Remoteviewed.com Template Guide.

For an Introduction to Remote Viewing

Version 1.0

RemoteViewed

The Remoteviewed.com Simple Remote Viewing template.

Welcome to the amazing world of Remote Viewing. This is a skill that anyone can learn to use for themselves.

This template is a simple guide to help you explore the basic fundamentals of using a skill like Remote Viewing. It is **not** a full and comprehensive Remote Viewing method. This is a simple quick guide to help you explore this skill and to hopefully use it for yourself. Be aware that full Remote Viewing training usually takes many years of dedicated practice to achieve a constant level of ability. My template & guide will take you through a VERY simplified journey of the first three stages of a typical Remote Viewing methodology. This is to see if we can help you spark your own intuition process.

Some things to think about..

First: With all Remote Viewing speed and forwards movement through the stages is very important. Don't stop moving. If you stop, you will think, and your imagination will build the target instead of raw input. Try to keep a steady but constant pace from beginning to end.

Secondly: Its very important to **'describe don't identify'**. Nouns or naming words are analytical so we try not to use them. Instead we breakdown data and try to describe targets in as much detail as possible. If, for example the target were a Blue car then our RV would go like; The target is: dark, blue, shiny, slippery, cold, hard, solid, curved, moving. It has four curved, black soft, bouncy, moving parts. We would not just blurt out 'car' - its a car, if we get, we declare it as an AOL *(see below for details)*.

This template is going to run you through the first three stages of a typical RV process but simplified. Its essentially a fill-in the gaps process. The three stages are stage1: Ideograms, Stage2: Sensory data, and Stage3: Sketching the target.

Stage 1 - Ideograms.
These are very quick gestalt doodle like representations of the target. These are created in the few seconds after writing the target coordinate number. Anytime past 2-3 seconds is too much and will initiate the analytical and think-ing mind in to play. Ideograms are very fast reflexive marks usually comprised of a single line without the pen leaving the page *(but not always)*. Typical gestalts in stage 1 are usually: **man made structure, natural structure, water, land, object, life, space, energy, movement.** Gestalts are very, very basic in detail and data, anything more than these are usually considered too much information and marked as an AOL *(see below)*.

Stage 2 - Sensory impressions.
In stage 2 we use our senses to generate impressions about the target. We do this by asking ourself 'if I were at the target what would it: taste like, smell like, feel like...' And so on. The very first impressions or words are usually the correct ones. Again, speed is the essence of the process, try not to wait for impressions, always try to move quickly through the process. *(See the attached descriptor list and maybe use this as a reference point when first starting.)*

Stage 3 - Sketching.
Within this stage the viewer creates sketches of the target. These can be orientated from any position, location or angle so try not to get too hung-up on how it immediately looks. We can also mark and annotate parts of the sketches to see what they comprise of, this is done by describing using sensory data. i.e.: what does it taste, smell, feel like...

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AOL's:

Along the way you may encounter what we call AOL'S. (Analytical Overlays). These must be declared or they have the capability of corrupting the actual Remote Viewing data. AOL's form when you have incoming data and a part of you wants to please you and jumps to premature conclusion in trying to name the target. These are usually in the form of very clear images or words like nouns that 'name' the target components. Nouns like: house, car, church, gun, policeman, statue, and so on. AOL's are written on the right hand side of the page to record and declare them.

Summaries:

We then finalise the Remote Viewing with a quick summary of the data. This usually takes the form of two or three paragraphs describing the target in detail and also to try and create a cohesive format for the previous data.

A sample RV session using this template is attached after the Descriptor list.

Descriptor List:

We have enclosed a basic list of descriptor words that you can use as you fill-in the template. Use this to get you started and to expand your initial vocabulary of descriptive words. Then as you get better and more at ease with the process - put the help list to one side.

To use the list - when in say, stage 2 (the sensory stage) and you are asking yourself 'whats the temperature of the target?' look at the list and if/any words jump out at you as appropriate then go with your gut instinct and write them down. The descriptor list is only an initial guide or prompt and as soon as you feel more confident you can stop using it.

Remote Viewing Descriptor word list.

Textures

Bristly, bumpy, coarse, dimpled, edged, feathery, filmy, fluffy, fuzzy, gaseous, glassy, grainy, greasy, gritty, hairy, hard, leathery, lumpy, matte, metallic, moist, mushy, oily, powdery, prickly, resilient, rough, rubbery, sandy, semi-hard, semi-soft, sharp, silky, slick, slippery, smooth, soft, spongy, velvety, wet, wooden

Colors

Amber, beige, black, blue, bright, bronze, brown, dark, dim, faded, fluorescent, golden, green, gray, light, luminescent, mottled, orange, pale, patterned, pink, purple, red, reflective, shadowed, shiny, silver, speckled, tan, transparent, turquoise, white, yellow

Smells

Acrid, aromatic, chemical, earthy, fragrant, fresh, moist, moldy, musty, pungent, stale, sweet

Tastes

Bitter, bland, chalky, chemical, fresh, metallic, rancid, salty, sour, stony, sweet, tart, wooden

Temperatures

Ambient, arid, body, cold, cool, frigid, hot, humid, room, warm

Sounds

Banging, booming, buzzing, chirping, chugging, clanging, clanking, clicking, crackling, distant, dripping, echoes, grinding, gurgling, high-pitched, hissing, humming, jingling, loud, mechanical, metallic, muffled, noisy, quiet, rattling, rhythmic, ringing, roaring, rumbling, rushing, rustling, scraping, splashing, squeaking, tapping, thrumming, thumping, tinkling, voices, whirring, whooshing

Dimensions

Above, across, angular, around, back and forth, below, big, circling, circular, close, curved, curving, cylindrical, deep, dense, diagonal, down, empty, enclosed, far, fast, flat, heavy, high, hollow, horizontal, huge, in, inside, light, long, looping, low, medium, moving, narrow, near, oblong, off, on, open, out, outside, oval, over, peaked, pointed, rectangular, round, scattered, shallow, slow, small, spinning, spiraling, square, squat, straight, tall, thick, tiny, tubular, under, up, vast, vertical, wavy, wide

Aesthetic Impact (AI)

Afraid, alert, amazed, anxious, awed, bored, cheerful, confused, content, curious, depressed, disoriented, dizzy, dreamy, excited, familiar, fearful, friendly, frightened, frustrated, happy, impressed, interested, intimidated, intrigued, joyful, lonely, lost, nervous, observant, overwhelmed, peaceful, pleasant, pleased, reflective, relaxed, respectful, reverent, sad, shocked, surprised, tense, thoughtful, tired, unfamiliar

Example target and template RV session:

0001 - 4221

The Eiffel Tower building | Paris, France | time of viewing

I
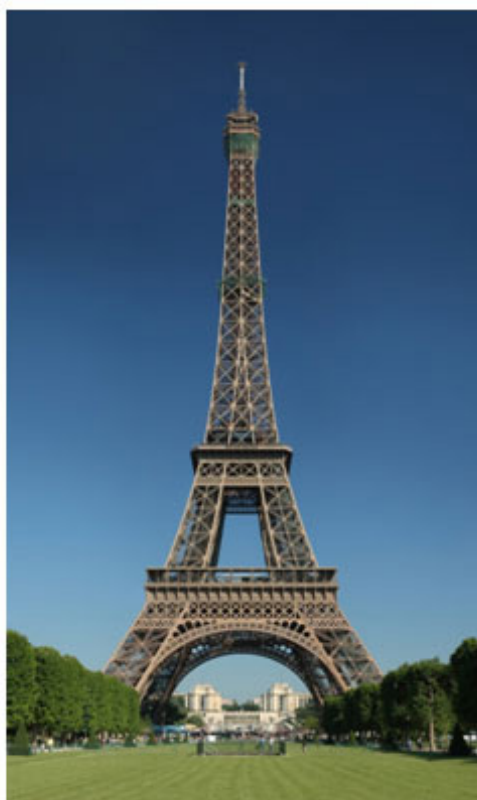
Cue

The remote viewer is to move to the optimum position and location to describe the structure called the Eiffel tower.

Target: _____0001_____

Pre: _____NO_____

Name: _____DAZ_____

Date: _____22.1.21_____

Time: _____2.05pm_____

Stage: 1 - The Ideogram
(Remember only allow 1-2 seconds per ideogram).

Write the target coordinate (numbers) here:

_____0001_____

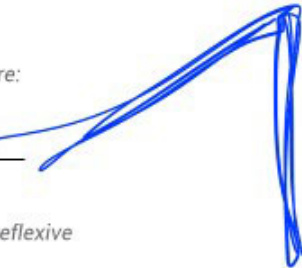*without lifting the pen - create your first reflexive mark in the box - (right):*
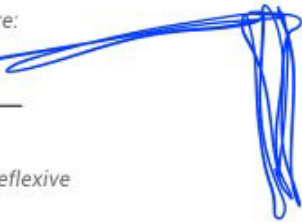
Repeat.

Write the target coordinate (numbers) here:

_____000_____

without lifting the pen - create your first reflexive mark in the box - (right):
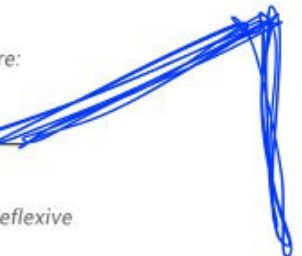

Repeat.

Write the target coordinate (numbers) here:

_____000_____

without lifting the pen - create your first reflexive mark in the box - (right):

STRUCTURE

Stage: 2 - Sensory impressions.

Add as many descriptor words for each section that feel appropriate to you.
(please see the descripto word template sheet for a few suggestions).

Sounds: TRAFFIC, VOICES, WIND

Textures: COLD, HARD, ANGULAR.

Temperature: WARM

Colours: GREYS, BLACK, WHITE.

Luminescence: BRIGHT.

Smells: PEOPLE, TRAFFIC

Tastes: ROUGH, METALLIC

Dimensions: ANGULAR, TALL, LAYERED SPACE.
Add four or more in here.

AI: Aesthetic Impact: INTERESTING
If you were at the target - how would it make you feel? Write a single impression here.
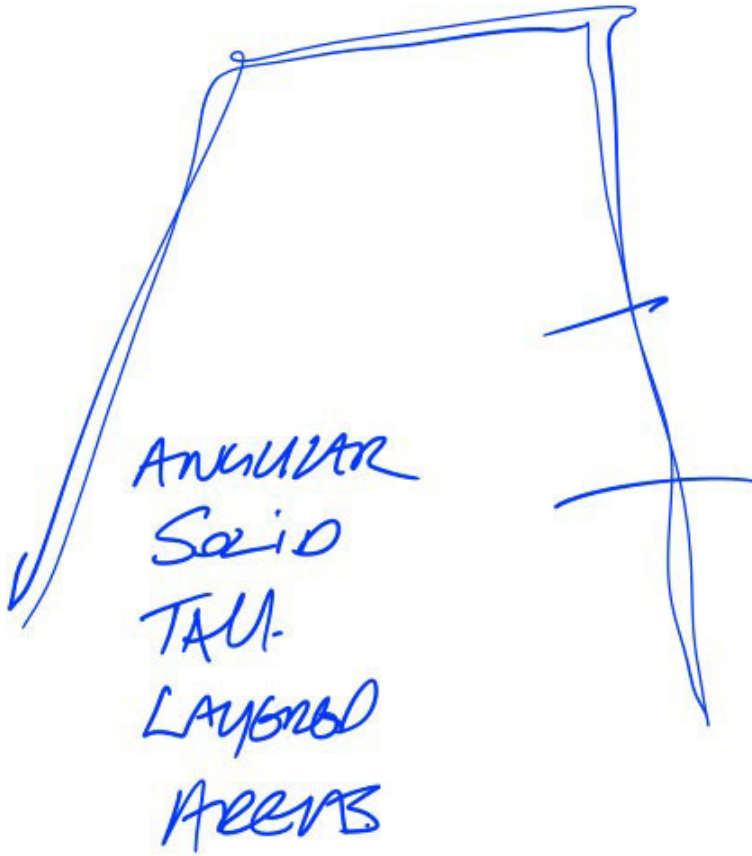
Write the target coordinate number below then take a few seconds to create a simple sketch of the target below in the space. Feel free to annotate parts of the sketch and to then probe this with you finger or pen and to write any sensory impressions (temps, textures, taste, smells and so on.)

AOL's:

(Any strong visual images or nouns should be recorded here (on the right hand side of the page) - as AOL's.

Write the target coordinate (numbers) here:

0001

ANGULAR
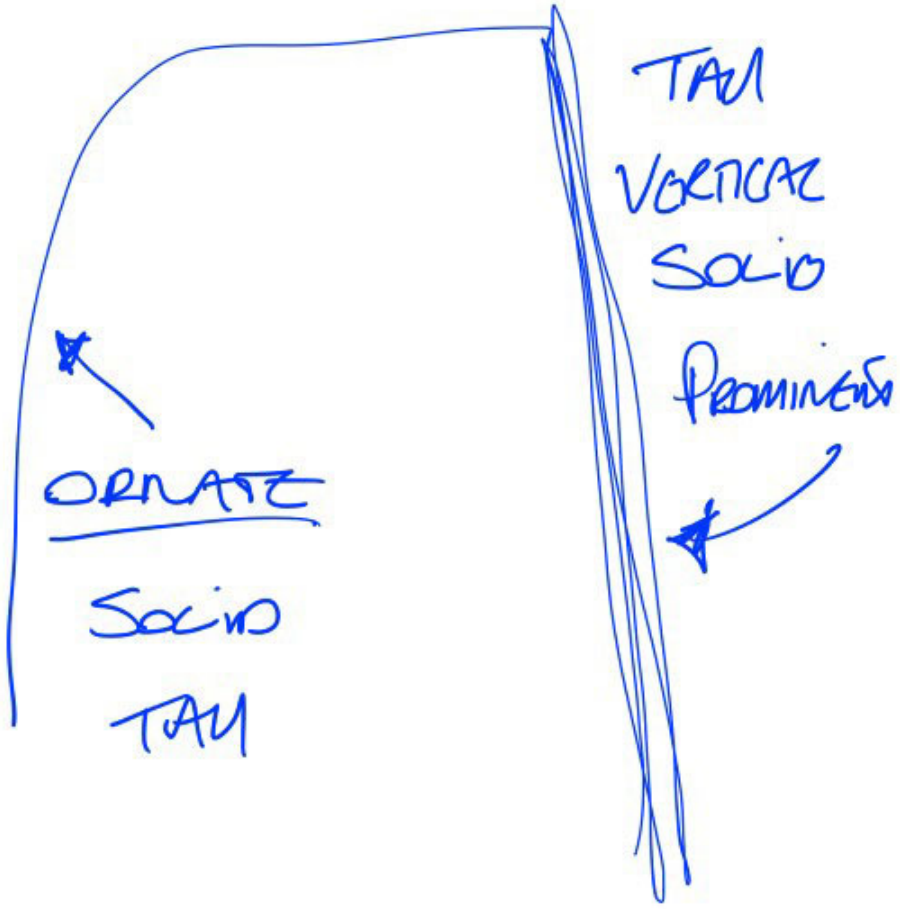SOLID
TALL-
LAYERED
AREAS

Stage: 3 - Sketching.

Write the target coordinate number below then take a few seconds to create a simple sketch of the target below in the space. Feel free to annotate parts of the sketch and to then probe this with you finger or pen and to write any sensory impressions (temps, textures, taste, smells and so on.)

Write the target coordinate (numbers) here:

ORNATE
SOLID
TAU

TAU
VORTICAL
SOLID
PROMINENT

Summary:
Write a short summary about the target here.

FEELS LIKE A STRUCTURE
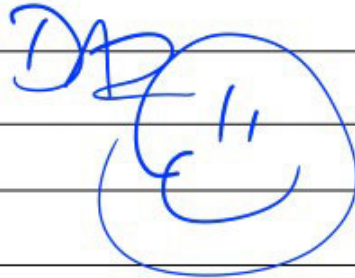
FEELS TALL, ANGULAR.

COLD, HARD, SOLID.

LAYERED?

FEELS possibly ORNATE.

DESIGNED

END

DAD :)

Are you now ready to take this for a test drive?

To help you start your journey we have created a pool of
training targets for you to experiment with.

These 28 new for 2021 are non harmful, non esoteric, standard
complexity targets - great for beginners to describe & cut their teeth on.

These targets are located here:
https://www.remoteviewed.com/practice-targets/

A beginers guide to remote viewing:
https://www.remoteviewed.com/a-beginners-guide-to-remote-viewing/

Remote Viewing Videos:
https://www.youtube.com/c/RemoteViewed/videos