Cheryl Hopton*

have also taught him to maintain his health. If it comes back again, he will tend to heal himself again because he has already learned how to do that.

*JB: How would you set up a PK event or healing event?*

LB: In the Medical Applications course, we first teach you to never do a remote-healing session until you first do a remote-diagnosis session. Begin with a standard remote-viewing session to find out what is honestly wrong with the person. Then ask, "OK, how can I convince that person to take over their own body and mind in order to heal their problem?"

*JB: Is there anything to add?*

LB: Yes, two things: First, it is really OK to be psychic! And second, it carries with it certain responsibilities. This is not a toy to be played with; this is real. It has repercussions to those around you and therefore an inherent set of ethics. It has repercussions against

you if you do not do it right, and therefore requires at least some training.

*Leonard E. ("Lyn") Buchanan is a veteran of the U.S. Army's remote-viewing unit at Ft. Meade, Maryland and has taught Controlled Remote Viewing through his company, [Problems>>Solutions>>Innovations](#), based in Alamogordo, NM, since the early 1990s. A founding and continuing director of IRVA, he is the author of *The Seventh Sense* (2003), which is part remote-viewing memoir and part instructional guide.*

*Jed Bendix has worked at a regional hospital in west central Minnesota for 25 years. He is currently taking his advanced remote-viewing training, and his desire is to work on remote-viewing projects that assist others.*

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**IRVA Treasurer Change**



We are sorry to report that IRVA's Treasurer for the past 11 years, Sandy Ray, will be leaving her position to devote more time to her family. Sandy's dedication to IRVA and the remote viewing community has been tireless and invaluable, and she will be missed.



Bill Higgins, current board member and former IRVA Vice President, has been chosen as the new IRVA Treasurer. Bill will assume his new role on April 1, 2013.

**An Ingo Swann Tribute on Coast To Coast AM with Art Bell**



As a tribute to the late Ingo Swann, the Coast To Coast AM radio show is presenting the first hour of his conversation with the award-winning radio personality Art Bell, along with Paul H. Smith, from the May 5,

2002 C2C radio show. Listen in for free at: [www.coasttocoastam.com](http://www.coasttocoastam.com)

**Remote Viewers Practice Group in NYC**

Jon Noble, the moderator of the IRVA Target Yahoo! E-Group *FOCAL POINT*, also provides a fun and friendly group discussion and practice meeting on a regular basis in New York City. You can find the meeting dates on the IRVA EVENTS page at [www.irva.org/events](http://www.irva.org/events).

**\* *eight martinis* Magazine**

Several years ago Daz Smith created a remote viewing magazine that also provides interviews with remote viewing personalities and RV session data. His website is [www.eightmartinis.com](http://www.eightmartinis.com)

**APERTURE ARTICLES**

The opinions and views expressed in *APERTURE* are those of the writers. They do not necessarily reflect the position of the International Remote Viewing Association. We invite your letters and comments on all matters discussed herein. [contact@irva.org](mailto:contact@irva.org).

# IRVA Benefits and Programs

## IRVA Benefits (Members Only)

- Selected IRVA Conference Videos (available to view online) [www.irva.org/library/video](http://www.irva.org/library/video)
- *Aperture* past issues available online as a PDF download [www.irva.org/library/aperture](http://www.irva.org/library/aperture)
- CIA Star Gate Archives available online [www.irva.org/library/stargate](http://www.irva.org/library/stargate)
- IRVA Member E-Group [irvamembers-subscribe@yahoogroups](mailto:irvamembers-subscribe@yahoogroups)
- IRVA FOCAL POINT Target Group (2 targets per month) [www.irva.org/community/focal-point](http://www.irva.org/community/focal-point)
- IRVA conference discounts [www.irva.org/conferences](http://www.irva.org/conferences)

## IRVA Community Benefits

- Warcollier Prize for RV Research [www.irva.org/news/warcollier.html](http://www.irva.org/news/warcollier.html)
- IRVA Merchandise Store [www.irva.org/shop](http://www.irva.org/shop)

- RV and related “Events” page [www.irva.org/events](http://www.irva.org/events)
- Bibliography [www.irva.org/library](http://www.irva.org/library)
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- Twitter [twitter.irva.org](http://twitter.irva.org)
- Remote-Viewing Methodologies [www.irva.org/remote-viewing/methodology.html](http://www.irva.org/remote-viewing/methodology.html)
- List of RV Instructors and Related Organizations [www.irva.org/resources/links](http://www.irva.org/resources/links)
- RV Related Videos and Clips [www.irva.org/library/clips](http://www.irva.org/library/clips)

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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.