

remote viewing secrets revealed



BY GERALD O'DONNELL

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By Gerald O'Donnell, M.Sc., MBA

*Creator Of The Complete Remote Viewing Training System & The Complete Remote
Influencing™ Training System*

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Meet Gerald O'Donnell



Mr. Gerald O'Donnell holds a B.Sc. in Mathematics, a M.Sc. in Computer Science, and a MBA. He is a certified Hypnotherapist. He was, amongst other activities in various fields, once considered one of the world's seven top technical commodities experts (independent advisor: C.T.A.) by Paine Webber and Bache Co.

He was approached in the 1980's by a Western European intelligence agency and asked to join an ongoing program of mental Remote Viewing (sensing) of targeted locations. Advanced remote sensing (remote intuition) techniques were taught to field operatives, anti-terrorist units and other intelligence and/or commando squads.

This operation had been set up to counter the activities of well funded departments of the Soviet KGB and military intelligence G.R.U. that were very advanced in their research and fully operational.

It is in the course of the successful experimental phase of the program that Mr. O'Donnell stumbled upon the fact that by using special mental techniques and training, not only was space bridged instantly, as the non-locality theorem of quantum physics (theorem of John Bell) had predicted and the Aspect experiment performed in 1982 had confirmed, but that the time barrier was, as well, conquered - allowing oneself to experience the perceived past and the probable future.

Gerald O'Donnell subsequently voluntarily retired from the intelligence community and decided to teach similar techniques for the greatest benefit of all: the creation of better individual and global realities for all of us and the possible avoidance of unpleasant ones.

“In fact the ultimate time-travel machine has been rediscovered and it is ourselves: humankind.” -Gerald O'Donnell

Introduction

This book contains explanations that reveal many closely guarded secrets of Remote Viewing. It also serves as an introduction to our Complete Remote Viewing Training System and contains explanations that prepare you for the Remote Viewing training trip. If you have purchased the Complete Remote Viewing Training System Please do not skip steps. Sit down in a comfortable chair and relax your mind and body as you listen to this training system. Listen and listen again until you have integrated and understood the explanations. Go over the training session, over and over again, until you honestly feel that you have mastered them. Do not skip steps. Make each step a new, integral part of the make up of your being. Do not cram or jump ahead. Keep the excitement and the expectation high and trust us.

Remote Viewing Secrets Revealed

Remote Viewing is as easy and natural as walking or breathing is. At some level of the stream of your mind you are already Remote Viewing. All you need to do is to learn to focus at that level and listen to your own messages. RV, or Remote Viewing, is an acronym for Remote Viewing that has lately become an accepted standard term. It relates to the mental abilities that certain trained individuals have shown that allow them to consciously travel through time and space, any or all perceptual senses, including the visual ones, can be involved while a person is Remote Viewing.

The visual factor remains, nevertheless, paramount.

In the U.S., among operatives of various military or civilian intelligence establishments, the term RV has become a de facto terminology to describe such a natural process of mind traveling.

A more precise term should have been remote sensing since all the senses may come into play. When one is Remote Viewing, in order to gather information about a certain place and/or time event, visual images are just perceptive images.

It is as if one is dreaming, even though the visual imagery seen in a dream might seem to the dreamer at that moment totally real. It does not involve visual processes within the eyes. It is the product of what is called the universal ability of the mind's eye to visualize - which means to imagine.

Everyone can and does imagine. When one dreams, one visualizes using one's imagination. When one imagines the scenery while reading a book, one visualizes using one's imagination. The visualization that we address in this course is an inherent quality of thoughts and not a biological process involving eyesight.

You do not have to fear for a moment, then, about your ability to visualize. Everyone can visualize. Everyone does it constantly, during the day, as you daydream. It is this quality of visualization you are going to call upon in this course. Nothing else. There is no special training required in order to visualize, only a perceptual shift in concentration, from external stimulation decoded by your brain as your external reality, towards inner mind stimuli that are always present within your thought processes, but that you do not necessary pay great conscious attention to is all that is necessary. The main focus of your conscious attention, which is your concentration, is usually upon your so-called external world.

Many protocols have been used by Western intelligence services throughout the world in order to Remote View. The preferred protocol in the US involves the use of distraction. By keeping the conscious mind fully distracted on rapidly-changing, tightly-regulated, boring tasks the subconscious mind messages could be concentrated upon, since it is the source of the stream of data relating to Remote Viewing.

Many extremely rigid protocols approaching ritualistic behavior were used in order to tire out the conscious mind and allow for a dual shift of perception where the trained agent would almost have an impression of bi-location of his concentration. One level would concentrate first and foremost upon the ritualistic tasks performed by his conscious mind in the here and now, and another one would concentrate strongly upon the rapid flow of information originating from deeper levels of his or her subconscious mind.

This bi-level and distractional barrier does not require any induced stage of altered consciousness. Nevertheless, as the Remote Viewing session unfolds, the remote viewer tends to shift most of his or her concentration away from the symbolic tasks he or she is performing and concentrate much more strongly upon the messages that he or she receives through his or her subconscious mind that originates from the level of Universal Mind that operates outside the confines of time and space.

The reasons why altered states of consciousness were often shunned in US protocols which has more to do with somehow a lack of understanding of their mechanisms and an attempt to leave an external impression of rigid procedures to the military or civilian intelligence and scientific establishment that are, as of now much, imbued by the righteous aspect of their slow paced, procedural approaches

In the Eastern Bloc, and to a large extent in Western European societies, faster methods of using a composite of meditation and hypnotic states were used in order to achieve a unidirectional, one-track concentration towards deep levels of the subconscious mind that have direct access to the infinite and immediate packets of knowledge that can be fetched from the Universal Mind.

The French, British, Russian, Czech, Bulgarian, and German's use rapid, mind-altering techniques in order to explore a level of the mind called the Theta level where Remote Viewing becomes a natural state to any individual that operates from that level of deep subconscious operation. Their results were very impressive.

Mr. Gerald O' Donnell states the following: there is no single path to a goal such as Remote Viewing; any path involving a shift of concentration towards inner mind can lead to success at Remote Viewing. As the saying goes, "All roads lead to Rome." You might, therefore, find your own way outside of the suggested ones given here.

You are your best teacher. Your mind operates already at these levels. The problem is that you do not know it on a conscious basis. Therefore, you already have all the knowledge you need. All that is left for you to do is ask and watch the answers appear in a form compatible to your cultural, religious, and national programming.

Within the infinite connection of the web of life knowledge is the key - emotions are the energy and fuel for the key to open the door of one's self and of the ultimate knowledge of the real self, the Higher Self. This course gives you a set of proven keys that you can use at first to enter and probe higher levels within the Kingdom of your mind and hopefully evolve and understand.

All one needs to do, is to listen in a relaxed environment to the training sessions and allow them to gently guide you and reprogram your mental realities so that you, and you alone, permit yourself to enter and reach the inner self that has so much in store for you. You are infinitely powerful. Although you might not perceive it as such, you create the present, each moment, by the belief system you carry about yourself and about others. Change your belief system and you change your reality.

All life is a mind safari. The dangers of the jungle out there are as real as you want to perceive them to be. Stop perceiving them as threats or dangers. Reneg on your on your paranoid fears about the jungle out there and it becomes a beautiful place to live in as you interact with it. It is all your choice.

Many students have asked if visualization training is worthwhile. The answer is as follows: visualization using the mind's eye is a natural process of mind called imagination. Everybody can imagine with any strong, self-reflective concentration upon one's own mind, such as in hypnotic and deep meditative states. The visualization process of the mind's eye takes on a stronger characteristic of reality that can sometimes equal or surpass the process of real visual imagery. With heightened concentration on one's thoughts such as in a hypnotic state, a dream-like state, or a state of medical anesthesia, the imagery might even seem 3 dimensional with perceptual, olfactory, tactile, and auditory senses being triggered into the subject. The subject is then said to be in a hypnagogic state when strong imagery is being projected at him. This is the state that a person experiences just before falling asleep when strong perceptive images are beamed at him. The electrical tracing of his or her brain waves at that moment on an encephalographic machine will show a predominance of slow Theta waves oscillating between 4 to 7 cycles per second. This is called the Theta state.

Theta is the real state to be achieved if one wants to Remote View. We give many procedures in our training course that will easily bring anyone to a state where Theta electrical waves show predominately in

the brain and make Remote Viewing a natural ability. Therefore one does not need to train oneself to better visualize mentally, but one needs to train in order to achieve, at-will, a state where Theta waves predominate within the brain and where holo-spacial visualization becomes a natural ability.

This state is called the Theta state by psychologists. It is the contention of Gerald O' Donnell that one does not really learn how to Remote View, one rather enters a reality in his own life where Remote Viewing becomes possible. The more human entities around him that enter that reality, the more he trusts in that reality. And as he loves and trust that reality, he attracts very strongly that reality as a permanent aspect of his life. Trust, which is faith, is the key to success for change. Skepticism is the key to failure and restriction. This is a universal law. In the same way as faith can move the mountain of doubts, skepticism or excessive rationalization blocks change and restrict one's self within the prison of self doubt, fear, often hatred, paranoia, and a false sense of comfort with the status quo ante.

The core of success at Remote Viewing is like any other endeavor; it lies not really in effort but rather in trust and desire. As one trusts in the ability to reach a goal and strongly desires it, the road to it opens automatically. As Emile Coué, the famous French psychologist, wrote: "When willpower and imagination are in conflict, it is always imagination that wins." Therefore constantly imagine yourself as being successful at Remote Viewing. Accept it as a reality and it shall become your reality.

We know now, from the field of neurophysiology, that there are basically 4 states our brain operates in during each day. The first state is called the Beta state. This is the state of total conscious awareness, the state of being awake, At the level of being wide awake, or in Beta, the majority of brain waves being recorded with an encephalogram shows a tracing where Beta waves (which means low amplitude electrical waves oscillating at over 14 times/second) predominate with 20 cycles/second being the average. This corresponds to the bulk of our daily waking activity and has strong correlation to the linear mind being hyperactive. We, therefore, can say that as an individual operates with the core of his or her concentration focusing on various daily external stimuli, he or she is in a conscious awareness state where Beta waves will predominate in his /her brain. When an individual shift his/her mental concentration towards a single act or object or even preferably towards his/her own thought processes, the brain waves tend to quiet down and paradoxically his thought processes become more efficient, more expanded. When one achieves a shift of concentration towards a single focus of attention we say that the mind is more relaxed.

When one concentrates on a body process such as, for example, a pattern of breathing or upon an external image such as a flower or another object, a TV program or movie, a video game, a painting, a visual symbol, a symphony, or one's own thoughts, the results are the same in that the person is restricting his awareness toward what he is concentrating about.

Therefore if his/her concentration is strong enough, all other external stimuli or bodily sensation or sensory input is shut off and one can say that the person is hyper-aware of what he/she is concentrating about.

This is the definition of a meditative state: a state of hypnosis. All meditation or hypnosis is a state of hyper awareness on a restricted thought either directed at any external stimuli or at an internal one.

Shifts in concentration are the keys to Remote Viewing and altered states of consciousness. When one restricts one's own thought processes, the brain waves relax and the brain vibrates at a lower rate of vibrations per second. With mental, self-reflective concentration the brain first goes into the Alpha state where most of the electrical activities occur with brain waves oscillating between 7 to 14 cycles per second. An individual operates at an Alpha state naturally throughout the waking day. When a person is daydreaming, the Alpha state occurs, and also sometimes while sleeping during the rapid eye movement period associated with the dreaming state.

At that level of mental operations, the mind is more focused and if the mind focuses reflectively upon itself, it rapidly enters even deeper, altered states which mean even more expanded states of awareness. Generally speaking, the Alpha state corresponds to one's self focusing one's concentration upon what psychology likes to call the subconscious mind. The subconscious mind is far from being less aware than the conscious mind; it is quite the contrary. It has much more awareness than our restricted, linear conscious mind has. The subconscious mind is the level of the mind that contains all of our memories and the programming of all our biology and of our belief systems that cause us to be what we are and enter the realities that we experience based on our belief systems. There lies the formative stage of our character. By focusing in a hyper-aware concentrated state on the subconscious level, as in meditative or hypnotic states which in reality are but two designations of the same, an individual can manipulate instantly what makes him what he is; he can change his character, his impulses, desires, goals, and realities. Positive hallucinations which mean realities that he/she witnesses as possible can become part of his reality, and so can negative ones too (such as being told that a part of a commonly seen reality cannot be perceived by the subject for a while), if he decides to erase certain realities from his awareness. This has been demonstrated millions of times by hypnotherapists. This is commonly seen in dis-ease and can easily be conquered by refusing them, as the placebo effect has powerfully shown; undesirable threats can be obliterated. The deeper levels of Alpha, when the brain is even more relaxed and vibrates at around 7 to 10 cycles/second, offers even more interesting possibilities. As reprogramming the mind becomes easier and more powerful, by bringing the vibratory rate of the brain around 10 to 14 cycles/second, the concentrated awareness of an individual is connected to a level of his mind that is the seat of his mental programming and the major filtering gate to his realities. This level receives information from the conscious level of awareness and if they conform to its programming, allows for these conscious desires to filter through deeper levels of the mind where realities are concocted, chosen, and then projected as life realities to the individual. By vibrating one's brain at 7 to 10 cycles/second, which means by going deeply within one's own stream of consciousness, one bypasses the conscious mind and connects directly to the deep subconscious area of the mind and even more expanded levels of the mind. This is done when one concentrates even deeper and stronger within one self and the brain waves slow down to between 4 to 7 cycles/second. This is called the Theta level of mind operation by psychologists. At that level,

and particularly as one approaches the 4 cycles/second area, one locates itself mentally at the interface with the Universal Mind that connects all living things and that as a mirror image of reality, operates totally out of the confines of time and space. The Universal Mind is a depositary of pure information made available instantaneously, in the now and there, within any individuation of itself. Theta is the level that the subject needs to achieve in order to have access to the Universal Mind where past, present, future and omni-presence in all life forms is but the only reality. It is only by bypassing the other levels of the mind and connecting directly with the deep levels of the subconscious, operating at the interface with the Universal Mind, which is the Theta level, that one can naturally Remote View any point in space and/or time. The level of the Universal Mind corresponds to the Delta state while your mind is like sleeping or in a coma, as the brain operates at less than 4 cycles/second. It is the universal common denominator to all life forms, the source of all illusions.

In order to simplify those explanations, imagine your mind being equated to a two story building and having a large garage in the basement floor below it. You are comfortably sitting on the second floor enjoying your life in your reality, however; through the power of concentration, you can connect at will through the second, first, or ground floor by deciding where you want to connect to. The top floor is called the Beta floor. When you connect to it, you experience your daily reality with conscious awareness and your brain wave mainly vibrates at 14 cycles/second on the average. At 20 cycles/second, there is an upward stream of information on one side originating from the basement level up to the upper level and there is a reverse flow of information going from the upper level all the way down to the basement level. The information flow is constant. It is what keeps you alive. If you concentrate on the first floor, you will find in it the main storage of your memories and the main area of the computer-like program that makes you the individual you think of yourself as. This programming originates from your own evolution or through the cultural input of your environment, birth culture, and educational background. That level filters information originating from the deeper lower levels of the building of your mind and also from the higher second floor. On the second floor, your mind might decide, at its own level, by the act of willpower to do something. If this is an acceptable idea/action to your prior programming, you shall then add to that programming and reinforce it, and then you will go fetch into the basement realities that will fit your desires and goals. However, if your programming is opposed to your willpower, the realities that you desire consciously will be blocked by the filtering process of the programming located at the first floor of the building of your mind; the only way to change the situation is to change programming either by using repetitive suggestions or visualization while being a very deep state of inner mind awareness. This requires, however, concentrating deep down within you, upon the first floor, which will trigger the brain to relax and show a majority of Alpha waves. This is the so-called higher semi/subconscious level of your mind, the so-called Alpha level. The mind in its aware conscious state is located at the second and highest floor of your mind; this is where your awareness lies when you are fully active; this is when the brain is operating in a diffuse manner in Beta. This is the Beta level of your mind. If you concentrate on the inner mind, at the Alpha level, you can bypass the Beta level. Your brain then relaxes into an Alpha state, allowing you to tune into the Alpha level and you can then reprogram yourself and your realities. At a lower level of the Alpha station, between 7 and 10 cycles/second, you can very easily impose a new programming to yourself; you can heal yourself, avoid unnecessary hardship, and open better realities

for yourself. If you go even deeper within the stream of your own mind, the mind expands increasingly. As your mind settles down even more, you eventually enter a state where your brain shows mainly Theta waves, oscillating between 4 to 7 cycles/second, you have then reached the ground floor of your conscious self and have expanded your awareness up to a point where you have access to the common basement of all life forms: the Universal Mind. The One and Only that connects every life form and that spreads its tentacles in every direction. While you are at the Theta level of your self-concentration, you are totally bypassing the programming situated at the Alpha stage, the first floor, and you can ask from the Universal Mind to fetch any information related to any other location in space and/or in time. It will abide and you will be strongly aware of it, since you are connected to it and so is everyone else. You do not need to mention even, necessarily, what is of interest to you in a detailed fashion. The level of the Universal Mind knows it instantly, by either connecting to your thoughts, the thoughts of the human monitor, or even the computer program that chooses the location that you will then perceive, visit and experience with your own mind. The basement of your mind is a common area to us all. It is called the Delta area. At that level, you lose consciousness of the differentiated self and your brain vibrates between 1 and 4 cycles/second. This is the state of deep sleep, chemical anesthesia, or deep coma. All past memories of mankind are all there and accessible; all possibilities are there; all realities are folded there waiting to be called upon and unfolded. Very few individuals in history have had conscious access to that level while retaining awareness - some Greek philosophers, such as Plato, Plotinus, some Kabbalists, Sufis, Indian mystics, monks, Shamans, Western Mystics such as Walter Russell, and others, have reached that level and had difficulties in relating its reality in words. If one only desires to Remote View, the goal is to attain the Theta state and not go beyond. For if one does, the Theta state will then become a passageway that one will forgo easily as one's mind tends to go directly and attach to the Universal Mind. Training to stay fully aware in the delta state will be the focus of our Complete Remote Influencing System. At that point, the individual is said to have gone past the stage of illusion and have woken up. In the military and intelligence protocol, biofeedback machines were commonly used whereby the trainee would be attached to an encephalogram apparatus that would emit specific sounds when the subject would show a Theta state. This biofeedback approach was very useful since it allowed for a trainee to home in on the Theta state. Eventually, upon recognizing the feeling, the trainee would let go of the machine and attain the same state without the use of the biofeedback equipment. Nevertheless, for a majority of users, one can attain the Theta state without the use of mechanical apparatus by following the training recorded on the audio sessions. By being at Theta, the imaginative visualization and sensory perception of your inner mind are greatly enhanced. At that level, all senses are inner perceptive senses and not biological ones. You perceive music, touch, taste, vision, and smell, thoughts, good positive vibes or bad negative ones. You can ask questions, remain receptive, and receive information in return. This is a natural process that operates only as you go about living, otherwise, you, who are concentrating mainly on the most restrictive, but top, second-story, level of your mind, will not experience anything. We will begin with exercises that will teach you to mentally concentrate upon your inner thoughts. As you shift most of your concentration upon yourself, you will start to defocus yourself from mental day-to-day preoccupations and biological sensations.

Repeat the first exercises often in order to go deeper and deeper within you. Gerald O'Donnell wants to state that the Remote Viewing training exercises are extremely powerful, especially the ones that use the

interface of the vibratory light, that, as we know now, can convey information directly, since it is the first element created in order for creation to operate. Very often in these sessions, interruptions or changes in tone, pace, or music occur; there is also great use made of snapping fingers, this done on purpose. Since the goal of these sessions is to be able to operate at Theta, there is always the chance that the trainee may slip into Delta, lose awareness of self and go into a sleep-like state. These interruptions are not accidents, but are put there on purpose to bring back the trainee to the Theta state. With practice, one learns to remain at Theta without slipping into Delta. Eventually, one can even open one's eyes while remaining in the Theta state. This is the final goal of this course, to be able to operate during the day at Theta, at will, manifesting realities and getting information from the Universal Mind.

Another warning of Mr. O'Donnell has to do with the following information: if while Remote Viewing or operating, at just Alpha or Theta, a human being perceives an undesirable presence within his realm of mental awareness, be advised to keep calm, to refuse to fear anything and to make it disappear from his/her consciousness by mentally shooting at it the word "small", until the entity is reduced to a speck and discarded. One should always keep in mind that undesirable entities are always part of the collective unconscious of mankind, and are particular to the religious and cultural mythology and symbols that the individual was born into or embraced later in life. No person living in Bali, for example, or within a tribe of the Amazon basin, will experience Western symbolic "Spirit entities" and mythology that he is even not aware of consciously; and the reverse is also true, for Western educated individuals. Symbols are often powerful for good or bad causes, because of the amount of entities that energize them through their thoughts and more importantly their emotions. If these symbolic figures do not disturb you, you can use them as guides or so-to-speak masters, but remain aware that the Universal Mind is talking through their facets. Ultimately, that realization is the basis of monotheistic thoughts and the final recognition of the whole of Creation being One. If the symbolism you are experiencing is disturbing to you, just do not allow it to bother you and erase it from your presence. Religious symbols, UFOs or so-called evil entities are all part of current mythology. It is your choice to learn from them and use them for good purposes if you so desire, especially if you keep in mind and finally realize that ultimately they are but yourself and that the whole Kingdom of God is within you and not outside of you. It is also your choice, if you find them undesirable or unnecessary, to discard them altogether.

The future is only a game of possibilities where you have your input to give and is a consequence of your own old programming and the collective past of mankind. In the same manner and for the same reason, if you Remote View a site that carries, in its past, tragic events, you will, as you are very open emotionally, perceive them, and this can be very emotionally taxing at times. It should be your choice to immediately remove yourself from such sites if you do not want to experience tragic past or future events; however, if you feel it to be an instructive experience, you can go on with it. You are your best judge of what is desirable or not. As far as connecting to other people's thoughts, if you operate at Theta, you can connect through the Universal Mind and experience the Alpha level of other individuations of the mind. Be aware, nonetheless, that you are going through the most aware part of it all; that if you have bad intentions in mind, the Universal Mind seemingly, at first, cooperative from one individuation, which is you, to another

one, which is your target, will only play this game so far. It might give you back a taste of your own medicine manifold while you are differentiated. So, do not play with fire or you might end up burning yourself. Nevertheless, such subjective mind-to-mind communication can easily be used for positive purposes, in order to improve humanity's fate and our own interaction with other life forms that are as precious as we are to the universal source of thought trying to keep the viable balance.

We will first start this session with a comment.

Detailed explanations of the history, modality, and intent of Remote Viewing are exposed at length on the web site <http://www.ProbableFuture.com>. This site is often updated and will offer many new advanced courses in the near future. We recommend reading carefully the information it contains, so as to get a wider understanding on the subject.

We are now going to address the procedure that a trainee should use in order to Remote View through time and/or space. It is very helpful, if one can do so, to Remote View at first together with another individual that will monitor the Remote Viewing session. The other individual being is called: 'the monitor'. One should also, if possible, use a voice activated recorder in order to record verbally his impressions about the site he is either told to visit or desires to visit. It is our contention that the main advantage of having this human monitor is for the session to take on an interesting interactive protocol. In some cases, the monitor knows before hand about some aspect of the target. He might know whether the target is a physical site, an event, an individual, or a group of individuals to be visited in the present, the future, or the past by the trainee. In other situations, the monitor does not know anything about the target. In other cases, the information about the target might be locked within a sealed envelope or within the data bank of a computer. The role of the monitor is to suggest, either in an encoded or decoded form, certain aspects of the target and wait for a response from the trainee. It does not matter whether the target data is partially encoded, totally encoded, given as geographical coordinates, or at random, chosen by a computer that uses for the task a random number generator. In reality, if the session is successful, the one that really answer and shares the information is the Universal Mind of the trainee, and that Universal Mind being omni-present and omni-sentient, knows exactly, no matter what modalities are used, the intention of the experiment and the real target. The Universal Mind cannot be fooled by geographical coordinates, random numbers, double blind procedures or any other so-called scientific protocols that mankind relishes so much. Within SRI International, and later with intelligence units in the US and abroad, it became quite apparent to the scientists involved, that no matter what open systems or coded systems or unrelated random numbers were used in order to choose a target, the results shown and the statistical success rate at Remote Viewing remained the same. One could get the information about the target in an enclosed envelope using secret coordinates or use mumbo-jumbo numbers chosen by a computer for the particular target, and present them to the Remote Viewer, either before, during, or even days after a Remote Viewing session and the effectiveness of the Remote Viewing session was not affected, no matter what modality was chosen. As a matter of fact, another site on the internet uses random numbers in order to tag a target. The explanation to this oddity has, up to now, not been forthcoming in scientific circles. Since scientists went fetching inside the exotic realm of quantum physics to try

to explain it, that phenomena, already obscure at first, has yet to be explained in the so-called “need to know circles.” Surprisingly enough, even though the knowledge of Remote Viewing data originating from the subconscious level of an individual has been fully recognized, the next step, linking that subconscious level of a mind with the so-called mysterious Universal Mind that connects all life forms and not only elected ones, has been lacking. If only elected human being were chosen to be connected, all the other life forms would immediately cease to exist, since they would stop thinking. And the basis of Life is thought. Nevertheless, within our scientific, cultural, and religious programming, we sometimes accept the concept of an Omnipotent entity “out there,” that would be sometimes present or often absent. However, the concept of Omniscience, and Omnipresence seems difficult to absorb. We have a knack for greatly complicating our lives and a serious ego problem. In reality, the answer to this puzzling experimental result is very simple: One gets Remote Viewing information through the interface of one’s own subconscious mind by receiving it from Universal Mind, period. That is why Gerald O’ Donnell strongly suggests to be very careful as to what use one wants to make of this knowledge, for the Universal Mind is not only omnipresent, omniscient, but also omnipotent and if repeatedly abused or provoked, might, in the best of cases, send wrong information and in the worst one react in a dramatic fashion. Do not take this warning lightly. No amount of human ego-boosting and misplaced self-confidence will ever get you beyond the reach and above the powers of your original womb to whom we all go back ultimately. That level has no patience for power games, military might and paranoia, nationalistic pride, etc... Universal Mind just “is” and let’s live, up to a point. So use Remote Viewing with respect and for positive uses.

Gerald O’ Donnell will soon release a large amount of additional information regarding these subjects in subsequent courses. Therefore, if you use a human monitor, have him suggest the target in any which way possible. Go deeply within yourself, either using the method of the skyscraper or by going to your center of energy. Both methods will bring you within the interface with the Universal Mind, the Theta state. You will know when you are receiving information from the level of the Universal Mind because it will reach you in a rapid succession of packets of perceptual data. These packets of information are non-language based, conceptual frames of compressed non-linear information. The information received from the Universal Mind while Remote Viewing can be pure information, visual imagery, and sensory information. It has a definite taste to it, very similar to the one, one gets when one receive hunches from that level. This information has a different taste attached to it, devoid of any analysis and rationalization. It comes very fast. Do not question your first impression; it is usually the good one. Do not necessarily expect strong visualization. Anything received should be recorded or sketched. To use descriptive words to describe the information you receive, learn how to describe in a very specific manner, shapes, colors, tactile sensations, emotional atmospheres, emotions, materials, weather patterns, etc... Be fluent with your descriptions. Add to your vocabulary of descriptive words, as you will need to convert and articulate the pure information that you are receiving into words. If you are artistically inclined, you want to sketch the information. Learn to draw well, experiment with shapes forms and colors. When Remote Viewing a site, it is helpful to start visualizing it from a certain height. Use an imaginary quadrant, similar to a watch, and then describe part of the target as being, as for instance at 5 o’ clock, 11 o’ clock, etc... then home in closely in order to get more details or to connect to people and experience the emotional atmosphere. Try to remain passive as you rapidly absorb information. Finish with

the details. Go back higher, in a similar way as an eagle would, and zoom on to a different part of the general location until you have mapped out the site in its totality. For underground sites you can decide to go through walls as you operate as pure mind.

In reality you are going nowhere. You are here and now, but information is beamed at you, giving you the impression of going and exploring the site and connecting to all the people. You are watching, sensing and decoding this information within the screen of your mind. This is all there is to Remote Viewing. There is no real mind travel, astral projection, or any other perceptual travel. All there is, is connection within the mind, as you connect to the sensory information packets.

You will eventually learn to operate at deep levels of mind with your eyes open, by remaining highly concentrated on your higher thought processes and avoiding the distraction of the external sensory world. This is part of the training available in this course. As you Remote View with your eyes open, the same perception as to the quality and the type of information received will help you greatly perceive when certain information originates from the deep inner mind and when it does not. Always keep your analytical mind at bay. Never think, nor prejudge; be open to anything. All you need to do is record your initial impression either on a tape recorder or in writing or by sketching or noting the data stream you are catching.

We are now to cover a technique called “Associational Remote Viewing”. This very ingenious technique was devised by the scientists at Stanford Research International during the 70’s, in order to reduce noise while Remote Viewing and acquire a simple way of recognizing if a certain perception originates from correct psychic output originating from deep level of the mind, or if it is just a guess of the mind. Associational Remote Viewing (ARV) is a method where the Remote Viewer tries to view, instead of the desired target or goal, a symbol or object that is associated with it. Here is an example. Let us say that the Remote Viewer would like to foresee the direction of a commodity/stock for the next day. He knows that the price for that commodity/stock might either go up or down. These are the two possibilities. If he were to want to project himself directly into the future he would be reading and sensing one of the probable future paths that are possible, given the set of circumstances that are operative now. Certain paths are more probable and show up as better defined in the mind’s eye. Certain paths are less probable and show up in a more fuzzy way in the mind’s eye. Global events are always more defined than detailed events. And often, one knows that an event has to happen when one finds the same event duplicated in many different probable futures paths. Getting back to our commodity/stock trader, he can directly Remote View the future situation of the market that interests him one day ahead. Let us say that he wants to introduce a fail-safe mechanism associated with the Remote Viewing session. What he needs to do is as follows. He needs to have a friend, associate, or member of this family choose either two objects or numbers or designs unknown to him, whereby each chosen object or design would be associated by that friend or family member to an action. For instance, the action corresponding to the market going higher the next day might be associated with the number “101” written by the friend on the back of a card or might be associated to an artifact (any artifact), and in the same manner the action corresponding to the market going down the next day may be associated with any other number for instance “x22” written on the back of another card or any other artifact. The Remote Viewer

that is about to Remote View is never told about these numbers or artifacts. The RV subject then goes into a Theta state and Remote Views the next day's event on an associational basis. Let us say that he visualizes the number "x22". We now know that there is a high probability that he got correct information about the future from the Universal Mind and it is worthwhile for him to invest heavily on that trade, which hence has a high potential chance of financial reward. If, however, he misses totally the image associated with the future direction of the trade, he might therefore decide not to trade on that day. The scientists at SRI and later at Delphi Associates had great success at trading the commodities market using ARV. ARV can be applied to stocks and option trading, the lottery, horse races, and any gambling endeavors. One can, for instance, associate any number of the lottery with a particular object drawn on the back of a card and have the Remote Viewer view six different objects instead of six numbers which he knows need to be between 1 and 49. Since there are a great amount of objects that can be chosen to be drawn on the back of a card, when he can correctly Remote View six different objects that were chosen by someone else without his knowledge, we could assume that he has described a high probability path for the targeted lottery drawing. It is then recommended to time such a prediction, as close as possible to the time of the event or to the time of the drawing. One can also draw matrices. As for instance at the roulette game, black numbers are represented by certain objects, red numbers by another one, and each different number is represented by a different drawing representing numbers or objects. The Remote Viewer needs then to get a set of two drawings where one represents black or red and the other one, the specific number that will come out. The possibilities are endless and it is left as of now to the trainee to devise his own system. Specialized courses addressing these methods will be made available in the near future. So suffice it to say, that these predictive methods are very powerful indeed and show uncanny accuracy when a perfect fit is shown by the Remote Viewer. Gerald O'Donnell advises one to do three different Remote Viewing sessions, three different times in order to visualize probable future paths. If certain events intersect and are shown up on the three attempts, there is a very high probability that is that the commonly shown events will occur.

You are going to do mental exercises designed to allow you to perceive with your mind's eye the taste, texture, temperature, quality, emotions of inanimate and then animate forms. You will perceive the difference between forms that are alive and forms that are not. These exercises will sharpen your perceptual skills. Repeat them often and change the type of objects that are scanned on your own. In order to get to a Theta state, you shall go to your center of energy and enter the mental workshop of your inner mind at the deep Theta level. From there you can receive direct perceptions about a remote site in space and/or time. Or, if you so desire, do a perceptual trip first through the cosmos and then to a point of your choice in space and time. Last but not least, we shall program you to operate at Theta and be able to Remote View with your eyes open.

Another important recommendation is as follow: if you are remote viewing a distant site or a future situation, always try to get a feedback about your results. Visualize before hand that you are successful at Remote Viewing and always, always check when possible the results in order to make your desire reality - your reality. This is called feedback in the protocol used for Remote Viewing.

**“If thou would’st hear the Nameless, and wilt dive
Into the temple-cave of thine own self,
There, brooding by the central altar, thou
May’st haply learn the Nameless hath a voice,
By which thou wilt abide, if thou be wise.”**

Tennyson (1809-1892)

How and Why Remote Viewing Operates

The Mysteries Of The Location Of The Universal Mind (Collective Intelligence)

Warning:

This material is to be read slowly. In order to become a consistently effective Remote Viewer, one needs to understand, integrate, and (hopefully) experience the following body of knowledge. Otherwise, one is only dabbling in these matters.

This additional material was disclosed in April 2000. This information originates from, and was experienced at, very deep levels of our common self. To our knowledge, no such material has ever appeared anywhere before.

Make good use of it!

In order to successfully remote view, an individual must operate at a level of mind where he/she will show electrical brain wave traces where Theta waves oscillating between 4 to 5 cycles per second will predominate. Psychophysicologists call this the deep Theta level of the mind.

The deep Theta zone is precisely at the interface with the Delta level of mind (deep sleep), where the human brain waves oscillate between 1 to 4 cycles per second.

The Delta level of mind (deep sleep: no dreaming present), has remained up to now one of the most mysterious and unsolved puzzles of modern science. Man has, and is exploring further and further frontiers

of the natural world and of space, but has yet to gain any understanding of a state in which he spends close to a third of his lifetime. There is a good reason for this: since consciousness is lost at the Delta level, the scientific mainstream has concluded that most thought processes disappear when sleeping (except for the relatively short dream periods, which have drawn the biggest research efforts). Since no one has ever recalled any experiences while in the Delta state, it was inferred that there was really nothing to be recalled. Remote viewing operations in Europe have shown otherwise.

When someone is awake and totally active, his/her brain waves operate at a level called Beta where they mainly oscillate between 14 to 30 cycles per second. As one's mind relaxes and disconnects somehow from the external material world - as when daydreaming, for instance, or when meditating, or watching a movie - one enters a more focused, expanded state of awareness where brain wave patterns are mainly composed of Alpha waves oscillating at between 8 and 13 cycles per second. When relaxing even further, the mind enters a region that correlates with a large relative quantity of brain wave patterns of 4 to 7 cycles per second. This is the Theta zone of the mind.

The Beta level corresponds to a focus of concentration by the mind upon the outside or perceptually separated world, and the Alpha and Theta levels correspond to a more internally focused, self-reflective state.

Each human being experiences the Theta level for a fleeting moment every night before the mind dips down from the Beta level of awareness (awake state), to the Delta state (brain waves of less than 4 cycles per second: deep sleep), and passes rapidly through the Alpha and Theta states to enter the profound sleep level, where consciousness of self is totally lost, and where even dreams do not occur. (When dreaming, a sense of self is necessary and the mind has to go back up to the Theta or Alpha state.)

Delta is the level of the mysterious universal mind. It is the level at which the differentiated self (ego) expands to become undifferentiated and operates outside of the confines of linear time/space. This is the level of One.

Time and space exist only within the Universal Mind. The Universal Mind is not separated from us, and we are not separated from It. Since everything interconnects through thought, thought is the only reality that can bridge space and time.

The Universal Mind creates us constantly. We are but epiphenomena of It.

The ego (sense of separated self) opposes such notions and fears the notion of the "One." It reveres and finds security in the notion of the "many." That is why it fears death and wants to prolong life as a perception of individual separateness for as long as possible and even projects this fear into its understanding of the so-called afterlife. The stronger the ego, the bigger the need to differentiate from one another, and remain differentiated.

Everybody wants to remember having been somebody, nobody seems to want to remember having been Everybody.

When operating at the level of Delta (sleep, surgical unconsciousness, and certain pathological conditions such as epileptic petit mal), the mind changes awareness and from being perceptually differentiated and having a sense of self, of I (ego), which it then forgets, and expands to become interconnected to every when and everything. At that point the prior conscious awareness is lost (unconsciousness), and is only regained when the mind once again experiences the previous levels at which separateness is possible: Theta, Alpha and Beta.

When recorded on an electrocardiogram, the human heart shows electrical vibration patterns that, like the brain's Delta waves, range between 1 and 4 cycles per second. When either the brain or the heart stop vibrating electrically, death ensues.

Dreaming while asleep is associated with rapid eye movement (REM). Dreaming usually occurs at the Alpha and Theta levels, when the mind of a sleeping person regains a sense of self and being, influenced both by the information coming from the level outside the realm of linear time/space (Delta: universal mind), and the memories attached to the adjacent Beta level of awareness (level of being awake: conscious), which create associational imagery.

In reality, the Alpha & Theta levels of sleep is but a mirror image of the Alpha & Theta levels of wakefulness. Both are interconnected and express themselves through similar brain waves. Deep Theta is the only level that interacts with the level of Delta. It is the interface point.

Alpha, Theta and Delta (sleep) are defined as "altered states of consciousness," as opposed to Beta, which is considered to be a fully conscious state. They are so called because it is necessary to alter one's state of consciousness from the fully awake state (Beta), to either Alpha, Theta or Delta (sleep), which are all progressive states of expanded awareness and thus are subject to less vibratory interference from the biological brain.

Beta is the so-called conscious level of mind. Alpha and Theta form the subconscious regions of the mind's operation, and Delta is the unconscious region of thought activity. These states form the spectrum of mind operation.

Small children function mainly at the Theta, Alpha and Delta states of mind, as do animals. Human adults operate mostly at Beta.

While the ego (awareness of self) is present and one is in the Beta, Alpha, or Theta state, all levels of the mind operate at once. One only concentrates more on one level than on another, showing therefore more brain wave patterns pertaining to the one band of operation the mind concentrates upon. Nevertheless all

patterns are always present, defining life. It is only at death that this spectrum disappears.

In a nutshell: As the mind focuses upon the external (perceptually separated and material) world, it is at the Beta level. When the mind focuses and increasingly concentrates self-reflectively upon itself and its inner processes, it climbs in awareness from Alpha to Theta, and finally to Delta.

One cannot make a cognitive bypass from the Beta level of mind to the Delta level (universal mind) without first receiving the sensory thought-data through the interface of the Alpha and Theta levels. Even though one might not be aware of it because of his/her increased concentrated awareness at the level of Beta (full awareness), thought flows as it expands down or restricts itself up and correlates in opposite directions with the brain waves' rhythms.

The frequency of the real vibratory levels of the mind are inversely correlated with the electrical vibrations at the level of the biological brain. The higher vibration levels of the mind are synonymous with higher levels of awareness, i.e. inter connectedness. These vibrations can only be perceived at the exact interface with the Delta level. Nevertheless, they are always extant.

The recorded electrical activity of human brain waves of the highest voltage and lowest frequency appear in the Delta rhythm (50 to 350 microvolts, 1 to 4 Hz), which occurs mainly during sleep and unconscious states. Delta waves only pierce the outer layer of the brain in great quantity and frequency during periods of cortical rest such as deep sleep. Their focal and very frequent presence at any other moment indicates a pathological process due mainly to brain injury (lack of filtering). The biological origin of Delta waves is totally unknown, short of the fact that they seem to emanate from the deepest layers of the brain.

Theta waves are of a lower voltage and higher frequency (4 to 8 Hz) and show up throughout all the regions of the outer shell of the human brain called the cerebral cortex in a disorganized and spurtive manner. Theta waves originate probably in a very deep inner seated area of the brain called the hippocampus. Animals excluding primates show very large and constantly organized production of Theta waves that are easily recorded at the level of their cerebral outer cortex. Beta waves are of an even lower voltage and faster vibratory rate (10 to 20 microvolts and 14 to 30 Hz).

The vibratory scheme of the brain seems to imply, therefore, by virtue of the mathematical construct of periodic waves (Fourier transform), that the higher amperage and slower waves of Theta are a prelude to the production of smaller and faster vibrations. Or, in layman terms: Delta probably originates Theta that originates Alpha that originates Beta

Electric encephalographic tracing of the brain, or any other recording of its biological activity (neurotransmitters, PET scanning), are correlated with expressions of thought processes or levels of the mind. These electrical phenomena are neither the source of mind, nor even part of its real mechanisms. Other, up-to-now unrecognized, fields of light/thought fiber/optic-like strands operating within the bio-computer of

the brain are involved in encoding and processing information. These fields are totally unknown to and undetected by modern science, and are paramount in the data processing of thoughts received from Source Itself.

In mammals and many other species, the brain is the major processing interface between the reality of thought and the sensory perception of matter.

The brain is the seat of sensory input/output defining and framing our perception of space/time reality. Visual, auditory, olfactory, tactile etc. sensory perceptions originate from it.

Sensory experiences are coherent and subjective. Life, as a perception of linear space/time causal realities, is but a grand illusion created by our senses.

Reality, which is our perception of space/time, is perceived through our senses, and each individual's sensory perception is unique. Our senses condition us and define our needs. Thus, we cannot avoid catering to them.

When all senses are gone, life ends. The space/time dimension of reality is then over, because it can no longer be perceived.

All individuations of thought operating within the space/time continuum are different in order to keep the challenge great and life interesting.

The challenge is in these realizations and in the ensuing behavior modifications they will hopefully bring about.

It is only the sensory (material phenomenal) world that binds thought to the external realities of space/time. Thought, in itself, is not bound by either.

It has been recently estimated by neurophysiologists that if mankind were to use all of its recent knowledge and resources to build a utopian computer that would try to somehow replicate the feats of the human mind, that computer would need to be at the very least the size of our planet, and - even then - nobody would know how to program it.

Mankind seems to have taken to the misconceived but currently accepted scientific notion that thought is present only as an epiphenomenon of the computer-like biochemical brain, with an almost unquestioned pseudo-religious fervor. At the same time, mankind does not find incongruous the almost instinctive belief that each human entity will survive the threshold of "death" - defined as the moment when the brain dies - as a miraculously converted intelligent "spiritual entity" bestowed with thought processed, or that a general intelligence or "Creator" exists - one who is also "permitted to think" - without benefit of a biologically material "brain." This paradox does even seem to invite any questioning, or provoke pondering!

In a now classical study, British Neurologist John Lorber found that many individuals who had suffered of a condition called hydrocephalus during childhood, where the brain becomes filled with cerebrospinal fluid that destroy many if not most of their brain structures, operated with totally normal cognitive and intellectual capacities. In one celebrated case, Lorber found at Sheffield University, UK, an young student who exhibited larger than normal cranial size. Upon subjecting the student to C.A.T. (Computerized Axial Tomography) study, it was found that this individual (without that man's prior knowledge of his condition) had virtually no brain: that his cranial spaces were filled with cerebrospinal fluid and that only a very thin membrane of neurons, approximately 1 mm thick was lining the surface of his cranium, and nothing else! Nevertheless, this student exhibited an IQ of 126 and had graduated with a honor degree in Mathematics! He also exhibited totally normal cognitive, functional and sensory behavior! Why the Brain/Mind association myth is so ingrained in scientific circles, in spite of many proofs to the contrary, is akin to the myth of an electron being a material body, even though no one had really ever directly seen one!

In the classical "rational" scientific view, the "brilliant" assumption is that the entire universe suddenly spewed out of absolute nothingness, and that many billions of years later, intelligence oddly appeared, as rocks turned into meat and started "thinking." The wonders of RNA/DNA encoding and replication do not even invite the notion of Creational intent! It implies that the Universe only awaits the wonders of our insatiable curious inquiry, as we play clumsily in the playpen of an "unaware" natural world.

On the other hand, the old "irrational" "spirito-metaphysical view holds that the Universe was intentionally Created by a Thinking Being of Infinite Intelligence, and Tremendous Wisdom, that we do not quite fathom yet, nor really understand, who IS connected to all of us. This view is encountering problems in becoming "progressive" to most, seemingly "old-fashioned", and often manipulated by many.

Mind does not need the brain at all in order to operate. The Brain is only a restricting data processing mechanism framing and filtering, alike a colander, thoughts originating from the Quantum source of ALL THOUGHT POSSIBILITIES.

The main reason human beings perceive thoughts to originate from and be located in the head area is because all sensory apparatus (visual, olfactory, auditory, etc.), is located there. It is only when all biological sensory data is totally gone that the mind expands automatically everywhere, i.e. "death."

The fact that the brain shows signs of activity when one is engaged in the process of thinking does not mean that thought originates in this physical organ. Nevertheless, it processes it. In the same way as laughter and smiling are but the outer expression of an inner emotion, they are not the cause of it. To solely concentrate on the smile and methodically try to understand it would make no sense. And the fact that forcing a smile sometimes evokes a slight emotion of happiness does not prove that smiling is the origin of happiness.

In the ever-evolving fields of psychophysiology and neurobiology, the concept of the brain as the seat

of thought may eventually be recognized as one of the major scientific blunders of the twentieth century, if not of all times, and the scientific and cultural snapshot of this century will portray a misuse of human energy of staggering proportions.

In a modern digital computer, the linear multimedia output of information is performed by the input/output cards (digital/analog conversion) attached to it (graphics, audio etc..). We can connect to them through video screens and speakers. We can then see and hear information presented in a linear palatable fashion to our linear physical senses processed in our brain. Nevertheless, the digital computer uses nonlinear processing methods and stores memory within its memory cells in a random (nonlinear) accessible fashion. One can see electrical activity within these input/output cards when information transits through them, and they also cease to work properly if they are damaged.

This is exactly what the brain does: it is a transducer and decoder of nonlinear information (digital-like) into linear (analog-like) sensory data. That information is then processed by the individual's restricted mind. Information only passes through it. As a feedback mechanism, thought (MIND) makes decisions based upon the linear 3D sensory data experienced. And based on these decisions, more sensory information is then projected to each and every thinking individual.

Even matter - as modern quantum mechanics has experimentally proven - might not be as solid as one perceives it to be. In fact, it is but a vibratory byproduct of mind.

As a matter of fact, NOTHING exists outside of oneself. Neither Space nor Time. It is all a grand illusion called life, activated in order to express thought and emotions from which the Universal Mind learns.

The Ego, or the "I", is an imaginary being. It has no real existence. It is only given the illusion of being a real entity. For experimental purposes (Creation). Only the sum of ALL as the Universal Mind has a real and eternal existence.

The All-That -Is might decide, for experimental reasons, to experience an entity (memory bank) into another life-time (situation) to get more learning from it. It may also blend different memory banks into a branch of thought connected to parallel experiments in the Tree of Creation. It is ITS choice to make.

Thoughtless-ness cannot exist. Consciousness as thought exists only through its active expressions and manifestations as parts of its Creation.

The All-that-IS is not static but forever evolving. It is Awareness Itself modulated by creative thought. It flows in everything and each one of us, and gives life and reality to all. Therefore there is no consciousness as thought that just IS. Thoughtless Beingness is an oxymoron.

If an expression of thought does not learn or evolve, it is discarded and stops being thought about by

the Collective Mind. And in the blink of a thought, it therefore ceases to exist.

This applies to individual expressions of Thought, whole Creations of Thought, and even groupings of parallel Creations. The only goal of the Ultimate Mind is to learn and evolve.

There is no such thing as an “ordinary state of consciousness;” neither are there “altered states of consciousness.” There only are different focuses of concentration.

“Man is asleep,” said Ouspensky. However, man is not dreaming, since man is the object of the Dream; A facet/character relationship. This Subject/Dreamer is the Eternal Higher Self, and the object of the Dream is the illusory man/woman entity operating within a spatial/temporal illusion for a fleeting moment.

Often, when the sensory world produces undue stress, fear, grief, and anxiety, human beings try to alter their sensory experience by taking drugs that alter and distort those experiences by poisoning the brain, whose role is to produce the linear sensory temporal/spatial reality.

The brain is really a colander of thought that only restricts the experience of thoughts within slow, linear sensory processes. If the brain is damaged or impaired in any way, the filtering processes increase even more, and the individuation of Thought receives a distorted notion of sensory reality.

Sadly, it has become an accepted state of affairs in Western societies to “medicate” states of unhappiness and/or fear by ingesting brain altering chemicals. At this occurs to a ridiculous degree.

Many “learned” behavioral “scientists,” particularly in the United States of America, have even come to the irresponsible conclusion that naturally inward-focusing (day-dreaming) children that easily get bored with the external reality are at risk of becoming potentially non-productive members of society, and have therefore recently invented a new psychological syndrome which they coined “Attention-Deficit-Disorder (ADD /ADHD),” that they peddle very efficiently to an unaware public. This newly discovered “disease” has recently been extended by many medical and psychological mental health “experts” to even apply to some of the U.S. adult population. European medical mental health authorities, for the most part, deride this approach, and refuse to recognize ADD as a real mental disorder.

The accepted treatment in the US is to medicate these children, often from an early age, with a powerful stimulant that alters and shifts the brainwave patterns into an accelerated beta-mode. By disturbing neurotransmitter functions, especially the dopamine release cycle, the developing child is forced to focus solely on the external material reality. In the 60’s, this powerful class of stimulant was used for recreational purposes, and coined “speed” within the underground drug culture. Often serious depressive rebound effects were experienced when the drug was interrupted.

This class of mind-altering drugs distort the proper natural functioning of the sensory perception of

reality.

This relatively recent chemical behavior modification field and the ADD “scare” has given birth to a gigantic profit-oriented industry of so-called experts and drug producing companies that often “push” such misconceptions with great fervor for their own self-interests and hidden agendas.

The irony and great tragedy of the ADD situation is that Western societies which embrace such ridiculous notions might, by sheer ignorance of the real mechanisms of the Mind, be disturbing or even permanently harming the most potentially creative individuals that they harbor. The ones that can think in a nonlinear fashion. The ones that have a natural tendency to focus within themselves in order to find creative inspiration, and intuition. These future visionaries that were meant to be operative in the next century in order to steer us into more evolved behaviors and creative endeavors, in the arts, fundamental sciences; health, geopolitical, financial, spiritual, and ecological crisis management, may very well have been chemically poisoned and maybe permanently impaired by mankind’s inflated ego, ignorance, and the orgy of greed and egoistic tendencies that we are experiencing. This might very well cause the permanent decline of these forms of human societies.

This is and will continue to impact negatively the evolution of those Western societies that seem to try recently to mentally enslave, uniform and robotize masses for the perceived “greater good” of a mechanized industrialized materialistically obsessed “brave new world.” With unknown and dangerous consequences that are beginning to profile themselves on the horizon timeline.

And nothing, neither almost anyone, is even questioning the legitimacy of such a profound intrusion upon the individual mind and freedom of thought.

Most paradigm-shifting creative geniuses (great scientists, spiritual giants, social and political visionaries, healers, artists, composers, writers, etc . . .) always projected this type of lonely and unruly inward-focused behavior in their childhood years, and were often bothered and easily distracted by the rigid indoctrinations and environments of most Western and Eastern dogmatic educational systems that, for the most, have shunned and stifled questioning minds.

In the seventies and eighties, millions of people worldwide took mind control classes such as the Silva mind control course where the trainee is taught to operate at Alpha levels of the mind. As anyone having taken the courses can testify, rudimentary remote viewing becomes easily achieved even at the Alpha level as one gets closer to the Delta level of mind (universal mind) and away from the Beta level of consciousness. At the Alpha level of mind concentration, millions of people experienced remote sensing (viewing) as they drew information from the Theta level of mind who in turn collected it from the Delta level operating outside of the realm of time/space.

The problem with remote viewing while being in an Alpha state of mind (as measured by an electro-

encephalographic apparatus) is that there is still a lot of information that originates from the proximate level of Beta (full conscious awareness) as is the case when one dreams and draws data from the Beta level. This can cause quite a lot of undue parasitic signals (mind noise) coming from the Beta level. The real catalysts to the original research on remote viewing came as a result of experimental data showing the very basic remote viewing efficacy of these courses. The methodology employed in the US and most especially in European countries shows a definite operational bias dictated by these early mind control protocols, even though few would admit it.

The deep Theta level of mind is the closest level to the Delta level of universal consciousness. It is only while operating at this level of mind that one can truly remote view and draw information from the Delta level of the universal mind operating outside of time and space. No matter what some self-proclaimed “RV experts” might assert, the reality is that if one’s mind is not located at the interface with the life matrix originating from the universal consciousness and is not passively focusing on that delta level, the type of information received becomes subject to mental noise from the Beta level (full conscious awareness) and unreliable.

The Theta level is called by behavioral scientists the hypnagogic level because it corresponds to the experience, usually immediately before falling asleep, of a stream of nonlinear highly vivid visual imagery projected to one’s self.

Highly ego-centered individuals often fear operating at deep levels of Theta because the ego (sense of self) is on the frontier of dissolving itself at a slightly deeper level of mind (Delta). They tend to prefer the perceptually most separated level of all: The Beta level of awareness.

This eventually became a problem within certain military-type of remote viewing organizations because of the highly self-centered type of mind structures it often appeals to that often border on the desire for maximum separateness i.e. paranoia. The mind always influences mind orientations and will ultimately decide at which level it wants to operate from.

The remote viewing protocols taught by the Academy of Remote Viewing are based on mind sensing training developed by some government agencies.

Mr. O’Donnell became part of a Western European nation remote viewing program where the emphasis was from the start on trying to research extensively the area of mind situated right at the interface with Delta (deep sleep). It had been experimentally proven that this was the best band of mind operations in order to be able to effectively remote view.

The initial remote sensing protocols tried to achieve the attainment of such deep levels of mental functioning, and most importantly to sustain it for as long as possible without plunging onto Delta (unconscious: deep sleep) or going back onto Alpha or Beta states.

It was apparent that very specialized protocols would need to be established in order to stabilize the

mind at such depths before it gets sucked in into Delta. The mind tends also to operate in a wavelike form going from Alpha to Theta to Delta, back and forth. The goal became to lower the amplitude of such swings in order to remain at will within the deep Theta band (4 to 5 Hz).

Sophisticated biofeedback testing equipment was used. It consisted mainly of an electroencephalographic apparatus recording brain waves, processing them automatically, and sending an auditory signal when the targeted desirable train of brain waves were elicited within a subject's brain.

Many advanced meditators (yogis, shamans, mystics etc.) who had learned to operate from such deep levels of mind were extensively studied.

Experiments on animals were also conducted in order to try to understand why they operated naturally at the Theta level with full activity retained and their eyes opened. It was perceived that this might shed light as to their naturally occurring remote viewing abilities especially among the predator-prey animal complex and the domestic pet variety. The unexplained migrations and homing behavior of certain species might also be related to such a state of mind.

The ability of animal to remote view was tested. Domestic animals (especially dogs and cats) were studied under laboratory conditions as to their precognitive and spatially remote sensing mind abilities when they concentrated upon their owners' location and/or intent.

Natural predators were wired up and studied when their favorite prey was either about to be introduced or taken in a sensory-wise isolated chamber to a proximate location. Impressive experimental data was collected that showed that the animal kingdom definitely exhibits a pattern of behavior that seems to strongly suggest very developed natural remote viewing (mental sensing) abilities - when needed - for feeding, survival or protective behavior. Remote viewing activity amongst mammals seemed to strongly correlate with the appearance of very definite brain wave Theta tracing especially in the predator-prey grouping.

Finally, and most importantly, many protocols were experimentally tried and compared as to their effectiveness at allowing a human subject to rapidly reach levels of deep Theta operations within a narrow band of EEG tracing (4 to 5 cycles per second) for sustained periods of time. Mental sensing (remote viewing) training methods were painstakingly devised and tried out.

This culminated in the establishment of an effective methodology designed to rapidly shift one's concentration upon the deepest layers of his/her self-awareness (deep Theta). The goal being thenceforth to operate from that mental level in a passive/active manner by first sending actively out an information request and in turn taking on a passive role when one receives from the Delta level (universal mind), as an answer, a formidable stream of compressed instant (packet) nonlinear sensory and informational data (delta to theta). This information needs to be reconstructed automatically by the Alpha and Beta level of mind when an individual emerges out of deep Theta.

This is very much alike what occurs within the worldwide web of communications when information sent out by a central server in a compressed packet-like manner is received in a nonlinear broken down for-

mat and is then decoded and reconstructed in order to form a linear time/space coherent whole at the level of each personal computer.

Research projects were undertaken in order to see whether one could remote view from the Beta state (eyes opened and mind focused on external stimuli as opposed to internal one) or the Alpha state (eyes closed, or eyes opened with mind relaxed and/or daydreaming).

It was found that the Beta state does not allow for any remote viewing. If an individual perceived that he/she was receiving remote viewing data whilst being fully awake, he had to be at that moment focusing on his thought processes in order to be aware of it and a cursory examination of his/her brain encephalographic tracing would always reveal that the subject had slipped into the Alpha state or very rarely even into Theta. The moment an individual focuses on internal self-reflective thought processes, he/she enters the subconscious (alpha or Theta) levels of mind operation.

The other conclusion was that even though one could remote sense (view) from the Alpha state, too much mental noise in the form of preconceived notions (mind-sets) or external interference from the Beta level (outside sensory world) were introduced and made for often inconsistent results.

It soon became apparent that the only statistically determining factor to remote viewing abilities was not the methodology used but the level of mind achieved through the use of a particular methodology. The training protocols became therefore focused on mind techniques allowing one to rapidly and consistently reach the deep Theta state.

Mr. O'Donnell does not claim that the methods that he teaches in order to reach a level of deep Theta operation are the only ones available. Since the point when consciousness - as separated thought - has arisen on earth and for eons of time, man has reached and experienced such deep states. As a matter of fact, there is a strong perception that ancient man, at the dawn and infancy of civilization, easily attained such deep self-reflective mind levels. This is probably because the external phenomenal world had not yet carried with it the overwhelming burden of myriad of often conflicting signals and stimuli that are now so prevalent especially amongst the very externally beta-oriented cultures that seek self-fulfillment by concentrating highly on outside quests within the material world. The time/space restrictions imposed by our "advanced" societies upon the ability to self-reflect is causing all the modern stress that the mind is experiencing.

Within our world, it is particularly so-called modern man that seems to have trouble at reaching such high levels of thought-perceptions. Cultural factors and the tension of modern-living impede such a natural state of mind. There is little incline and time left to self-reflect. Whatever leisure period is available, is usually used for beta-directed type gratification.

Young humans (children of less than 7 years of age and especially those of less than 2 years old) and animals of all ages operate mainly at Alpha, Theta and Delta. For them Beta has not hitherto been imposed

and learned. The external phenomenal world has yet to take on such a strong concentrated reality. They are less concerned with external stimuli and self-reflect constantly. They learn and evolve through this mental act. They all remote view naturally. They need to. Otherwise, they could not possibly learn and survive. The humans will forget this, for most, when they proudly enter the highly ego-centered world of Beta operation and embrace adulthood.

Many so-called tribal groups or spiritual orientations have inherited traditions that revere and promote self-reflection, often within a highly symbolized metaphorical background. For them remote viewing is but a natural ability.

True remote viewing tries to make a child again of adult modern rational man, allowing him/her to experience again this natural state of relearning from the universal pool of knowledge outside of the confines of time/space (knowing).

Eventually, with specialized training, when the concentration has remained at deep Theta for long enough, one seems to span all the levels of the mind and integrate them in a single cognitive awareness. The remote viewer can then operate from the Theta level in concentration and even open his/her eyes and be aware of both his/her external and internal realities at once.

With practice, he/she might make a last perceptual jump and realized that his/her external and internal realities are but mirror expressions of each other.

Nevertheless, within the mind-matter equation: matter, if concentrated too much upon and given undue importance, tilts the balance and becomes the ultimate trickster.

In the same manner as the Theta waves are the only ones that show up non-specifically and equally throughout the human brain cortex, the deep Theta level is the only state that can unify all perceptual levels of awareness.

Although all serious remote viewing operations, originating from various countries, became aware that they were collecting information from the mysterious “collective unconscious” of the mind, very few, if any, realized that this Universal Mind was within an individual and not outside of him/her. Their focus of attention in the search for an explanation targeted henceforth “external” and often creative exotic realms.

Effective remote viewing techniques should allow one to experience the reality of the Universal Mind, and not only ponder about it. Such an experience might surprise many, and disturb built-in inherited misconceptions. It is only to the daring ones that the world becomes a stepping stone. The others just vegetate.

If certain remote viewing systems do not reach for such an understanding, they are but crutches and fall short of allowing one to cross the stepping stone of ignorance.

The aforementioned statements can only be proven by experiencing. Each human being on his/her own. No written theory nor external mechanical laboratory apparatus can ever bring personal proof of such assertions. Hence the ultimate challenge and paradox...

Within the former U.S.S.R. extensive mind research was carried out since the 1930's and successful remote viewing protocols established. Nevertheless, because of the built-in ideological bias against anything non material (spiritual) existent within the Communist dogma, large-scale Soviet scientific research tried to uncover, under strict laboratory conditions, the "physical energies" (electromagnetic or other) that correlated with such remote sensing states.

Eventually, as some correlations were shown, the physical correlations themselves were seen as the explanation to this phenomenon. And a major impasse was reached that tried to duplicate such mind states by manipulating external physical forces. This resulted in interference wave patterns being applied, using purely physical means, upon the interface mechanisms of the biological brain of many unfortunate human and animal subjects. This greatly affected and distorted their perception of the external world. The prevailing view within the Soviets' industrial-military complex was that these techniques of "mind control" were affecting the mind, when, in reality, they were damaging and interfering with the proper functioning of the interface of the biological brain. This research, unfortunately, ultimately took on a decisively sinister character.

In such a pivotal endeavor as the understanding of the individuations of thought, which means the understanding of life itself, it is ultimately only man that has the capacity to raise himself to lofty heights or to sink to abysmal depths.

Within the US intelligence establishment and because of a cultural bias, similar approaches were undertaken and the same impasse was encountered. Although effective RV protocols were devised, the scientific establishment within this highly Beta-oriented society had perceptual problems with what they considered to be "altered" internally focused states of attention. The Theta region was experimentally known to be a better mind level for remote viewing, but the RV research scientists became quite creative at casting away from their peers any perception of their using a deep state of mind operation.

It is within the realm of possibilities that some US remote viewers were subjected to the external beaming of certain radiations in order to test their effectiveness at improving or not RV and study their general impact.

The Western European remote sensing approach mostly shun away from electronically - induced mind control attempts. It focused essentially on RV operations originating from deep Theta levels of the mind.

The remote viewing techniques taught by the Academy of Remote Viewing and Remote Influencing are unique in that they concentrate upon the easily attainability by any individual of a state where his/her awareness will be focused upon the level of the Universal Mind (undifferentiated knowing). The trainee is taught to locate

his/her awareness at the border of Delta (deep Theta) and operate a sort of “mental dance” where his/her attention concentrates upon the data originating from the Universal Mind on (passive-receiving state) and off (active-questioning state), while avoiding to be sucked in by the powerful pole of attraction of the Higher Delta level (sleep and/or somnambulistic unconsciousness). Many adjunctive safety techniques and general explanations are given in order to understand the functioning of the nonlinear Delta level and be able to decode the information received in a palatable time/space linear sensory format. Many Delta operations are given and hinted at. Structured questions-and-answer patterns (so-called RV protocols), made to best fit the modus operandi of Delta/Theta interfacing, are also taught.

Beta, Alpha, and Theta are but the manifest expressions of the creativity of the Delta level.

Beta, Alpha, and Theta are the levels of the ego. They are the levels of temporality, causality, and physicality.

The ego can be defined as the ability a life-form has to be able to differentiate between thoughts that it will perceive as being one’s own (self-reflective) and thoughts that seem to originate outside of one’s realm.

Delta is the level of non-individualized non-reflective intelligence.

Beta, Alpha, and Theta are but brain-wave epiphenomena of states of self-reflective awareness by perceptually individualized intelligences (levels of individuated thought-concentrations). One only travels in awareness within these states.

The Delta level of thought is characterized by the fact that it can infinitely separate its thoughts in a non-linear parallel manner. Within these separations, It may choose to operate, for tasks or reasoning purposes, in a causal linear fashion, most often by connecting thoughts laterally.

An individual travels in awareness from beta towards Delta by focusing his awareness on his self reflective thoughts and deeper subconscious thought processes

The deeper within Delta one finds oneself, the more concomitant parallel thought processes there are. Up to an All-aware potential Infinity. The ancient Greek letter Delta shaped like an upward pointing triangle symbolizes this reality of the Mind. Delta (alike its ancient cousin the Hebrew Deleth) means a door, an entrance to another realm. The realm of El (the Universal) and Data.

All so-called deep subconscious thought processes originate from the Delta level. They operate below the level of conscious awareness. This includes the parallel thought operations that allow for the biological and material realities to operate coherently and efficiently. They maintain and project out onto our framework of operation in order to allow our individual creativity to express itself. They are our creative support.

Delta is therefore the Intelligence that directs the operations of the material and biological phenomenal world.

The ego travels towards dissolution (Delta) when it reflects upon thoughts originating from deep subconscious processes. By corollary, the ego expresses itself more vibrantly and forcefully when it focuses its concentration upon the level of the highly separated manifestations of the sensory external world (Beta).

The battle between thought-separation (ego) and thought-Oneness (Universal) is the only real conflict there really was, is and will ever be. All antagonistic expressions, struggles, and hostilities amongst life-forms are but manifest epiphenomena of this ever-present penultimate challenge.

The built-in opposition between the only two creative poles of thought: Beta (individualistic plurality), and Delta (sense of Oneness) is as the root of what one will perceive as the expressions of evil or bad (Beta Against Delta).

Delta (the Universal Mind) and Beta (ego) always interact creatively. The ego is bound within frameworks of creative intelligence imposed by the Delta level. Delta, in turn, operates the creative steps within these same frameworks according to the desires of the ego.

The only two creative poles within Creation are the Beta level (conscious thought of man) and the Delta level (Collective Unconscious or Universal Mind).

Although the Beta level (conscious mind) would like to think that it rules over and is more powerful than the Delta level (deep subconscious mind), the reverse is true. And the deep sub-conscious (Delta) rules over and is infinitely more powerful and “intelligent” than the conscious level of thought (Beta).

It is only with the cooperation of the Delta level that the Beta-conscious thought (ego) might perceive that it controls sub-conscious (Delta) thought processes including biological ones.

The cardinal rules that bring about that cooperation from the deep sub-conscious mind (Delta) are not necessarily in concordance with the desires and mental structures of the conscious mind (Beta). If the Delta level disagrees with the desires and/or intentions expressed by the Beta level of Its expressions, that necessary collaboration will not manifest itself.

This applies to all human endeavors implying subconscious processes and input. This was and is especially the case for Remote Viewing that originates information solely from that deep unconscious level. Hence the failures that most military or intelligence-type organizations suddenly developed when they tried to collect Remote Viewing data to be ultimately used for potentially destructive and aggressive purposes, even though they had great success with other innocuous time/space targets.

The ultimate arbitrator and safeguard to processes such as Remote Data Sensing (RV) is the Universal Mind Itself (Delta). No-thing nor any-body will ever supersede It.

The level of deep Delta (Universal) is a level of pure information (no imagery whatsoever). Nothing else. We, as individuated expressions of it, only perceive and interpret this pure information using the realm of sensory reality (visual, auditory, olfactory, tactile etc..).

The level of the Universal and its individualizations (mankind and nature) form together the Uni-verse Itself. A vast mosaic of pure information disguised as reality. Either experienced as a pleasant one or an unpleasant one. Depending on our common choices.

There are three levels of operations within the Delta level. However, Mr. O'Donnell will not reveal here their significance. Only rare individuals ever understand them. Remote viewing at a very deep Theta level can be a bridge to such an understanding since one is juxtaposing his/her awareness to the Delta level of mind. It is only within the laboratory of the mind that one can understand the mind. This is the ultimate quest.

The recalled experience of the Delta level is generally a very humbling one.

The middle Delta level operates very much alike a multitasking digital computer. Processing, storing, and doing a quasi-infinite amount of tasks at once. Its role is to create coherency by interconnecting realities out of potential chaos.

The upper Delta, Theta, Alpha, and Beta levels operate mainly in a linear analog-like fashion where cause-and-effect relationships are paramount and where the perception of space and time exists.

The transducing apparatus (Input/Output interface) decoding and making “sense” out of the encoded non-linear pure information received from the middle Delta level is located at upper Delta and is perceived by us to exist within our brain. This transducing level pertains to the world of our senses that gives reality to our experience and to our perception of a material world “out there.”

The level of Beta (mankind) has up-to-now never really understood the way by which middle Delta operates.

Middle Delta does not use any imagery whatsoever. Only vibrational light, swirling within different levels of intensity, remains. The Light contains, stores, and processes information.

Mankind seems always to favor and feels more comfortable using its linear thinking processes and especially perceptual space/time linear senses (images, symbols, myths, and metaphors) in order to try to relate to and remotely grasp its original Everlasting Source. This is because that is the way by which mankind operates. Hence the distortions and their consequences.

In the digital-analog equation of Mind, the analog part (mankind) never comprehended, nor yet comprehends the digital part (its Creator). It could only, up-to-now on very rare occasions, experience it. And the digital part gives life, sustains it, and gets surprises from its very restricted thought processes operating within the perceptual separations of mankind.

This dialog of deaf is, most probably, about to stop. In one way or another.

The level of Delta is a level of knowing. Whilst being at deep Theta, one can draw from the proximate level of Delta.

The level of Beta is a level of knowledge where the focus of attention is upon the external material reality and a slow intellectual type of learning is attempted.

The major evolutionary jumps, inspirational writings, creative endeavors, scientific discoveries and inventions of all times always originate from the level of knowing and not of knowledge.

Human and animal instinctive knowledge, and “sixth sense” emanate from the level of knowing.

The search for an unification factor outside of one’s self, within linear space/time, is a perceptual dead-end that, at one point, mankind will need to realize.

The unification point is not outside of one’s self, within space or out-of-space, masters, gurus, but within oneself.

Real knowledge comes from within. One is only relearning what One already knows.

The ultimate teacher to all the ripples (individuations of Mind: The individuals) of the ocean of thought-energy (Universal Mind) is the ocean Itself, and not the ripples.

Expressing it in a metaphorical way: Alike icebergs afloat on the ocean, life-forms, as separate creative thought processes, are but time/space expressions of the infinite waters of the ocean. Ultimately, they each melt down within the waters and return to the ocean. They are all water anyway, but as ice they do not realize it. They can perceive their individuality expressed as forms through the illusionary media of air. They love to cling solidly to that perception. For the most part, they often refuse to accept that they, as water, are all interconnected. That in reality, no iceberg is really taller or smaller than another, for they all come from the same, and they all go back to the same. That their power, or ego, is all illusory, and temporary.

Ultimately, there is only One Mind. One Intelligence. Expressing and experiencing Itself through here and there. Nothing else. Not two. Nor more. Mind is Mind; whether human, animal, vegetable, material, or unattached.

The “kingdom” is “within” not “without”. All that remains, is to tell the king that he is, in his restricted state, as humankind, walking around without any clothes on. Because, he does not seem to realize it yet.

Such an understanding finally explains why the “King” as the Universal Mind is within each one of us, and why we are all, as space/time manifestations of It (the “Kingdom”), within It. One reflects the other.

The direction of thought-concentration has to be reversed from one increasingly targeting external realities and stimuli to one flowing back from Beta to Alpha, to Theta, and back to Delta.

As mankind has thoroughly experienced Beta and adulthood, it is time to experience the inner child again, to reconnect to knowing beyond external time and space.

It is basically time for one’s self to reconnect to Oneself.

It is basically time to stop being a sheep within the “flock” and to start leading one’s own destiny and understanding.

It is high time to take back control and responsibility. . .

Your mind (Spirit) is not bound by and into a “material” body. It is only bound by and connected to the physical senses that make you aware of a physical reality.

Let go of these senses, by allowing yourself not to concentrate upon them (i.e. physical reality and biology), and you will then allow yourself to unbound your self and expand Everywhere and Everywhen.

You create everything, including your restrictions. Argue for your limitations, and/or believe someone else’s opinion about them, and they surely become yours.

The only real truth is the one that you find within yourself. All others are but misconceptions intentionally placed on your way in order to sharpen the edges of your challenge and quest.

In Richard Bach’s international bestseller “Jonathan Livingston Seagull” (1970. Reprint. New York: Avon, 1973) we find the seagull Jonathan who always wants to fly higher and better. The Elder tries to teach him (p. 81) that in order to be everywhere and everywhen at once he first needs to understand the mechanisms of flying. If these mechanisms are not fully understood and integrated, real flying is impossible.

As Chiang (the Elder) gently explains (pp. 79-84):

“You will begin to touch heaven, Jonathan, in the moment that you touch perfect speed. And that isn’t flying a thousand miles an hour, or a million, or flying at the speed of light. Because any number is a limit, and perfection doesn’t have limits. Perfect speed, my son, is being there.”

"You can go to any place and to any time that you wish to go," the elder said. "I have gone everywhere and everywhen I can think of." He looked across the sea. "It's strange. The gulls who scorn perfection for the sake of travel go nowhere, slowly. Those who put aside travel for the sake of perfection go anywhere, instantly. Remember, Jonathan, heaven isn't a place or a time, because place and time are so meaningless. Heaven is . . .

"To fly as fast as thought, to anywhere that is," he said, "you must begin by knowing that you have already arrived . . ."

The trick, according to Chiang, was for Jonathan to stop seeing himself as trapped inside a limited body that had a forty-two-inch wingspan and performance that could be plotted on a chart. The trick was to know that his true nature lived, as perfect as an unwritten number, everywhere at once across space and time. . . .

Then one day Jonathan, standing on the shore, closing his eyes, all in a flash knew what Chiang had been telling him.

"Why, that's true, I am a perfect, unlimited gull! . . .

Jonathan opened his eyes. He stood alone with the Elder on a totally different seashore-trees down to the water's edge, twin yellow suns turning overhead. . . . "IT WORKS!"

"Well of course it works, Jon," said Chiang. "it always works, when you know what you are doing. Now about your control . . ."

"We can start working with time if you wish," Chiang said, "till you can fly the past and the future. And then you will be ready to begin the most difficult, the most powerful, the most fun of all. You will be ready to begin to fly up and know the meaning of kindness and of love."

But then the day came that Chiang vanished. He had been talking quietly with them all, exhorting them never to stop their learning and their practicing and their striving to understand more of the perfect invisible principle of all life. Then, as he spoke, his feathers went brighter and brighter and at last turned so brilliant that no gull could look upon him. "Jonathan," he said, and these were the last words that he spoke, "keep working on love." When they could see again, Chiang was gone.

Eventually, Jonathan goes back to the ground of his old Flock to teach other gulls that (pp. 103-104):

"Each of us is in truth an idea of the Great Gull, an unlimited idea of freedom . . . " "Everything that limits us we have to put aside."

"Your whole body, from wingtip to wingtip is nothing more than thought itself, in a form that you can see. Break the chains of your thought, and you break the chains of your body, too. . . ."

Have a grand trip.

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