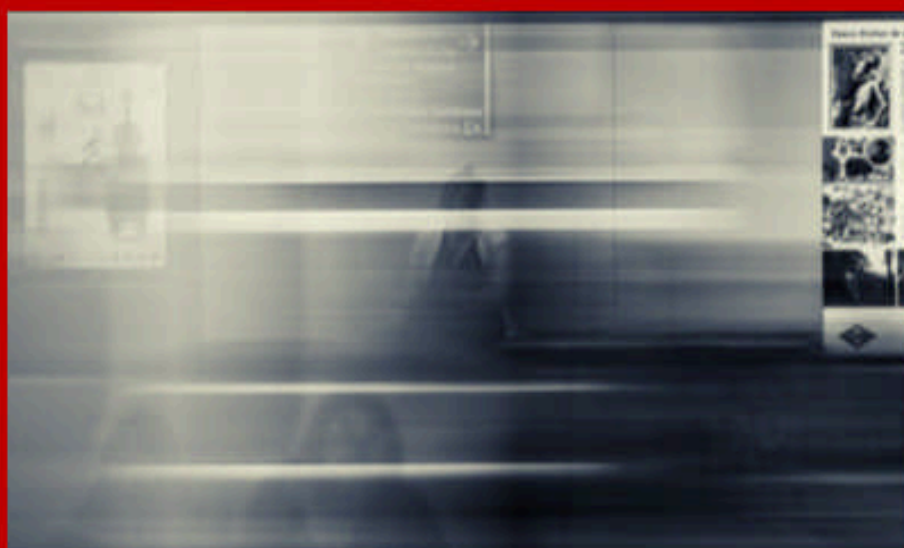


SIGNAL AND NOISE



ADVANCED PSYCHIC TRAINING

for Remote Viewing,
Clairvoyance, and ESP

SEAN MCNAMARA

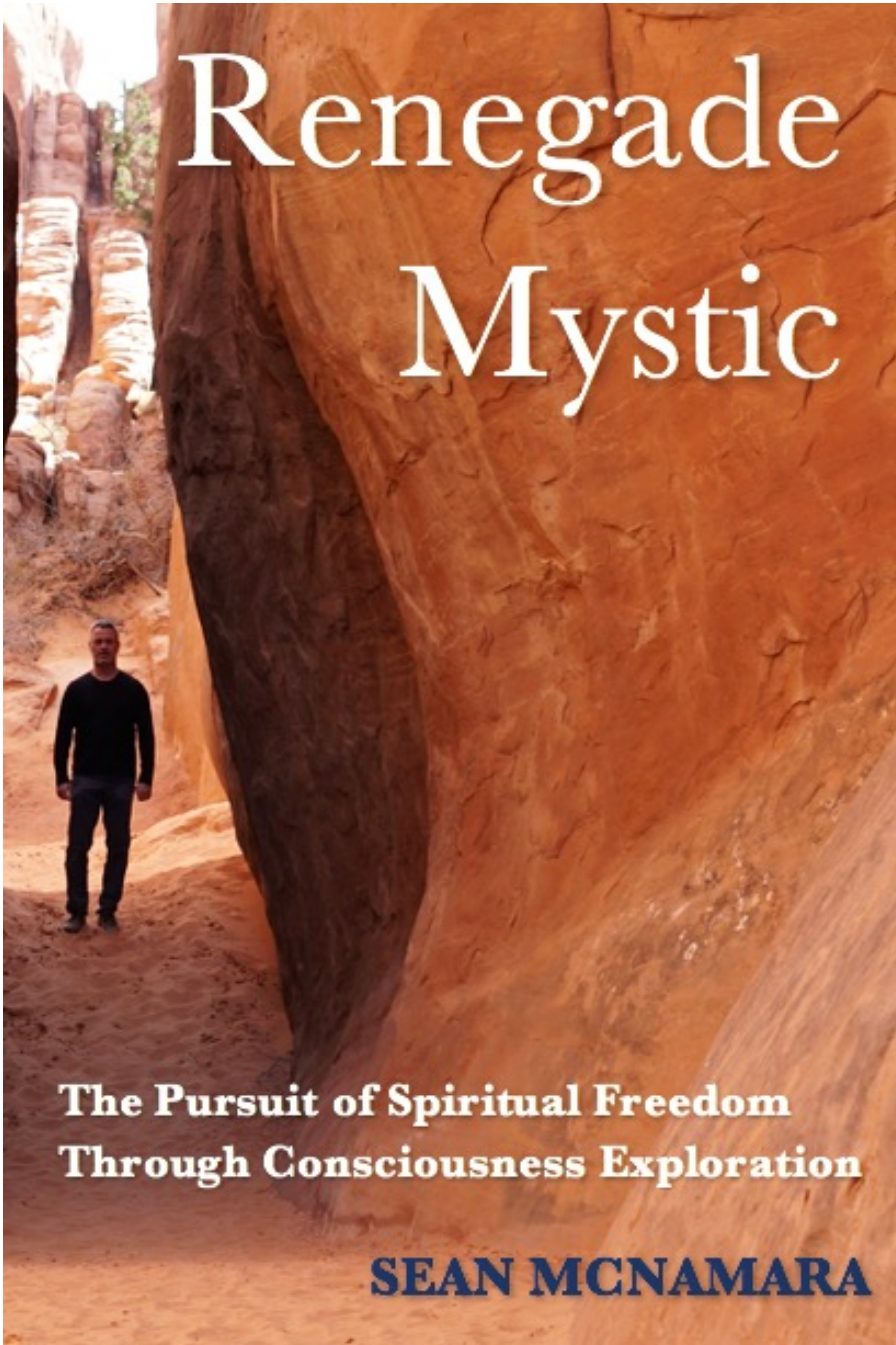


TABLE OF CONTENTS

READ THIS FIRST, BEFORE FLIPPING ANY PAGES!	1
Acknowledgements.....	2
Meet Some of the Remote Viewers	4
Introduction	15
Using this Book as a Training System	21
How to Do a Basic Remote Viewing Session	24
How to Predict Events with Associative Remote Viewing (ARV).....	33
How to do Team-Style ARV for Lottery and Other Predictions	37
EXPERIMENT 1: THE MASSAGE SESSIONS	44
Background	45
EXPERIMENT 2: EXCITATION WITH ICE WATER	134
Background (Lottery Win #1).....	135
EXPERIMENT 3: REMOTE INFLUENCING - PSYCHIC TRACING (Oct.)	169
Background	170
EXPERIMENT 4: REMOTE INFLUENCING - PSYCHIC TRACING (Nov.)	214
Background (LOTTERY WIN #2).....	216
EXPERIMENT 5: COLOR MUTING & AMPLIFICATION	255
Background	256
EXPERIMENT 6: 360-DEGREE VIRTUAL REALITY FEEDBACK	295
Background	297
Venice by Gondola	301
Tornado Chasers.....	313
EXPERIMENT 7: EXCITATION WITH ELECTRIC SHOCK	325
Background	326
EXTRA: LIVING TARGETS - THE FISH EXPERIMENT	353
EXTRA: BEYOND SPOON BENDING	362
EXTRA: REDUCING PSYCHO-PHYSICAL TURBULENCE WITH VAGUS NERVE STIMULATION	373
Target Photo Credits	391
About the Author	393

Other books by Sean McNamara

www.amazon.com/Renegade-Mystic-Spiritual-Consciousness-Exploration-ebook/dp/B0866CJLXL



www.amazon.com/Defy-Your-Limits-Telekinesis-Training-ebook/dp/B01MYDZ5GF

DEFY YOUR LIMITS

The Telekinesis Training Method

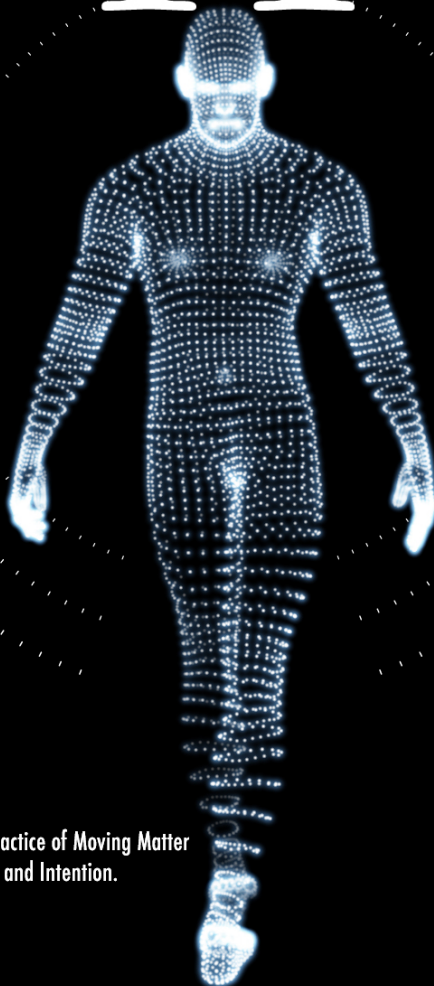
Sean McNamara

Learn the Psi ability, then use it to
empower the rest of your life.

www.amazon.com/Meditation-Telekinesis-Mindfulness-Practice-Intention-ebook/dp/B078HLNNFZ

Meditation

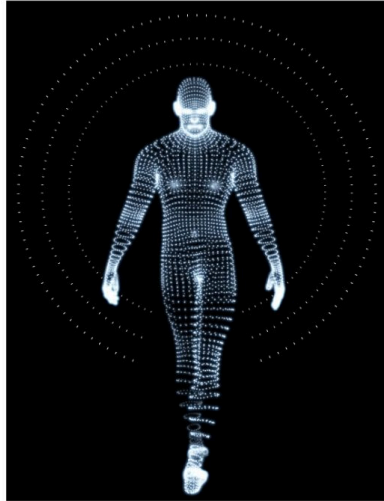
X Telekinesis



The Mindfulness Practice of Moving Matter
with Subtle Energy and Intention.

by Sean McNamara, author of *Defy Your Limits: The Telekinesis Training Method*

Online Courses
at
www.MindPossible.com



- Remote Viewing: A Course in Practical Psychic Perception
- Lucid Dreaming & the Out of Body Experience
- Complete Telekinesis Video Course
- Guided Meditation Journeys
- Vagus Nerve Stimulation for Meditation and Well-Being

Get 20% off with discount code "signal"

Signal and Noise

Advanced Psychic Training for
Remote Viewing, Clairvoyance, and ESP

SEAN MCNAMARA

Copyright © 2020 by Sean McNamara

All rights reserved. No part of this publication may be reproduced by any means without the author's written permission.

Cover design, interior and photography by Sean McNamara unless noted otherwise.

“Mind Possible” logo by Erika Wright

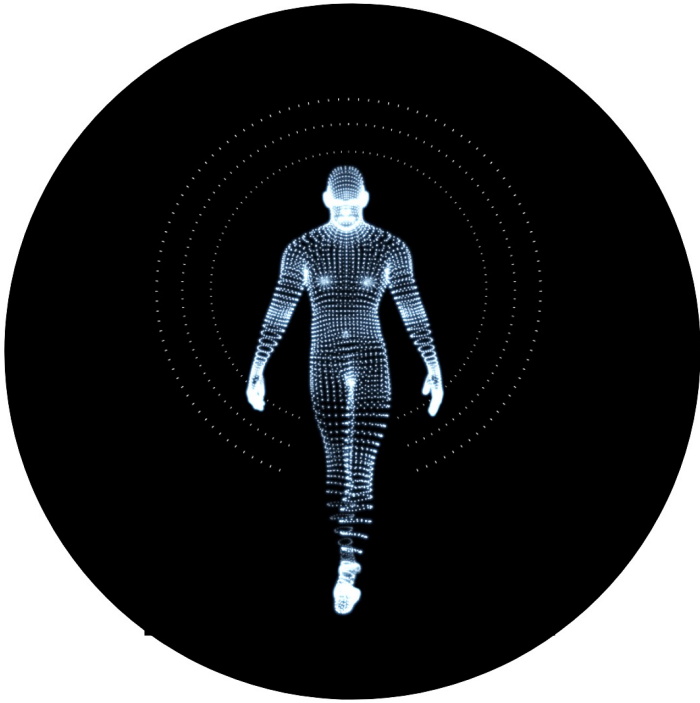
Other photo and image credits are listed on the “Target Photo Credits” section.

First Edition

Independently published by
Mind Possible, www.MindPossible.com

ISBN: 9798646193743

1. Psychic Development
2. Paranormal and ESP
3. New Age & Supernatural
4. Self-Help



“...the citizens will have more understanding for the needs of the society as a whole. They will exert more self-restraint in their social contacts. They will know their political leaders intimately, and with trust and confidence will assist them in administering the affairs of society.

In international relations, ESP will do away with the rivalry among nations. There will be no secret weapons, no secret political negotiations, no wars. Fear and hatred will be removed from the hearts of men.

How can you help yourself, and at the same time contribute to this magnificent future of mankind? Try to develop at least some ESP in yourself, and in your children, and let your success be a stimulus and encouragement for others who will try for the same.”

Dr. Milan Ryzl

(1928, Prague -
2011, Sacramento)

Above quotes are from his book “How to Develop ESP In Yourself and in Others” (1972)



Photo taken
10/10/2010:
by Nicolas Flessa,
Source: Wikipedia

READ THIS FIRST, BEFORE FLIPPING ANY PAGES!

IF YOU PLAN TO USE THIS BOOK AS A TRAINING SYSTEM:

You will need to **refrain from “flipping ahead”** and browsing other portions of the book until you are ready to see the “feedback image” for the exercise you are working on at that time.

Seeing any of the target images later on in this book *before* you’ve completed the associated exercise for each target **will spoil the exercise for you.**

As long as you read one page at a time, in order, you’ll be fine.

The chapter titled *Using This Book as a Training System* will give you further instructions.

Acknowledgements

This book would not exist without the contribution of the remote viewers whose transcripts are included here. By “contribution,” one might think I’m talking about the transcripts themselves, which couldn’t be further from the truth. Each transcript is the result of significant time, energy, and courage. The finished product may appear to be a mere collection of hastily made drawings with a few words scribbled on the side, but in actuality, it’s a glimpse into the hidden realms of consciousness, and the mysterious ways they communicate. To have access to viewer’s works like these is a rare opportunity, and a gift to anyone interested in clairvoyance, telepathy, remote influencing, and remote viewing.

To Jill Lowy, Cheryl Macchia, Stacy Linrud, Timothy Givan, Lynn Willener, Kavan Ganapathy, David X¹, Li-Anne X, Michelle Cox, Birgit Halbreiter, Heather Knight, Damon Abraham, and Carol Casebeer - I thank you from the bottom of my heart. Seeing your smiling faces those mornings, at each start of a day filled with incredible adventure and discovery, has been a deep source of joy for me. You’ve added tremendous meaning to my life, and I know you’ll add meaning to other people’s lives too, by sharing your work here.

I’d also like to thank Marty Rosenblatt of the Applied Precognition Project², along with Jane Rosenblatt, Teresa Schnellmann, Crystal Reed, Brett Carstens, and Julie Beaman. Most of what I understand about remote viewing today is due to Marty’s tireless work over many years, and that of his wife and friends. Attending the APP conferences and watching his video presentations about “associative remote viewing,” along with learning Teresa’s method for predicting horse races, are what inspired me to develop the team-style lotto-prediction method described in this book. If anyone ever asks, “Is there a practical application for psychic ability?” our response need only be “Haven’t you met Marty Rosenblatt and the APP?” More than anything, his warmth, his welcoming, and his generosity have been a tremendous gift and source of inspiration. Jane, Teresa, Crystal, Brett, Julie and many others have also contributed to helping fledgling viewers like me find a community where we can learn and grow among like-minded people.

¹ Names withheld for privacy.

² Learn about the Applied Precognition Project at www.AppliedPrecog.com



Above: with Marty Rosenblatt at the Applied Precognition Project's annual conference

Below: Watching the horse race from the casino sportsbook after making our predictions.



Meet Some of the Remote Viewers

It's important to remember the human side of psychic experience. By necessity, scientists and other researchers measure, record, and analyze experimental results. This typically includes statistical evaluations of a psychic's performance on various tasks. When someone writes a book about parapsychology or psychic abilities, one might assume the subjects of the experiments are somehow different from the rest of us, that they may be super-psychic, or saintly, or wear a particular style of clothing, or spend all their time living in seclusion or among other mystics in the forest. Making these kinds of assumptions, a reader might believe "I probably can't do this, I'm not like them!"

Nothing is further from the truth. To encourage the reader, I asked my friends to share a little bit about themselves here to the degree they felt comfortable. Most of them submitted personal profiles, and some included a headshot.

Some of the viewers understandably declined the invitation because of personal or professional considerations, which I completely respect. Some of us are more introverted and private, and others work at a company or organization where reputation is incredibly important, and being identified as a "psychic" could prove damaging to one's career or social standing. Society still has a long way to go.

As you review their profiles on the following pages, I hope you see they're just like you and me. They're parents, professionals, students, academics...ordinary people. They're also open-minded, curious, fun, warm, intelligent, and patient.

Some of them had never done remote viewing before we met, yet here you'll see their inspiring work, which is encouraging. By granting us access to their transcripts, they've generously allowed us to see into some of the deepest aspects of their minds, which is one of the most intimate things a person can do.

TIMOTHY GIVAN



Timothy Givan is an accomplished Qigong instructor, Guided Meditation instructor, and Master of Neuro-Linguistic Programming and Hypnotherapy. He has been highly interested in helping others to use the greater uses of the mind for over 20 years, which initiated his pursuit of ancient Chinese Qigong energy work. He also uses his knowledge as a Certified Brain Health Trainer to help enhance both the conscious and unconscious powers of the mind, in himself and his clients.

After a near death in 2009, he became more aware of the super-natural abilities that we all possess. He spent the following years educating himself in the functions of the human body as a holistic being. Upon meeting Sean in 2017, and throughout joining him in more than 20 experiments, Timothy realized that he wanted to offer these techniques to society.

As of the time of this writing, Timothy has trained over 200 people using methods derived from both ancient and mystical arts, and current knowledge and wisdom in applied linguistic neuroscience.

After years of working in the Metaphysical field, and attending Sean's groups together, Timothy and his fiancée, Lynn Marie have developed "***The Secret of the Sixth Sense: How to Boost your Psychic Signal***" and offer it both as an in-depth online and in person course, with a book in progress.

Although not *currently* using "psychic" skills for private work, Timothy is highly interested in teaching them to others in a corporate or small group setting.

You can gain access to Timothy's courses and offerings at **www.TMethodCoaching.com**, and find him on Facebook and LinkedIn.

LYNN MARIE
(WILLENER)



Lynn is an avid student of life, a 3rd year Qigong and Meditation instructor, and an Integrative Neuro-Linguistic Programming Practitioner.

Over 10 years ago, she embarked on her spiritual journey by joining a Center for Spiritual Living. After delving into the teachings, she began to awaken to her potential.

One of Lynn's passions is to help others to awaken to their "gifts", especially parents and children. She has been involved with many of Sean's classes, trainings, and experiments with her fiancé Timothy Givan, as well as having taught many classes in Metaphysics by Timothy's side.

Together, Lynn and Timothy utilize Sean's teachings, along with thousands of years of cross-cultural wisdom, to help others reach their fullest potential.

Lynn has found that these skills have exponentially increased the things that she values most in life: Spending quality time with her daughters and fiancé, increasing her physical health, her self-worth, and being a dynamic part of a rapidly expanding business model which helps others to become their most intuitive selves.

Lynn and Timothy have developed "***The Secret of the Sixth Sense: How to Boost your Psychic Signal***" and offer it both as an in-depth online and in person course, with a book in progress.

Lynn is an essential part in the development of courses, trainings, services and offerings which you can find out more about at **www.TMethodCoaching.com**.

JILL LOWY



“I would call myself a Taoist, Buddhist Yogi practitioner and have been on these paths many years. I teach classes in Tai Chi, Meditation and Kriya Yoga.

I became interested in ESP phenomenon when I was young through my intuition and many mystical experiences. It led me to various pathways of the occult and yogic practices at Lotus Temple in Chicago where I also became involved in Lucid Dreaming, OBE and other psychic phenomena.

I have a Master's Degree in Counseling and worked for the State of Colorado for many years as a Certified Counselor. I started practicing meditation with Sean McNamara at Mayu Sanctuary in Denver a few years ago. Later, I also became involved in Remote Viewing classes with him.

It was something I had never practiced before, so it was new and exciting for me. It is amazing to see such accurate results doing these simple practices and just confirms for me that we all have access to a higher dimension of consciousness, which most people have yet to experience.”

Jill is the author of:

The Art of Astral Projection

www.amazon.com/Yoga-Astral-Projection-Jill-Lowy-ebook/dp/B00H7KMTP0

Practicing the Way of the Tao Te Ching

www.amazon.com/Practicing-Way-Tao-Te-Ching-ebook/dp/B00U2U183G

CHERYL MACCHIA



“I have always been interested in anything psi. I have had quite a variety of paranormal events occur throughout my lifetime, everything from poltergeist type occurrences, psychic premonitions, frequent flying dreams, and even an incredible UFO sighting.

I first met Sean through a live telekinesis course he was teaching at a Denver bookstore, Goddess Isis Books and Gifts. I dabbled with telekinesis on my own for many years, but with no results. I found Sean to be an incredible teacher! I had immediate results and was able to move a psi wheel under glass and from across the room in just that first lesson. I continued to take more of Sean’s courses. My husband and I even attended his Psi Retreat in Estes Park. When Sean asked me to attend his Remote Viewing Course at Mayu Sanctuary, I couldn’t resist! I have been doing RV experiments with Sean ever since.

I think the thing that helps me the most with remote viewing is letting go of any expectations, yet this is also the hardest component for me, naturally I really want to do well. Whether I have a miss or an incredible hit, I love the exploration and utilizing another perspective to understand myself and the nature of reality.”

Cheryl is from Cheyenne, Wyoming.

MICHELLE F. COX, LCSW



“My experience of learning remote viewing has allowed me to understand further, the possibilities of expanding consciousness.

My willingness to consider these possibilities was nurtured by personal and professional experiences throughout my life.

Whether as a teenager having a dream that came true some weeks later, or as an adult working in hospice in the company of patients who had end of life experiences, I found myself fascinated and curious to know more.

End of life experiences for those patients included such things as having visions of deceased loved ones or comforting figures, of looking across the room gesturing at something I could not see, and of talking with me about getting ready to go on a journey. Witnessing those experiences validated that curiosity and encouraged me to stay open to learning more about things I could not explain.

I began this journey with excitement and found myself in the company of like-minded people who were welcoming, generous and fun to be with. With Sean guiding us, our time together was not only filled with focused concentration and effort as we honed our skills of remote viewing, but with laughter and an ease of sharing that fostered caring and respect.”

Michelle’s website is: **www.DenverPsychotherapist.com**

STACY LINRUD



“I was a meditation student of Sean’s for several years, and when he told some of us about his telekinesis experiments, I was excited to try it, even though a little skeptical. But I trusted Sean and if he said it was possible then I believed him.

To my surprise, I picked it up quickly with a little instruction from him. So, when he mentioned remote viewing, I was definitely up for the challenge. I got some good hits on my very first day trying RV with him and a group and it blew my mind! I still don’t understand *how* this works, but it is 100% undeniable that we do it successfully much of the time.

All of my work with Sean, from meditation to lucid dreaming, or telekinesis to remote viewing, has fortified my belief that everyone and everything are intertwined, that we can influence and detect things whether we know it or not. Before meeting Sean, I’d never tried any of these things, and I feel lucky to be learning and exploring with him.”

HEATHER KNIGHT



Heather Knight is a fifth generation Denverite whose creative outlets include energetic jewelry, astrology, flower essences, and travel. Recently empty nested after raising two children, she enjoys yoga and meditation with her husband of over 20 years.

She took part in the experiments with Sean to further her spiritual explorations with remote viewing. Prior to meeting Sean, she had not done anything like this before. She found that the experiments helped her grow her intuition and general spiritual awareness, understanding that life is not a linear experience.

Heather enjoyed the camaraderie and community of the people she got to meet. She was honored to be included in this work with Sean, who held space for individual learning in a kind, open, and unattached manner.

KAVAN GANAPATHY



Kavan Ganapathy is a Senior Professional Research Assistant at the Psibotics lab at CU Boulder. His research focus is random numbers and precognition, and he is passionate about probing nature to explore a greater reality ahead of us through technology-driven passive skills and rigorous scientific principles.

He has had the privilege of nurturing a highly exclusive group of India's most talented and creative students in the capacity of a Mentor and a strong Research Professional at the Centre for Fundamental Research and Creative Education.

In 2018 Sean's Telekinesis videos caught his attention which would later be a part of his research work to understand psi phenomena and find meaningful reasons for spontaneous healing effects he went through during his early years of exploring psi. Ever since, he has collaborated with Sean and his group in illustrating psi under controlled conditions. In his quest for building models of reality, Sean and his group have challenged Kavan to explore the impossible and the unknown.

You can find out more about Kavan's research at <http://Psiphen.Colorado.edu> or contact him in LinkedIn and Facebook.

DAMON ABRAHAM



Damon Abraham is finishing a PhD in psychology studying emotion regulation and mental representation. He also moonlights as a consciousness researcher designing and conducting psi-related experiments in areas such as remote viewing (RV) and mind-matter interaction (i.e., PK). Aside from research, Damon has been developing software applications geared towards psi and personal growth and development including an RV training app and apps utilizing random number generators. He has presented his psi research and theoretical work at several national conferences including the International Congress on Consciousness (ICC), the Society for Scientific Exploration (SSE), and the International Association for Near Death Studies (IANDS) as well as locally. In Denver, he has served as a group leader / coordinator for the local IANDS chapter, was a co-organizer for Consciousness Hacking, and was the cofounder of the Denver Consciousness Technologies student organization.

Damon has had a deep interest in psi-related topics since childhood but didn't begin having a lot of personal transformative experiences until his early twenties. At that time, he was learning internal aspects of martial arts (e.g., breathing and meditation) and occult practices. In his later twenties, Damon began studying and having lucid and veridical out-of-body experiences (OBEs) which were followed by a number of other spiritually transformative events. After meeting and befriending Sean, he began practicing and researching telekinesis (macro PK) and RV. Damon's core interest is the marriage of science and technology with subjective phenomenological experience. Science offers an important set of tools for furthering our understanding of these phenomena, yet individual growth and change occurs through self-guided effort and personal subjective experience.

DAVID AND LI-ANNE



David and Li-Anne³ are old friends of Sean. Li-Anne is a research scientist and mechanical engineer, and David is a locksmith. They became interested in remote viewing after they took Sean's class in telekinesis. (Because hey since TK is possible, then what else is, right?!) David also has 40 years of martial arts expertise including the internal arts that deal with Qi flow, while Li-Anne is interested in the scientific underpinnings of TK and RV, and both are interested in energy healing applications for people and animals. They have found these RV experiments to be very eye-opening and thought provoking in showing the possible connections between RV, TK, and energy healing.

³ Last names and pictures omitted for privacy.

Introduction

My exploration of remote viewing has occurred during what seems like the tail-end of a period when psychic experiences became a focal point in my personal development. That phase began with learning how to have out-of-body experiences⁴, which I did as a response to a life-long fear of death. Afterward, I learned how to perform telekinesis (psychokinesis), because I wanted a way to easily demonstrate the interconnected nature of consciousness and our physical world. Then, my exploration continued, and I was eventually introduced to remote viewing.

As a meditation teacher, I realized that remote viewing, along with the other psychic abilities I'd encountered, was a powerful way for a person to explore and develop their deeper sense of self, make observations about how reality operates beyond the visible spectrum, and enrich their sense of meaning in being alive on this planet.

Classical meditation can sometimes feel quite boring and uninspiring. But remote viewing, which one could describe as “applying one’s clairvoyant ability through the use of a specific process, or protocol,” offers a special quality of discovery and excitement. It’s also easily observable, and one can see, on paper, how much better they’ve become at accessing information from their subconscious minds, and from a world which exists beyond time.

I’m not a classically trained remote viewer, and I’m not “certified” by any members of the originally classified government program. I’m just a meditation teacher who enjoys innovating with psychic abilities, and sharing what I learn with others. None of what we see in this book would have occurred without the ground-breaking work of those original remote viewers and the scientists who worked with them over several decades.

They are part of a long list of people which begins with names like Ingo Swann, Hal Puthoff, Russell Targ, Hella Hammid, Uri Geller, Pat Price, Joe McMoneagle, Paul Smith, Tom McNear, Lyn Buchanan, Ed Dames, David Morehouse and others.⁵ Their

⁴ The details of my experiences are found in my book “Renegade Mystic: The Pursuit of Spiritual Freedom Through Consciousness Exploration.”

⁵ To get a more complete account of the original remote viewing program, you might watch the 2019 movie “Third Eye Spies” directed by Lance Mungia, or read the book “Phenomena: The Secret History of the U.S. Government’s Investigations into Extrasensory Perception and

efforts not only produced incredible insights about the nature of consciousness, but also supported the national security of the United States. On another level, some of these viewers have aided law enforcement authorities in saving lives and locating missing people. We are immensely fortunate to experience a period in time when their hard work has been de-classified and brought out into the daylight for the rest of us to see, and learn from.

While learning about remote viewing, I also took a trip back in time, searching for other, older, sources of information in which valuable nuggets of information might be found. In reading “Psychic Discoveries Behind the Iron Curtain,”⁶ I didn’t find a nugget, but rather several rich veins brimming with colorful anecdotes, claims, and tantalizing hints about how to produce psychic phenomena.

“Psychic Discoveries” introduced me to Dr. Milan Ryzl, the “Creator of Psychics.” Dr. Ryzl used hypnosis to boost his subjects’ psychic receptivity. Apparently, he and his team of hypnotized subjects won the Czech lottery several weeks in a row. Although I was unable to find a description anywhere of *exactly how* they predicted the lottery, I couldn’t stop thinking about the fact that they succeeded.

I imagined Dr. Ryzl spending countless hours over many months, hypnotizing his subjects many times over until they were able to activate their psychic perception at will. Oh, what I would give to go back in time and stand in that room, watching as people surrendered their conscious minds to his voice, allowing it to open new vistas within each of them.

I’ve been teaching meditation classes and retreats for years, and I don’t mind saying that leading a guided meditation session is not different from using a hypnotic induction to produce an altered state of consciousness. When I learned to have out-of-body experiences, I relied heavily on the hypnotic inductions from William Buhlman’s’ audio training course.⁷ As I began to teach others how to have out-of-body experiences, I developed inductions of my own, confident in my extensive experience guiding meditation sessions for various groups of people.

When I began to teach people how to do telekinesis (psychokinesis), I also developed an induction to bring them into the proper state of relaxation for producing the effect of moving a small object from a distance.

When I decided to start teaching remote viewing (a very basic form compared to what an “official” remote viewing instructor might teach, i.e. Controlled Remote Viewing), I realized that I could follow Dr. Ryzl’s example and use induction/guided meditation to help viewers enter a more “receptive” state.

Psychokinesis” by Annie Jacobsen. Several viewers listed above have also written books which are immensely valuable to any student of remote viewing.

⁶ Ostrander, Sheila & Schroeder, Lynn. (1970). *Psychic Discoveries Behind the Iron Curtain*. Prentice Hall.

⁷ Buhlman, William. (2010). *How to Have an Out of Body Experience: Transcend the Limits of Physical Form and Accelerate Your Spiritual Evolution*. Sounds True.

Signal and Noise

I became encouraged after finding something rare, an original copy of his 1972 book “How to Develop ESP in Yourself and in Others,” which is actually a workbook he created for people to experiment with. In it, he asked them to mail him their results so he could use them as part of his research. His book is filled with important insights and hypotheses regarding psychic functioning.

Ingo Swann’s book, “Everybody's Guide to Natural ESP: Unlocking the Extrasensory Power of Your Mind”⁸ has also been an extremely valuable resource for helping me understand the relationship between the conscious and sub-conscious minds in the transmission of information. His comments on the psychological impact of misbelief and trust are also important.

I also discovered important information inside Andrija Puharich’s book, “Beyond Telepathy.”⁹ I first learned about Puharich when reading his biography of Uri Geller¹⁰. I realized Puharich was a man who absorbed himself completely into his work, asking insightful questions and exposing himself to phenomena which most people would find shocking or unbelievable.

“Beyond Telepathy” had a direct influence on some of the experiments I did with my friends in Denver. In it, Puharich discusses two states. The first one, “cholinergia” is the state of physiological relaxation people tend to be in during both spontaneous and intentional occurrences of psychic receptivity.

Puharich did a lot of research concerning the use of cholinergic drugs, namely psychedelic mushrooms like *Amanita muscaria*. Cholinergic drugs stimulate the para-sympathetic nervous system, thus producing the enhanced state of relaxation suitable for psychic receptivity. I wasn’t about to ask my friends to take mushrooms as part of our experiments, but I knew that hypnotic induction and guided meditation could go far in producing a similar level of relaxation. As you’ll see in Experiment 1, we also had provocative results by using massage therapy to stimulate the para-sympathetic nervous system.

The second state he discusses is “adrenergia,” which relates to the hormone Adrenaline. In my research, it seems the vast majority of focus has been placed on a psychic’s ability to *receive* information. Yet, in telepathy, the responsibility for an experiment’s success is shared between the “receiver” and the “sender.” It has been difficult to find a satisfying amount of reliable information about how one can improve their ability to *send* a psychic impression to someone else, or across time.

As you’ll read later, one hypothesis about how remote viewing works involves the idea that during their viewing session, remote viewers receive impressions from their future selves, sometime in the hours or days laying ahead. Essentially, they’re performing self-telepathy across time.

⁸ Swann, Ingo. (2018). *Everybody's Guide to Natural ESP: Unlocking the Extrasensory Power of Your Mind*. Swann-Ryder Productions, LLC.

⁹ Puharich, Andrija. (1973). *Beyond Telepathy*. Anchor Press.

¹⁰ Puharich, Andrija. (1974). *Uri: A Journal of the Mystery of Uri Geller*. Anchor Press.

Therefore, wouldn't it be helpful if the future-self could boost their ability to transmit psychic information backward in time, to when the past-self sat their table, patiently waiting for impressions to arrive?

Why is adrenaline and the overall stimulation of the sympathetic nervous system (fight or flight) important for "sending" a psychic signal?

We've all heard stories about someone spontaneously receiving psychic information about a loved one in crisis. Let us imagine Mom at home, calmly drifting off to sleep at bedtime, when suddenly her mind is filled with the sound of shattering glass and the crunch of metal, followed by the thought of her daughter being away at college.

Certainly, she was able to receive the signal from the event (her daughter's car accident at that very moment) because she was relaxed. But the other half of that experience is the fact that her daughter, as the unknowing "sender," was in a state of surprise, fear, and excitement, feelings naturally accompanied by their appropriate physiological responses. Adrenaline would have most certainly been coursing rapidly through her brain and body.

Anyone familiar with Emanuel Swedenborg (1688-1772) will remember the story of his spontaneous vision during a dinner party in Gothenburg, Sweden¹¹. In it, he saw that a fire had overtaken the city of Stockholm, close to his home. He also saw that a house belonging to his friend had already been destroyed by the fire. Two days later, a messenger arrived from Stockholm, verifying the events were just as he'd described them to the other dinner guests.

How many townspeople exhibited "adrenergia" that night as they watched their homes burn to the ground? What kind of signal must they have produced in order for Swedenborg, 300 miles away at the time, to spontaneously pick up on?

And how could I incite an adrenergic response in my friends for our experiments here in Denver, three hundred years after Swedenborg left his mark on parapsychology?

Experiment 2, "Excitation with Ice Water" is one such way, and I'll save the details for that chapter. Experiment 7, "Excitation with Electric Shock" follows the same line of thinking. Both produced significant results, at least from my standpoint as someone who wants to learn more about how consciousness functions, specifically, how it processes and communicates information.

One result, which took place during the ice water experiment, was that we correctly predicted the winning numbers of the Pick 3 lottery. We won again a couple months later, this time using the "psychic tracing" technique from Experiments 3 and 4.

No doubt many readers are interested in this book because of our success with the lottery. Because of that, it is important for there to be a high degree of transparency when discussing these results.

¹¹ Lachman, Gary. (2012). *Swedenborg: An Introduction to His Life and Ideas*. TarcherPerigee, Reprint edition.

Signal and Noise

In that spirit, here is the schedule of my group's attempts to predict the Pick 3 lottery:

December 29, 2018 - we lost

August 3, 2019 - we lost

September 15, 2019 - **we won**

October 12, 2019 - we lost

November 10, 2019 - **we won**

January 5, 2020 - we lost, but got 2 out of 3

February 16, 2020 - we lost, but got 1 out of 3

Before then, on November 17, 2018, I taught a public class on remote viewing, using the full, 42-number Colorado lottery as a feedback mechanism. Most everyone there was a first-timer, and the project was beneficial in helping me improve the design for future predictions. Needless to say, we didn't win "the big one" that day.¹²

At this point, some readers may be wondering about the "odds" of winning the Pick 3 lottery. After all, to randomly pick the 3 winning numbers out of a set of 10 shouldn't be astronomic. It's not. The odds of winning by selecting the 3 numbers *in their exact order* of being drawn, are 1 in 1,000, according to www.ColoradoLottery.com.

However, with only ten viewers, we could only do an "any order" prediction, meaning that we'd win a lesser jackpot for selecting the numbers out of the order they were drawn. Those odds are 1 in 167.

But to think about our success in terms of "odds" is short-sighted, because it strips away the human capacity and effort, the very *life*, which went in to making these predictions, replacing it with a cold, hard number.

What are the odds that a person can close their eyes, see some wispy shapes enter their awareness, then write them down without allowing the conscious mind to filter or deform those images, then match them up to a target photo which they'll be shown several hours in the future?

And what are the odds of ten people doing the same exercise, and being sufficiently correct at the same time in order to win the Pick 3 later that day?

The lottery "odds" don't reflect the quality of a viewer's transcript, or the quantity of psychic information recorded on it sufficient to correctly choose the target image. Yes, one could say a transcript only has to be "good enough" to make a prediction and beat the 50/50 chances of choosing the wrong image.

But this wasn't really about winning a lottery. So frankly, I don't care about the statistics. The lottery simply served as a third-party random number generator, an impartial event we could use to test our precognitive abilities against. Thankfully, nobody did it "for the

¹² However, the results were still provocative. A video review of each transcript and associated target photos from the Nov. 17, 2018 attempt is included in my online remote viewing course, which you can find at www.MindPossible.com

money,” because the prize on an “any order” bet with a \$1 ticket is only \$80.

I assure you, the time and energy each viewer put into a full day’s work to produce a lottery prediction was worth far more than \$80. It was invaluable.

Still, there can be tremendous monetary value in using remote viewing for investment decisions, which is something people are currently succeeding with. My hope is that those viewers will benefit from using the techniques presented in this book, giving them an extra “edge” in their performance. If they can relax a little more, or enhance their signal during their feedback session, their results could equate to more profit.

More than that, though, I hope readers benefit by having tools to explore their own minds, and find their own answers regarding questions of consciousness and reality. For me, remote viewing is part of my spiritual journey. I know I’m not alone in that. As Robert Monroe¹³ said, “I am more than my physical body.” Clairvoyance, telepathy, and the process of remote viewing give us the evidence to back him up on that.

Even though the reader may not be interested in becoming a professional remote viewer, going through the exercises offered in this book will help to enhance anyone’s sensitivity to subtle perceptions. Listening to one’s “gut feelings” has saved many a life, and training in any psychic ability naturally improves one’s ability to pick up messages from their gut.

If you’re a researcher, or just curious, but not interested in doing any of the exercises, then feel free to flip through the book as you please. As you’ll see, sometimes I explicitly point out certain aspects of a transcript and target photo in the spirit of education. Most often, though, I don’t. I leave it to the reader to carefully examine each transcript and its associated target images¹⁴ to make their own connections and have their own “Aha!” moments.

If you’d like to use this book as a training system, the following chapter has specific instructions to send you on your way.

I wish to honor the trailblazers, seekers, and innovators of the past, lest they be forgotten and their wisdom ignored. I also hope this book encourages the reader to meet the teachers, instructors, guides and friends who are available now, in the present, who are waiting to meet you and pass on their knowledge and experience. Finally, this book is a parting gift of sorts, something to keep you company as you become part of the next iteration in the advancement of the human race.

Bon voyage!

¹³ Founder of The Monroe Institute, see www.MonroeInstitute.org.

¹⁴ To see the target images in color, use the web links in the “Training System” pages which appear near the beginning of each experiment.

Using this Book as a Training System

Using this book and its associated website, **www.SignalAndNoiseBook.com**, as a training system is a fun and powerful way to discover, explore, and improve your psychic ability. One of the supreme benefits of doing so is that your assigned coordinates will be the same as those that I gave my friends. After you do your remote viewing sessions, including comparing your notes to the associated feedback¹⁵ images, you'll then read that chapter and see how the viewers did by taking a careful look at their transcripts.

You'll see if they captured images and ideas similar to yours, or different. As you'll see, every viewer has their own "style" of receiving psychic impressions, and also of putting them to paper.

My hope is that you'll see how sometimes, their most strange, inconceivable, or seemingly insignificant "chicken scratch" actually connected to their target image. This way, when those nebulous, gossamer and fleeting lines, curves, shades of color or stale memories enter your awareness, you'll be less likely to ignore them, and dutifully include them in your transcript.

This is about trusting your subconscious mind enough so that when your conscious mind, a.k.a. your "ego," responds with "That's nothing, it doesn't make sense, I'll wait for something more substantial to come in," you ignore that impulse and be faithful in recording the subtle, seemingly nonsensical imprints.

There are over 50 exercises in the book which you could treat as remote viewing sessions, and the website also contains links to several 360-degree, 3-D videos related to the special "outbouncer" experiments our group did (Experiment 6). You'll be able to test your ability with these videos as special remote viewing targets. As far as I know, nobody else has used 360-degree, 3-Dimensional videos for virtual "outbouncer" sessions as of yet.

¹⁵ "feedback" is explained on pp. 25 & 26

Even though the book's title includes the word "Advanced," I'm aware that beginners will choose to read it. Therefore, I included "learn how to do a basic remote viewing session" in the next chapter. If you know what clairvoyance or ESP (extra-sensory perception) is, then know now that remote viewing is merely a structured approach, or protocol, for applying your psychic sensitivities and verifying your accuracy. Verification, or "feedback," is a hallmark of remote viewing.

At the beginning of each main experiment, you'll come to a page with the header:

"Training System Users Pause Here"

That page will list the very same **coordinates** the viewers used for their experiments, along with the website pages where you'll go to retrieve your feedback image before working on your next coordinate.

I recommend doing only one session per day, since it's possible to confuse imagery from multiple targets if you use too many within a small space of time.

You'll take a single coordinate, do a remote viewing session for it including putting your impressions on paper, and conclude by looking at the feedback image.

Move on to your next coordinate only after you've seen the feedback image for the previous coordinate. It's important to finish one experiment before starting a new one (at least for a beginner's training purposes).

After you've done as many sessions as you want, continue reading that portion of the book so you can see how the other viewers perceived the same targets that you worked on.

I recommend doing a remote viewing session when you are in good spirits, feeling awake, happy and relatively calm.

Avoid watching television or browsing the internet before doing your session. Also, avoid watching anything immediately after your session. If you choose to disregard this advice, at least notice how much "noise" is inside your head before, during and after your viewing session because of watching those programs and videos. There's always something to learn, no matter how you approach these exercises. Wisdom comes from paying attention to what you see, then making appropriate choices and changes in behavior afterward.

If you take your time with this book and its exercises, your training will last at least a couple of months, and you'll make progress in due time, assuming you take it seriously and apply a mature attitude.

Signal and Noise

You might also notice an increase in the quality and rate of spontaneous flashes of insight and guidance what at work, school, in traffic, on the phone, at home, and in the dream state. If you make a point of recording your insights, gut feelings, and dreams in a journal starting now, it will go a long way to increasing your sensitivity and receptivity, both during and apart from your formal viewing sessions.

Use the Downloads

As you read ahead, you'll periodically come across an invitation to download resources from the book's website, such as a blank transcript, or an induction to listen to at the beginning of a remote viewing session. By using these resources, you'll have an experience similar to that of the remote viewers featured in this book. You'll be using the same handouts I gave them, and hearing my voice speaking to you much the same way I spoke to them, helping them relax into the appropriately receptive state.

There are also links to special videos which will bring you closer to sharing their experiences. On the whole, using the resources on the website, especially using the coordinates and feedback images in it, will provide you with a far richer experience than you would have if you only read this book.

I know that "officially" trained remote viewers and their students, some of whom have become instructors, have different opinions about what a "cool down" session looks like, how long it should last, and whether or not an altered state of consciousness is truly necessary. I respect that view, especially because their methods have been tried and tested many times in the field, where accurate results truly affected people's lives.

At the same time, my approach is to ask "What if we did something different? What if we tried something new? What else is possible?" My position as a "non-expert" is that I'm free to innovate, experiment, and look silly in the process without risk of losing anything. At the very least, this allows me to have an awful lot of fun with my friends.

How to Do a Basic Remote Viewing Session

In this chapter, you'll learn the basic steps for applying your inherent clairvoyant ability using a protocol called "remote viewing." After you've learned the basic structure of a remote viewing session, you'll be able to practice your ability by using the training portions found at the start of each experiment later in this book. Before we continue, please make sure you've already read the book's introduction, since there is information in it which pertains to this chapter.

It is outside the scope of this book to discuss the similarities and differences, or the pros & cons between what I'll share below and conventional styles of remote viewing. If you're already trained in remote viewing, feel free to skip this section and move on to the next if you'd like to stick with conventional RV instructions.

A remote viewing experiment has 3 basic steps:

1. A tasker or team leader selects a picture, video, object, or location, and assigns a coordinate to it. This is the "target assignment." In most cases, the target is a picture concealed in an envelope.
2. The remote viewer is given the coordinate, then receives and records all their psychic impressions related to it, putting them down on paper. This is the "viewing session."
3. At the designated time in the future, they're shown the picture connected to that coordinate. Or if it's a video, they're shown the video. If the target was a nearby location, they might be taken to that location, etc. This is called the "feedback session." This is how they verify their accuracy.

Step 1 is easy to understand, and if you decide to use this book as a training system, you'll see that all the coordinates and feedback pictures are already prepared and waiting for you. Even though they've been set up in the context of "associative remote viewing" (ARV - which you'll read more about later), you'll apply the process you're reading about here.

Step 3 is also relatively simple. As the viewer, all you have to do is look at the feedback image and compare it to your "transcript," the paper where you wrote

Signal and Noise

down your mental impressions. You'll see that some of them were "noise," information which had nothing to do with the target. You'll also see that some of them were "signal," meaning they connected to one or more aspects of the target¹⁶.

One hypothesis is that when a viewer looks at their feedback image (the last stage of an RV experiment), their mind sends that information back in time to when the viewer began the experiment (their viewing session). Based on that, a viewer might look at the picture for a long time, perhaps several minutes, while "intending" for their "past self" to pick up on what they're looking at.

A viewer might also look at their transcript, note which drawings and words connected with the picture, and draw/write them down again on a fresh piece of paper, also intending for their "past self" to pick up on the information being reinforced by this process. This is a way of reinforcing the signal.

Later in this book, you'll learn the special techniques we used to enhance this transfer of information from the future (the feedback session) to the past (the viewing session).

Another hypothesis is that all the available information about the target image is *already, and always*, "out there," somewhere in the universe, perhaps in something resembling the Akashic Records, or in that state where all our minds are "one." If that's the case, when a viewer uses a coordinate to get information about the target, their mind retrieves the information from that universal "storage place," or the state of "oneness." There would be no need to retrieve the information specifically from the feedback session itself.

To frame this using modern terms, one can use the coordinate as if it were a clickable link on a web page. By setting your intention upon it, you mentally "click the link" and begin to download the information off of the cosmic internet of non-physical reality.

There are probably many more hypotheses about how clairvoyance and the remote viewing methods actually work on some invisible plane, but that discussion is outside the scope of this book. This is about actually doing it, and luckily, you don't need to know *how* it works in order to *make* it work.

It's just like driving a car.

¹⁶ The terms "feedback" and "target" can be used interchangeably during single-target RV. When two potential targets are involved, as during ARV, the one which represents the actual outcome of the predicted event is the feedback image, whereas the other was the "alternate target."

Step 2 is the most important step, as it involves your psychic receptivity. If you're unable to perceive the psychic impressions arising within your mind during the viewing session, or put them to paper, the experiment is unable to proceed.

Naturally, this is the point where a person asks "How am I supposed to become 'receptive' to psychic information? What do I need to do to become psychic?"

Fear not, there's nothing special you need to do. Every source of psychic teaching I've found agrees on a simple process, which is the following:

- a) First, quiet your mind. In remote viewing, this is called the "cool down." Some people simply take a few deep breaths and clear their head, others meditate, some use hypnosis, while others play music, juggle, or do something else to get them "in the mood."
- b) Second, set your intention for what you'd like to perceive. In remote viewing, the coordinate becomes a focal point for your intention. Essentially, you want to know everything the coordinate represents. You want visual information, sounds, smells.... any kind of sensory experience you already use to learn about your world, to enter your mind.
- c) Third, you wait. Simply wait, and eventually, subtle feelings, shapes, colors, lines, words, memories, symbols and more will come to you. It's important that you let these impressions come to you. If you *reach out* with your mind, as if you're stretching yourself to peek inside an envelope, or projecting yourself into "tomorrow," your imagination is likely to get involved and start making stuff up. At that point, you're just making a guess about the target, which is usually dead wrong. When you begin receiving impressions, you'll pick up your pencil and record everything you can onto your transcript. That way, you'll be able to compare your perceptions to the feedback image in a way that's honest, accurate, and immune to later negotiation. We can't learn and improve without acknowledging our weaknesses as well as our strengths.

Don't Filter, Don't Judge - Record Everything

In the beginning, you may be inclined to ignore the gossamer, transient, irrational or seemingly insignificant impressions that pass through your mind, and wait for "something big" to enter your awareness instead, like thoughts proclaiming "Here I am! I'm the psychic information you've been waiting for!"

Of course, it is possible for accurate information to crash into your awareness like the Kool-Aid Man bursting through your kitchen wall from time to time. But *usually*, psychic impressions look, feel, and sound just like all the other stuff floating

Signal and Noise

through your head when you sit still long enough. Naturally, some of that “stuff” might be so subtle that you have no idea how you’d represent it on paper. Studying the viewer’s transcripts included in this book will give you a sense for how to proceed.

The most important thing at this point is, *take a chance*, and when some vague shape, sensation or memory floats in while you’re enjoying the quiet in the room, write it down, no matter how nonsensical it may seem. Every squiggle means something.

With practice, you’ll become more sensitive and observant of the wispy, ephemeral forms which come and go. Don’t pick and choose which ones to draw. Draw them all!

Don’t Label Them (no nouns), But Describe Them (yes adjectives & adverbs)

Imagine that two circular-like images just entered your mind, followed by one or two straight lines. A moment later, your conscious mind says, “Oh! That’s a bicycle!” and you proceed to draw a bicycle on your transcript, *or worse*, write down the actual word “bicycle.”

Imagine your disappointment upon opening the envelope containing your feedback image, and seeing a pair of round-framed eyeglasses. This session was a “miss” because what you wrote down had nothing to do with the target.

If, on the other hand, you had drawn the two circular-like images just as they appeared in your mind, along with one or two straight lines, and NOT labeled them as being “this or that,” then you would’ve had a “hit,” because we could confidently attribute those shapes to the target, the pair of eyeglasses.

If we fill out the process of using your psychic receptivity, it looks like this now:

- i. Relax.
- ii. Set your intention to receive information symbolized by the coordinate.
- iii. Wait for impressions to arise in your mind in their own time.
- iv. Write them down *exactly* as they appear in your mind, and *as soon* as they show up. Don’t filter, don’t judge, and don’t label them. But put them ALL down on paper.

Simple, isn't it? Yet, I've found that structuring one's mind during this process can make it even easier. Making the process a little bit more formal is a way to train your mind to do a better job of giving you what you want. Your mind is like a child. Parents know that without firm boundaries and expectations, children can become aimless, unmotivated, and anxious. Dog owners know that training their furry friend can improve their relationship by making communication easier and promote good behavior. Cat owners are not so lucky.

Below is a "transcript header" that I hand out to my friends at the start of each session. Some of them use it, and others copy it onto a fresh piece of paper in their own handwriting, which they say has a stronger impact on their process.

In it, you'll find a space to write your name and the date of your session, which is great for record keeping. More importantly, it includes a statement which you would read to yourself. If you can read it aloud, it adds that much more "oomph" to the process. As you'll see, the words "intention" and "expectation" are bolded. Invoking and applying your intention and expectation is a way of telling your subconscious mind what your expectations are. You can also think of it as starting your car and putting your foot on the gas. It gets things moving.

You'll also see a space to enter your coordinate. Writing it down is part of the intentional process. It's your link to the psychic database.

Finally, there's a space to enter the date and time of your feedback session. This is important when applying the hypothesis that your future self is indeed sending information back in time to you *now*. Let's agree, solely for the purpose of this lesson, that your mind is limitless, extended across all time and space. That means it's possible that information from various times and places could be drifting through your head at any time, right?

Well, by writing down the date and time of your feedback session, you're telling your mind "Right now, I only want to receive information *specifically* pertaining to my feedback session. I don't want intrusions from other sources of information, from other places, or other times."

Even if that hypothesis (self-telepathy-across-time) is wrong, the act of writing down your scheduled feedback time still strengthens your sense of purpose, intention, and expectation, so why not give it a try and see if it helps?

After looking at the sample transcript header below, you'll learn about a slightly more structured type of transcript.¹⁷

¹⁷ You can download these transcripts from www.SignalAndNoiseBook.com/Downloads

SAMPLE TRANSCRIPT HEADER

Name: _____

Intention and Expectation

My **intention** is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate _____, which I will see _____ (choose what day and time you want to see your feedback). I **fully expect** significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

Sample Transcript for Beginners

On the following page, you'll find an example of a 2-page transcript I give to beginners, as a way to help them structure their minds during a viewing session. You'll notice that it begins with the same "transcript header" you saw on the previous page.

First, we see a section labeled "Pre-Session Impressions." The mind, it turns out, has a mind of its own. And since it's not bounded by the restriction of "time" the way we seem to be, it sometimes begins retrieving information before we've formally begun our viewing session. It's quite common to hear about a viewer receiving pertinent impressions the night before, the morning of, or just several minutes before "cooling down" or relaxing at the start of a session. They might also receive impressions in the middle of their cool down.

Therefore, this section is a way of capturing the "early impressions" while keeping them separate from what you receive once you've finished your cool down process and begun the formal viewing stage.

The large box is labeled "sketches," which is self-explanatory. On the bottom left, the box is labeled "adjectives and adverbs" which are useful for describing your perceptions *without* labeling them. For example, words like "fast," "smelly," "sad," "noisy" are all appropriate.

The smaller box on the right is labelled "Ego guesswork/labels/names, a.k.a. 'analytical overlay.'" The box is smaller as a way of reminding one's mind "I don't want to engage in that type of thinking."

The term "analytical overlay" comes straight from the originators of remote viewing, and means exactly what we've already discussed - naming or labeling impressions. I call it "ego guesswork" since I approach remote viewing from a spiritual and psychological perspective.

As you review the transcripts in this book, you'll periodically find hand-written notations like "ego," AOL (analytical overlay), or other terms written near the impressions they've recorded. This is just a way for a viewer to differentiate between "pure" impressions and those which have been filtered or molded by one's ordinary, conscious mind (the ego). This is sometimes hard to do, which you'll notice from time to time on their transcripts. Please keep in mind, these aren't "experts," but explorers like you and me.

The second page is like the first, yet it's intended for use *after* you've finished your "cool down" and have begun receiving fresh impressions.

To download a blank version of these transcripts, as well as a “**cool down induction**” you can listen to at the start of your session, please visit:

www.SignalAndNoiseBook.com/Downloads

SAMPLE TRANSCRIPT FOR BEGINNERS

Remote Viewing Transcript

Page 1

Name: _____ Coordinate: _____
Session Date and Time: _____

Intention

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining specifically to the image I will see on:

(date and time of your scheduled feedback session).

Expectation

I fully expect enough significant impressions to come into my awareness once my conscious mind has come to a state of “waiting stillness.” I need only to wait patiently, without grasping.

Pre-Session Impressions

(use the space below to note anything that comes to mind spontaneously before you begin the formal viewing session on Page 2)

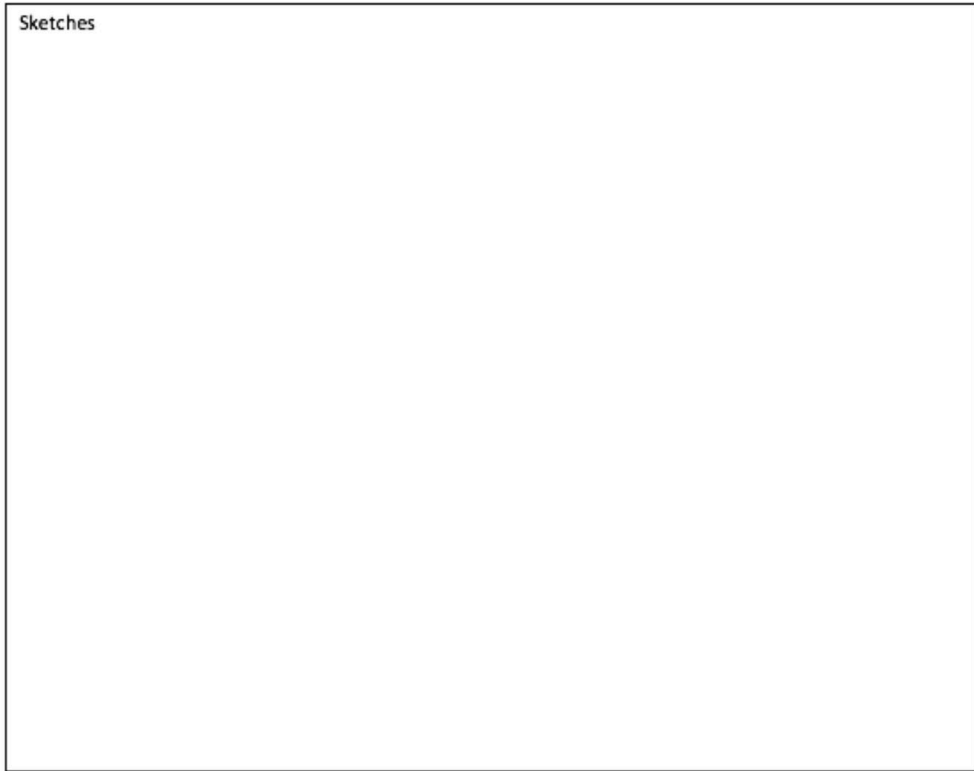
Sketches

Adjectives & Adverbs

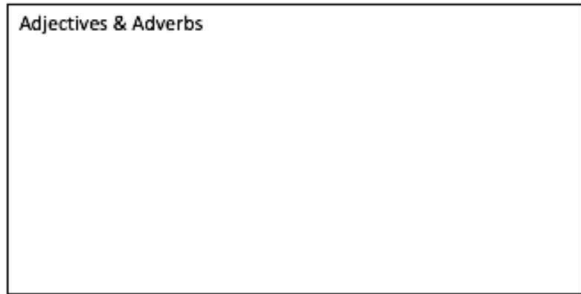
Ego guesswork/labels/names whole conclusions (a.k.a. “analytical overlay”)
--

Formal Session Impressions (after the “cool down”)

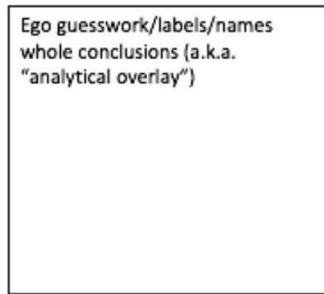
Sketches



Adjectives & Adverbs



Ego guesswork/labels/names
whole conclusions (a.k.a.
“analytical overlay”)



How to Predict Events with Associative Remote Viewing (ARV)

Associate remote viewing is a fun, easy, and practical way to practice your precognitive¹⁸ skills. What makes this method “associative” is that two different pictures are used, and each one is assigned to one of two possible outcomes for a future event.

For example, a picture of the Statue of Liberty could be *associated* with, or assigned to, the Denver Broncos winning tomorrow’s football game. A different picture, let’s say a bouquet of roses, would be associated with the Broncos losing tomorrow’s game. We can call this the “target assignment.”

I could ask a friend of mine to do a remote viewing session for me, and give her a coordinate, such as “308475,” then ask her to write down any perceptions she received connected to that number. 308475 is a symbolic representation of *whichever* of the two pictures (either Lady Liberty or the bouquet of roses) I’m going to show my friend after the game is finished.

Simply put, “308475” represents “the picture I’ll show the viewer *after* the game.”

After the game, if the Broncos win, I’ll walk over to my friend’s house and show her the picture of the Statue of Liberty.

But if the Broncos lose, I’ll walk over to her house and show her the picture of the roses instead.

What this means is, when my friend sits down and sets her intention to perceive psychic impressions about whatever 308475 symbolizes, and then writes her impressions on paper, she’ll be receiving those impressions from the future. Not only that, but (the hypothesis is) she’ll be receiving those impressions from herself in the future. When she stares at the photo (at feedback time), her mind will somehow communicate with her mind *from the day before* (when she did her

¹⁸ Precognition is the ability to know about an event *before* it occurs.

“viewing” session). This means that, not only is she doing clairvoyance and precognition, but she’s doing telepathy with herself, serving as both the “sender” and the “receiver.”

After she finishes her viewing session and gives me her paper (which we call her “transcript”), I’ll go away to another room and compare it to the two pictures. If I see drawings that resemble something tall, or of being near a river, or something connected to New York, then I know I’ll be showing her the picture of the Statue of Liberty after the game. This predicts the Broncos will win.

On the other hand, if her transcript has drawings that resemble flowers, or nature, or if she wrote down the word “red” or “fragrant smell,” then I’ll know she’s picking up on the picture of the roses, which means the Broncos are going to lose tomorrow, and afterward I’ll walk to her house and give her the picture of the roses.

The above was a basic example of ARV. Is it a perfect system? No. If it was, some of us remote viewers would be “sitting on a beach in Mexico earning 20%.”¹⁹ Some people say the future is already fixed, and 100% unchangeable. Others say it’s a “probability,” subject to some degree of change by our actions in the present moment.

If the future was fixed, and if a remote viewer had perfect accuracy, they’d be able to correctly predict the outcome of any event. Yet my experience, and that of others, shows that while it may be reasonable to aim for 55-80% accuracy in many cases, achieving 100% accuracy is impossible (at least for an extended period of time).

Setting philosophical considerations about the nature of time aside, there are other factors which could help or harm our accuracy rate. Luckily, these are factors which are in our control.

Selecting Good Target Pictures

Recalling the example above, would it have worked to have one picture be the Statue of Liberty, and the second picture be the Chrysler Building? They’re both tall, metallic, have distinctive patterns near the top, and being located in or near Manhattan, both are located near water. This would make it *extremely difficult* to decide which image to choose if the notes on the viewer’s transcript said “tall,” “manmade,” or “metallic.”

¹⁹ Quote by the character “Hans Gruber” in the 1988 movie “Die Hard,” played by Alan Rickman.

Signal and Noise

Having distinctly different targets is important. During ARV, a viewer might be interested in getting a clear and rich perception of their feedback image (the target image they'll be shown after the event being predicted has occurred). But what the tasker, or the team as a whole *really* want to accomplish, is choosing the right target image in order to form a correct prediction.

Basic Guidelines for Matching Alternate Target Images When Designing an Experiment to Predict an Event:

- If there is a person or animal in one image, make sure the other image is absent of any lifeforms.
- If one image features the color blue (or any other color), choose an alternate image which features a different color, or has a subdued variety of colors.
- Avoid pictures which appeal to the reptilian part of our brains. This means pictures which are sexually arousing, frightening, or otherwise emotionally provocative. Assume that your mind can, and does, perceive both possible images, even though you only want information about the future feedback image. It might behave more like a cat than a dog. If one picture features an erotic model while the other is of sliced bread, you can be almost sure that your subconscious mind will focus on the nude even though tomorrow you'll be shown a picture of buttered, whole-wheat toast, which is not quite as sexy.
- Avoid pictures with circles or spheres in them. I've found that viewer's minds are sometimes attracted to pictures with circles in them, even when they're not the correct feedback image. I wonder if it has to do with human development and survival instinct. As babies, our vision is blurry, yet we're sensitive to contrast, which enables us to locate our mother's nipple at feeding time. This is why the skin of the areola is darker than the rest of the breast. To be clear, this is just a question I have, and I have no idea if there's anything to it or not. Regardless, I try to avoid images with dark circles in them as much as I can when setting up ARV experiments.

Should the viewer ever be shown the *other* potential images?

When I teach ARV to new students in Denver, I'll first show them their feedback image, meaning the picture assigned to the final outcome of an event. This way, they can immediately see which portions of their transcript connected to that picture and see how accurate they were. This also helps viewers develop a better "feel" for which mental impressions are accurate (signal) versus noise, the other

thoughts, feelings, and imagery which show up but have nothing to do with the feedback image.

But afterward, I'll also show them the alternate image. My primary reason for showing it to them is to help them develop confidence in themselves and see how much their transcript really did connect to the feedback image, showing that it wasn't just random "chance" they were similar.

My second reason for exposing them to the alternate image is to show that information from the wrong image may have also made its way into their consciousness and into the transcript. As a "teachable moment," it helps people understand that on some level, our minds pervade space and time beyond those specific places we intend them to focus on.

With the viewers featured in this book, I now prefer to show them the alternate image only when I'm having a hard time deciding which of the two target photos their transcript connects to more. Without knowing which of the two picture they were picking up on, I would be unable to form a prediction in either direction.

Often, when I ask a viewer to help me decide which picture they were connecting to psychically, they'll look at both pictures side-by-side and immediately point to one of them and say "That's the one!" Even though their notes and sketches didn't clearly describe the photo, a viewer can *instinctively* know which one it was. It's usually some kind of feeling of the ambiance depicted in the photo.

Ideally, a viewer's transcript will have words and drawings on it which unmistakably connect it to one picture over the other. When that happens, I won't show the viewer the alternate image. Perhaps *that* is exactly why they did so well, because their future mind was never polluted with the alternate image. We can't know for sure, of course, but it's an intriguing idea.

I'm aware that by asking a viewer to help me choose between both photos, they could be "polluting" their minds by seeing them, even though their feedback session is several hours or days in the future. For me, it's an acceptable risk. Experiment 5 in this book introduces special techniques for mitigating that risk.

An advantage to my consistently serving as the analyst for our team is that over time, I've gotten to know each viewer's unique style of recording their impressions. I know Viewer X's squiggle usually means "water", or I know that the first three drawings of Viewer Y's transcripts are usually spot on, while the second half of their transcript is typically noise.

As you review the experiment in this book, you'll gradually develop an intuitive sense for how the ARV process unfolds.

How to do Team-Style ARV for Lottery and Other Predictions

In a typical ARV (associative remote viewing) session, the single viewer tries to predict a single, binary outcome, such as a “Yes/No,” “Win/Lose,” “Up/Down” situation.

Using the Colorado “Pick 3” lottery as an example, we see there are ten different predictions that need to be made in order to determine the three winning numbers. Since the ten possible numbers start at “0” and go up to “9,” these are the ten necessary predictions:

Prediction 1: “Will the number 0 be ‘drawn’ or “NOT drawn?””

Prediction 2: “Will the number 1 be ‘drawn’ or “NOT drawn?””

.

.

.

Prediction 10: “Will the number 9 be ‘drawn’ or “NOT drawn?””

This means we need a team of ten viewers, one for each prediction. It’s not enough to predict the three numbers that will be drawn, but we must also predict the seven other numbers which will NOT be drawn.

Ideal Team Structure

Aside from the viewers, it would be *ideal* to have:

- One person to find and match up the ten sets of alternate target images. On the back of one image, this person would write “drawn,” and on the back of the other, “NOT drawn.” This should be done “blind”/randomly.
- One *other* person to create random coordinates (you can use various “random number generator” web pages freely available online) and assign

them to each set of alternate images. That person could also randomly pair up each coordinate with a specific lotto number (i.e. 486049 is assigned to the lottery number 6) and record the assignment on a tracking sheet.

- Yet *another* person to compare the finished transcripts to the two alternate images, and decide which of them matches the future feedback image. Looking on the back of the preferred target image, this person will see whether it's assigned to an outcome of “drawn” or “NOT drawn,” and record the prediction next to the coordinate on the tracking sheet (a sample tracking sheet is shown at the end of this section).
- Any of these people could be responsible for showing each viewer their correct feedback image once the lotto numbers have been drawn.

The benefit of using a different person for each role is it removes the possibility of accidental telepathic interference (psychic pollution). It also helps keep the process organized.

Our *Actual* Team Structure

In our case, I was responsible for all the tasks listed above for every experiment we did, simply out of necessity. I went online and printed out all the potential images, paired them up, assigned the “drawn/Not drawn” outcome to each one, etc.

The most important risk was that since all of those pictures were now “known” to me, a viewer could subconsciously (meaning unknowingly) read my mind and pick up on details of the *wrong* image, or pick up details of *somebody else's* target images instead.

Another risk was that after looking over all the images (which took several hours of preparation), when it came time for me to act as the “analyst,” comparing the transcripts to targets to form a prediction, my tired eyes and limited attention made me prone to missing or underappreciating some of the details in people's transcripts, which led to a wrong prediction.

In fact, this happened early on, on August 3rd, 2019 when I'd gathered several remote viewing friends at Mayu Sanctuary²⁰, the meditation center my wife Cierra had founded a few years before.

²⁰ www.MayuSanctuary.com

Signal and Noise

I was in a hurry and tired, and accidentally showed Carol the *wrong* image for her feedback session. As you can see in the photo below, Carol did exactly what she was supposed to do, what she had *intended* to do during her viewing session - to perceive and record impressions about the specific picture she'd be shown in the future.

What bothers me, or, to be honest, altogether spooks me, is there was no way for her or anybody else to tell that I was going to make an egregious mistake several hours in the future. This means that my future action, my *mistake*, was already fixed onto reality's timeline.

Reading this, a person might say, "So what?" But, from my position, as *a felt experience*, it's incredibly unnerving to know there was nothing I could do to prevent my mistake, to foresee it, or anything else of the like. Carol didn't know she was perceiving my future lapse in decision-making. She was simply perceiving an image. Nothing about the process could warn her, "Pssst.... this is the wrong picture! Tell Sean to be careful in a couple hours!"

Haven't we all had times in our life when, pulling our hair out and groaning, we've asked ourselves, "Why did I say 'yes' when I should've said 'no'?" or said, "Oh, how I wish I'd taken a different path in life, this has been a huge mistake!"

Hypothetical Predictions Using the Team-Style Design

Finding a Missing child

A missing child could be held inside one of six different homes. Time is of the essence, yet there is only a single search party. Which home should be searched first? Lacking any substantial, supportive information, a remote viewing team of 6 people and 1 tasker could do a "here/not here" prediction for each of the 6 properties. Feedback would occur once the child is found. Assuming all 6 houses are searched and the child is found in one of them, this will be the data used to establish which feedback image will be show to each viewer. 5 viewers will be shown the image associated with "not here," while 1 viewer's feedback image will be assigned to "here."

The Investor

An investor wants to predict the specific movement (up or down) and *severity* of the movement, of a stock price. She'd like to know the following:

1. Tomorrow, will this stock close up, or close down compared to the opening price?
(**close up/close down**)
2. Regardless of direction, will the price change exceed half a point?
(**yes/no**)
3. Regardless of direction, will the price change exceed a full point?
(**yes/no**)
4. Regardless of direction, will the price change exceed two points?
(**yes/no**)

In this example, we see we'll need a team of 4 viewers, one for each prediction. Once the stock market closes the following day, the tasker will hand each viewer their appropriate feedback image according to what actually happened.

If the stock price actually went up, then the target image assigned to "close up" is shown to that viewer.

Regardless of whether it went up or down, if the price change was *less* than half a point, that viewer would be shown the target image associated with "no." Naturally, the last two viewers would also be shown their "no" photos.

Of course, this mean the first prediction, whether the price goes up or down, is the *most important one*. If that prediction is wrong, the three others don't matter. Because of that, it would be advisable to have several viewers working on the first prediction, and see if they overwhelmingly predict the same outcome (up/down), then go by a "majority rules" decision to "go long" or "short" the stock.

After all, a single viewer could be having a bad day, or feel distracted. Or, something about the wrong target image attracted their subconscious mind more than the correct picture.

Signal and Noise

Placing Multiple Wagers on the Same Football Game

A single sporting event offers a variety of wagering opportunities. The advantage of placing two different bets (of the same amount of money) on the same game is if you lose one, but win the other, you could break even (or *close* to even depending on what the profit was on the winning bet). Naturally, if you lose both bets, that's the worst possible outcome. But win both, and now we're cooking with gas!

Examples of predictions on the same game:

- Remote viewer 1: Who will win the game? (**team A/team B**)
- Remote viewer 2: Will the winning team "cover the spread?" (**yes/no**)
- Remote viewer 3: Will the total, combined points be over X (a number set by the odds maker), or come in under? (**over/under**)

*If you're not familiar with sports wagering, the terms above may be unfamiliar to you, but a quick internet search will help.

As you can see, it's possible to attempt predictions for a variety of outcomes in life. Will X happen tomorrow, or won't it? Will Y happen before June 15, or after? It's just a matter of using the appropriate design, namely making absolutely sure you've clearly defined the outcomes, assigned the alternate outcomes, and do the feedback session at the designated day and time. If there are more than two possible outcomes, this makes things more complicated, and you should be prepared.

For example, "I designed a prediction with a friend to "view," whether John would propose or would not propose marriage to me *during our scheduled dinner tomorrow* night at our favorite restaurant. The problem was, he never even showed up! I was too specific in my assignment, and neither target image applied. Maybe he wants to propose, but got in an accident on the way."

It's always good to keep one's feet firmly on the ground, and abstain from making significant life decisions (or gambling/investing large amounts of money) solely based on a remote viewing session. Predictions can go wrong at any time, no matter how beautiful your viewer's transcript was. Only you are responsible for the decisions you make in life.

Once you've obtained a prediction about an event, it's your choice alone whether or not to take action based on it. Always try to get solid information and guidance from other sources instead of relying wholly on an ARV prediction. There are still too many risks and gaps in our understanding to do otherwise.

On August 3rd, Carol did a great job perceiving the target image I showed her for her feedback session at the end of the day. Unfortunately, I made a mistake and gave her the wrong image, so the incorrect prediction was my error.



"path" "shiny" stick figure "football shaped head"

A Sample Tracking Sheet

Predicted
outcomes

Number	Coordinate	Name	Predicted outcomes
0	"Li-Anne" 566527	<u>Li-Anne</u>	not drawn
1	"Stacy" 993812	<u>Stacy</u>	<u>is drawn</u>
2	"David" 489972	<u>David</u>	not drawn
3	"Carol" 983462	<u>Carol</u>	<u>is drawn</u>
4	"Jill" 595195	<u>Jill</u>	not drawn
5	GROUP 936251		IS drawn
6	"Kavan" 947783	<u>Kavan</u>	not drawn
7	"Birgit" 244255	<u>Birgit</u>	<u>is drawn</u>
8	"Heather" 260588	<u>Heather</u>	not drawn
9	"Cheryl" 137194	<u>Cheryl</u>	not drawn

EXPERIMENT 1: THE MASSAGE SESSIONS



Background

“The nature of the individual mind is such that potentially every nook and cranny of the world can be reflected in it, and there are ways and means to experience this.” - Andrija Puharich²¹

In April of 2019, I taught a special meditation class entitled “Blindfolded Meditation and the Nature of Ego.” The class was partly based on my experiences with “darkness meditation” (meditating inside a pitch-black room) inspired by the Tibetan Buddhist tradition, and partly by private experiments I’d done using a blindfold to try and “see” without my physical eyes.

During my blindfolded experiments, some of which I’d done in public places, I noticed how my mental functioning changed drastically. Normally, the eyes deliver a constant stream of information to the brain, which processes much of it to check for signs of danger or pick up social and environmental cues. Wearing a blindfold in public, most of that mental activity subsided since the visual input ceased. Not only did this promote an inner experience of peace, but it helped me detach from discursive thinking patterns better during ordinary (non-blindfolded) meditation.

When I offered the class, I decided to structure the exercise similarly to my own experiments, setting up a goal of “seeing” through the blindfold as a way to anchor one’s attention until the mind settled down. I trusted the passage of time spent blindfolded while sitting quietly in meditation would reveal the same meditative insights to my students as had been revealed to me.

Each student was seated facing a wall. Once their blindfolds were on, I taped a piece of paper with a simple design printed in black-and-white on it, at face-level. Their instructions were to let their minds settle down, and then direct their awareness out in space to try and “see” the image on the wall directly in front of them.

²¹ Puharich, Andrija. (1973). *Beyond Telepathy*. Anchor Press/Doubleday.

Stacy Linrud, one of our remote viewers, was there that day, and something unusual happened when I set her up with her wall-target. After she sat down and put on her blindfold, I taped her target, which happened to be the number “8” in large, bold print, to the wall. Then, I casually touched her shoulder while letting her know she was all set to begin her meditation.

The main purpose of the program was not to actually have any kind of psychic perception occur. The attempt to “see” through the mask was just something to keep the mind anchored while people observed their changing mental processes.

Yet, at the end of the class, Stacy reported something unusual. She told me when I touched her shoulder at the beginning, a vivid image of the “infinity” symbol, a figure-eight, ∞ , appeared inside her mind. I thought it was wonderful that she’d actually perceived her target, even though there was no expectation of that happening.

I was left with questions, though. Why did the psychic impression happen when I touched her shoulder? Obviously, I’d just been looking at her target. Was this a telepathic moment? Had she read my mind in order to “know” what I’d placed on the wall? Or was this some kind of energetic effect? By touching her, had I contributed some kind of subtle energy which she unknowingly used to boost her psychic ability and see the image directly?

As I mulled these questions over, I reflected on my earlier years spent as a massage therapist. There had been times when I’d been speaking with a client while the massage was in progress (their choice, not mine) and the conversation would take on a synchronistic quality. It wasn’t exactly mind-reading, but there was a quality of entrainment between us.

Sometimes, a particular image, idea, or emotion would enter my mind, and a few moments later, the client would say something which matched the impression I’d already received from them. In a few cases, I’d been thinking my own thoughts as I quietly moved my hands across the client’s skin, when the client spontaneously asked me a question about myself that connected directly to what I’d just been thinking about.

Was it possible, I wondered, for *touch* to enhance one’s psychic ability? I’d been trained in Shiatsu (Japanese acupressure) and had also received acupuncture, so I was aware there were specific places on the body (meridian points) which could produce certain changes in energy flow when touched or needled a particular way. I also knew that energy flow can have a direct effect on one’s state of awareness.

Signal and Noise

I attempted several internet searches to see if there was any public information about meridian points which could be used to increase one's psychic ability. I only found a couple of sites, and they mentioned the same point of the body, a place called "Jade Pillow."

Jade Pillow is located at/near the occiput. To find your occiput, feel down the back of your skull with your hand until you feel the big bump at the base. That's your occiput. As a massage therapist, I was already familiar with the muscles in that area, since so many people suffer from neck pain, headaches, and postural problems due to sitting at a desk or tilting their heads down to look at their mobile phone all day.

Remembering the book "Psychic Discoveries Behind the Iron Curtain," I wondered if there was any information about acupuncture points that I'd forgotten about since the first time I read it. Indeed, in the brief subchapter titled "Points That Make You Psychic?" (it's only three paragraphs long), I found mention of them. Unfortunately, it only offered a hint about these points with the sentence "We were shown several photographs by scientists detailing acupuncture points on the upper arm." As vague as the description was, it was still important in my decision to create this experiment.

Instead of worrying about stimulating specific acupressure points on a remote viewer, I was confident that massaging the major portions of the body would "cover the bases." Massaging the neck and head would naturally include Jade Pillow. Massaging the whole arm would include the points briefly mentioned in "Psychic Discoveries."

In general, massaging the viewers would also be an excellent way to bring them into Puharich's state of "cholinergia," or relaxation, which he hypothesized would make them better receivers of psychic impressions.

And if there was actually something to the idea that by touching them, I was contributing some kind of subtle energy to aid their purpose, then of course that would naturally happen during the massage by sheer proximity and physical contact with my hands.

I invited my friends to receive a half-hour chair massage session from me, once per week, for four weeks. We met inside my wife's meditation center, "Mayu Sanctuary," where I set up my massage chair in a quiet spot.

Each session included the following steps:

1. The viewer was given a clipboard, a blank transcript, and their coordinate for a single-target task (we weren't doing any predictions). I kept the target image folded up inside a standard business envelope with the coordinate written on it.
2. They spent anywhere from 5 to 30 minutes doing a "pre-session" viewing in a waiting area.
3. Then, they sat in the massage chair, and placed their transcript on the armrest so they could take notes during the massage anytime a new impression entered their mind. All they had to do was lift their head out of the headrest for me to know to pause the massage and take a step back while they wrote on their transcript. When they were done, they simply placed their head back in the headrest, allowing me to continue the massage where I had left off.
4. After the massage, they returned to the waiting area and stayed "open" to receive more impressions, if any were to come into their mind.
5. When they felt finished, I opened the envelope and handed them their target image so we could compare it to their transcript. This was their feedback session.

How to Review the Transcripts for this Experiment

The images in the next few pages will show you their results. Some of them are extraordinary, and all of them give evidence the viewer had made at least some psychic contact with the target.

There are three anomalies I'd like to discuss here, whose pictures you'll see below. The first one is related to Tim's session with coordinate 752949 from October 3rd. Near the center of his transcript, you'll see the drawing of what looks like an eye. After he showed me his transcript, something about it seemed oddly familiar to me.

After Tim left, I was cleaning up the massage area when I noticed a couple of decorative Aspen tree trunks near the chair. There, erupting from the bark on one of them, was an "eye." The similarity between the tree trunk's "eye" and the eye on Tim's transcript was uncanny. Had he psychically perceived the eye, or was the image simply something which his subconscious mind zeroed in on as he walked into the room, then produced as noise during the session?

Signal and Noise

I think the latter is the most likely explanation. I mention it here as an important lesson about how sensitive the mind is, and how the most mundane images in a viewer's environment can find their way onto a transcript as noise.

To reinforce the point, let's consider the second anomaly, which is connected to Stacy's coordinate 478567 from September 18th. Near the bottom-right side of her transcript, you'll notice a small web-like drawing. Stacy had decided to do her feedback session at home that evening instead of immediately after the massage, so she took the envelope home with her. As she did her feedback session, which included re-drawing aspects of the target image on a piece of paper to hypothetically send it back in time to her earlier self, she noticed something peculiar.

The pencil she was using was a "Spider Man" pencil. On it was pictured our friendly neighborhood hero whose costume, we all know, has a web-like pattern all over it.

Had the seemingly insignificant image on the pencil she used during her feedback session found its way into her mind during her viewing session? I leave it to the reader to come to your own conclusion after seeing the pencil while analyzing her transcript later in this chapter.

If it is indeed the case the tiny design on her pencil had entered her perception, it serves as evidence that the size of any aspect of an image doesn't matter. This is something I've seen before, and know that other experienced viewers have as well. Sometimes, what shows up on a transcript is the biggest, boldest part of a target image. But other times, it's a tiny detail tucked away in some indistinct corner of the image. While it's ignored by one's alert, conscious awareness, it's noted and remembered by the all-observing subconscious mind.

This is important for any analyst to be aware of. Focusing on the large, obvious drawings on a transcript when making an ARV prediction, while ignoring some of the smaller, seemingly insignificant sketches, could prove a big mistake when deciding which of the two alternate images to relate it to. Sometimes, it's the "small stuff" which is the signal while the larger drawings are nothing but noise.

The third anomaly is most interesting. Tim and Lynn always arrived for their massage sessions at the same time. This meant that while one of them was receiving their massage, the other was either in "pre-session" and writing down early impressions while waiting their turn, or in "post-session," putting down anything that came to mind afterward.

The last few pages of this chapter compare both of their transcripts from October 3rd. Even though they were assigned different target images, their transcripts took

on an eerie similarity. Most notably, both of them drew a small circle with a cross through it, which has nothing to do with either of their target images. More than that, though, both circles appear on the *same section* of their transcript, the middle-right side of the page.

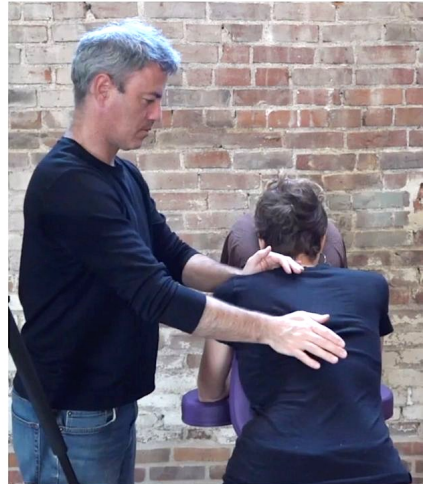
There were four sketches on both transcripts which significantly matched up not only visually, but also in their position on the paper. These sessions appear to be not only good remote viewing sessions, but simultaneously, a provocative example of spontaneous telepathy between remote viewers.

To watch and learn the massage routine on video, including a “self-massage” version you can do as part of your regular “cool down” process, please visit:

www.SignalAndNoiseBook.com/Message

Signal and Noise

Examples of massaging someone in a professional massage chair and also by simply having them rest their body on a table, cushioned by a pillow. During the remote viewing sessions, each viewer kept their clipboard with them during the massage so target images could be recorded immediately after entering the viewer's awareness, even if it meant briefly interrupting the massage multiple times.



TRAINING SYSTEM USERS PAUSE HERE

Before turning any more pages, here are your remote viewing assignments for this section:

* You might also try the “self-massage” technique as part of your cool-down process. Find it at **www.SignalAndNoiseBook.com/Massage**.

Coordinate

Get Your Feedback:

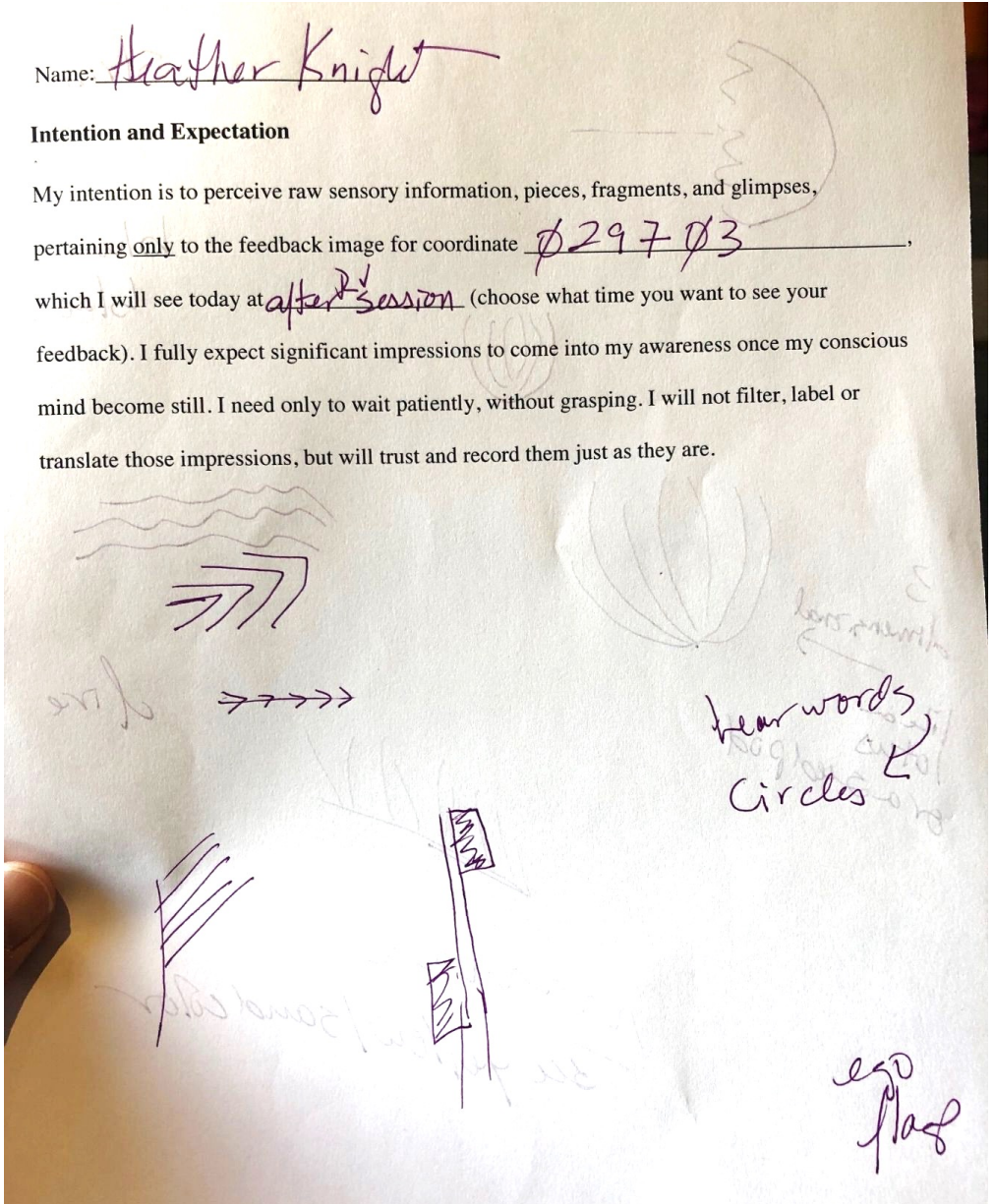
029703	www.SignalAndNoiseBook.com/029703
478567	www.SignalAndNoiseBook.com/478567
160105	www.SignalAndNoiseBook.com/160105
493284	www.SignalAndNoiseBook.com/493284
301350	www.SignalAndNoiseBook.com/301350
478567	www.SignalAndNoiseBook.com/478567
914840	www.SignalAndNoiseBook.com/914840
139925	www.SignalAndNoiseBook.com/139925
437892	www.SignalAndNoiseBook.com/437892
178764	www.SignalAndNoiseBook.com/178764
634092	www.SignalAndNoiseBook.com/634092
616847	www.SignalAndNoiseBook.com/616847
685016	www.SignalAndNoiseBook.com/685016
540919	www.SignalAndNoiseBook.com/540919
752949	www.SignalAndNoiseBook.com/752949

After you have done as many sessions as you wish, you can continue turning the pages for this section to see how the viewers did (note the feedback images are printed after each transcript).

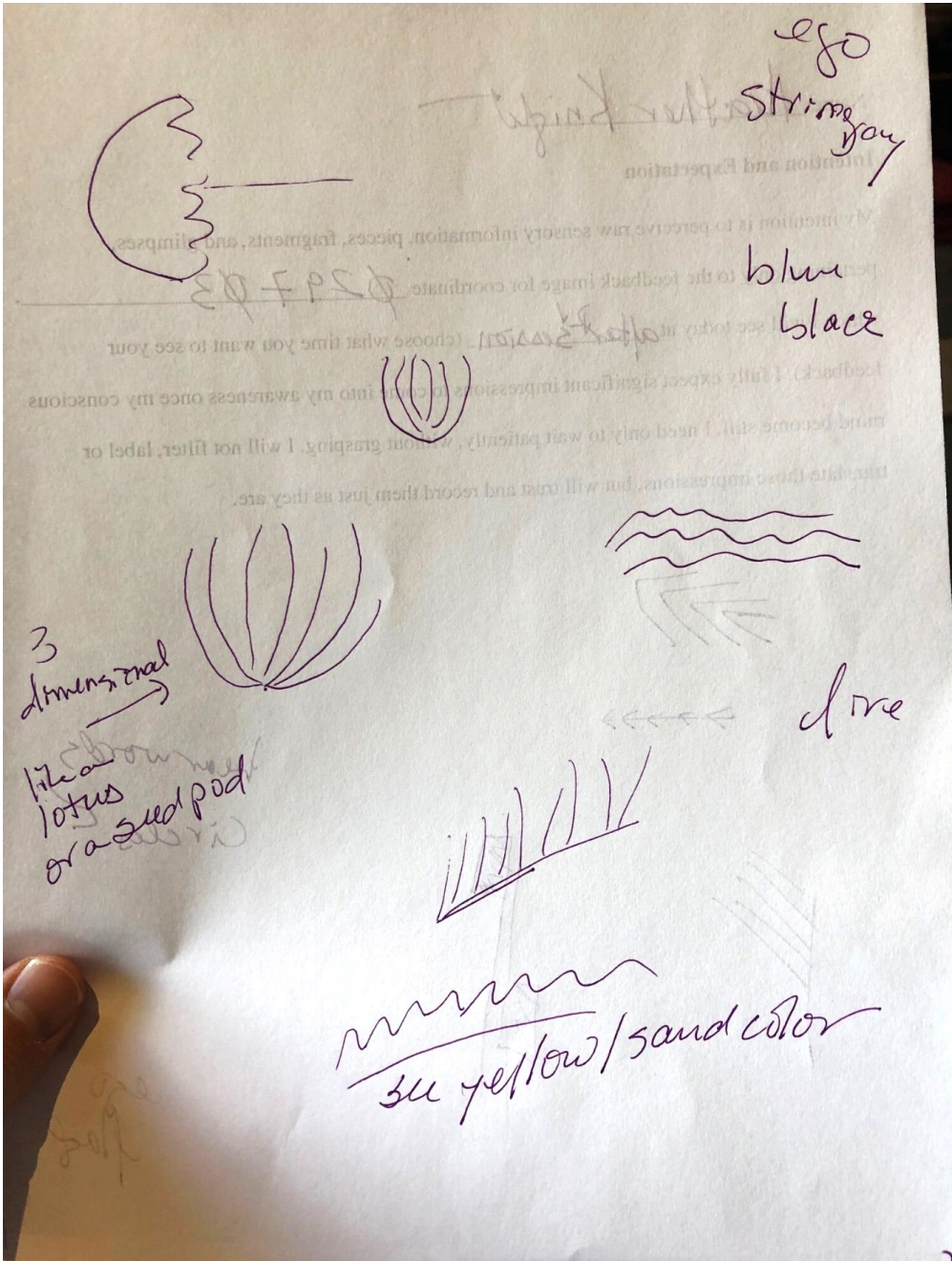
Name: Heather Knight

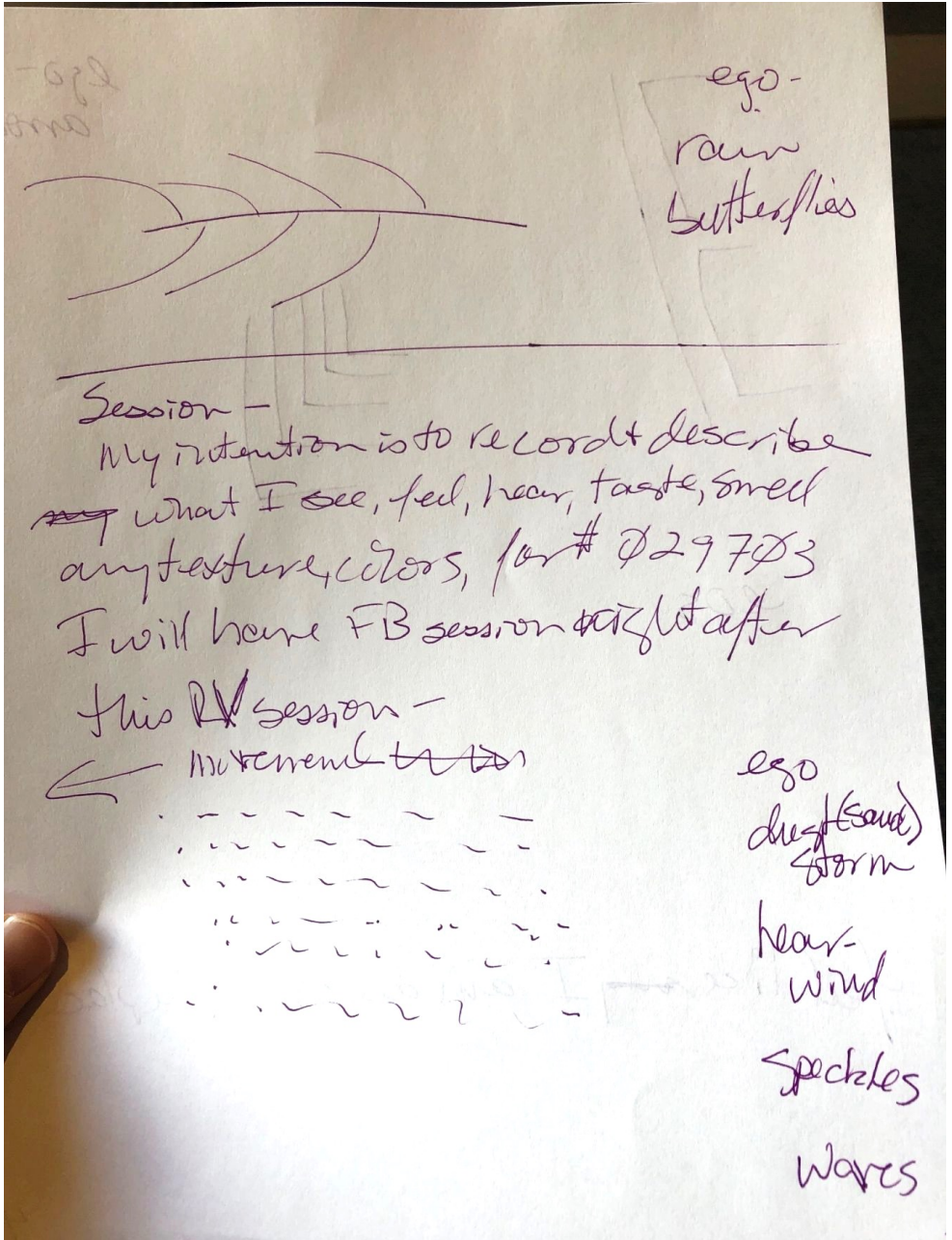
Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 029703, which I will see today at after session (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

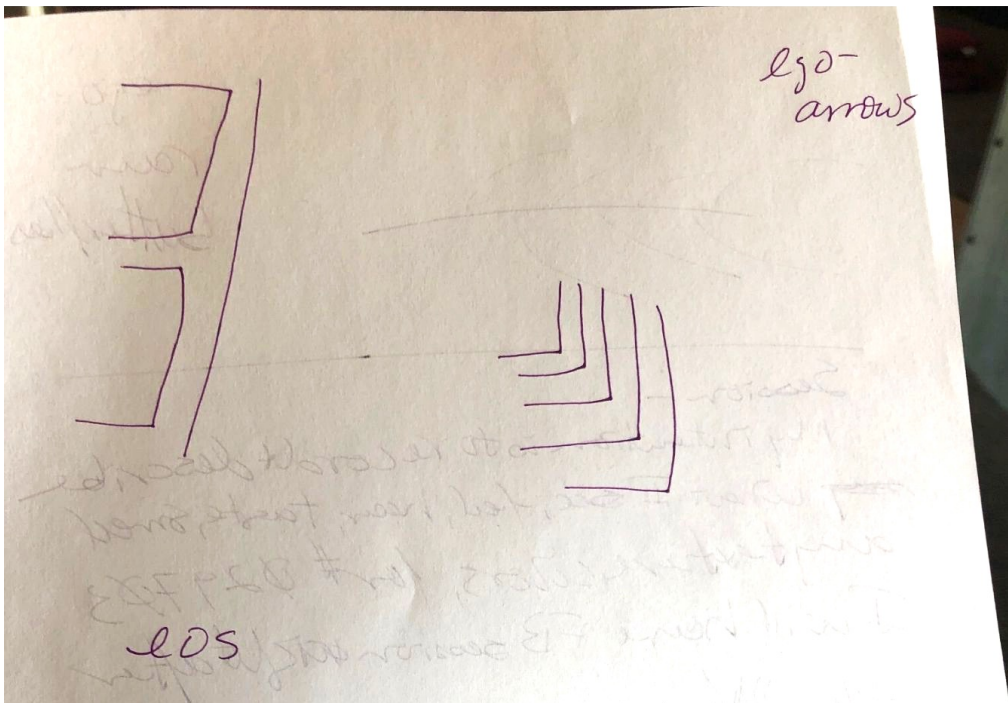


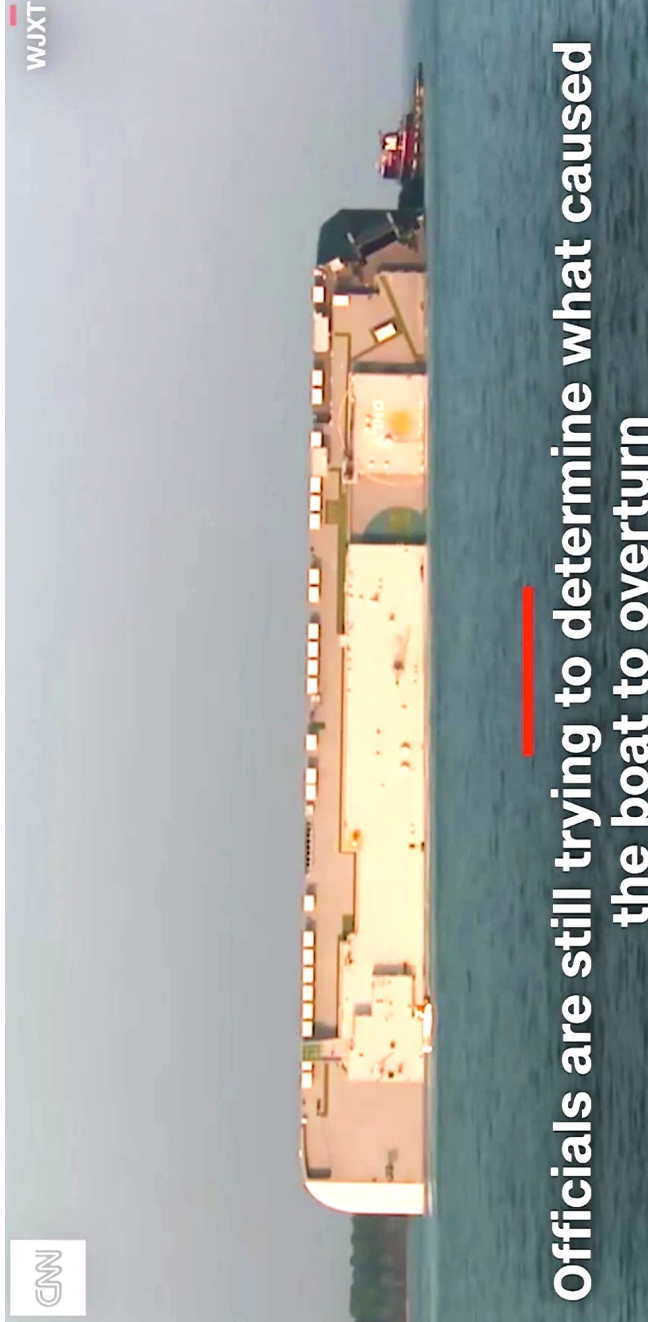
Coordinate: 029703





Coordinate: 029703





Footage by U.S. Coast Guard
Story by Melissa Alonso and Dakin Andone, CNN
www.cnn.com/2019/09/08/us/golden-ray-cargo-ship-georgia/index.html

Coordinate: 478567
Viewer: Heather

September 18, 2019

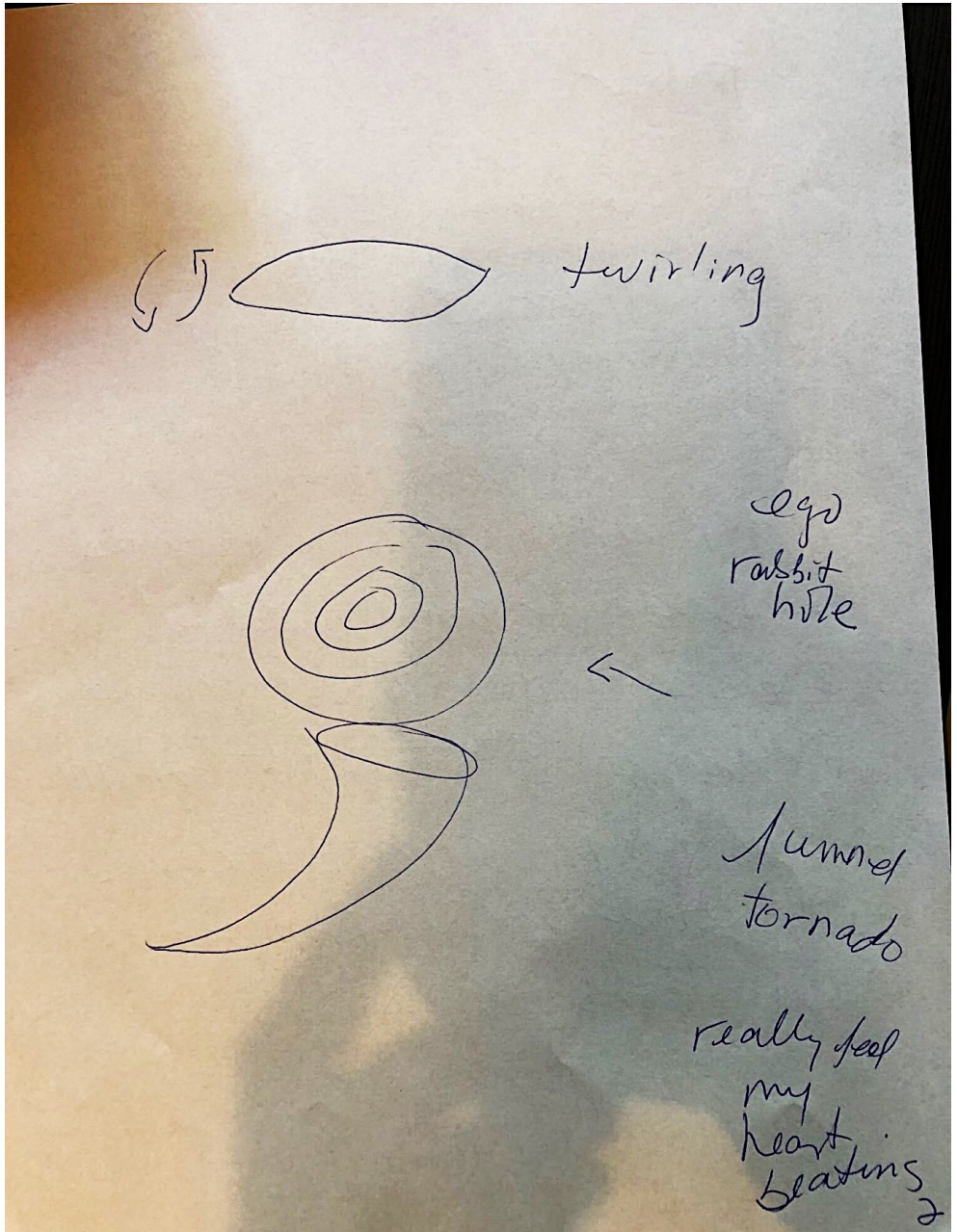
Name: Heather

9/18/19

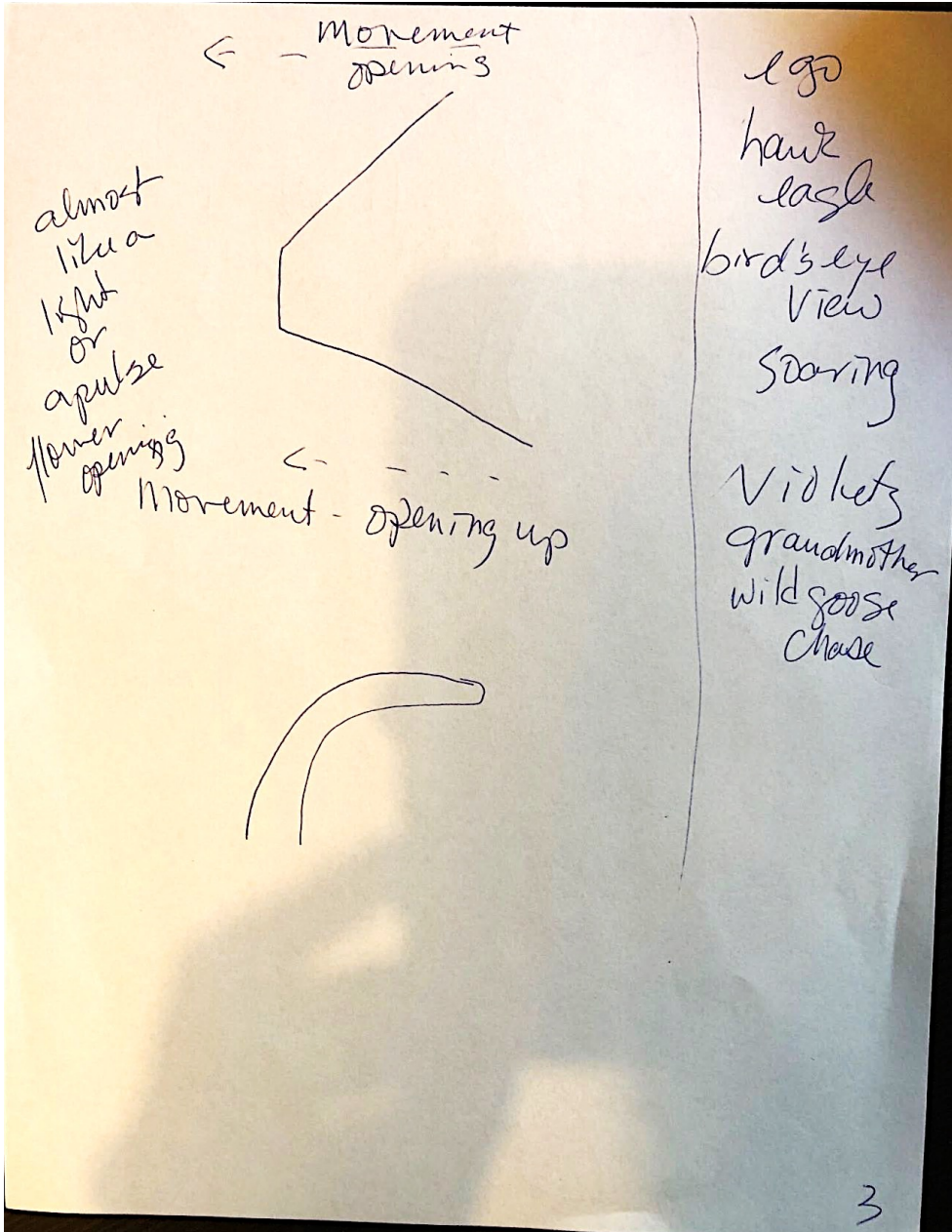
Intention and Expectation

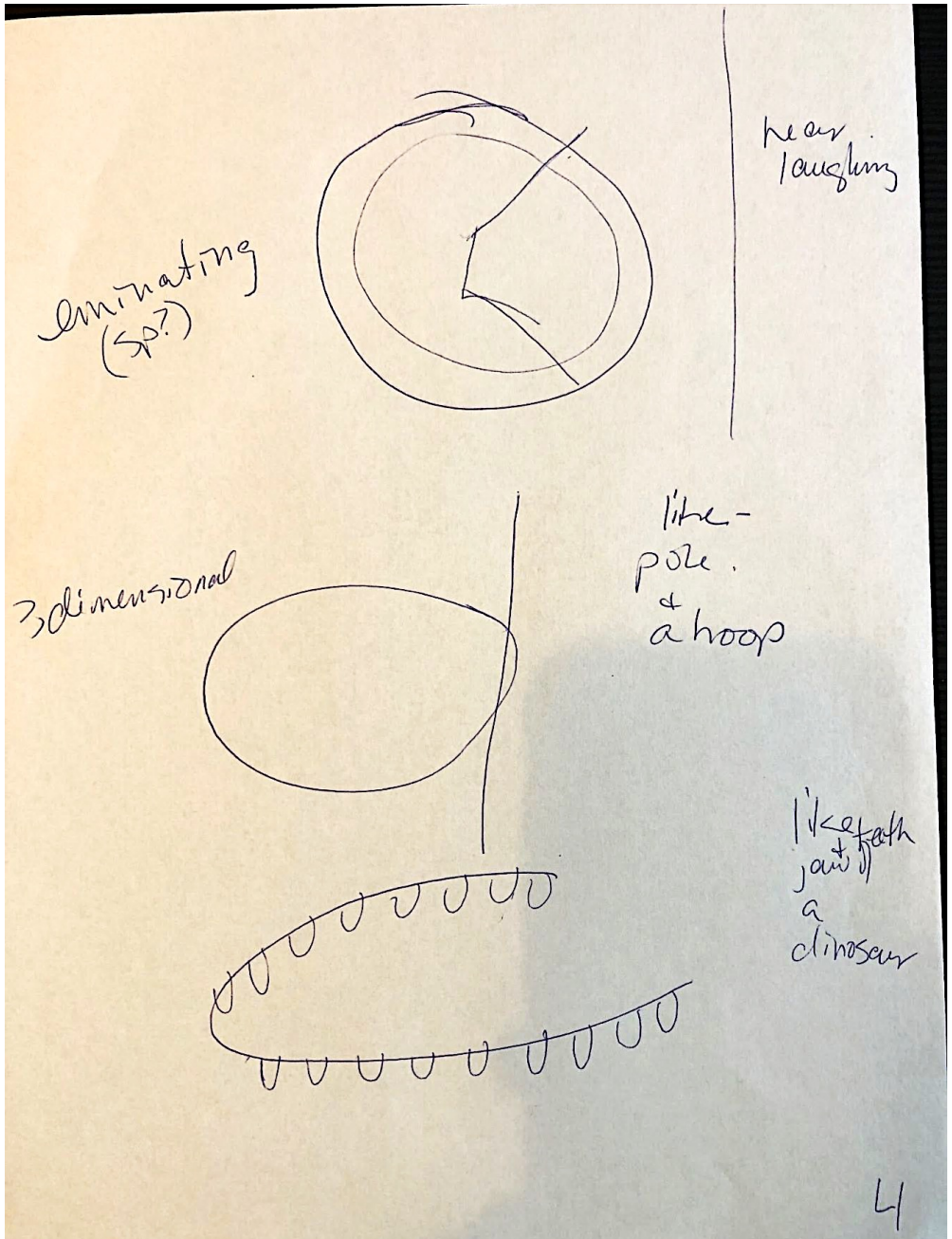
My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 478567, which I will see today at by 10:55am (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

My intention is to record & describe what I see hear smell taste feel in RV session that I will experience FB session 10:55am MST - 9/18/19 Wednesday - record & describe texture, emotions, movement colors shapes

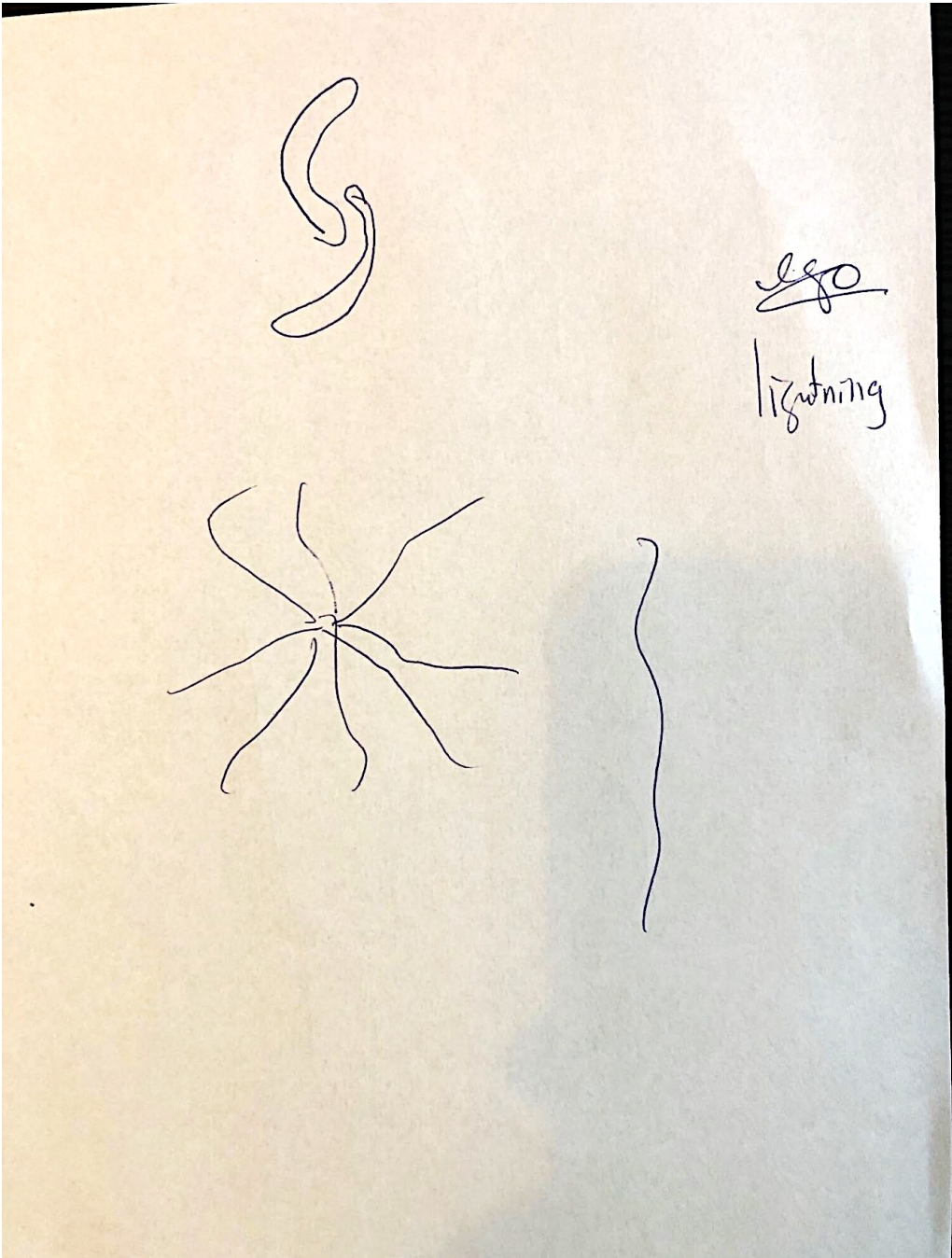


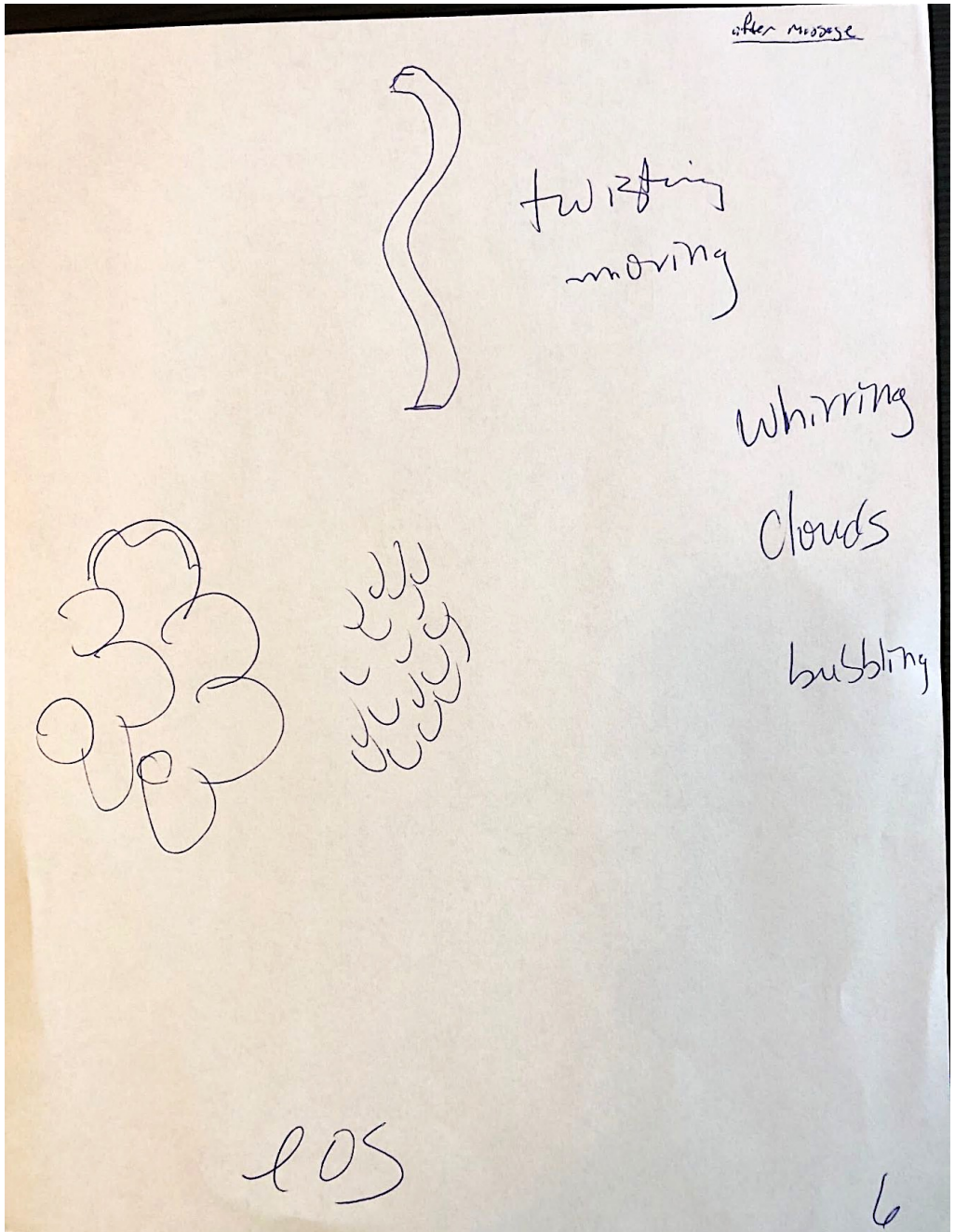
Coordinate: 478567



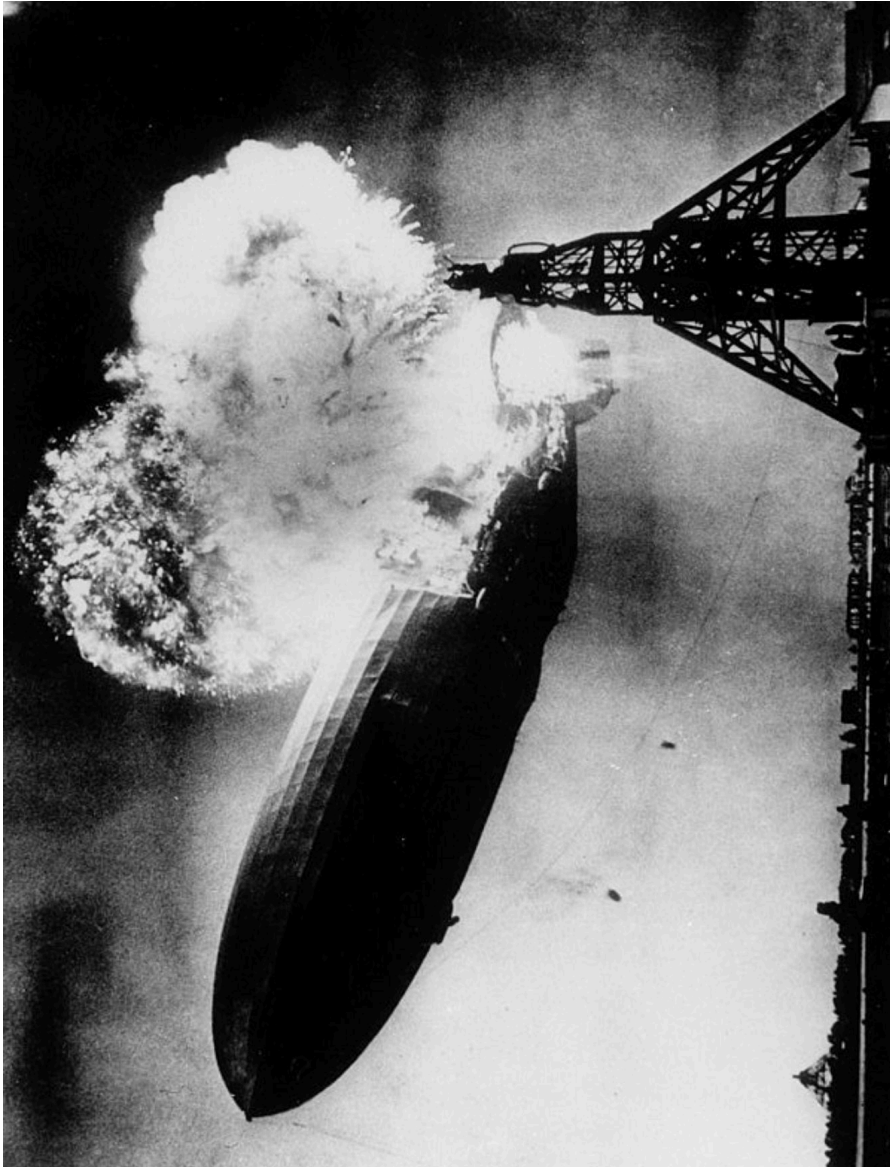


Coordinate: 478567





Feedback: 478567



Hindenburg
commons.wikimedia.org/wiki/File:Hindenburg_burning,_1937.jpg

9-25-19

Name: Heather

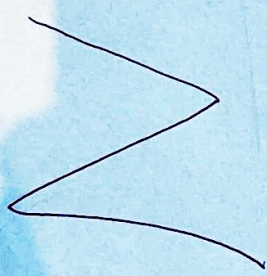
Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 160105, which I will see today at around 11am 11:51 (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

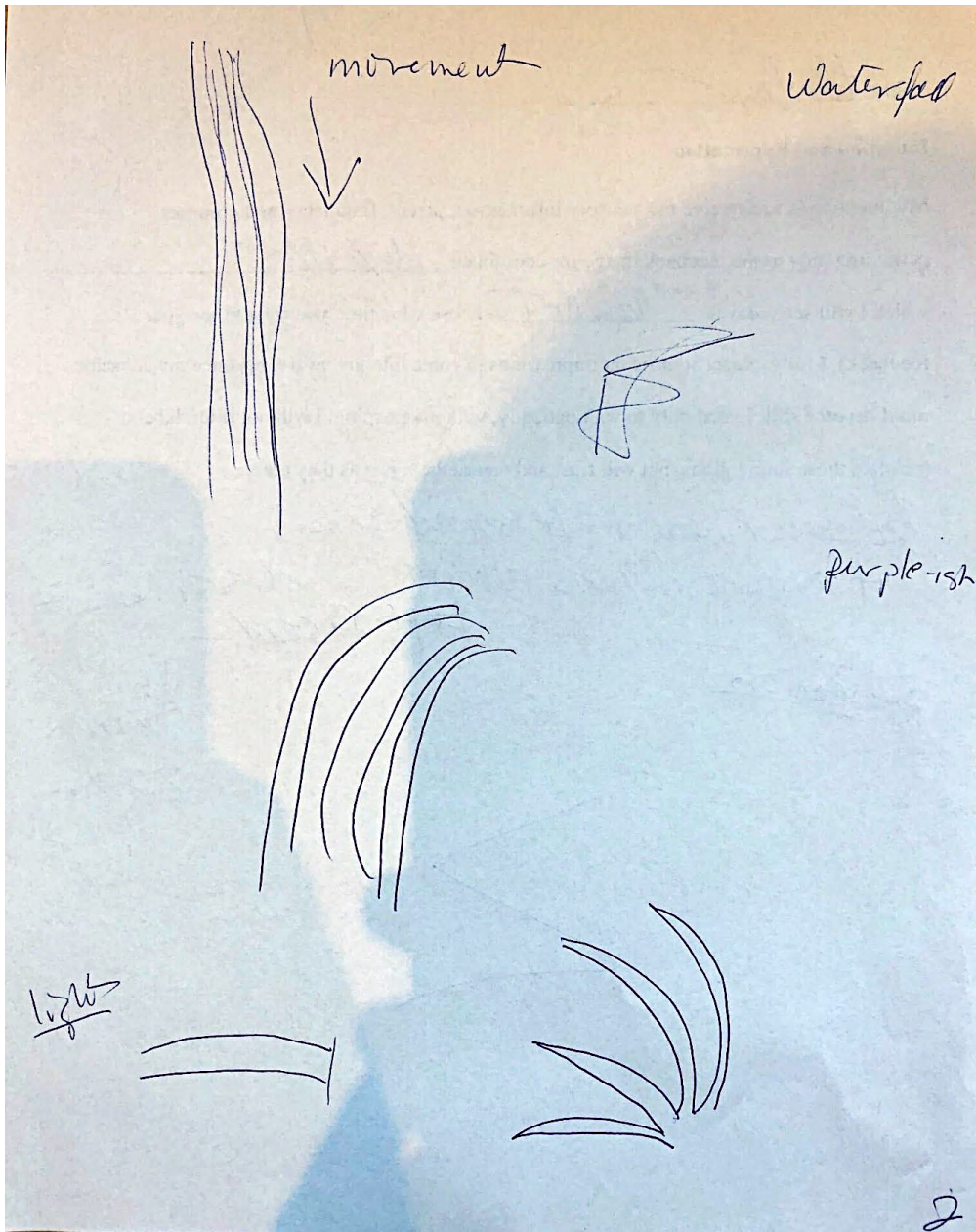
feel sense hear taste smell see
texture colors shapes describe -
~~also~~ record -

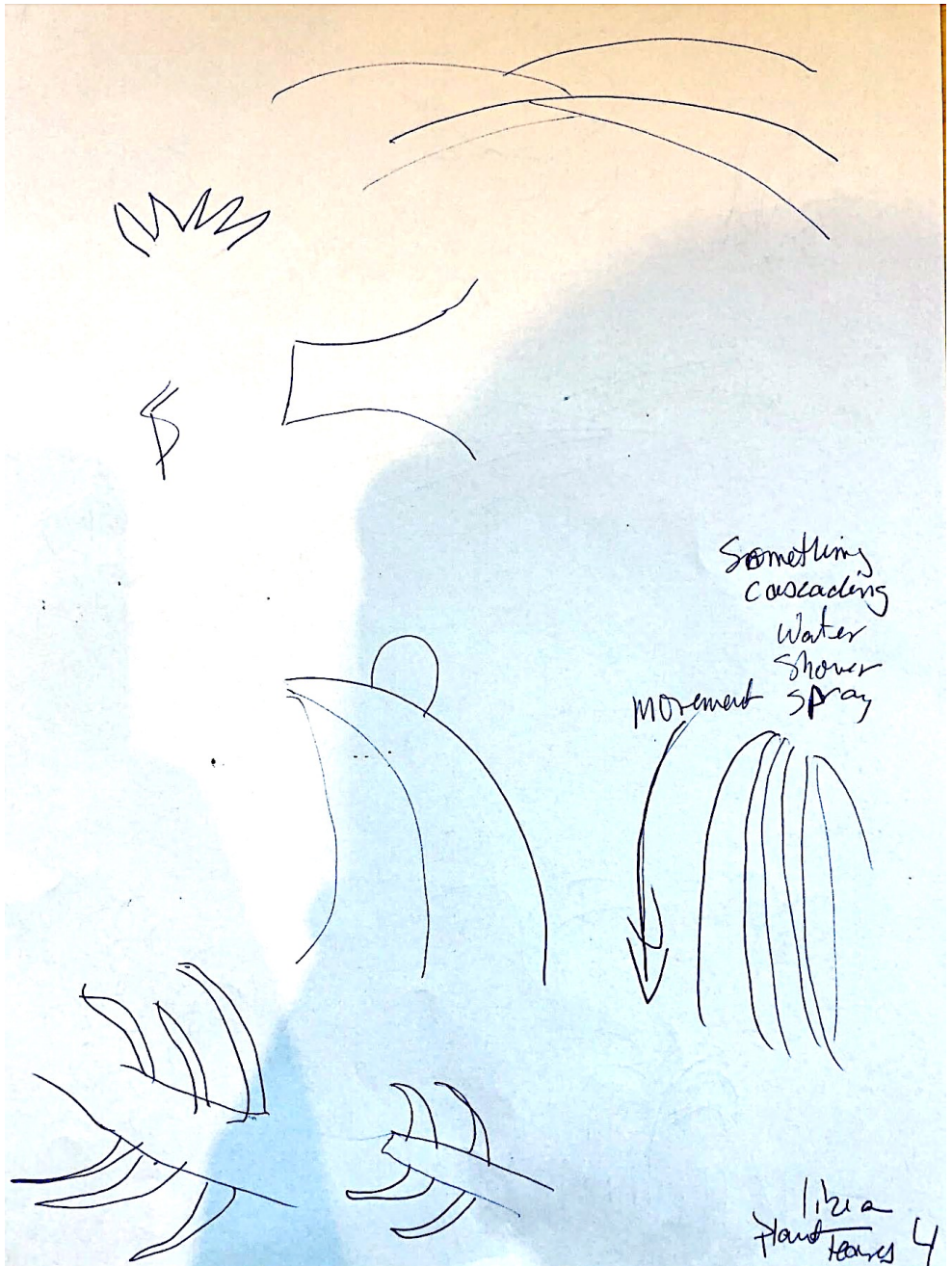
pre-session

Screen
Zigzag

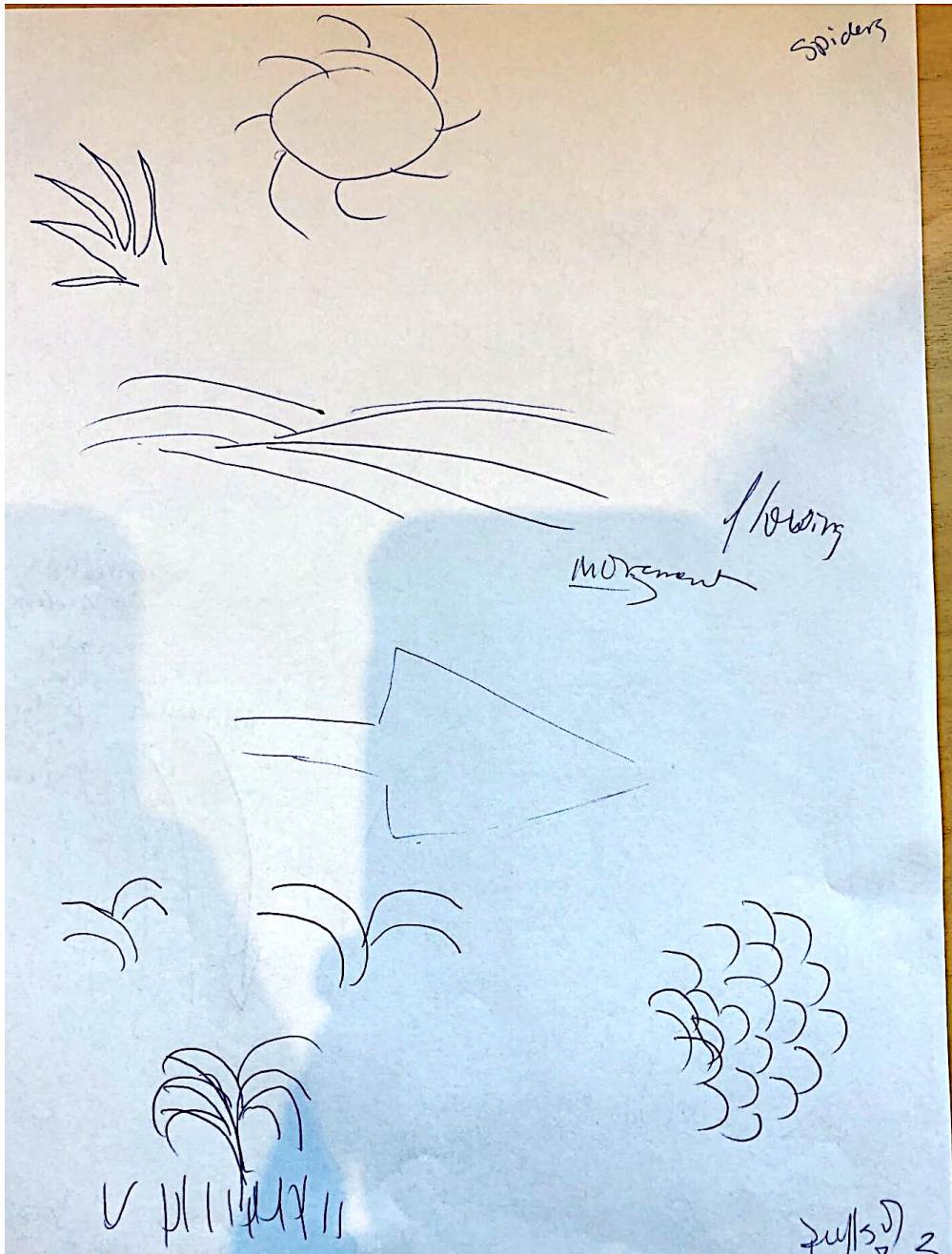


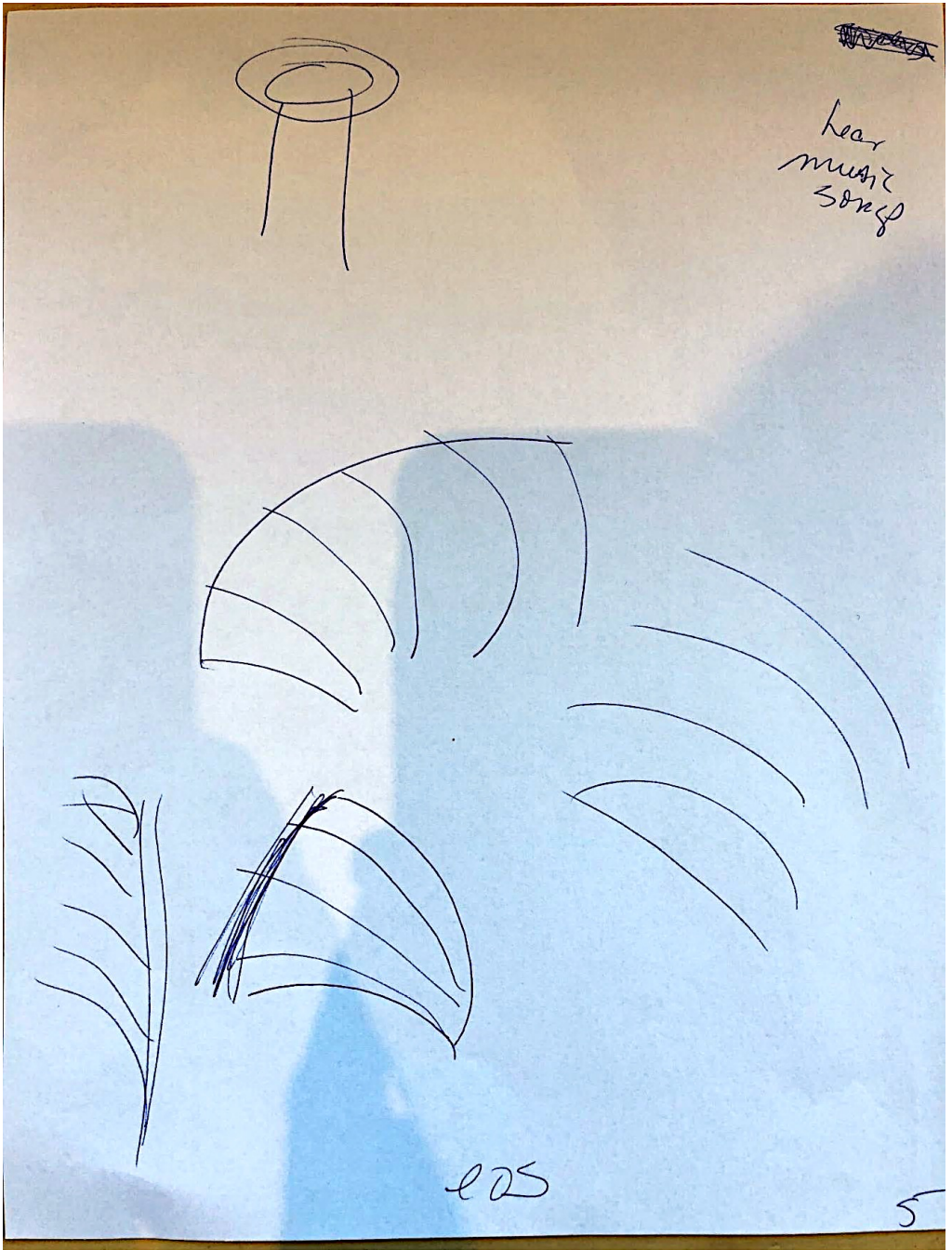
Coordinate: 160105





Coordinate: 160105





Feedback: 160105

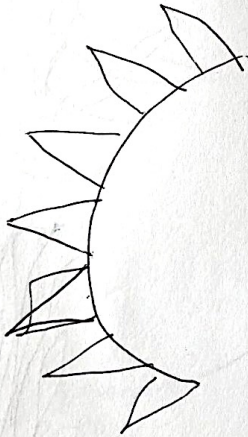


Name: HEATHER

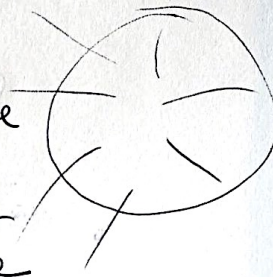
October
2019

Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 493284, which I will see today at around 11am MST (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

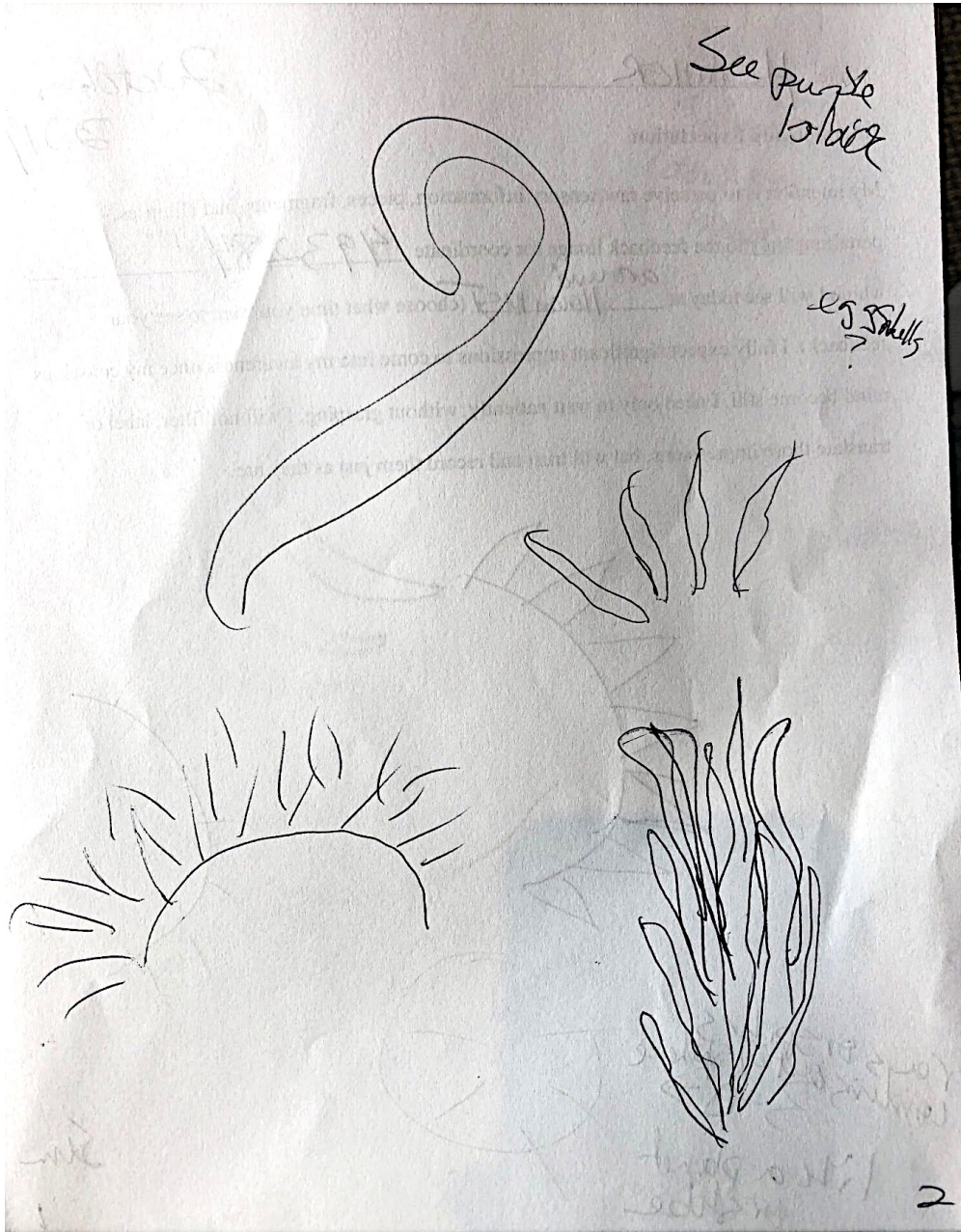


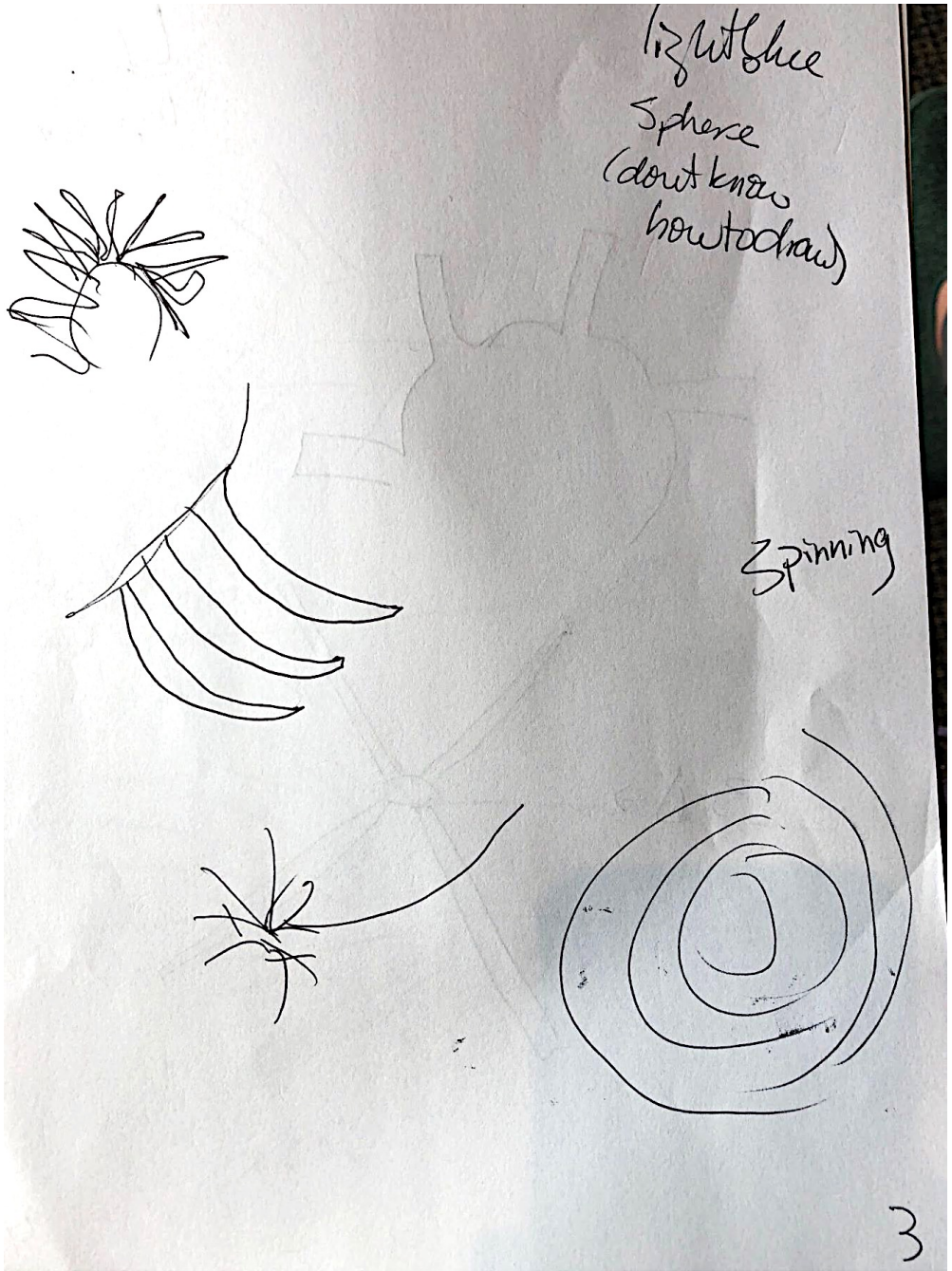
rays or spikes
coming out of sphere
3-D →
like a planet
or sphere



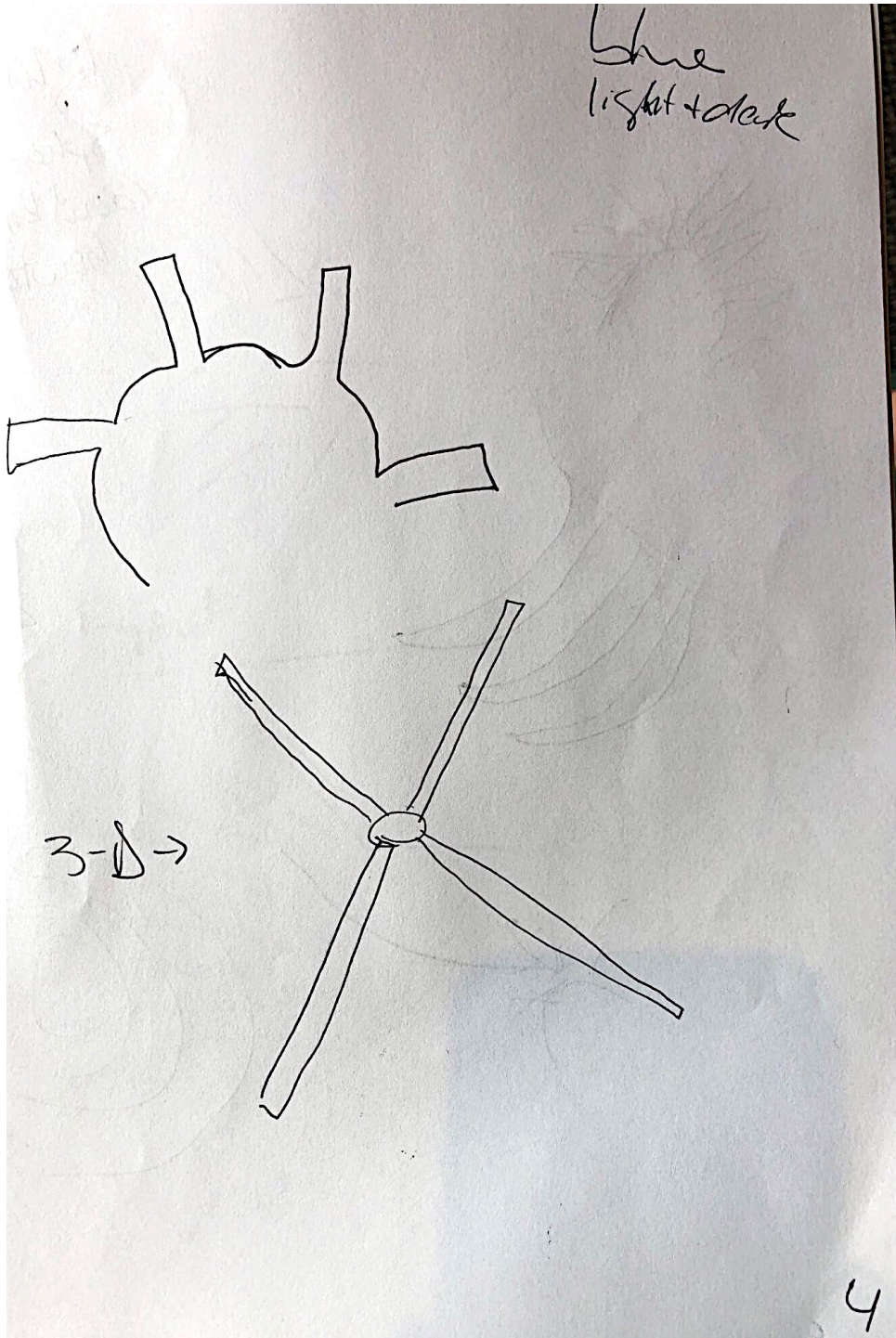
Sun
1

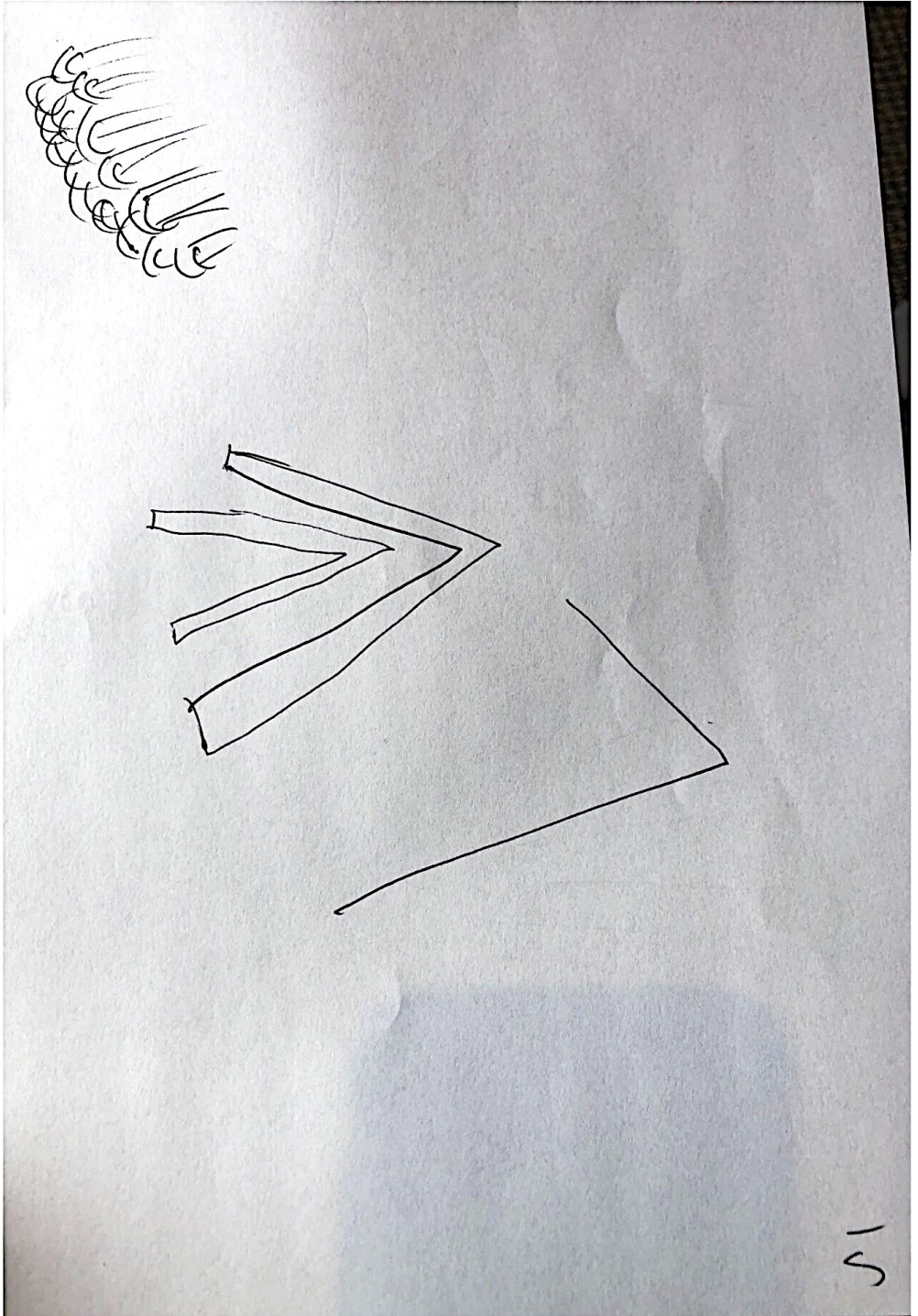
Coordinate: 493284



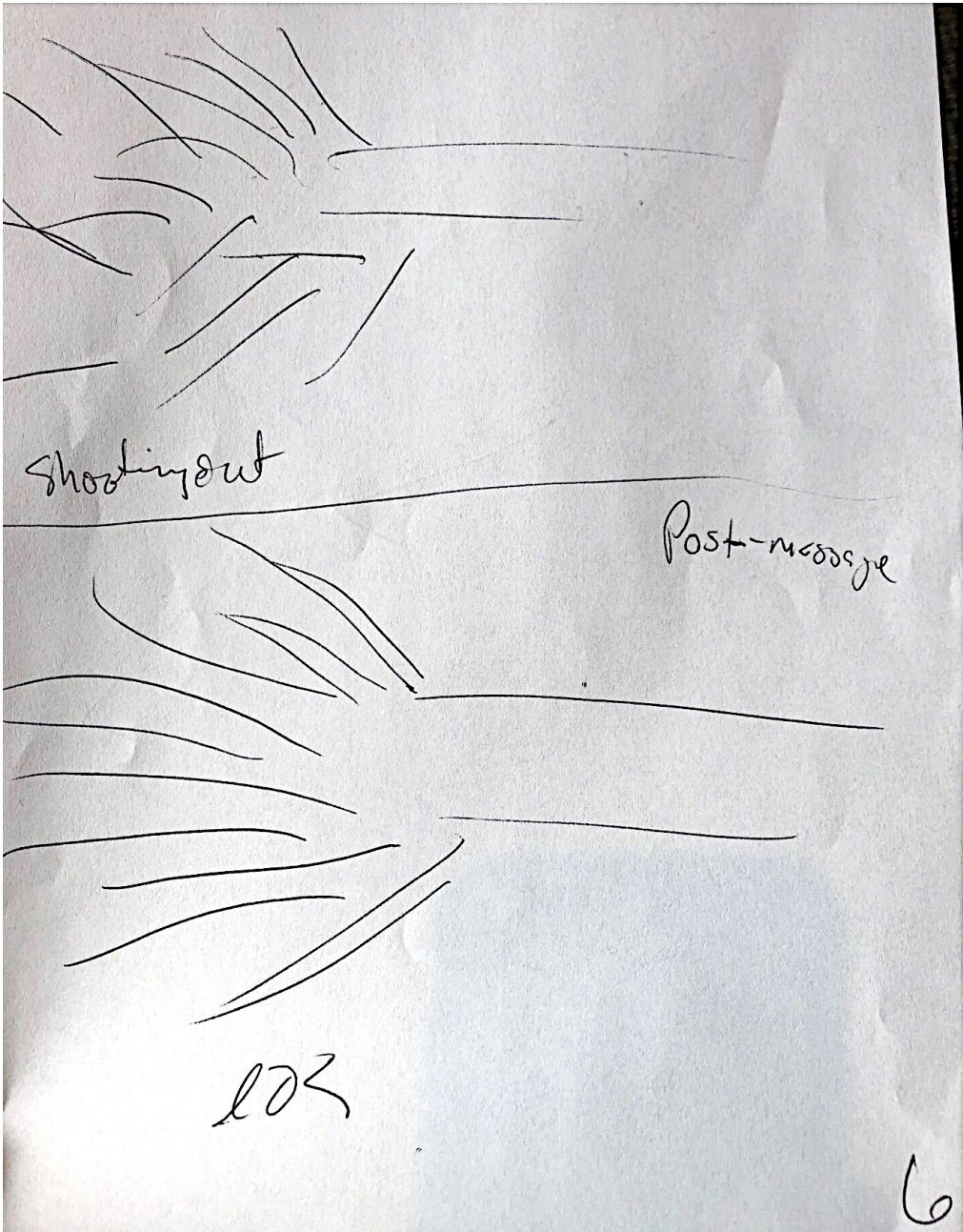


Coordinate: 493284





Coordinate: 493284



Signal and Noise

Feedback: 493284



Coordinate: 301350
Viewer: Stacy

September 11, 2019

Name: Stacy Linnud

Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 301350, which I will see today at after this session (choose which time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind becomes still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.



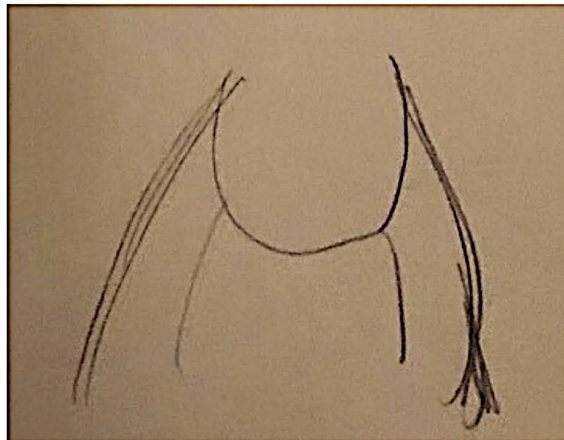
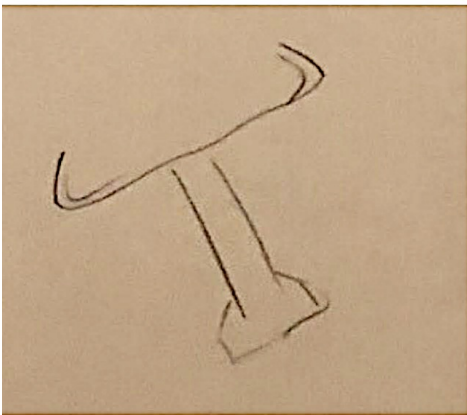
Signal and Noise

Feedback: 301350



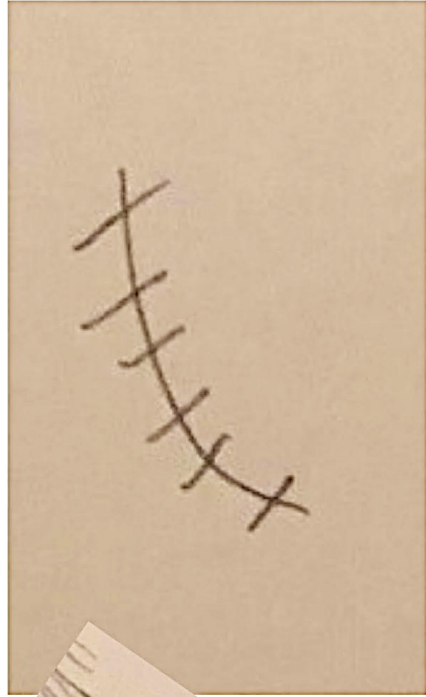
www.cnn.com/videos/world/2019/09/11/truck-on-house-ontario-newsresource-orig.cnn
Video Ontario Provincial Police

Coordinate: 301350



Signal and Noise

Coordinate: 301350



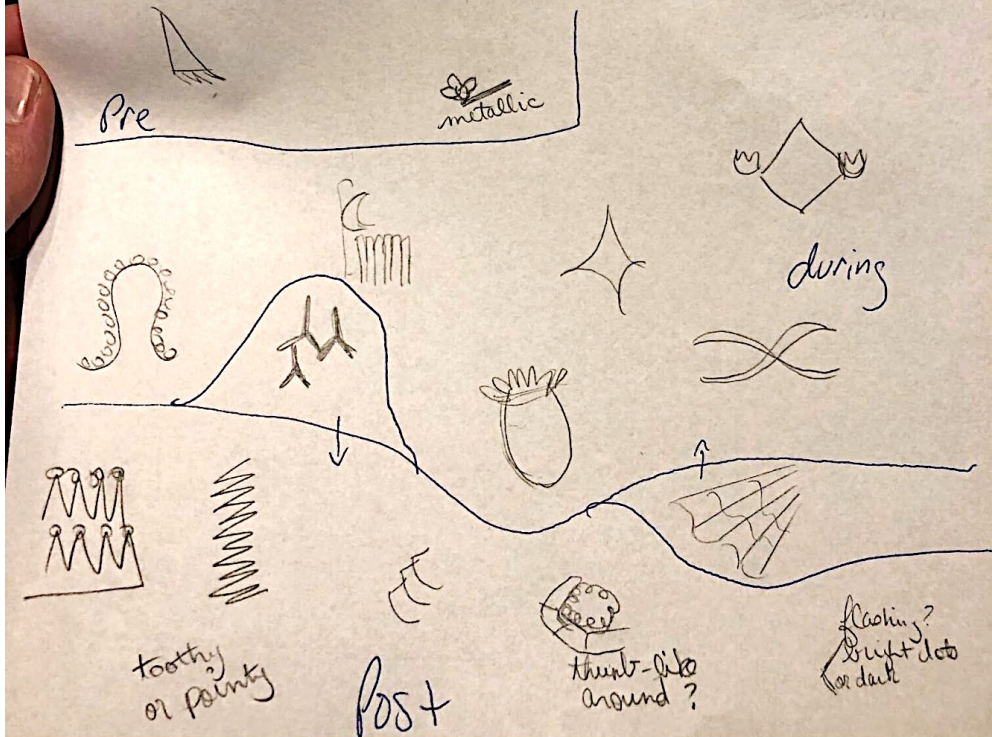
Coordinate: 478567
Viewer: Stacy

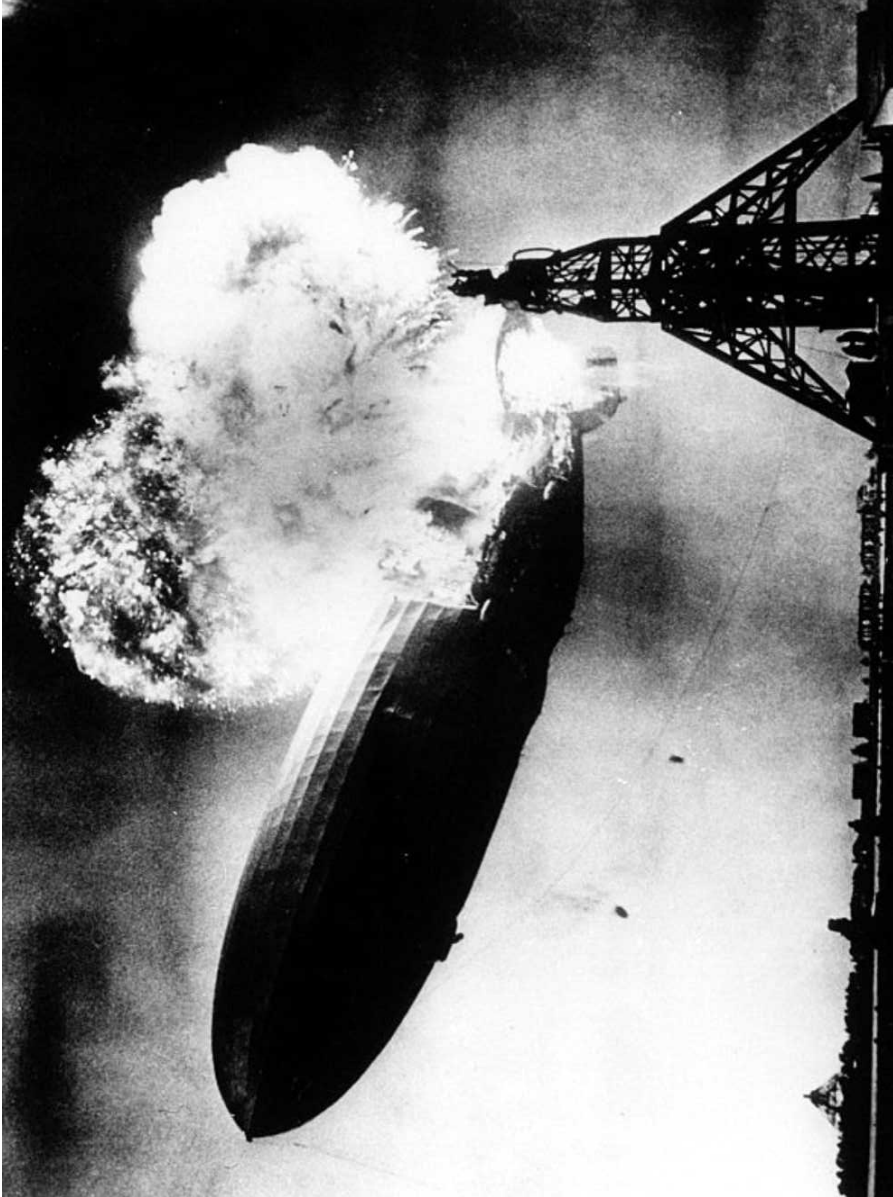
September 18, 2019

Name: Stacy L.

Intention and Expectation

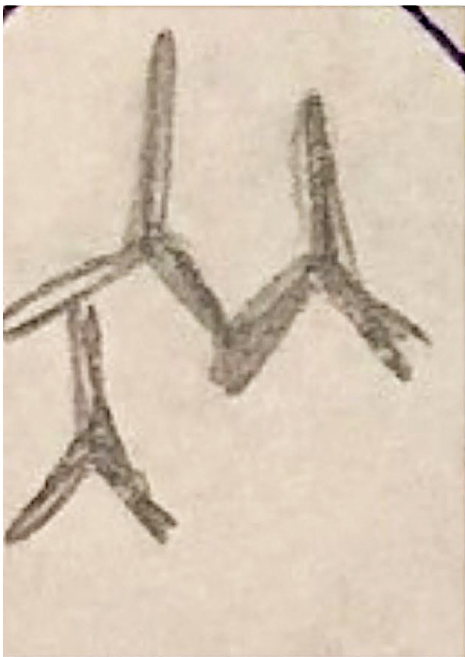
My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 478567, which I will see today at 9PM (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.



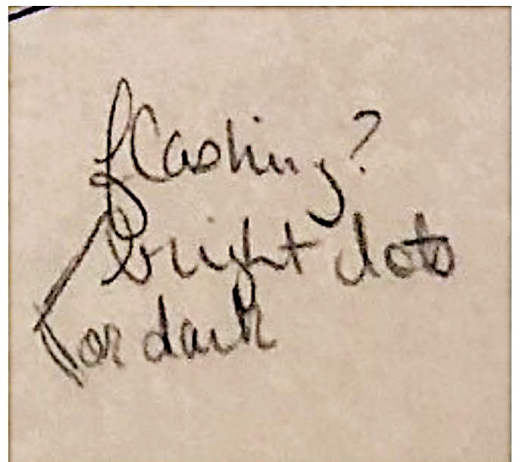
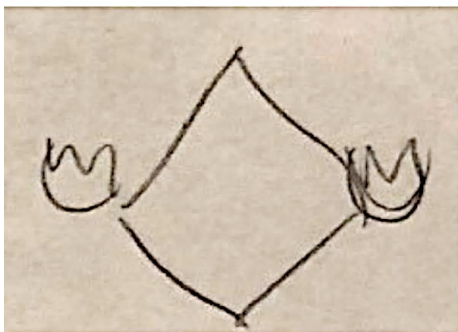
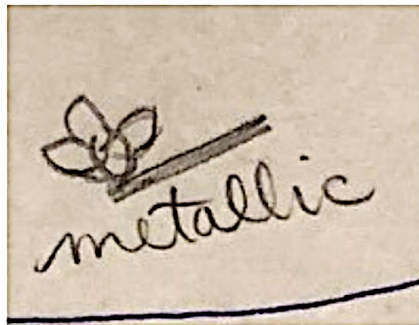
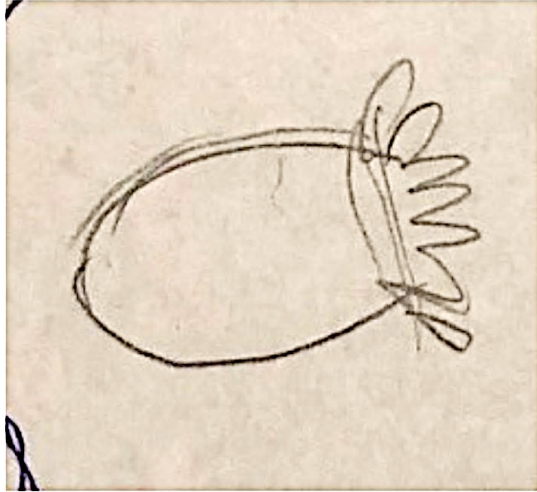


Hindenburg
commons.wikimedia.org/wiki/File:Hindenburg_burning,_1937.jpg

Coordinate: 478567

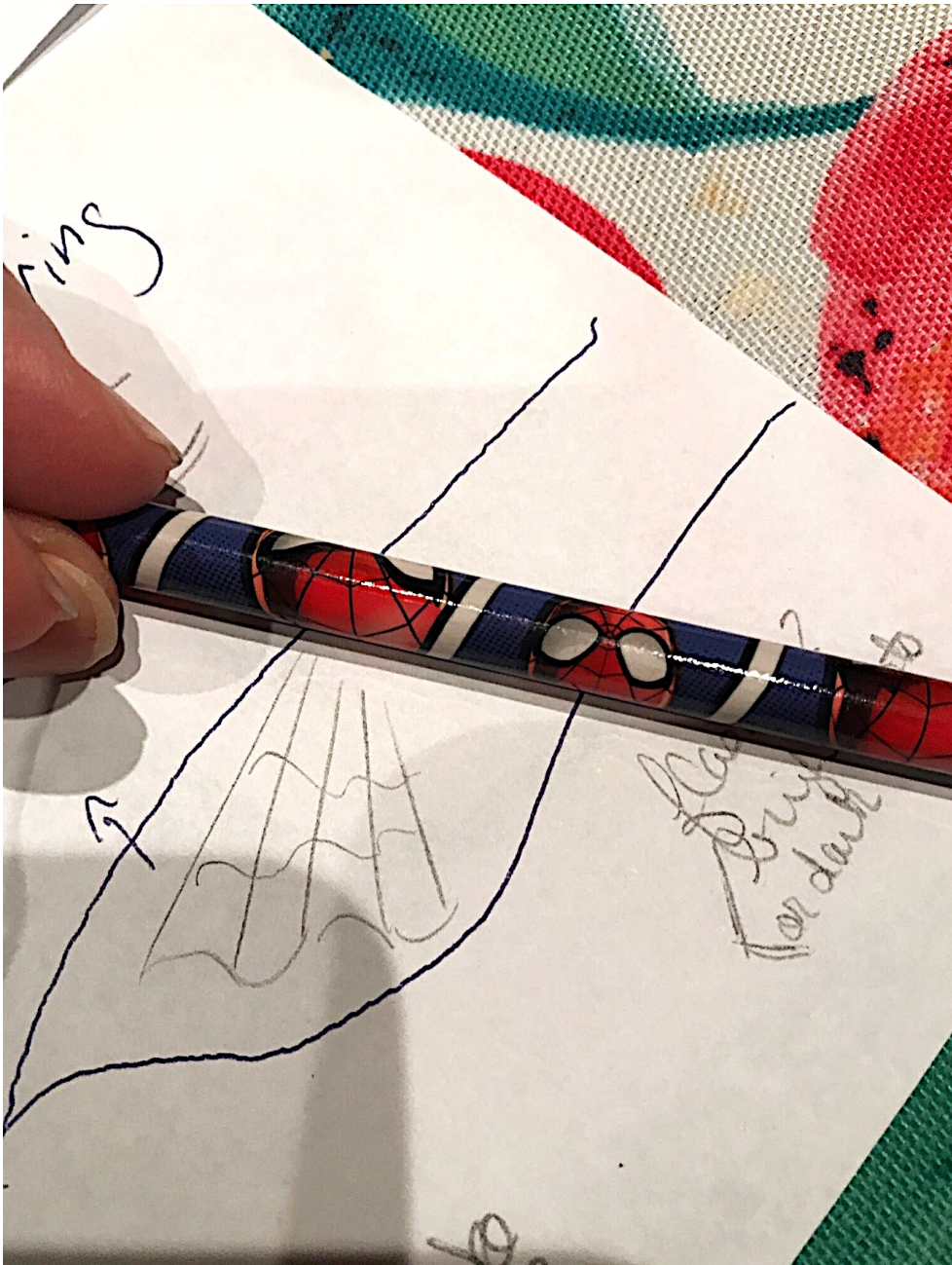


Coordinate: 478567



Coordinate: 478567

ANOMALY (described in pg. 51)





Coordinate: 914840
Viewer: Stacy

October 2, 2019

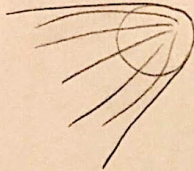




Name: Stacy L

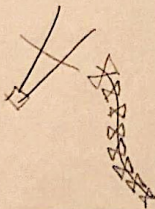

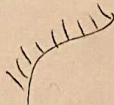
Intention and Expectation


My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 914840, which I will see today at 9:00PM (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.


Pre: happy {   electricity shooting

During


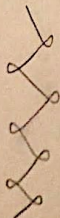



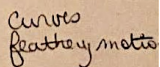
     dark shimmer


   points or angles

 shiny cone

 soft happy gleby mound light blue

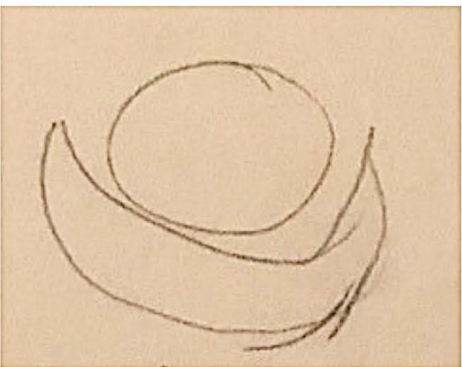
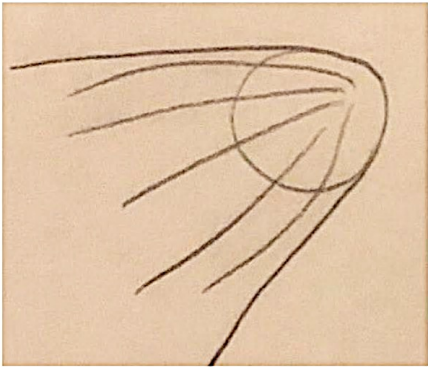
Post

      curves feathery motto

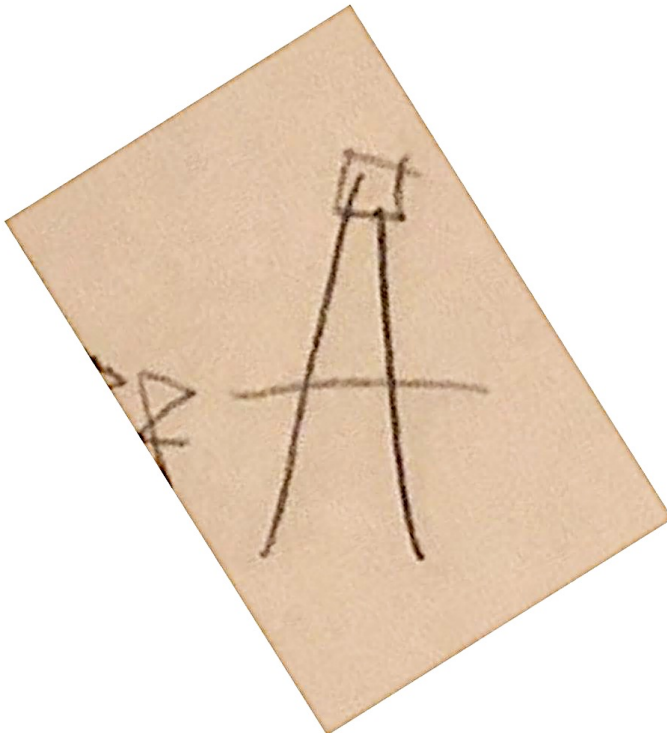
 bugs

Feedback: 914840

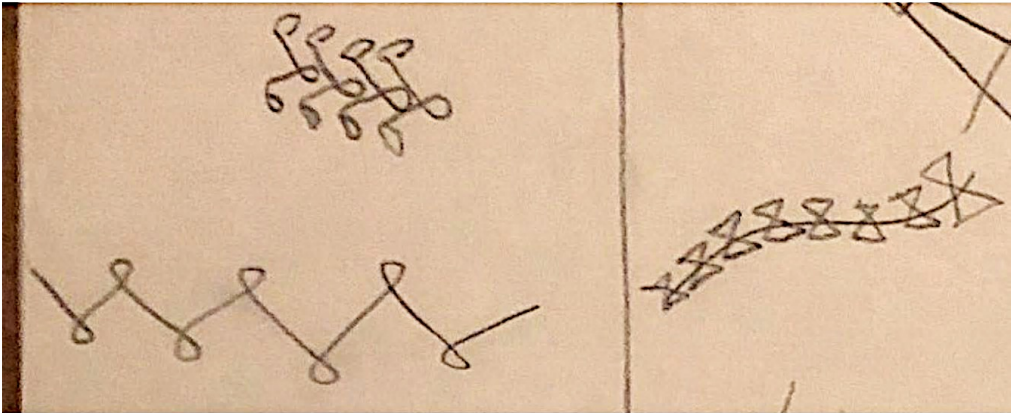
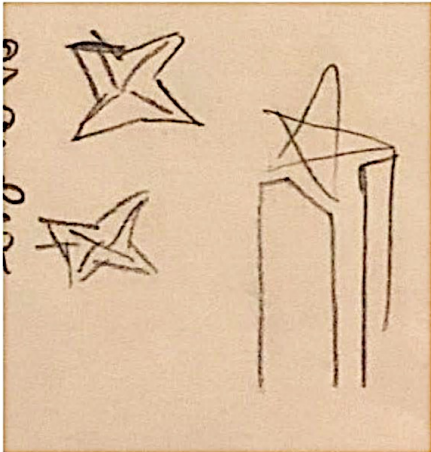




Coordinate: 914840



Coordinate: 914840



Coordinate: 139925
Viewer: Stacy

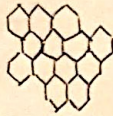
October 9, 2019

Name: Stacy L

Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 139925 which I will see ~9:15PM tonight (choose what day and time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

meditation



honeycomb pattern

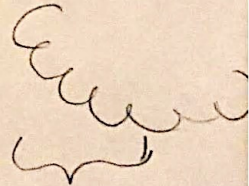
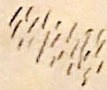
Pre



During



very close & distance?

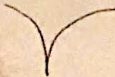


patterns

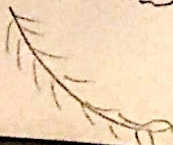


sunburst shapes

Post



very small, very big?

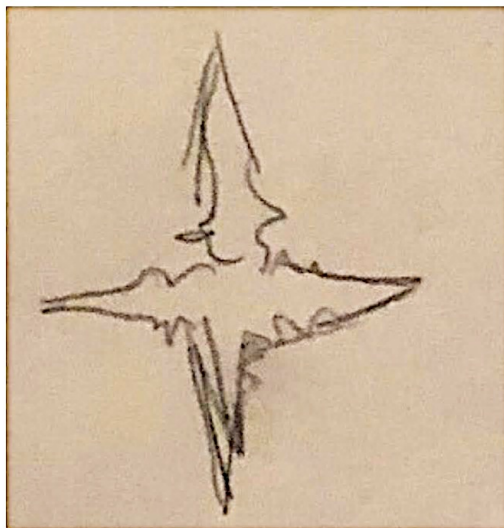
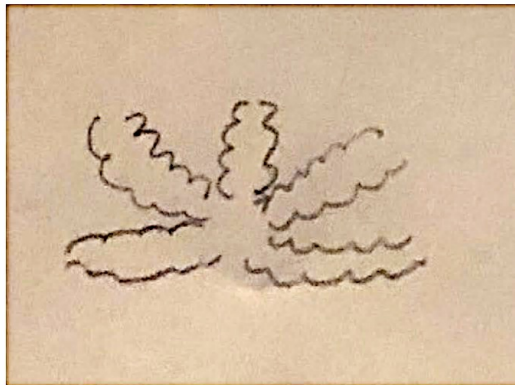
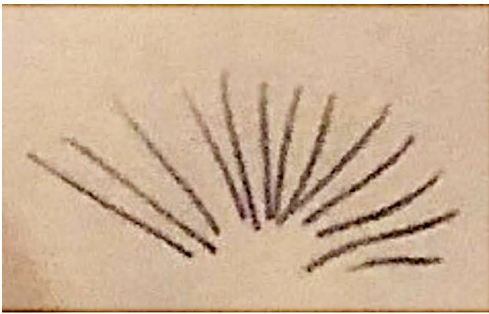


Signal and Noise

Feedback: 139925

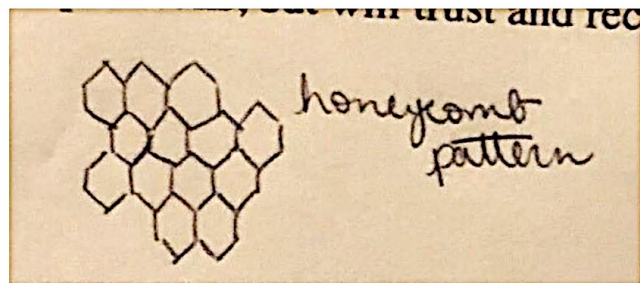
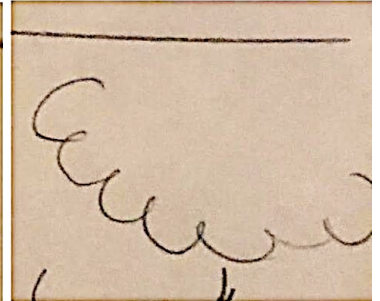
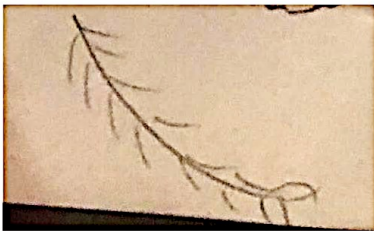


Coordinate: 139925

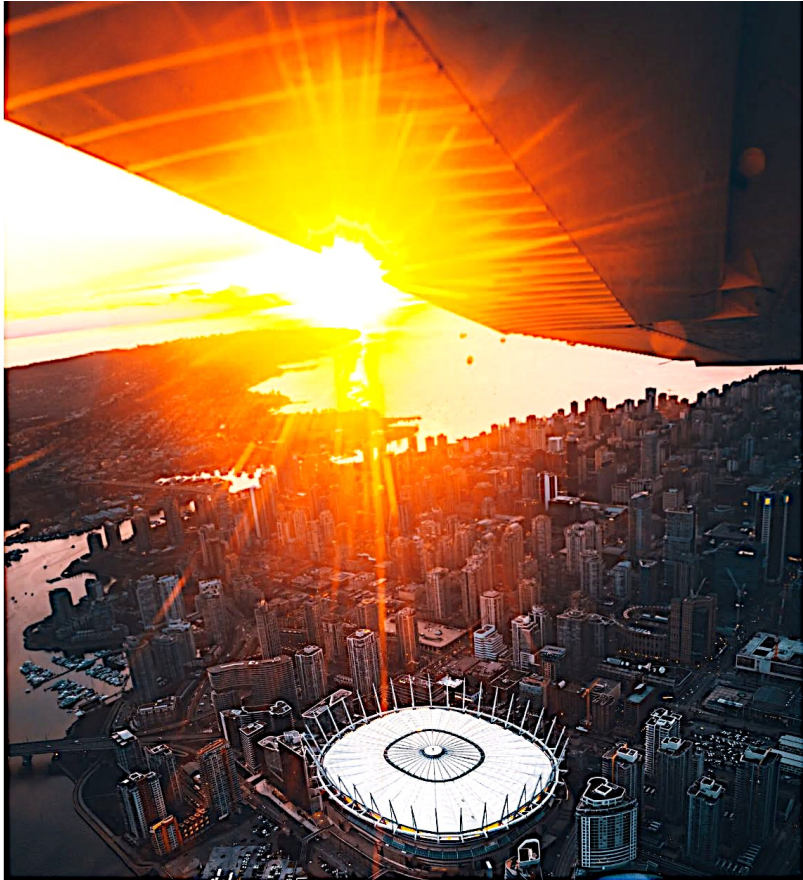


Signal and Noise

Coordinate: 139925



Coordinate: 139925



sunburst
shapes

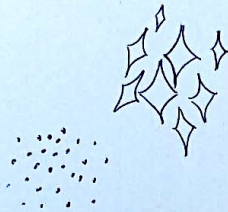
very small
very big

Name: Lynn Marie

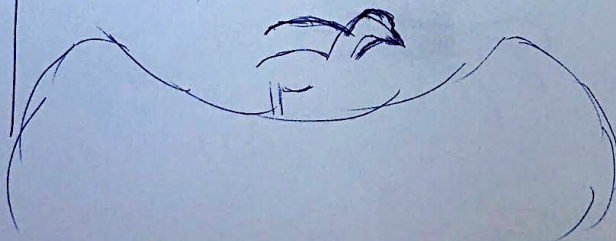
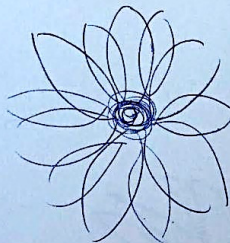
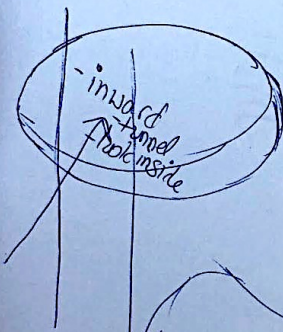
Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 437892, which I will see today at 11:15am (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

blues
Pinks
geometric



texture
smooth
causes me to smile
unlike
curves
Flowing



Outdoors
Sunny
minority
water
place to sit/rest

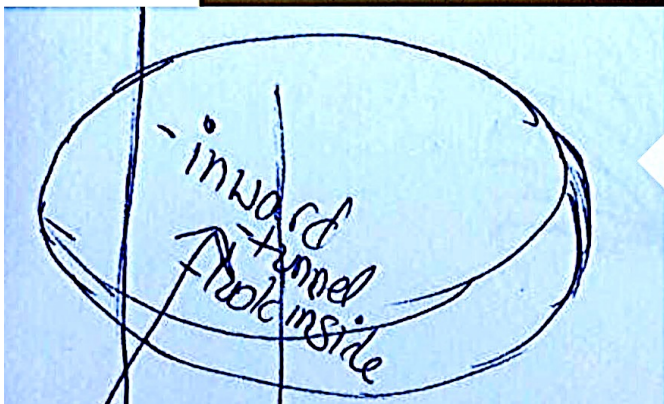
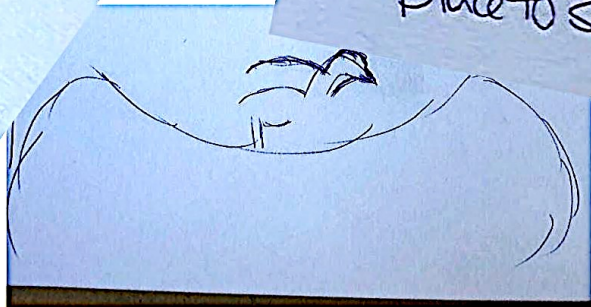
Feedback: 437892





texture
smooth
causes me to smile
unique
curves
Flowing

outdoors
shiny
animal
water / landing /
place to sit / rest



blues
pinks
geometric

Coordinate: 178764
Viewer: Lynn

September 12, 2019

Name: Lynn Marie

Intention and Expectation

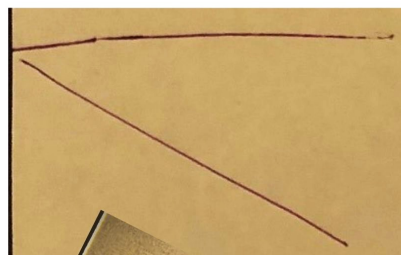
My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 178764, which I will see today at 11:30AM (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.



Feedback: 178764



Take another look at Lynn's transcript, specifically the "angle" she drew on the left side of her page. It is interesting to note how much it matches an angle of the bridge.



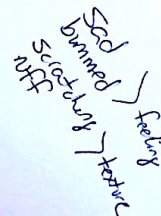
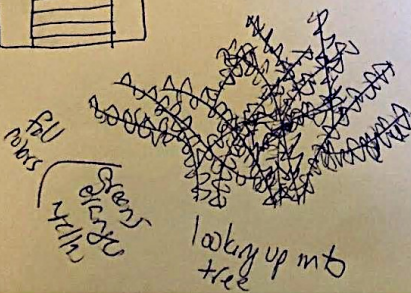
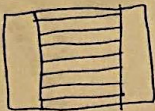
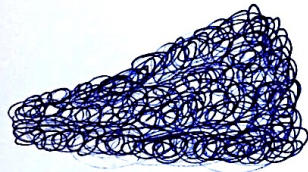
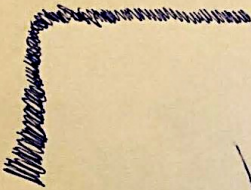
Coordinate: 634092
Viewer: Lynn

September 19, 2019

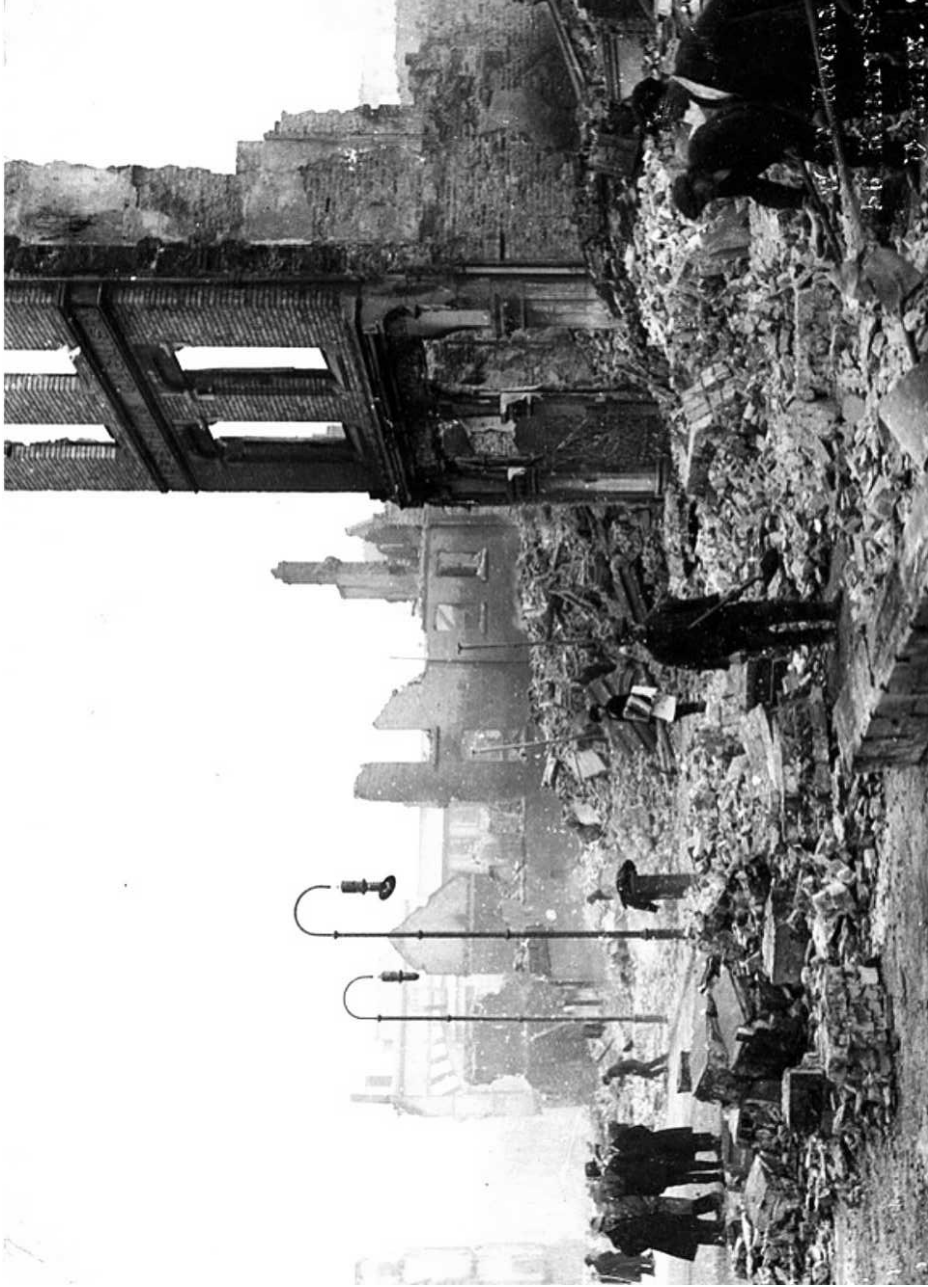
Name: Lynn Marie

Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 634092, which I will see today at 11:30 AM (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

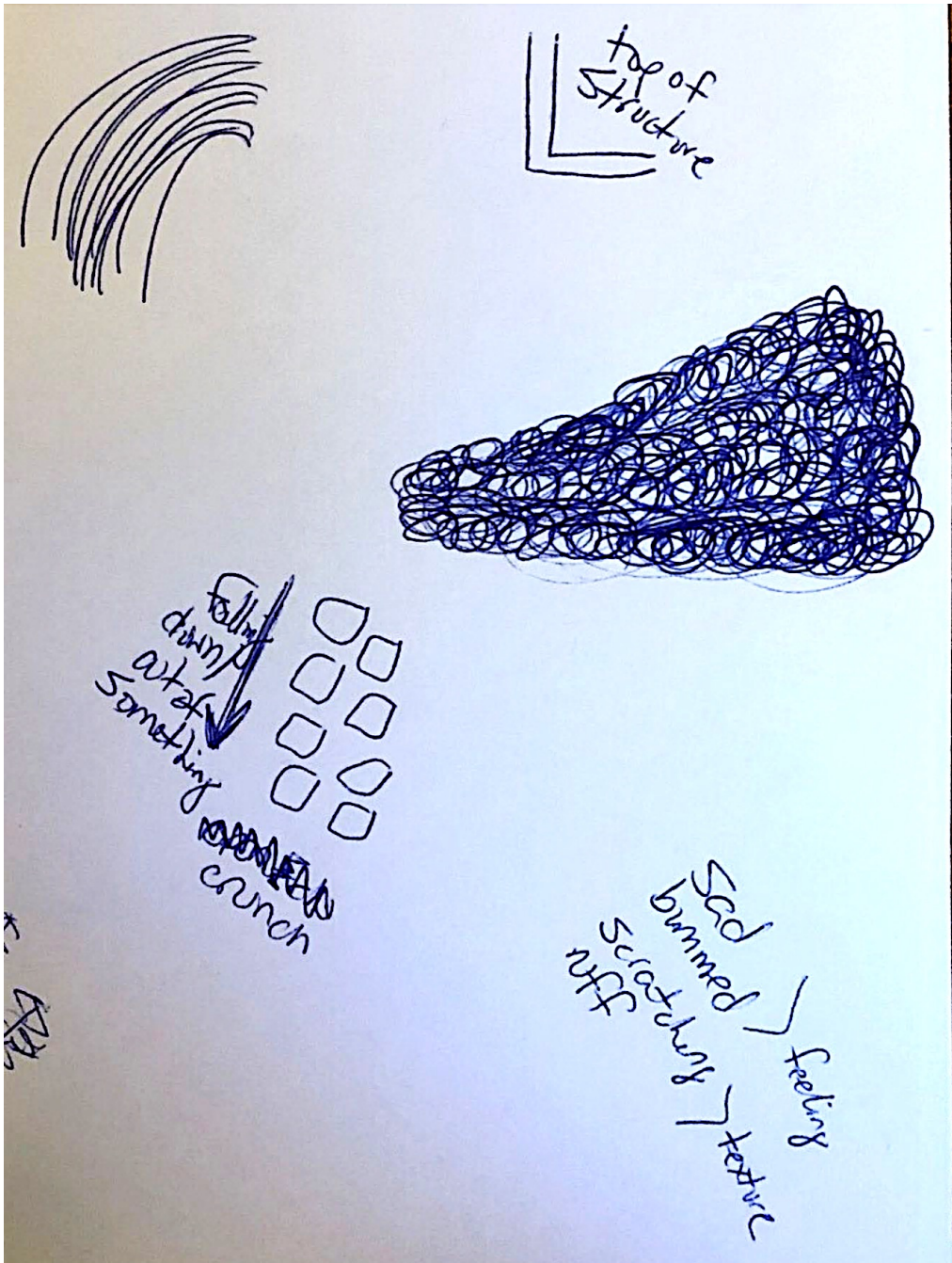


Feedback: 634092



Workers clearing rubble on St Patrick's Street in Cork following the fires
[en.wikipedia.org/wiki/Burning_of_Cork#/media/File:The_Burning_of_Cork_\(9713428703\).jpg](https://en.wikipedia.org/wiki/Burning_of_Cork#/media/File:The_Burning_of_Cork_(9713428703).jpg)

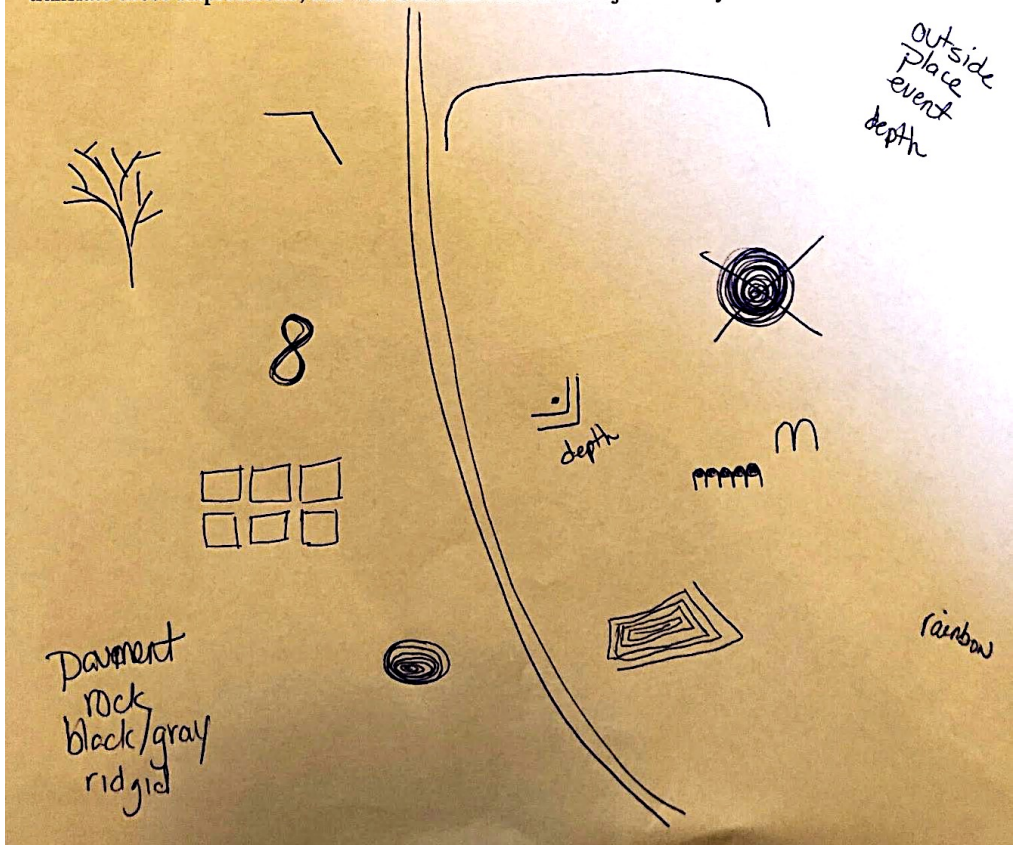
Coordinate: 634092



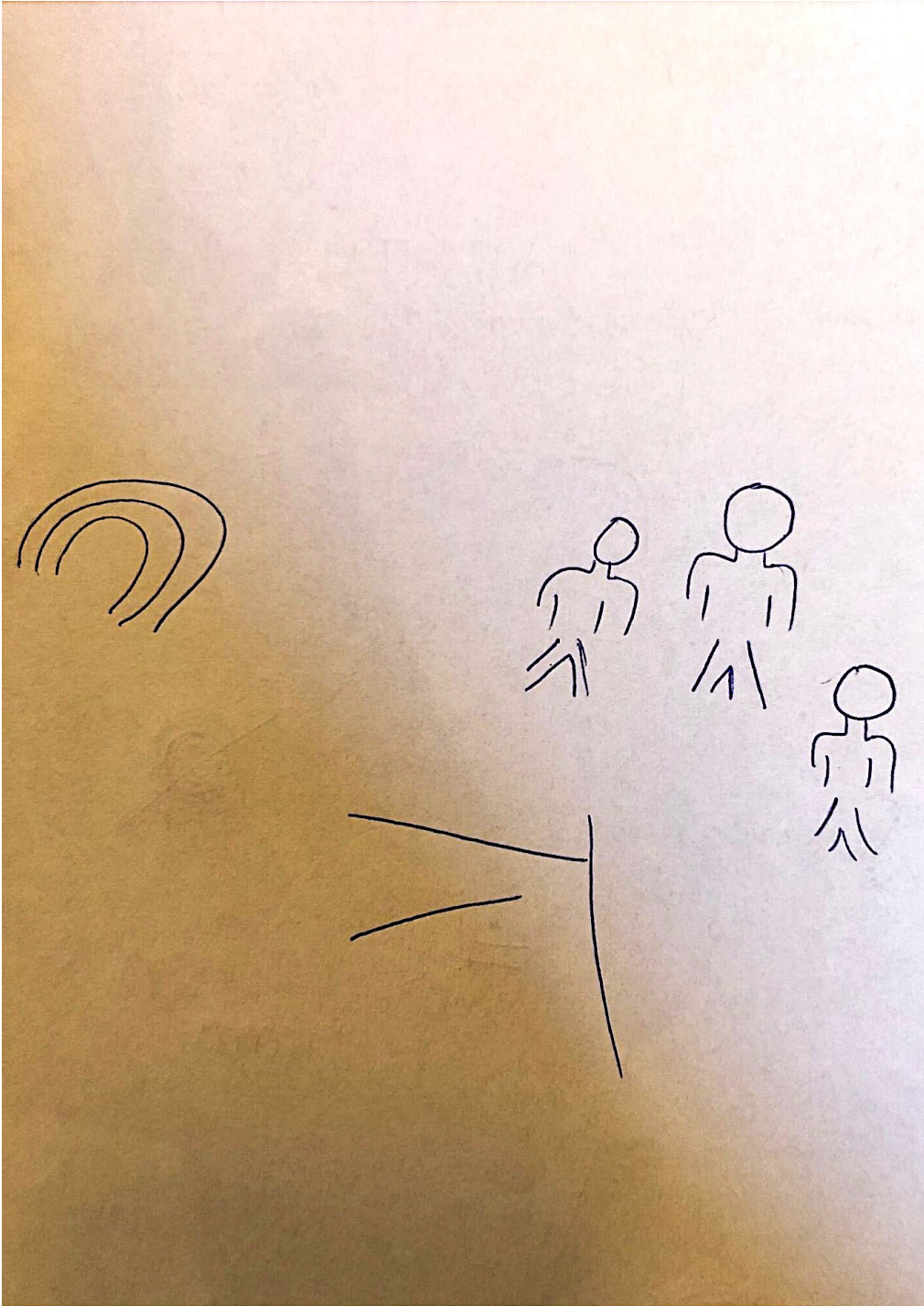
Name: Lynn Marie

Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 616847, which I will see today at 12:00pm (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind becomes still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.



Coordinate: 616847





Native American dancers

[commons.wikimedia.org/wiki/File:Native_American_Dancers_5_\(6202360972\).jpg](https://commons.wikimedia.org/wiki/File:Native_American_Dancers_5_(6202360972).jpg)

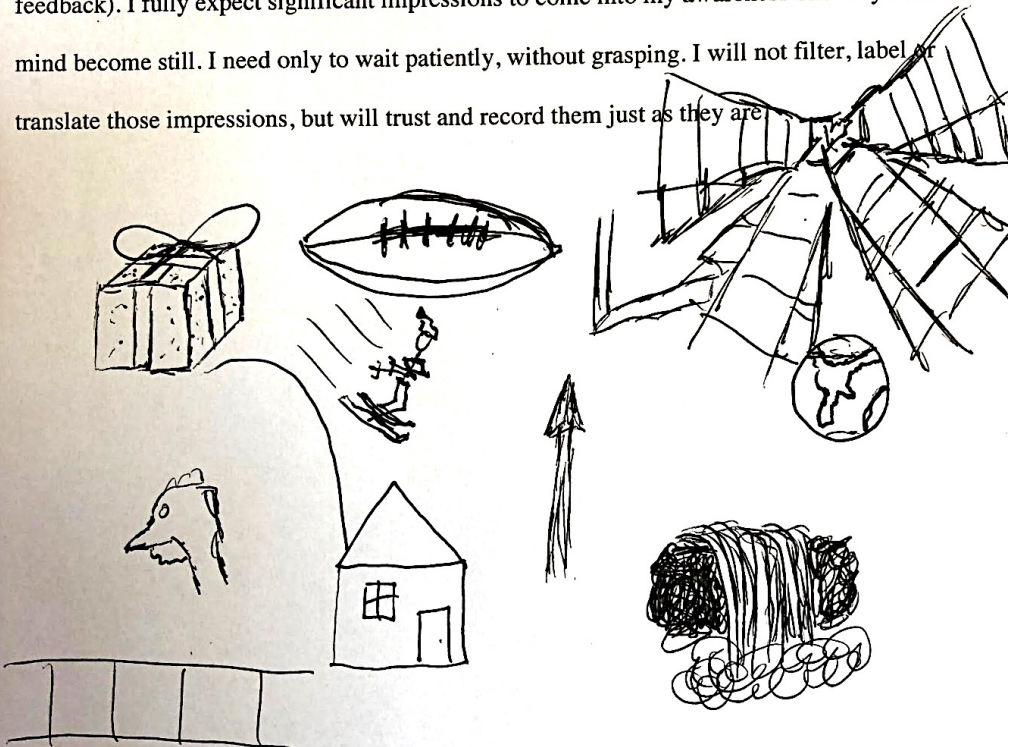
Coordinate: 685016
Viewer: Tim

September 5, 2019

Name: TIMOTHY GEVAN

Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 685 016, which I will see today at 12:00 PM MMT (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.



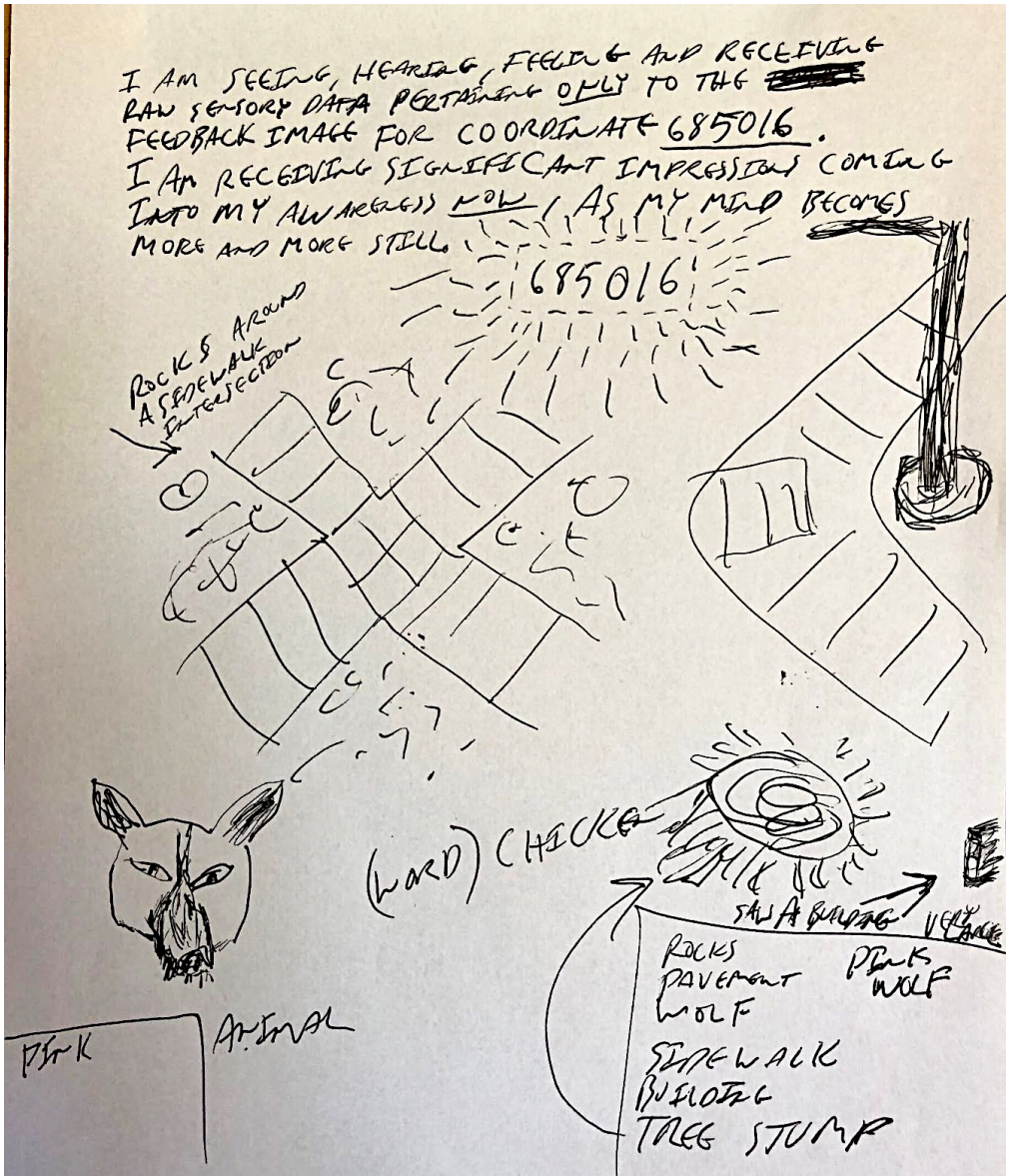
VIEW FROM SPACE
 UPWARDS MOVEMENT
 STRAIGHT LINES
 CORNERS
 GLOBE-LIKE
 PLANETARY

PINK
 BLUE
 BOX-LIKE
 BRIGHT
 JOYFUL

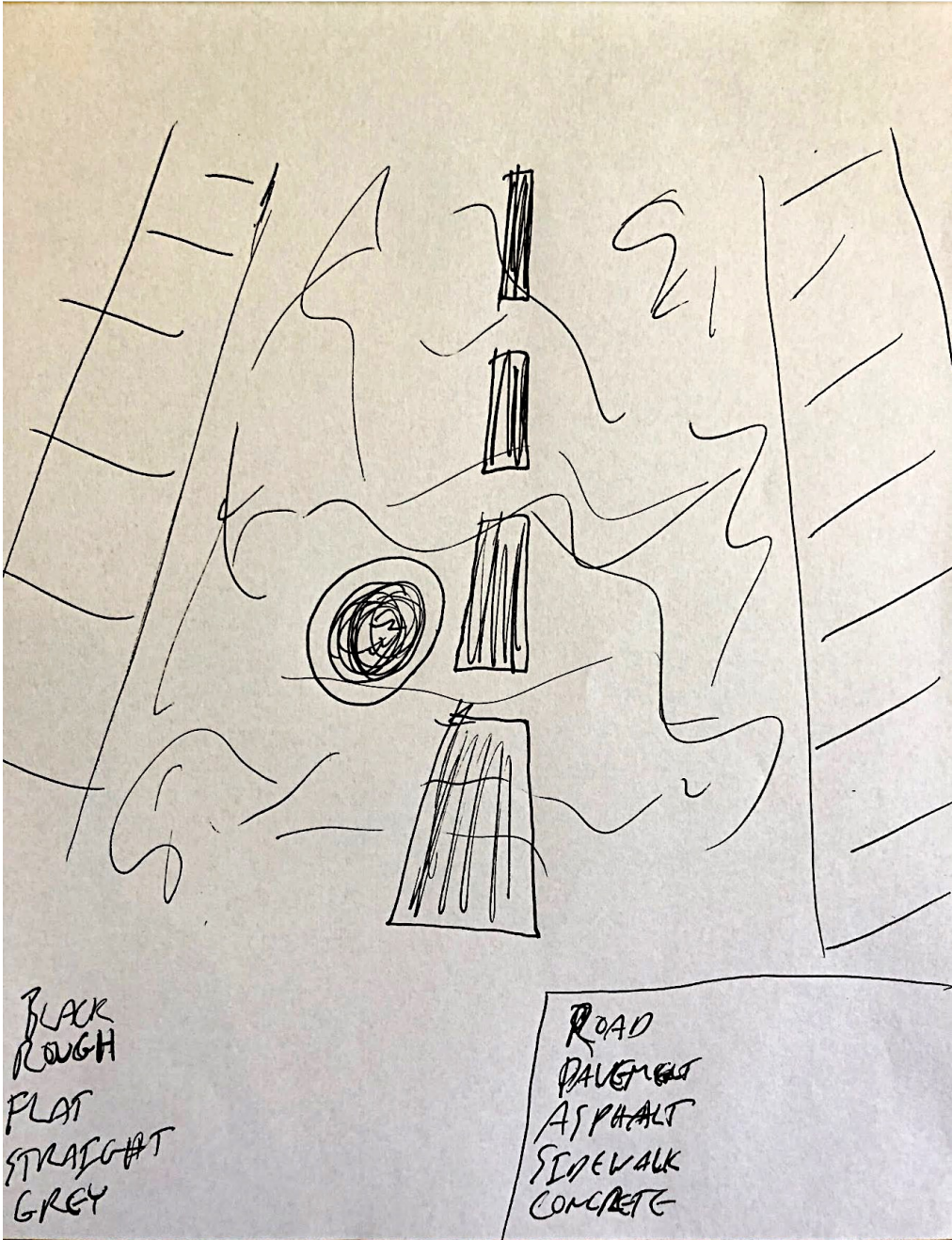
BIRD-LIKE
 IN FLIGHT?
 DEPTH
 CORRIDOR-LIKE

PRESENT-GIFT
 PINK
 CORNER
 SKIER-SKE JUMPER
 EARTH
 HOUSE
 WATERFALL

FOOTBALL
 LADDER



Coordinate: 685016



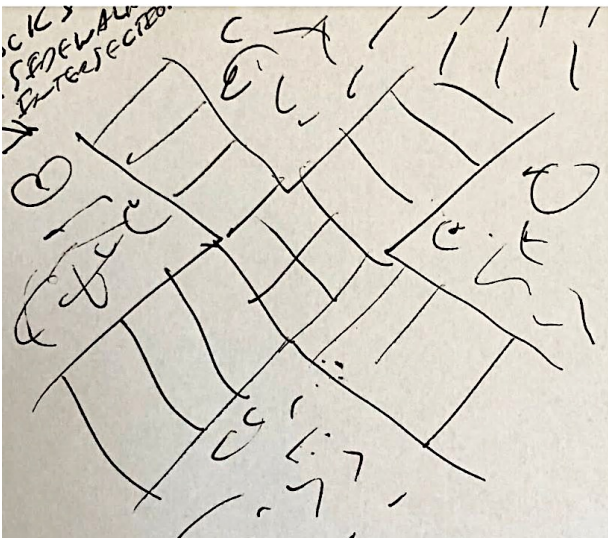
Signal and Noise

Feedback: 685016

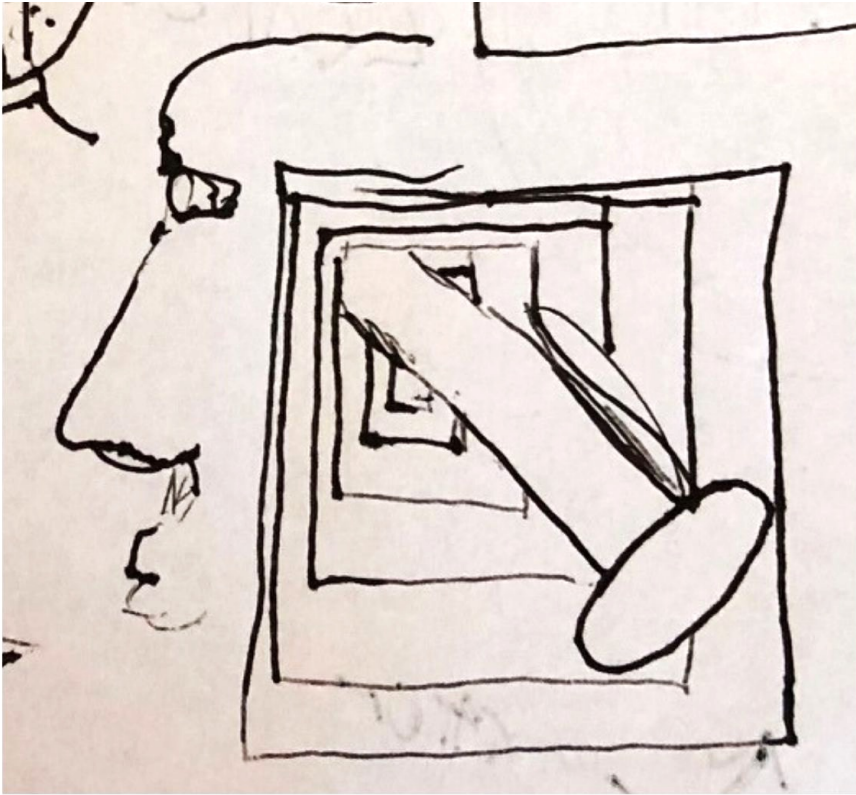


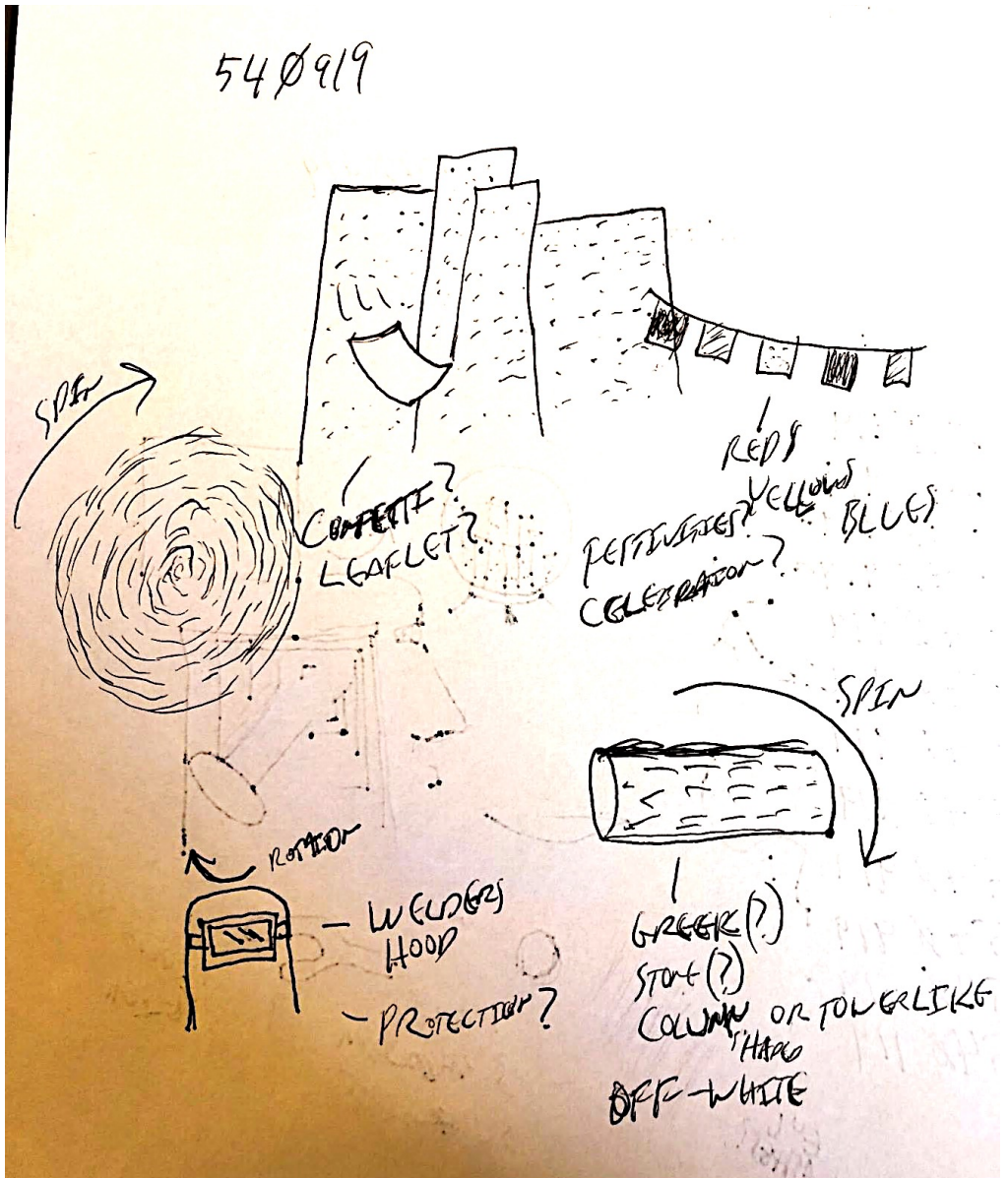
Coordinate: 685016

The image of the stupa in the previous page was taken from a video created by the author. The image below is of the base of the stupa with surrounding walkway.

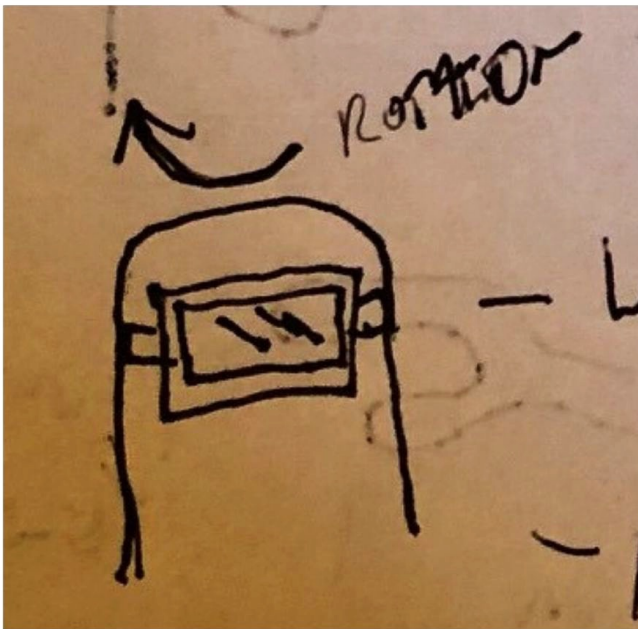
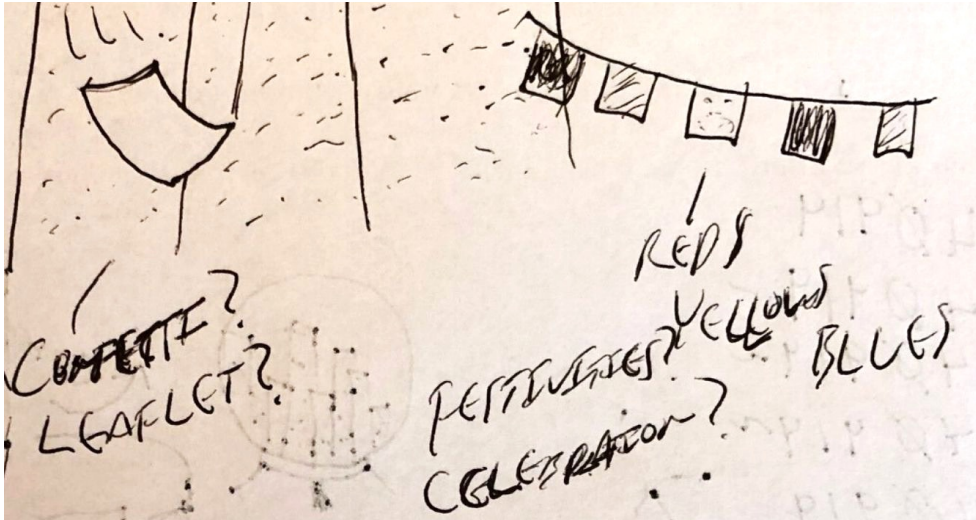


Coordinate: 540919



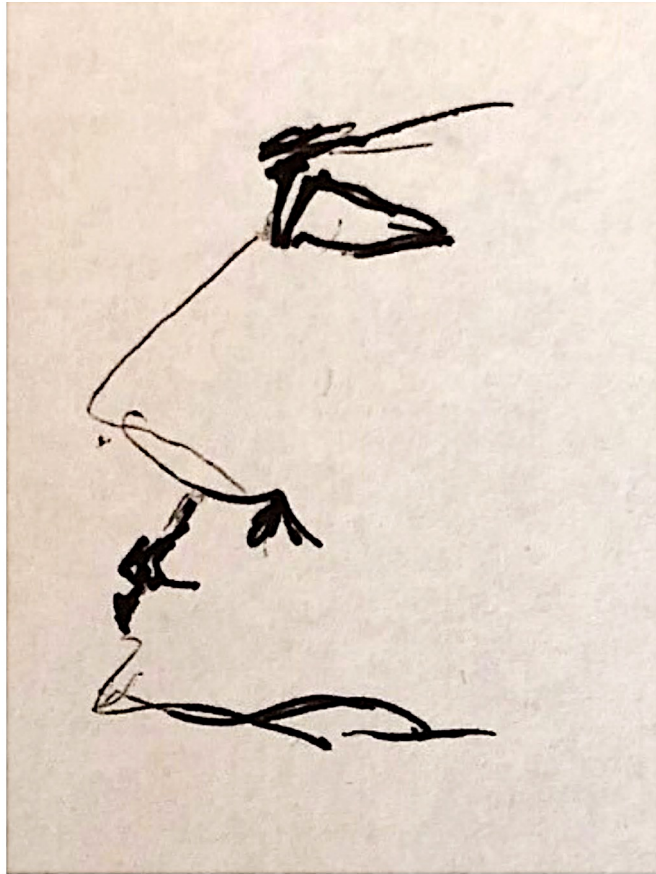


Coordinate: 540919



Signal and Noise

Coordinate: 540919



SOMETHING
ABOUT
"GIVING THEM A LEAF"

“Something about ‘giving them a leaf’” (or “leave?”)

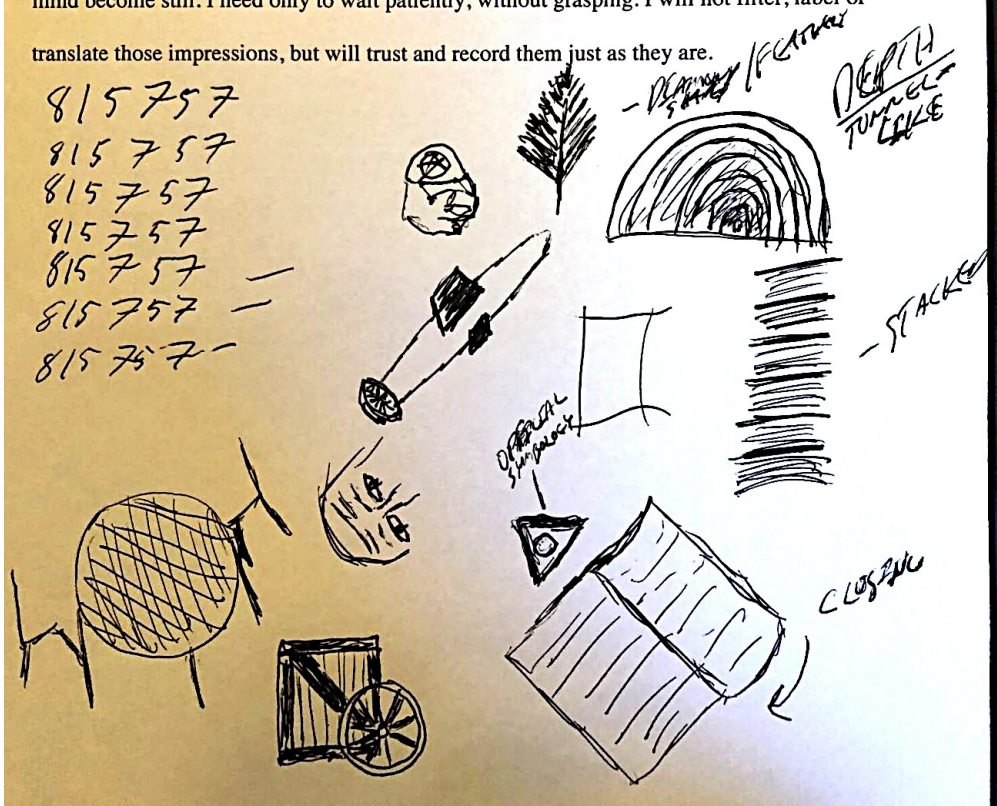
Feedback: 540919



Name: TIMOTHY C. EVAN

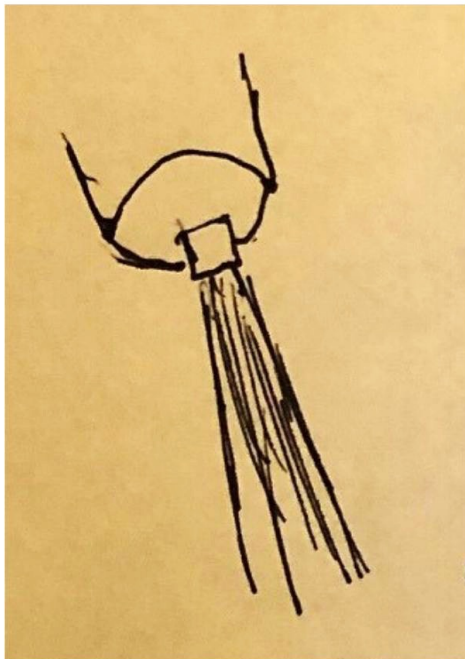
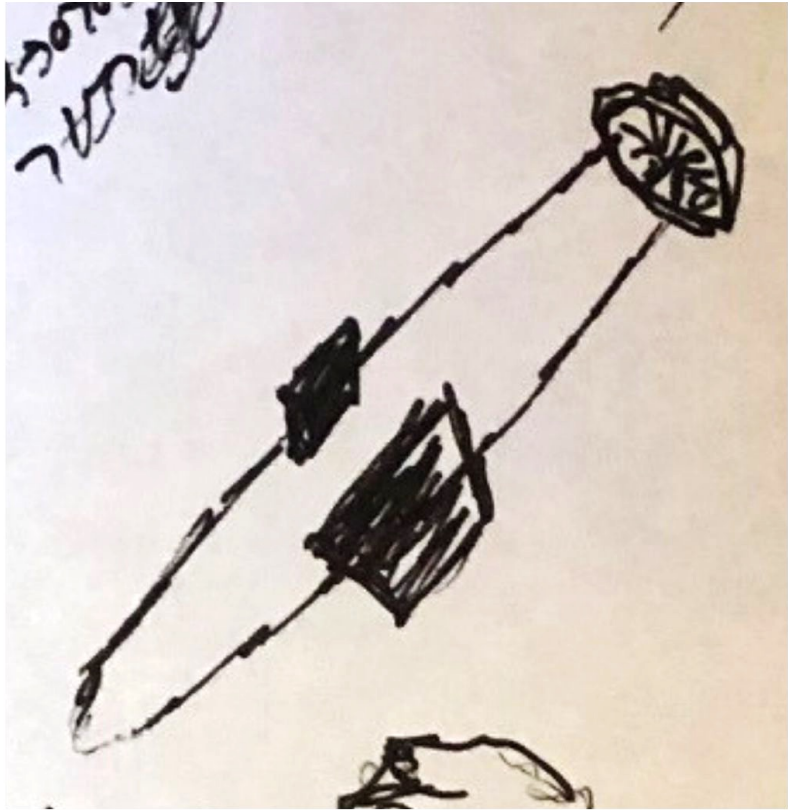
Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 815757, which I will see today at 11:45 AM MTW (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

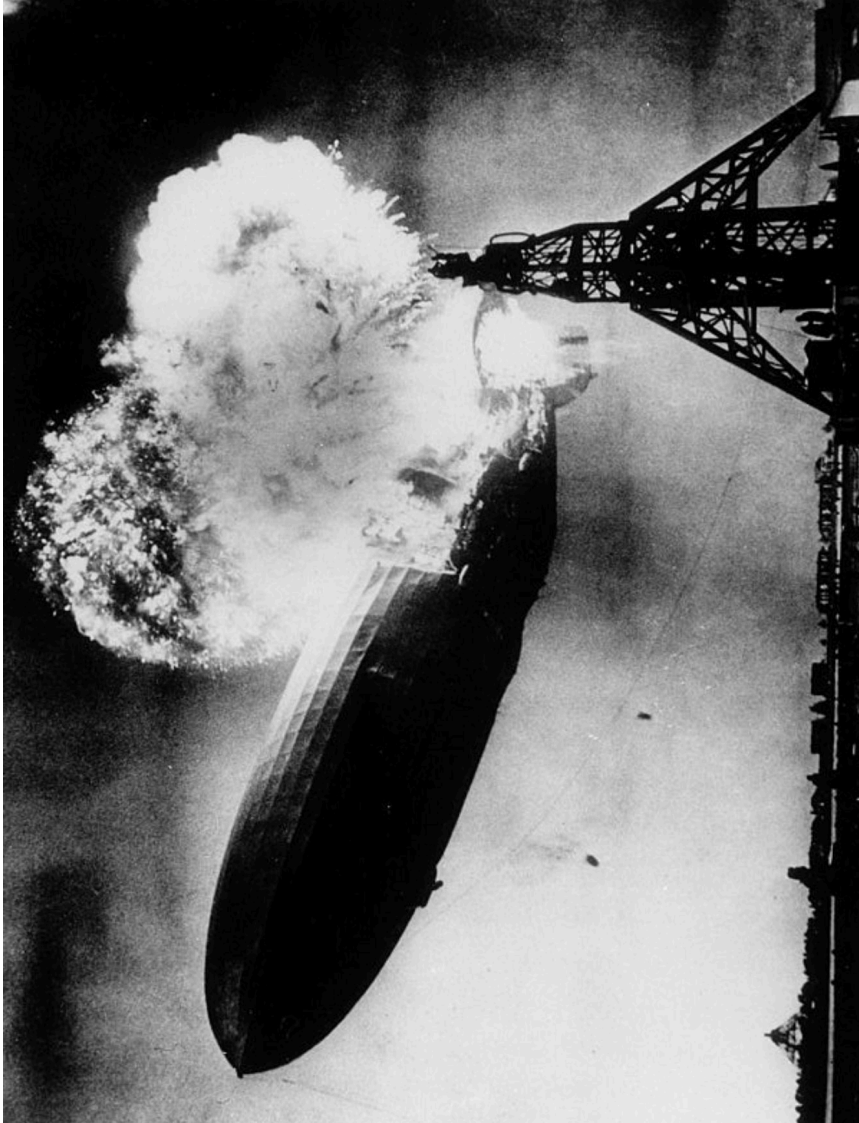


Signal and Noise

Coordinate: 815757



Feedback: 815757

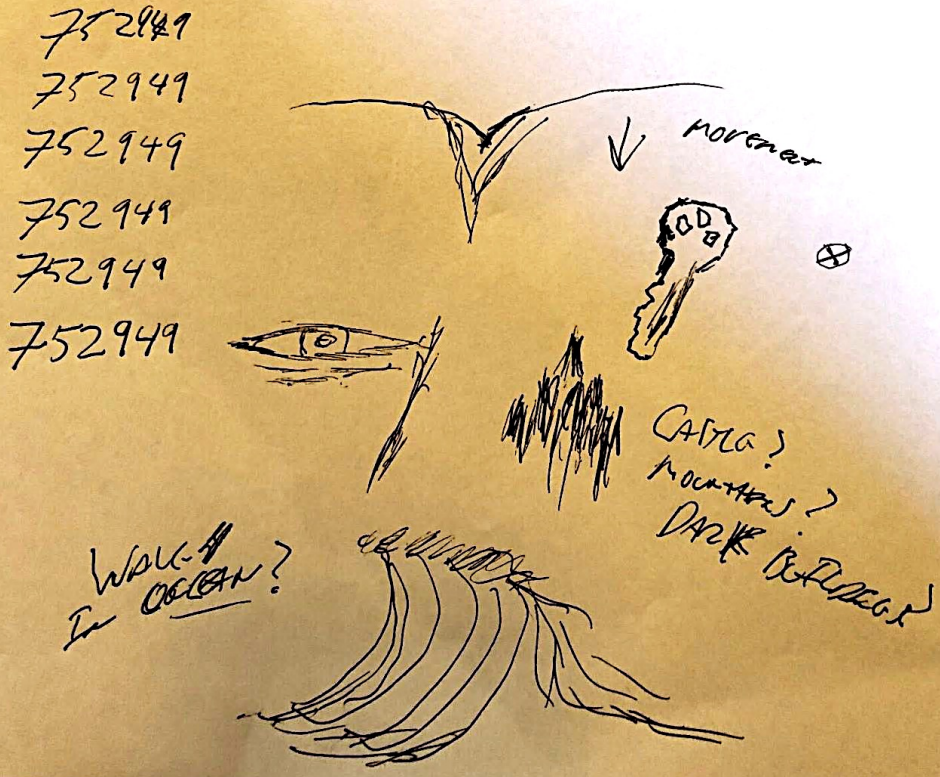


Hindenburg
commons.wikimedia.org/wiki/File:Hindenburg_burning,_1937.jpg

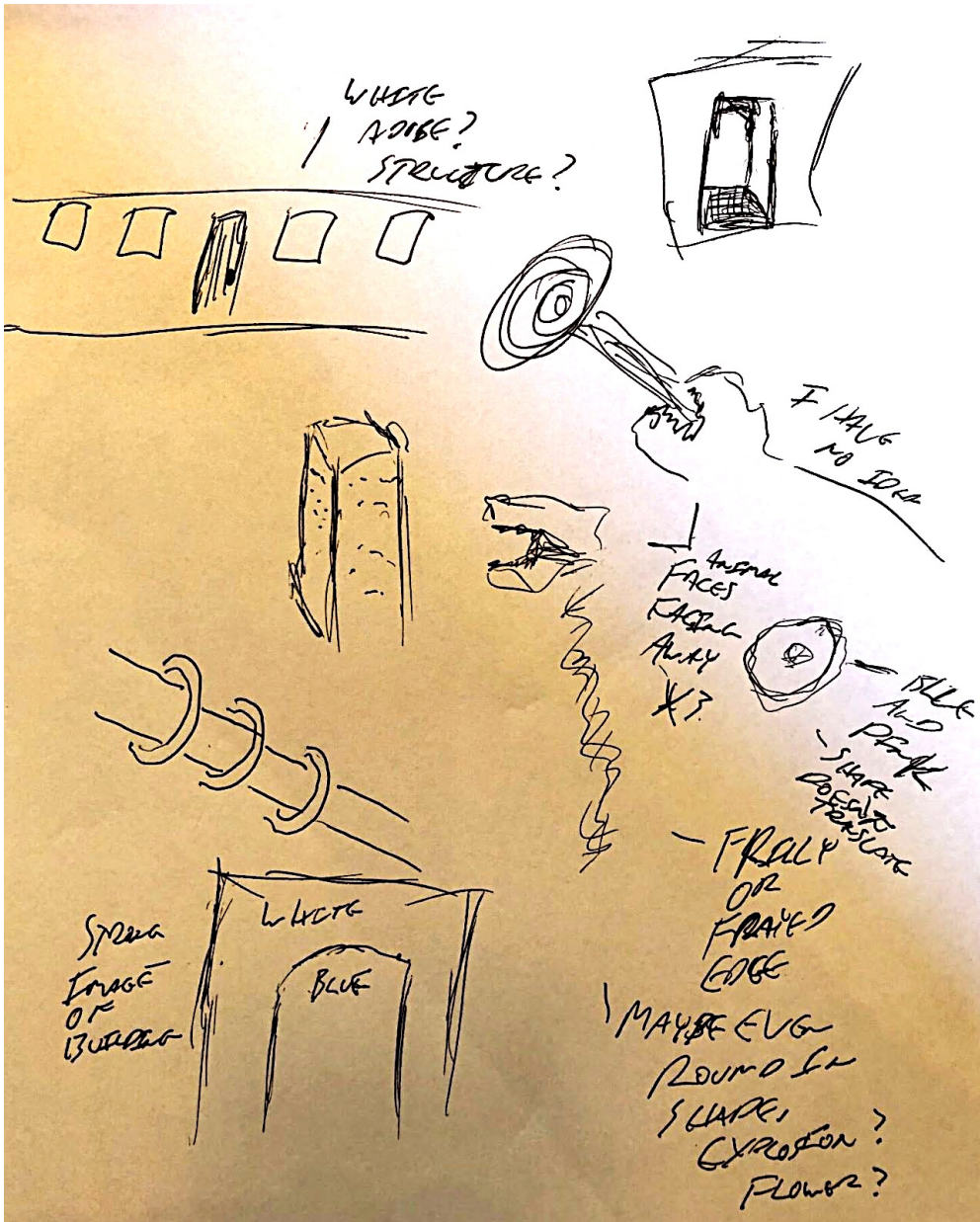
Name: TSIMONNY GELMAN

Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 752949, which I will see today at 14:40A (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.



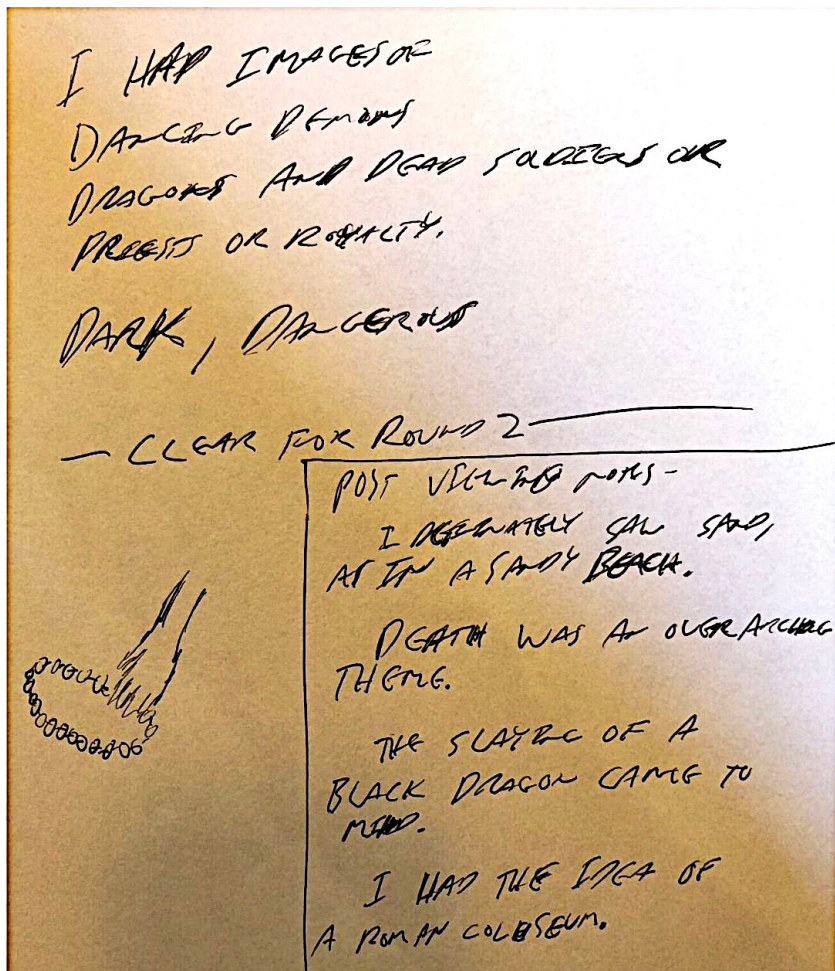
Coordinate: 752949



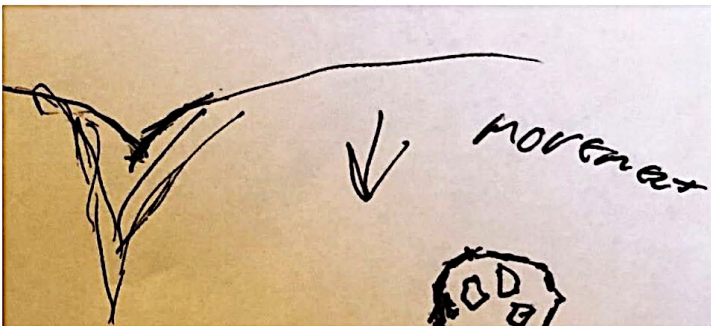
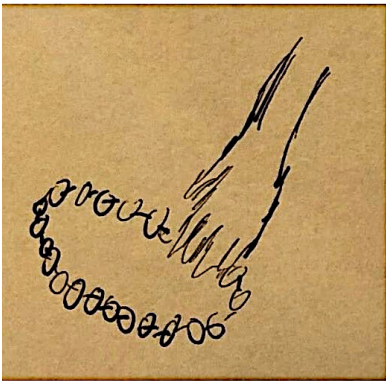
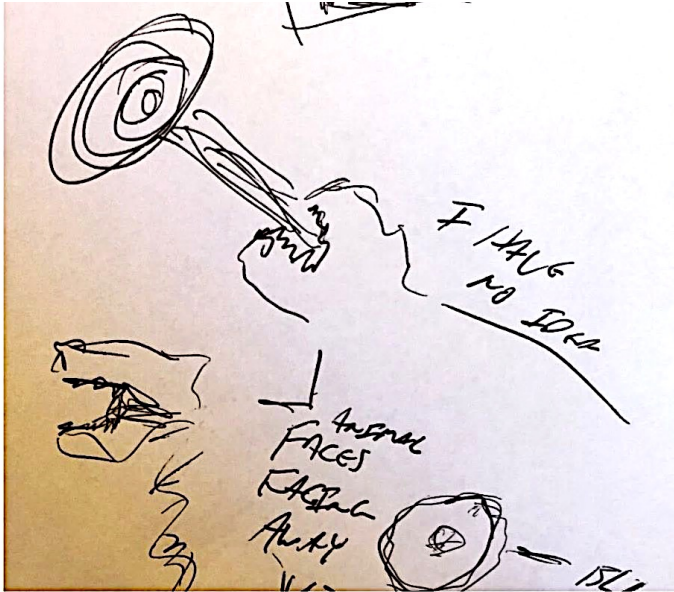
Coordinate: 752949

"I had images of dancing demons, dragons and dead soldiers or priests or royalty, dark, dangerous"

"Post viewing notes - I definitely saw sand, as in a sandy beach. Death was an overarching theme. The slayer of a black dragon came to mind. I had the idea of a roman coliseum."



Coordinate: 752949





Estocada Toreador Goes for the Bloody Kill Bull Fighting Mexico 2007
commons.wikimedia.org/wiki/File:Estocada_Toreador_Goes_for_the_Bloody_Kill_Bull_Fighting_Mexico_2007
_(1078407528).jpg

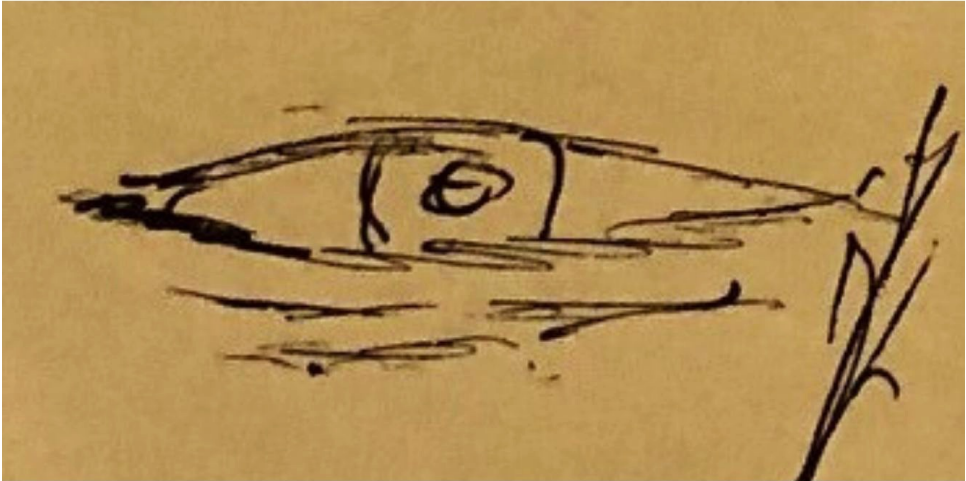
Coordinate: 752949

ANOMALY (described in pg. 50)



Signal and Noise

Coordinate: 752949



ANOMALY (described in pg. 51)

Name: Timothy Geary

Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 752949, which I will see today at 11:40A (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

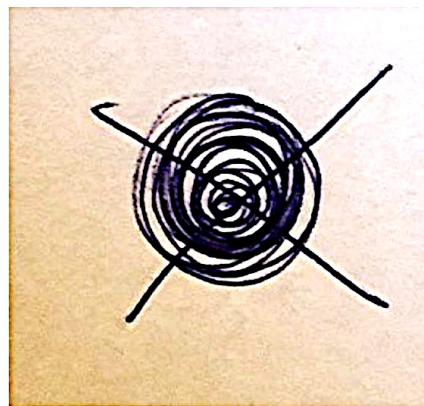
Tim's transcript from Oct. 3 2020

Name: Lynn Marie

Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 616847, which I will see today at 12:00pm (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

Lynn's transcript from Oct. 3 2020



Tim and Lynn had different target images that day, and neither one included this kind of shape, yet it appeared in both of their minds. Note that they drew this image on the same section of their transcripts (middle-right).

Signal and Noise

Name: Timothy Green

Intention and Expectation

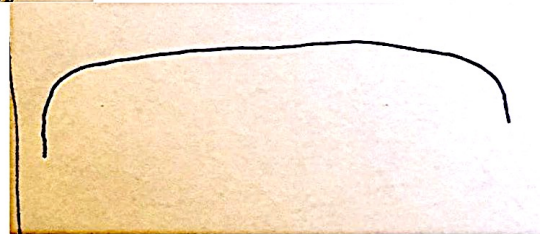
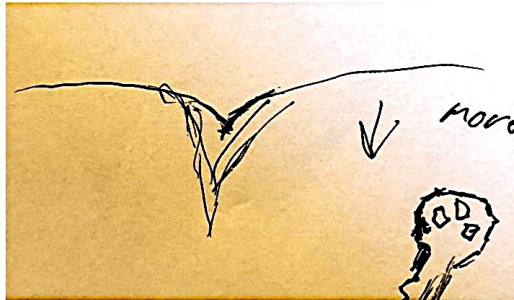
My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 752949 which I will see today at 11:40A (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

752849
752949
752949
752949
752949

Name: Lynn Marie

Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 616847 which I will see today at 12:00pm (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.



Another similarity in shape and placement on the paper.

Name: Timothy Geval

Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 752949, which I will see today at 11:40A (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

752949
752949
752949
752949
752949
752949

60%

Cable?
Mountains?
Dark Bubbles

Wave in Ocean?

Name: Lynn Marie

Intention and Expectation

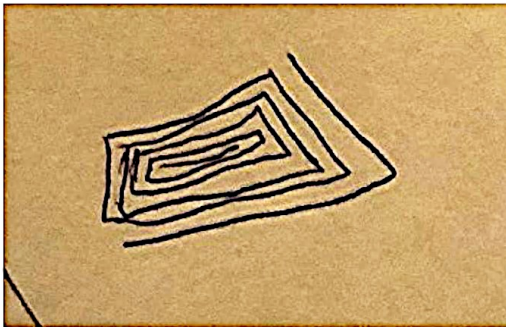
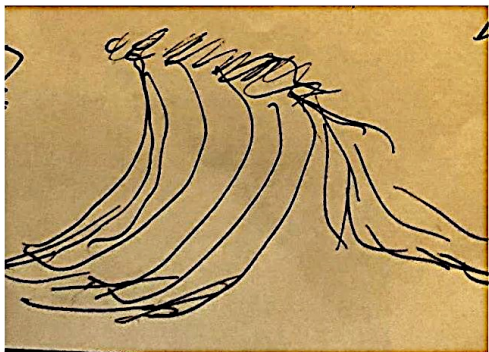
My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 616847, which I will see today at 12:00pm (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

8

Damned rock black/gray rigid

Outside place event depth

rainbow



Again, another similarity in shape and placement on the paper.

Signal and Noise

Name: Tommy Grew

Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 752949, which I will see today at 11:40A (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

752949
752949
752949
752949
752949
752949

WAVE? In Ocean?

Name: Lynn Marie

Intention and Expectation

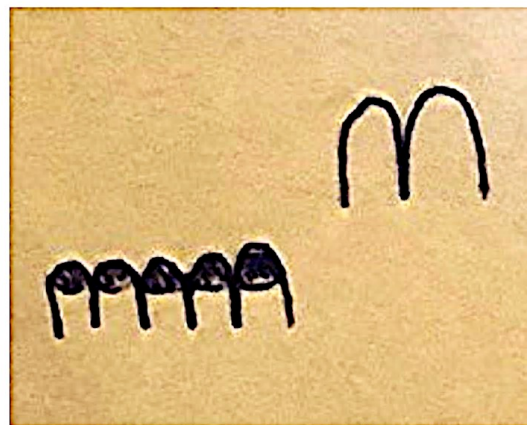
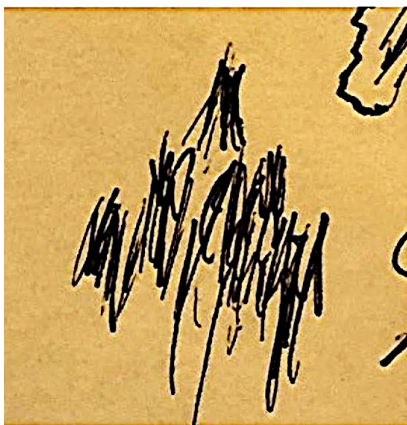
My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 616847, which I will see today at 12:00pm (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind becomes still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

outside
Place
event
depth

8

Paint
rock
black/gray
rigid

rainbow



Yet again, another similarity in shape and placement on the paper.

EXPERIMENT 2: EXCITATION WITH ICE WATER



Background (**Lottery Win #1**)

On September 15, the viewers arrived in my home, and everyone was looking forward to a full day of remote viewing. They already knew we'd be using the "Pick 3" lottery as our "random event generator," and they also knew we'd be trying something new to try to improve their psychic perception.

Our first activity that day comprised of using an electrical shock to provoke a state of what Andrija Puharich called "adrenergia,"²² and see if that would improve "signal transfer" from the future (the feedback session) into the past (days earlier, when the participants did their remote viewing sessions at home). Those details are shared later in this book, as Experiment 7.

Following that experiment, everyone had a good laugh, and we were all in good spirits. We shifted gears and prepared to do a fresh viewing session, this time using our "team-style" design to predict the lottery.

Just before everyone began their viewing session, I told them my special plans for the feedback session, which would happen around four hours from then, as soon as the winning lotto numbers were posted online.

I let them know that I'd have a couple buckets of ice water waiting for them. If they wanted to, they could enhance their feedback session by dunking one of their arms into the freezing cold water at the same time they opened up their feedback image (I'd put their images in envelopes marked with their coordinates). The main instruction was to stare at their feedback image while their arm became colder and colder, until they decided to pull it out.

The "ice water experiment" is a well-known technique in psychology. It's a great way to induce pain in a subject without causing any permanent damage. Pain causes stress, and the body experiences several changes in the cardiovascular system, in the production of neurotransmitters and hormones, and how thoughts and memories are organized in the brain.

²² Puharich, Andrija. (1973). *Beyond Telepathy*. Anchor Press.

Of course, this was offered as an “optional” part of the remote viewing experiment. I was a little nervous that nobody would want to participate, even though they’d had fun with the earlier experiment (the electric shock). But, I wouldn’t need to worry since almost everyone participated.

In the course of describing what their feedback session would be like, I encouraged them to pay special attention *now*, during their viewing session. I hypothesized that imagery from the feedback session (in the future) would appear more vividly because of their physiological response to the cold water. Or, perhaps there’d at least be an increase in the quantity of images and descriptors.

“Remember,” I told them, “when you do your viewing, you’ll be receiving information that your ‘future you’ is sending you. And, your ‘future you’ is going to be experiencing some intense sensations at the time, so, see if any psychic impressions stand out more than usual.”

As each viewer handed me their transcript, I compared it to their unique set of alternate target images. If I wasn’t sure about what I was seeing, I invited the viewer to look at the alternate images and help me decide. Then, I made a note of “Y” or “N” on my little tracking sheet to track our predictions (image below).

Then, everyone left to have lunch and buy their own lotto tickets. Everyone made independent decisions about what combination of numbers to purchase for their tickets.

Everyone returned after lunch, and we waited as I updated the lotto website every few minutes to see if the winning numbers had been posted yet. When they were, I handed out the appropriate feedback image to each viewer. Now, my role was to make sure I gave them the right image. For example, Heather’s coordinate was associated with the number 4, which was NOT drawn. Therefore, I had to make sure I gave her the target image which was assigned to the outcome of “4 NOT drawn.”

They took turns sitting down on the floor next to one of the buckets of ice water, and submerging one of their arms while opening their envelopes with the other hand to see their feedback. It was slightly difficult for them to unfold their pictures with the one dry hand, but they managed alright.

One by one, they felt the cold, burning and achy sensations while they took in the colors, shapes and meanings represented by their photo, knowing that *at that very moment*, they were “sending” a signal to their “past selves.”

Signal and Noise

After they completed their feedback session, I announced the drawn numbers, hoping that at least one person would have a winning ticket.

As you can tell by the title of this chapter, we succeeded in predicting the winning numbers. In full disclosure, we actually predicted six possible winning numbers, 1,**3**,5,7,**8**,**9**. That's three too many! The actual winning numbers were **9,3,8**.

I already knew my ticket wasn't a winner. I bought five combinations, and in three of them, I got two out of three correct. Imagine the happy-yet-frustrated groan I had to suppress to keep from announcing the results too soon!

Yet, I was elated to hear expressions of joy emerge among our group after Stacy and Michelle checked their tickets, announcing they had won.

How to Review the Following Transcripts

In each viewer's session, you'll first be shown their transcript. After that, you'll see both of their alternate target images. The one on top reflects the predicted outcome, the photo we thought best connected to the transcript. As you'll see, the note above the top image will tell you whether the prediction was a "hit" or a "miss." If it was a "miss," it meant the bottom image represented the actual outcome, and thus was their feedback picture.

With Stacy and Michelle, the two viewers who selected the correct combination of numbers from our "prediction set" to win the Pick 3 lottery on September 15, 2019



My ticket. As you can see, I bought five combinations of numbers for Sept. 15. The actual winning numbers were 9,3,8, so on row A, D, and E, I got two out of three.





Group photo after winning the Sept 15
"Pick 3" and doing some spoon bending
together.

Tim, Carol, and Lynn are dunking their arms
in the buckets of ice-water we used to
intensify the "signal"

TRAINING SYSTEM USERS PAUSE HERE

Before turning any more pages, here are your remote viewing assignments for this section:

*Note: You can try the **ice water experiment** at home. Simply dunk your arm in a bucket of cold ice water while you look at the feedback image. Holding it there until you feel some level of discomfort is important, but there's no need to torture yourself. Your arm will feel cold, then burning, then achy. **WARNING:** Forcing your arm to remain in the water longer than that could cause tissue damage, so don't prolong the experience unnecessarily.

Don't forget that you can also listen to the induction during your viewing session. Get it at **www.SignalAndNoiseBook.com/Downloads**

Coordinate

Feedback

343865	www.SignalAndNoiseBook.com/343865
014014	www.SignalAndNoiseBook.com/014014
542015	www.SignalAndNoiseBook.com/542015
276365	www.SignalAndNoiseBook.com/276365
837484	www.SignalAndNoiseBook.com/837484
972565	www.SignalAndNoiseBook.com/972565
495474	www.SignalAndNoiseBook.com/495474
824195	www.SignalAndNoiseBook.com/824195

On the website, you will not be shown the *alternate* image, only the correct feedback image. This is to remove the risk of “**displacement**,” combining images from both targets into the psychic signal.

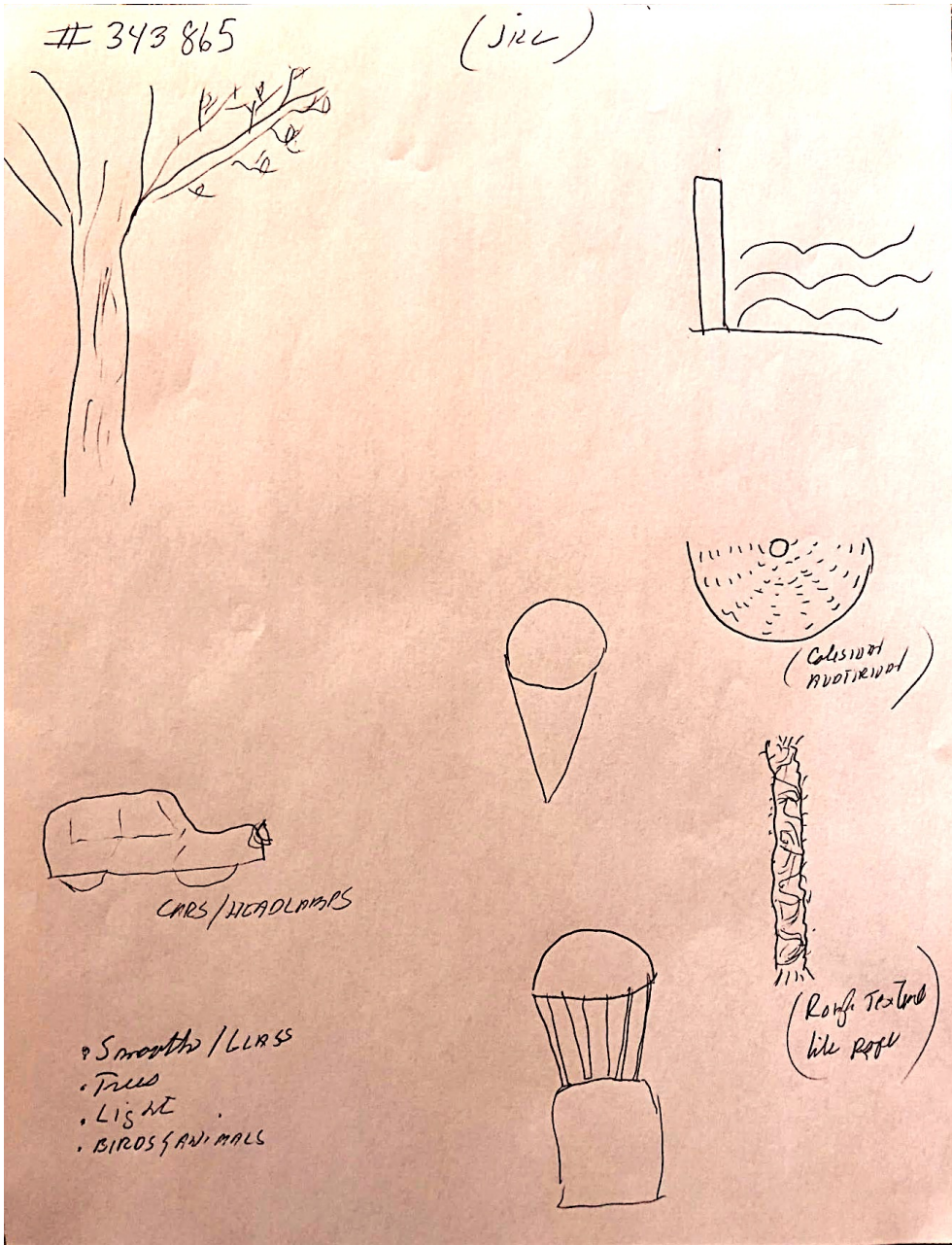
After you have done as many sessions as you wish, you can continue turning the pages for this section to see how the other viewers did. Note that the feedback images are also printed in the following pages.

Sept 15 judging sheet
Actual winning numbers were 9-3-8

N _s	0	343865	Jill
Y	1	014014	Middle
	2	684350	
Y _s	3	542015	Tim
N	4	276365	Heather
Y _s	5	837484	Lynn
	6	1422585	
Y _m	7	972565	Cheryl
the Y	8	495474	Carol
Y _s	9	824195	Stacy

Coordinate: 343865
Viewer: Jill

September 15, 2019



Signal and Noise

Coordinate: 343865

Prediction: 0 is NOT drawn - hit



Alternate image: 0 is drawn



Coordinate: 343865

• Smooth / GLASS
• Trees
• LIGHT
• BIRDS & ANIMALS



"Rough textured, like rope"

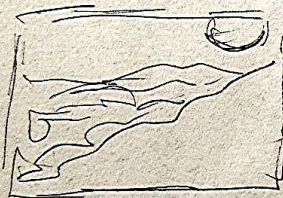
Name: Michelle Cox

Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 014014, which I will see today at 2:00 - 2:15 p. (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

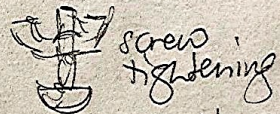
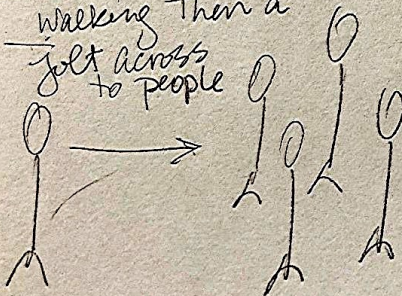
anticipation
stirring in my belly

organized
contents



sunset
coffee / aroma
steam

walking then a
jolt across
to people



screws
tightening
satisfaction
completion

body sensation - food sharp pain
outside (P) - inside arch /
had been quiet

Coordinate: 014014

Prediction: 1 is drawn - miss

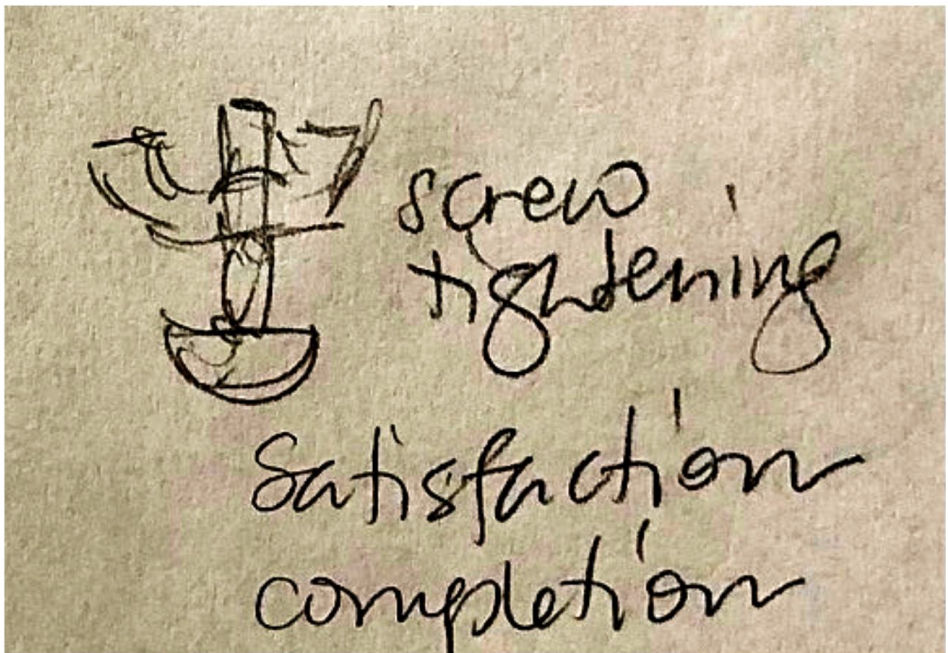


Alternate image: 1 is NOT drawn



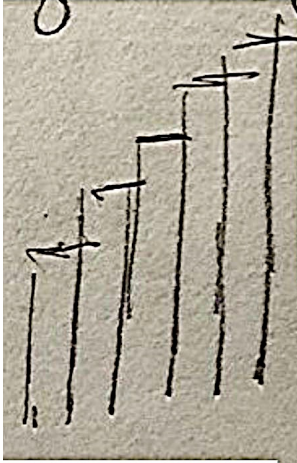
Coordinate: 014014

As the analyst, I chose the wrong alternate image because of this single drawing in Michelle's transcript. It was so clear and specific that I basically ignored the two other images from her transcript which, if I'd paid more attention, would've given me pause and probably steered me to choosing the other image instead. This is a case of "**displacement**" where aspects of both possible target images enter the viewer's awareness and get recorded on the transcript.

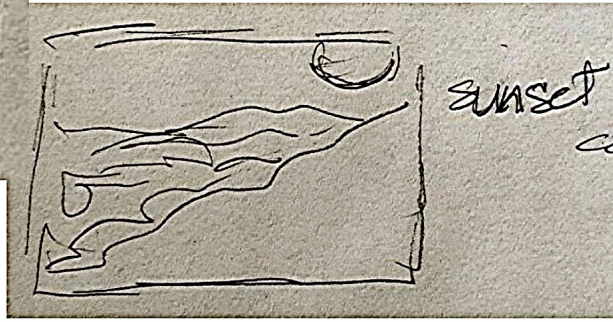


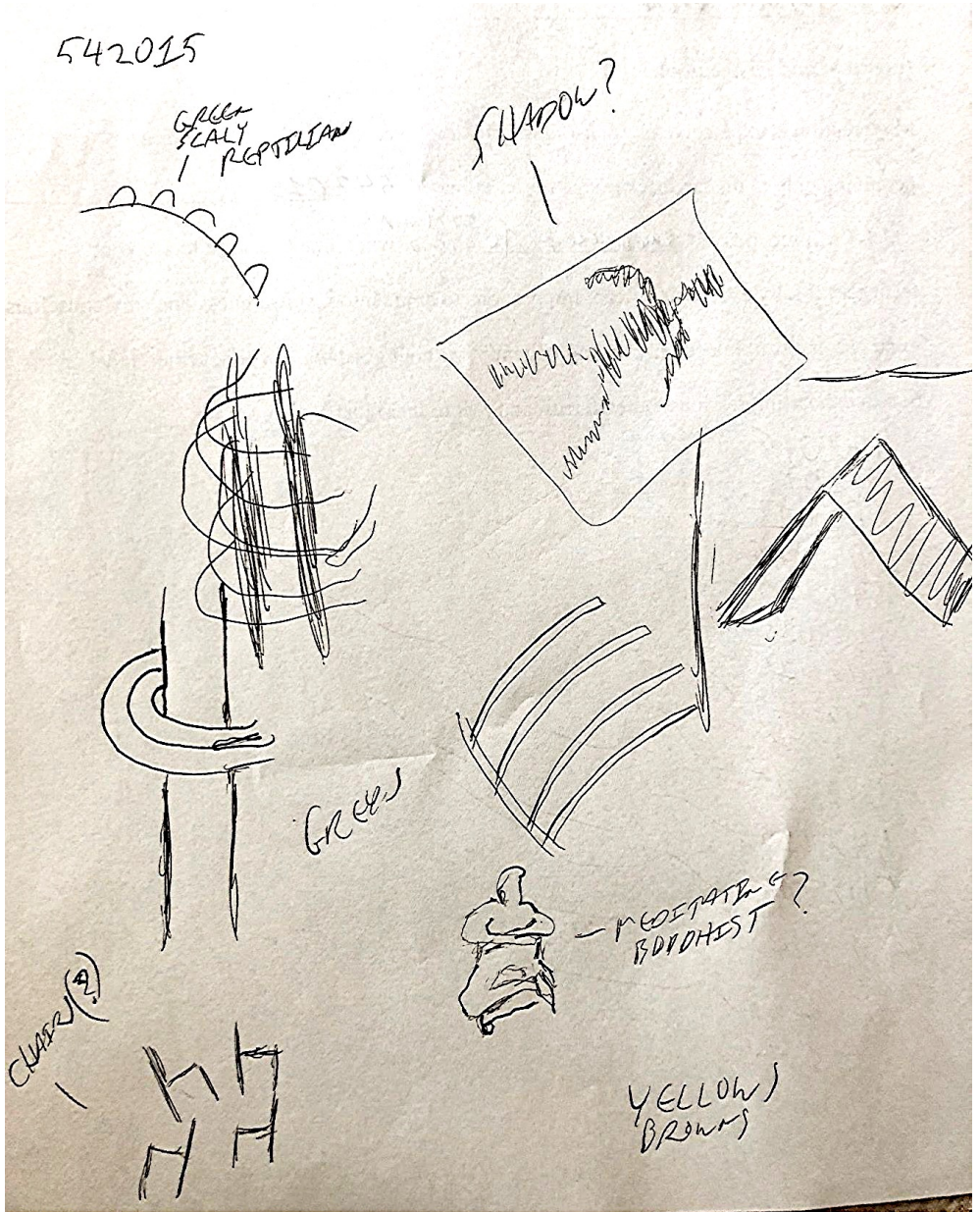
Coordinate: 014014

These are the two images from Michelle's transcript I should've paid more attention to instead of the one on the previous page.

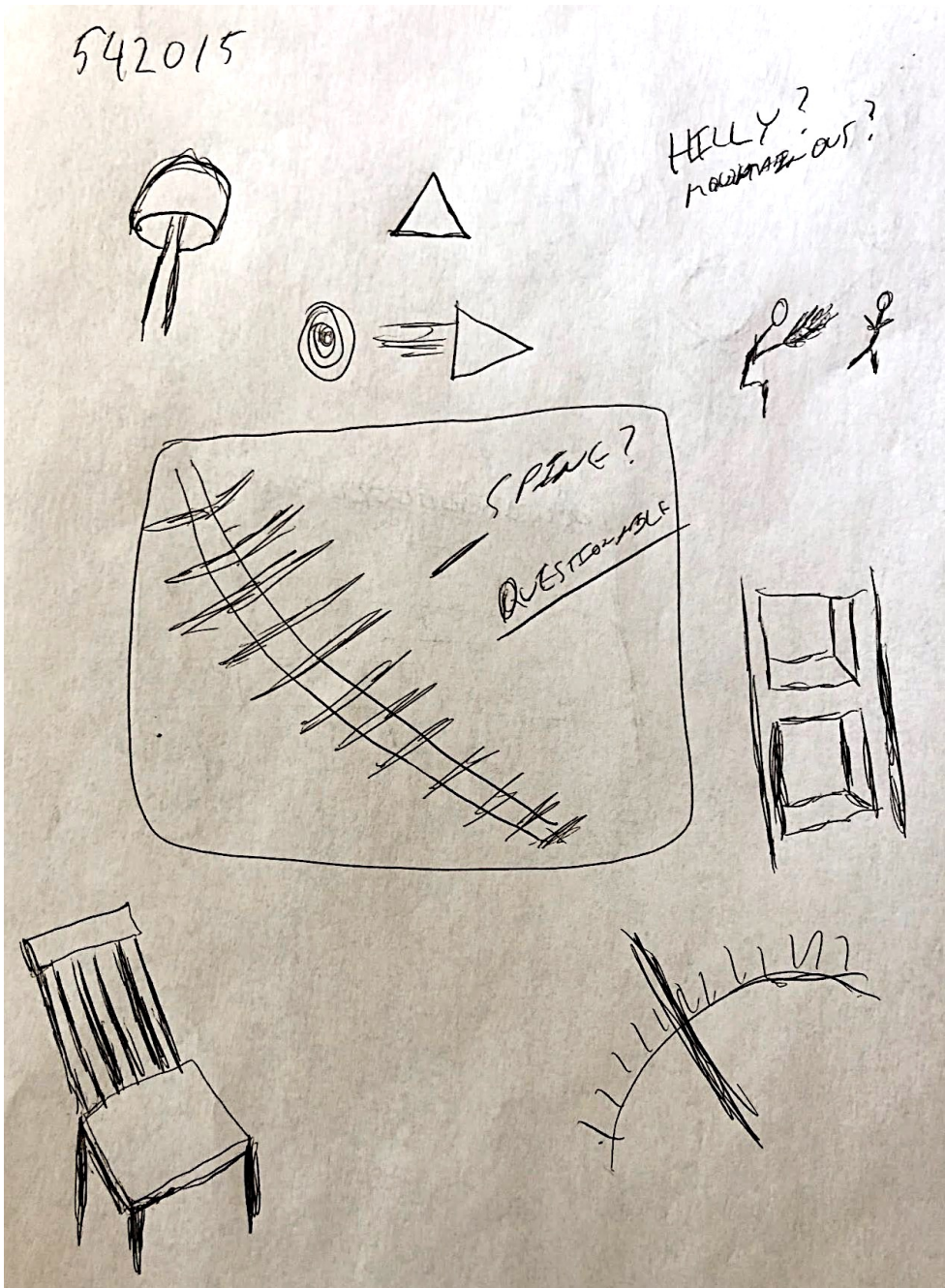


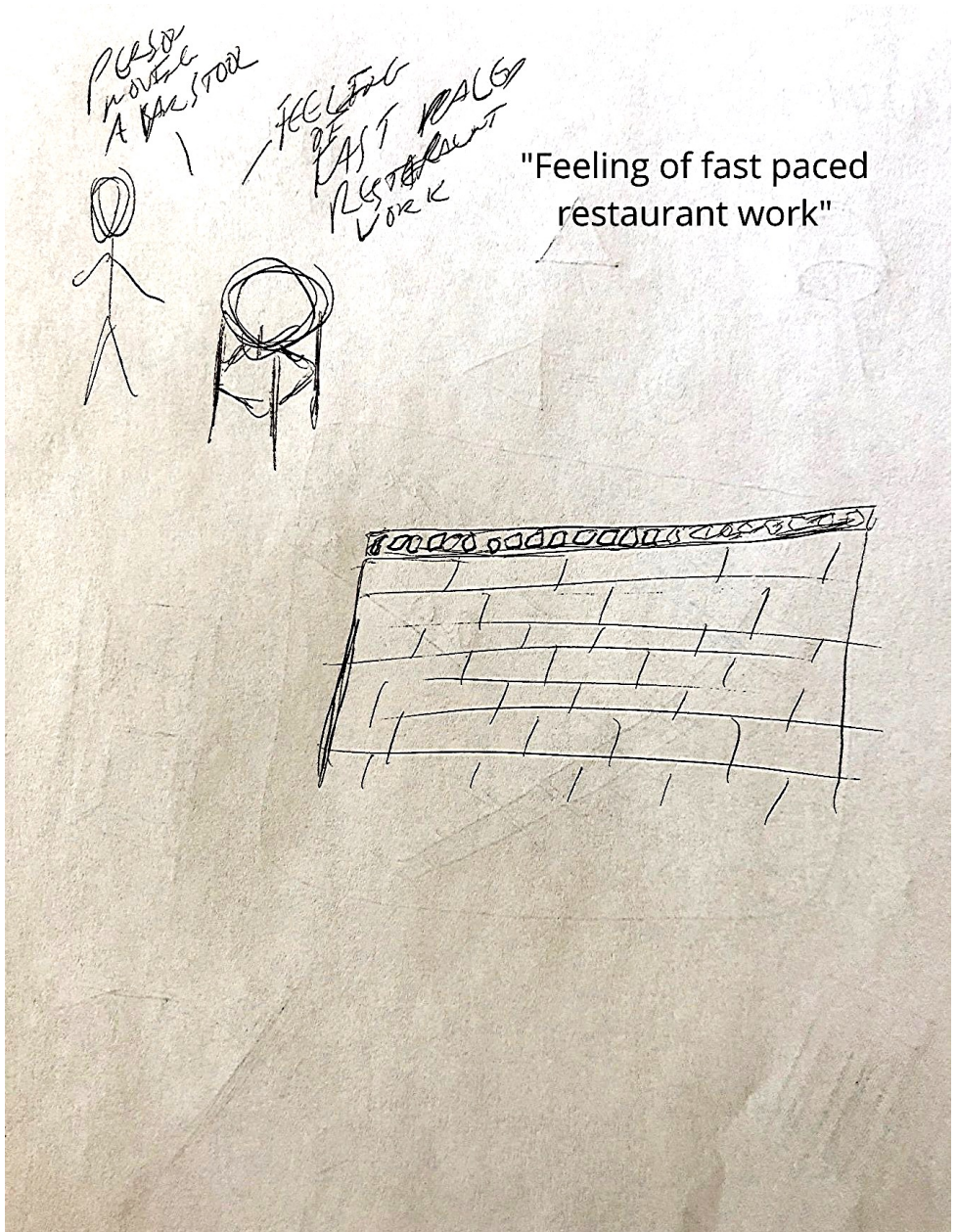
"sunset"





Coordinate: 542015





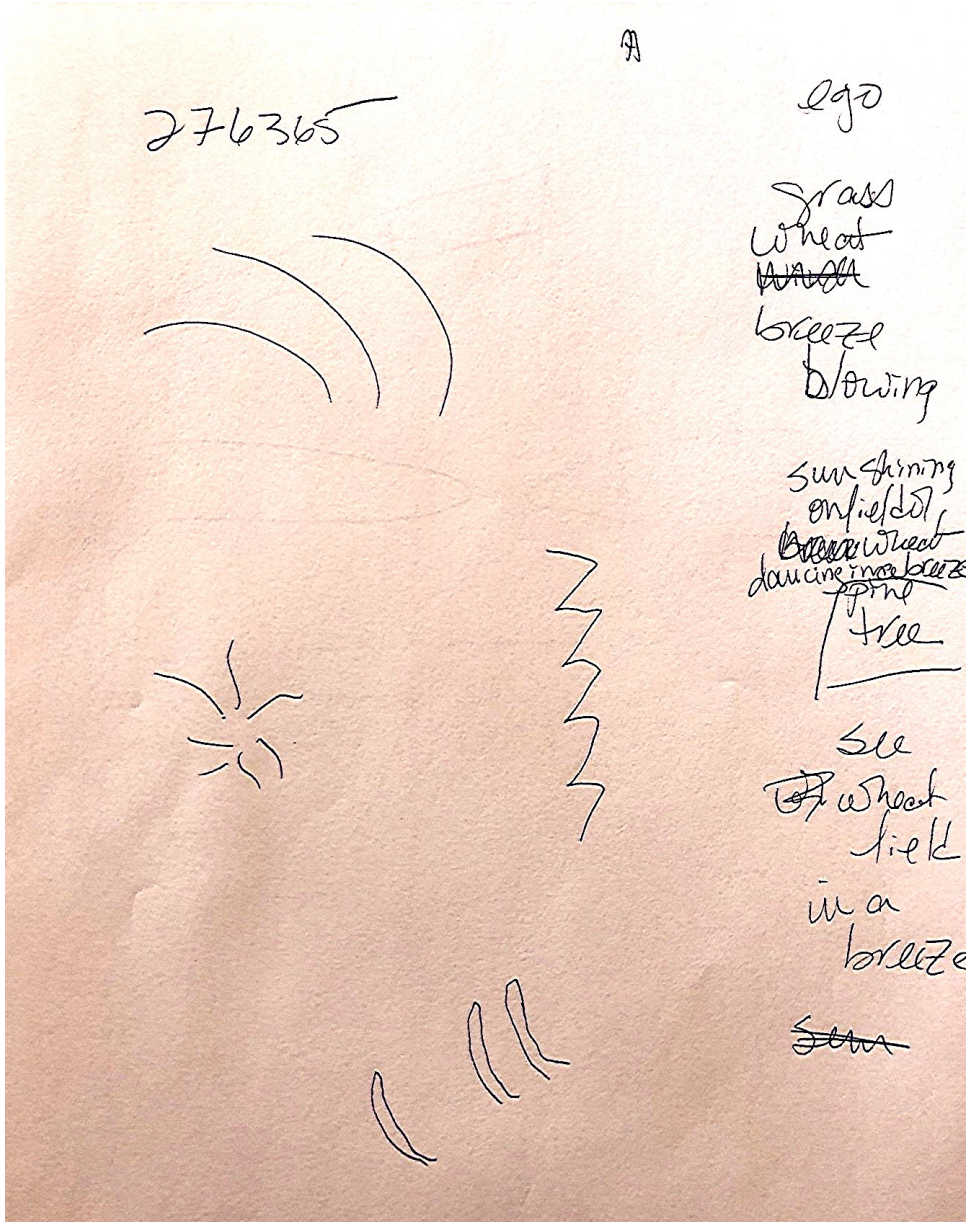
Coordinate: 542015

Prediction: 3 is drawn - hit

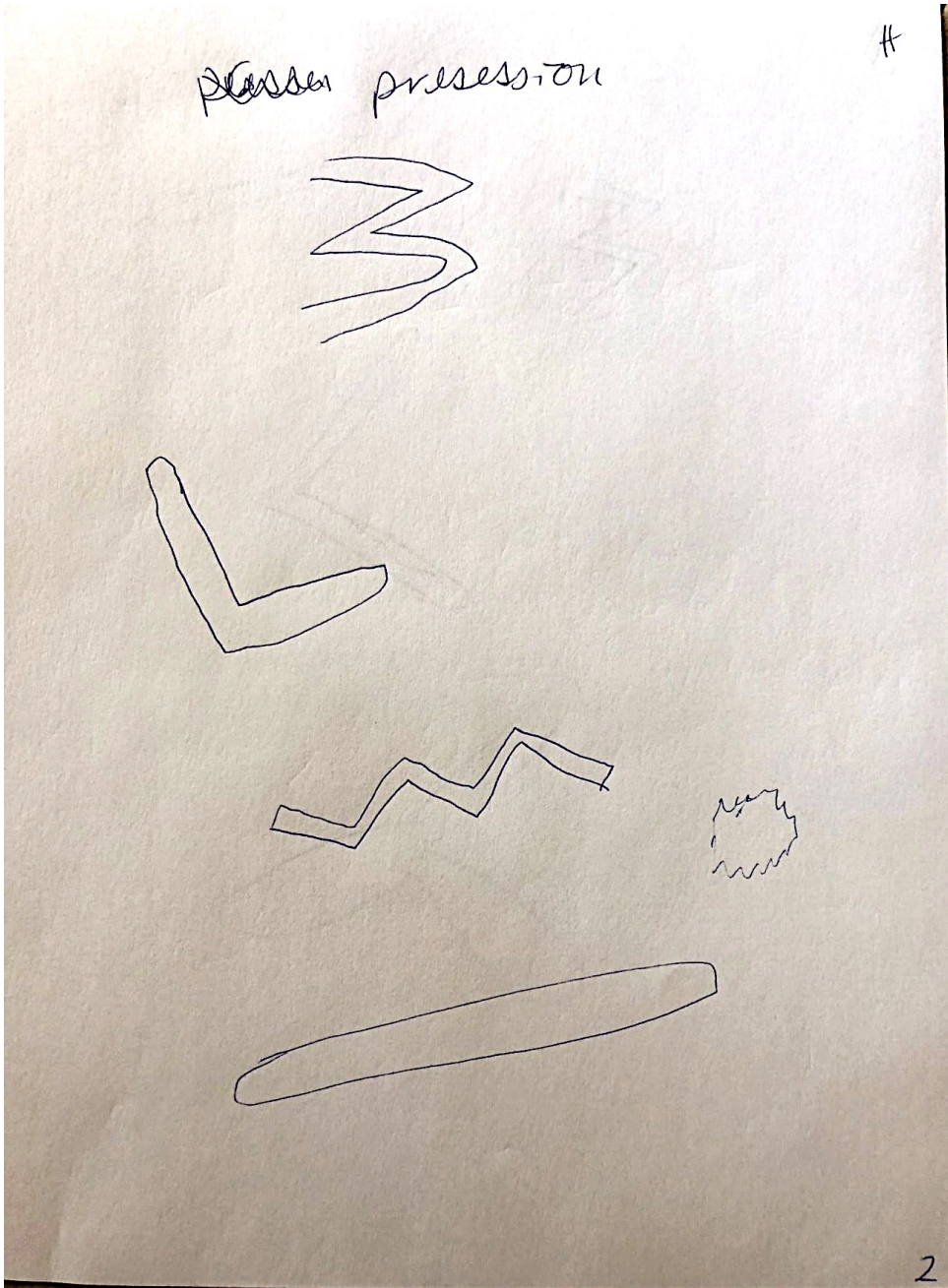


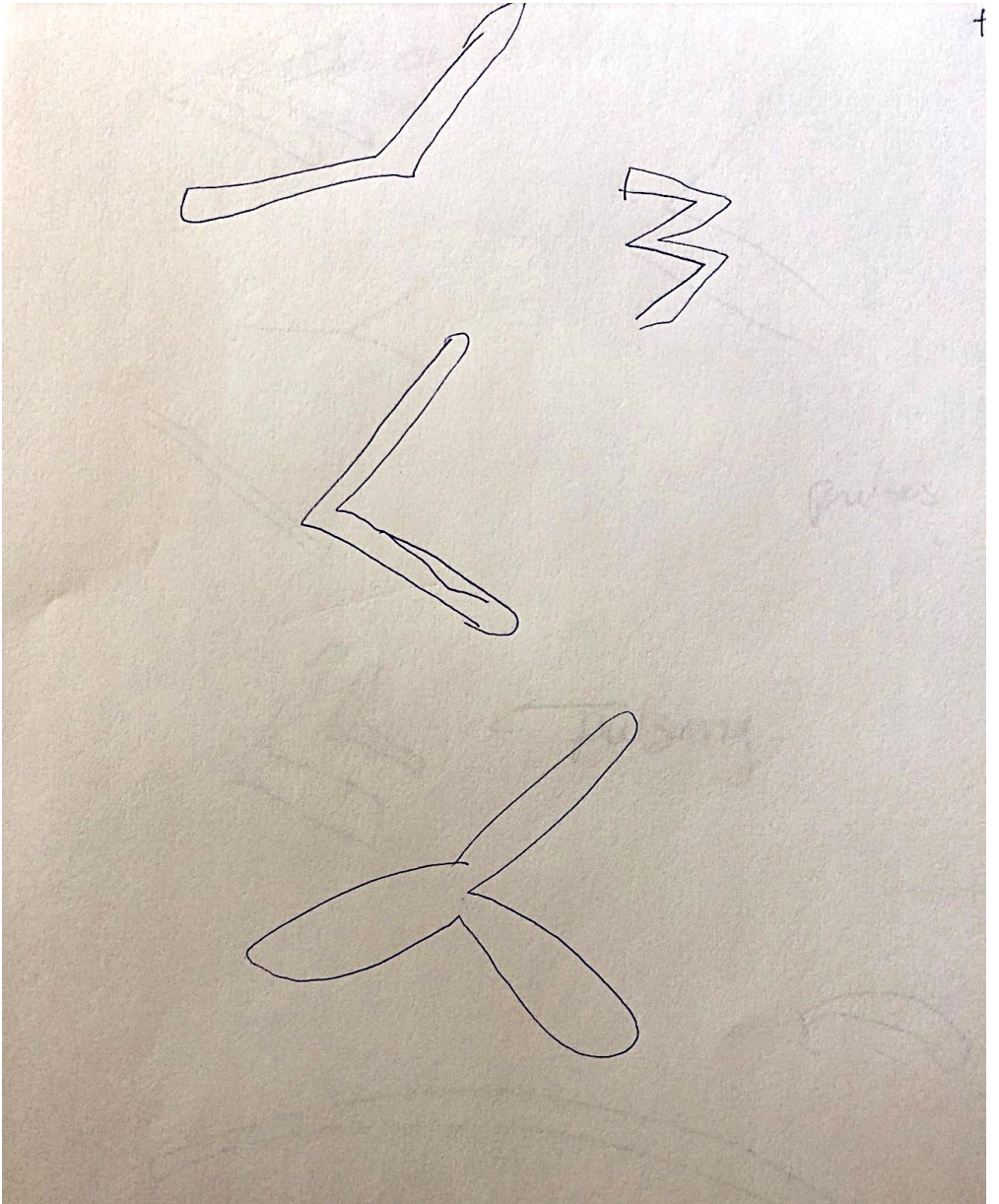
Alternate image: 3 is NOT drawn



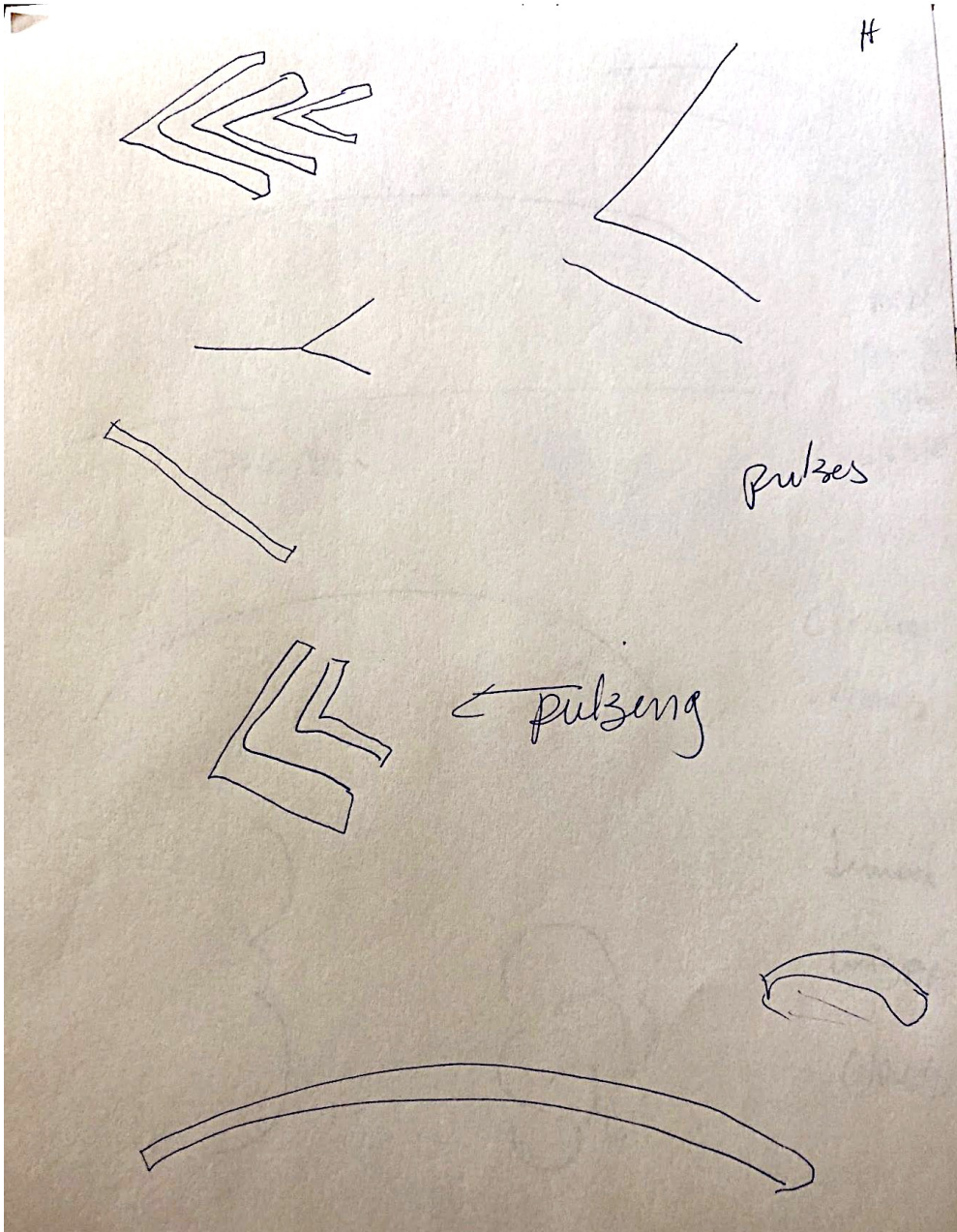


Coordinate: 276365





Coordinate: 276365



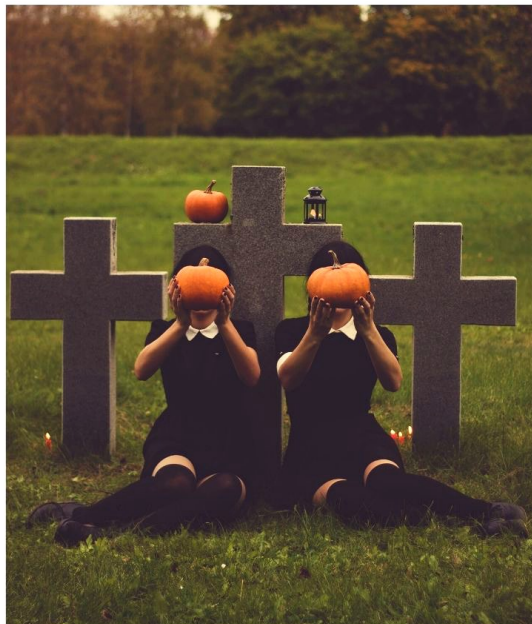
Signal and Noise

Coordinate: 276365

Prediction: 4 is NOT drawn - hit



Alternate image: 4 is drawn



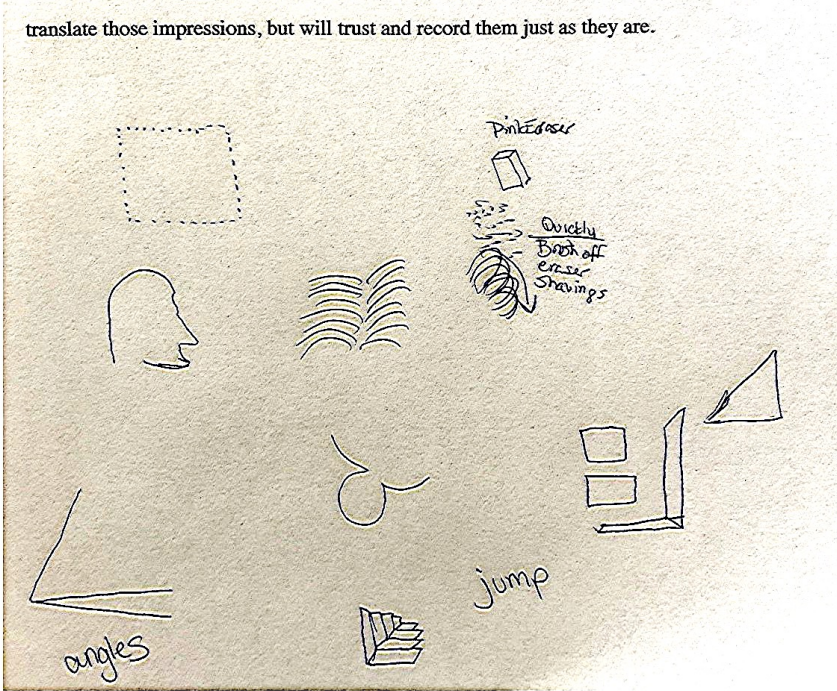
Coordinate: 837484
Viewer: Lynn

September 15, 2019

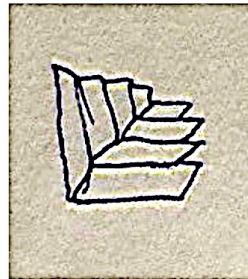
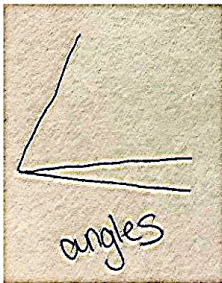
Name: LynnMarie

Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 837484 which I will see today at 2:10pm (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.



Enlargements



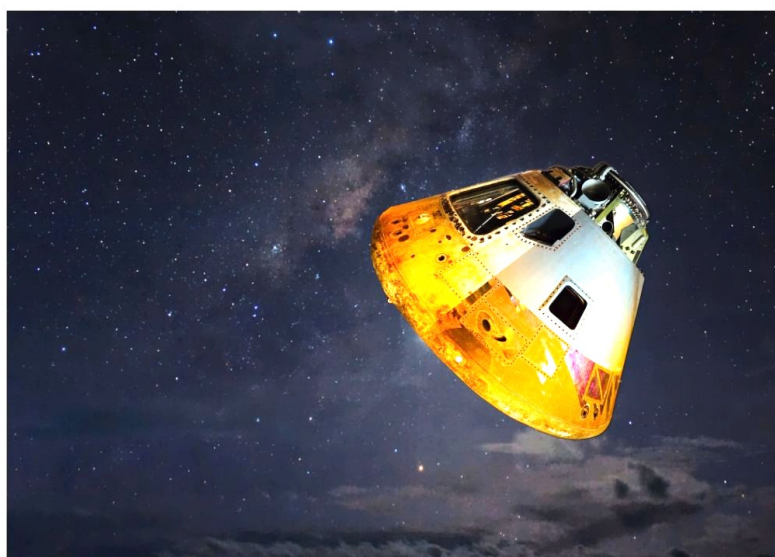
Signal and Noise

Coordinate: 837484

Prediction: 5 is drawn - miss

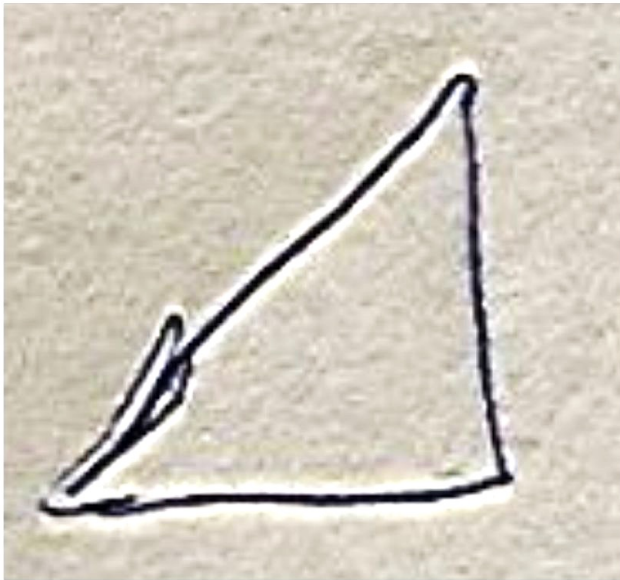


Alternate image: 5 is NOT drawn



Coordinate: 837484

In hindsight, we see the small drawing on the right edge of Lynn's transcript was an accurate depiction of the correct photo.



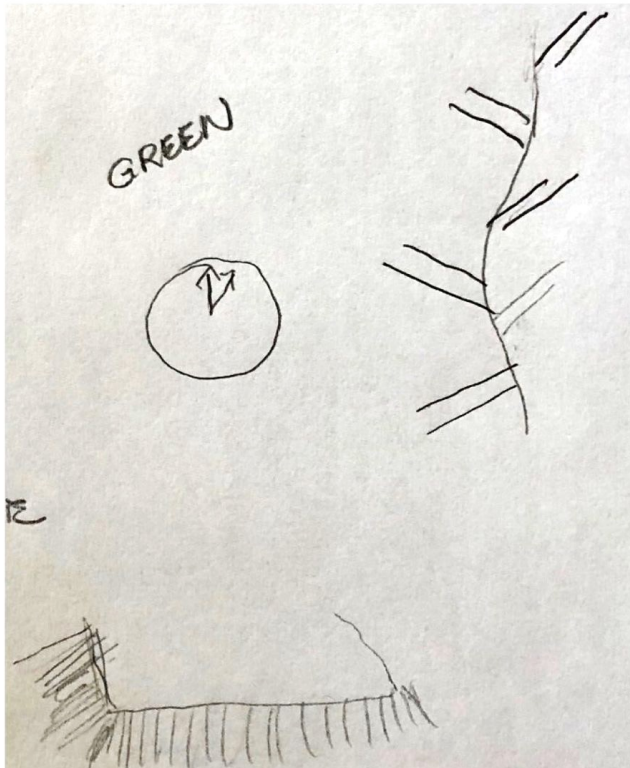
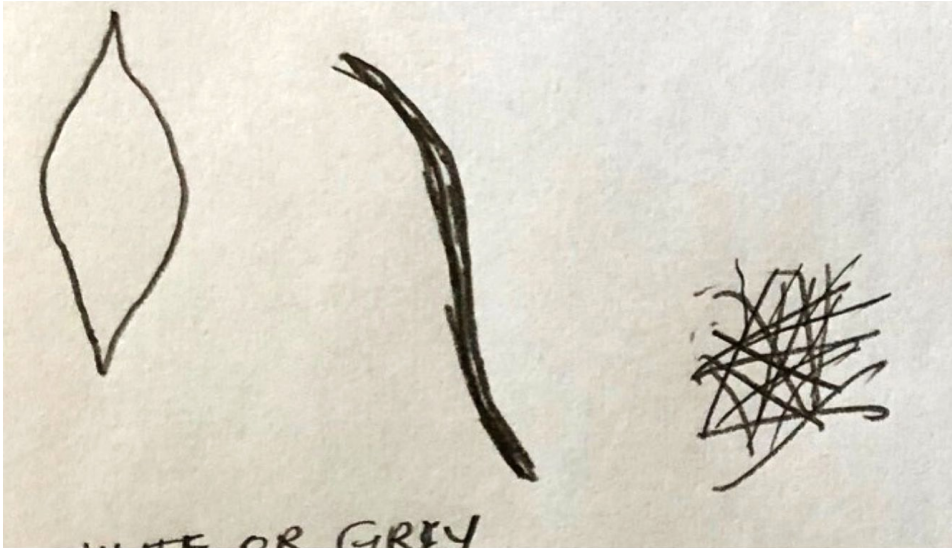
Name: CHERYL MACENIA

Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 972565, which I will see today at 2:00 - 2:15 pm (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.



Coordinate: 972565



Signal and Noise

Coordinate: 972565

This is a perfect example of the problem of using target photos which feature circles and spheres.

Prediction: 7 is drawn - miss

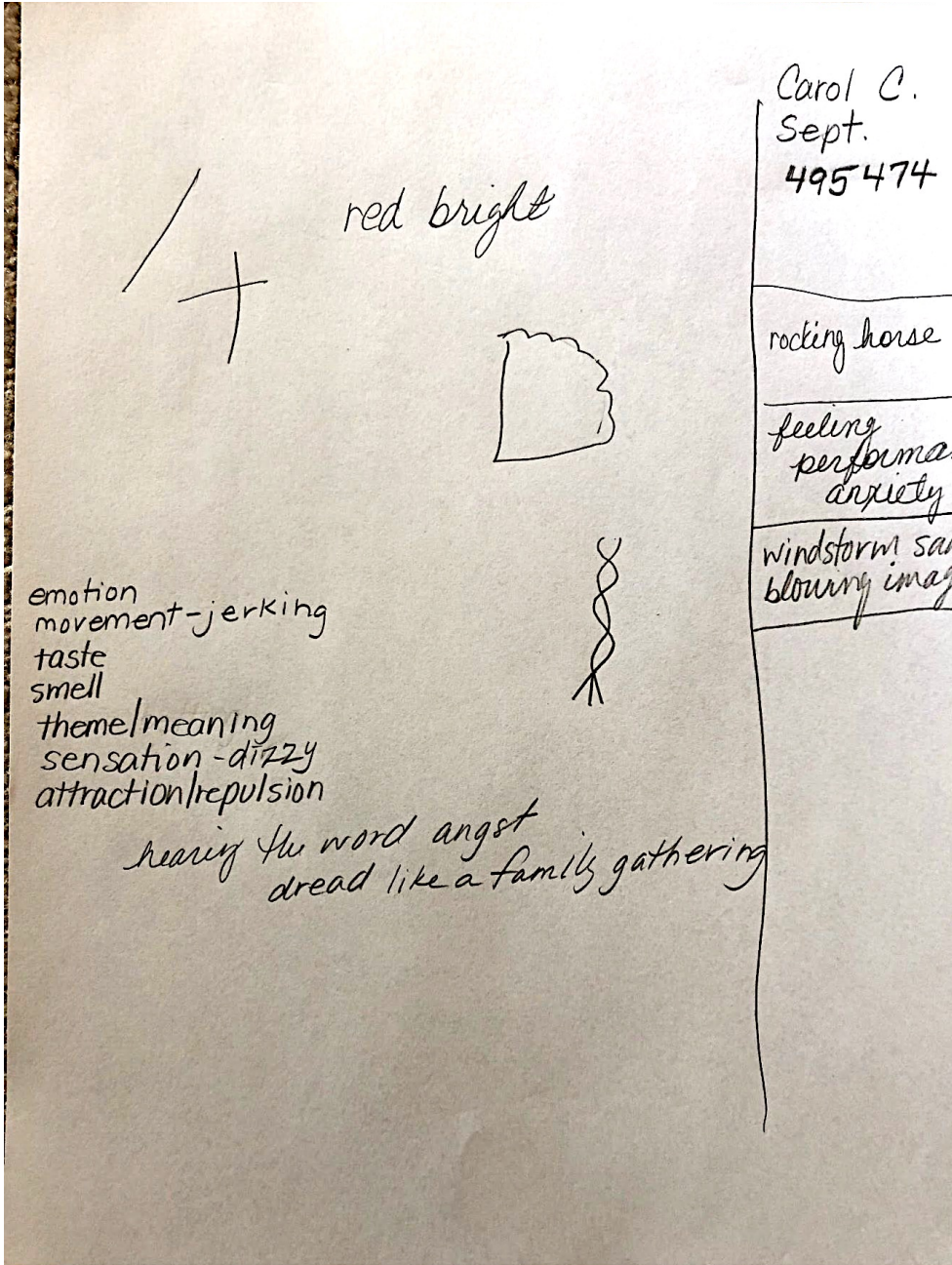


Actual outcome: 7 is NOT drawn



Coordinate: 495474
Viewer: Carol

September 15, 2019



Signal and Noise

Coordinate: 495474

Prediction: 8 is drawn - hit



Alternate image: 8 is NOT drawn



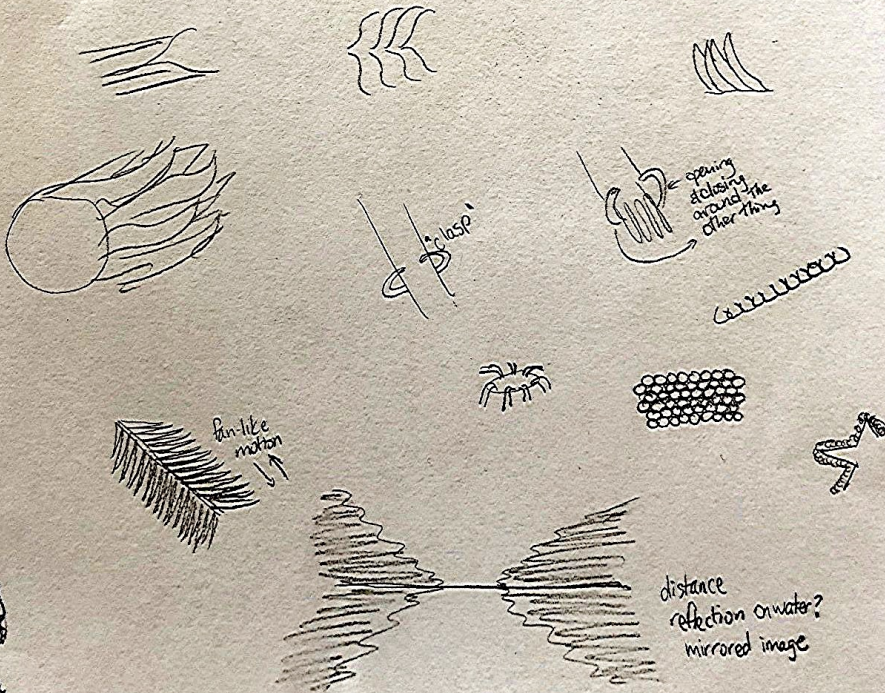
Coordinate: 824195
Viewer: Stacy

September 15, 2019

Name: Stacy L.

Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 824195, which I will see today at 2-2³⁰ PM (choose what time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.



Signal and Noise

Coordinate: 824195

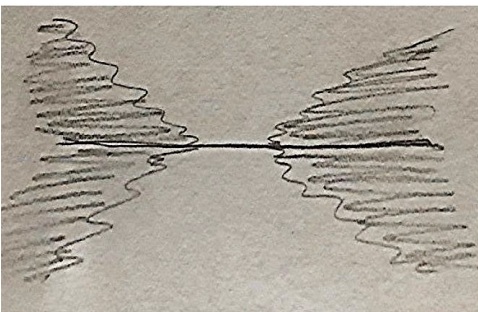
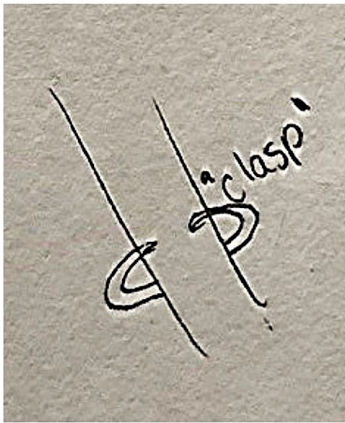
Prediction: 9 is drawn - hit



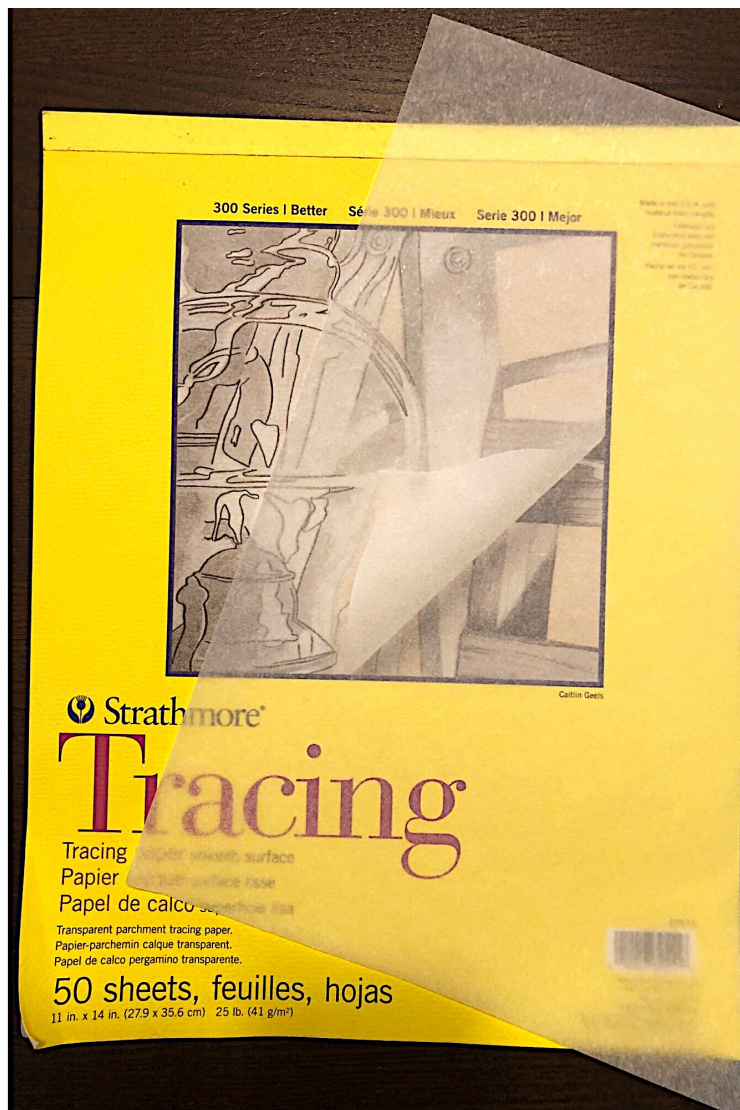
Alternate image: 9 is NOT drawn



Coordinate: 824195



EXPERIMENT 3: REMOTE INFLUENCING - PSYCHIC TRACING (Oct.)



Background

Other researchers I learned about in “Psychic Discoveries Behind the Iron Curtain” were L. L. Vasiliev and his colleague I. F. Tomashevsky. Their experiments had to do with using a combination of telepathy and hypnosis to put their subjects to sleep on command. They could do this to a subject in the same room, in another room, or even miles away.

The chapter on Vasiliev mentioned a book he’d written himself, titled “Experiments in Mental Suggestion.”²³ I was happy to discover even though he’d originally published it in 1963, his book is still being printed by Hampton Roads as part of their “Studies in Consciousness/Russell Targ Editions” series. I ordered a copy right away. I was very interested to learn more about this man.

Two chapters from his book were influential in the experiment you’ll see in the following pages. In his chapter 4, “Mental Suggestion of Motor Acts,” he described experiments where a sender telepathically caused a receiver in another room to move a certain part of their body, such as their arm, in a specific way.

In his Chapter 5, “Mental Suggestion of Visual Images and Sensations,” a sender is described having transmitted an image to the “percipient,” who then moved a wooden board on wheels (with pencil attached) across a piece of paper. Examples of the transmitted images include a circle with a cross on top, the letter “y,” and the name “Elma,” who was a deceased woman known to the sender. The results were intriguing.

I decided to combine three phenomena, the mental suggestion of a motor act, the mental suggestion of visual images, and telepathy-across-time. These would be the basis of our group’s next set of experiments.

²³ Vasiliev, L.L. (2002). *Experiments in Mental Suggestion*. Hampton Road Publishing Company, Inc.

Signal and Noise

In our case, the receiver (viewing) and sender (feedback) would be the same person. I'll describe it by asking the reader to imagine the remote viewers "in the future," at the time of doing their feedback session in my home, after we've received the lottery results and determined which images they would be shown.

Their task was to send the information about their feedback image (the correct target photo) back in time to themselves at the time they did their viewing, several hours earlier. But this time, they had an additional task. I handed each of them a piece of translucent tracing paper, with instructions to lay it over the feedback picture and slowly trace the significant lines. At the same time, they were to intend to send two experiences back in time:

1. The imagery of the lines they drew on the tracing paper
2. The sensation of their arm and hand movements (of the limb being used to draw)

Now, let's go back in time, a few hours earlier, when the viewers began their viewing sessions. They'd been given their coordinates and have spent some time in their "cool down" process, then putting their impressions down on paper as usual.

This time, though, I added a new stage to the process. When they were finished, I handed each of them a piece of thick, 9"x12" drawing paper. Then, I repeated an induction similar to ones I'd used before, returning them to a more receptive state. Since the interruption of introducing a new piece of paper and explaining we'd be doing something new had shifted their minds to a more "beta"/alert state), they needed to relax again before proceeding.

Then, I asked them to simply allow themselves to feel into their future selves at their "feedback time." More than that, they were to feel the sensation of their "future arm" moving over the tracing paper, and to allow their present arm to move accordingly, while putting pen to paper.²⁴

My aim was to help them establish a telepathic link with their future selves, and use "remote influencing," not only across space, but across *time*, to put lines to paper.

We did a morning and afternoon session on October 12, but unfortunately we didn't have enough viewers to predict all the numbers for the lottery. It was still a valuable experiment because the results were jaw-dropping.

²⁴ The induction for "psychic tracing" can be downloaded from www.SignalAndNoiseBook.com/Downloads

The primary goal, of course, was for the viewers to perceive and record *more* information, and *higher-quality* information, in order to help determine which of the two possible target pictures they'd be seeing in the future (as their feedback image.)

Choosing Appropriate Target Images

RV trainers and taskers should know that I was careful in hand-picking the potential target images for our tracing experiments. I sought out images with portions which included long, bold, or spatially distinct aspects, making them amenable to tracing. I believe any pictures which were too “busy” would produce more noise than signal.

I also believe simpler, clearer, and more distinct images had more of a signal-capacity to them. If you use a computerized or randomized program for target assignment, you'll need some way to ensure the pictures are fit for tracing. Remember, our purposes here were to make a correct prediction, and not to burden the viewers with busy, overly-complex feedback images.

How to Review the Following Transcripts

In each viewer's session, you'll first be shown their primary transcript. After that, you'll see a page with the following two photos:

1. Their “psychic tracing”, based on the arm movements they made on the drawing paper during the second half of their viewing session
2. Their *actual* tracing of the correct target image at feedback time

You'll see in most cases, the information from their tracings was far more helpful for choosing the correct target image than their primary transcripts were.

In a couple cases, tracings were done on the same page as the primary transcript. Sometimes, the viewer yielded more information in the primary transcript than in the tracing.

In some examples, the similarity between the design and shape of the images produced stands out. In others, it's the particular pen-strokes which matched, even if they didn't represent a specific object in the image.

Signal and Noise

A good example of this is Michelle Cox' transcript for coordinate 762929. You'll see how her pen lines depict her arms strokes used to do draw the lines which represent the water surrounding the central object in the picture.

Finally, you'll be shown both the correct target image (the feedback picture) and the alternate image below it.

TRAINING SYSTEM USERS PAUSE HERE

Before turning any more pages, here are your remote viewing assignments for this section:

*Special note: in the “Background” section on the last couple pages, you read how the viewers used tracing paper during the feedback sessions, and how they became receptive to their future arm movements during their viewing sessions. You can easily go through the same process at home after purchasing some tracing paper.

If you’d like to download my induction for psychic tracing, and listen to it during your viewing session, go to:

www.SignalAndNoiseBook.com/Downloads

Coordinate

Get Your Feedback:

134553	www.SignalAndNoiseBook.com/134553
645729	www.SignalAndNoiseBook.com/645729
762204	www.SignalAndNoiseBook.com/762204
167713	www.SignalAndNoiseBook.com/167713
523807	www.SignalAndNoiseBook.com/523807
762929	www.SignalAndNoiseBook.com/762929
504915	www.SignalAndNoiseBook.com/504915
110153	www.SignalAndNoiseBook.com/110153
504656	www.SignalAndNoiseBook.com/504656
672205	www.SignalAndNoiseBook.com/672205
449096	www.SignalAndNoiseBook.com/449096
868489	www.SignalAndNoiseBook.com/868489

After you have done as many sessions as you wish, you can continue turning the pages for this section to see how the viewers did.

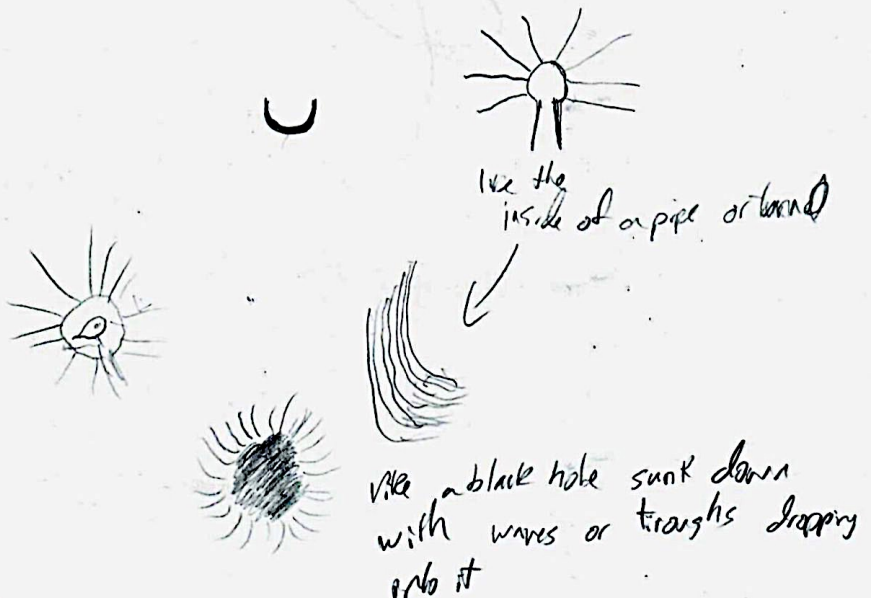
Name: David 

Intention and Expectation

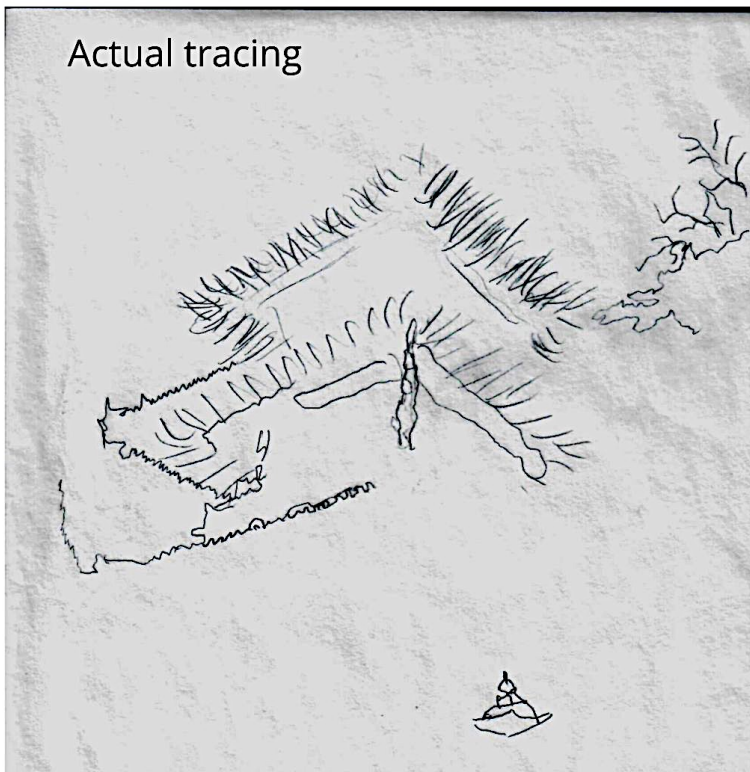
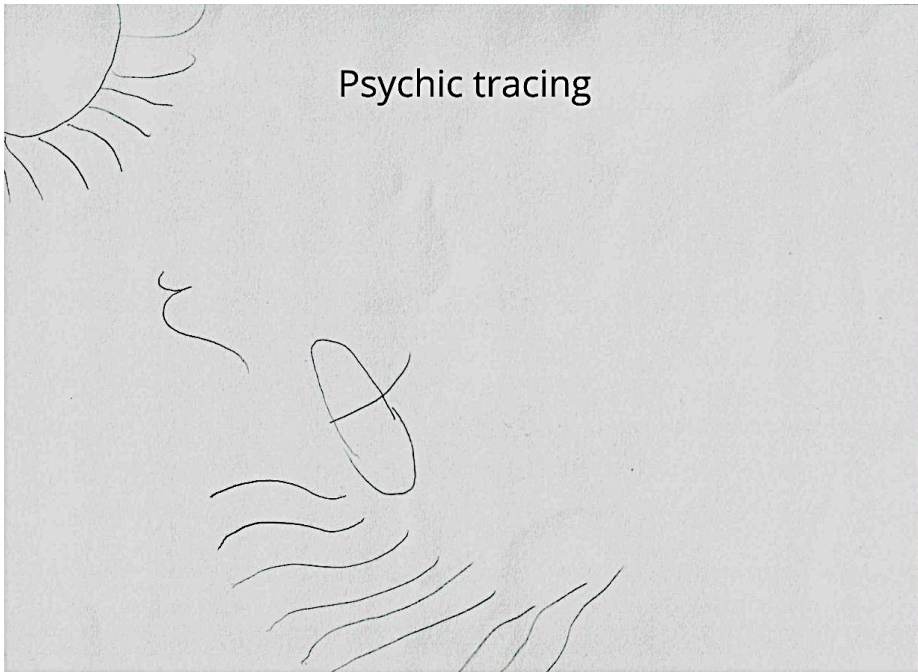
My *intention* is to perceive raw sensory information, pieces, fragments, emotions, glimpses, and actions pertaining only to the feedback image for coordinate 134.553,

which I will see on 11:20 AM (choose what time you want to look at your feedback).

I fully *expect* significant impressions to come into my awareness once my conscious mind becomes still. I need only to wait patiently, without grasping. I will not filter, label, translate or reject those impressions, but will trust and record them just as they are.



Coordinate: 134553



Signal and Noise

Feedback and Alternate: 134553



Coordinate: 645729
Viewer: Cheryl

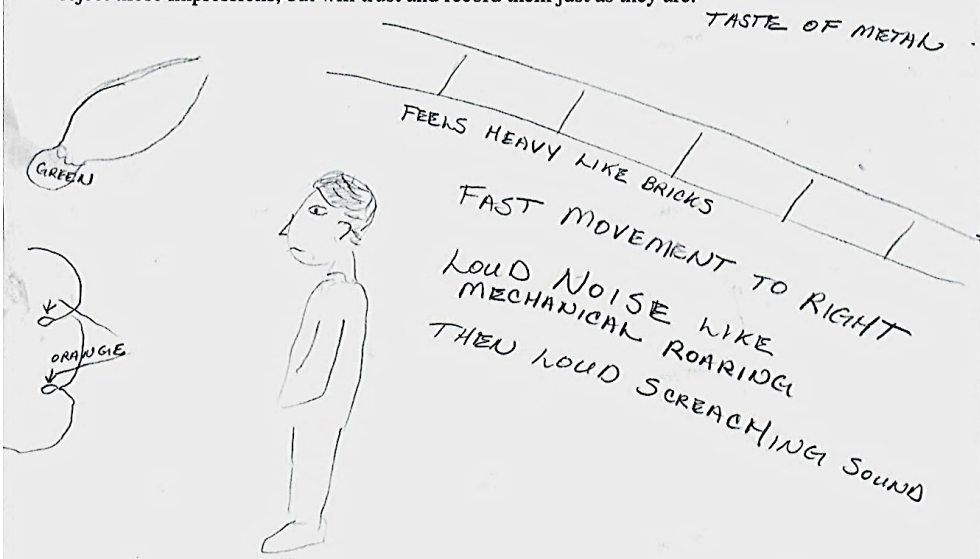
October 12, 2019 (morning)

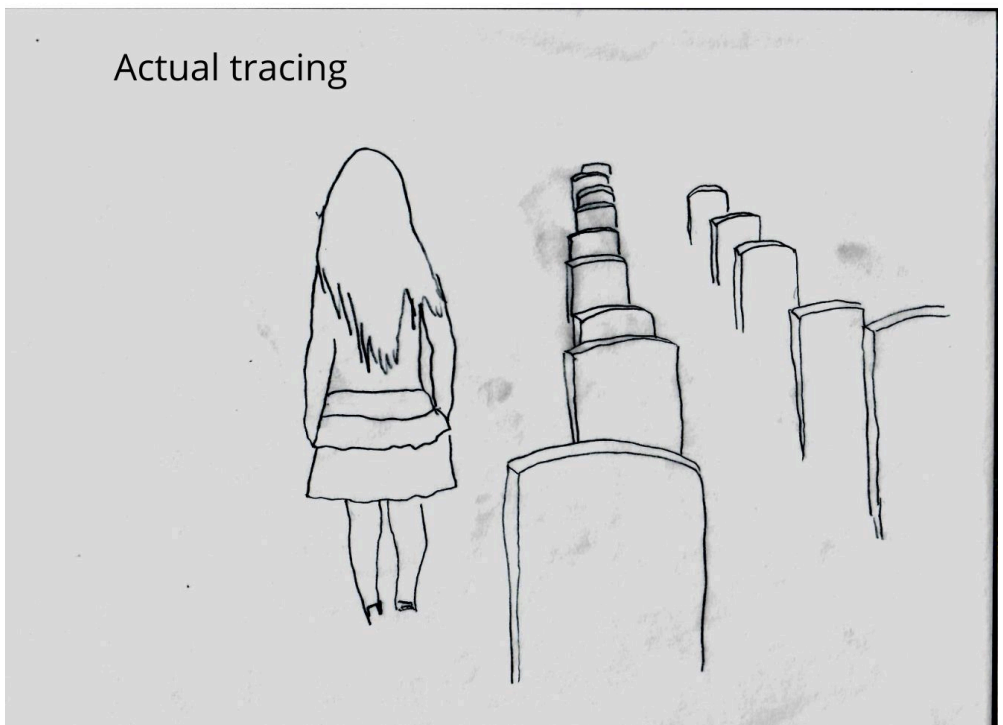
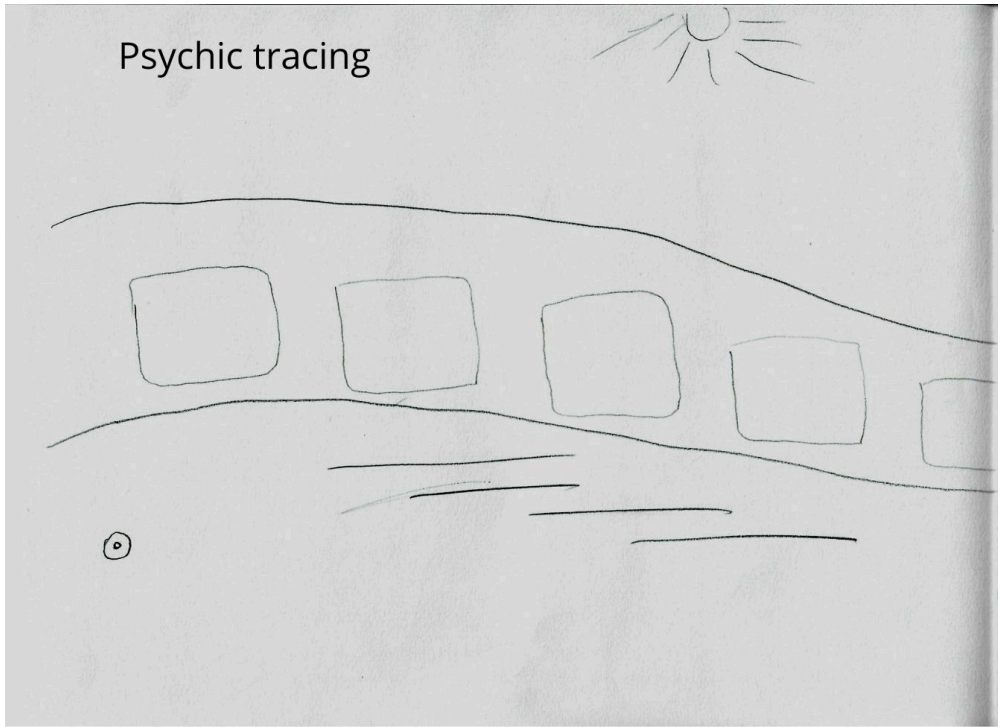
Name: CHERYL MACCHIA

Intention and Expectation

My *intention* is to perceive raw sensory information, pieces, fragments, emotions, glimpses, and actions pertaining only to the feedback image for coordinate 645729, which I will see on 11:20 (choose what time you want to look at your feedback).

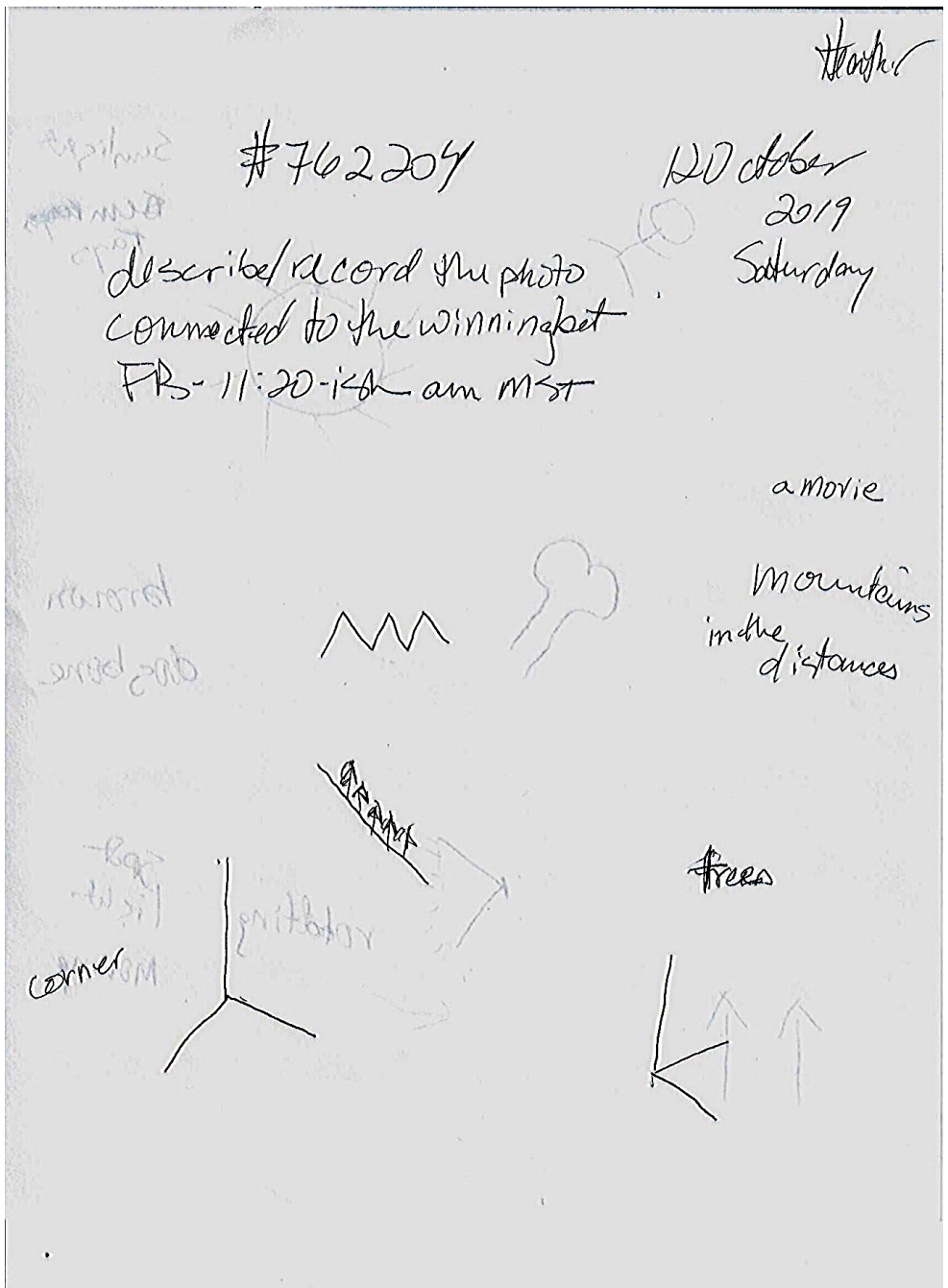
I fully *expect* significant impressions to come into my awareness once my conscious mind becomes still. I need only to wait patiently, without grasping. I will not filter, label, translate or reject those impressions, but will trust and record them just as they are.

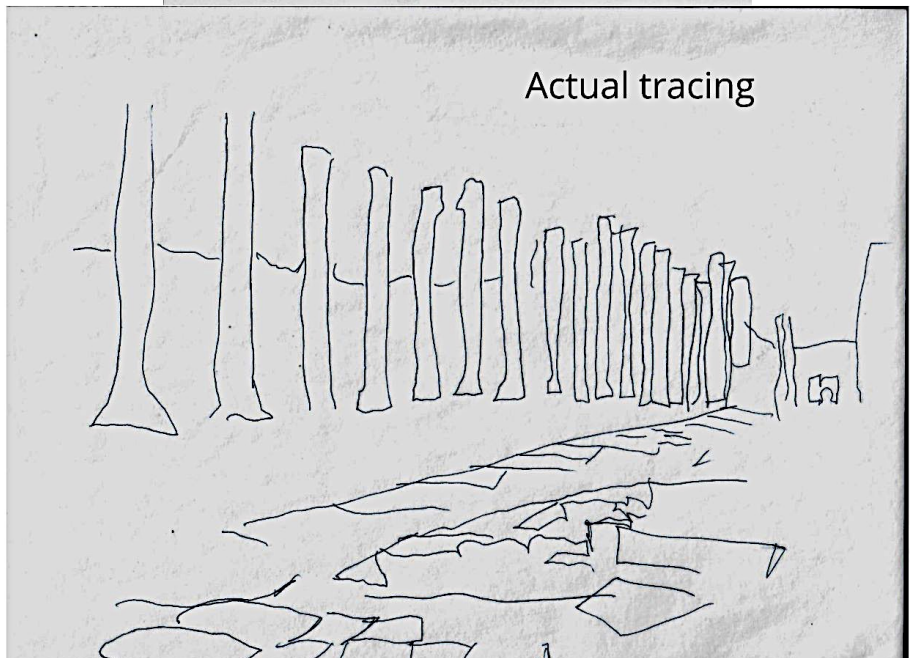
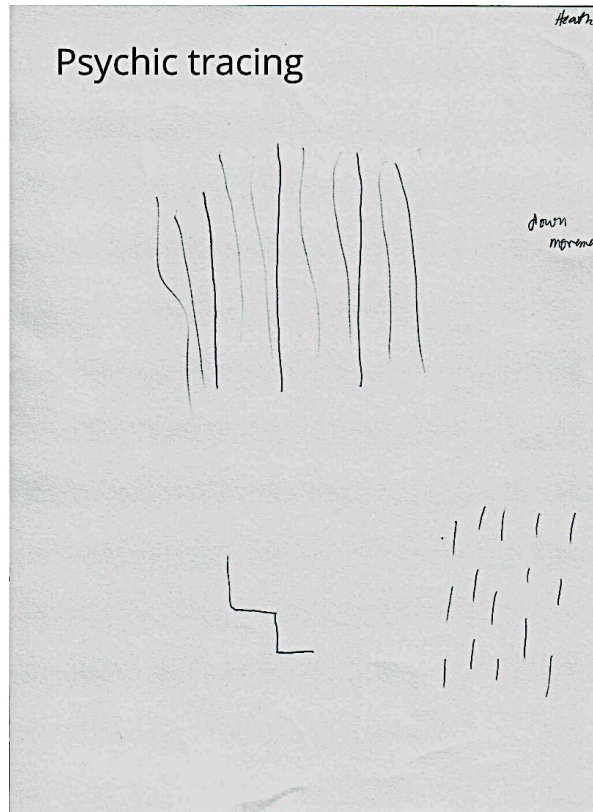




Feedback and Alternate: 645729







Feedback and Alternate: 762204



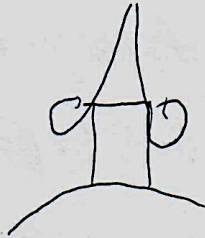
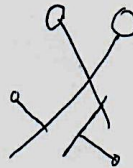
Name: Jill

Intention and Expectation

My *intention* is to perceive raw sensory information, pieces, fragments, emotions, glimpses, and actions pertaining only to the feedback image for coordinate 167713.

I fully *expect* significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label, translate or reject those impressions, but will trust and record them just as they are.

(11:20
Feedback)

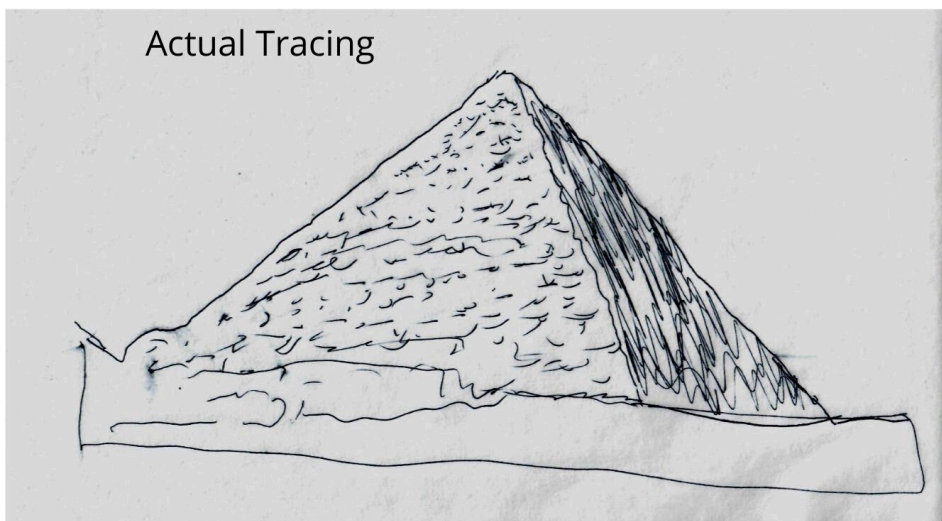
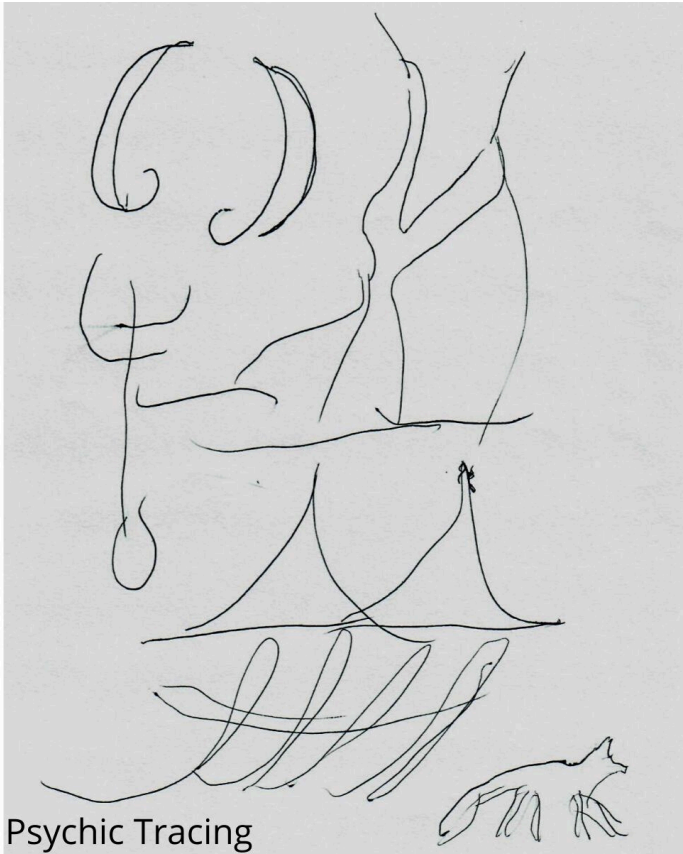


- people moving fast
- WIND
- CIRCLES
- Light



mail message, looking

Coordinate: 167713



Feedback and Alternate: 167713



Coordinate: 523807
Viewer: Li-Anne

October 12, 2019 (morning)

Name: Li-Anne


Intention and Expectation

My *intention* is to perceive raw sensory information, pieces, fragments, emotions, glimpses, and actions pertaining only to the feedback image for coordinate 523807,


which I will see on 11:20 AM (choose what time you want to look at your feedback).

I fully *expect* significant impressions to come into my awareness once my conscious mind becomes still. I need only to wait patiently, without grasping. I will not filter, label, translate or reject those impressions, but will trust and record them just as they are.

green carpet.

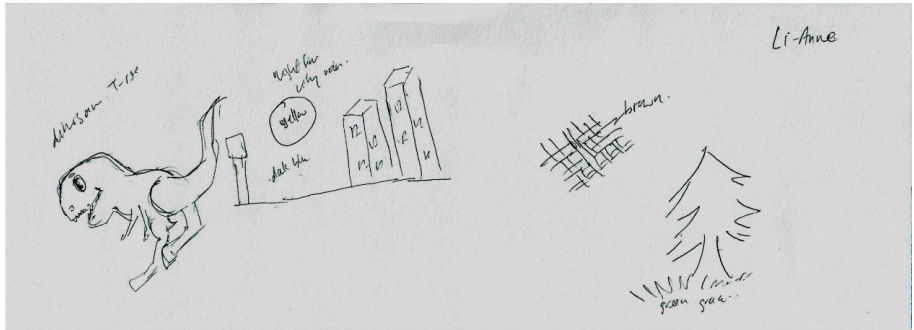
gold chain necklace → 

blue background.

gold chain necklace → 

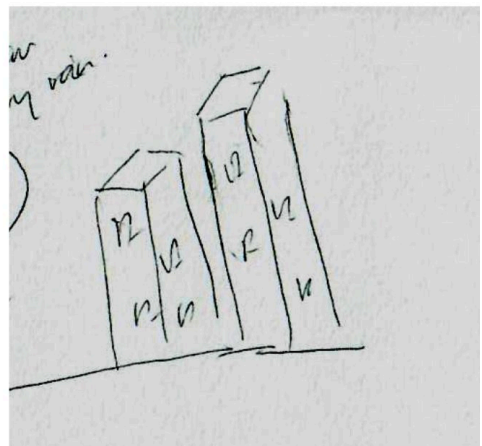
blue background.

Enlargement

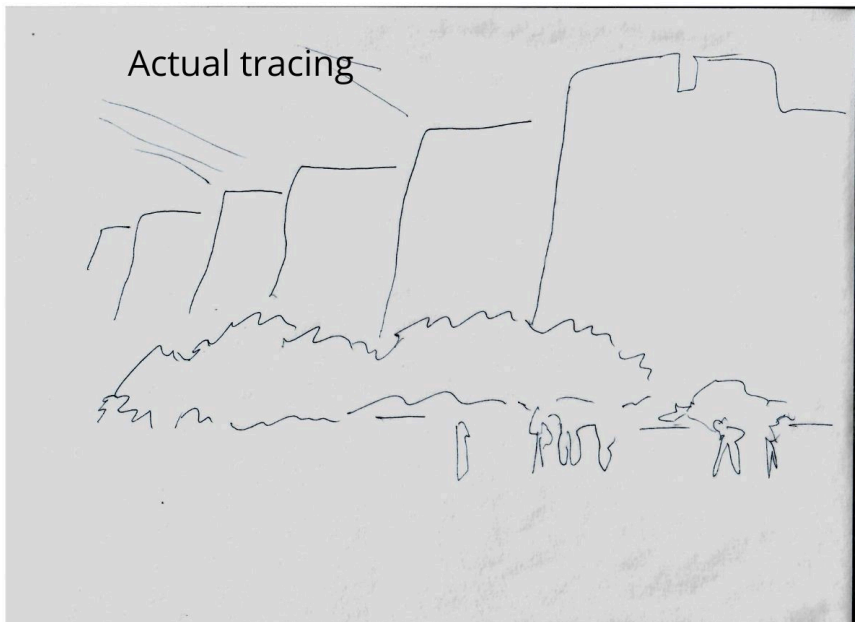


Psychic tracing

Enlarged



Actual tracing



Feedback and Alternate: 523807



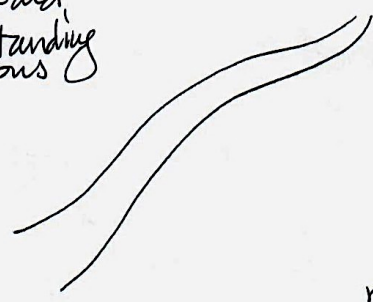
Name: Michelle Cox

Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 762929, which I will see today @ 11:20a (choose what day and time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

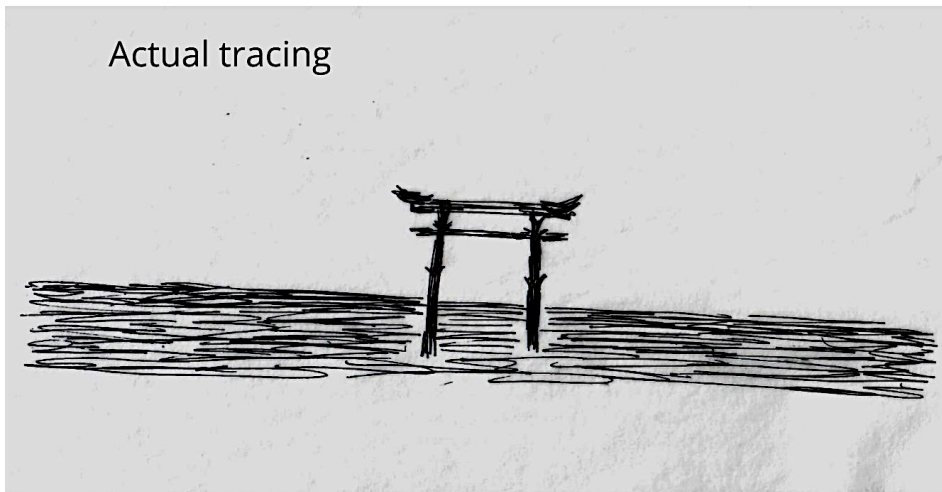
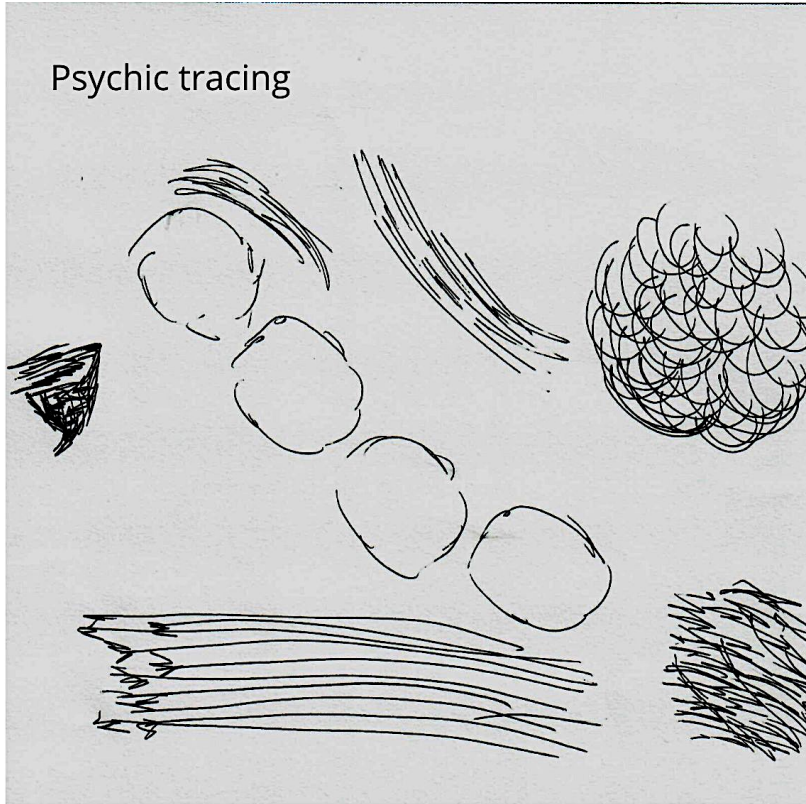
weather
impending
drip drip drip

careful
go forward
understanding
cautious



bears
strength
rolling /
tumbling

Coordinate: 762929



Signal and Noise

Feedback and Alternate: 762929



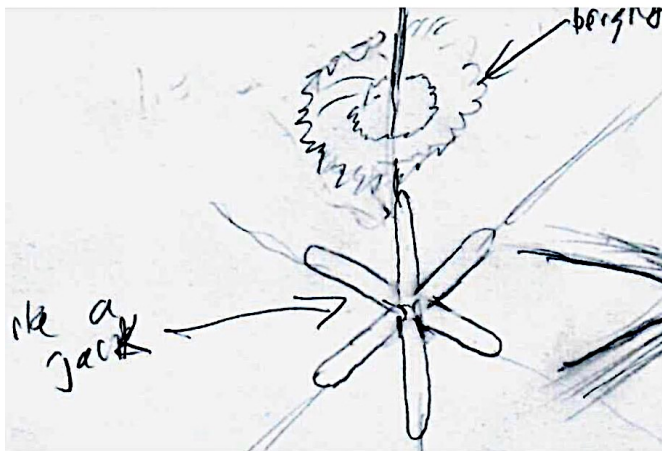
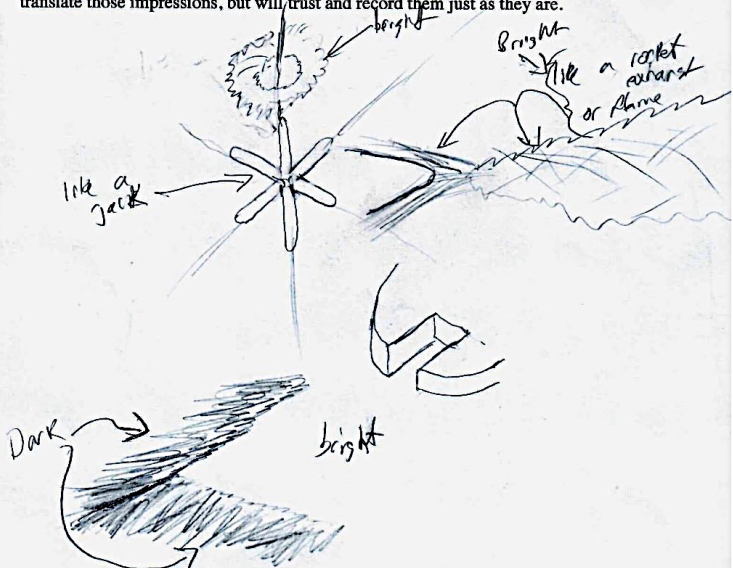
Coordinate: 504915
Viewer: David

October 12, 2019 (afternoon)

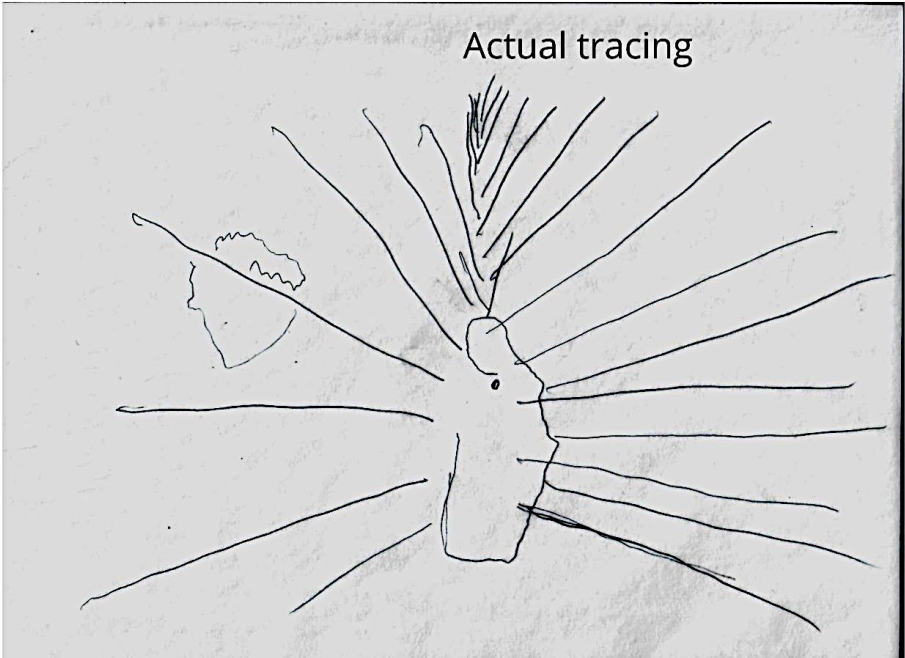
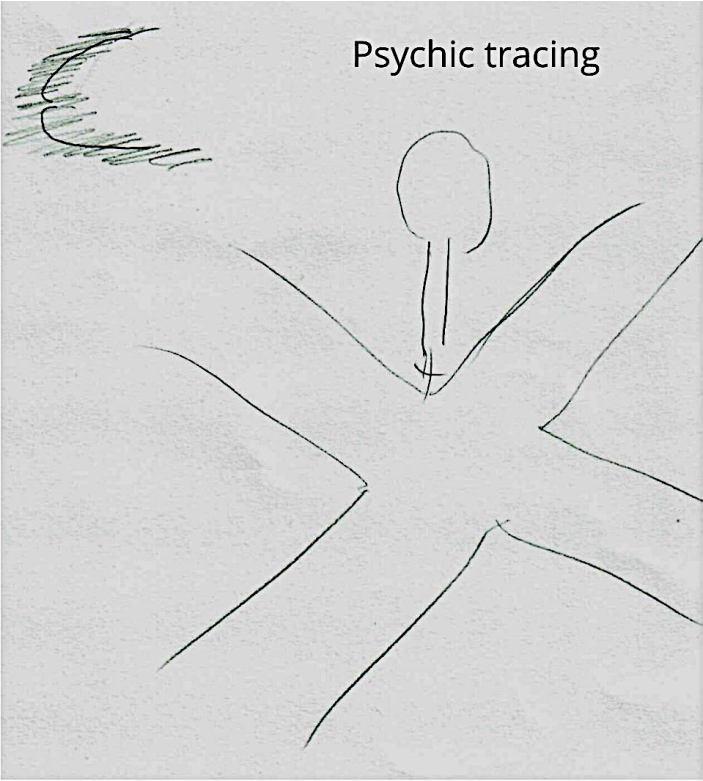
Name: David [redacted]

Intention and Expectation

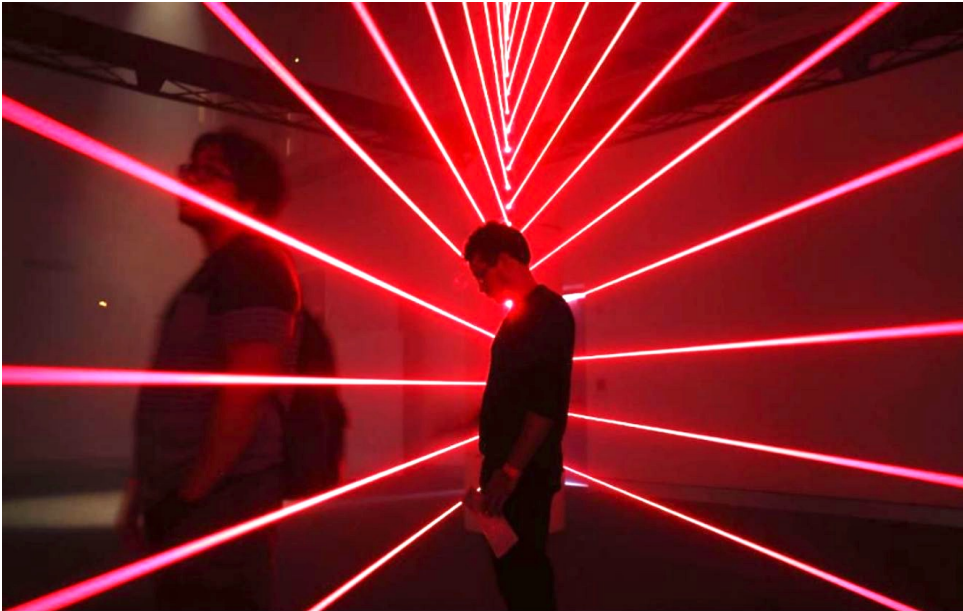
My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 504915, which I will see Saturday afternoon at 2:00-2:15 (choose what day and time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.



Enlargement



Feedback and Alternate: 504915

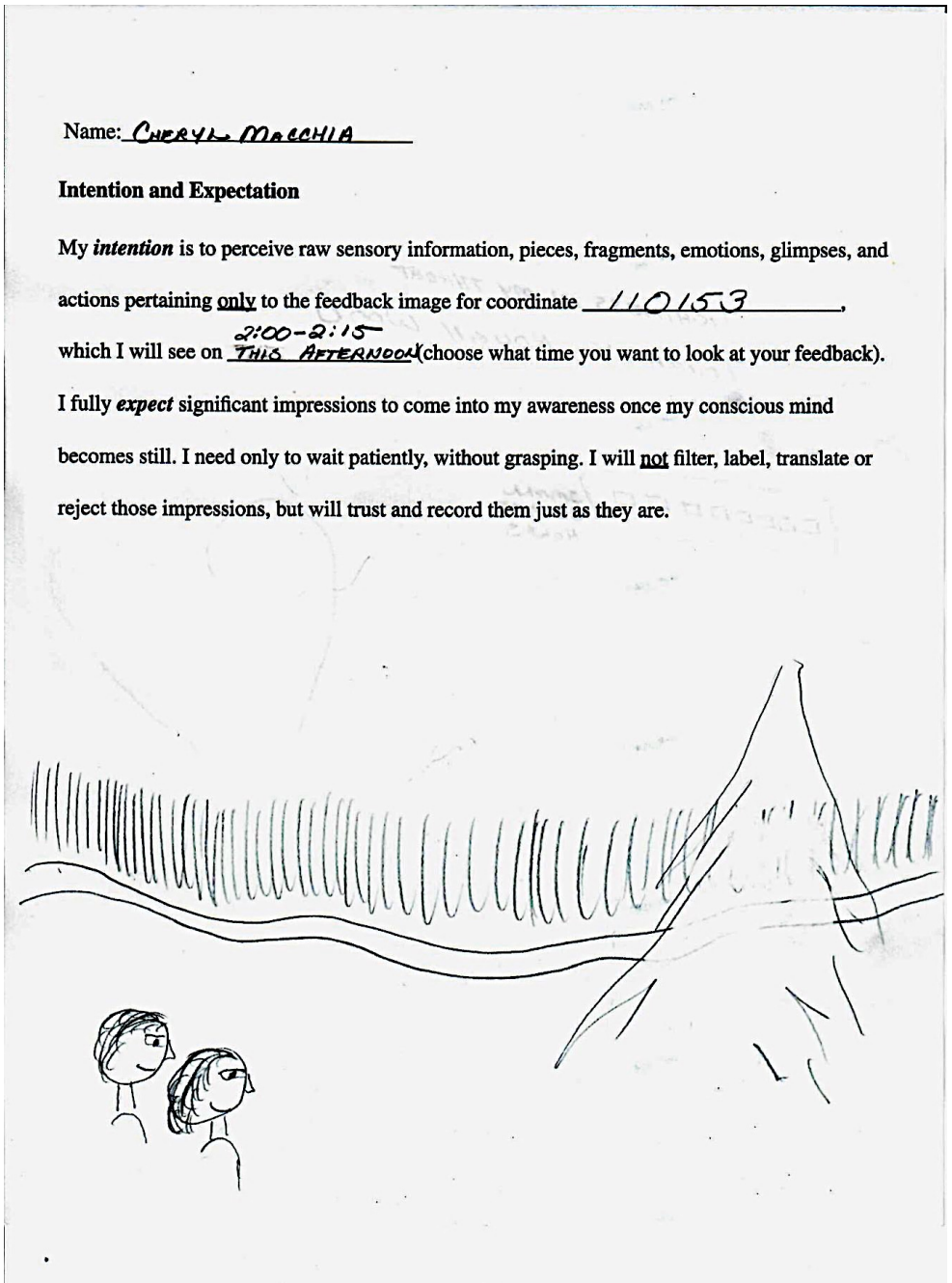


Name: CHERYL MARCHIA

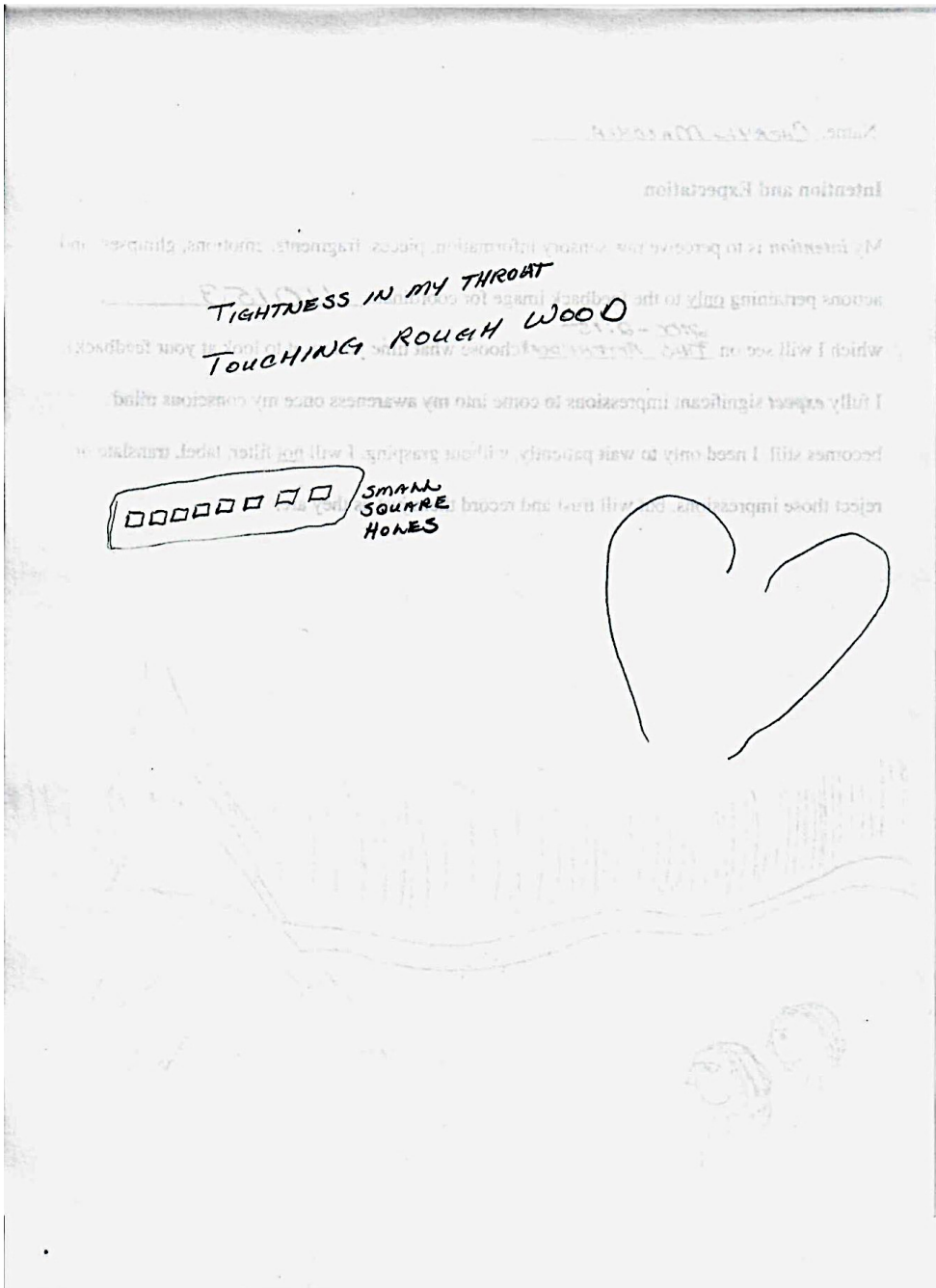
Intention and Expectation

My *intention* is to perceive raw sensory information, pieces, fragments, emotions, glimpses, and actions pertaining only to the feedback image for coordinate 110153, which I will see on ^{2:00-2:15} THIS AFTERNOON (choose what time you want to look at your feedback).

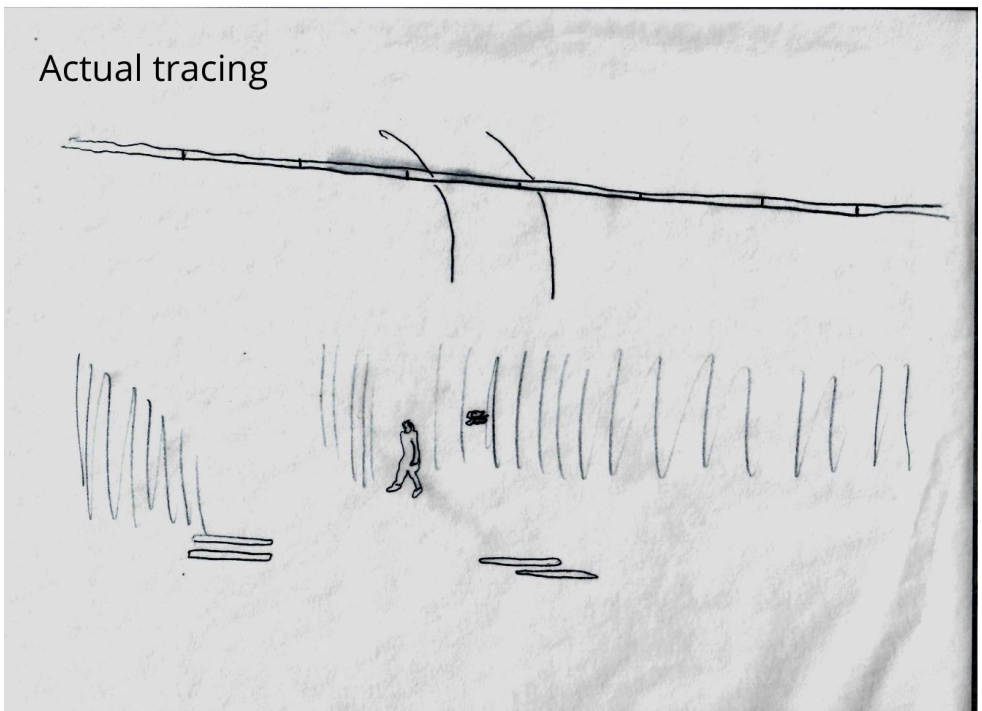
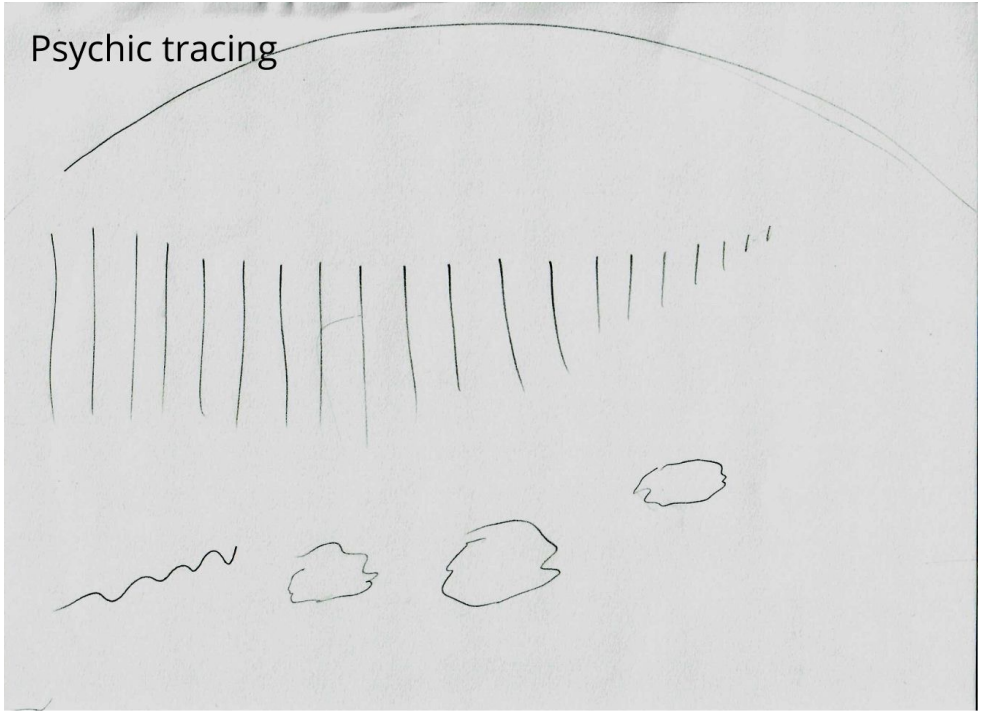
I fully *expect* significant impressions to come into my awareness once my conscious mind becomes still. I need only to wait patiently, without grasping. I will not filter, label, translate or reject those impressions, but will trust and record them just as they are.



Coordinate: 110153

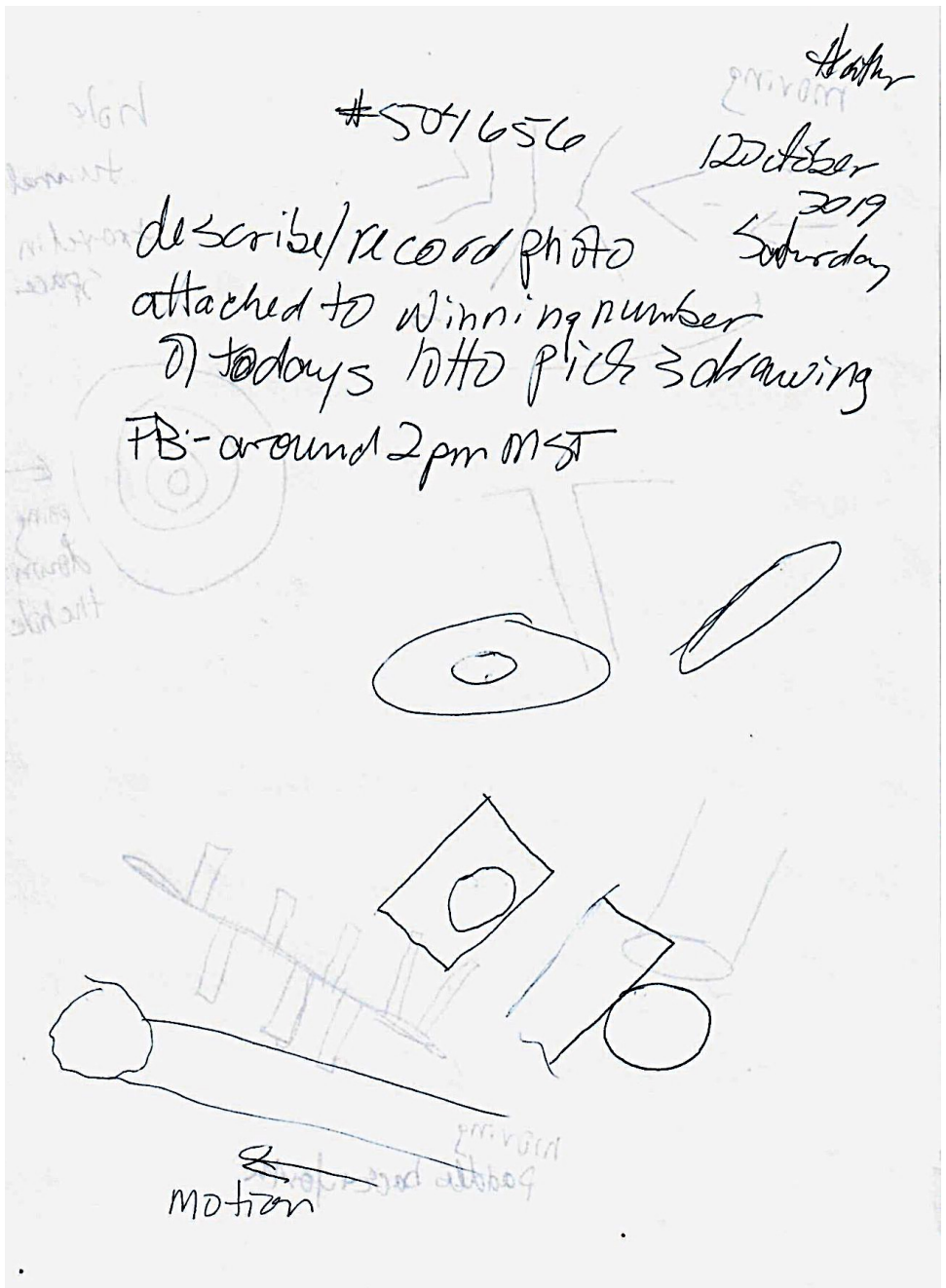


Coordinate: 110153

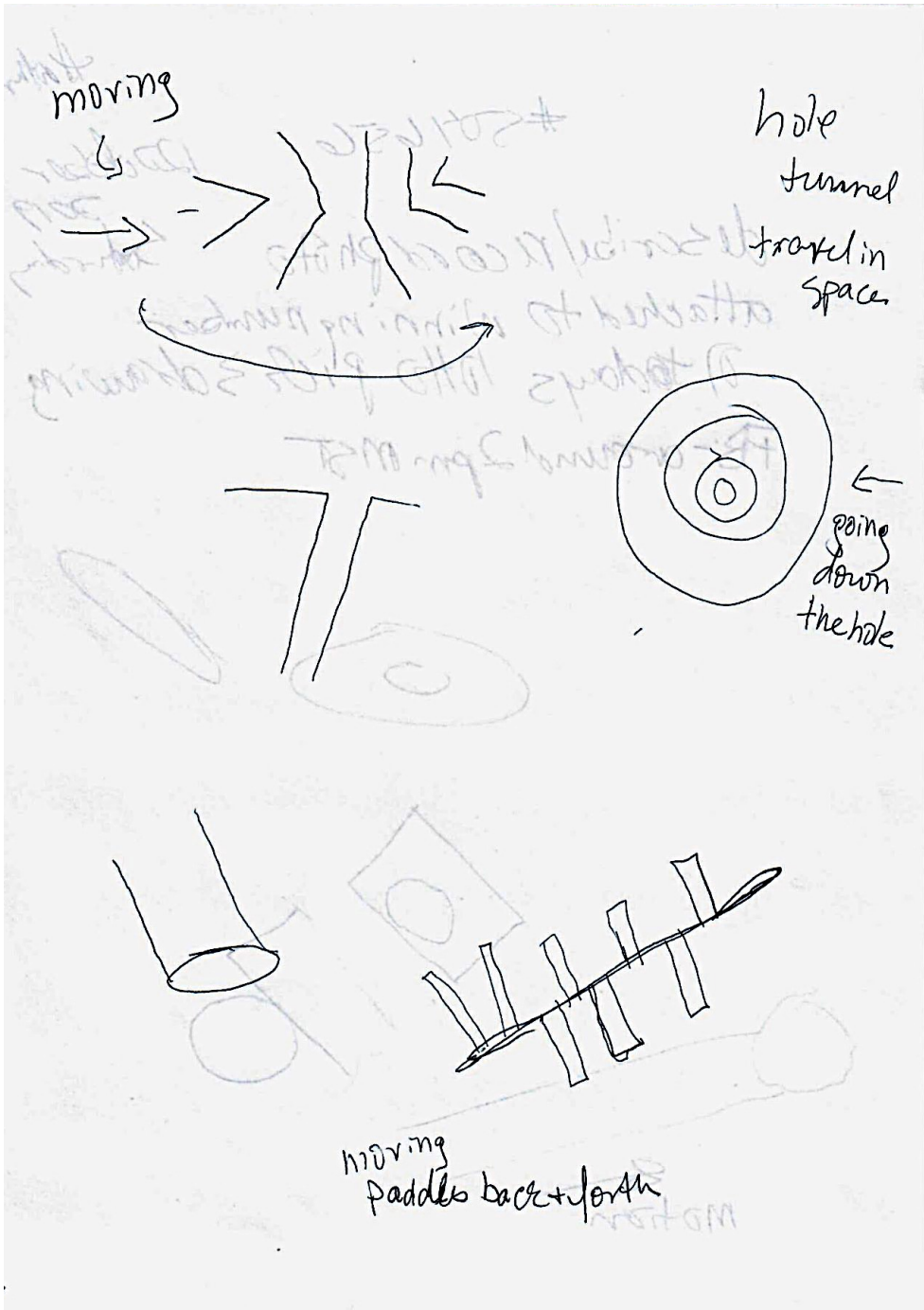


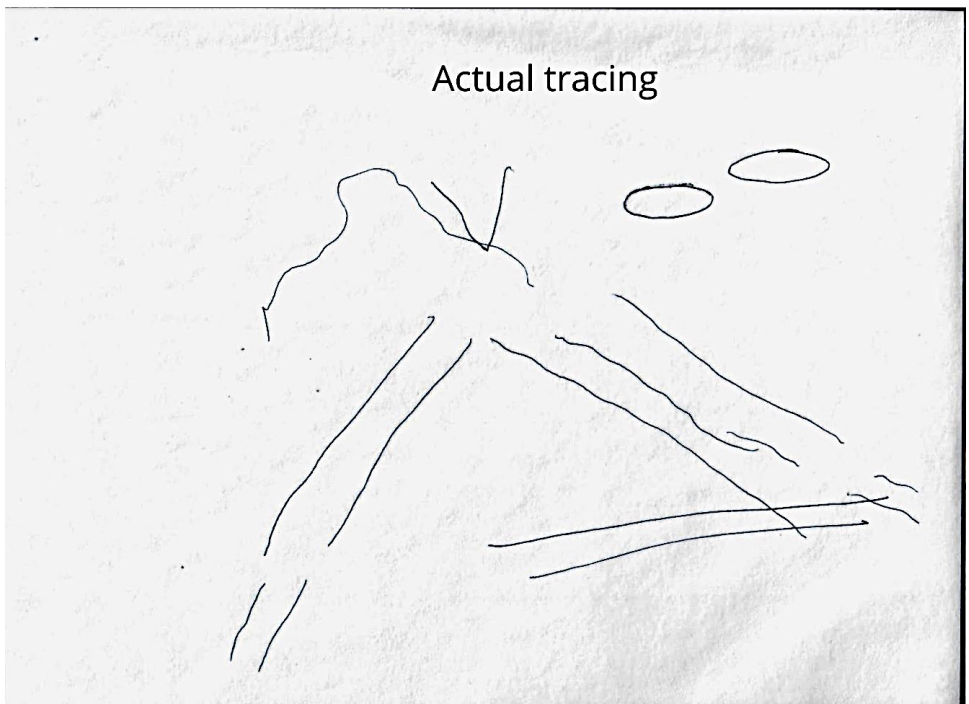
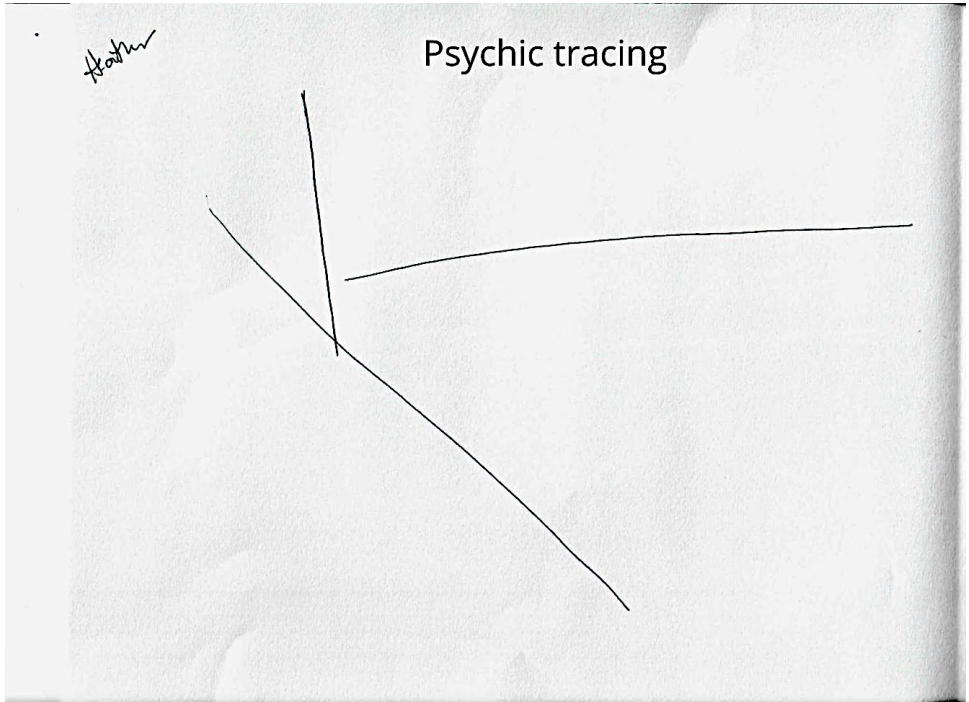
Feedback and Alternate: 110153





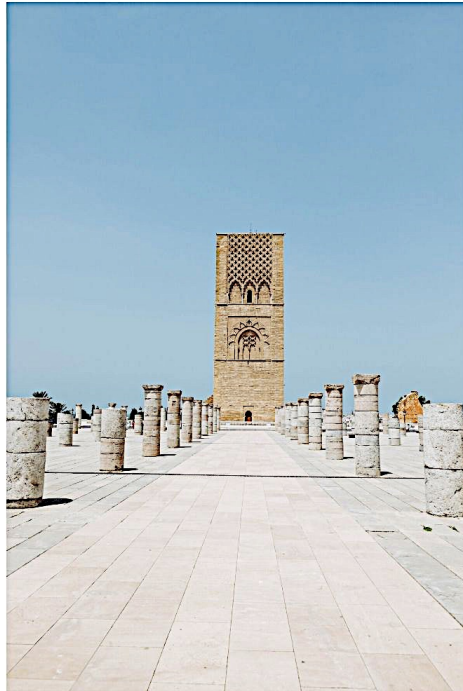
Coordinate: 504656





Feedback and Alternate: 504656

Did you notice the lamps over the gymnast's shoulder? Did you notice the elliptical shapes in the first page of Heather's transcript?

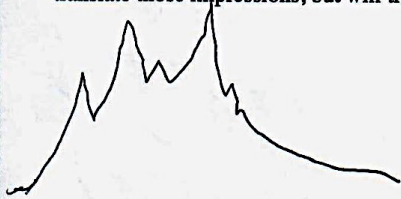


672205

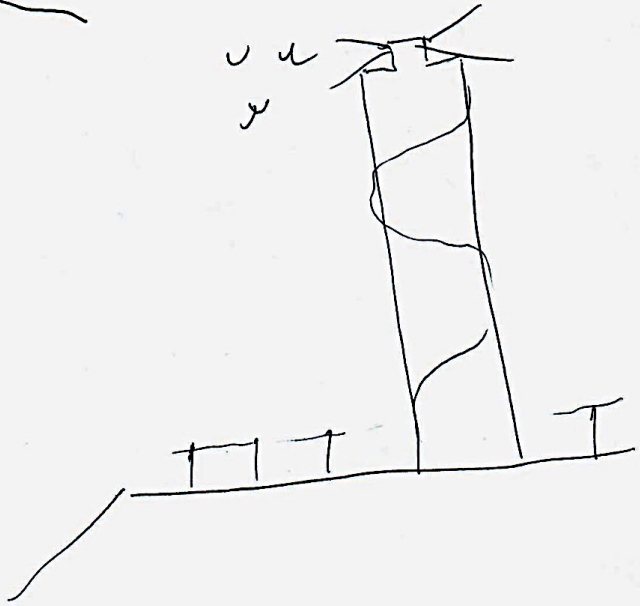
Name: Jill

Intention and Expectation

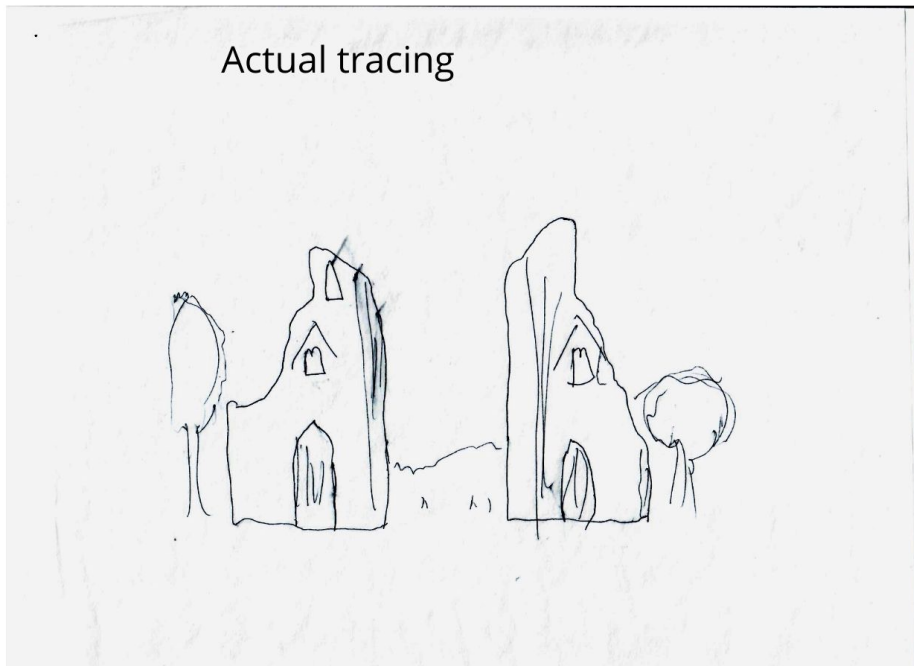
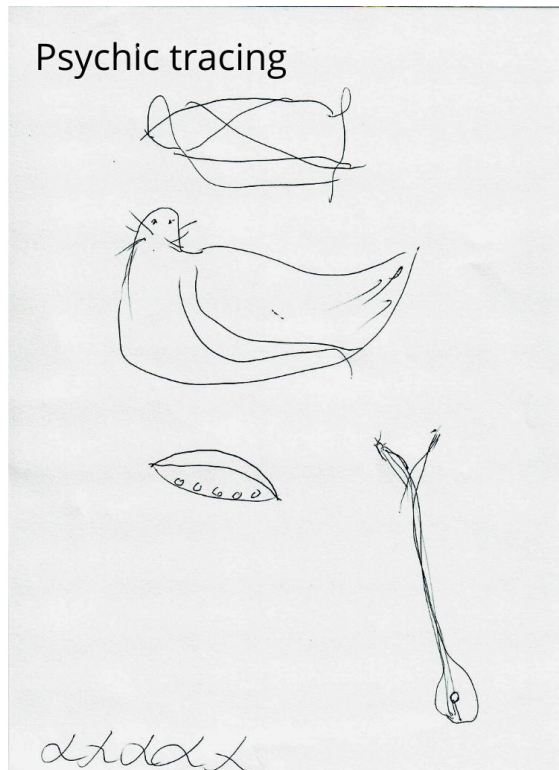
My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 67 22 05, which I will see 2:11 (choose what day and time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.




MMA
* SHARP
- COLD



Coordinate: 672205



Signal and Noise

Feedback and Alternate: 672205



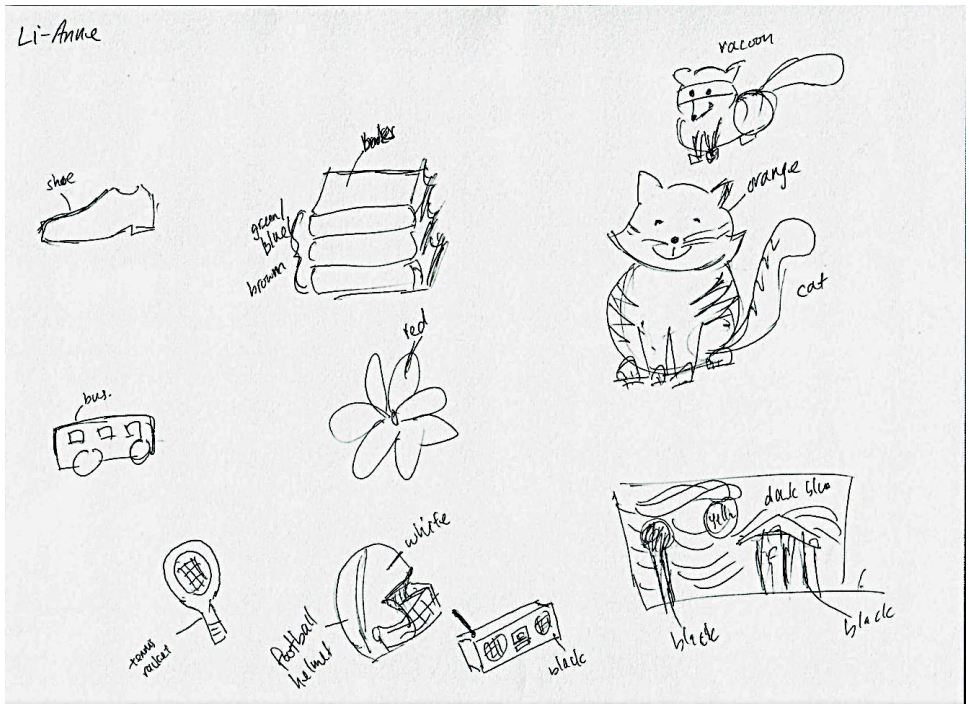
Coordinate: 449096
Viewer: Li-Anne

October 12, 2019 (afternoon)

Name: Li-Anne

Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 449096, which I will see 2:15 pm (choose what day and time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.



Feedback and Alternate: 449096

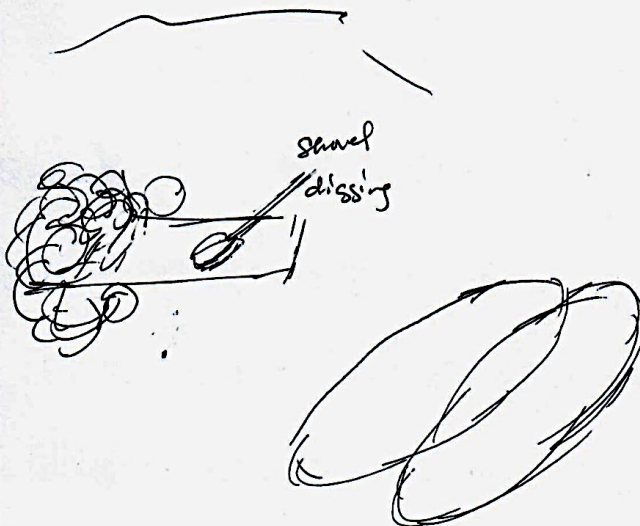


Name: Michelle Cox

10/12/19

Intention and Expectation

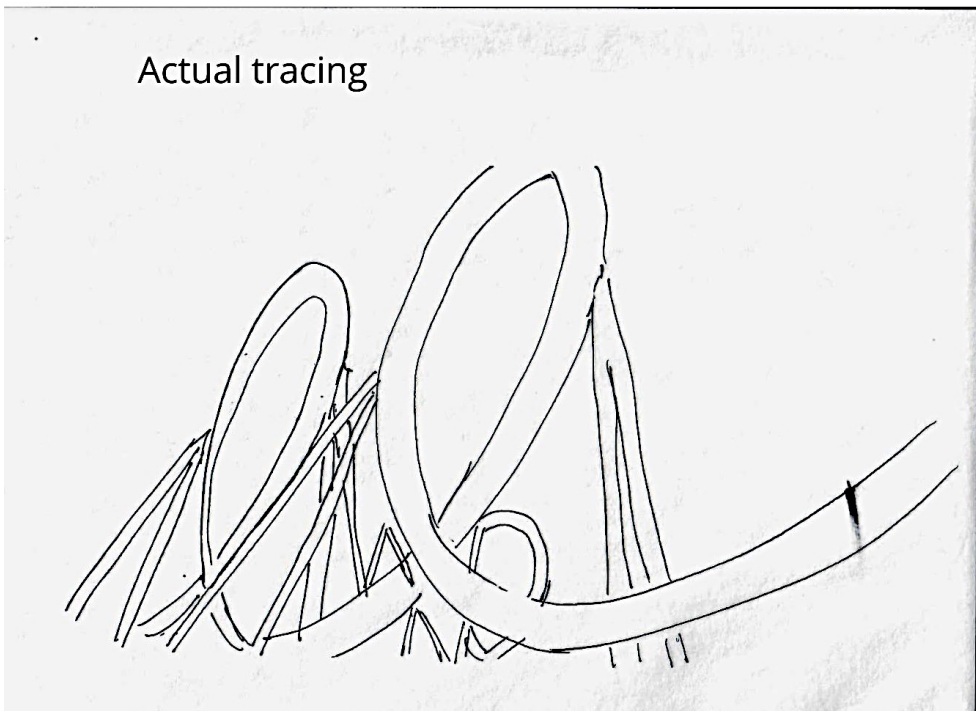
My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 868489, which I will see Saturday, today (choose what day and time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.



excitement
focus
physical energy
expansive
heart

twirling
dancing
breathless
free
happiness

Coordinate: 868489



Signal and Noise

Feedback and Alternate: 868489



**EXPERIMENT 4: REMOTE INFLUENCING -
PSYCHIC TRACING (Nov.)**

TRAINING SYSTEM USERS PAUSE HERE

Before turning any more pages, here are your remote viewing assignments for this section:

Information about downloadable inductions for these sessions is on pg. 176.

Coordinate

Get Your Feedback:

362018

www.SignalAndNoiseBook.com/362018

556036

www.SignalAndNoiseBook.com/556036

455868

www.SignalAndNoiseBook.com/455868

833854

www.SignalAndNoiseBook.com/833854

899129

www.SignalAndNoiseBook.com/899129

424874

www.SignalAndNoiseBook.com/424874

491168

www.SignalAndNoiseBook.com/491168

655019

www.SignalAndNoiseBook.com/655019

748262

www.SignalAndNoiseBook.com/748262

After you have done as many sessions as you wish, you can continue turning the pages for this section to see how the viewers did (note that the feedback images are also printed in the following section).

Background (**LOTTERY WIN #2**)

About one month later, on November 10th, our group reconvened to attempt another lotto prediction, this time using the same tracing technique we'd used in October. This time, we had a full team of viewers, ten, so we were able to make a prediction for every possible number.

The team was composed of people who were present in October, making this the second time they used the tracing method, and the rest of the viewers were “first timers” using this technique.

This time, we won! It was our second successful “Pick 3” prediction.

You'll review the sessions in the following pages the same way you did for the October experiment. However, each session will have a page marking whether the prediction was a “hit” or “miss.” The alternate images are not included here.

You'll also see our whiteboard, where we consolidated the individual predictions. On the left side, you'll note that it indicates “5 not drawn,” yet on the right side, we've added the 5 to the list of predicted “drawn” numbers.

That was the result of a last-minute change of mind. Initially, I'd analyzed the transcript and upon seeing Li-Anne's drawing of a pair of pants and the word “animal,” I attributed it to the image of the nude statue. It was a humorous connection, but I also felt confident about it. As you'll see, my excess focus on these two pieces of information made me blind to the other items she put on her transcript.

Fortunately, Li-Anne and I took a second look together, and she felt that she'd really been connecting with the building instead. With her comment, I realized I'd ignored the other drawings. As you'll see, they were strong indicators that the other picture (the building) would be her correct feedback image.

"Mid-day drawing (morning)"

Mid-day drawing (morning)

Number	Coordinate	Name	
0	362018	<u>Heather</u>	"Heather"
1	621070	<u>Tim</u>	"Tim"
2	556036	<u>Lynn</u>	"Lynn"
3	455868	<u>Damon</u>	"Damon"
4	833854	<u>David</u>	"David"
5	899129	<u>Li-Anne</u>	"Li-Anne"
6	424874	<u>Kavan</u>	"Kavan"
7	491168	<u>Birgit</u>	"Birgit"
8	655019	<u>Carol</u>	"Carol"
9	748262	<u>Cheryl</u>	"Cheryl"

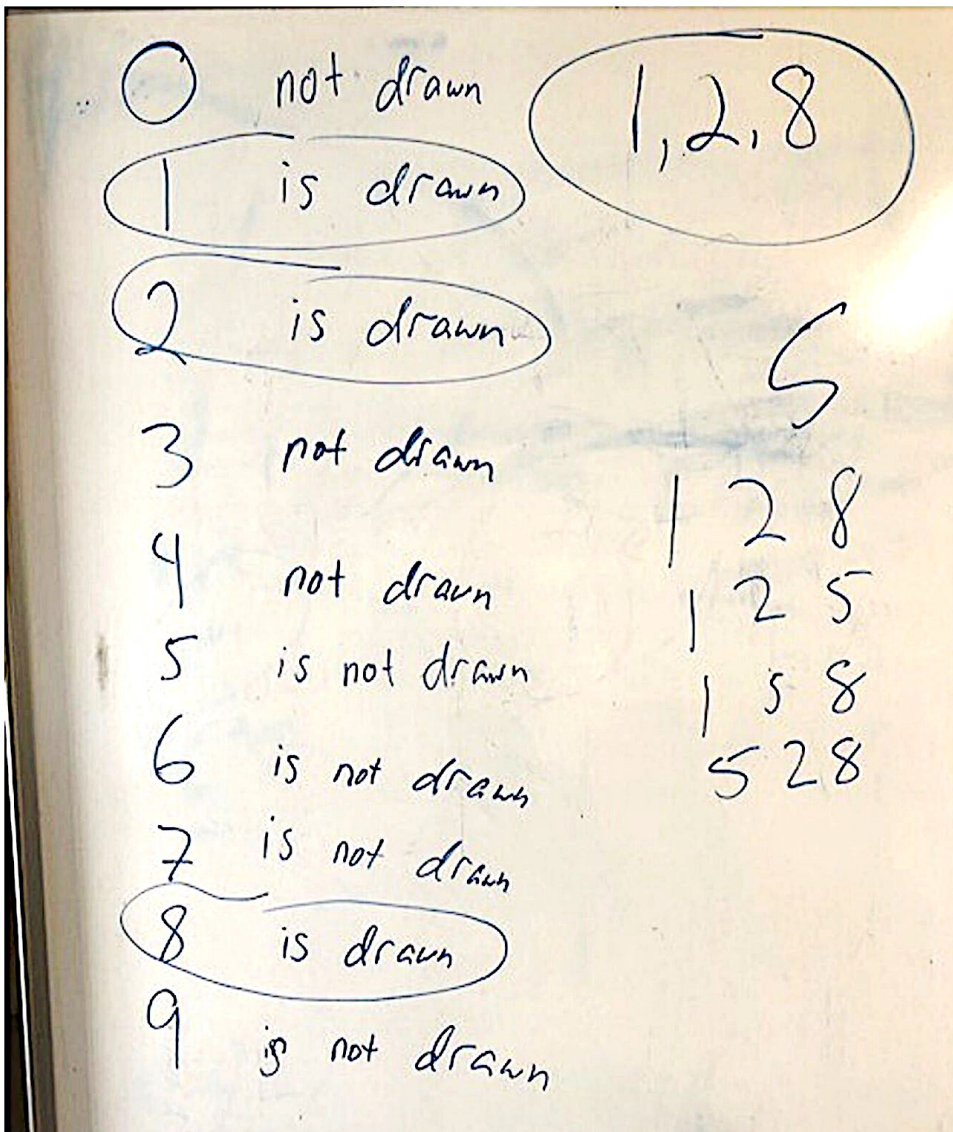
Actual winning numbers:

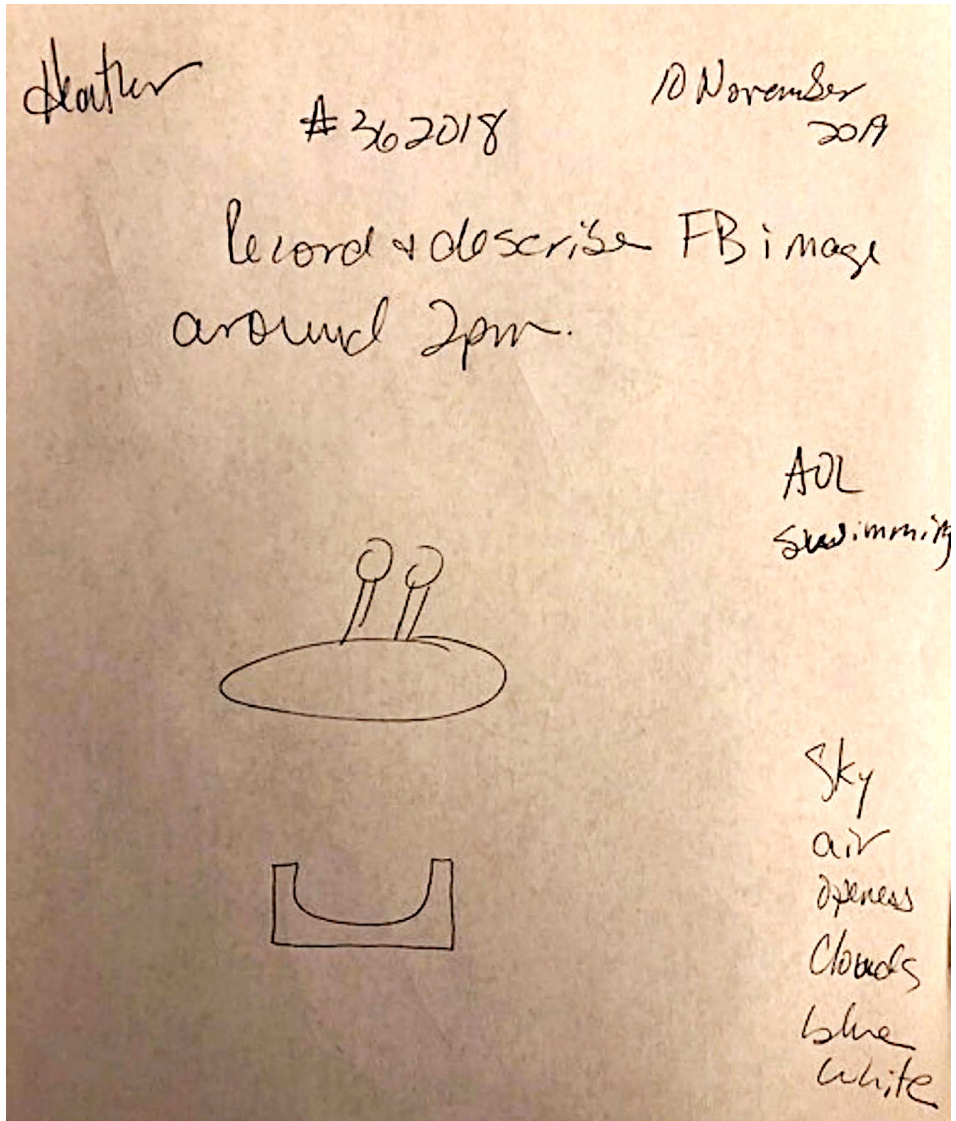
5,8,2

Predicted numbers:

1,2,8,5

With the last-minute decision about number 5, we had four possible winning numbers. So, we had to buy four lottery tickets with different combinations to get the winning set of three numbers. It worked!





"AOL swimming"

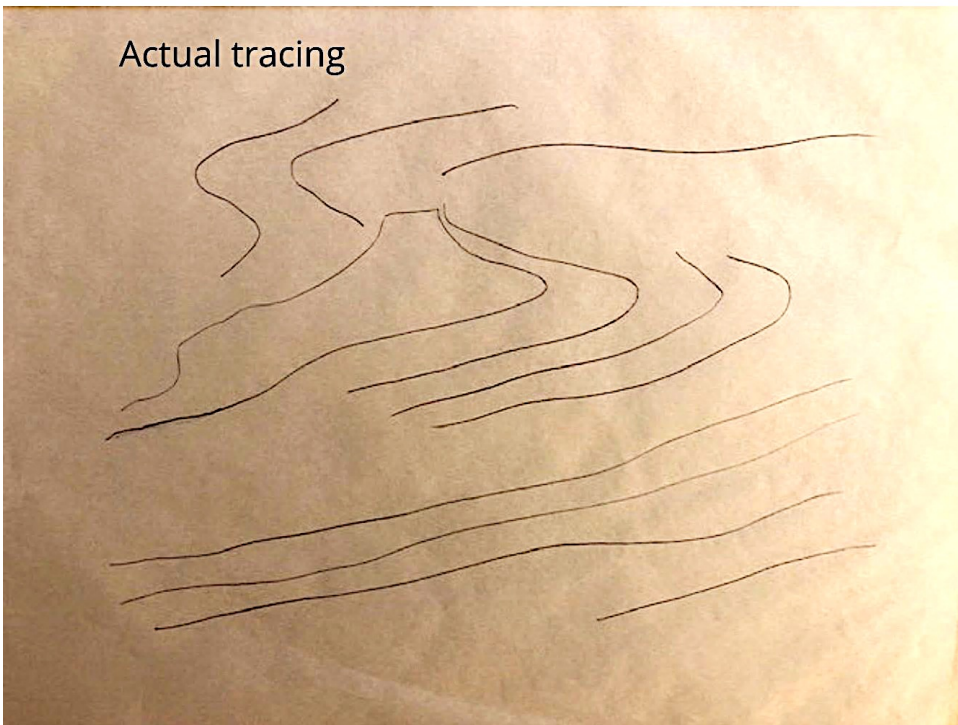
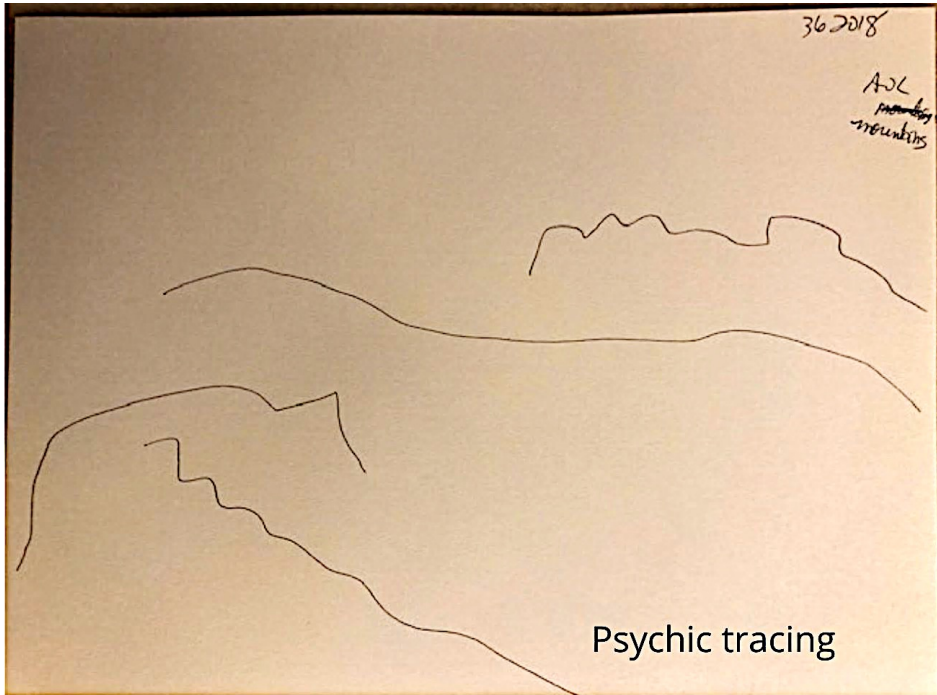
"sky"

"air"

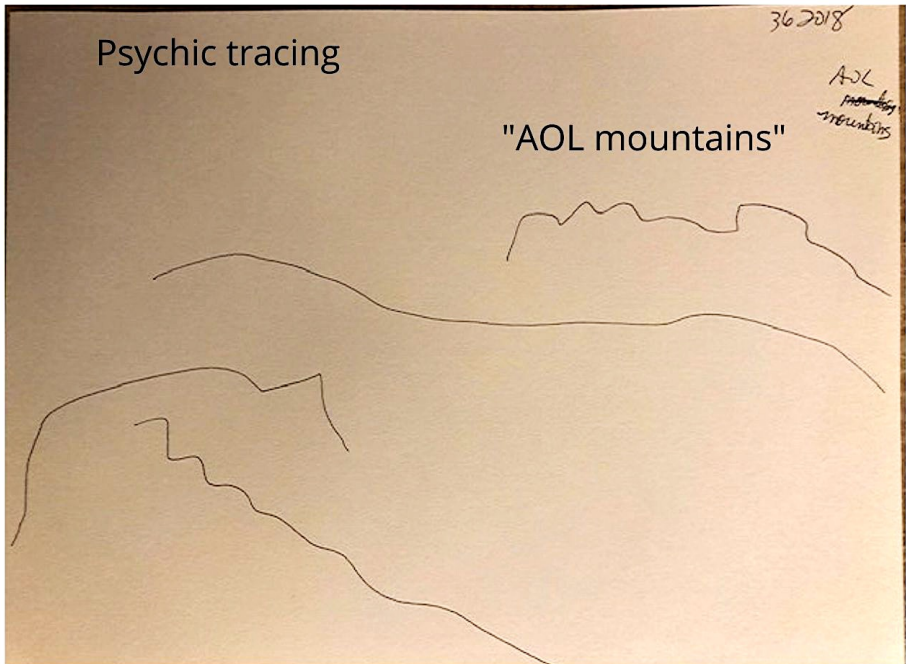
"openess"

"clouds"

Coordinate: 362018



Prediction: 0 is NOT drawn - hit



Coordinate: 621070
Viewer: Tim

November 10, 2019

621070

I FULLY INTEND AND EXPECT TO RECEIVE IMAGES, SOUNDS,
FEELINGS, SMELLS AND TASTES, OR ANY OTHER KNOWLEDGE OR
SENSATIONS, AS WELL AS PICTURES, PARTS AND FRAGMENTS OF
THE SAME RETURN ONLY TO ME ~~THE~~ FEEDBACK IMAGE
CORRELATING TO THE COORDINATES 621070, WHICH I
WILL SEE AROUND 2:00 PM TODAY. S.M.I.B.!!!

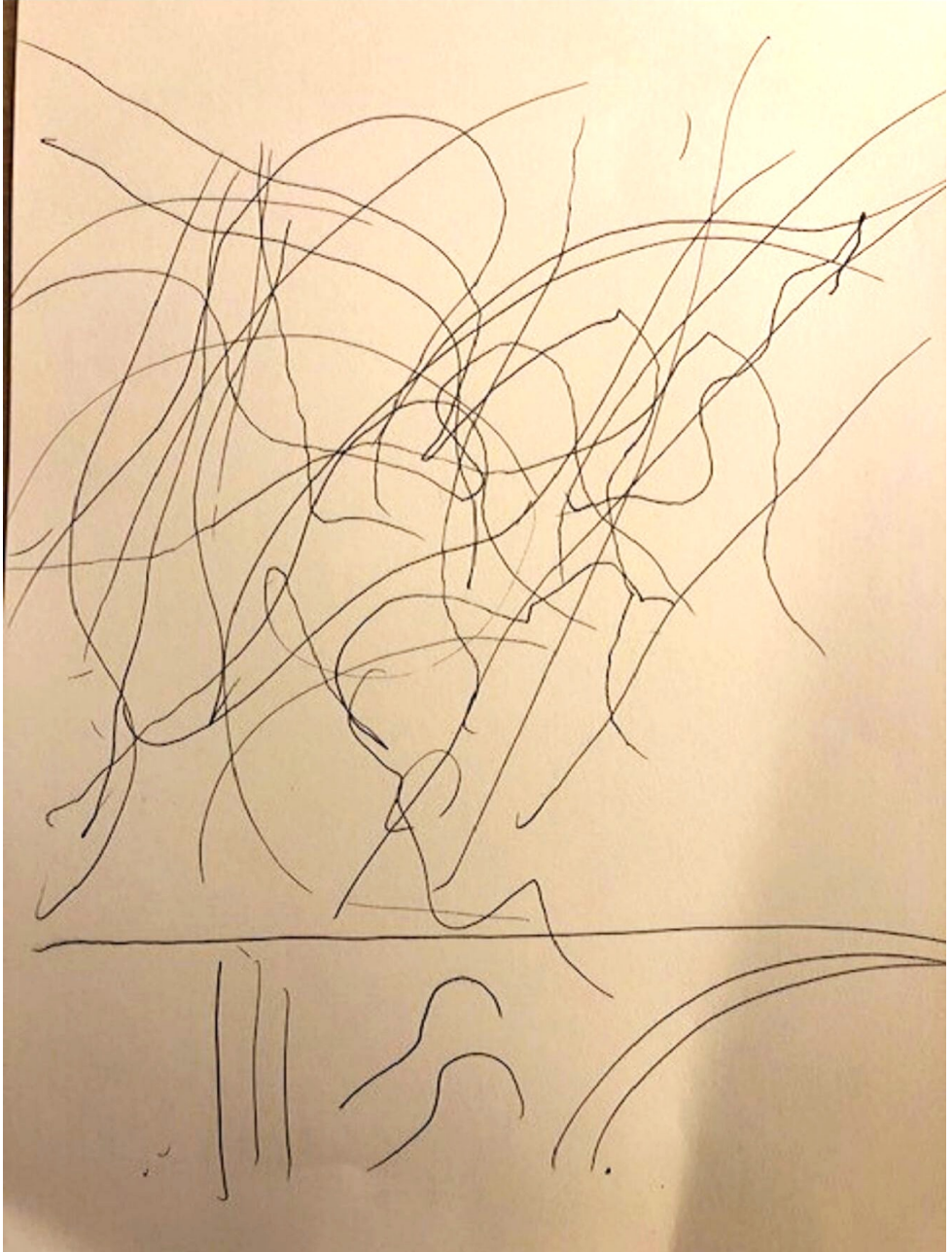
- 621070 -
- 621070 -
- 621070 -
- 621070 -
- 621070 -
- 621070 -
- 621070 -
- 621070 -

Rampress
in a container
in a house

Grip
or
slimy/
TEXTURED



Psychic Tracing Only (actual tracing is lost)



Coordinate: 621070

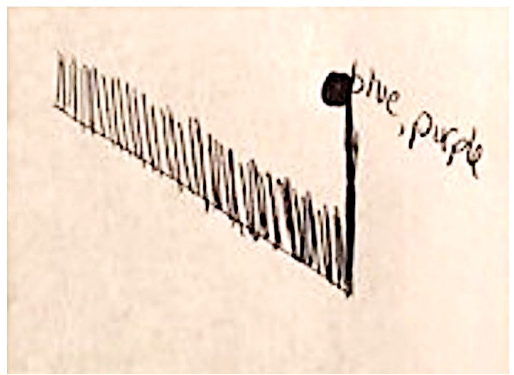
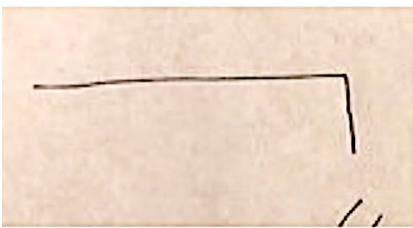
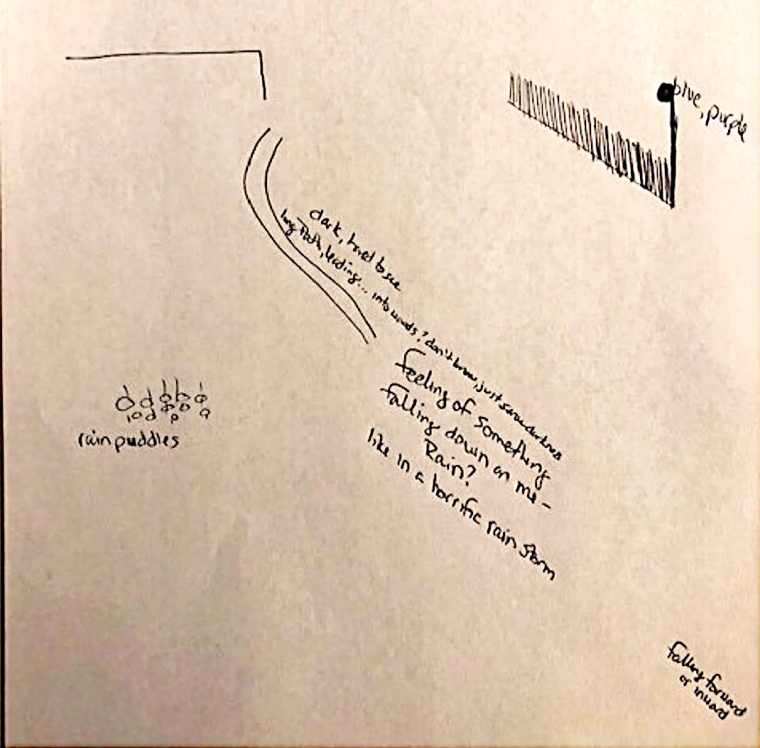
Prediction: 1 is drawn - miss

A minor anomaly?

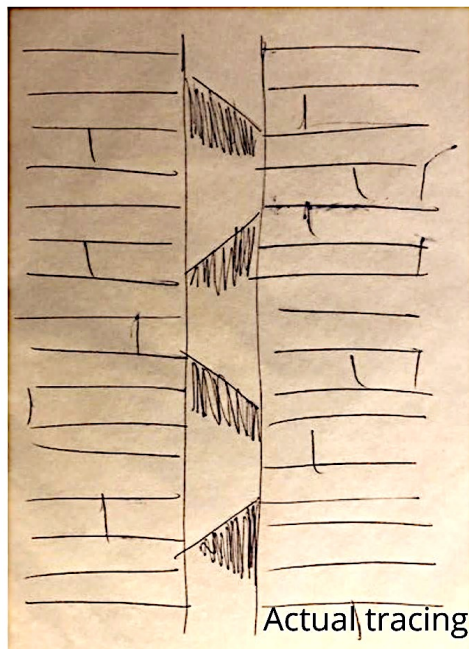
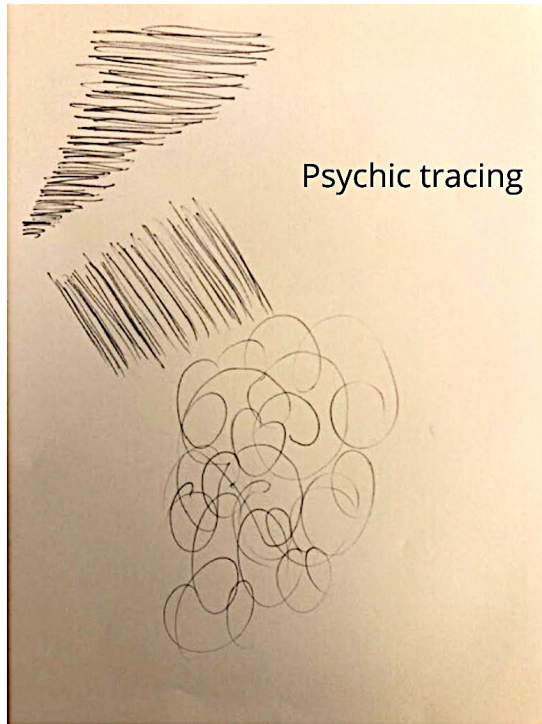
Our prediction for number 1 being drawn was our only true "miss" for this experiment. Strangely, when the author looked through his files to find the image associated with this prediction, it was nowhere to be found.

It could be an anomaly, or just a coincidence. Nevertheless, it's a lesson about the importance of good record keeping.

I, LynnMarie, fully intend and expect to receive images, sounds, feelings, smells and tastes, or any other knowings or sensations, as well as pieces, parts and fragments of the same, relating only to the feedback image correlating to the coordinate 556036, which I will see after 2pm today MWT. So make it be ♥
Begin viewing session for 556036 now !!



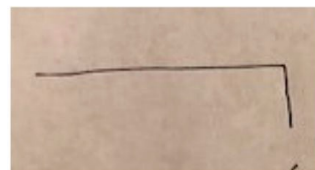
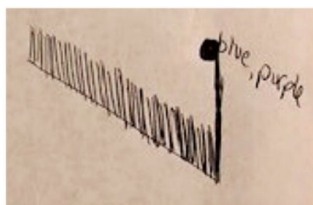
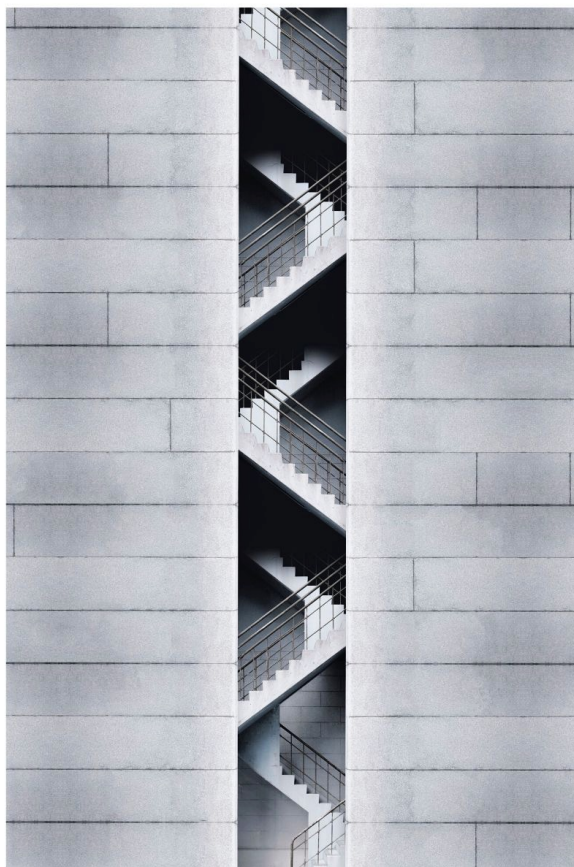
Coordinate: 556036



Signal and Noise

Feedback: 556036

Prediction: 2 is drawn - hit



Coordinate: 455868
Viewer: Damon

November 10, 2019

Name: Damon

Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 455 868 which I will see ~ 2PM (choose what day and time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

First Shot Impressions (EGO overlay)
people, grass, orange sweater, blue sky, park

- receded tile
in a ceiling



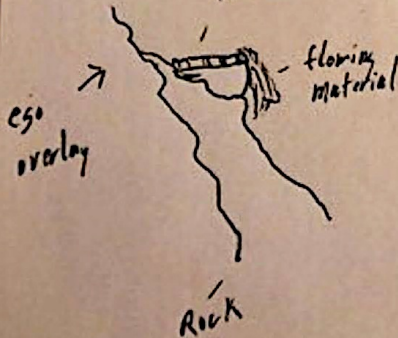
- Like a gear
shift. "g ball"
feel this in my
abdomen



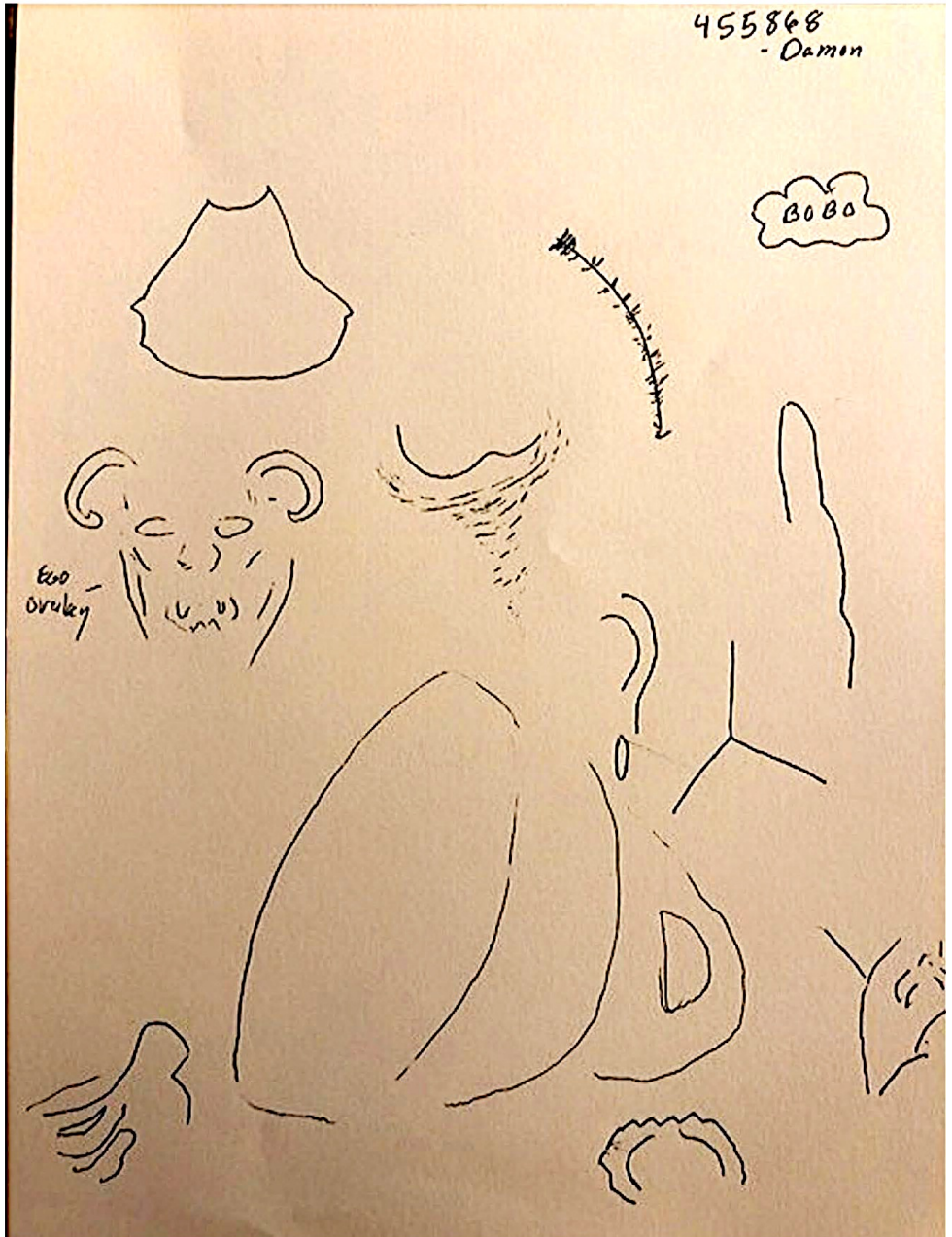
- hose
- man-made tunnel



platform

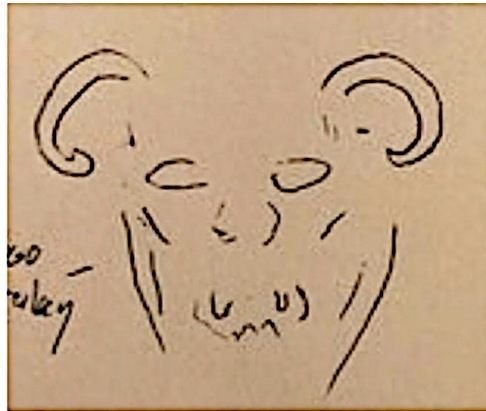


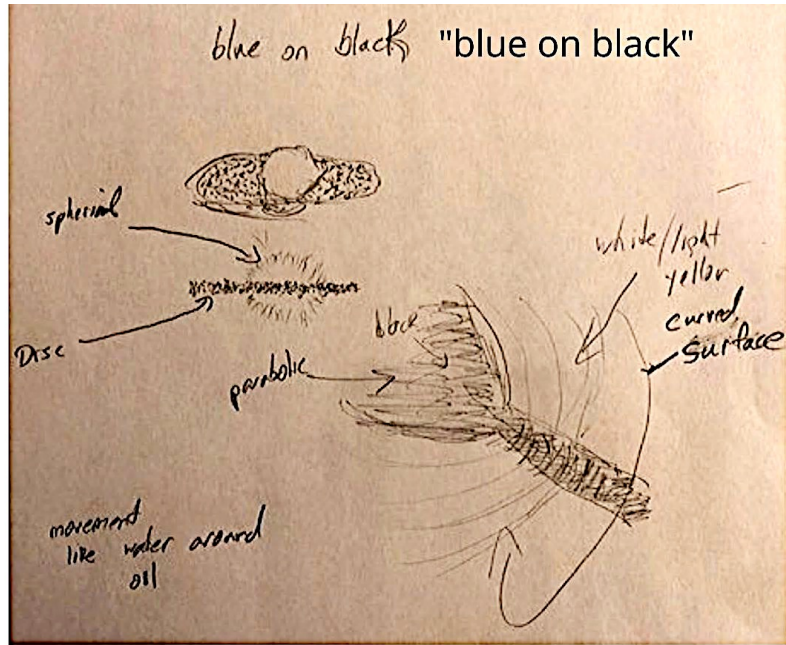
Psychic Tracing



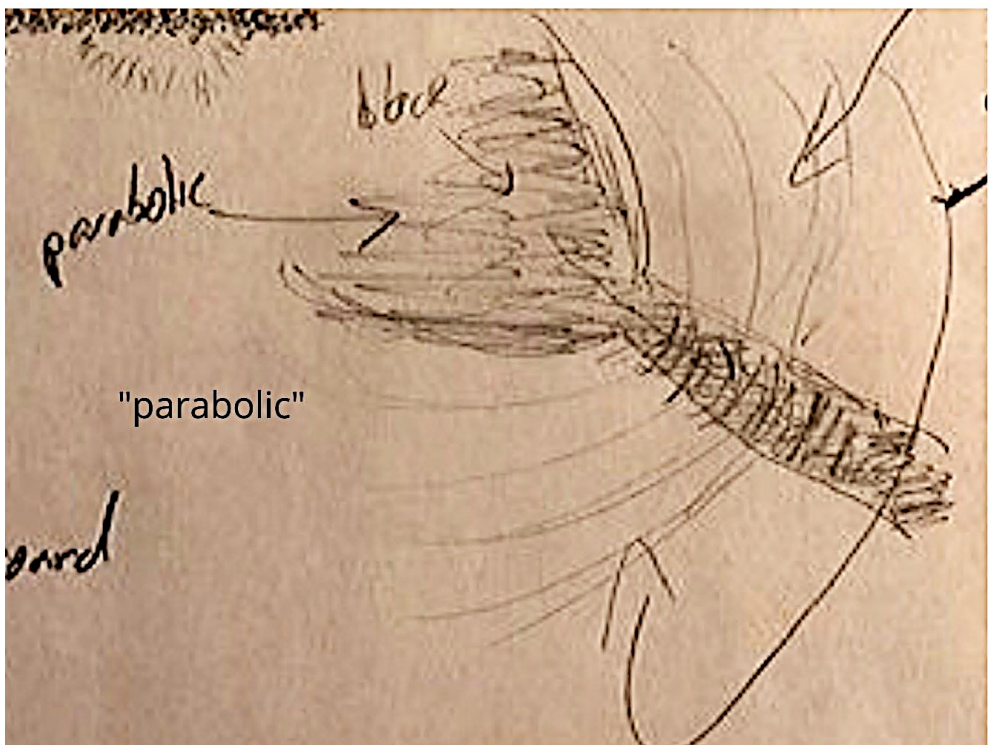
Feedback: 455868

Prediction: 3 is NOT drawn - hit

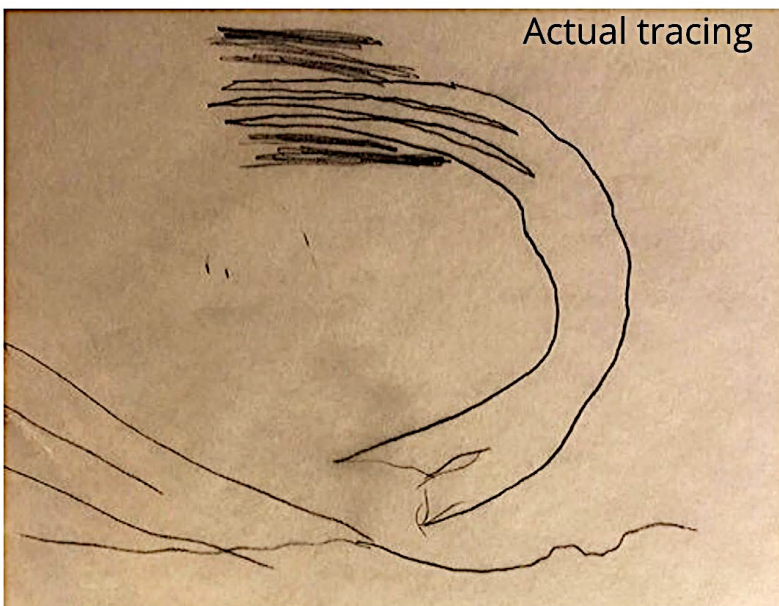
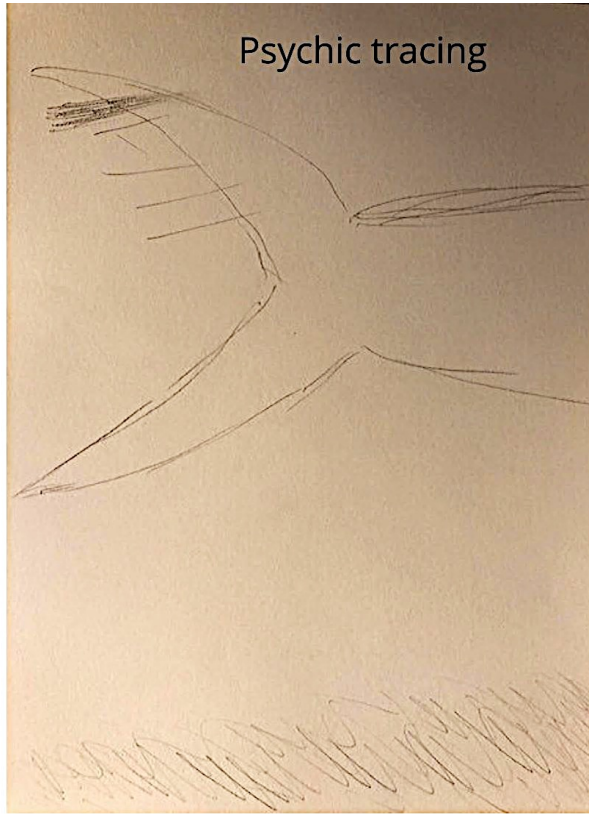




Enlarged



Coordinate: 833854

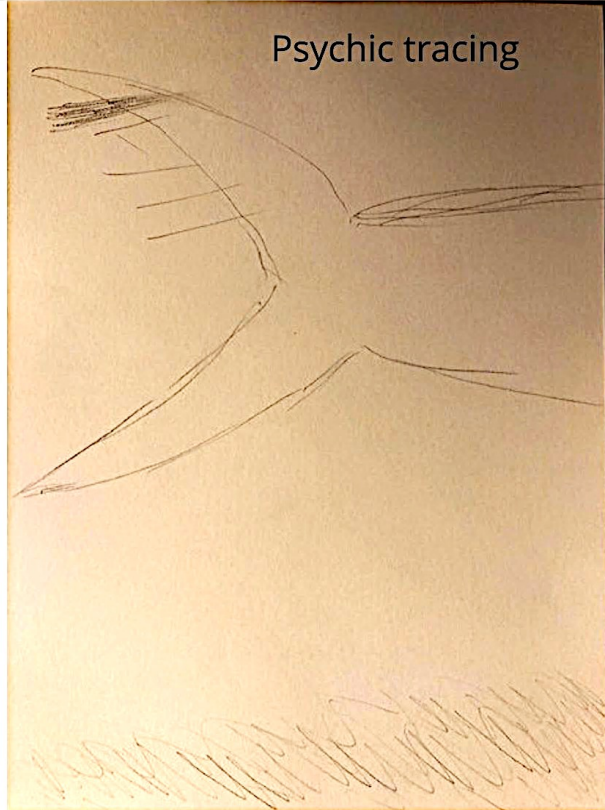


Feedback: 833854

Prediction: 4 is NOT drawn - hit



Psychic tracing



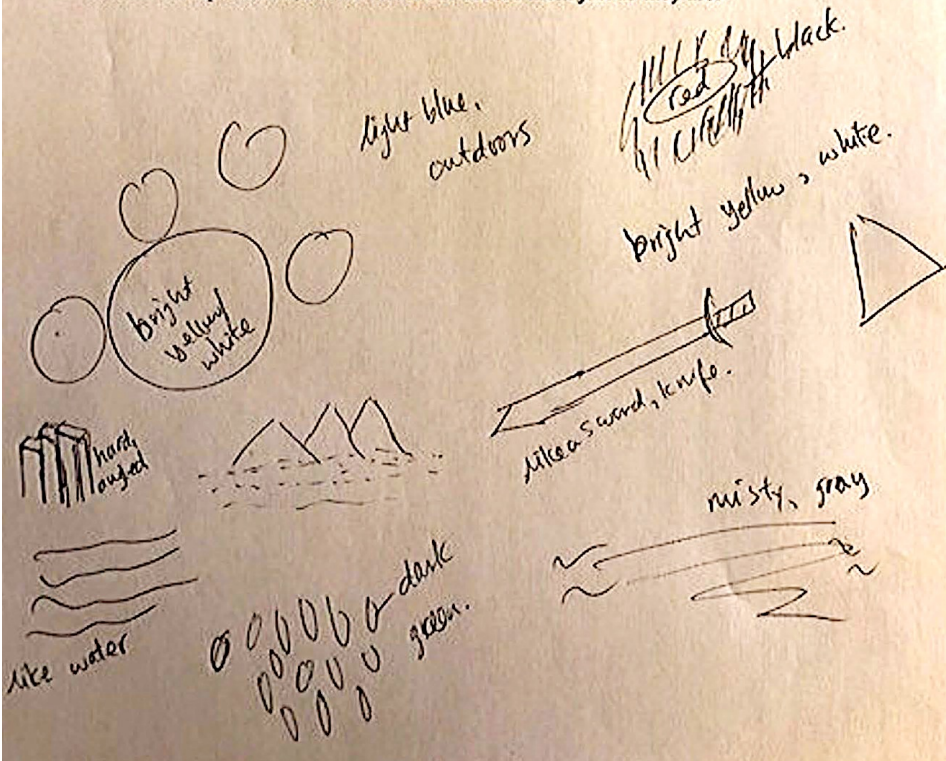
Coordinate: 899129
Viewer: Li-Anne

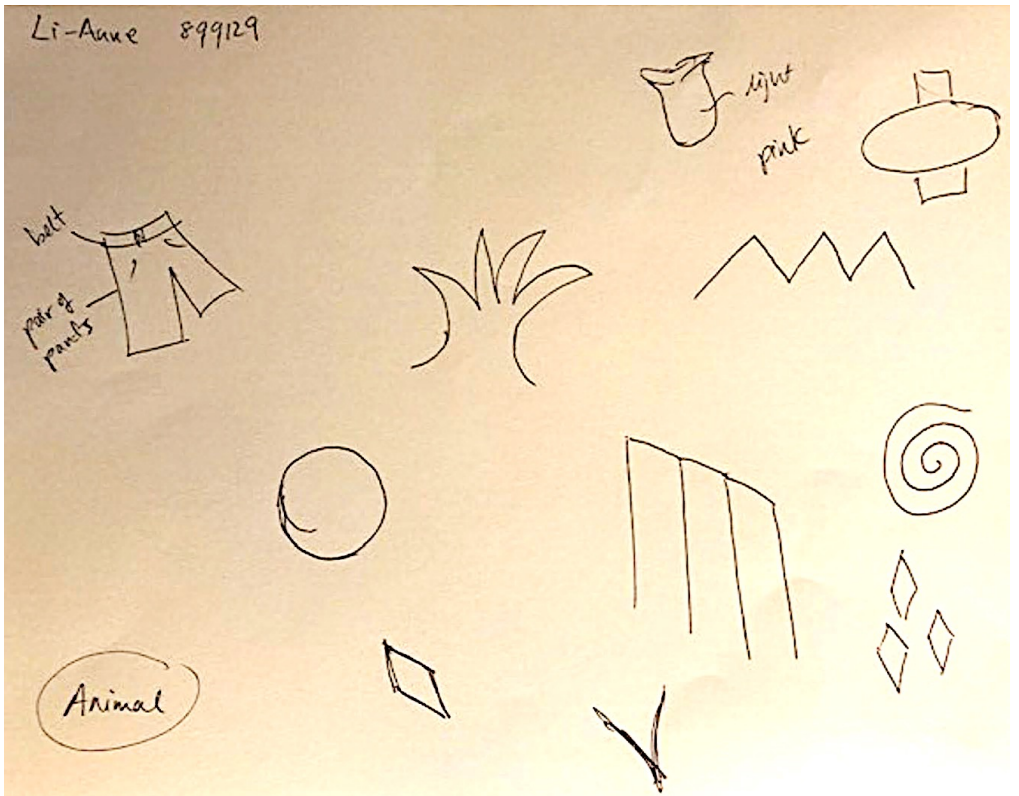
November 10, 2019

Name: Li-Anne

Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 899129, which I will see ~ 2 pm (choose what day and time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.





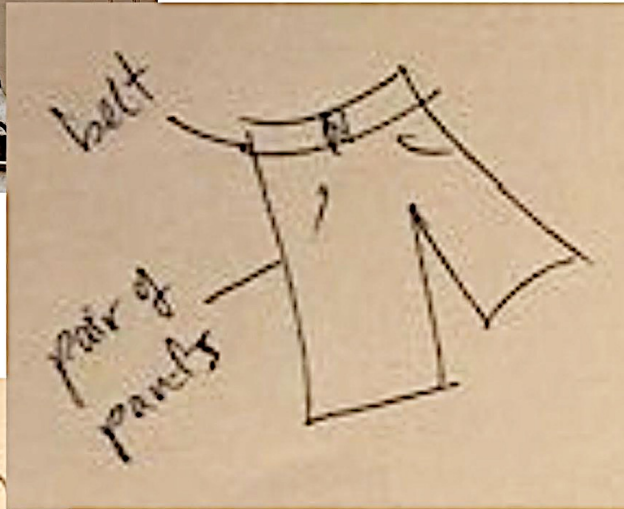
Coordinate: 899129

Initial prediction: 5 is NOT drawn

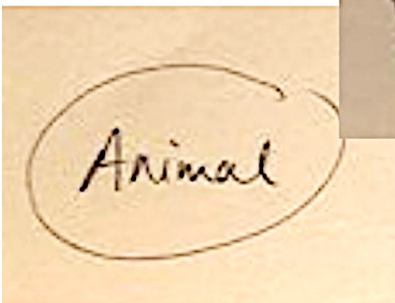
*But we decided to go with another image and predict the opposite outcome instead.



"belt"
"pair of pants"

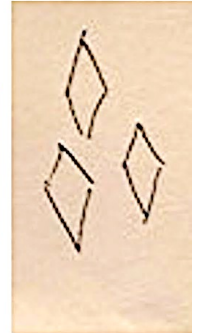
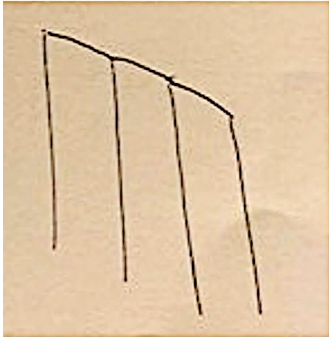


"Animal"

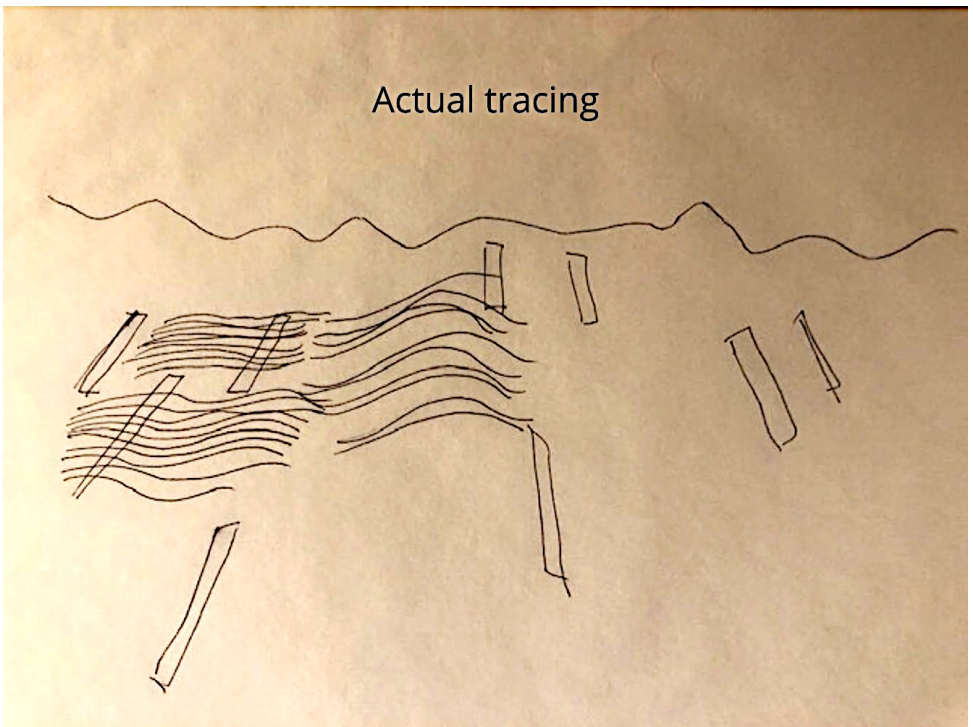


Final prediction: 5 IS drawn - hit

Psychic tracing



Actual tracing

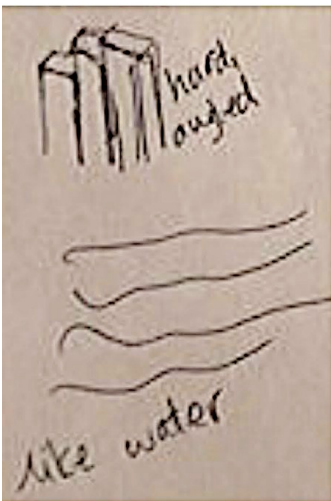


Feedback: 899129

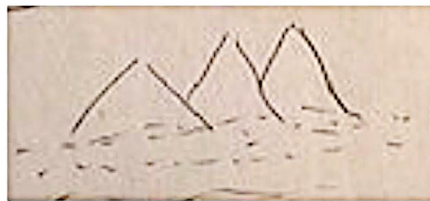
Correct Target Image (assigned to "5 is drawn")



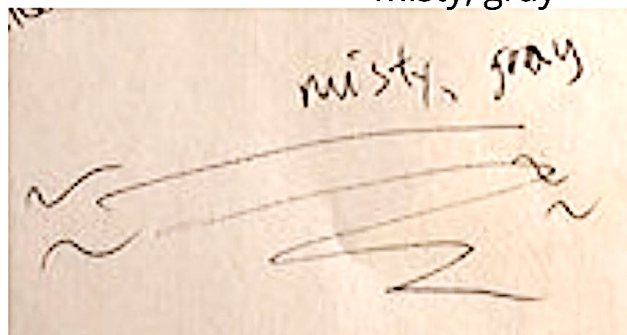
Impressions from her transcript

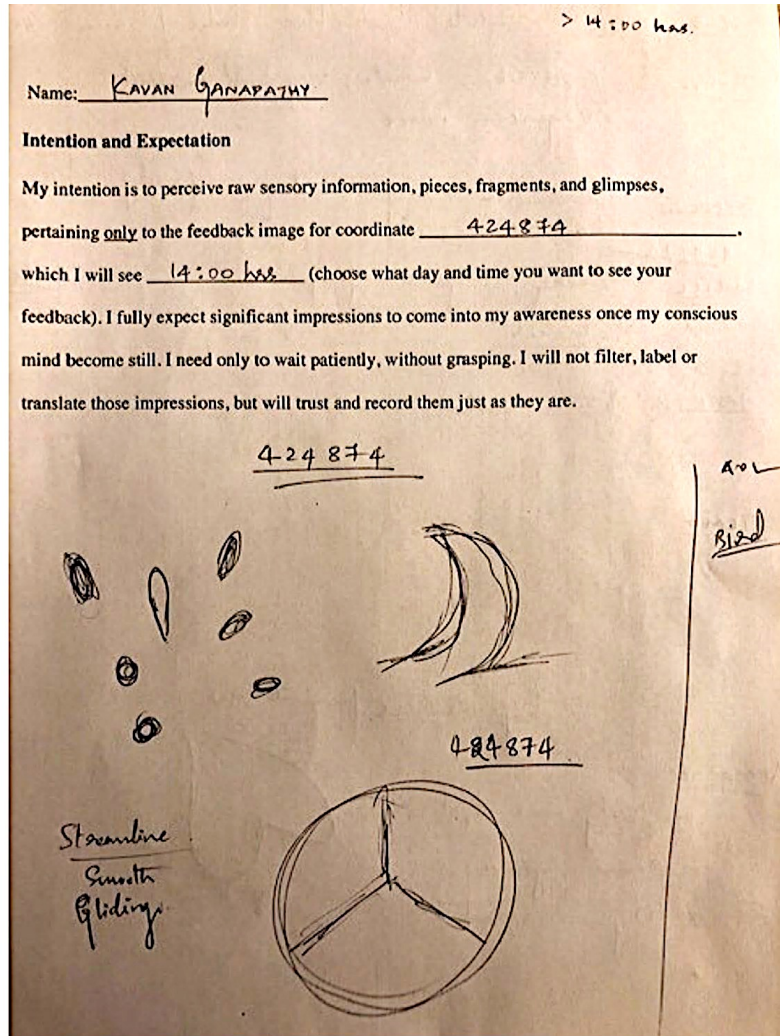


"hard, angled"
"like water"



"misty, gray"

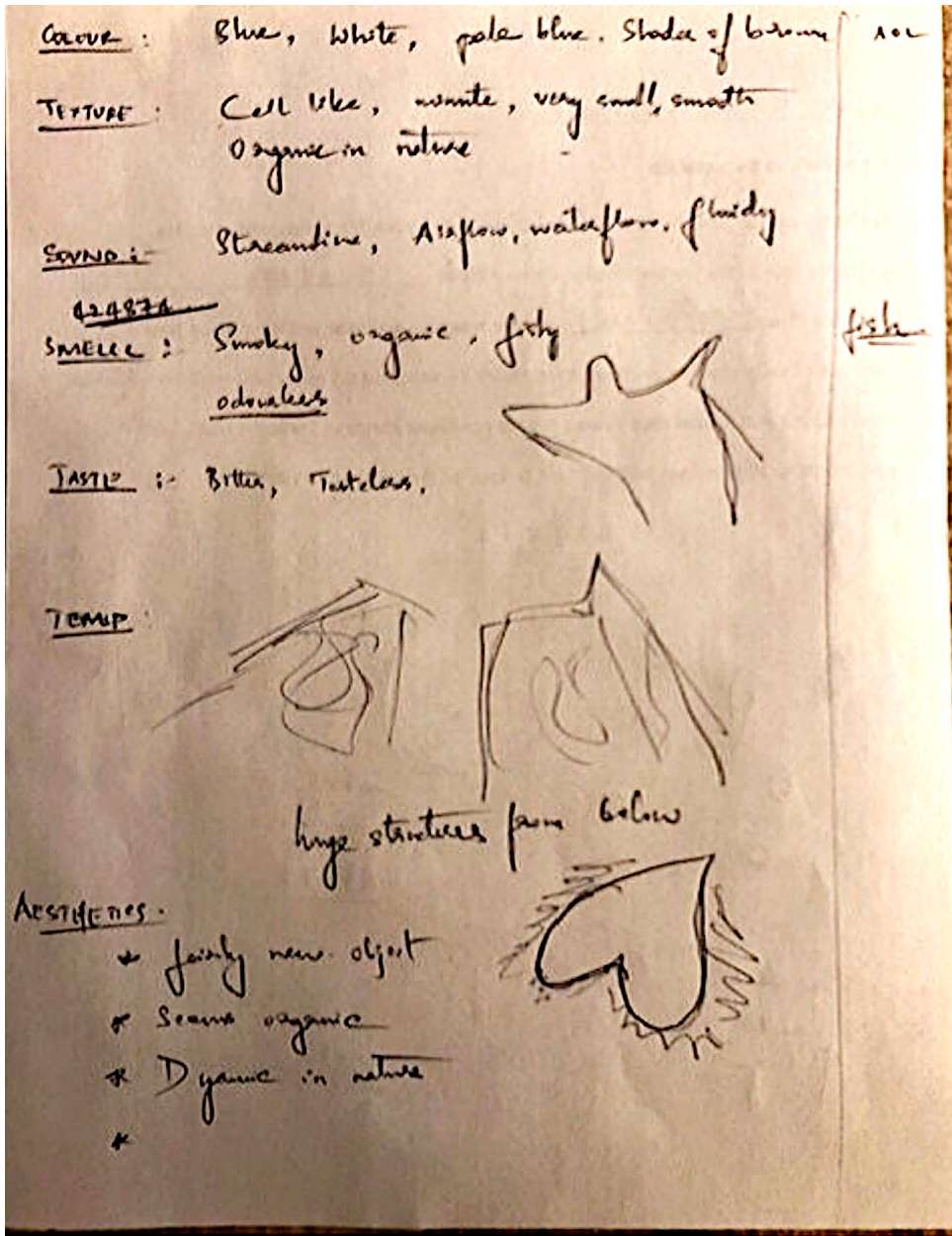




"Steamline"
"smooth"
"gliding"

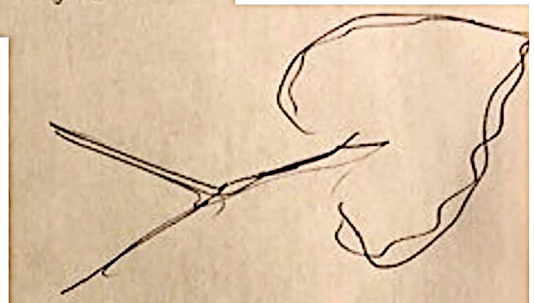
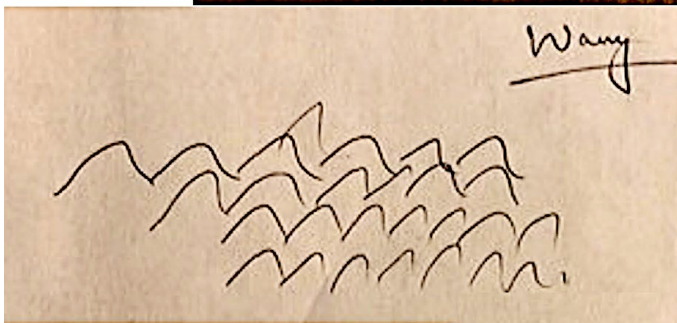
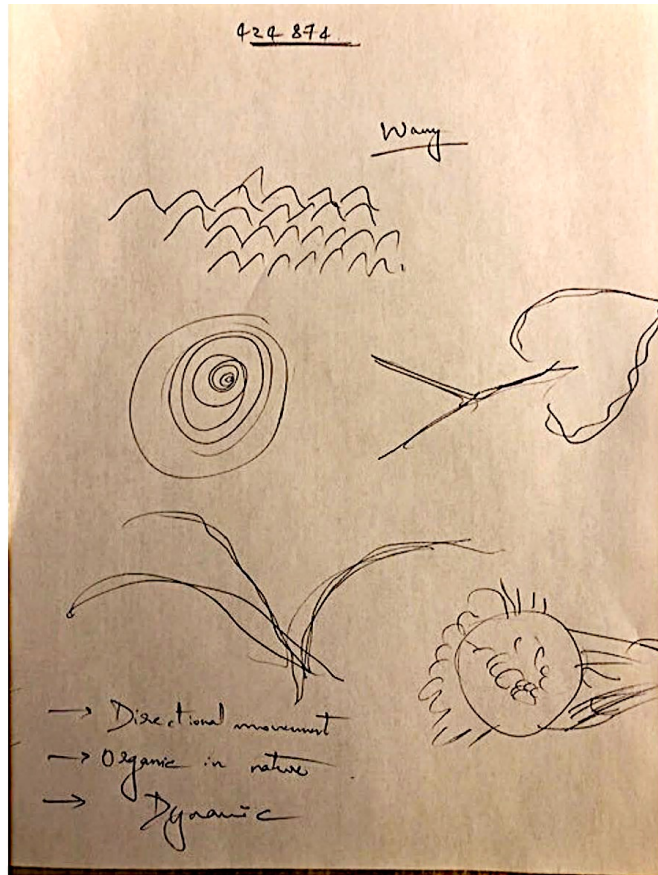


Coordinate: 424874

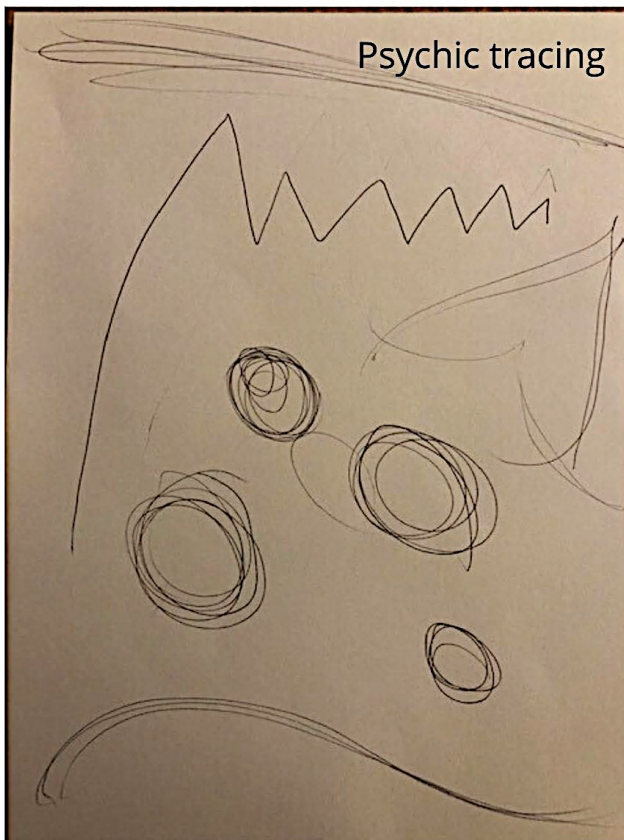
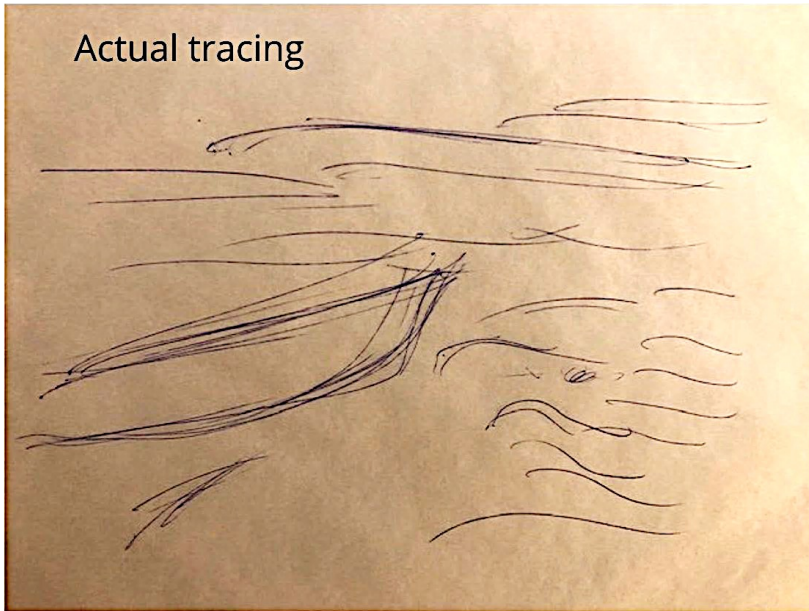


"fairly new object"
 "seems organic"
 "dynamic in nature"

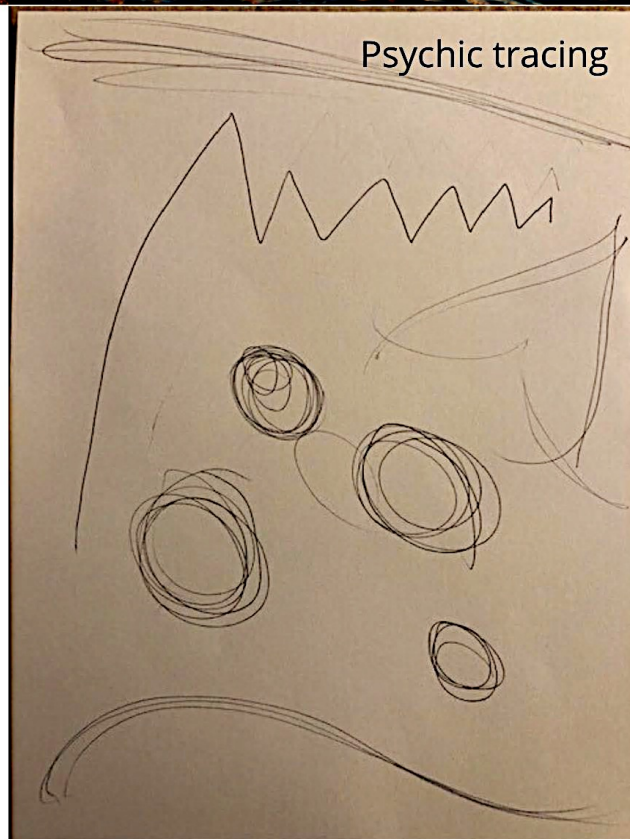
AOL
 "fish"



Coordinate: 424874



Prediction: 6 is NOT drawn - hit



Coordinate: 491168
Viewer: Birgit

November 10, 2019

Name: Birgit

Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 491168 which I will see around 2 pm (choose what day and time you want to see your feedback). I fully expect significant impressions to come into my awareness once my consciousness becomes still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

landscape	in the sky	quiet
Blue - half pic	looking down	calm
Blue sky	grass green	like being in a glider
breeze	rolling hills	
Sunny		
warm		
summer		
Meadow		
the blue could be water - but not close to the bear pic		

"Selected phrase which connect to the selected image:

"blue - half pic"

"blue sky"

"warm"

"**blue could be water - but not close to the [illegible]"

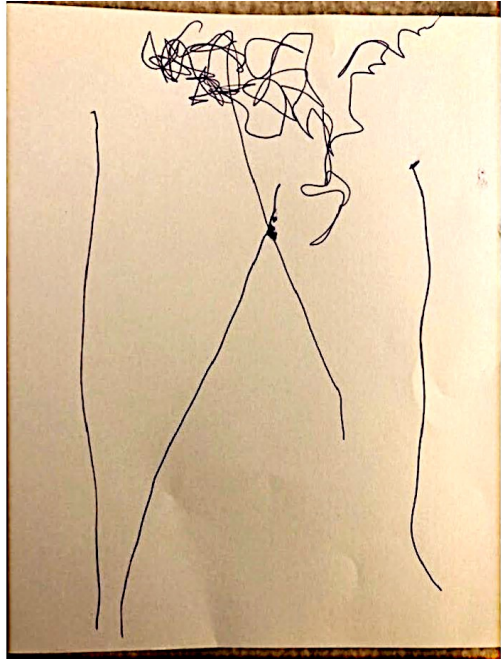
"looking down"

"quiet"

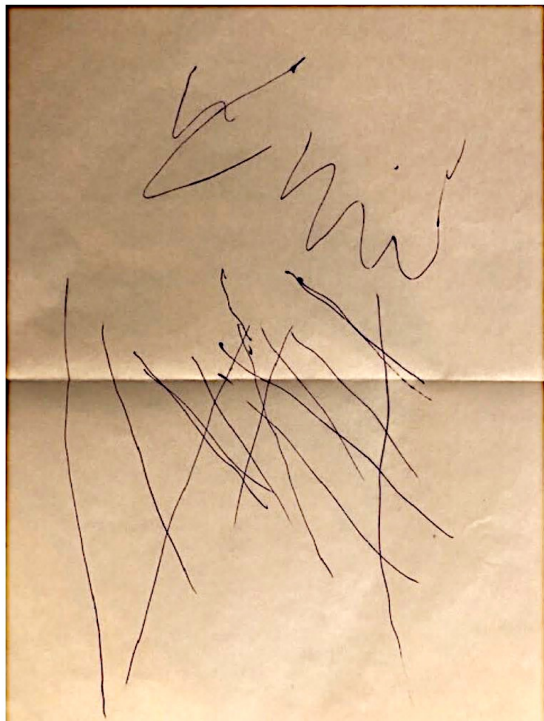
"calm"

"like being in a glider"

Psychic tracing

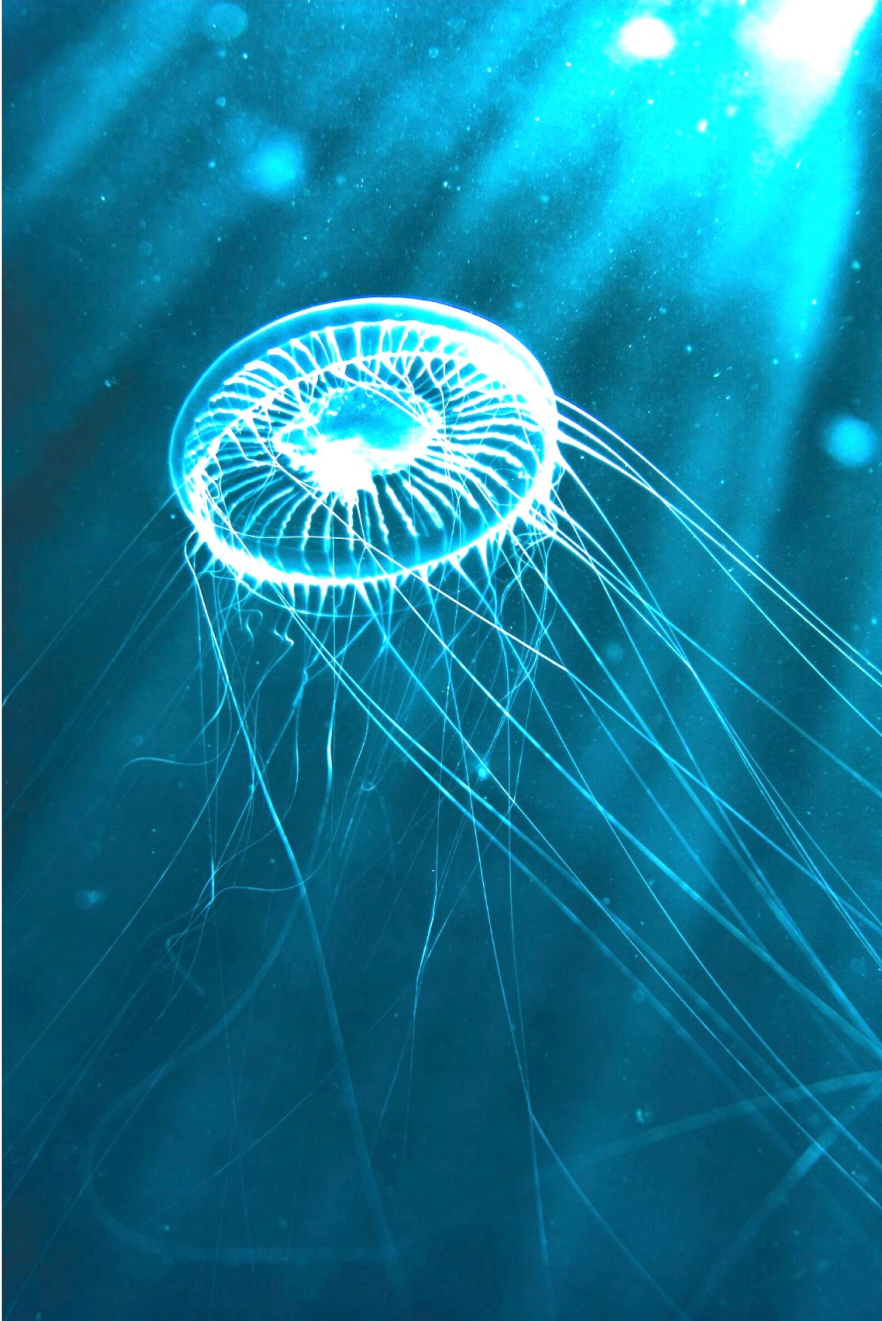


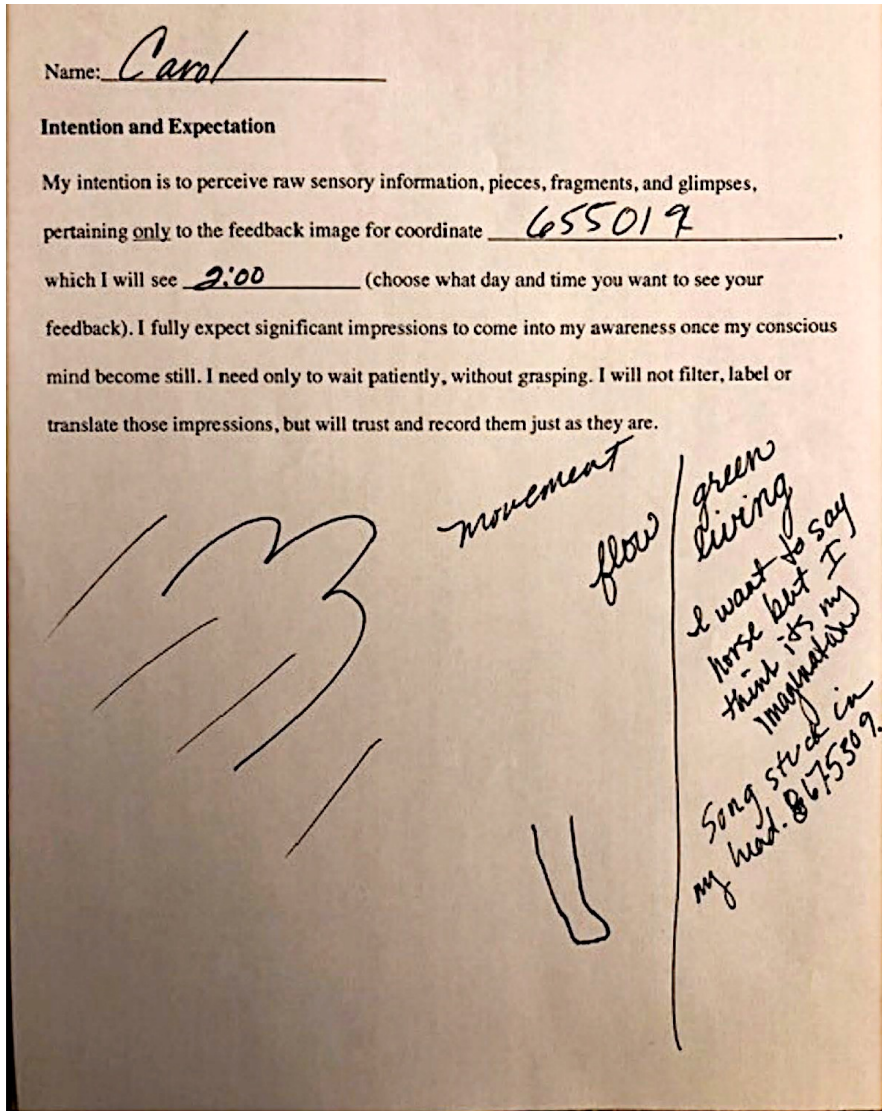
Actual tracing



Feedback: 491168

Prediction: 7 is not drawn - hit





"movement"

"flow"

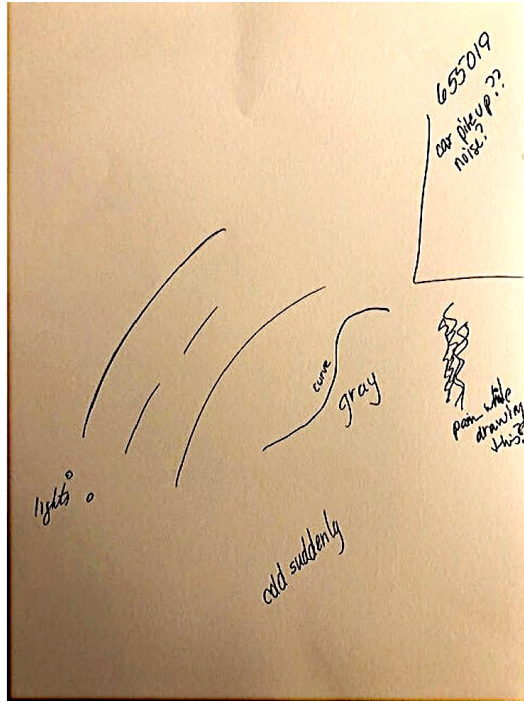
"green"

"living"

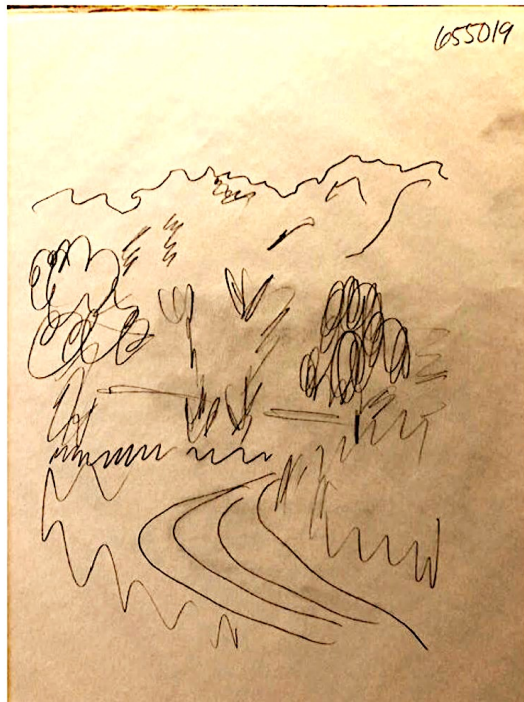
"I want to say 'horse' but I think it's my imagination"

Coordinate: 655019

Psychic tracing



Actual tracing



Signal and Noise

Feedback: 655019

Prediction: 8 is drawn - hit



Coordinate: 748262
Viewer: Cheryl

November 10, 2019

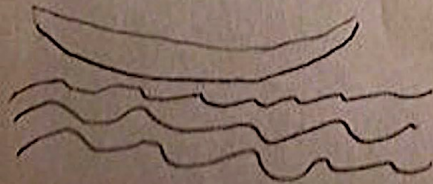
Name: CHERYL MACCHIA

Intention and Expectation

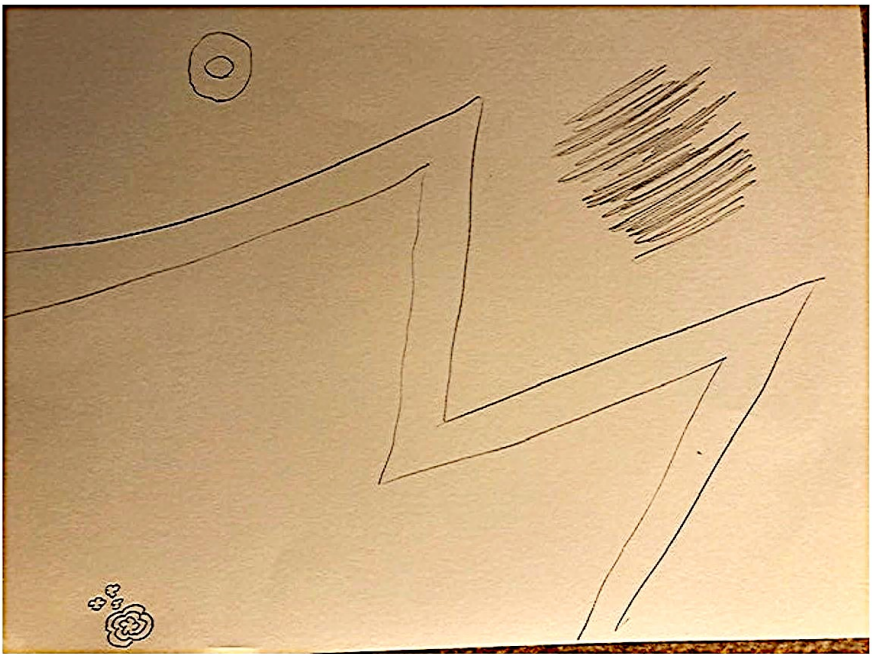
My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 748262 which I will see AROUND 2PM (choose what day and time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

PRE-IMPRESSIONS

2 PEOPLE
MALE & FEMALE
RED



Psychic tracing

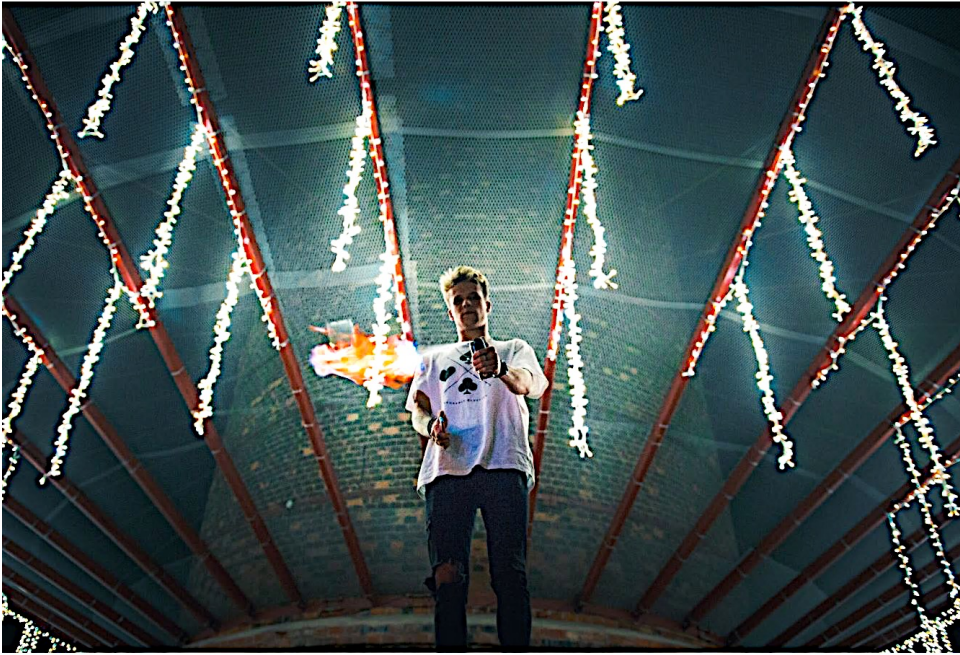


Actual tracing

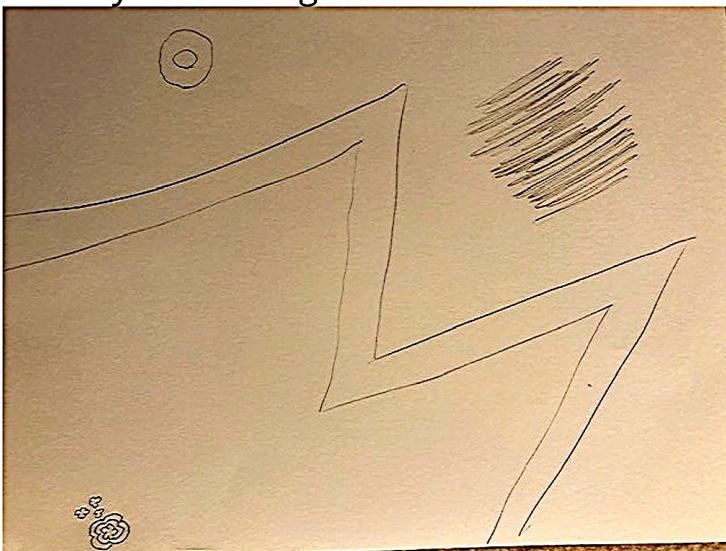


Feedback: 748262

Prediction: 9 is NOT drawn - hit



Psychic tracing



Celebrating our win on Nov. 10



Ending the evening with some psychic spoon bending fun



Term: 03377200 018910
Ret: 033772
1637-000659459-092264

20191110 12:48
\$4.00-1 DRAWS

PICK 3™

A	1	2	8	Any	\$1.00
B	1	2	5	Any	\$1.00
C	1	5	8	Any	\$1.00
D	5	2	8	Any	\$1.00

MID DAY DRAWS \$4.00

Sun Nov10 2019 MID DAY

Download the mobile app today.
You can check your ticket and enter drawings.

Estimated Jackpots

The winning numbers for the mid-day drawing on Nov. 10, 2019 were **5-8-2** (see set "D" on my ticket)

Check winning numbers at www.coloradolottery.com
The Lottery has returned more than \$3.4 billion

Term: 03377200
RET: 033772
1638-001612545-092864

11/11/2019 14:3

**RETAILER RECEIPT
CASH RECEIPT
\$80.00**

Download the mobile app today.
You can check your ticket and enter drawings.

1637-000659459-092264

DRAW	AMOUNT
11/10/2019 P3_ANY	\$80.00

**EXPERIMENT 5: COLOR MUTING &
AMPLIFICATION**

Background

As a member of the Applied Precognition Project, I've enjoyed their extensive library of video presentations and interviews with researchers, trainers, and experts in the field. At one point, I watched a particularly insightful presentation by author and remote viewing teacher Debra Katz²⁵, titled "How to Bypass Self-Judging Pitfalls in ARV and Other Psi Projects."²⁶

In it, Debra discussed the complex issues around selecting and looking at alternate target images for ARV. If one image is emotionally provocative, while the other is boring, it's possible that one's subconscious mind might send back information about the wrong image, simply because it's more interesting.

Another issue she mentioned concerned "**displacement.**" If a viewer is shown the two potential images before their actual feedback session, say, to help determine the prediction, it's possible the mere act of looking at them could send information from *both* images back to the viewer at the time of their viewing session.

A solution, she suggested, could be to present the two images in a way that would be less impactful to the viewer's perception, such as making them smaller than the actual feedback picture, making discernment of details more difficult. Hypothetically, this could reduce the amount of unintended information sent back in time.

I had already invited my friends to do another lottery prediction, so I decided to apply Debra's concepts and see if they helped.

Our process was the same as before, except for two important differences:

²⁵ Learn more about Debra Katz at www.DebraKatz.com

²⁶ To watch the video, become a member at www.AppliedPrecog.com, go to the member section and find it in the "Talk With" series, dated March 5, 2018.

Signal and Noise

1) Instead of giving each viewer their feedback image as a printout on 8.5”x11” paper, I asked them to sit (one at a time) in front of a large screen, onto which I’d project their feedback image. The other viewers were asked to avert their gaze or go to another room in order to prevent displacement when it was their turn to see their feedback image.

2) I made small, business-card sized, black-and-white printouts of each set of alternate target images. If, working as the analyst, I was unable to connect a viewer’s transcript to either of the images, I would ask the viewer to look at the small pictures and, based only off of the tiny pictures, tell me which one they thought they were perceiving in the future.

Result

We predicted four numbers as being drawn, 1,3,**7,5**. The actual winning numbers were **5,4,7**. We were short one viewer that day, so we did a quick “group session” to predict whether the 5 would be drawn or not. Eight viewers’ transcripts indicated it would be drawn, and only one viewer’s transcript indicated it would not.

We missed on the 1 and 3 because of displacement.

How to Review the Following Transcripts

First, you’ll be shown the two alternate images in their minimized, black-and-white version. As you’ll see in the first example, each picture’s value (“drawn” or “not drawn”) was written on the back of it. But remember, on that day, the viewers only saw these images after doing their viewing session, and only if I couldn’t make a determination myself.

The viewer’s transcript appears after the alternate photos. As you look it over, ask yourself which of the two small, black-and-white images you’d assign it to if you were the analyst.

Then you’ll see both the predicted image and the alternate image on the same page. The predicted image is always the one on top. Look for the word “hit” or “miss” at the top to tell you whether the prediction was right or not.

In all cases, but especially for number 1 and 3, ask yourself, “Which image would I have chosen if I had been the analyst that day?”

TRAINING SYSTEM USERS PAUSE HERE

Before turning any more pages, here are your remote viewing assignments for this section:

****Special note for this section:** When you go to the feedback page for each coordinate online, you will first be presented with the same two, small, black and white, potential images that the viewers were shown, and then you'll click to see the correct image after you've decided which one you think your transcript matches up with.

Chances are, you won't have a projector and screen at home to make the feedback image big and bright. What you might do instead is 1) turn out the lights in your room, then 2) open the feedback image on a laptop/desktop screen (or on a big screen TV) so the colors really stand out in the darkness. Then 3) sit in front of the image for a few minutes and *really* try to soak it in, intending to send the information *back in time to yourself* at the time of your viewing session.

Coordinate

Get Your Feedback:

983462	www.SignalAndNoiseBook.com/983462
566527	www.SignalAndNoiseBook.com/566527
993812	www.SignalAndNoiseBook.com/993812
489972	www.SignalAndNoiseBook.com/489972
595195	www.SignalAndNoiseBook.com/595195
947783	www.SignalAndNoiseBook.com/947783
244255	www.SignalAndNoiseBook.com/244255
260588	www.SignalAndNoiseBook.com/260588
137194	www.SignalAndNoiseBook.com/137194
936251	www.SignalAndNoiseBook.com/936251

After you have done as many sessions as you wish, you can continue turning the pages for this section to see how the viewers did.

Example of how we did "feedback" using a projector during our attempt to predict the mid-day Pick 3 drawing on January 5, 2020



My tracking sheet from January 5, 2020.

Predicted
outcomes

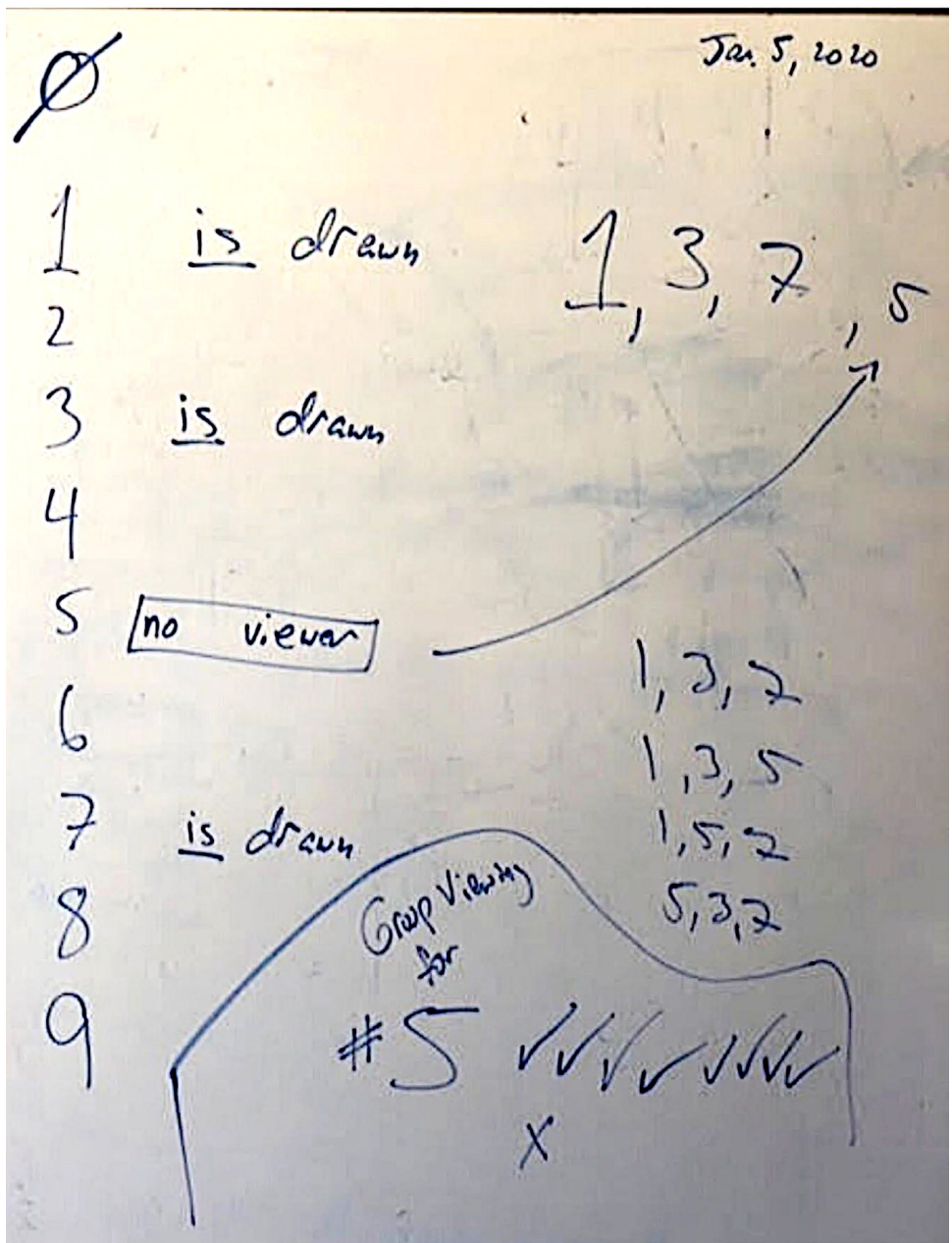
Number	Coordinate	Name	Predicted outcomes
0	"Li-Anne" 566527	Li-Anne	not drawn
1	"Stacy" 993812	Stacy	is drawn
2	"David" 489972	David	not drawn
3	"Carol" 983462	Carol	is drawn
4	"Jill" 595195	Jill	not drawn
5	GROUP 936251		IS drawn
6	"Kavan" 947783	Kavan	not drawn
7	"Birgit" 244255	Birgit	is drawn
8	"Heather" 260588	Heather	not drawn
9	"Cheryl" 137194	Cheryl	not drawn

Signal and Noise

Consolidating our results on the whiteboard. See near the bottom where we tallied our “group prediction” for the number 5? The overwhelming consensus was that the number 5 would be drawn.

Actual Winning Numbers:
5,4,7

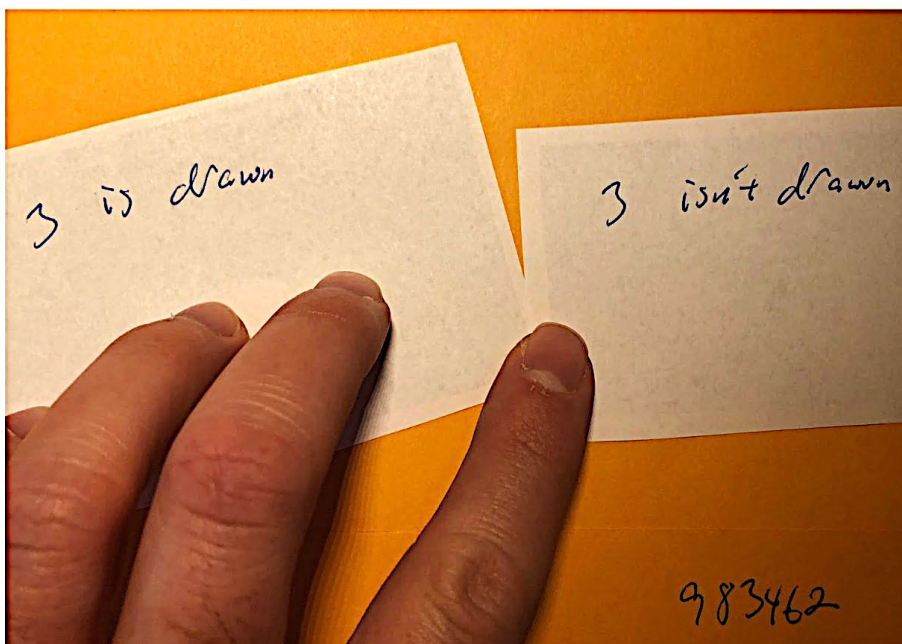
Predicted Numbers:
1,3,7,5



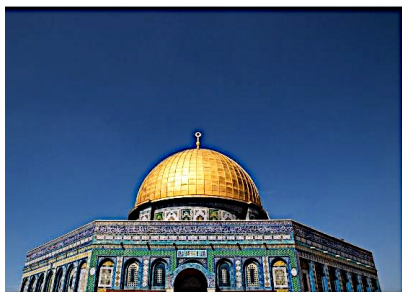
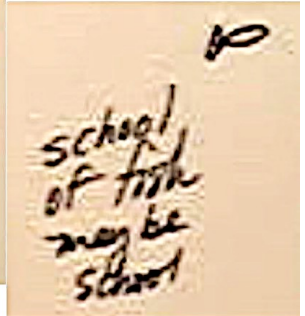
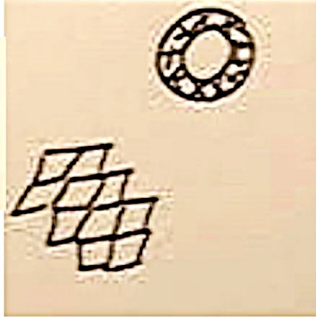
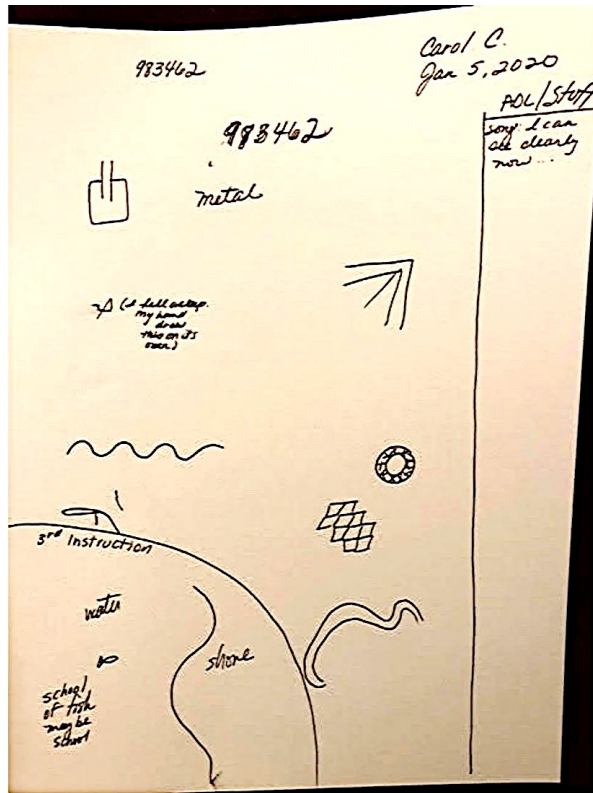
Coordinate: 983462
Viewer: Carol

January 5, 2020

Alternate images for predicting if number 3 would, or would NOT, be drawn. These were printed in black-and-white, around the size of a business card.



Coordinate: 983462



?

A large question mark symbol.



Coordinate: 983462

Prediction: 3 is drawn - miss



Alternate target image



Signal and Noise

Coordinate: 566527

Viewer: Li-Anne

January 5, 2020

Alternate images for predicting if number 0 would, or would NOT, be drawn. These were printed in black-and-white, around the size of a business card.



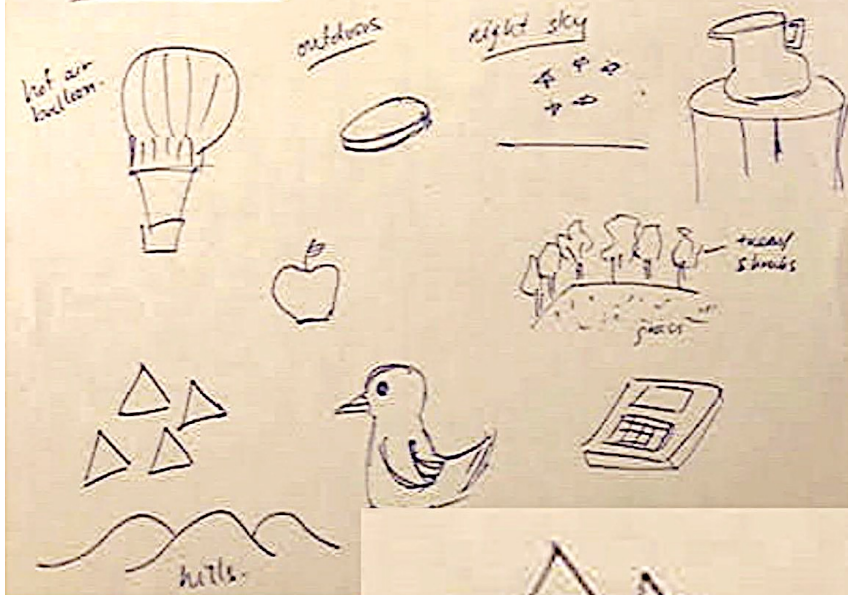
Coordinate: 566527

Name: Li-Anne

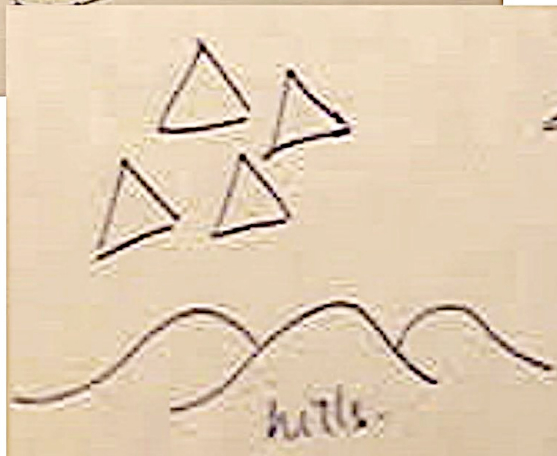
Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 566527, which I will see 2:00 - 2:30 (choose what day and time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.

Third impression.

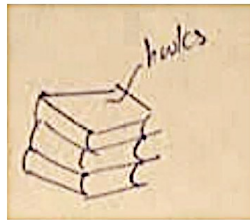
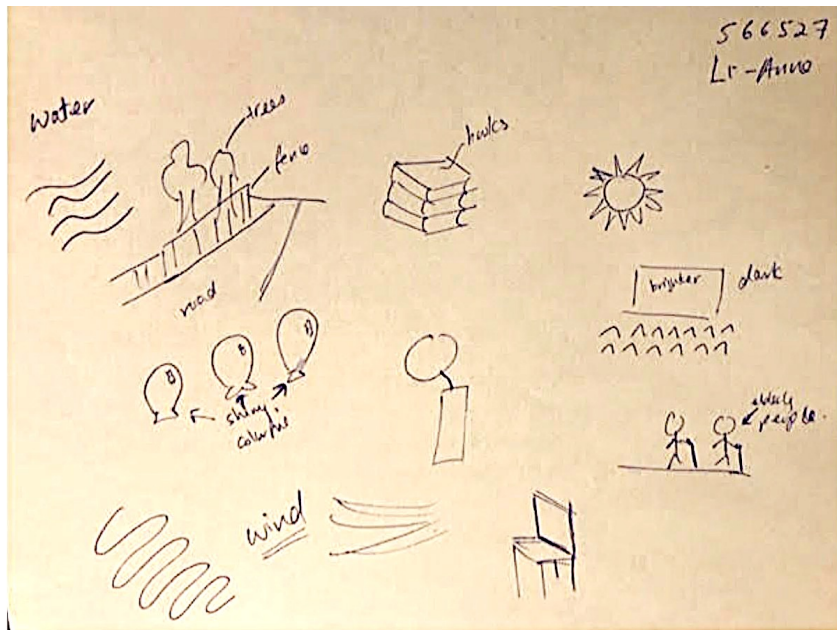


"hills"

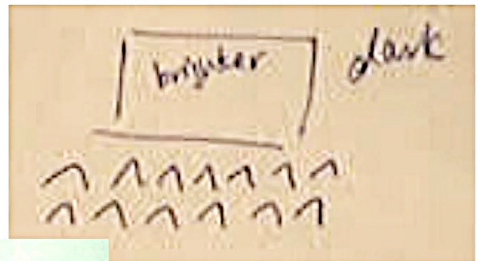


Coordinate: 566527

This was the second page of her transcript.



"books"



"brighter" | "dark"



Coordinate: 566527

Prediction: 0 is NOT drawn - hit



Alternate target image



Signal and Noise

Coordinate: 993812

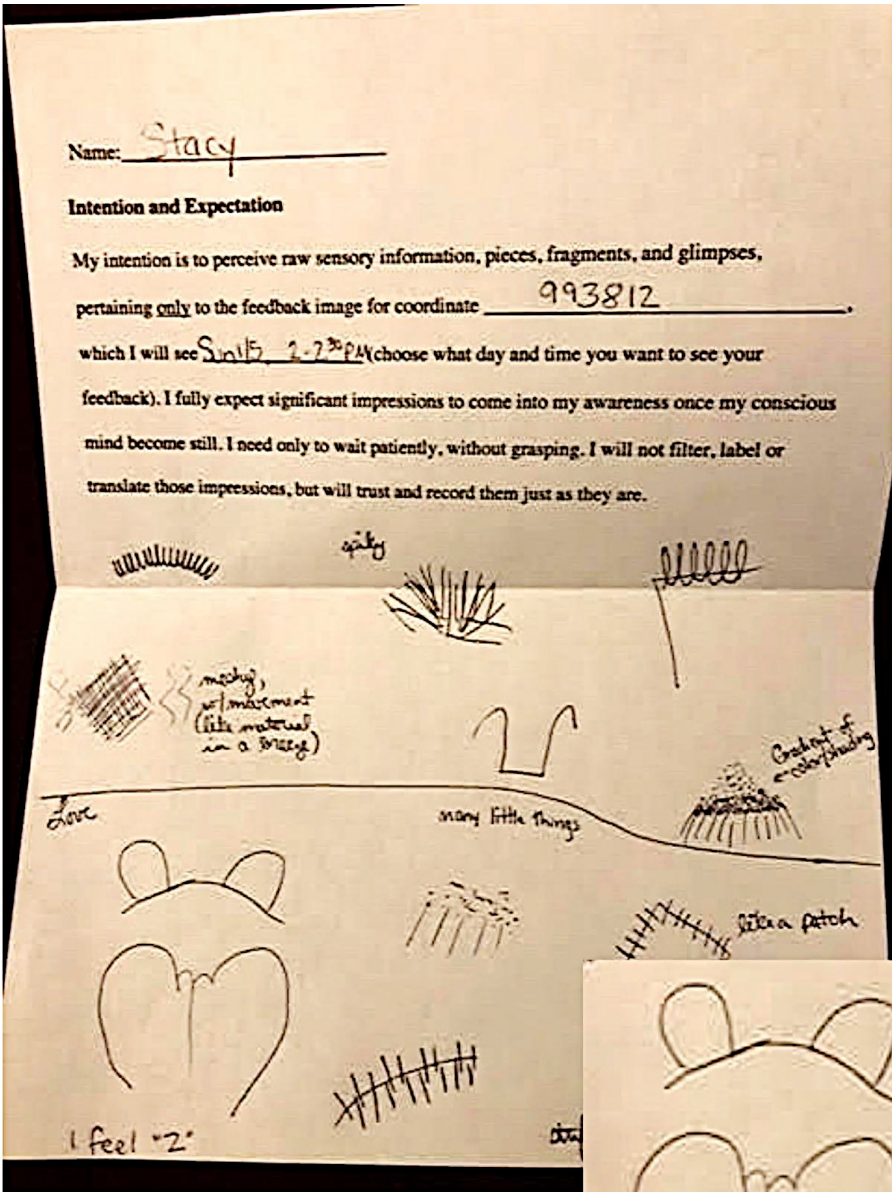
Viewer: Stacy

January 5, 2020

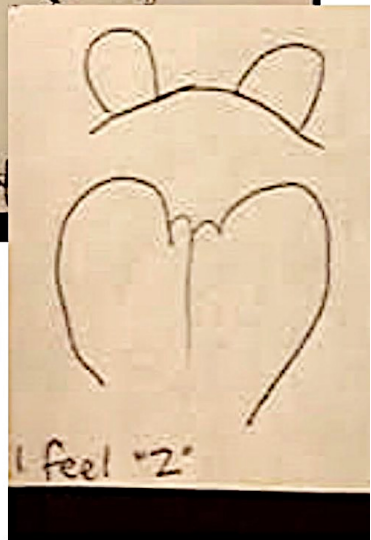
Alternate images for predicting if number 1 would, or would NOT, be drawn. These were printed in black-and-white, around the size of a business card.



Coordinate: 993812



"I feel '2'"



Signal and Noise

Coordinate: 993812

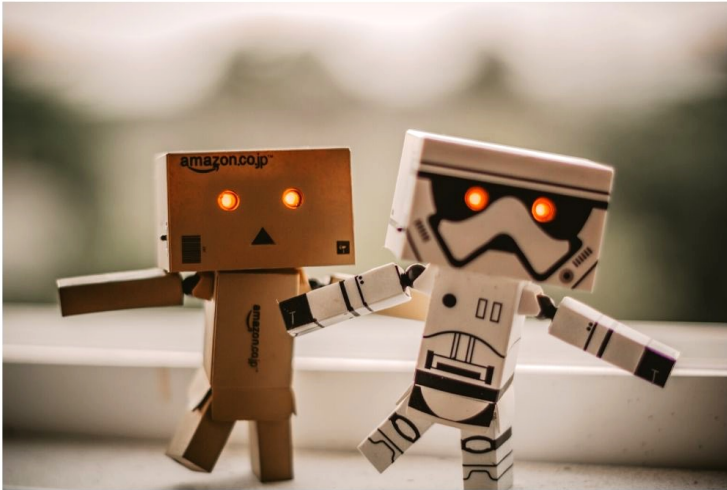


?

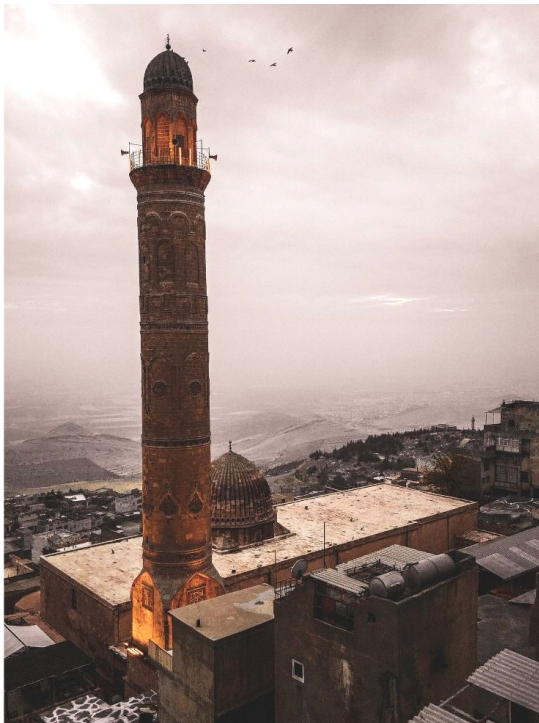


Coordinate: 993812

Prediction: 1 is drawn - miss



Alternate target image



Signal and Noise

Coordinate: 489972

January 5, 2020

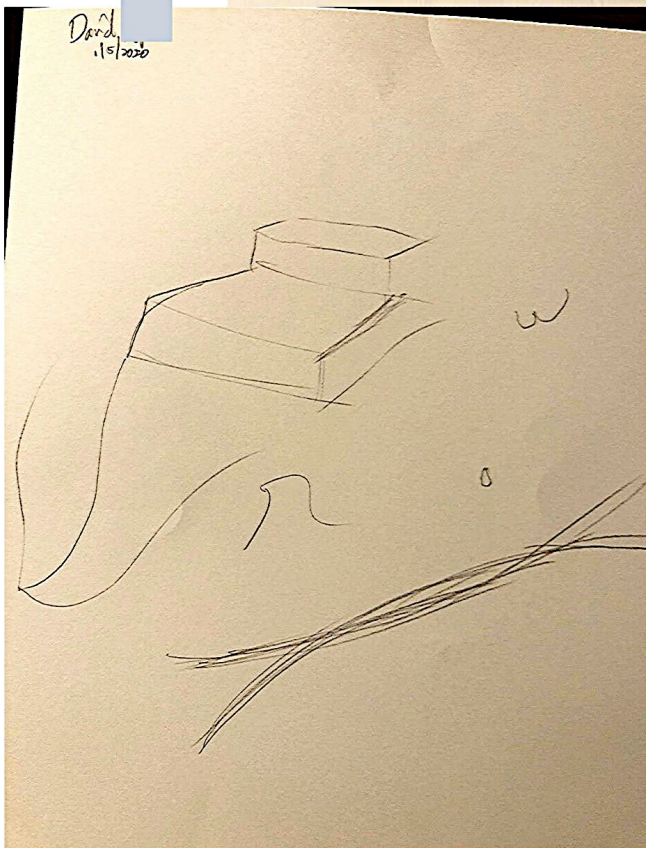
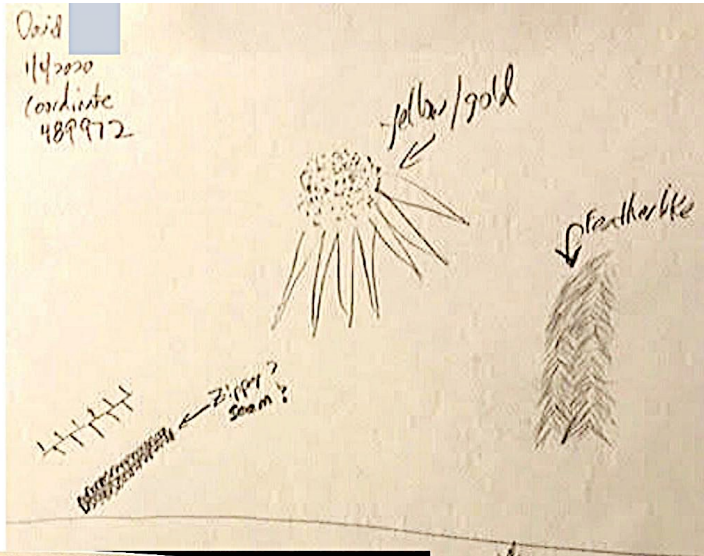
Viewer: David

Alternate images for predicting if number 2 would, or would NOT, be drawn. These were printed in black-and-white, around the size of a business card.



Coordinate: 489972

In this case, I was leaning toward the picture of the girl's party, but I wasn't confident. I asked David for his opinion, and he immediately responded saying he felt that he had been perceiving the stone monument.



Signal and Noise

Coordinate: 489972

Prediction: 2 is NOT drawn - hit



Alternate target image



Coordinate: 595195
Viewer: Jill

January 5, 2020

Alternate images for predicting if number 4 would, or would NOT, be drawn. These were printed in black-and-white, around the size of a business card.

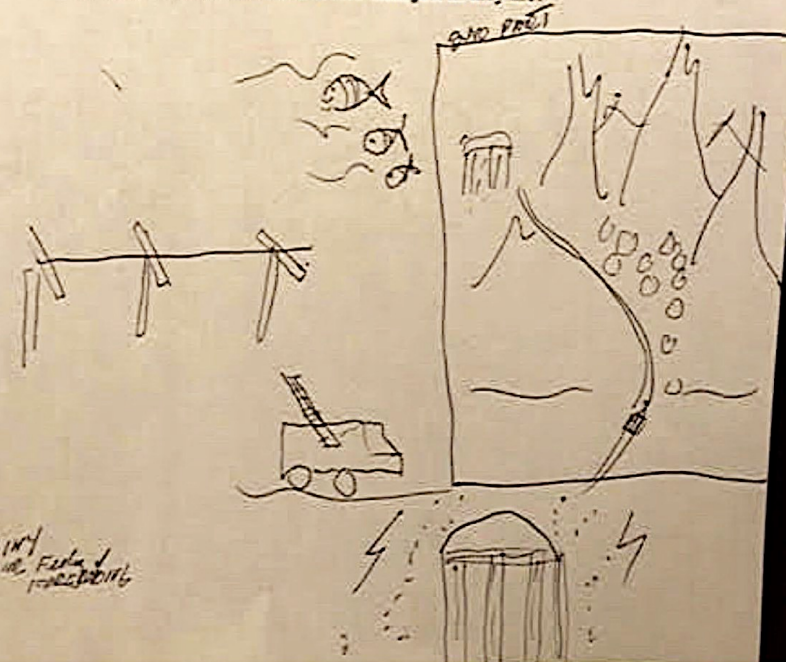


Coordinate: 595195

Name: JILL LOWY

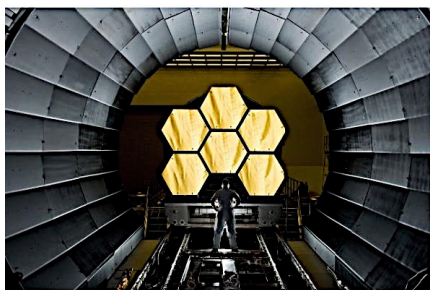
Intention and Expectation

My intention is to perceive raw sensory information, pieces, fragments, and glimpses, pertaining only to the feedback image for coordinate 595195, which I will see TODAY 2:30-3:30 (choose what day and time you want to see your feedback). I fully expect significant impressions to come into my awareness once my conscious mind become still. I need only to wait patiently, without grasping. I will not filter, label or translate those impressions, but will trust and record them just as they are.



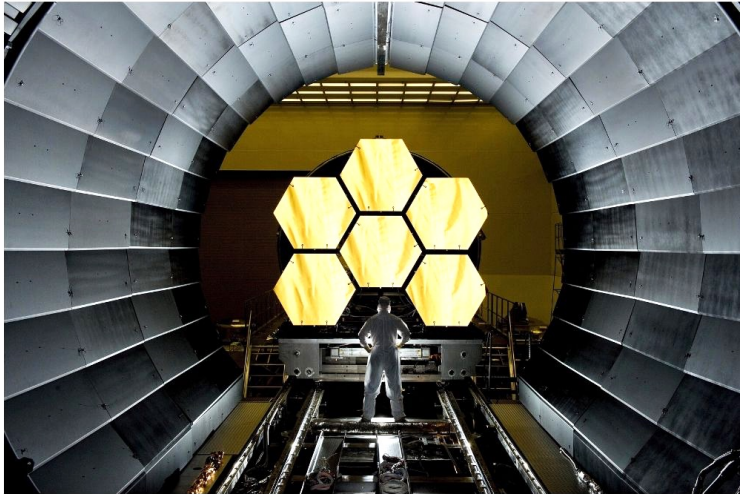
The sketches include: a fish-like shape with wavy lines above it; a crane on a cart; a building with a dome and a curved path leading to it; a dome structure with vertical lines and lightning bolts around it; and a horizontal line with three vertical supports. The text 'AND FEEL' is written above the building sketch. In the bottom left, there is handwritten text: '• RAINY', '• PASSIVE', '• FOCUS', '• RECORDING'.

Why we chose this target (it turned out to be a miss)



Coordinate: 595195

Prediction: 4 is NOT drawn - miss



Alternate target image



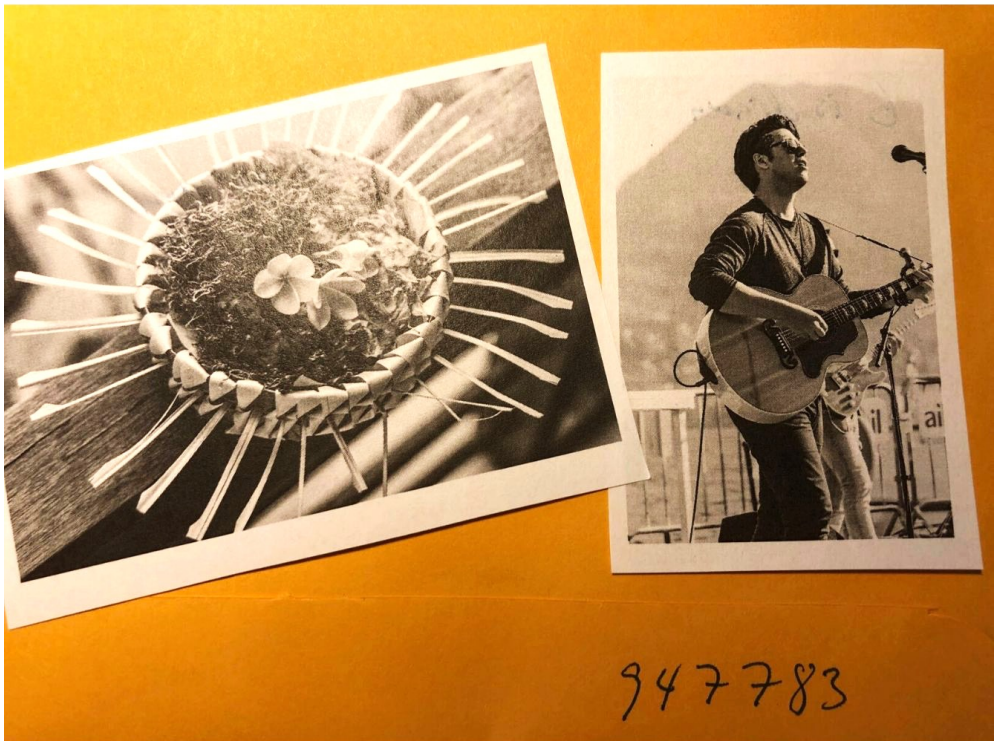
Signal and Noise

Coordinate: 947783

January 5, 2020

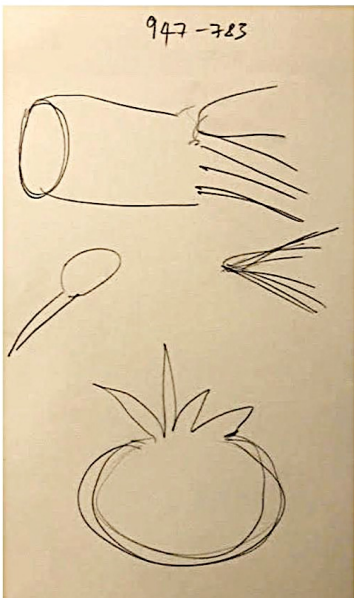
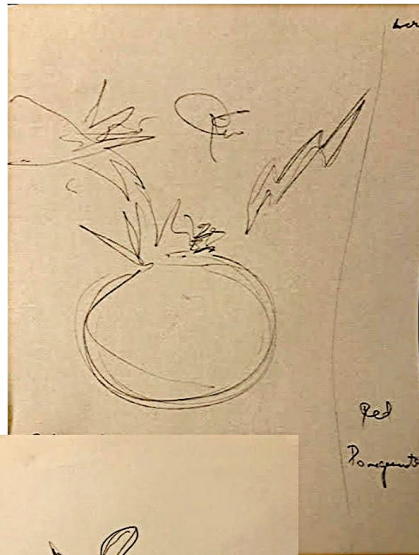
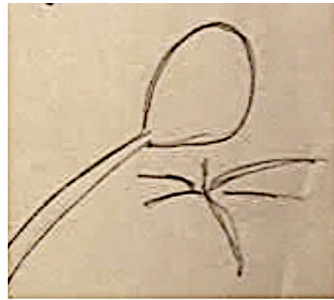
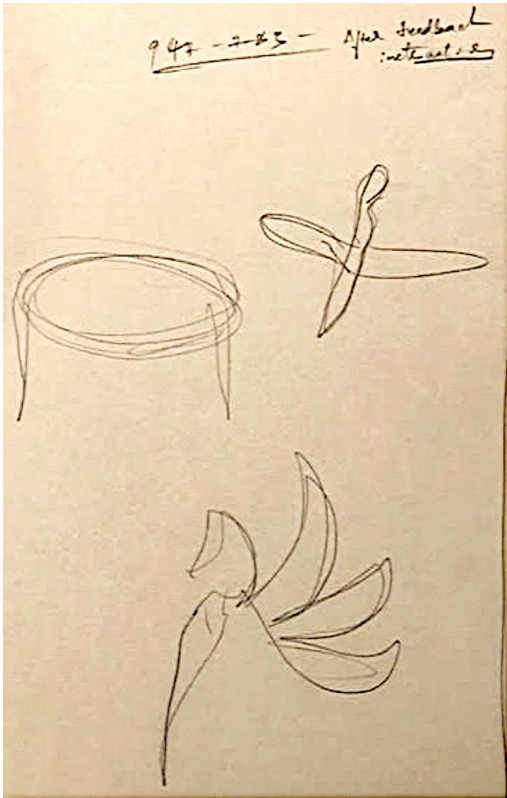
Viewer: Kavan

Alternate images for predicting if number 6 would, or would NOT, be drawn. These were printed in black-and-white, around the size of a business card.



Coordinate: 947783

Selected images from multiple pages of Kavan's transcript



Signal and Noise

Coordinate: 947783

Prediction: 6 is NOT drawn - hit



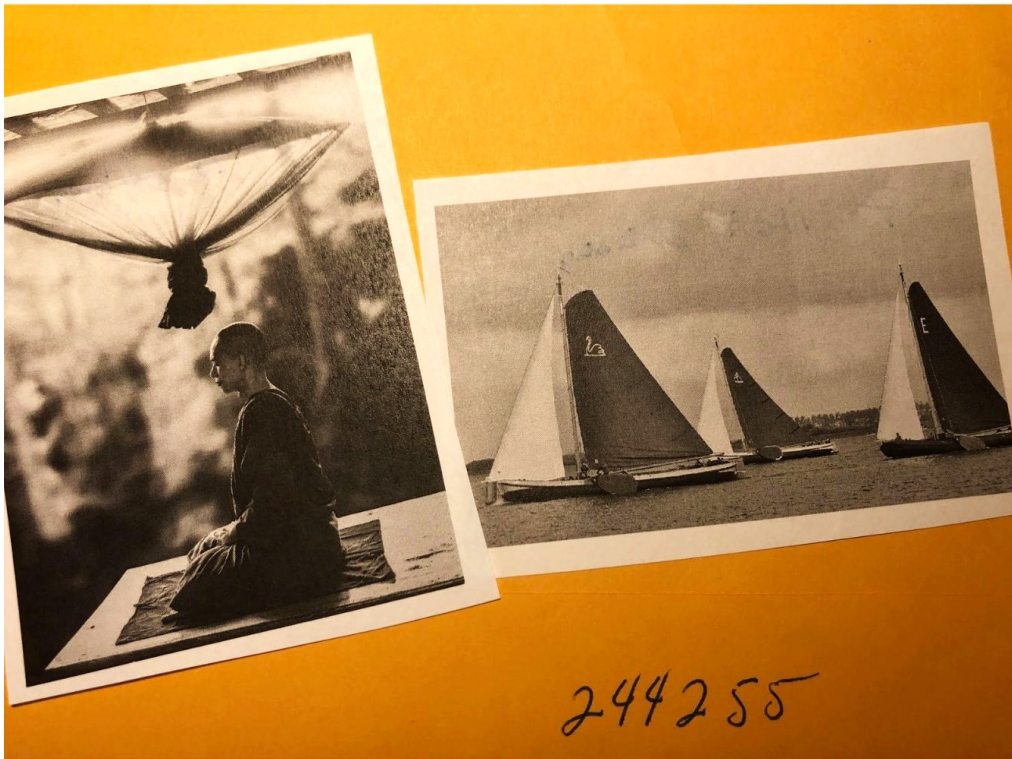
Alternate target image

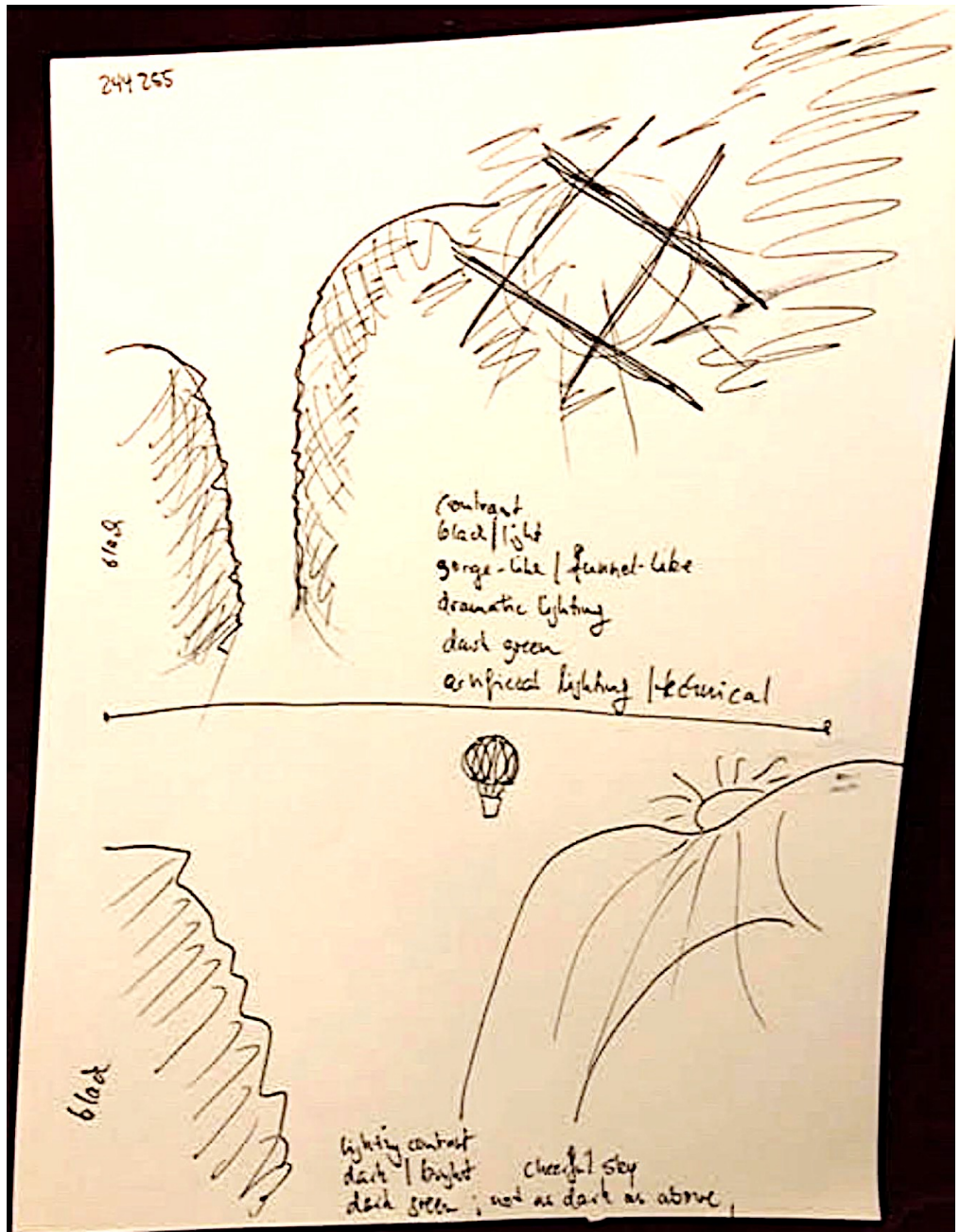


Coordinate: 244255
Viewer: Birgit

January 5, 2020

Alternate images for predicting if number 7 would, or would NOT, be drawn. These were printed in black-and-white, around the size of a business card.





Coordinate: 244255

contrast
 black / light
 gorge-like / funnel-like
 dramatic lighting
 dark green
 artificial lighting / technical

"Glad / light"
 "gorge-like / funnel-like"

"dramatic lighting"

"dark green"

"artificial lighting /
 technical"

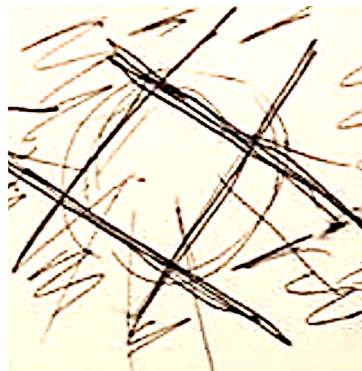
lighting contrast
 dark / bright
 dark green ; cheerful sky
 not as dark as above

"lighting contrast"

"dark / bright"

"cheerful / sky"

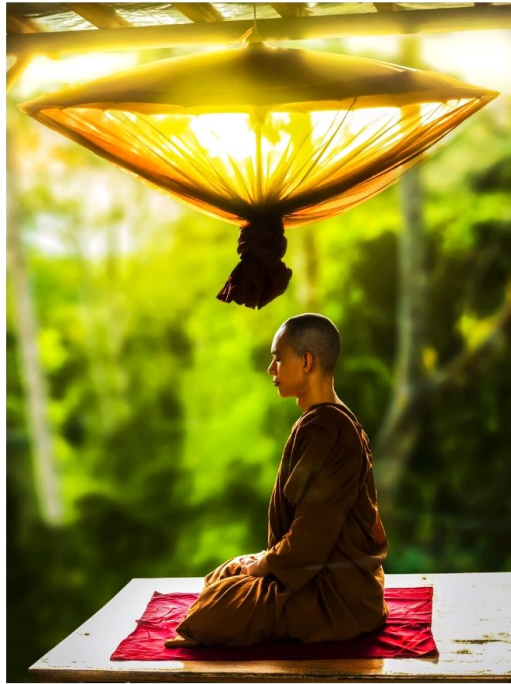
"dark green ; not as dark as above"



Signal and Noise

Coordinate: 244255

Prediction: 7 is drawn - hit



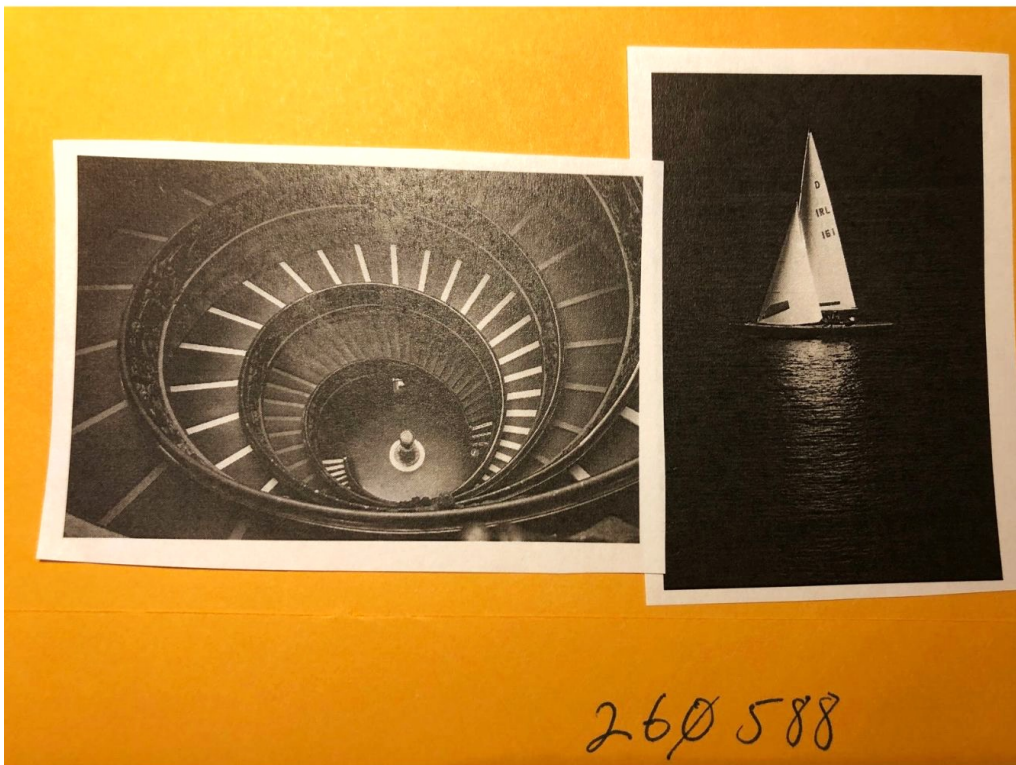
Alternate target image



Coordinate: 260588
Viewer: Heather

January 5, 2020

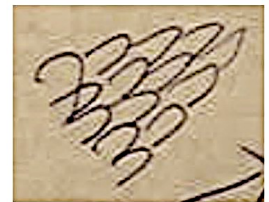
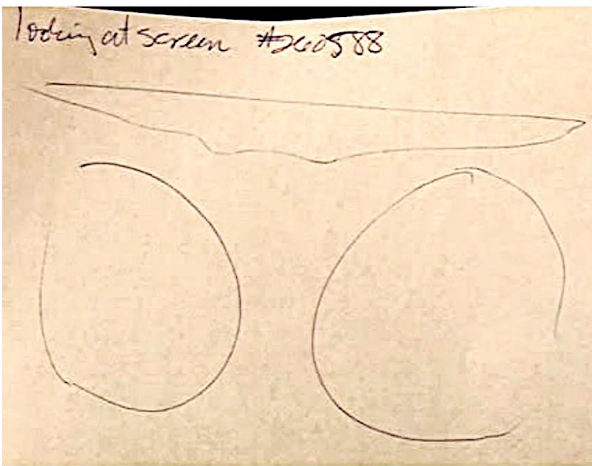
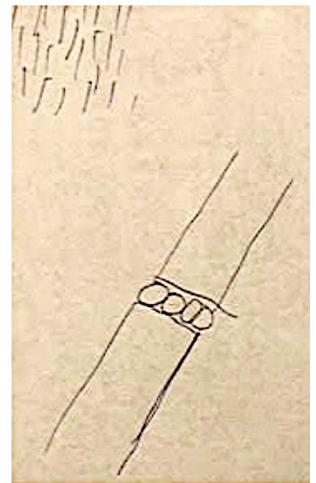
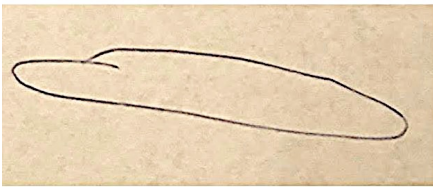
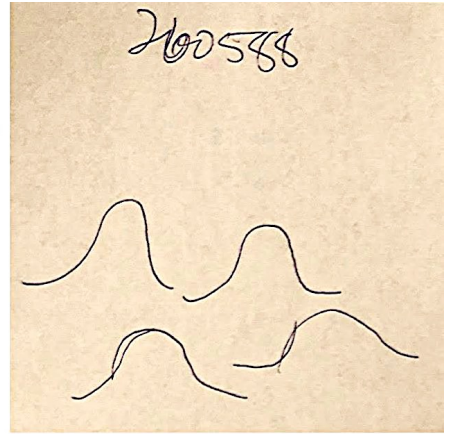
Alternate images for predicting if number 8 would, or would NOT, be drawn. These were printed in black-and-white, around the size of a business card.



Signal and Noise

Coordinate: 260588

Selected images from multiple pages of Heather's transcript



Coordinate: 260588

Prediction: 8 is NOT drawn - hit



Alternate target image



Signal and Noise

Coordinate: 137194

Viewer: Cheryl

January 5, 2020

Alternate images for predicting if number 9 would, or would NOT, be drawn. These were printed in black-and-white, around the size of a business card.



Coordinate: 137194

Name: CHERYL MACCHIA

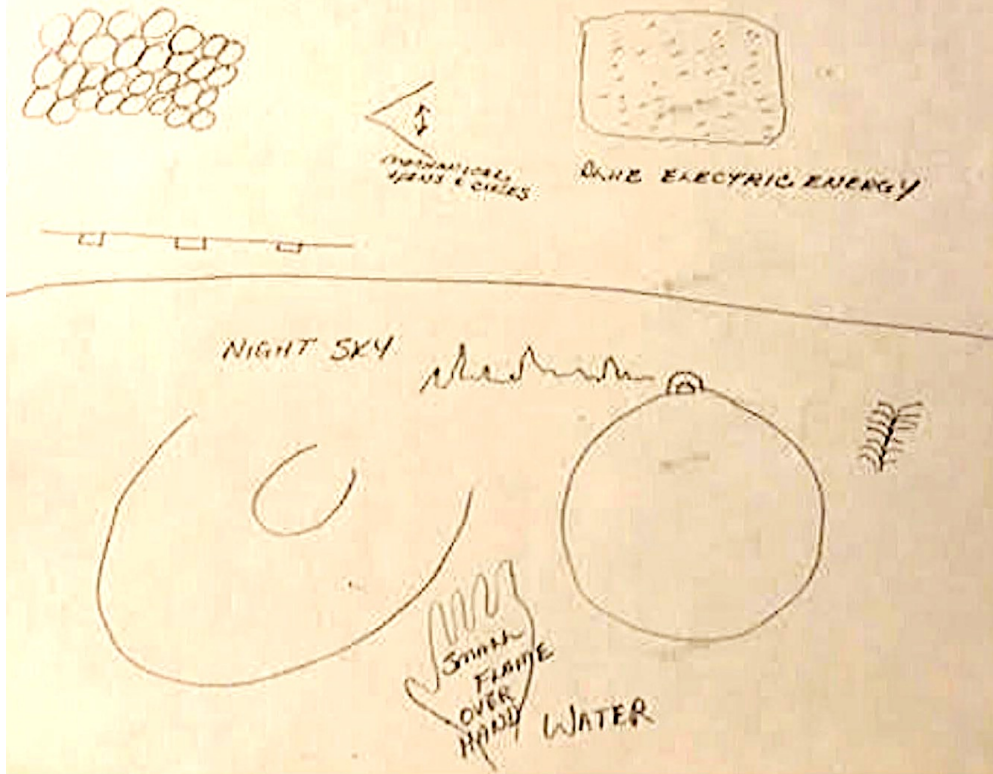
Intention and Expectation

My *intention* is to perceive raw sensory information, pieces, fragments, emotions, glimpses,

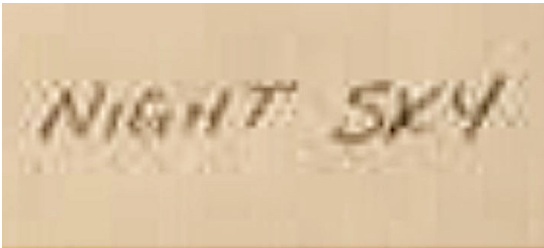
and actions pertaining only to the feedback image for coordinate 137194

which I will see on SUNDAY AFTERNOON ^(TODAY) (choose what time you want to look at your feedback)
2:00 - 2:30 PM

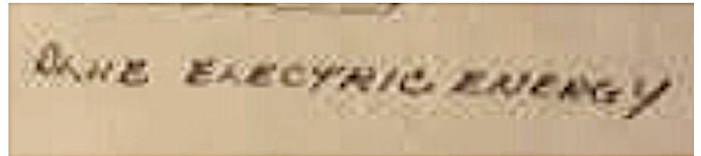
I fully *expect* significant impressions to come into my awareness once my conscious mind becomes still. I need only to wait patiently, without grasping. I will not filter, label, translate or reject those impressions, but will trust and record them just as they are.



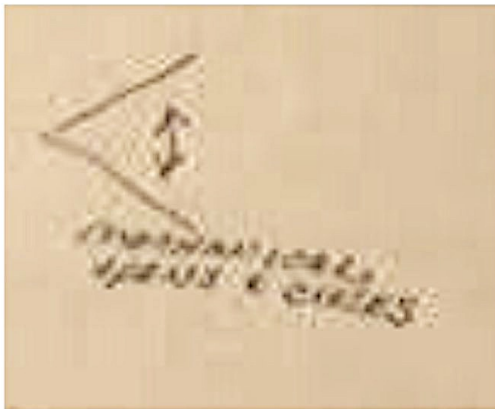
Coordinate: 137194



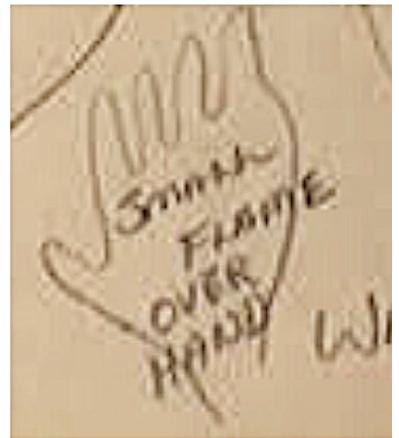
"night sky"



"blue electric energy"



"mechanical"
"opens and [illegible]"



"small flame
over hand"



Coordinate: 137194

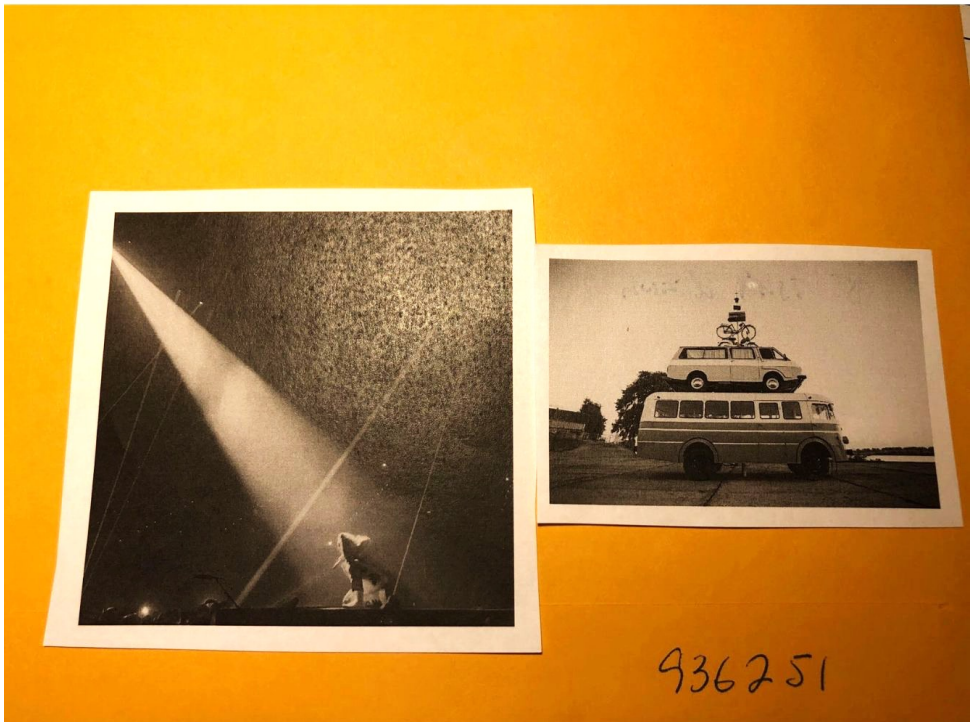
Prediction: 9 is NOT drawn - hit



Alternate target image



Alternate images for predicting if number 5 would, or would NOT, be drawn. These were printed in black-and-white, around the size of a business card.

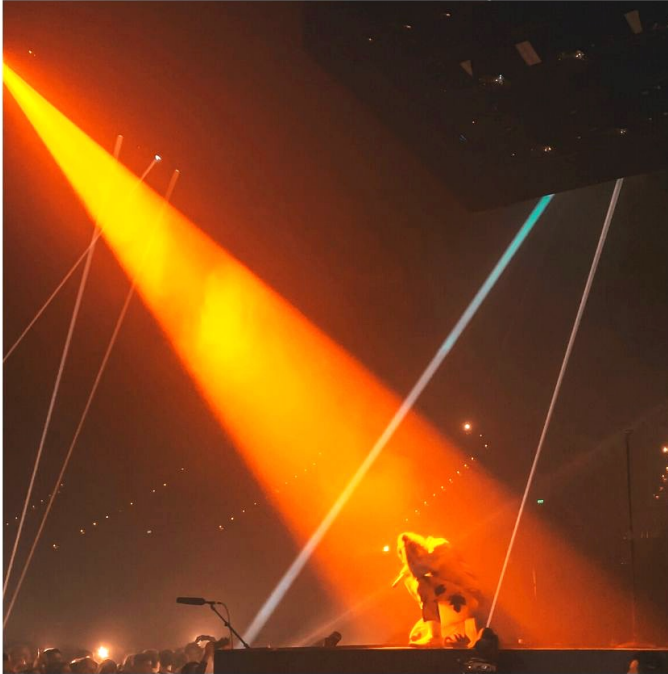


We didn't have enough viewers on this day, so after everyone viewed their individual coordinate and made their predictions, we did a "group viewing" on this coordinate.

8 out of 9 transcripts indicated 5 **would** be drawn, which was a correct prediction (hit).

Coordinate: 936251

Prediction: 5 is drawn - hit



Alternate target image



EXPERIMENT 6: 360-DEGREE VIRTUAL REALITY FEEDBACK



TRAINING SYSTEM USERS PAUSE HERE

Part 6 is very different from the previous sections. Go ahead and read through this whole section to get a feel for what the viewers did with the two “outbounder” target sites discussed here.

For those of you who would like to practice viewing 360-degree, 3-dimensional VR targets similar to the ones shown here, a list of coordinates along with links to their feedback videos is available at:

www.SignalAndNoiseBook.com/360

Background

In October of 2019, my wife Cierra surprised me by taking me to the offices of a virtual reality company in Boulder, Colorado, by the name of “Reality Garage.”²⁷ It was the first time I ever wore a special headset and entered a digitally mediated reality.

First, I was transported to a basic VR (virtual reality) scenario of standing high up on a sky scraper, then watching the floor around me disappear, leaving only a narrow walkway in the sky. As I leaned over to look at the ground hundreds of feet below me, my brain produced the same sensations of caution, imbalance, and queasiness I would have felt if I was actually standing high atop a narrow walkway, afraid of falling off the edge.

The program changed, and I was then projected into a training module used for helping developmentally disabled adults receive virtual training for working inside the boxing department of a beverage company. By waving the special hand controls in the air, I was able to unfold, pack and stack virtual boxes of canned beverages inside a digital warehouse.

Once again, the program changed, and I was transported to somewhere in Africa, where I was surrounded by lions. This time, it wasn’t a digital, video-game-like representation. Rather, this was real video, shot using a special, 360-degree camera. This meant when I turned my physical body around, I could see the miles and miles of beautiful savannah all around me in every direction.

If I turned my head up, I could see the sky above me. Looking down, I saw the dirt, rocks and brush on the ground. As the lions approached the camera, it really seemed as if they were approaching *me*. My body instinctively moved back, defensively, as a curious lion came right up to nuzzle my “face” (the camera lens).

²⁷ www.RealityGarage.com/

On the drive home to Denver, I realized what a golden opportunity this was as a potential remote viewing experiment. Earlier that year, I'd created special "outbounder" target videos for people to practice with²⁸. I would go somewhere and take my video camera with me, and hang out at the location for a period of time, and then assign a coordinate to my experience. The viewers' task was to take the coordinate and try to perceive what I, as the "outbounder," was experiencing during that day and time. Some of the viewers produced astounding results.

After visiting Reality Garage, I thought about the potential benefits of using a 360-degree video instead of a standard video. I hypothesized that a viewer's feedback experience would be far richer in a 360-degree context than from sitting in front of a flat, two-dimensional video screen. In a 360-degree, 3-dimensional visual environment, they might feel like they were *actually* there (to some degree, at least).

I imagined my friends putting on a headset, then turning their heads up and down, left and right, while hearing the sounds which were present at each location. To say the least, the sheer amount of visual data (and brain response) would easily surpass the 2-dimensional experience of a regular feedback video several times over.

What is "experience?" And what is "real?"

Then, another question arose in my mind. Remembering how my brain responded as if I was "really there" atop a skyscraper, in a warehouse, or on safari, I asked myself "what's really real?" Is reality what is actually happening around us, or just what we *think* is happening around us? And what's the difference between those two ideas?

This, I decided, had the makings of a great experiment. I invited my friends to another day of remote viewing together, and in my e-mail invitation, I wrote the following:

Jan. 1, 2020

"I'm looking forward to seeing you on Sunday. It's time for me to send you your coordinate for the viewing session you'll do this week. If you remember from the original itinerary, this is for an "outbounder"

²⁸ The "outbounder" playlist is still available for people to use. Find it by searching on YouTube using the phrase "Sean McNamara remote viewing playlist." There are 12 sessions. Begin by watching the "Assignment" video for a session, then after completing your transcript, watch the "Feedback" video for that session.

Signal and Noise

session, and we'll do the feedback for this as the first activity on Sunday, so please bring your notes and sketches with you.

The coordinate is 819218. Since this is an outbender session, you're essentially trying to perceive what I'm experiencing at a certain time and place. To make it easier, you could also ask yourself, "What is Sean experiencing on Friday, Jan 3, between 9:00 am and 9:20 am Colorado time?" This is the time I'll be at the location. **But remember, I'm traveling, and I could be anywhere on the planet later this week**, so *really* open up, don't filter, don't judge...you know the rest, you're all pros at this!"

As you can tell from my e-mail, I was trying to avoid "frontloading" (hinting) while at the same time, telling them I was not going to be in Denver.

But I *was* in Denver, just not in my *mind*. During the specified date and time, I sat down in a big cozy chair at home, donned an inexpensive headset by Google called "Google cardboard" which had my iPhone inserted into it, and began to play a 360-degree, 3-D video of riding in a gondola in Venice, Italy.

As I listened to the gondolier talking to me with his beautiful accent, I heard the splashing of water, the knocking of wood, and other noises in the environment. Very quickly, I began to feel as if I was *really there*, riding a gondola through the narrow passageways of the old, sinking city, surrounded by tall, stone edifices adorned with beautiful doorways and windows.

What would my friends perceive during their viewing sessions? Would their notes and drawings indicate that I was in some beautiful, ancient town, surrounded by water and riding an Italian canoe? Or would their transcripts indicate I was sitting on a big comfy chair inside my condo in metropolitan Denver?

Remember, from the e-mail, their task was to answer the question, "What is Sean *experiencing*?"

Most of the viewers had hits which connected with my inner mental experience of being in Venice. This means they were psychically connected to the subjective experience going on *inside my brain*.

But, as you'll see, David's viewing experience was completely different. On the first page of his transcript, you'll see he drew a decent representation of my headset, and actually wrote the words "goggles/glasses." To me, this is astonishing.

On his second page, he depicted the profile of an eye, with a contact lens positioned in the space in front of it. Again, amazing.

Unlike the other viewers, David had connected psychically with *my objective experience* of wearing the VR headset!

Is your mind reeling with questions about “what is really *real*” yet?

When it was time for their feedback sessions, the viewers took turns putting on the headset and watching the videos in the comfort of my home.

How to Review the Following Transcripts

I recommend you watch the feedback videos first, then compare the transcripts. If you have a Google Cardboard headset, or some other VR headset which either fits your smartphone or can play YouTube videos directly, that is the best way to watch.

Otherwise, you can play the video on your phone. Know that you can move your phone up and down, left and right as you play the video, and the perspective will change accordingly.

On a laptop or desktop, click and drag the screen with your cursor to move the perspective around.

To find the Venice video:

Do a YouTube search using the phrase “Geneeo 360 VR video experience in Venice.” The correct video is 18:58 minutes long.

To find the Tornado video:

Do a YouTube search using the phrase “360 Degree Colorado Tornado - Wray, CO - May 7, 2016.” It’s 5:42 minutes long.

To access custom-made 360-degree, 3D Remote Viewing target coordinates and feedback videos, visit:

www.SignalAndNoiseBook.com/360

Venice by Gondola

The author using the Google Cardboard headset to take a gondola ride in Venice from his home in Denver, many miles away from water



What the author was experiencing inside his mind

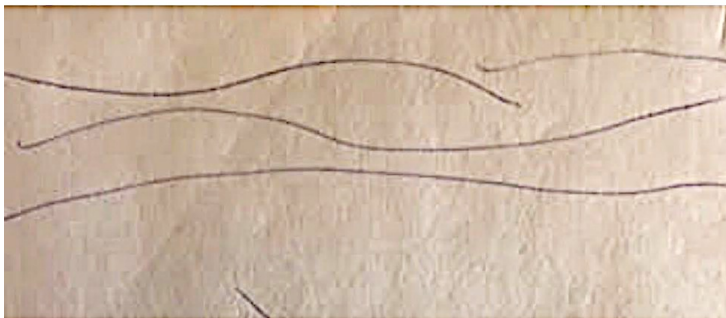


Heather's transcript (significant portions)

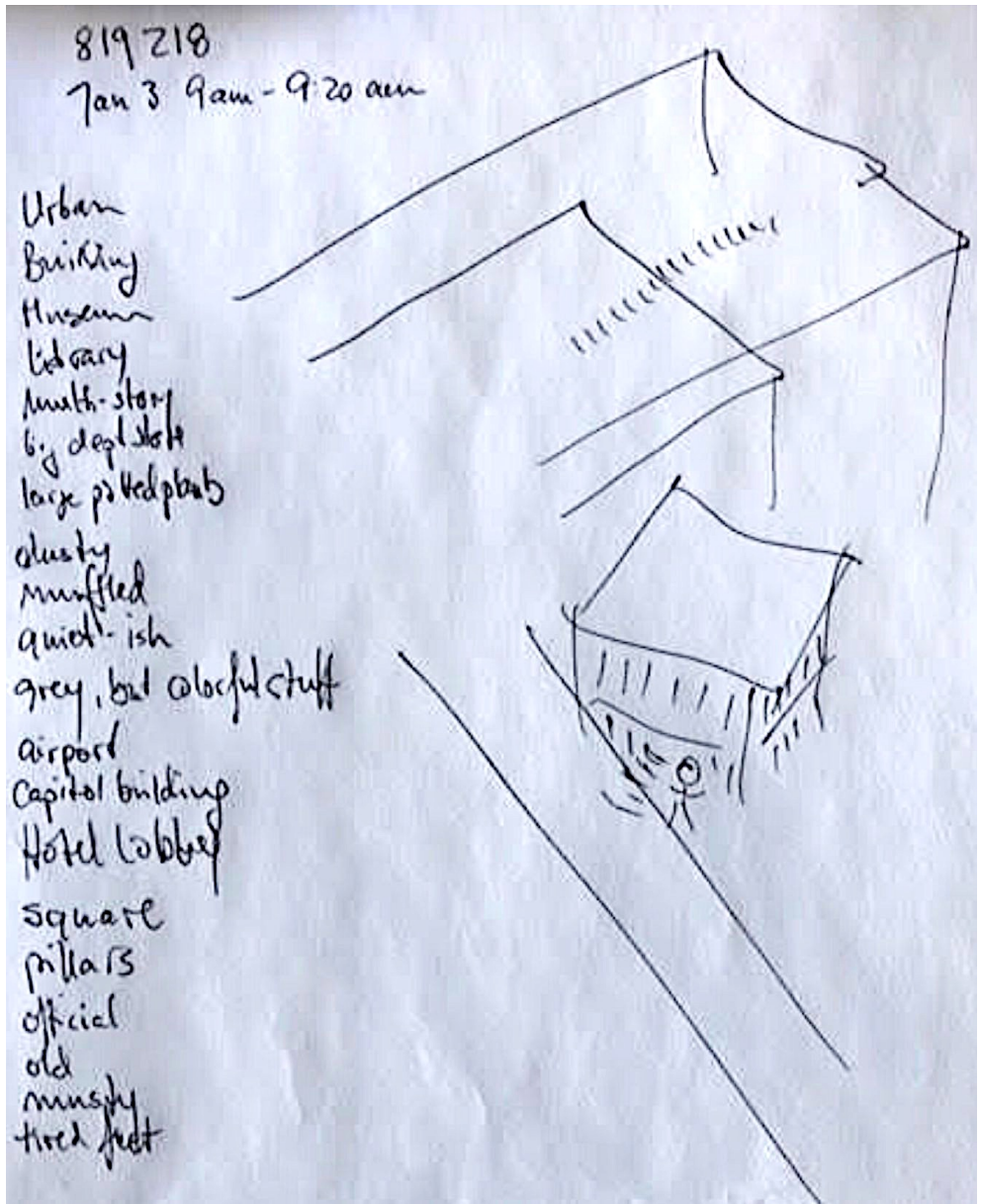
AOL
outside
sunshine
in nature
open sky

water
rushing
or
running

water
rushing
or
running



Birgit's transcript



Birgit's transcript

Urban
Building
Museum
Library
Multi-story
big dept. store
large petted pub
clunky
muffled
quiet-ish
grey, but colorful stuff
airport
Capitol building
Hotel lobby
square
pillars
official
old
mushy
tired feet

"Building"

"Museum"

"Library"

"Multi-Story"

"quiet-ish"

"grey, but colorful stuff"

"Capitol building"

"Hotel lobby"

"pillars"

"old"

Signal and Noise

Birgit's transcript

screenshots taken from the video



"Capitol building"

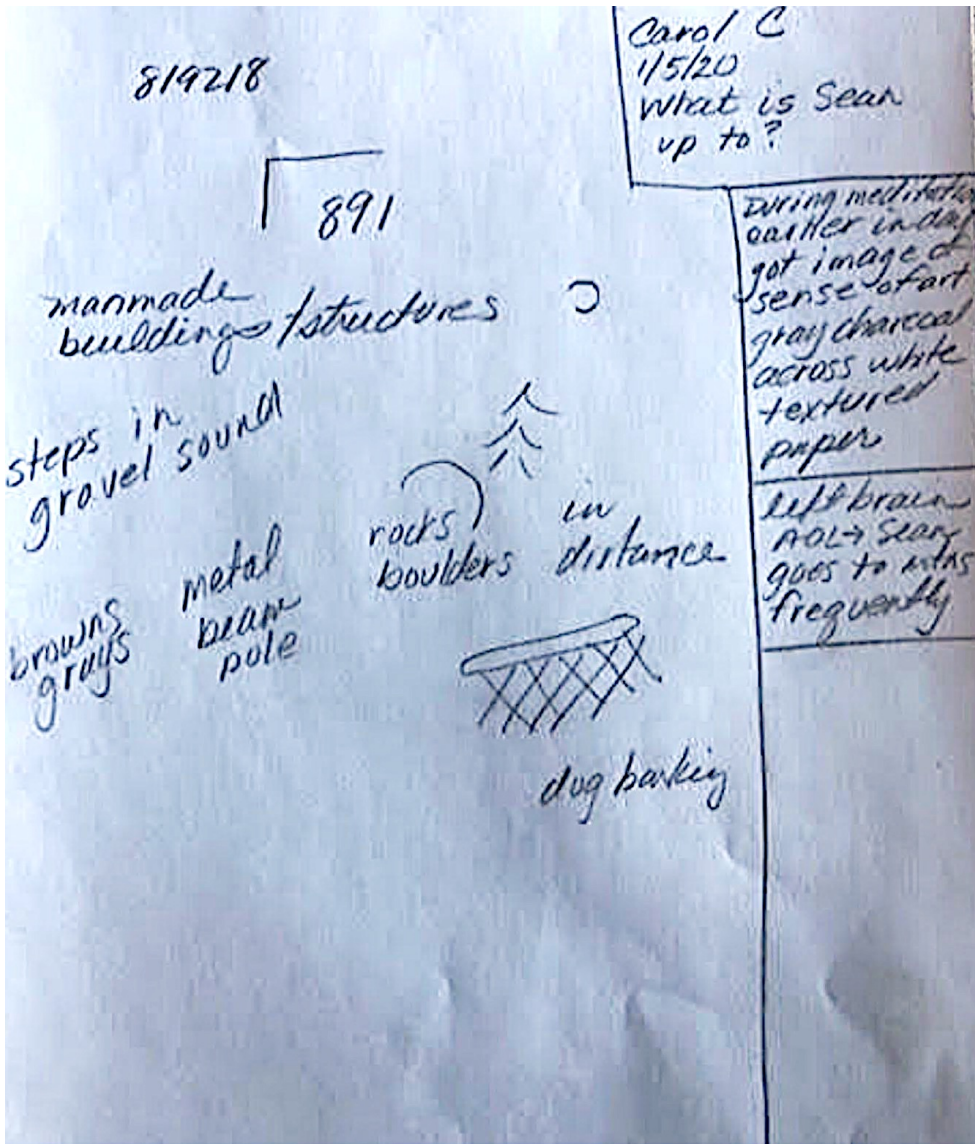


"Hotel lobby"



"grey, but colorful stuff"

Carol's transcript



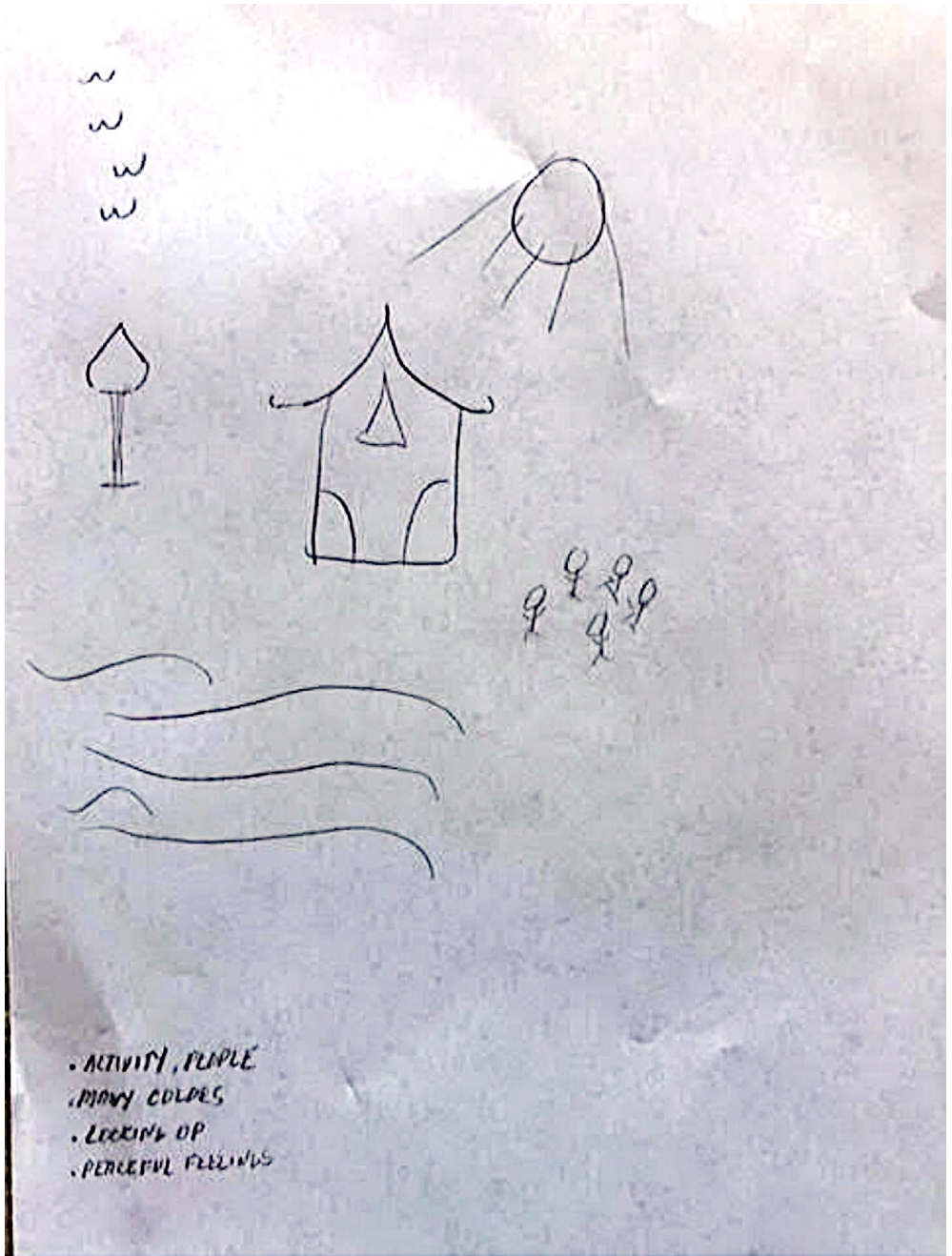
"manmade buildings/structures"

"browns grays"

"during meditation earlier in day got image of sense of art"

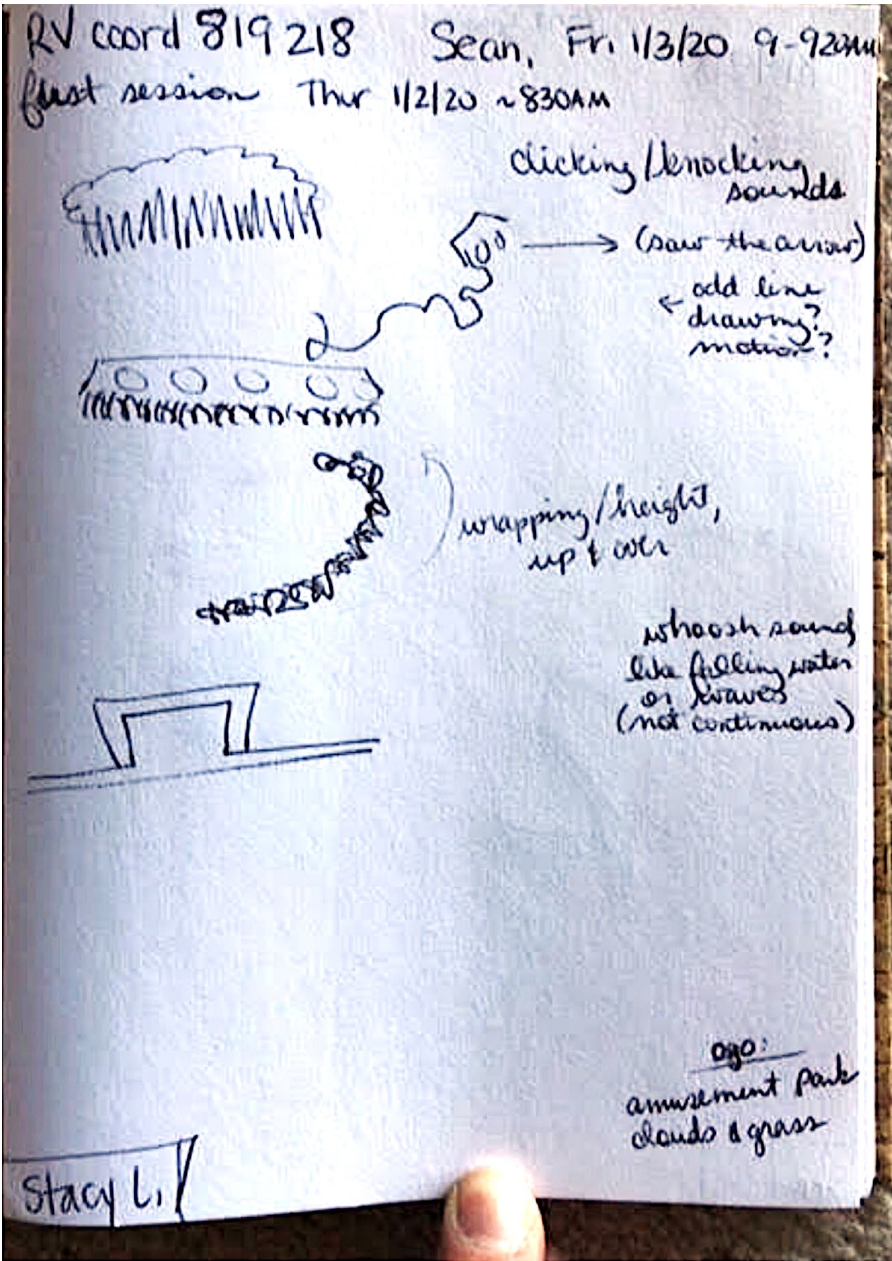
"gray charcoal across white textured paper"

Jill's transcript



"Looking up"
"Peaceful Feeling"

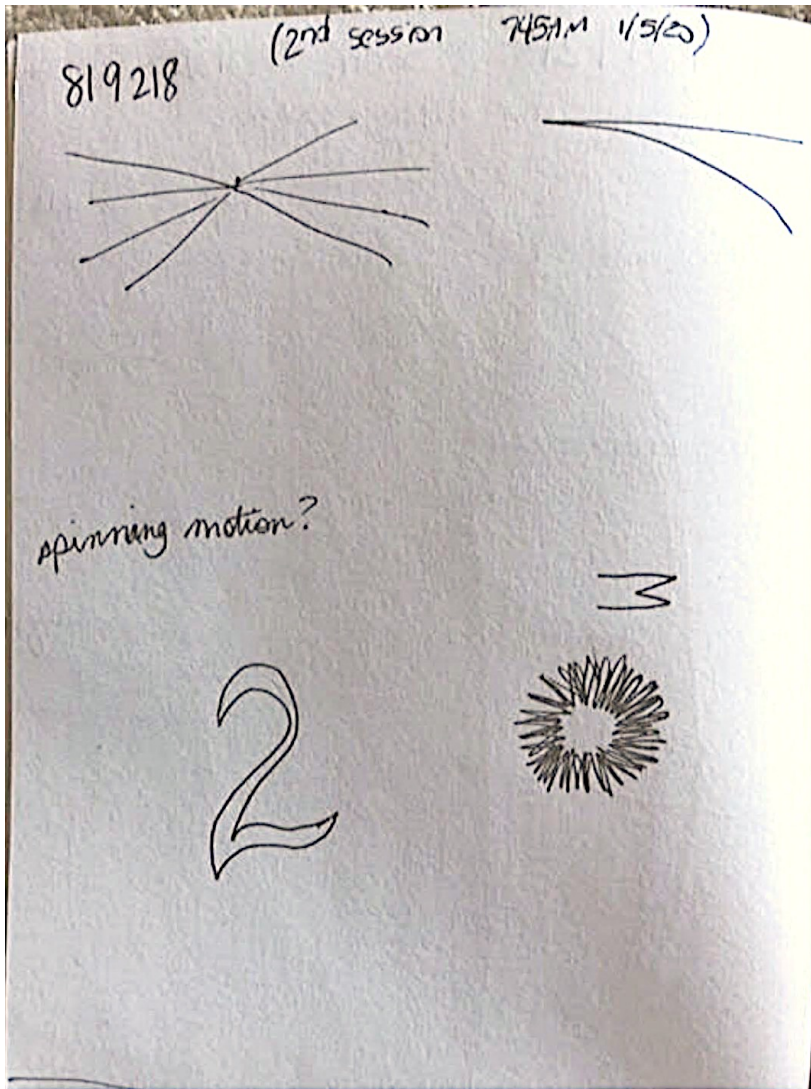
Stacy's transcript



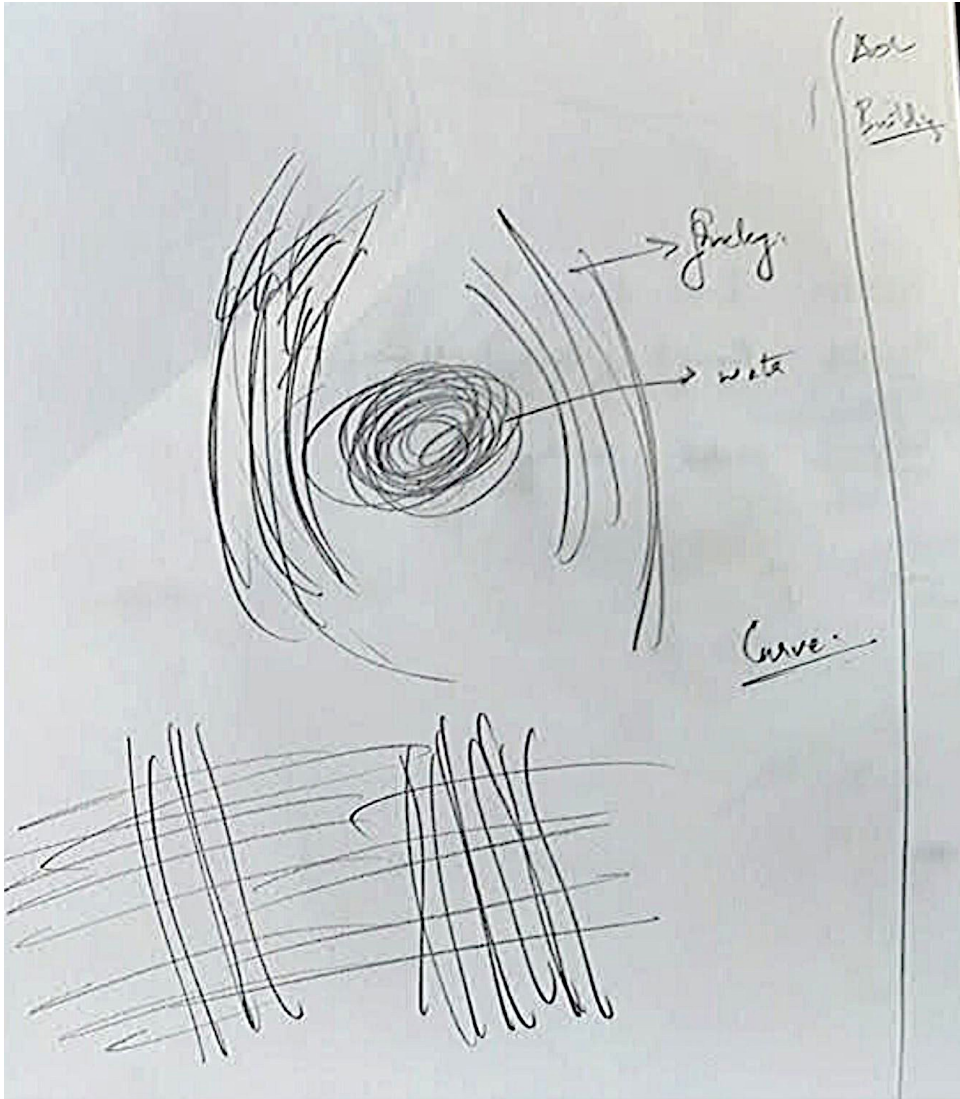
"clicking/knocking sounds"

"whoosh sound,
like falling water or waves
(not continuous)"

Stacy's transcript



Kavan's transcript

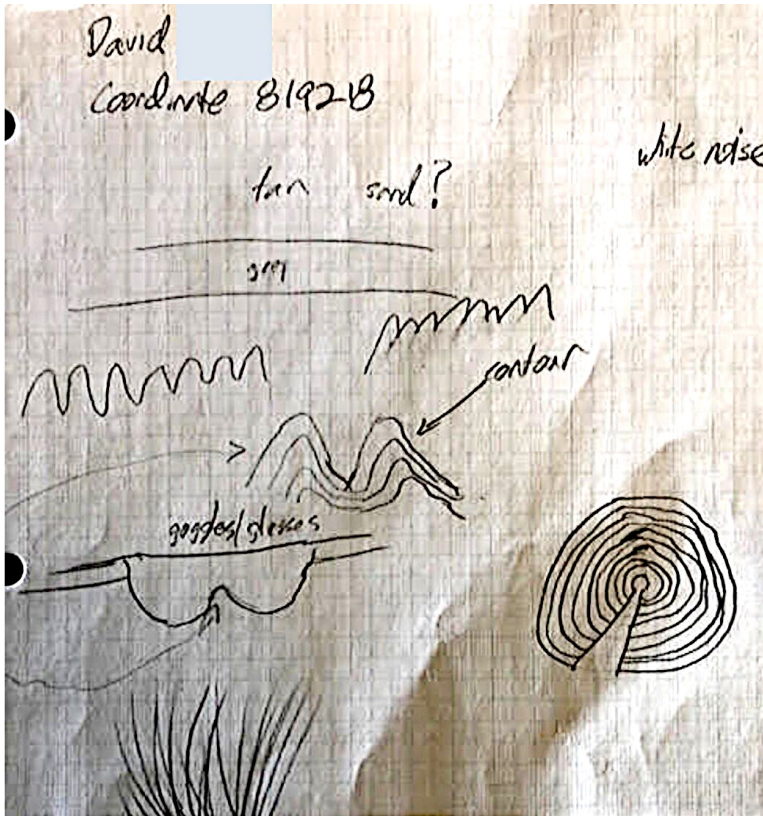


"water"

"AOL
building"

"Curve"

David's transcript



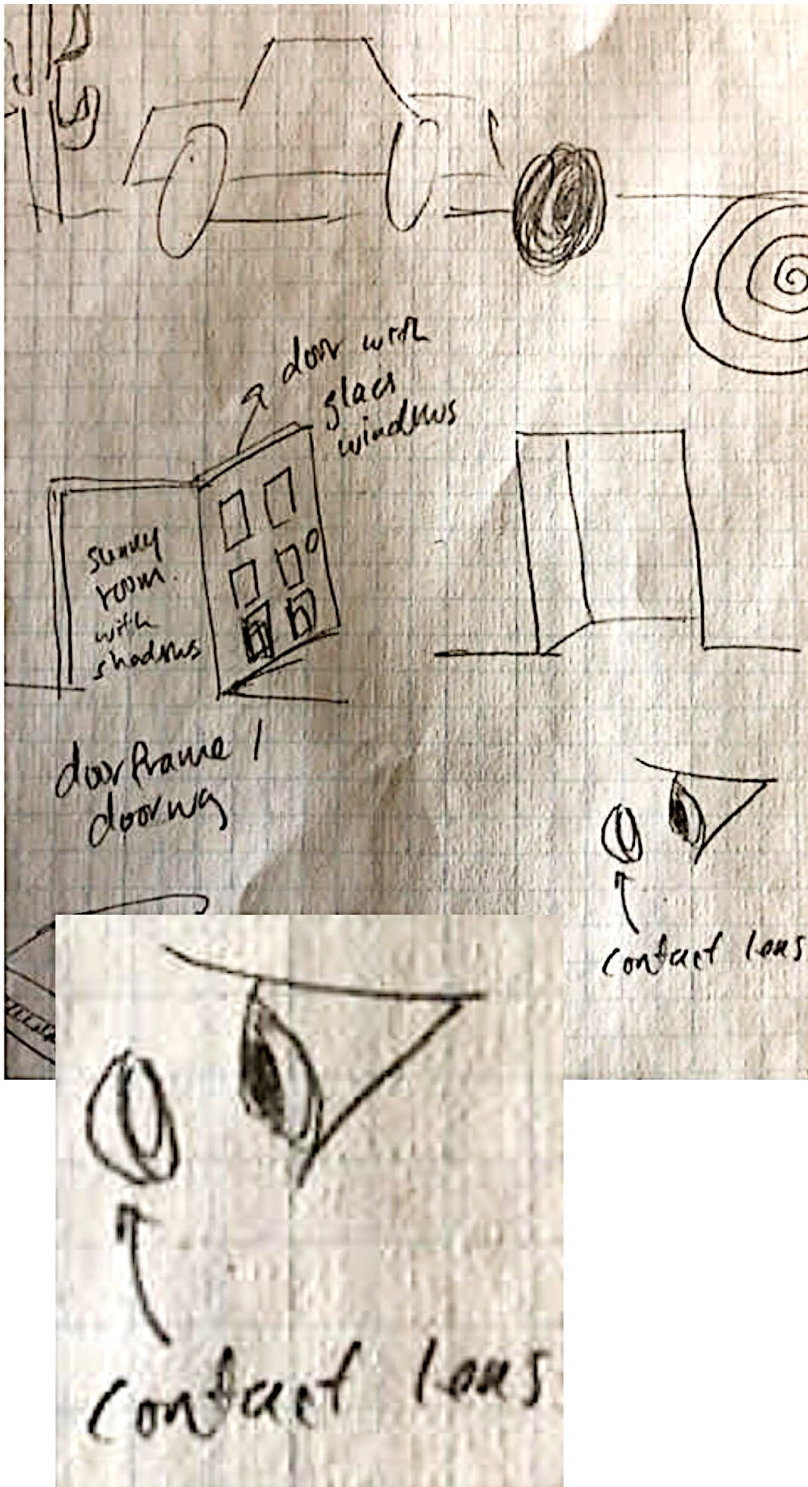
white noise "white noise"



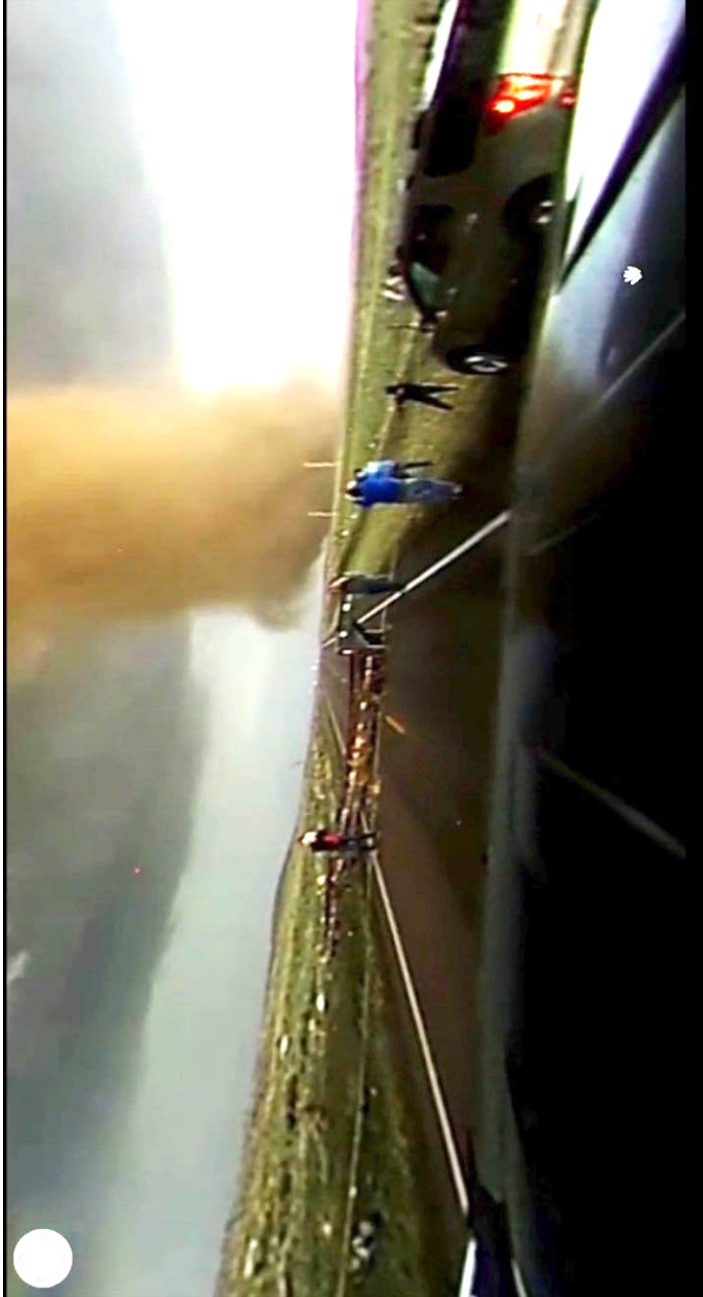
"goggles/glasses"



David's transcript



Tornado Chasers



To watch this 360-degree video, do a YouTube search with the phrase "360 DEGREE COLORADO TORNADO - Wray, CO - May 7, 2016" It's 5:42 minutes long. Don't forget to click and drag the screen around if you're watching on a laptop or desktop computer.

Stacy and Jill watching a virtual reality,
360 degree video of chasing a tornado,
immersing themselves in the experience



Remote viewers in session

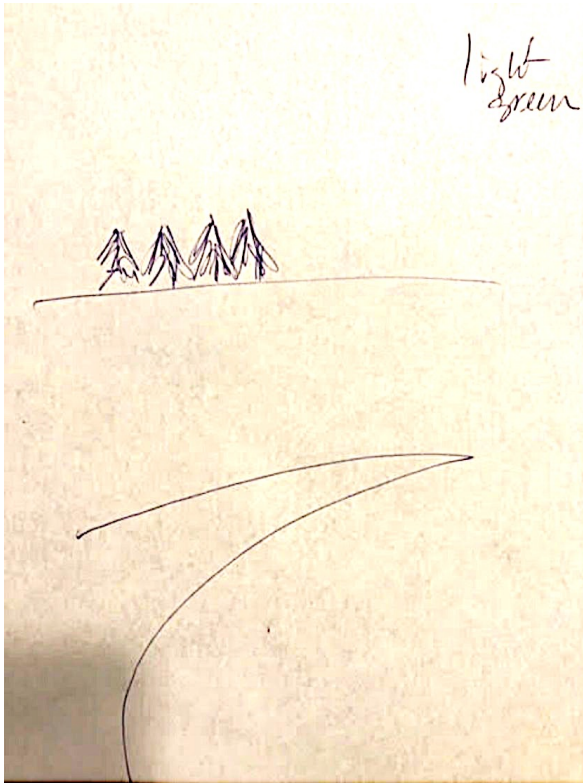


Above: Birgit, Kavan, Heather, Li-Anne, David

Below: Cheryl and Carol



Heather's transcript



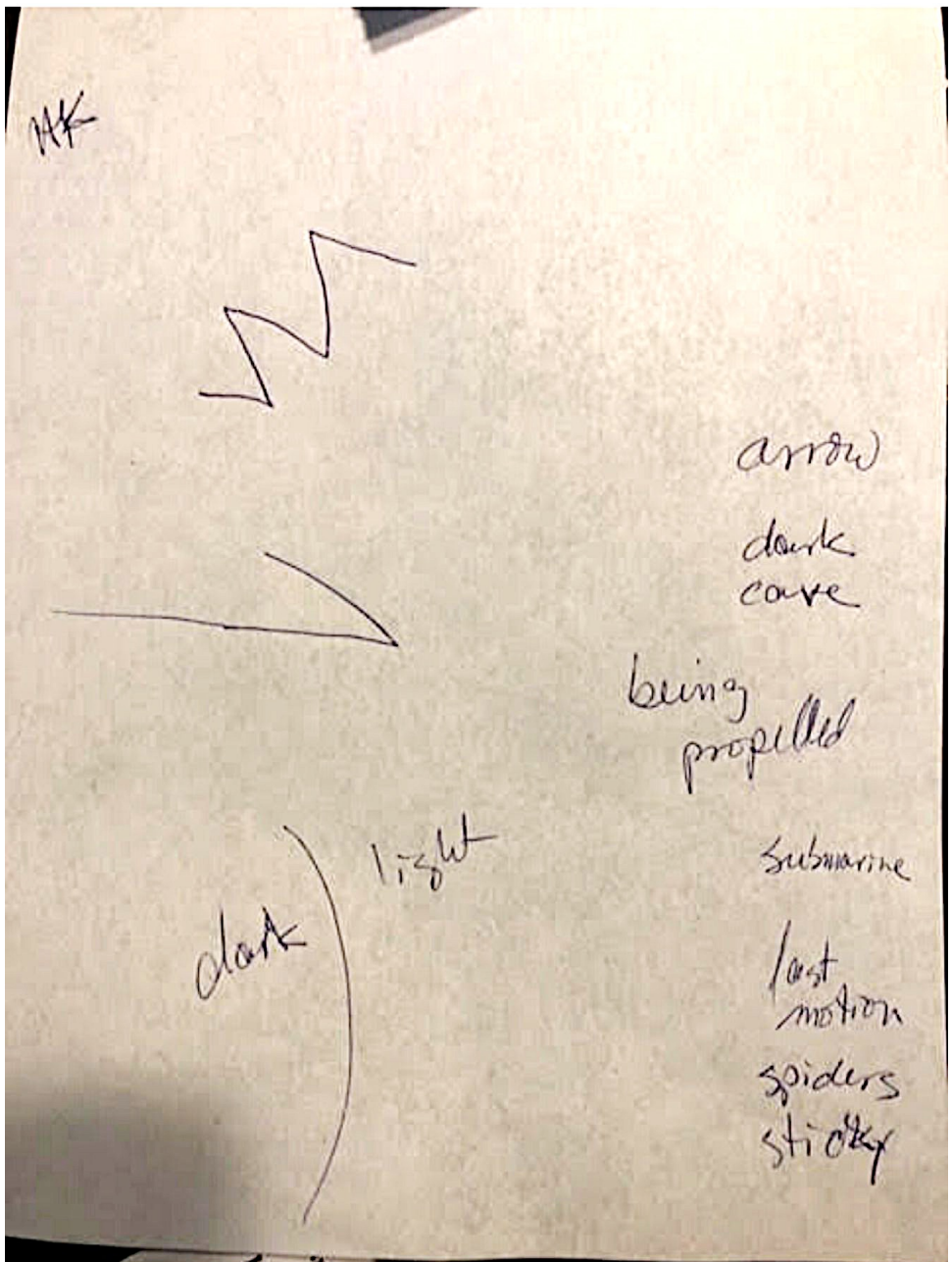
*light
green*

"light green"

screenshot from the video

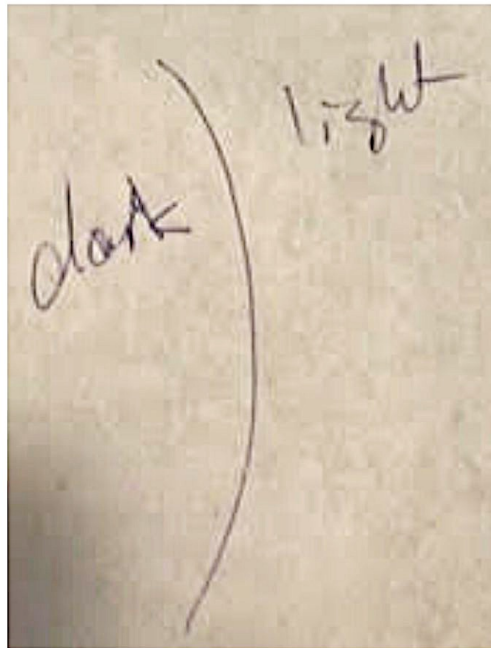


Heather's transcript



"being propelled"

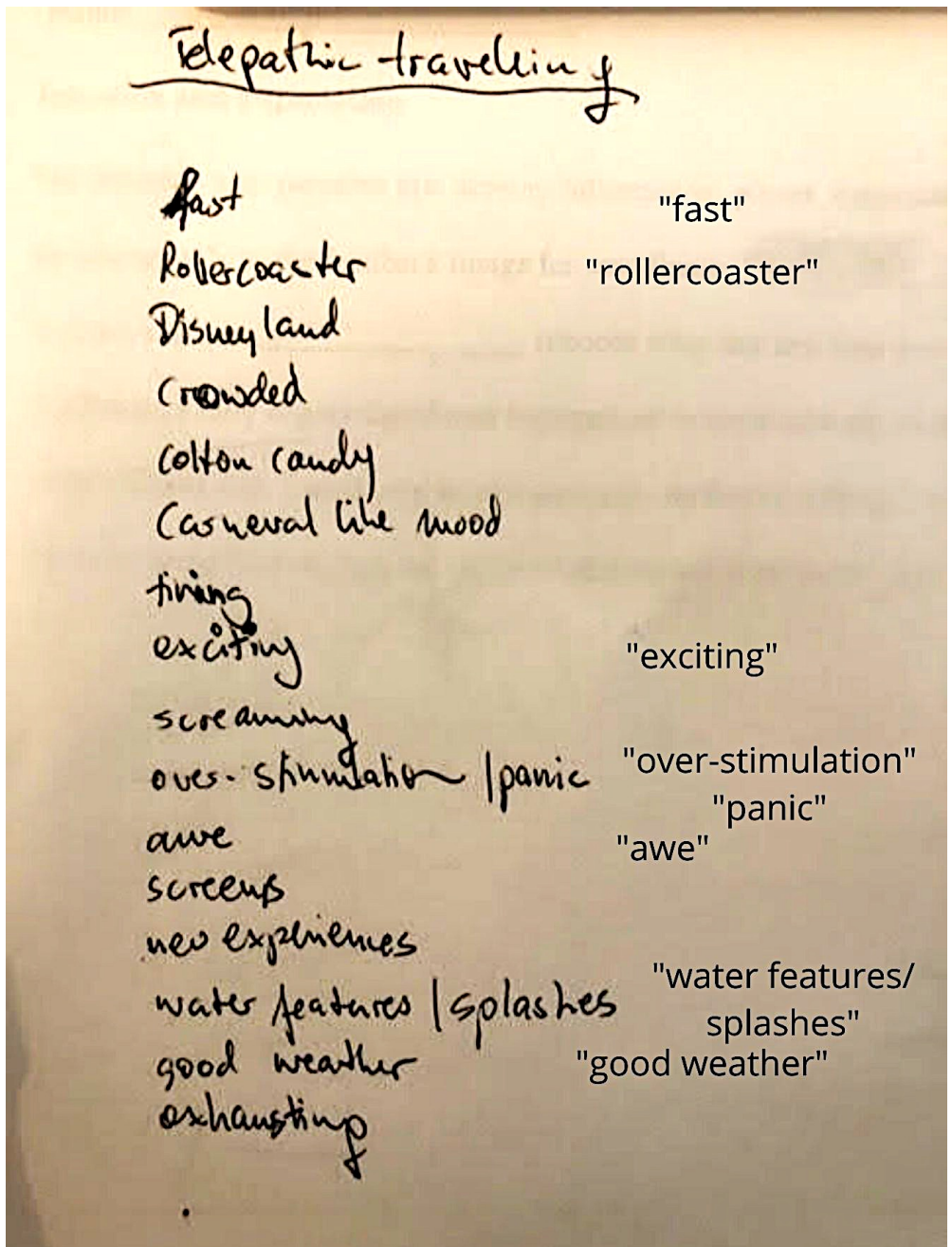
Heather's transcript



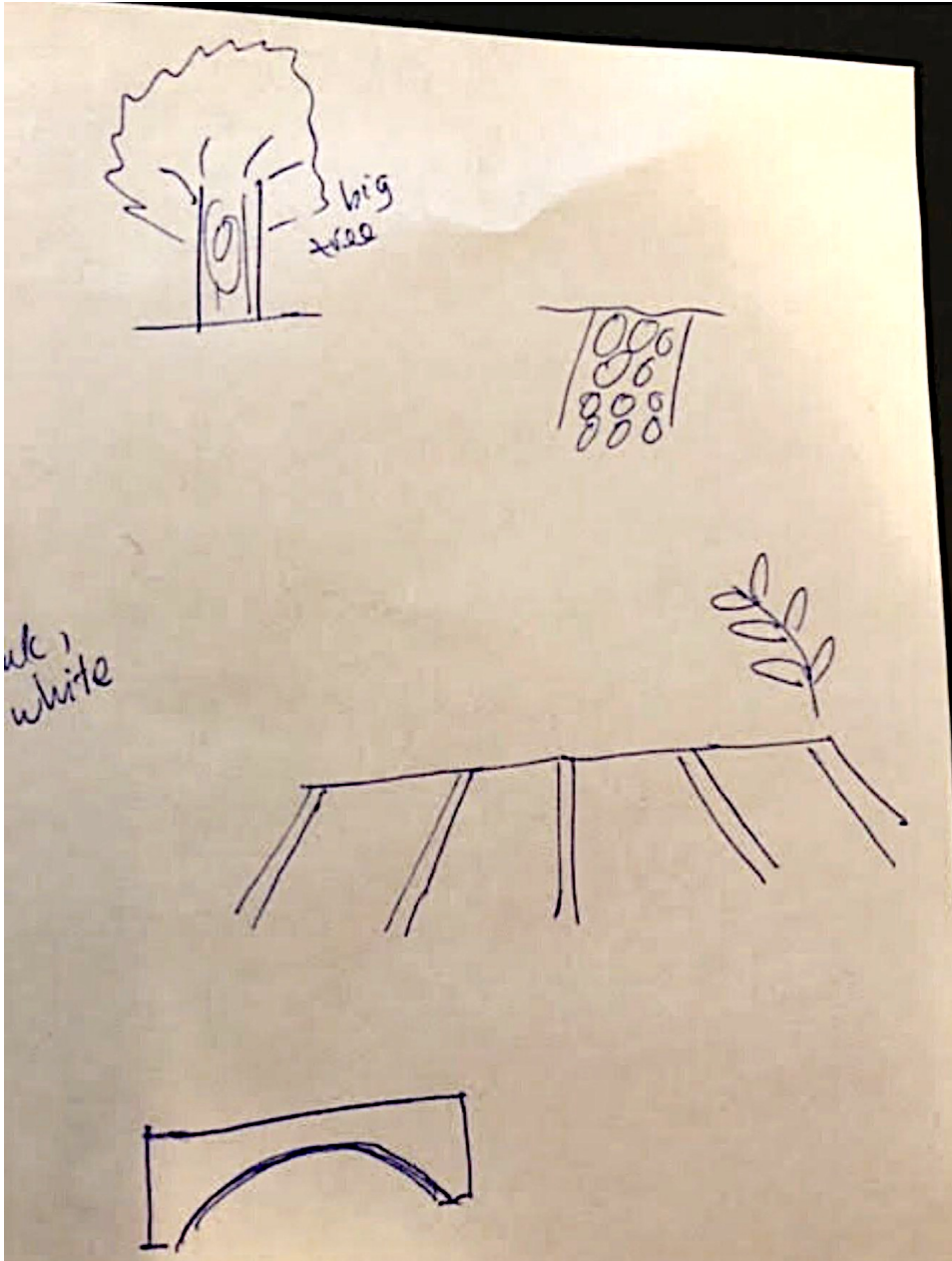
screenshot from the video



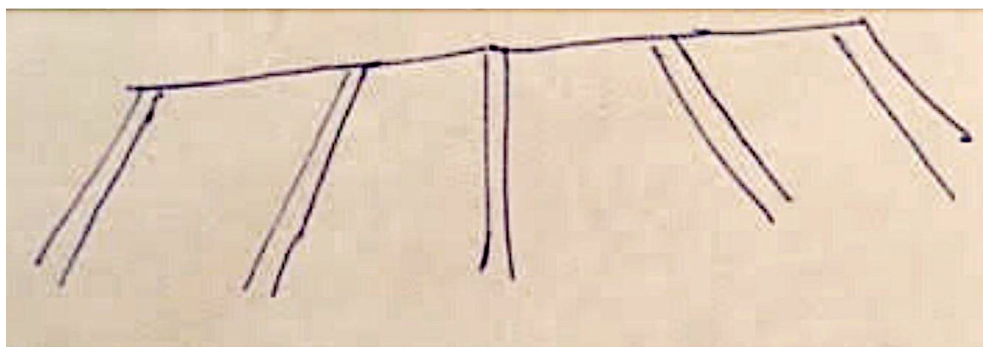
Birgit's transcript



Li-Anne's transcript



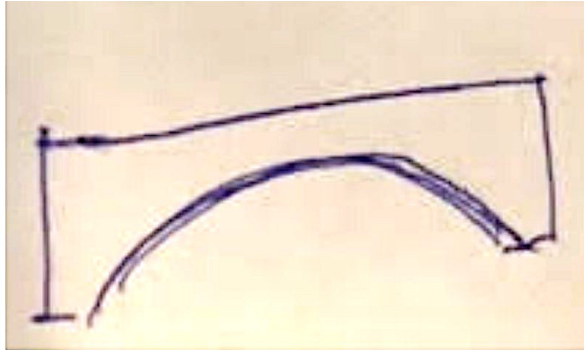
Li-Anne's transcript



Screenshot from the video. The camera seems to be fixed onto the roof of the vehicle.



Li-Anne's transcript



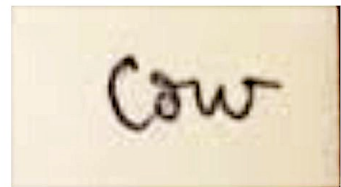
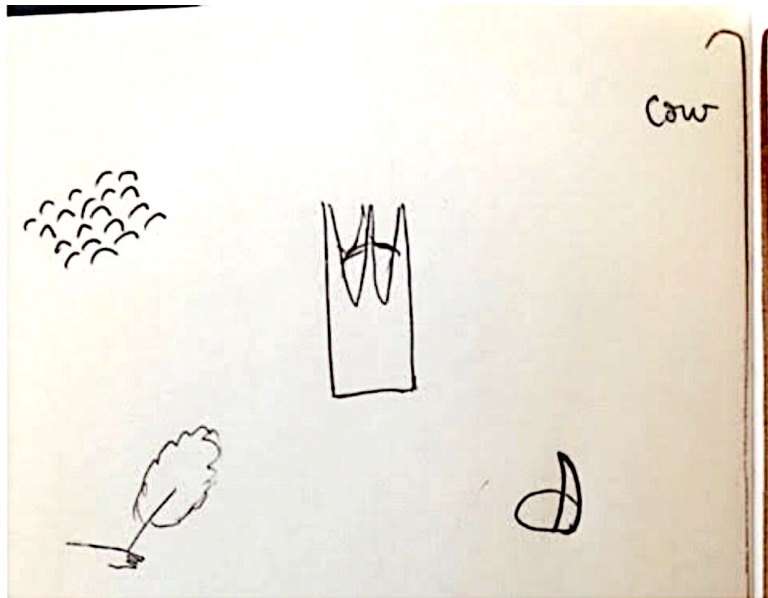
screenshot from the video



Zooming in, we see the trailer in a shape similar to the drawing from the transcript.



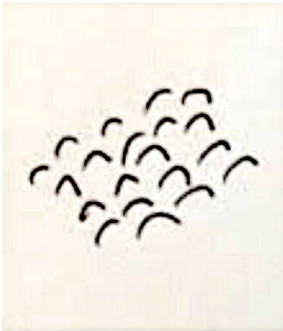
Stacy's transcript



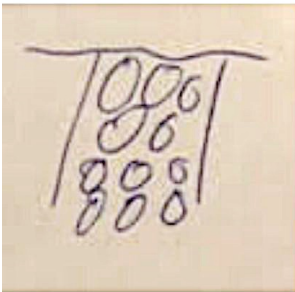
The famous cow from the 1996 movie
"Twister" directed by Jan de Bont.



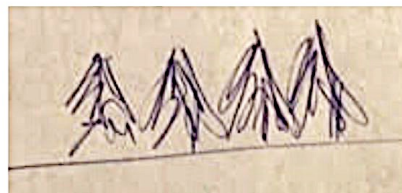
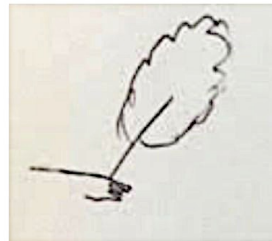
Common elements in various transcripts



Did two viewers capture the water droplets on the camera lens?



Trees found their way into three transcripts.



EXPERIMENT 7: EXCITATION WITH ELECTRIC SHOCK

Background

Do you remember the 1984 movie “Ghostbusters²⁹,” starring Bill Murray? He played the character of Dr. Peter Venkman. In the opening scene, we see him testing two university students to see if they’re able to “see” which Zener card he’s holding in front of them. Is it a star? A circle? A cross, or wavy lines? If they get it wrong, they receive a quick electrical shock.³⁰

Dr. Venkman tells the students he’s experimenting with “negative reinforcement,” but it’s more accurate to say he’s applying “positive punishment.” It’s a conditioning procedure, by which an *undesired behavior* (wrongly guessing which card he’s holding) results in an *aversive consequence* (getting zapped). He was testing the hypothesis that punishing his subjects would cause them to perform better.

Although this scene did cross my mind (and make me chuckle) when I designed our experiment, ours was not an exercise in positive punishment or negative reinforcement. Rather, the goal was the same as what we read about in Experiment 2, the “ice water experiment.”

To review, we can regard this as a type of telepathy experiment. The “receiver” is the person at the time of doing their viewing session, which we can regard as a moment in the past. The “sender” is the same person, but in the future, at the time of doing their feedback session. If Andrija Puharich’s concept of “adrenergia” (excitement) held true, would the intense experience of expecting, then receiving, an electric shock, intensify the “signal transfer” into the past, to the time when the person did their viewing session?

I sent the viewers their coordinates the week before we got together to do the feedback session. On that day, they all arrived with their transcripts in hand,

²⁹ Reitman, Ivan. (1984). *Ghostbusters*. Columbia Pictures.

³⁰ You can watch this hilarious scene by doing a YouTube search with the phrase “ghostbusters electric shock scene.”

Signal and Noise

having already done their viewing at home, and ready to experience the special feedback session I'd set up for them.

They only had a slight clue that I was going to use electricity in some manner. It was important not to reveal the specifics of the experiment ahead of time, lest their subconscious thoughts and feelings about it pollute their viewing sessions. I was only interested in their psychic impressions from the future, not their present opinions, thoughts and guesses about what was to come.

Naturally we had a high level of trust between us, so not disclosing my plans ahead of time wasn't going to be a problem. The benefit of doing this with friends, outside of an academic or medical context, is there was no need to seek approval from the Institutional Review Board (IRB) to perform experiments on human subjects in accordance with the Food and Drug Administration (FDA).

Besides, I was only using a toy I ordered online, the "Electric Shock Reaction Game" by Lightning Reaction™, intended for teens and adults. I was worried the shock wouldn't be substantial enough to excite (stress) my friends. But, it turned out there was no need for concern.

Pulling it out of the box, I loaded it with batteries and tried it on myself, setting it to the maximum strength. I yelped and flung the handle away from me while a pretty decent jolt of energy coursed into my hand, through my wrist, and up my arm. But I didn't wet myself. If anyone was going to pee their pants, it would most certainly be due to laughing uproariously when we did this together. This toy would do nicely.

The toy only allowed for four people at a time to use it, so we took turns, "elimination" style.

Here's how the game works. Four players each grasp their own handle. Each handle has a button on top of it for pressing with one's thumb at the right moment. To start the game, one of them presses the large button in the middle of the central console. At that point, eerie-sounding music begins to play while the big button blinks and flashes bright red.³¹

After a few seconds, the music changes into a very annoying alert sound, and the button now flashes green. The first three players to press their button are safe, while the last person to press it receives the shock. It's a game of speed and alertness.

³¹ See pg.2 of Cheryl's transcript later in this chapter

In our experiment, each player was instructed to open their feedback image and look at it while the music played, and if possible, while they were getting shocked. That was their feedback moment, at which time, I hypothesized, they'd send the information back in time to themselves when they did their viewing session earlier that week or the night before.

This game was valuable for our experiment because it wasn't just about the actual moment of being shocked. I was able to carefully watch their faces as they sat down at a little folding table to play the game. They were curious, excited, smiling, and also a bit nervous. It's a simple toy, but they knew that electrocution was in their future, and their anxiety level rose, second by second.

Once the big button was pressed and they heard the music, they really became anxious, and I had to remind them to stare at their feedback image. One by one, the shocked viewer was replaced by one of the waiting participants. Those who survived each round naturally repeated their feedback session, and I was curious to see if there would be a qualitative difference in their viewing sessions. Unfortunately, I didn't track who lasted the longest, so I wasn't able to do this kind of comparison.

The feedback image for the first four transcripts you'll see on the following pages is the same. It's a picture of me being shocked by the same game. I had made a video of myself getting shocked beforehand, and spliced out an image of the *exact* moment I was in pain, hoping to capture the experience for the viewers.

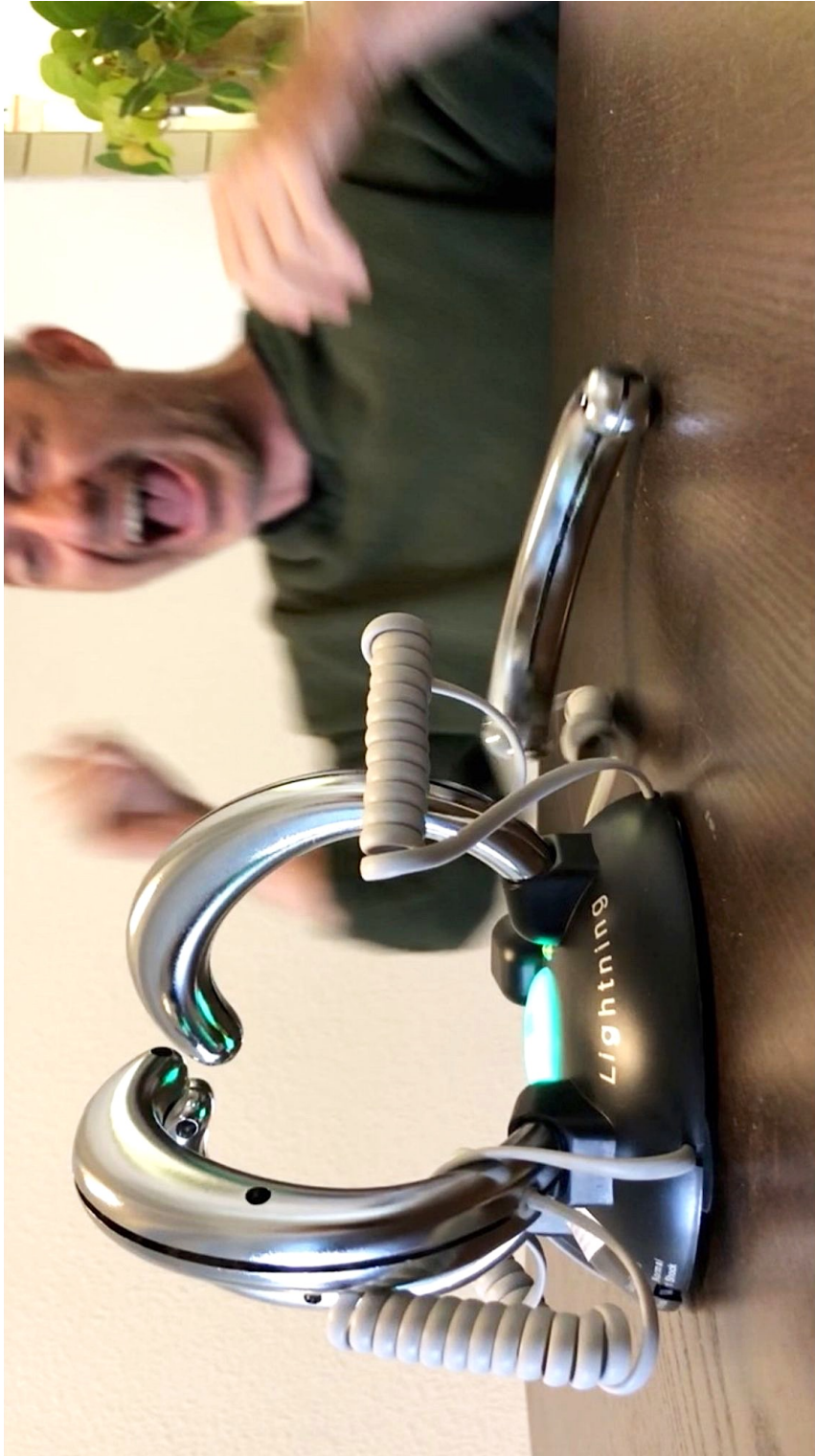
How to Review the Following Transcripts

As you look at their transcripts, notice the shape of the game, the coils joining the handles to the console, and think about the emotional states I may have been in. The other viewers were given different target images, as you'll see. The most interesting thing to notice about those transcripts is they contain elements of both the target image *and of their own experience being electrocuted*.

Overall, there is a lot to learn about information-transfer during clairvoyance and telepathy with this type of experiment. However, I don't think I'd recommend it as a regular part of anyone's remote viewing training. Still, the choice is yours. At the very least, it's an absolutely entertaining activity to share at least once with your remote viewing friends.

Luckily, I made a video of our feedback session that day. If you'd like to watch us getting electrocuted, visit:

www.SignalAndNoiseBook.com/ElectricFeel



This was the target image for Carol, Heather, Michelle, and Tim. The image was taken from a video of the author actually being shocked by the game.

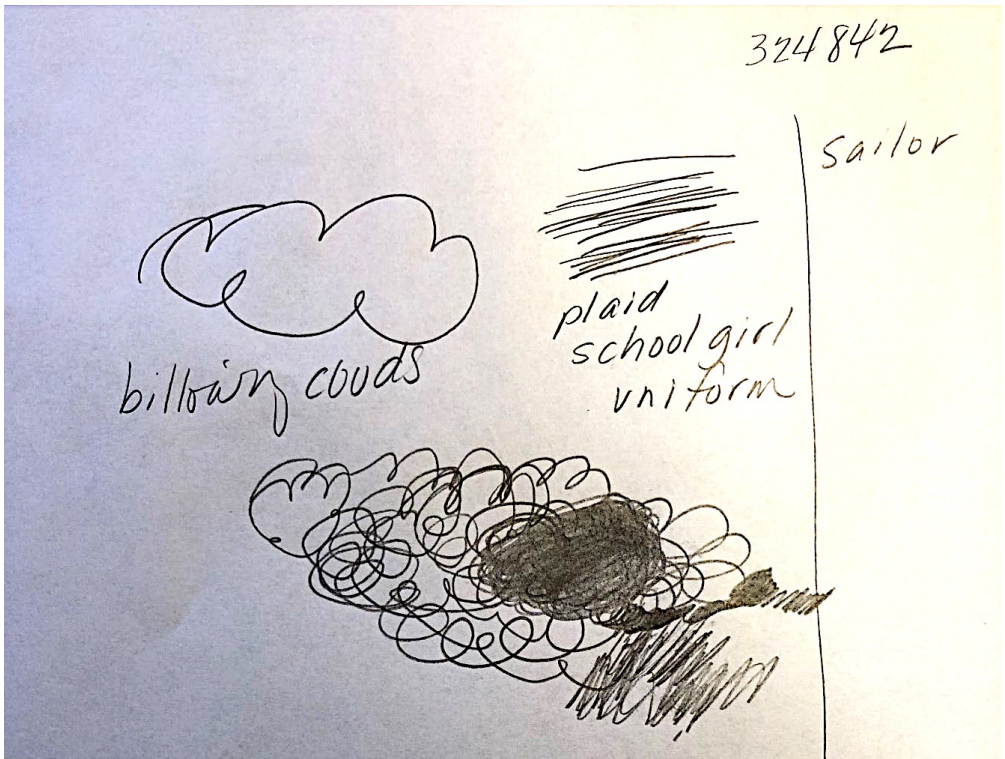


An "electrifying" feedback session with Cheryl, Michelle, Stacy, Jill, and Carol

Signal and Noise

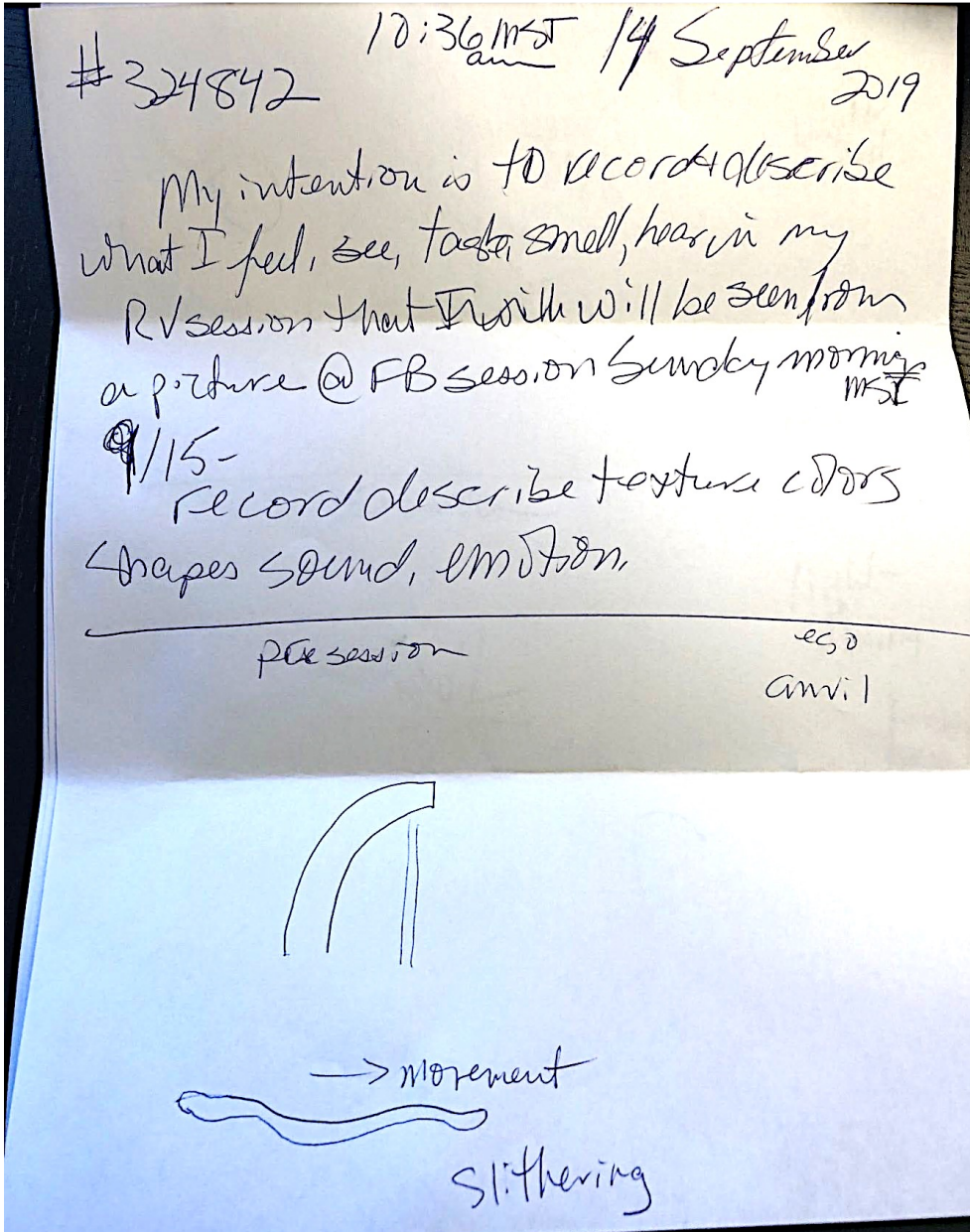
Carol's transcript

Target image: the author getting shocked

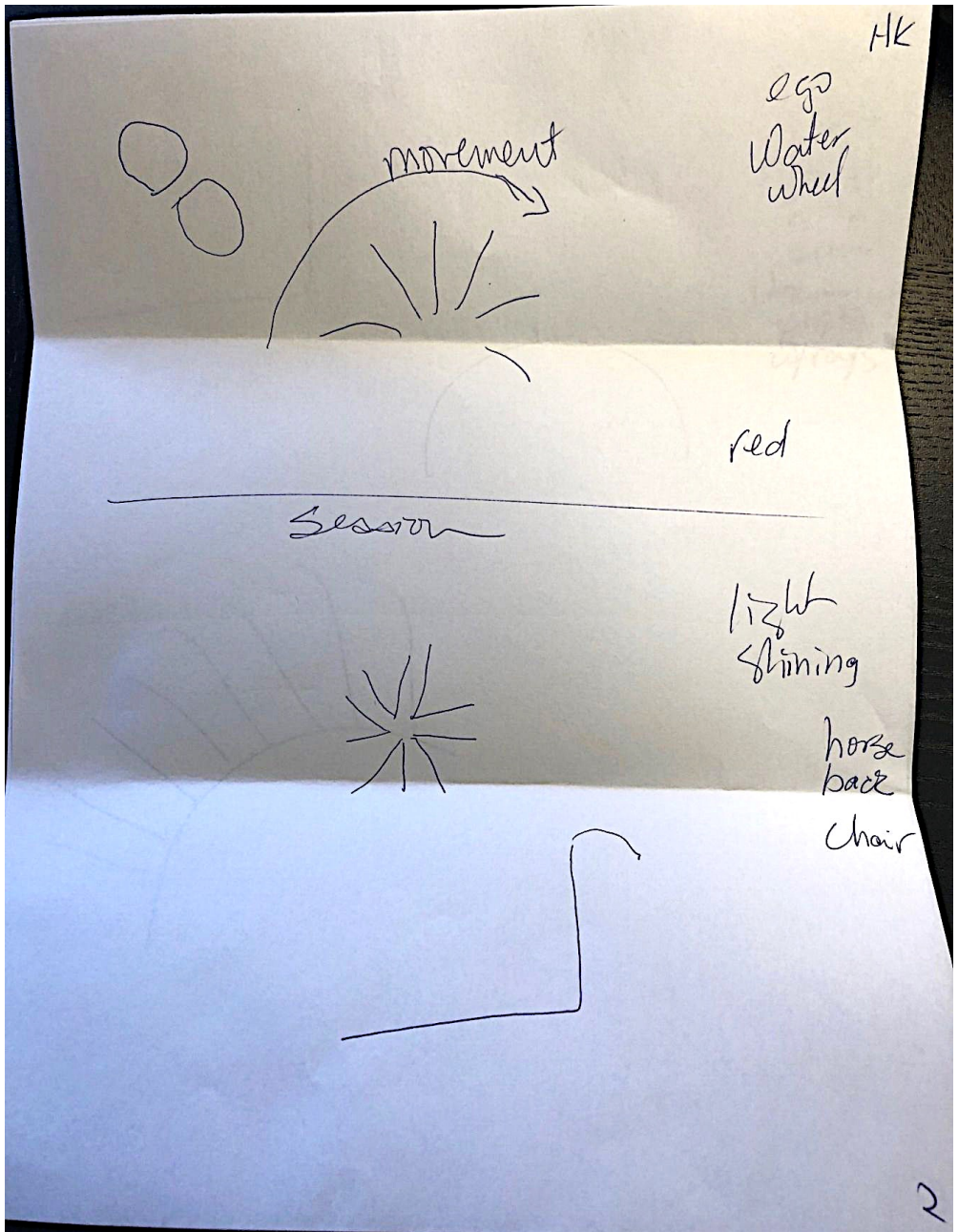


Heather's transcript

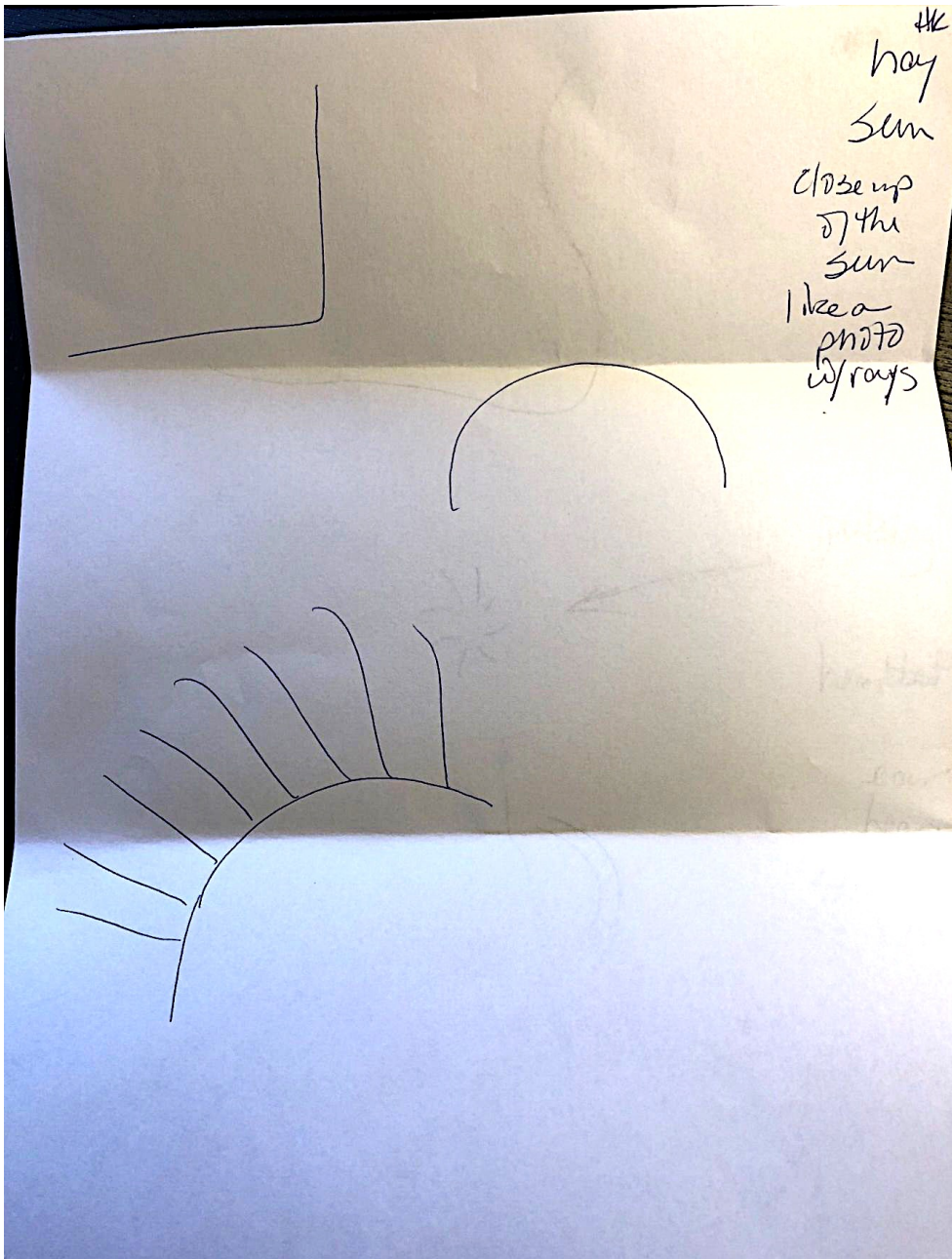
Target image: the author getting shocked



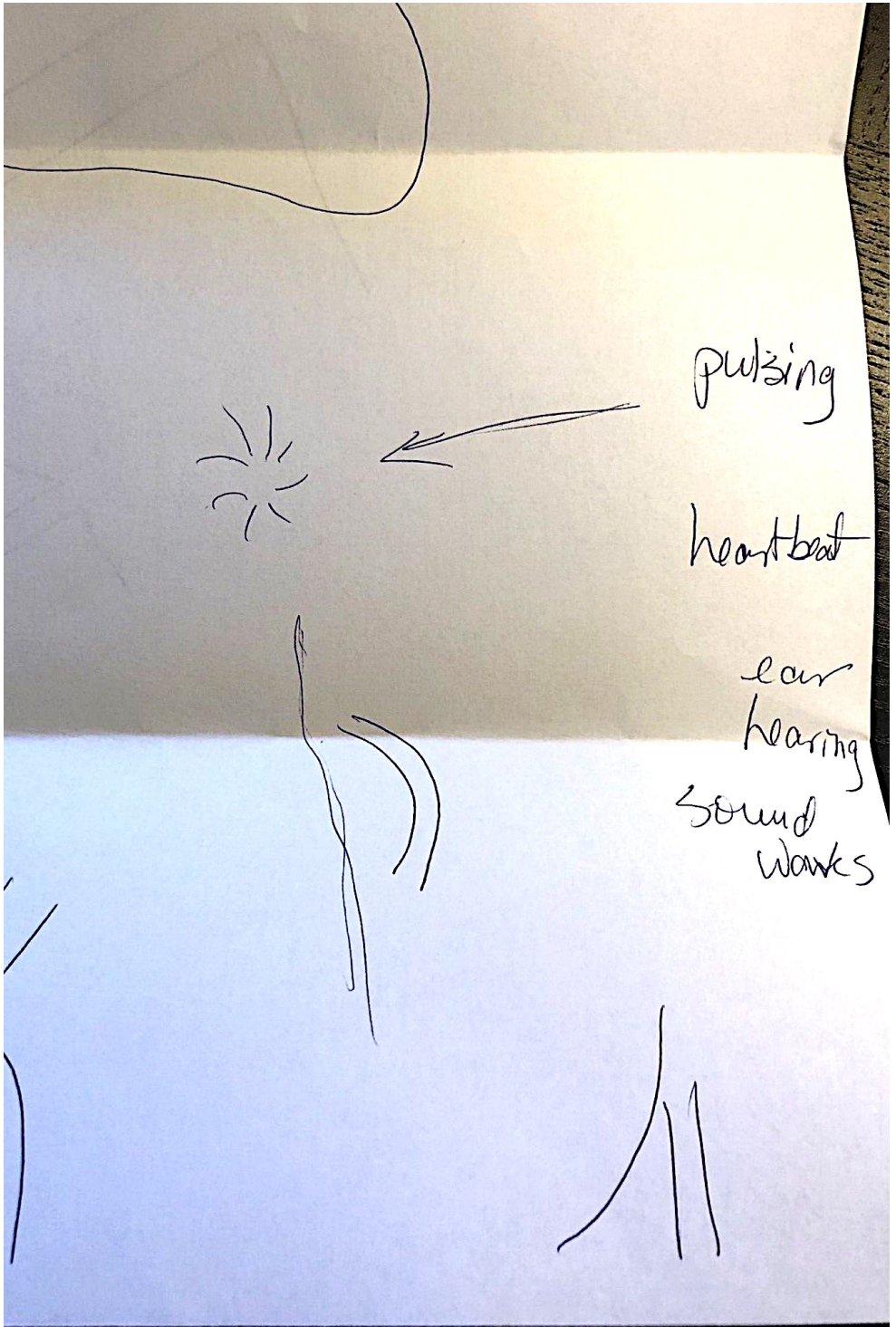
Heather's transcript



Heather's transcript

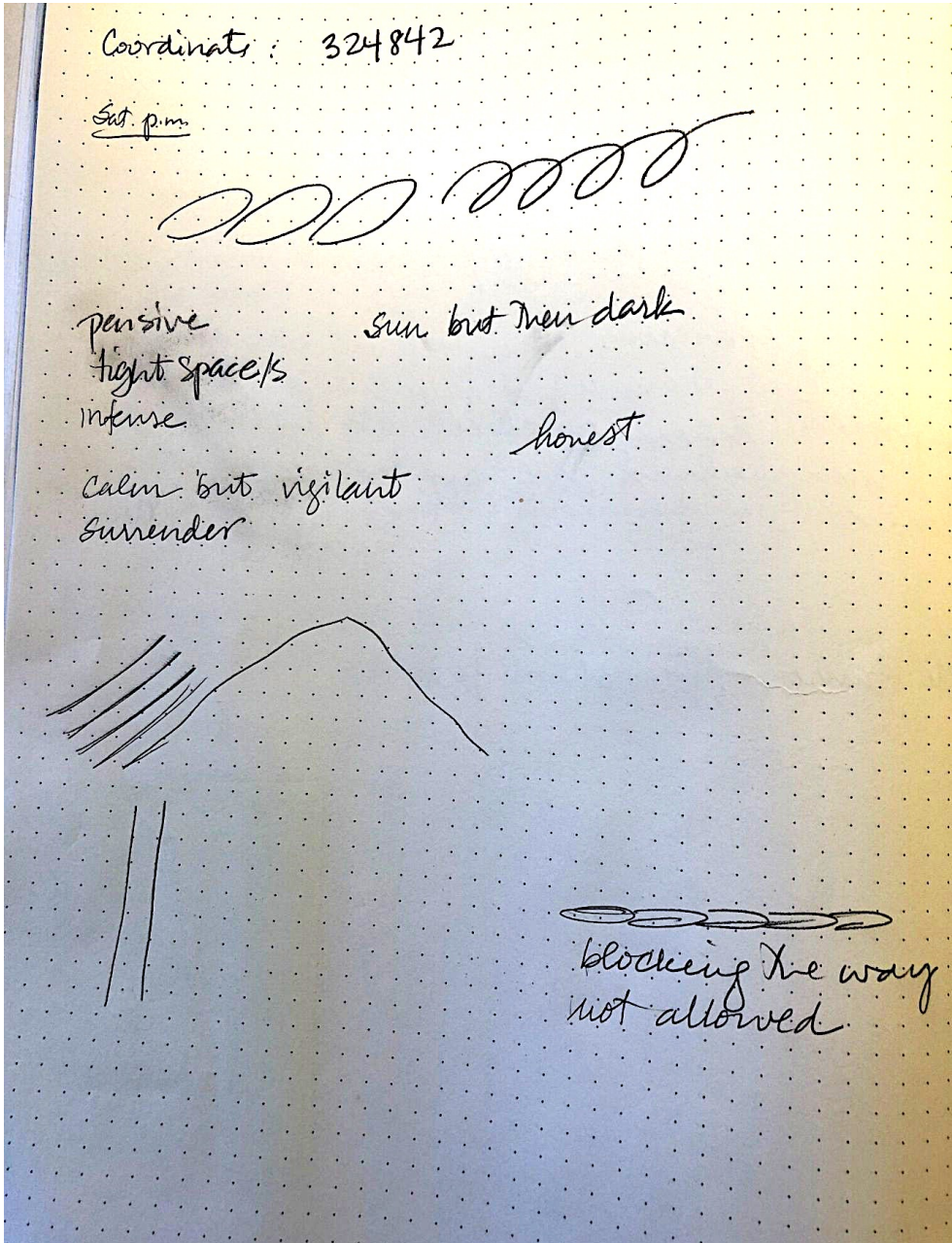


Heather's transcript



Michelle's transcript

Target image: the author getting shocked

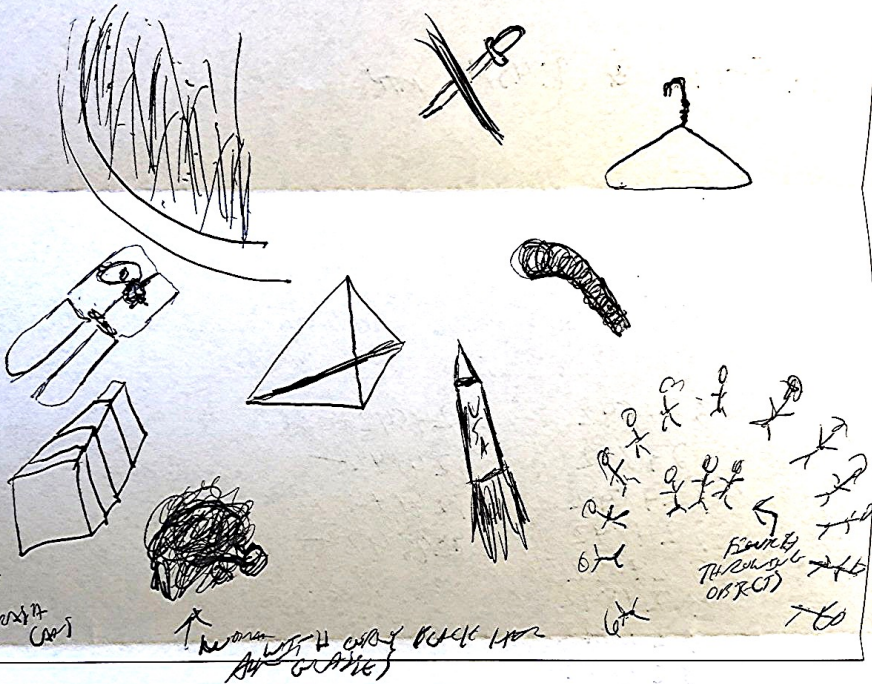


Tim's transcript

Target image: the author getting shocked

Formal Session Impressions

Sketches 324842



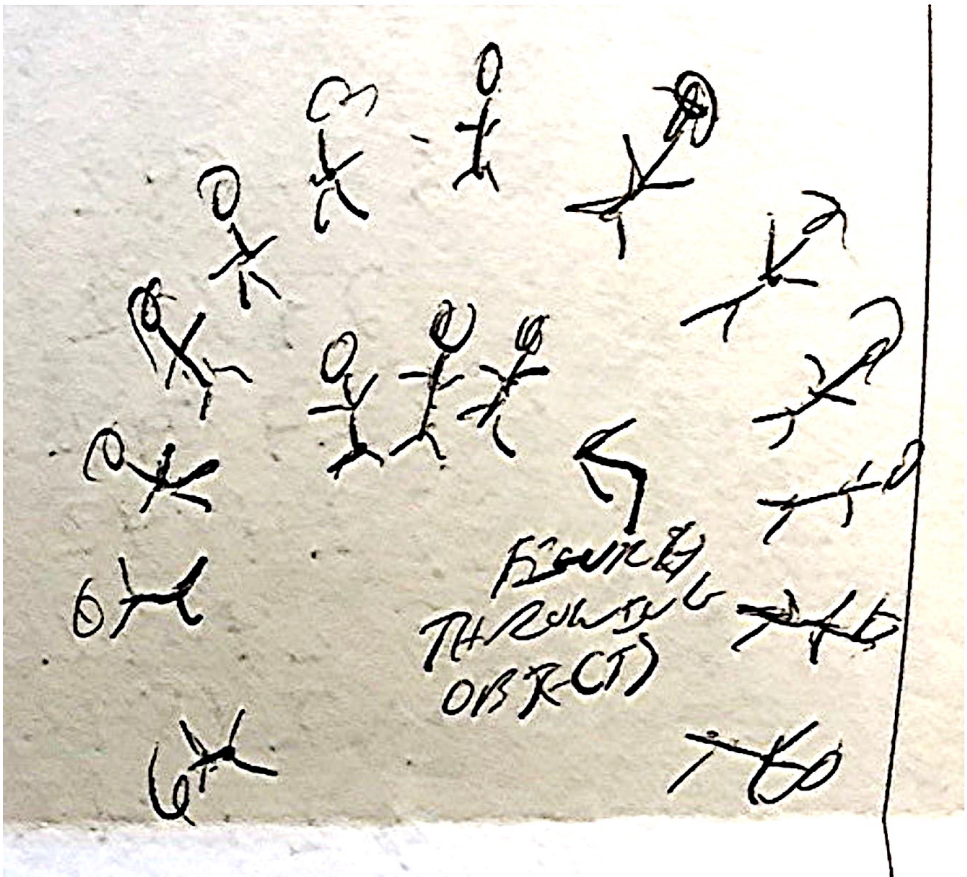
Adjectives & Adverbs

Ego guesswork/labels/names whole conclusions

"SPACE"
WARREN?
ROCKET
OUTER SPACE
RESEARCH

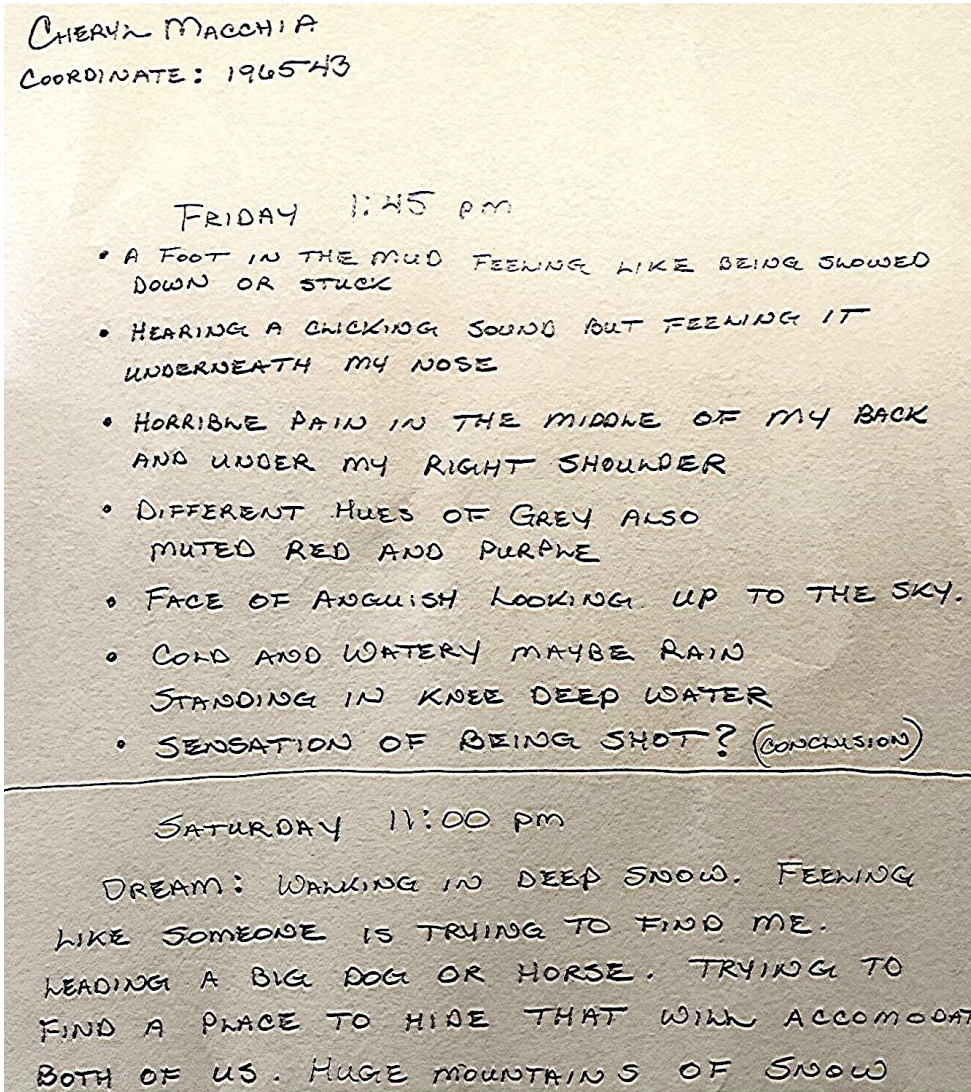
Tim's transcript

It seems that Tim may have been perceiving more than just the picture of the author getting shocked.



Cheryl's transcript

Target image: children playing inside inflatable balls



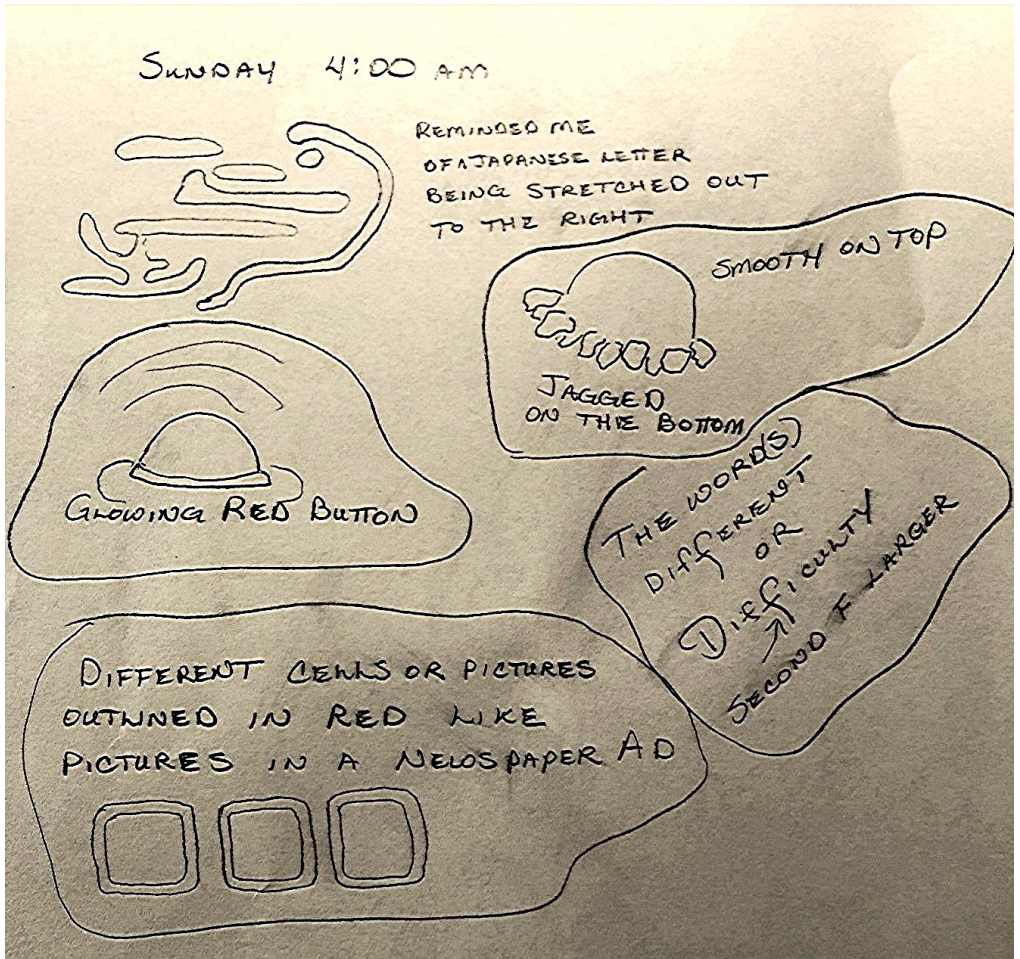
"Horrible pain in the middle of my back and under my right shoulder"

"Face of anguish looking up to the sky"

"Sensation of being shot?"

Cheryl's transcript

Note the drawing on the middle-left portion of Cheryl's transcript page below, where she wrote the words "glowing red button." This is an uncanny perception of the toy's central console, whose button glowed red during the musical countdown. Also, the roundedness of these shapes connects to the actual target image, seen on the following page.

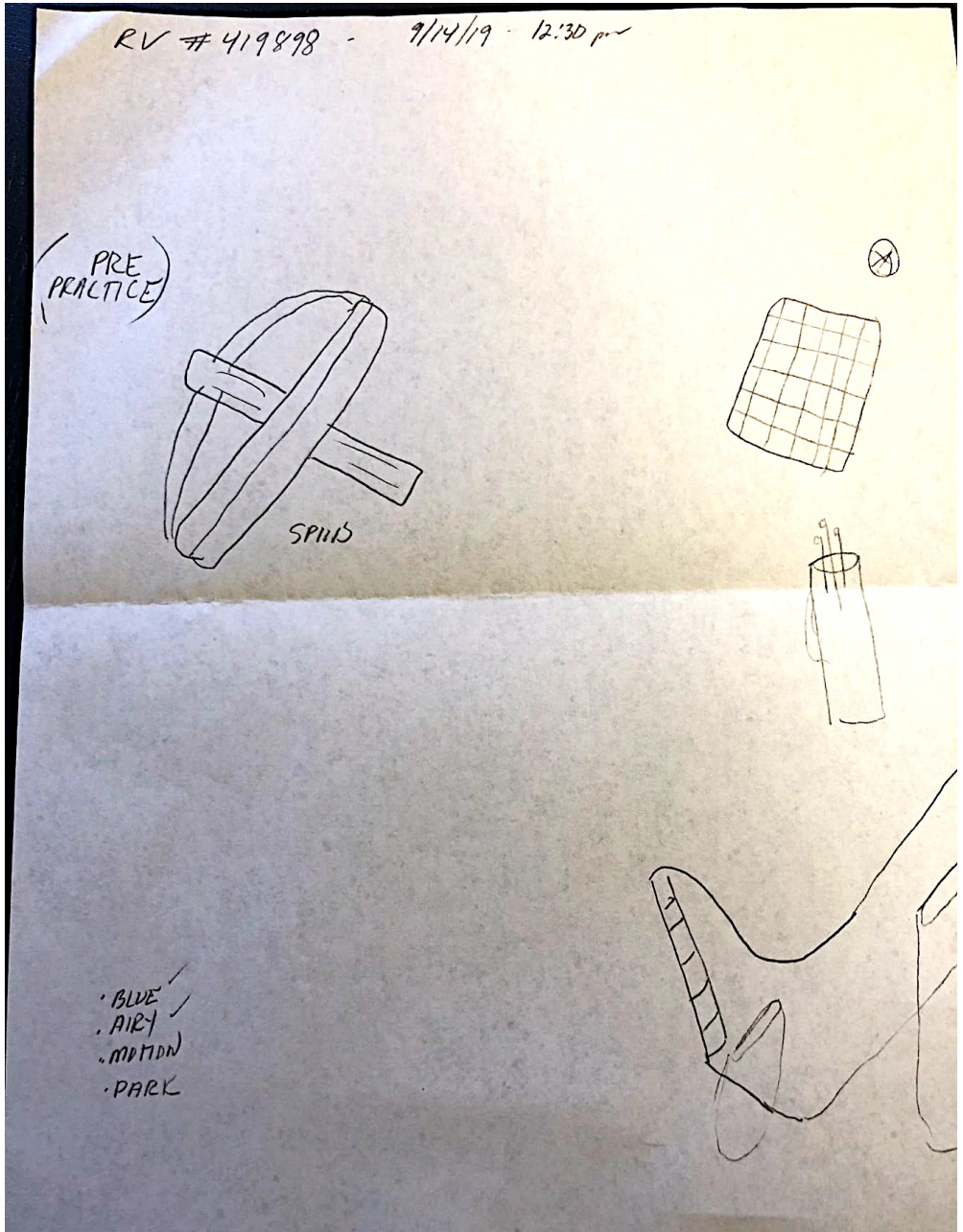


Cheryl's feedback image



Jill's transcript

Target image: Brexit demonstration

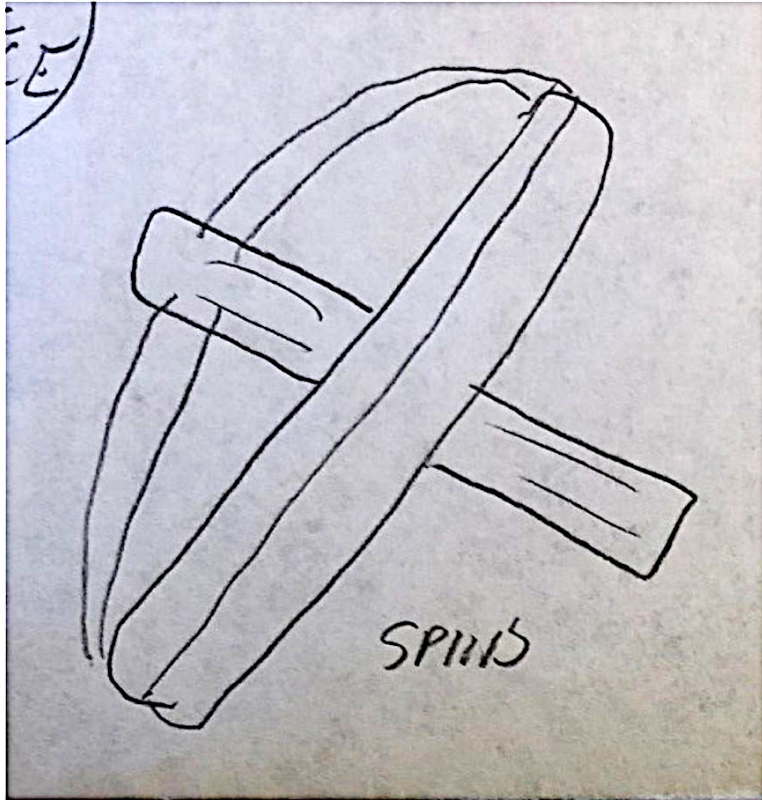


Jill's feedback image



Signal and Noise

See how precisely Jill's perception captured the quality of something being penetrated or pierced by another object.



Lynn's transcript

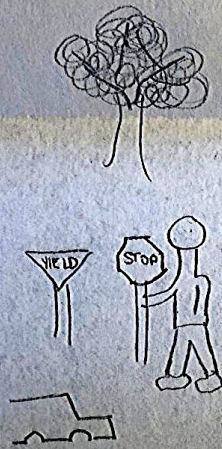
Target image: brew kettles inside Coors Brewery

Formal Session Impressions

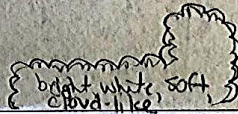
538344

Sketches

FFW00WU



FFW00WU



Adjectives & Adverbs

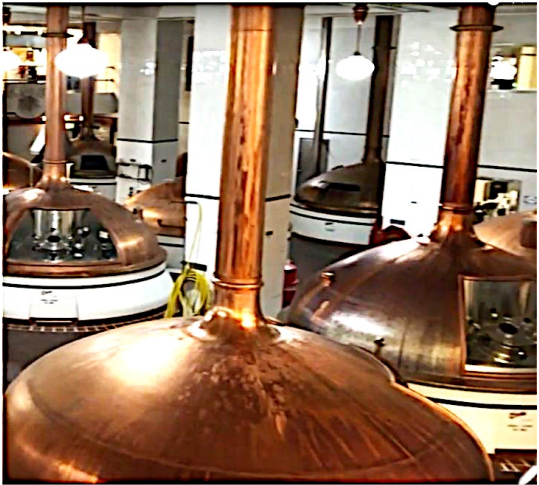
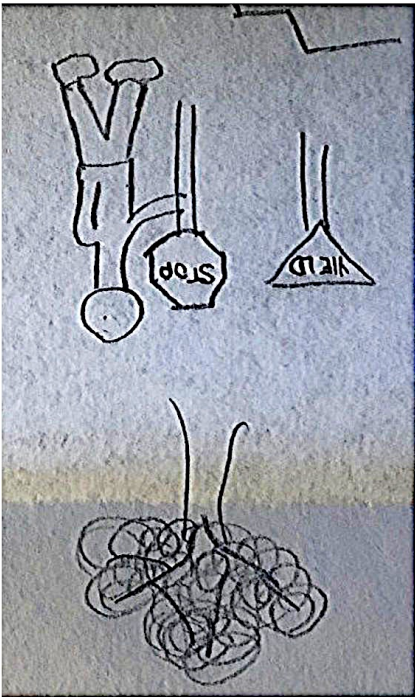
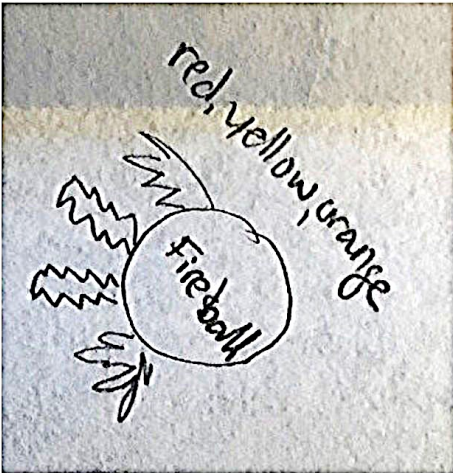
Movement
tired

Ego guesswork/labels/names
whole conclusions

egg
camping cabin
mountain
Bus
Person holding
stop sign
construction

538344

Lynn's transcript



Lynn's feedback image

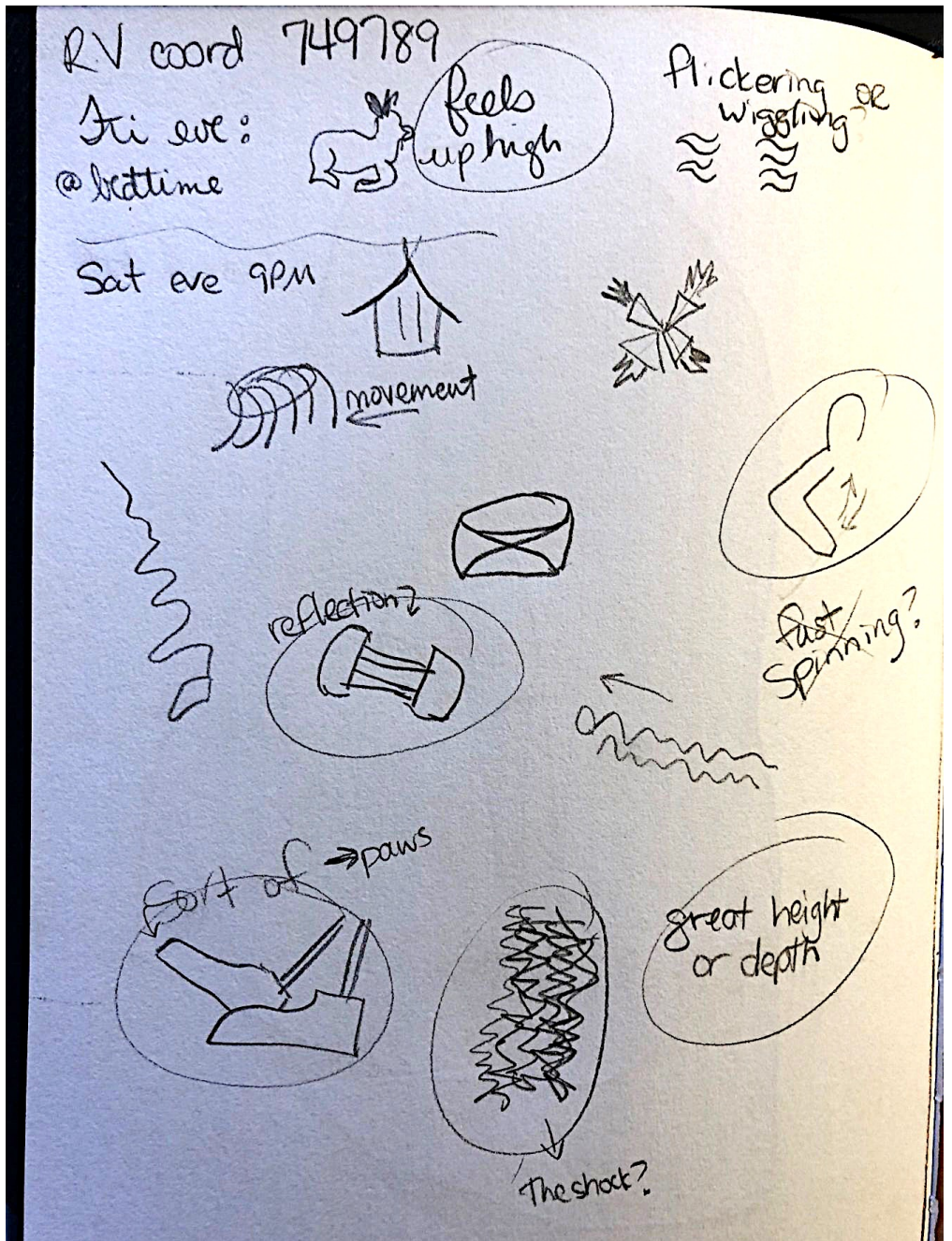


Signal and Noise

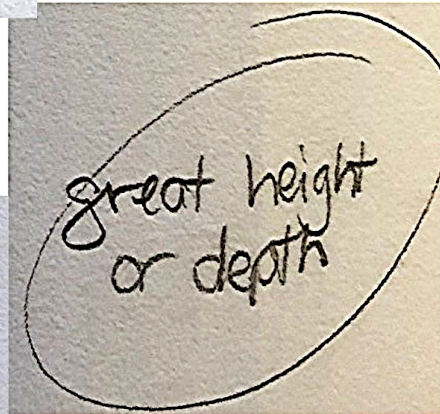
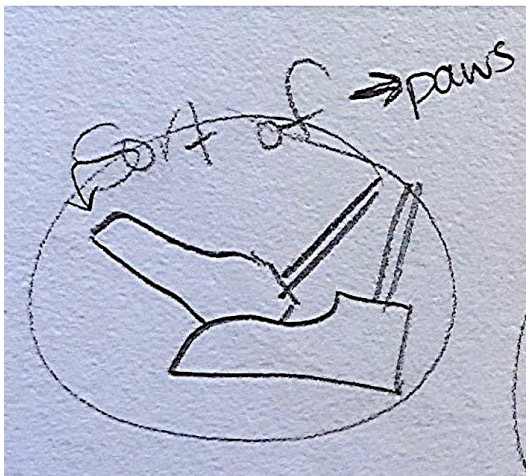
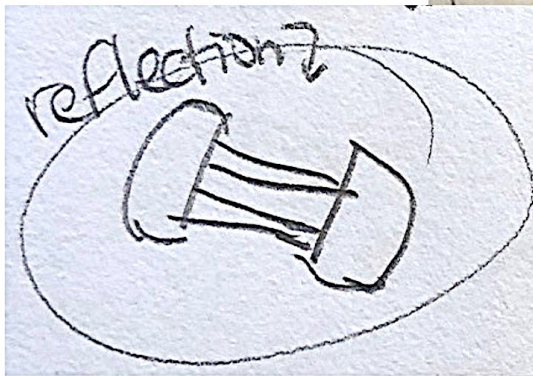
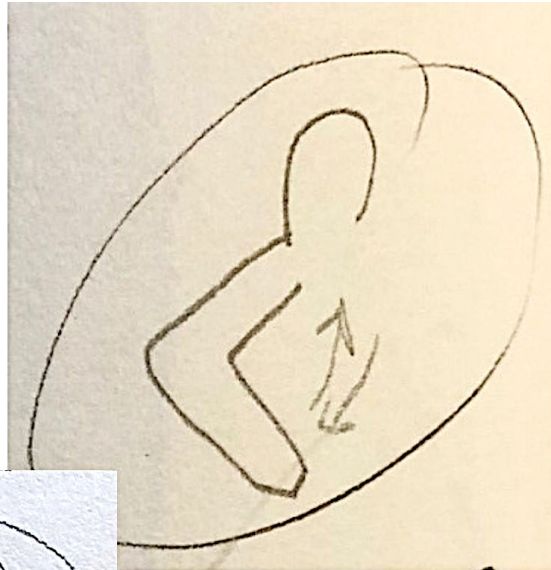
Stacy's transcript

Target image: giant blue bear outside a convention center

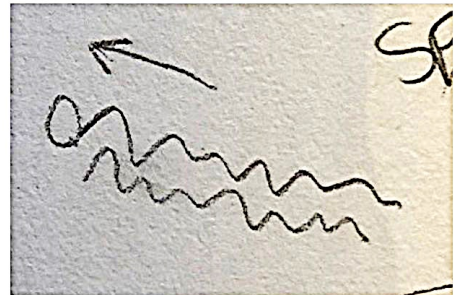
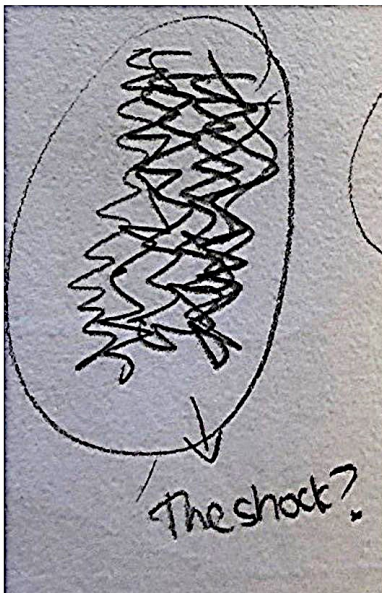
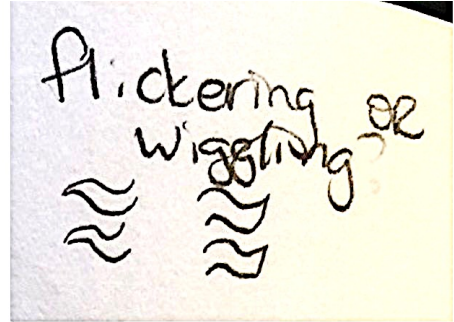
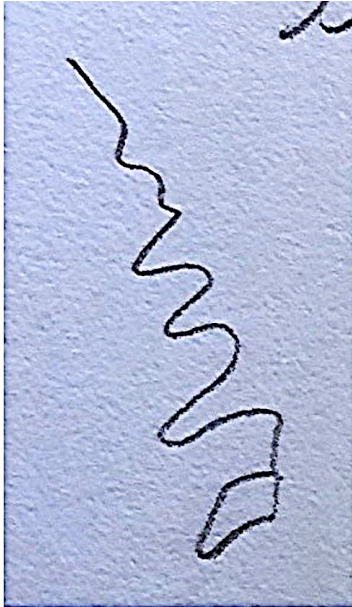
Note: After her feedback session, Stacy made notes directly on her transcript labeling certain images. These are not to be confused for psychic impressions.



Stacy's transcript



Stacy's transcript



Stacy's feedback image



EXTRA: LIVING TARGETS - THE FISH EXPERIMENT

As the group leader, I've maintained a cautious awareness about the fact that historically, one of the "weakening" factors in psi experiments has been sheer boredom. If you put a psychic through several hundred "card guessing" trials, their success rate is likely to decline over time because of a loss of interest. To mitigate boredom, I decided to include other kinds of psi experiments during our RV "get-togethers." One of these was the "fish experiment."

This experiment had two phases. In Phase 1, we played "What's in the container?" My friends arrived at my home to see a mysterious object wrapped in black plastic, placed on a small table in the living room. Their task was to use the same ability they used during remote viewing to discern what was hidden inside the plastic.

The night before, I'd gone to a pet store and purchased a "Betta" fish. It's also called a "Siamese fighting fish" because the male's nature is to attack any other male in the vicinity, which is why they're housed alone in their tanks. I filled one of my glass telekinesis containers with water, treated it chemically for the fish's benefit, and also installed the recommended plastic leaf as a resting place for the fish. No one had any clue that a living creature might be inside the container.

Astonishingly, Carol seemed to pick up quite specifically on the plastic leaf and the suction cup used to connect it to the glass (images below). She told me she'd spontaneously squiggled something on paper, and only realized later it was the word "cup" with a line extending from it which seems to resemble the leaf extending away from its suction cup.

Heather's transcript shows something resembling a flipper, and Kavan's has a cartoonish figure which certainly indicates the notion of an animal with wings or flippers.

Lynn's transcript includes drawings reminiscent of a black fly, or of a fish whose fins are large in proportion to its body. Compare her drawing to the photo of

the fish, what do you think? She also made some line drawings reminiscent of water.

Tim's transcript was highly symbolic. On the lower right hand corner, he drew a dock and labeled it as such. Where there's a dock, there's water. More interestingly, he drew what appears to be a boxing ring, and wrote "Boxing ring, like ropes and platform." With this image, we recall the other name for the Betta fish, the "Siamese fighting fish."

To prepare for Phase 2, everyone left the room while I installed two more tables and containers similarly wrapped in black plastic. I also moved the fish to a different location. Looking at all three setups, there was no way to tell which one contained the fish. Phase 2, then, was an experiment to see if, now that the viewers knew what was inside the container, they could locate the fish.

They were allowed to walk around and approach each container, but they were not permitted to touch them in any way. Some did walk around, while others sat in their seat and extended their perception from that position.

Only two of them succeeded in identifying the correct container. One of them said when he turned her attention to the correct one, the image of an upward surge of water came into his mind, which is why he chose that one. The other successful viewer said she "just knew" right away that it was this particular container. It was a felt sense, a confident "knowing."

As a one-time experiment, I think the group did a fantastic job, overall. I believe their results would improve if given the opportunity to train regularly in this particular exercise. However, I have neither the time, energy, nor inclination to be a pet owner, so the next day I returned our little aquatic friend to the pet store.

Playing "What's inside the container?"

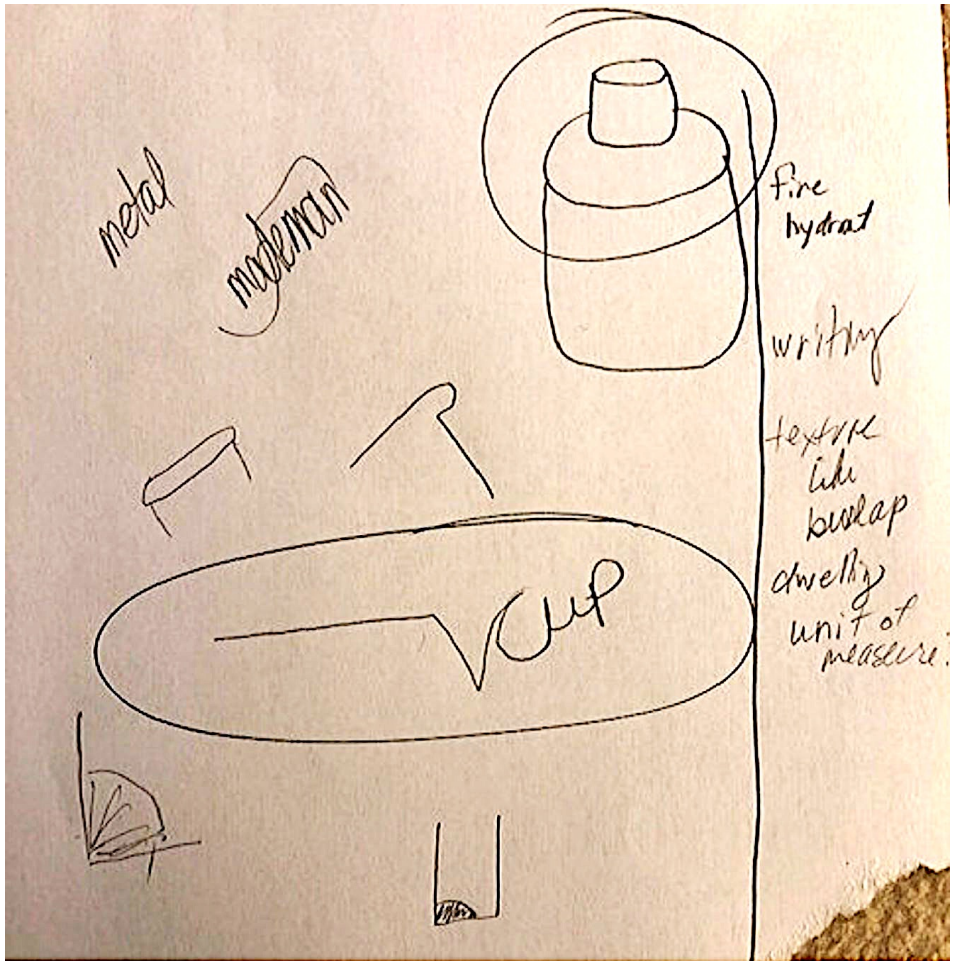


The "reveal" after playing
"Which container holds the fish?"

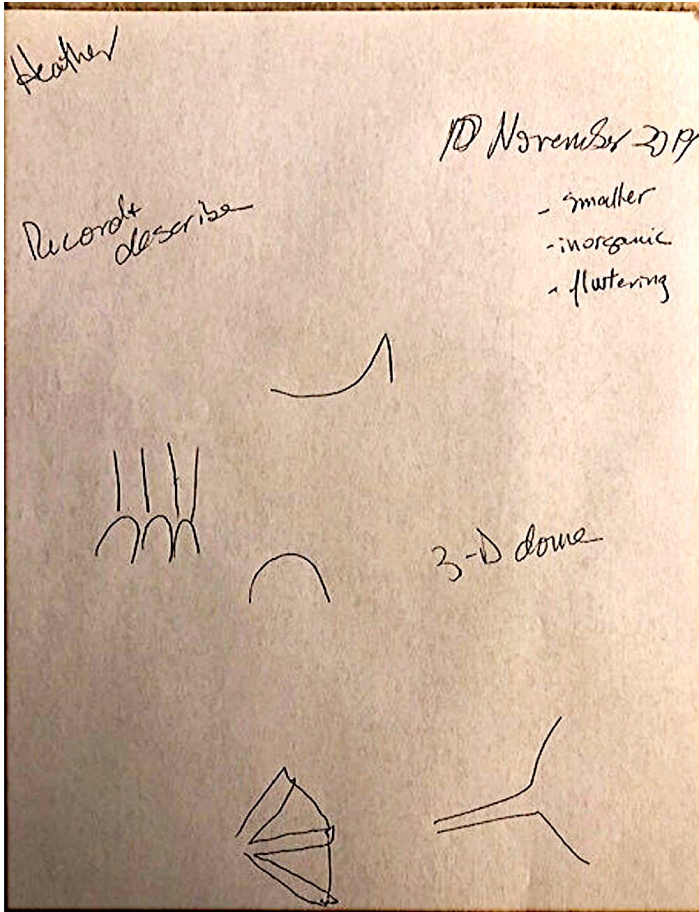




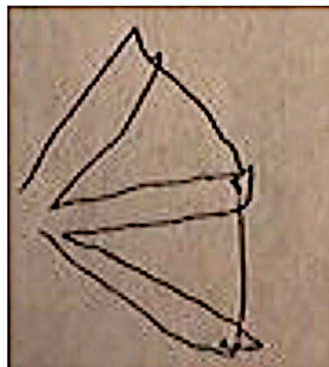
Carol's transcript



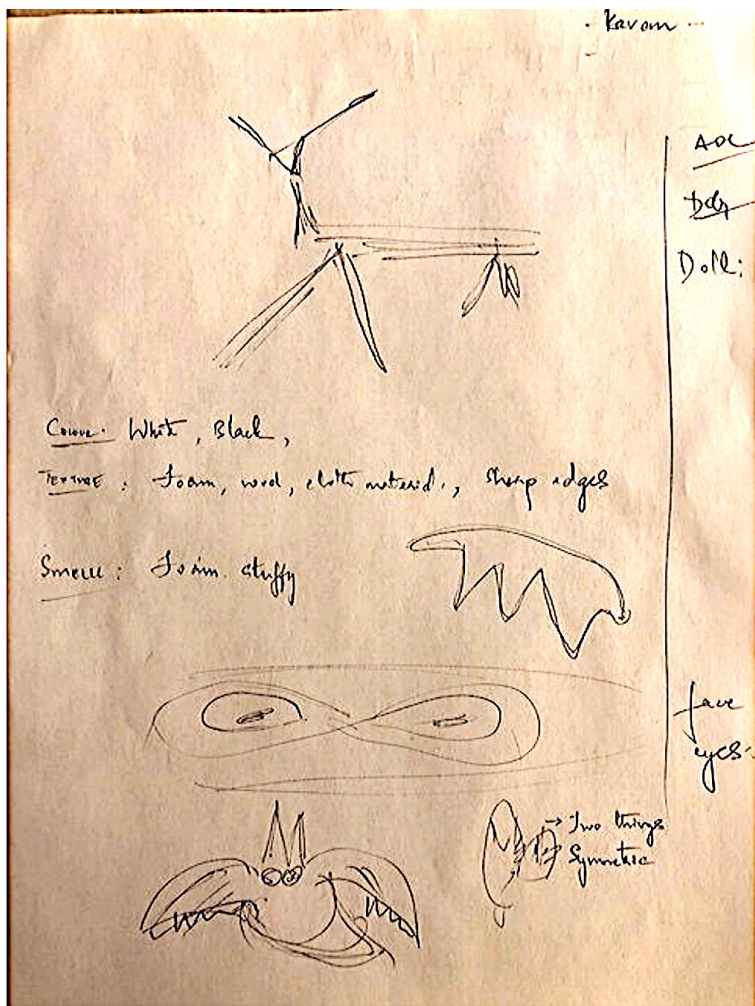
Heather's transcript



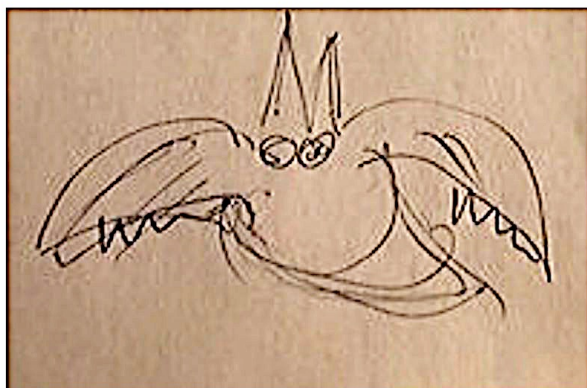
Enlargement



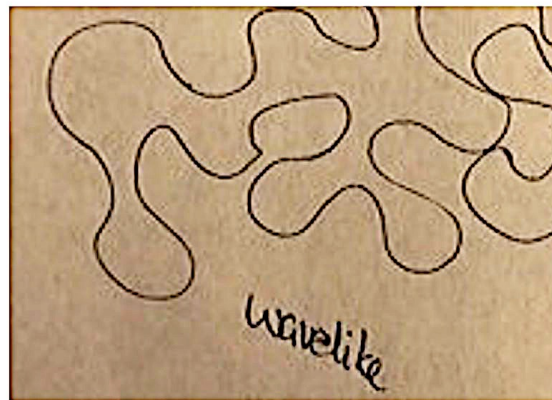
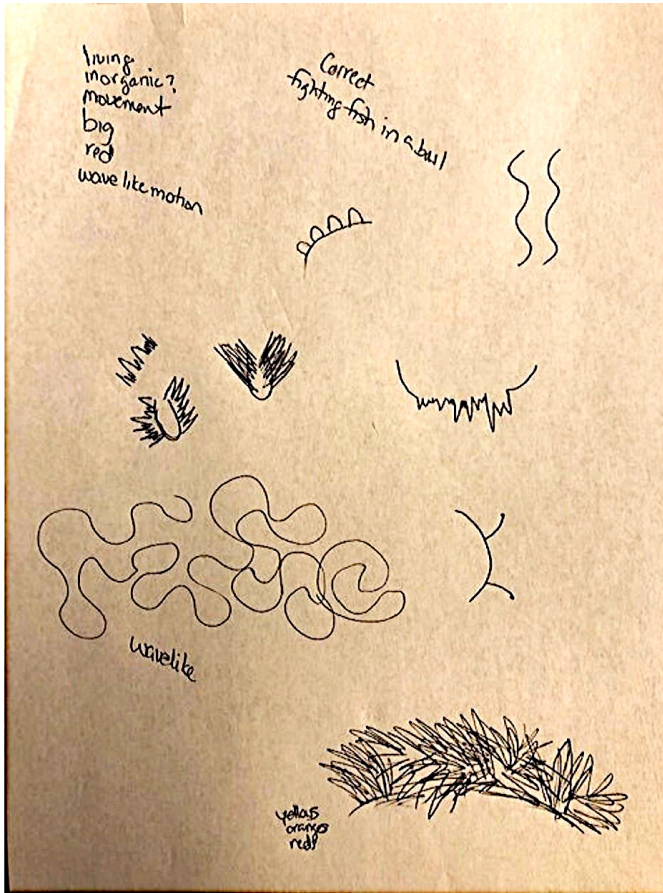
Kavan's transcript



Enlargement

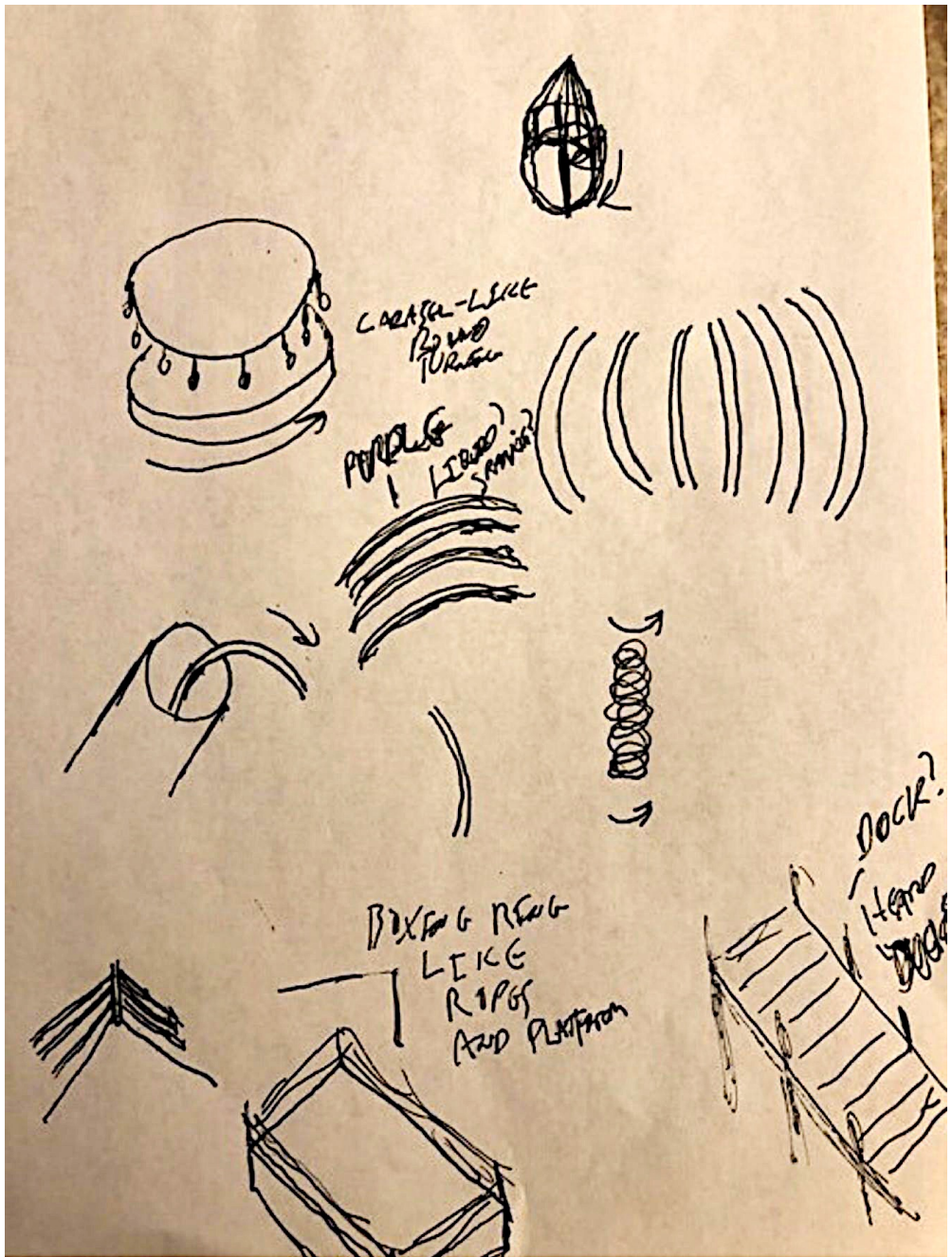


Lynn's transcript



"wavelike"

Tim's transcript



"Boxing ring, like ropes and platform"

EXTRA: BEYOND SPOON BENDING



With Cierra McNamara and Jenna Wood in June 2018, the first "group" I taught to bend spoons.



Signal and Noise

In 2018, I became interested in psychic “spoon bending” after reading one of Uri Geller’s autobiographies³², as well as his biography written by Andrija Puharich³³. Then, I learned more about spoon bending by watching a video of Jack Houck, the aerospace engineer who started the “PK (psychokinesis) party,” eventually teaching over 17,000 people over 20 years how to bend spoons with their minds³⁴.

Privately, I began my own attempts to bend a spoon at home. I found a few more videos of people teaching their own style of spoon bending, like Carol Ann Rowland MSW³⁵ and Ariana Bahret³⁶. Just like learning telekinesis (moving an object from a distance) and how to have an out of body experience³⁷, the difficulty lay in the fact that there was no other experience in life I could use as a model to guide me. I was once again heading into uncharted territory. I could watch other people bending spoons on their videos, but alone at home, I didn’t really know what to expect, or how to tell if I was getting close.

Eventually, I succeeded. The first few times, I wasn’t 100% sure whether I was simply bending the spoon purely by muscular force, or if anything psychic was happening. The problem comes from the fact that aside from Uri Geller, everyone else did spoon bending by grasping the spoon with both hands.

Only Uri seems to be able to cause a spoon to “droop” while holding it in one hand. What most people don’t know, is that Uri had an encounter with an extraterrestrial being in his childhood (see biographies in footnotes), which initiated strange phenomena like spontaneously moving the hands on a clock, reading people’s minds, dousing, and of course, bending metal. His E.T. encounters continued into adulthood, although I don’t know if they still happen now.

My own E.T. experience, which I describe in my book “Renegade Mystic,” wouldn’t happen for another year. Of course, we must then ask “Is it possible that all my psychic experimentation from the last few years supported, promoted, and fostered my future encounter?” As an aside, my spoon bending ability since then hasn’t changed drastically. I still need to use both hands like everybody else.

³² Geller, Uri. (1975). *My story*. Praeger.

³³ Puharich, Andrija. (1974). *Uri: A Journal of the Mystery of Uri Geller*. Anchor Press.

³⁴ www.jackhouck.com (a video of him leading a spoon bending session can be found on his website)

³⁵ Rowland’s site is www.zensightprocess.com and her video is on https://youtu.be/U-e_45Blbsg

³⁶ Bahret’s site is www.arianabahret.com/ and her video is on <https://youtu.be/SyaYtVMDLyQ>

³⁷ My out-of-body experiences are described in great detail in my book “Renegade Mystic.”

Let us return to 2018. I continued practicing until I realized the metal in my hands did seem to bend a lot easier with practice, and although it always required some degree of physical force, it was undeniable that something special was happening to make the metal more malleable.

Naturally, I invited my RV friends to try spoon bending during one of our usual sessions, as a sort of “warm up” for a day of remote viewing. I was taking a chance, because there was no guarantee of success. Yet the fact that this group of people was already successful with remote viewing, which in a materialistic model of the world *should be impossible*, gave me confidence they’d respond like ducks to water.

And they did. I guided our group each time, similar to using an induction, offering a couple of different visualizations to use. We usually played some kind of music to “raise our energy.” Our favorite song seems to be “Highway to Hell” by AC/DC.

In preparation for another one of our gatherings, I decided to try something new. Instead of buying the usual selection of spoons and forks, I headed to the hardware store and bought a few 3-foot-long metal rods, some metal plates, and some pegboard hooks. Before taking them to the cashier, I tested them to make sure I couldn’t bend them using muscular force alone.

My hypothesis was that whatever psychic mechanism was involved with bending a spoon should work just as well with any other piece of metal, and that size shouldn’t matter. If it did matter, it would be on the level of the person’s psychology. Would their confidence be shaken by the “challenge” of a thicker piece of metal? Would their conscious and subconscious belief systems about reality draw a line in the sand and say “spoons are fine, but this metal rod is impossible?”

As you can see from the photos on the next few pages, several friends succeeded. Others opted to stick with spoons and forks, and had fun as we all tried to bend our pieces as part of the group exercise. We shared the tacit understanding that when one person succeeded, it was at least partly due to the group energy. Just like the first time a few of us bought the winning lottery ticket, I regarded it as if we ALL succeeded since it wouldn’t have happened without everyone present contributing their time and effort.

Carol was the first to bend one of the metal rods, which was astounding to see. On that particular day, after she bent her first rod, we decided to watch a video of Uri Geller guiding a group of people in moving a soccer ball with their

Signal and Noise

mental intention³⁸. At several points in the video, the group yelled “Move!” While we watched the show, Carol held a fresh metal bar in her hands, and as they yelled “move” again, she mentally (silently) commanded “Bend!” And with that, she bent a metal bar a second time. It just folded in her hands.

David also bent a rod. His example is important because after bending it in the middle, which some people could argue was the easiest point of the rod to bend, he repeated the exercise while grasping one side of the bent bar, then bending that portion in half as well after reentering the proper state of mind. He was also able to bend one of the metal plates into a horseshoe shape.

When I asked him to describe what it was like, he simply replied “It just *went*.” This is actually an elegant response, because it shows how much this phenomenon challenges rational thinking. It’s difficult to describe how it feels when it happens, or which specific part of the process causes it to happen.

Stacy succeeded at spoon bending in a unique way. Instead of grasping her spoon with both hands, she pressed on one side with only her thumb.

Carol had brought over a box of plastic spoons, and Michelle decided to focus on that. We weren’t sure if it was possible, but someone in the group had heard about someone else doing it, so why not? In writing this book, I took a second look at Jack Houck’s website and found an article about bending plastic spoons titled “Plastic Spoon Deformation,³⁹” which offers validation.

In my opinion, metal bending is far easier to learn from watching and listening than from reading. I have a recording of a spoon bending class I led for a group in Portland while I teleconferenced from Denver which you could watch.

You can find the recording by doing a YouTube search for “Sean McNamara spoon bending” or by going to <https://youtu.be/Ry5SZTkbbOA>.⁴⁰ I periodically receive email from people who tell me they succeeded by following along with the video.

Just to make sure the point isn’t lost, my friends in the pictures below bent their objects using the exact same techniques they used to bend forks and spoons.

³⁸ This was an episode of Keith Barry’s show “Brain Hacker.” Find it at <https://vimeo.com/220865572> or <https://www.urigeller.com/tv-shows/>

³⁹ <http://www.jackhouck.com/psd.shtml>

⁴⁰ My spoon bending instructional video is also on my Telekinesis YouTube site at <https://youtu.be/z9tBK3KcXvg>

Carol

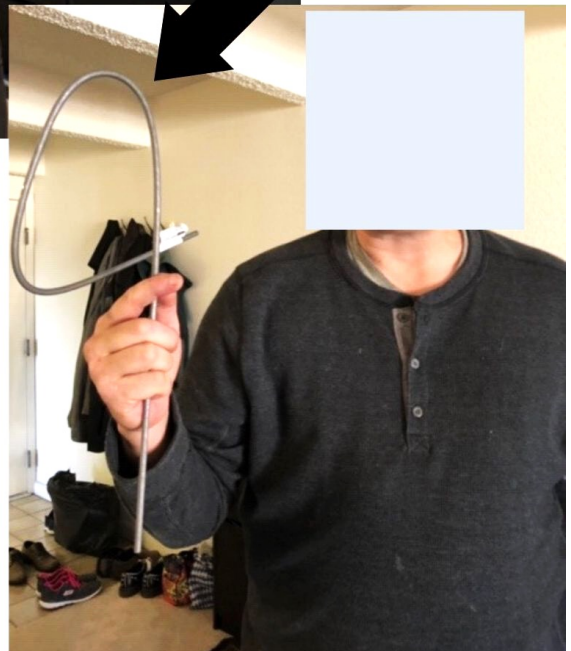
If you'd like to try this yourself with the exact same rod Carol used, look for a "Round Bar, 5/16 inch X 36 inch, Plain Steel" rod at your local big box hardware store.



David using the same kind of rod Carol used

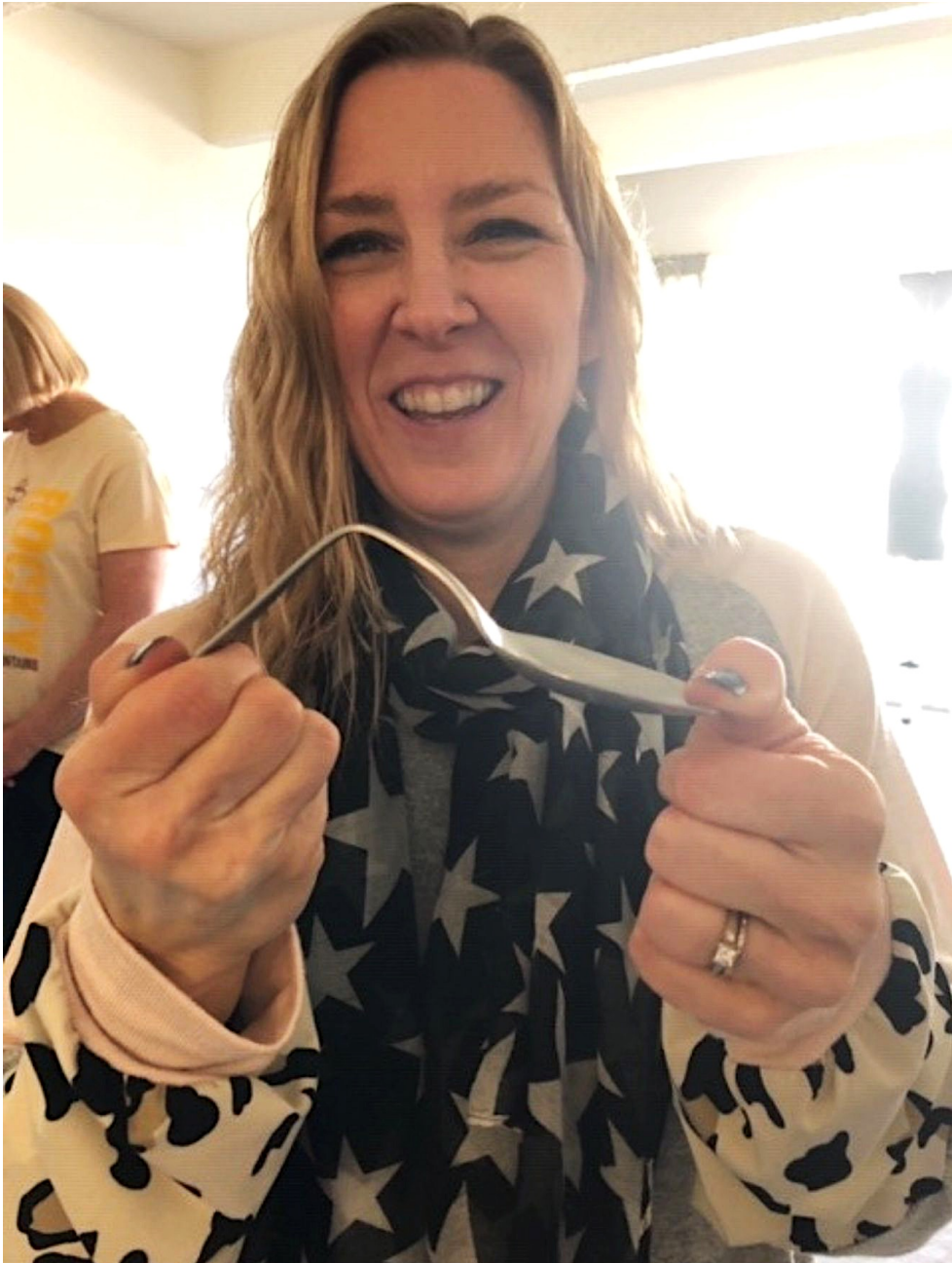


first
bend



second
bend

Stacy with the spoon she bent using only her thumb



The metal plate which David bent

If you'd like to try this yourself with the exact same plate David used, look for a "Simpson Strong-Tie, HRS 8-inch, 12-Gauge Galvanized Heavy Strap Tie" rod at your local big box hardware store.



This pegboard hook was bent by the author

If you'd like to try this yourself with the exact same pegboard hook Sean and Tim used, look for an "Everbilt 8 in. Zinc-Plated Steel Single Straight Peg Hook for 1/4 in. Pegboard" at your local big box hardware store.



Signal and Noise

Tim with his pegboard hook



Michelle with her bent plastic spoon

If you'd like to try this yourself with the exact same spoon Michelle used, look for "Diamond Entertaining Premium Strength" plastic dinnerware. **CAUTION! Do NOT attempt this** without the use of **protective eyewear**. If the spoon breaks during an experiment, it will shoot out shards of plastic which could cause injury to your face and eyes. **Children should NOT attempt this** without the permission and direct supervision of their parent or guardian.



EXTRA: REDUCING PSYCHO-PHYSICAL TURBULENCE WITH VAGUS NERVE STIMULATION

ABSTRACT

The vagus nerve stimulation routine introduced here can serve as a powerful cool down technique to prepare oneself for psychic receptivity, meditation, or stress release.

FULL VIDEO PRESENTATION

Find the vagus nerve stimulation course at **www.MindPossible.com** (it's free).

INTRODUCTION

As a meditation instructor who's led retreats and classes for many years, I've become very familiar with the obstacles people face when they learn to meditate. An experience I've heard repeatedly is of when a person meditates at home. They practice for 20, 45, or 60 minutes, but when their time is up, they've barely even begun to settle their mind.

After speaking with many meditators, I learned there were only a few causes of this problem:

- Their mind was extremely stirred up from the day's events, such as at work, school, or driving in heavy traffic.
- They felt rushed to enter a meditative state, knowing they'd return to busy or distracting activities afterward.
- The physical stress they'd encountered during the day barely dissipated during their meditation sessions.

- For reasons listed above and others, they were unable to alter their state of consciousness and remained too “alert” (a primarily “beta” wavelength brain state), unable to sink into “alpha” and “theta” states.

After doing research based on what I’d learned about physiology (as a massage therapist earlier in life), and other reading, I realized there was a powerful and direct way to alter one’s consciousness in order to enter a calm, relaxing, and enjoyable state of mental peace. This could bring people into a meditative state much quicker, allowing them to maximize their time spent sitting.

The entire routine can be accomplished in under 25 minutes, and a person can use it to enter the meditative state, to become receptive to incoming psychic impressions, or even just for stress management, particularly when feeling emotionally or psychologically “triggered.”

The vagus nerve is a pair of nerves (even though we refer to them in the singular) which run from the sides of the brain, throughout the torso to connect with the heart and various organs. It has a direct effect on one’s “heart rate variability” (HRV). Along with affecting heart rhythm, the vagus nerve causes the release of certain neurotransmitters and hormones for an immediate shift in mental state.

The notion is that instead of meditating by using the *mind* to affect one’s overall experience, we can work backwards, using the *body* to provoke a specific, physiological response in the brain, which then produces the desired mental state. Simply put, the vagus nerve stimulation routine is a way to “hack” our system.

My video course offers a complete lecture about how and why the system works so powerfully. As a brief introduction, I’ll list each step of the routine here with a brief description (photos follow).

Please keep three things in mind:

- You can either do the whole routine as presented here, or select the one or more portions of it which interest you. Each individual piece can have a positive effect on its own.
- Each piece should be done slowly, calmly, and without any strain or tension whatsoever. Be especially careful with the yoga poses, or avoid them completely if you have any physical limitations that may pose a risk to your body.

Signal and Noise

- Some of the steps in this routine work without directly affecting the vagus nerve, yet I've included them in the routine because they're an excellent adjunct to this practice.

You'll find a set of photos following the description below to serve as a visual guide if you decide to use the routine at home.

Step 1: Gargling

Have you noticed that religions and spiritual traditions across the globe include the practices of chanting mantras or sacred syllables, reading sacred texts aloud, and singing as a way to evoke a transcendent state of mind? It just so happens that vibrations in the region of the throat positively stimulate the vagus nerve, which passes through that area. Therefore, for Step 1, you can fill a cup with water, take a sip and gargle for a few seconds or longer. Gargle as long as you comfortable are able, then spit out the water. Take a couple of breaths, then sip more water to gargle again. Alternate between gargling and resting as much as you need, going at a slow pace. Place your attention on your throat and feel the vibration of the gargling. If you don't like to gargle, you can spend the time humming, chanting "om," or *any* sound which produces a good vibration, or singing.

Step 2: Ear massage

The vagus nerve comes closest to the surface of the skin at the ears, therefore massaging the ears is an easy way to influence it. Don't worry about which specific part of the ear to massage. Just massage your entire ear, including the large hollow spaces, by gently rubbing or pressing the skin and cartilage in a way that feels good. Spend a little time rubbing the area around the back of the ear where it connects to the skull. Take a couple of deep breaths as you do this to support the induction of relaxation.

Step 3: Neck massage

Massage the nape (back) of the neck by grasping it between the heel of your hand and the flats of your fingers, gently squeezing up and down from the base of the skull down toward the shoulders. Alternate your hands as desired. Squeeze in a way which gently pulls on the skin and muscles on the side of the neck. Take deep, relaxing breaths as you do this. Like every other step, if it feels good, you're doing it right. Choose a level of pressure which feels soothing and relaxing to you.

Step 4: Massaging the reflexology point in the feet

The reflexology points for the vagus nerve run along the “long bones” of the big toe on the bottoms of your feet. The long bones are the ones inside your foot, not the part of the toe which sticks out from it. But, guess what? You don’t have to worry about the details, just massage your entire foot! It feels great, and you’ll be massaging *all* of your reflexology points. Squeeze your toes, your heels, the tops and bottoms, whatever feels good to you. As before, take a few deep breaths while you do this. Do one foot at a time, or both together.

Step 5: Initiate the “dive reflex”

Did you ever hear the story about the kid who was skating on a frozen pond, then fell through the ice? And how at least ten minutes passed before rescuers arrived on the scene, believing the child was surely dead and beyond resuscitation? And how surprised they were when they successfully resuscitated him back to full health, without any negative long term effects, calling it a “miracle?” Many of us have heard a story like that at one point in our lives. But it’s not a miracle. It’s the “mammalian dive reflex.”

Briefly, the dive reflex is part of our biology. When our face and nostrils are exposed to cold water, our body and brain respond by slowing down our heart rate, restricting blood flow in the extremities, sending extra blood (and oxygen with it) to the brain and heart, and slowing down our breathing.

When you initiate the dive reflex with this technique, in the safety of home and on dry land (no anxiety), it’s a wonderful way to calm down both your body and mind very quickly.

Here are the steps for this technique,

1. Prepare a bowl of frigid water by combining it with as many ice cubes as you can.
2. Soak a hand towel in the water.
3. Inhale slowly and deeply, then hold your breath while pressing the towel against your face. You can wring out the towel a bit if it’s too sloppy for you. You might feel an initial shock from the cold, but it’ll pass quickly as the towel quickly warms up.
4. Exhale as soon as you need to. There’s no benefit to straining to hold your breath longer than you can. Remember, this is about *relaxation*.
5. Take several normal breaths while you soak the towel in the cold water again.

Signal and Noise

6. When you're ready, take another long, deep breath in, then press the towel against your face again.
7. Repeat this process 3 or 4 more times. You'll notice that each time, without doing anything extra at all, you're able to hold your breath a little bit longer. More importantly, notice how much more peaceful your mind feels.

Step 6: Legs up the wall⁴¹

If you've ever taken a trans-Atlantic or trans-Pacific flight, then you're probably familiar with the feeling of swelling in your legs, and maybe even of your shoes feeling a little bit tighter. This is because ordinarily, intracellular fluid is pumped out of your legs and back into the circulatory system (in part) by the movement of your legs, caused by muscular contraction and relaxation during walking. But at 30,000 feet above sea-level, there's nowhere to stroll.

These days, we sit at a desk, on the couch, or in a car for hours at a time, which also causes fluid retention in the legs.

Lying down on the floor or on your bed while resting your heels above the level of your head is all it takes to allow the fluid to drain back into the circulatory system. You don't need to have the legs going straight up the wall. It's perfectly fine if they're at a slope. If you need to, you could just stack up a few cushions on the opposite end of the couch and rest your feet that way.

As you rest in this position, try to breathe a little deeper than usual, and simply feel any change in your state of mind. Gravity will draw more blood into your brain while doing this, which can feel quite pleasant. Rest in this posture for at least 5 minutes.

Step 7: Alternating between "cat" and "cow" pose⁴²

I highly recommend watching how these poses are done on the online video course. You might also flip forward to the photos in the next few pages now, so you can better understand what I'm describing here.

⁴¹ If you're at risk of stroke or blood clots, avoid this exercise.

⁴² If you experience any pain, numbness or tingling with these or any other posture, then stop immediately, and stick with the other techniques in this series.

The purpose of these poses is to give the vagus nerve extra stimulation where it passes through the diaphragm. In the “cat” pose, one’s back is arched high, and the chin is tucked in. While in this posture, slowly exhale while pulling your abdomen inward and back toward your spine. This will help move the diaphragm up into the chest cavity.

Then, slowly un-arch your back and move into an opposite arch/converse pose while inhaling at the same time. Allow your belly to hang down freely and expand as you inhale. This encourages the diaphragm to contract, moving down toward the lower torso (which causes your belly to bulge out), giving your lungs room to expand.

Hold the in-breath as long as you comfortably can, then exhale while moving back into the “cat” pose. Alternate this way for several minutes, enjoying the gentle movement of your spine’s vertebrae. This should be comfortable, not painful. Don’t push it, this is *not* an exercise in flexibility.

Step 8: Alternating between “child’s” pose and “easy cobra” pose

Like Step 7, you will alternate between two different poses. The difference is, you’ll breathe normally, both inhaling and exhaling, for a minute or two while in one pose before alternating to the opposite one. See the photos below to get a visual reference.

With “child’s” pose, either rest your forehead on the floor, or if needed, on one or more pillows. Your back should be comfortably bent in this position. It may feel difficult to inhale while your abdomen is compressed by the posture, but that’s alright. Simply try to relax into the posture.

With “easy cobra,” notice that I’m resting my forearms flat on the ground instead of supporting all my weight on my hands as in normal cobra pose. Here, the belly has more room to expand on the inhale, and doesn’t collapse as much on the exhale. Gently pull your bodyweight forward with your forearms in order to invoke a subtle “stretch” feeling in your spine.

Hold the posture for as long as is comfortable, then return to child’s pose, going back and forth slowly for a few minutes.

Signal and Noise

Step 9: “Fish” pose

Like step 7 & 8, you should watch the online course to learn more about this pose. The video also shows you modified versions which use cushions to support your body better. This pose stimulates the vagus nerve at the neck, and is particularly good for enhancing a sense of relaxation in the skull when done safely and for several minutes.

Step 10: Repeat Step 5, the “dive reflex”

Repeat Step 5 as much as you’d like to help you acclimate to sitting up after doing the fish pose.

Step 11: Slow diaphragmatic breathing

Either sitting on the floor, on a cushion, in a chair or on the couch, simply breathe in and out while enjoying the increased sense of peace and calm in your body and mind. Notice how all the techniques have come together to produce a specific effect in your whole being. Allow you belly to freely expand on the inhale, and flatten slightly on each exhale. Gently, try to breathe so the exhale takes a little longer than the inhale. If trying to do that is too distracting, then let go of this idea and simply enjoy the feeling of breathing freely.

Do this for as long as you’d like⁴³, or begin a remote viewing session at this point.

See the photos of each step on the following pages.

⁴³ You’ve essentially entered a basic meditative state by this point.



Step 1:

Gargling, humming, chanting or laughing for a few minutes to stimulate the vagus nerve at the throat



Step 2:

Massaging the ears and the adjacent skull area to stimulate the vagus nerve at, and near, the ears



Step 3:

Massaging the back of the neck to stimulate
the vagus nerve near that area



Step 4:

Massaging the reflexology points for the vagus nerve on the long bones of the big toes. Also massaging the entire foot for enhanced relaxation.



Step 5:

Trigger the "mammalian dive reflex" by soaking a towel in ice-cold water, then holding your breath for as long as comfortably possible while pressing the cold, wet towel against your face.



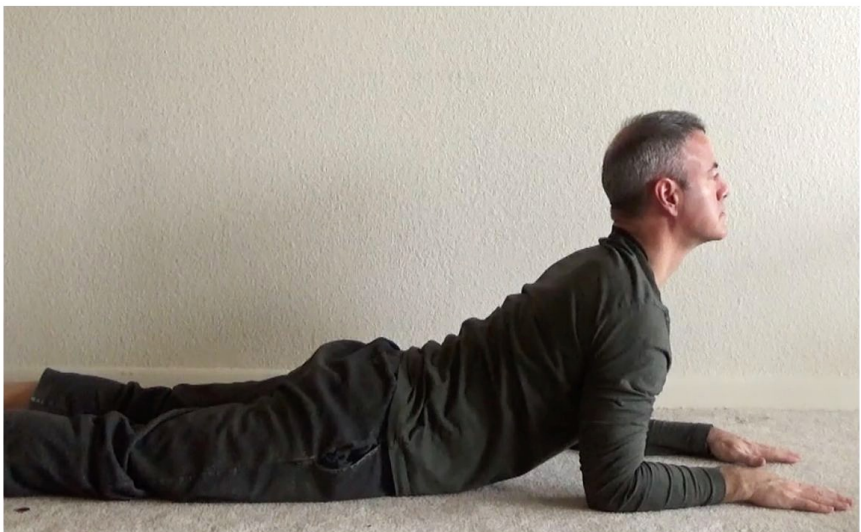
Step 6:

"Legs up the wall" to allow excess intracellular fluid in the legs to return to the circulatory system through the veins. The pose also increases blood volume in the brain.



Step 7:

Slowly alternate between the "cow" and "cat" poses while breathing deeply with the diaphragm to stimulate the vagus nerve at that area.



Step 8:

Slowly alternate between the "child's pose" and "easy cobra" poses while breathing deeply with the diaphragm to stimulate the vagus nerve at that area.



Step 9:

Spend a couple minutes in "fish pose" to stimulate the vagus nerve at the neck (gentle stretch) while breathing deeply and slowly. You can do a "modified" fish pose by resting your upper back and shoulders on a cushion, or hanging your head off the edge of your bed. Avoid this pose if you have a neck injury. Be very careful not to strain or hurt yourself with this pose.



Step 10:

Do another few rounds of initiating the "mammalian dive reflex." Notice how much easier it is to hold the breath for longer periods of time. Do not strain to hold it, and exhale whenever necessary in order to remain completely relaxed.



Step 11:

Spend several minutes or longer breathing with the diaphragm. You'll feel your belly expanding on the inhale, and gently flattening on the exhale. Put slight intention on exhaling a little bit more slowly than inhaling. Don't worry about counting numbers or applying excess vigilance on your timing. The main point is to stimulate the vagus nerve with slow, rhythmic movement of the diaphragm. If you become so relaxed you forget to breathe, or take long pauses in between breaths without knowing it, this is a good sign, so let it be. Sitting in a chair is perfectly fine.

Target Photo Credits

- pg. 72 www.pexels.com/@phyo-hein-kyaw-305378 (airport waterfall)
pg. 79 www.pexels.com/@ygmedia (parasailing)
pg. 90 www.pexels.com/@markusspiske (coal mining industrial plant)
pg. 95 www.pexels.com/@braydenlaw (aerial view)
pg. 120 www.unsplash.com/@alex_andrews (London, Brexit)
pg. 145 www.pexels.com/@public-domain-pictures (microscope)
pg. 145 www.pexels.com/@pixabay (horse and cowboy)
pg. 148 www.pexels.com/@pixabay (wrench)
pg. 148 www.pexels.com/@martinpechy (indoor waterfall)
pg. 154 www.pexels.com/@fotios-photos (fork)
pg. 154 www.pexels.com/@rawpixeldotcom (hearing aid)
pg. 159 www.pexels.com/@hsapir (deer)
pg. 159 www.pexels.com/@valeriya (cemetery with pumpkins)
pg. 161 www.pexels.com/@guirossi (bookcase)
pg. 161 www.pexels.com/@frans-van-heerden-201846 (spaceship)
pg. 165 www.pexels.com Diego Alves (no longer listed) (beautiful-couple-flirting)
pg. 165 www.pexels.com/@skitterphoto (bowling ball)
pg. 167 www.pexels.com/@jonathanborba (couple in doorway)
pg. 167 www.pexels.com/@frans-van-heerden-201846 (yellow crane)
pg. 169 www.pexels.com/@cindyg (butterflies)
pg. 169 www.pexels.com/@daniel-reche-718241 (pregnant woman)
pg. 179 www.pexels.com/@pixabay (Asian architecture)
pg. 179 www.pexels.com/@mark-neal-201020 (abandoned aircraft)
pg. 182 www.pexels.com/@pixabay (girl surrounded by gravestones)
pg. 182 www.pexels.com/@pixabay (Big Ben)
pg. 186 www.pexels.com/@pixabay (ancient columns)
pg. 186 www.pexels.com/@jeswin-thomas-84469 (New Delhi)
pg. 189 www.pexels.com/@8moments (pyramid)
pg. 189 www.pexels.com/@guy-kawasaki-783630 (surfing wipeout)
pg. 192 www.pexels.com/@syed-hasan-mehdi-270838 (camels in front of ruins)
pg. 192 www.pexels.com/@pixabay (King Tutankhamun death mask)
pg. 195 www.pexels.com/@pixabay (tori gate on water)
pg. 195 www.pexels.com/@maegan-white-363530 (cathedral)
pg. 198 www.gettyimages.com/detail/news-photo/daniel-pacheco-visits-the-lasers-how-exhibit-on-opening-day-news-photo/680438458 (lasers)
pg. 198 www.pexels.com/@souvenirpixels (building with tree)
pg. 202 www.pexels.com/@jan-kroon-357445 (tunnel)
pg. 202 www.jacksonholetraveler.com/jackson-hole-sleigh-rides/ (sleighride)

- pg. 206 www.chicagotribune.com/suburbs/aurora-beacon-news/ct-abn-legacy-elite-gymnastics-complaints-st-20190823-qnck2jgg7rhi5hkbfvnez3ibae-story.html Photo by Stacey Wescott (gymnast)
- pg. 206 www.pexels.com/@lucasallmann beige (concrete monument)
- pg. 209 www.pexels.com/@samuel-wolfl-628277 (architecture on grass)
- pg. 209 www.clubindustry.com/news/new-technology-for-muscle-training-and-recovery [www.weightlifter](http://www.weightlifter.com) (weightlifter)
- pg. 212 www.morenoranches.com/category/general/ (brahman bull)
- pg. 212 www.pexels.com/@joyanne (art celebration)
- pg. 215 www.parade.com/55888/hannah_dreyfus/10-roller-coaster-safety-tips-that-could-save-your-life/ (roller coaster)
- pg. 215 www.pexels.com/@suraphat (pathway covered with green grass)
- pg. 223 www.pexels.com/@quang-nguyen-vinh-222549 (grass terraces)
- pg. 229 www.pexels.com/@hngstrm (concrete building)
- pg. 232 www.pexels.com/@tracehudson (closeup of a ram)
- pg. 235 www.pexels.com/@harrisonhaines (jets in the air)
- pg. 238 www.pexels.com/@mark-neal-201020 (statue of David)
- pg. 240 www.pexels.com/@tommy (building with lines)
- pg. 245 www.pexels.com/@josh-hild-1270765 (canoe)
- pg. 248 www.pexels.com/@pspov (jellyfish)
- pg. 251 www.pexels.com/@felixmittermeier (scenic pathway)
- pg. 254 www.pexels.com/@paultheodoroja (man and sparkly ceiling)
- pg. 266 www.pexels.com/@becca-siegel-792310 (Dome of the Rock)
- pg. 266 www.pexels.com/@pixabay (hummingbird)
- pg. 270 www.pexels.com/@pixabay (terraces)
- pg. 270 www.pexels.com/@luan-oosthuizen-823430 (man on water jet board)
- pg. 277 www.pexels.com/@matansegev (toy figures)
- pg. 277 www.pexels.com/@emre-kuzu-1112138 (narrow building)
- pg. 278 www.pexels.com/@josiah-lewis-253232 (ancient pillars and walls)
- pg. 278 www.pexels.com/@samaraagenstvo-feria-1261201 (girl's birthday party)
- pg. 280 www.pexels.com/@pixabay (stainless steel filament)
- pg. 280 www.pexels.com/@pixabay (man playing instrument)
- pg. 283 www.pexels.com/@belart84 (multi-colored flower arrangement)
- pg. 283 www.pexels.com Oleg Magni [no longer listed] (man playing guitar)
- pg. 287 www.pexels.com/@pixabay (monk meditating)
- pg. 287 www.pexels.com/@peter-de-vink-288978 (sailboats)
- pg. 290 www.pexels.com/@padurarul (spiral staircase)
- pg. 290 www.pexels.com/@richard (sailboat)
- pg. 294 www.pexels.com/@pixabay (space shuttle)
- pg. 294 www.pexels.com/@denniz-futalan-339724 (women carrying jars)
- pg. 296 www.pexels.com/@erxmart (person signing on stage)
- pg. 296 www.pexels.com/@ellis (green and yellow buses)

About the Author



Sean McNamara lives in Denver, Colorado with his wife Cierra. He teaches meditation and consciousness exploration through his online courses, books, and in the classroom.

The details of his life, including extraordinary psychic experiences not mentioned here, are described in his autobiography, “Renegade Mystic: The Pursuit of Spiritual Freedom Through Consciousness Exploration.”

Learn more about him at www.MindPossible.com.