

# Remote Viewing Principles

By Dr Irina Webster

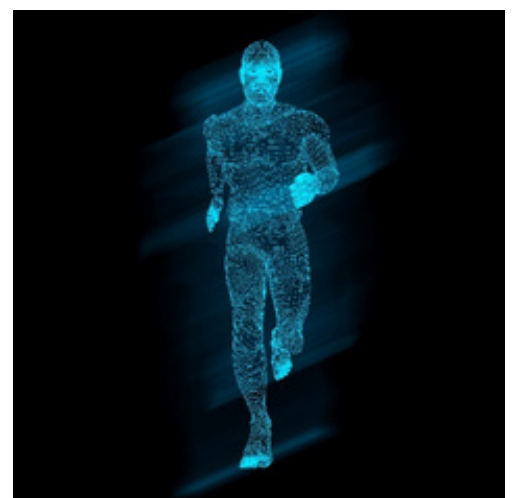


## Principle No 1: Blending Medical Intuition with Remote Viewing

The method I use focuses on **promoting health and healing**; I am simply not interested in anything else.

Everything is energy, and the energy behind each step should be pure and kind. Medical intuition helps reveal where we deviate from our true nature, often leading to problems. For this reason, it is a valuable tool for guiding your practice during remote viewing. All remote viewing sessions should always be approached with ethics, integrity, a neutral mind, and kind intentions.

## Principle No 2: Holographic Nature of Life



The way I teach remote viewing starts with understanding the holographic nature of life. When you connect to a target, you observe its hologram—an energetic representation of a body, object, or entity.

The holographic view is based on the concept that everything is energy.



Take the human body, for example. It's composed of cells, which can be broken down into molecules and then into atoms. Atoms, in turn, can be further reduced to energy, as demonstrated by processes like nuclear fusion.

Everything can be represented as a hologram. In science fiction movies, the concept of a holographic view of life is a recurring theme, often showcasing holographic transportation to move humans or objects. What we see in these films may very well become a reality in the future.

### **Principle No 3: Remote Viewing Ethics**

Ethics are vital for ensuring that this powerful tool is used responsibly and with integrity. The most important principle is to approach remote viewing with kind intentions and a calm mind—free from emotions and thoughts. A neutral mindset is key, as it allows you to be like an "empty vessel," simply observing **without influencing the target**.

Many people ask me, ***"Do I need to get another person's permission to connect with them during remote viewing?"***. The answer is *"no, you don't need to ask their permission"* but practicing remote viewing ethics is essential.

### **What is Remote Viewing Ethics?**

In our daily lives, **we connect with others all the time** without explicit permission—when we think about someone, talk about them, or even gossip. For instance, when you think about someone in an emotional way, like sexually, you don't ask their permission, yet your thoughts can affect them. Similarly, when you gossip negatively about a friend, you don't ask for their permission, but you still transmit negative energy to them.

The reality is that when we think about others with strong emotions, we inevitably influence them. The only way to avoid this influence is by **reaching a state of neutrality, becoming an "empty vessel" when connecting with them.**

The core ethics of remote viewing revolve around emotional awareness and maintaining a "calm mind." This practice calls for cultivating kind intentions and sustaining a neutral, serene mindset. A calm, neutral mind ensures no energy is transmitted, keeping remote viewing respectful and free from unintended influence on others.

It's important to differentiate between a "calm" mind and a "happy" mind. Society often emphasizes the importance of being happy, but a "happy" mind is frequently forced or artificial, carrying emotional charge. While a "happy" mind is influenced by emotions, a calm mind remains steady and unaffected.

Forcing happiness can be as stressful as negative emotions, as it conceals underlying insecurity. In remote viewing, a "happy" mind leads to false impressions, contaminated by emotional influence.

Ultimately, a calm mind is essential for fostering self-healing, self-regulation, intuition, and higher perception. In remote viewing, the priority should always be on maintaining a calm mind over simply striving for happiness.

### **A Simple Exercise to Calm Your Mind**

To calm your mind, try this simple breathing exercise:

- Take seven slow, deep breaths.
- Focus on the sensation of air entering through your nose, filling your belly, and exhaling fully.
- Count each inhale and exhale from 1 to 7, ensuring every breath is deep and intentional.

This practice can help soothe your mind almost immediately. Try it and notice the difference!

**In summary, my remote viewing practice is guided by **three core principles**:**

1. It must support and promote good health.
2. It acknowledges the interconnected, holographic nature of all life.
3. It is conducted only from a place of calm awareness and ethical neutrality.