

Remote Viewing Exercises at Home

Exercise 1 Remote Viewing with a Partner



This simple exercise allows you to practice remote viewing at home with a partner. To begin, prepare 5-10 cards using white paper with pictures on one side that will serve as the targets for remote viewing. You can cut out images from magazines—any common pictures of objects such as people, buildings, household items, clothing, flowers, mountains, geographic locations, or food. On the blank side of the card, write numbers (1, 2, 3, 4, etc.).

Place the cards in a manila envelope, face down, and prepare several sets of envelopes with different cards inside so you can switch roles with your partner. Choose someone who is interested in remote viewing to do this exercise with you.

Steps for Remote Viewing Practice:

1. **Select a Range of Targets (5-10)**
Use the envelope with the cards inside as your target deck.
2. **Release and Let Go**
Before you begin, write down the date, time, and any distracting thoughts or ideas you wish to release. Once you've written them, say: "I am letting these go now." Visualise yourself loosening your grip and setting them free.
3. **Quiet Your Mind**
Settle into a calm, neutral state by practicing meditation or deep breathing. Let your mind gradually quiet down. This process may take anywhere from 5 to 20 minutes, depending on your initial state of mind.
4. **Partner Prompts**
Your partner will draw a card, keeping the picture side down so you can't see it, and ask you to view it.
5. **Record first impressions**
Start writing down your first impressions of the target, spending only 30 seconds on each. Alternatively, you can use sketching. Have your partner set a timer. Within those 30 seconds,

focus on describing the key features: Is the target natural or man-made? Do you sense land, water, air, or specific colours? Quickly jot down your initial impressions...

6. Don't Second-guess Yourself
Note the first thing that comes to mind, no matter how faint. The key is to trust your initial perceptions and describe them without judgment.
7. Connect Unconsciously
Information flows from your unconscious mind, which already knows the target. It communicates through subtle sensations and feelings in your body.
8. Describe the Basics
Record sensory details like visuals, smells, tastes, or temperatures. You may also start to perceive dimensions, shapes, and patterns. Emotional reactions to the target may arise—just observe and note them.
9. Draw a Sketch
Sketch the target without worrying about accuracy or artistic quality.
10. Bird's-eye View
Imagine floating a few hundred feet above the target. Can you perceive anything surprising? Make a note of your final impressions.
11. End the Session
Write down the time and summarize what you perceived.
12. Get Feedback
Pull the top card from the envelope and compare the picture to your notes. Take your time observing the colours, shapes, and details of the image. You might be surprised by the results.

When your mind is still, you naturally enter a state of non-local consciousness, where intuition flows effortlessly. The only barrier to this connection is the constant chatter in your brain.

This exercise can be easily practiced by anyone, and with regular practice over a few months, your perceptions will become surprisingly clear and accurate. The only thing that separates you from your target is the incessant noise of your thoughts. *Release that noise, and you will already know the target.*