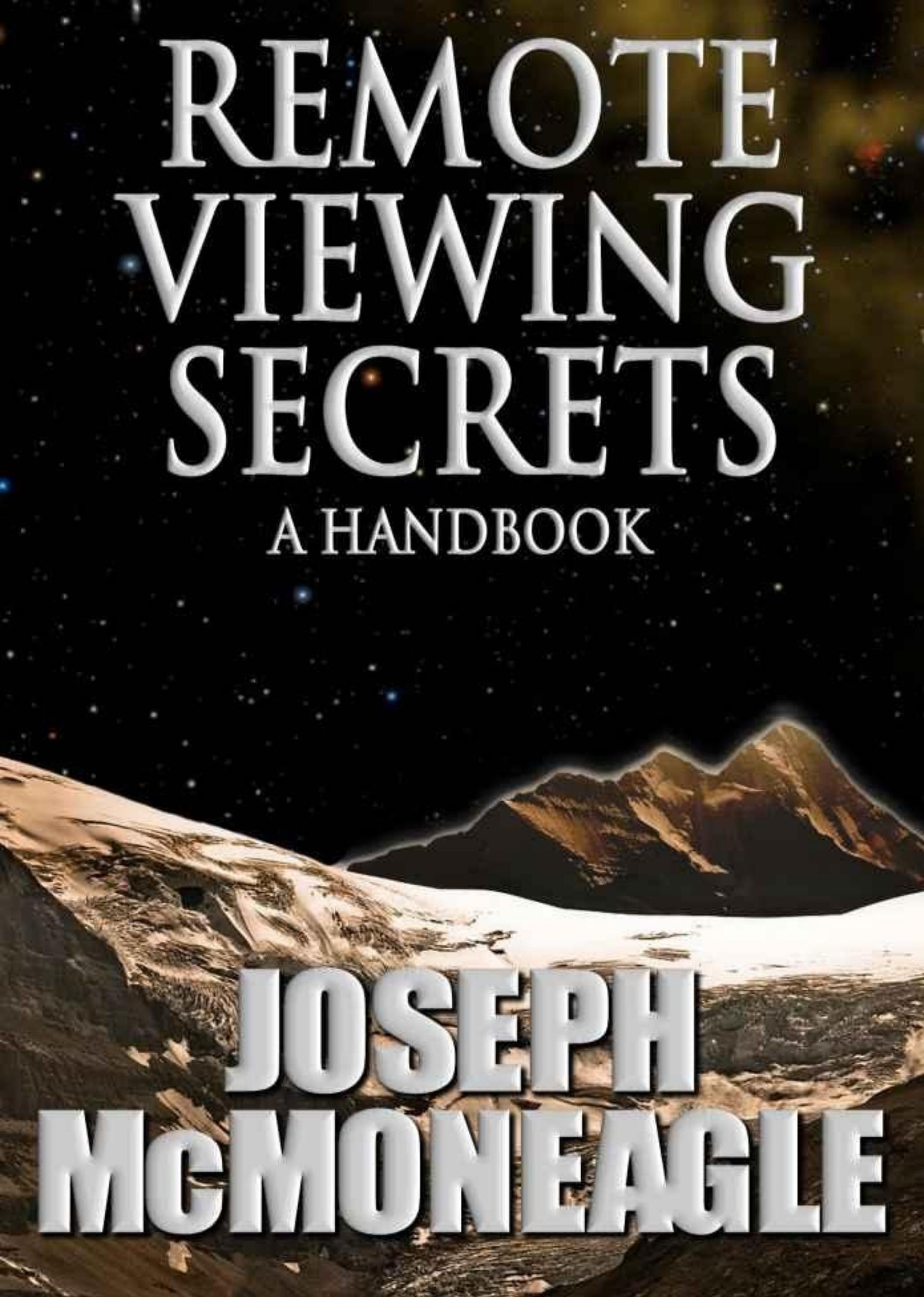


REMOTE VIEWING SECRETS

A HANDBOOK



JOSEPH
MCMONEAGLE

Remote Viewing Secrets: A Handbook

Joseph McMoneagle



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Meet the Author



JOSEPH W. MCMONEAGLE, CW2, US Army, Ret., CStS

Joe McMoneagle has spent the past 34 years of his professional life developing his expertise as a Remote Viewer and researcher in the unique world of the paranormal. He came to the field with a rich background in the research and development of numerous multi-level technical collection systems designed for United States Army Intelligence. His specific area of educational expertise is within the social and psychological sciences. His experience also includes: ADP equipment and technology management, data systems analysis for mainframe, mini-mainframe, and desktop systems supporting information collection for military and civilian intelligence purposes.

He is owner of Intuitive Intelligenc Applications, Inc., which he started following his retirement from the Army in 1984. His company has provided support to multiple research facilities and corporations across the world. He is also a full time Research Associate with The Laboratories for Fundamental Research, Cognitive Sciences Laboratory, Palo Alto, California for more than 30 years. He also consulted for SRI-International and Science Applications International Corporation, Inc. from 1984 through 1995, participating in protocol design, R&D evaluations, thousands of remote viewing trials in support of both experimental research as well as active intelligence operations for Project STARGATE.

During his career, Joe provided professional intelligence and creative/innovative informational support to the CIA, DIA, NSA, DEA, Secret Service, FBI, US Customs, the NSC, major commands within the DoD, and hundreds of other individuals, companies, and corporations. He successfully demonstrated Remote Viewing, double-blind, under strict scientific control while on-camera for national networks in five countries more than 85 times.

In the Army, he was in charge of his Military Occupational Specialty [MOS] world-wide. He was responsible for all tactical and strategic equipment and tasking, aircraft and vehicles, development of new or future technology as well as all planning, support, maintenance, funding, training, and personnel. He acted as a direct consultant to the Commanding General, United States Army Intelligence and Security Command (INSCOM), Washington D.C., as well as the Army Chief of Staff for Intelligence (ACSI), Pentagon.

In his earlier years, he assisted the Security Officer for a multi-billion dollar overseas intelligence facility, was a Detachment Commander at two remote intelligence collection sites overseas, served on an Air and Sea Rescue team, in Long Range Reconnaissance, as a Quick Reaction Strike Force team leader, and rifleman in war zones. He has earned 28 military decorations and numerous awards, to include a *Legion of Merit* for his RV support to the Nations Intelligence Community, and he holds the rank of *Knight Commander* in the Order of St. Stanislas.

Book List

Memoirs of a Psychic Spy: The Remarkable Life of U.S. Government Remote Viewer 001
Mind Trek: Exploring Consciousness, Time, and Space Through Remote Viewing
Remote Viewing Secrets: A Handbook
The Stargate Chronicles
The Ultimate Time Machine: A Remote Viewer's Perception of Time, and Predictions for the New Millennium

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Remote Viewing Secrets: A Handbook

Dedication

This book is dedicated to my Mom and Dad because I know they know.

All of reality bows to the illusion of Life and Death.

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Introduction

It would be foolish to believe that everything you are going to learn from this book will agree with everything other people say or write about remote viewing. One of the great mysteries of remote viewing is the fact that so many different individuals can perform equally well within its structure. However, having said that, it is also important to know that a few rules do apply and that it is necessary to learn and strictly follow them if you really wish to use remote viewing as it was originally intended.

Not just anything can be called remote viewing. There are students of the paranormal, skeptics, government officials, military, teachers (real and self-proclaimed), and even scientists who think they know something about remote viewing but who, in truth, haven't a clue. I would find myself in one of these groups, were it not for the fact that I have spent a considerable period of my life totally immersed within the research and development side of remote viewing, primarily with the laboratory that started it all, the Cognitive Sciences Lab (CSL).

If I had to pick a single place where remote viewing has been tested, re-tested, and evaluated, or where the many aspects of targeting, analysis, and the methodologies associated with them have been looked at the most, it would have to be CSL. I have spent almost fifteen years there as both research associate and subject, and I am still employed full-time by that organization. In addition, I was one of the original remote viewers recruited into what is now commonly referred to as Project STARGATE, the once secret Army project designed to use trained remote viewers for intelligence purposes during the Cold War. As such, I did applications (sometimes referred to as operational) remote viewing in support of that unit for a period of nearly eighteen years, until it closed in November 1995. Since then, I've continued privately to do applications remote viewing for numerous companies and individuals, and research remote viewing for CSL and other laboratories.

I've seen a lot of water pass under the bridge and developed a unique perspective on teaching and learning remote viewing. Twenty-one years' experience in something as ephemeral as remote viewing may not be something one would normally want to claim, but it is what I do and I do it very well. And, as a result, I know quite a bit about it.

One very large caution needs to be introduced at this point. It would be wrong to imply that I am the only one who knows something about remote viewing. Over the course of eighteen years, counting support and viewer personnel, probably eighty to eighty-five people were involved in the project on both the scientific and the operational sides of the house. For a time, operations were performed by both as were some scientific testing and evaluation. Probably fewer than three dozen people were viewers. Of the others, about half were scientists, and the remainder performed support functions, such as evaluation, analysis, and operational monitoring. It's important to understand that no one individual was ever considered to be more important than any other. It always took a great deal of teamwork and effort to accomplish the mission—scientific, operational, or otherwise.

So, why would there be differences of opinion regarding remote viewing, especially regarding teaching or learning it?

Contrary to what one might think, these differences are usually not as great as they may initially appear. To the uninitiated, they may seem to be, but they really aren't. Also, many things that are being stated as fact about remote viewing need to be put into context in order to understand why such differences of opinion occur.

For instance: some members of the unit may say that they believe anyone can be taught remote viewing. Others seem to say something quite the opposite—that remote viewing cannot be taught. In actuality, neither statement is quite true within such a narrow context. This is one of the unfortunate results of living in an age where the single line statement or "sound bite" is important. It is usually all you get. It is not surprising that given the above two sound bites, one would assume that two different things are being said and that there is a great chasm of difference between them. In writing this handbook, I hope to clarify for the reader where real difference lies and where it doesn't. I want everyone to understand that most of us really are in agreement and the diversity of opinion is not only healthy but a requirement if we are to progress in any growth of understanding of remote viewing.

A Short History

It is not my intention to re-write the history of remote viewing. What I will do, however, is to tell people where they can get it. If you are interested in one person's viewpoint about the early days of remote viewing and his own role within it, then you will have to gain access to the Internet World Wide Web. Once you have, then log onto Mr. Ingo Swann's web site at:

www.biomindsuperpowers.com/Pages/RealStoryMain.html.

He has written one of the most detailed and lengthy early histories available on the subject. Everything he says on that site is probably about as accurate as one can be with personal perceptions, at least from a historical viewpoint. However, you should remember that it is also a singular and one-sided view of those events, and that it contains very little data relating to the classified military project. Arguments will almost certainly arise about those years from others who were there at the time and perhaps saw things somewhat differently. One should remember, however, that disagreements should not affect how one thinks about the veracity of remote viewing itself.

Also, in commenting on the history of remote viewing, it would be unethical not to refer to a little known writing by a man named René Warcollier. He wrote a book titled *Mind To Mind*, which was published by Creative Age Press of New York in 1948. It was originally conceived as a lecture that he delivered at the Sorbonne in June 1946, under the title, "A Contribution to the Study of Mental Imagery Through Telepathic Drawing." This lecture was essentially a report on hundreds of what he called telepathic experiments that he had carried out over a period of nearly forty years. His approach, attempts at control, unique deference to drawings, and the statistical results in his experiments are very applicable to remote viewing research going on today.

Those truly interested in pursuing remote viewing as something more than a hobby should try to obtain a copy of this book before beginning.

That the Cognitive Science Laboratory at SRI-International put Remote Viewing on the map cannot be disputed. CSL received a considerable amount of funding, carried out and supported extensive experimentation, and provided support to intelligence operations from 1972 through 1995. If this had not occurred, then no Project STARGATE would have existed, and remote-viewing history would have been very short indeed. A little-known fact about CSL that needs to be said here is that the money spent on experimentation during the 23-year period was not all spent there. It was shared through numerous sub-contracts with many other labs, enabling a great deal of research into the paranormal to be accomplished in areas sometimes only peripherally related to remote viewing. This led to greater understanding of everything from methods of evaluation, to establishing statistical standards, to how a human brain might be appropriately studied.

These accomplishments were and are directly attributable to Dr. Hal Puthoff and Mr. Russell Targ in the early years, 1972 through 1986—and to Dr. Edwin C. May and his colleagues—from 1986 through the termination of the project in November 1995. (I need to add that Dr. May worked for approximately nine plus years at CSL prior to becoming its director in 1986.)

In addition, dozens of other scientists worked at CSL between 1972 and 1995, some of whom have become leaders in various fields, as well as directors of other labs or organizations on the cutting edge of investigations into the nature of humankind. I am underscoring this fact so that the reader understands there was no dearth of real and solid science within the history or background of remote viewing. This science should rightfully carry a great deal of weight when readers decide what they should or shouldn't do or believe about remote viewing and its appropriate form or application.

I should also state here that findings and materials from the lab were shared and used within the operational element of Project STARGATE, located at Fort Meade, Maryland, at least for most of the time it existed. As a result of managerial difficulties, there were periods during which this did not happen. This is the basis for at least three significant areas of disagreement that might arise among past members of that unit.

These are:

–Research that established changes to specific remote viewing applications was sometimes not viewed as constructive or conducive to the operational requirements by the Fort Meade project managers. In such cases, this research was summarily dismissed as unnecessary or simply discarded. Since these suggestions were almost always implemented at CSL but not at the Meade Unit, there is not only disagreement over their necessity, but a total lack of understanding about their efficacy or the research necessitating the original or recommended changes.

–There was always a large discrepancy between good managers and bad managers within STAR-GATE. Some took the time and trouble to learn about and completely understand both the operational and the scientific minimums and maximums. (In other words, there were things that remote viewing should and should not be used for.) This means that for eighteen years, there were numerous periods of appropriate and

inappropriate tasking, the application of various appropriate and inappropriate methodologies, and a multitude of evaluation techniques that may or may not have been appropriate at any given time. Since full managerial responsibility for the project resided within the Meade unit, the science side of the house was sometimes subjected to these irregularities, as were certainly the remote viewers. At times, this had a major impact on both the project overall, and the people within it.

—When you deal with the paranormal, you deal with a unique field that has a tendency to polarize individuals at one extreme or the other—from the hardened non-believer (narrow-minded debunker-type personality) to the zealot (who will believe almost anything). The people in the military are not divinely inspired, so they are no exception to this. The military had and has its fair share of very polarized individuals, some more so than others. Some were inside and others were outside the STARGATE Unit.

So, one can easily understand the vast lines of difference that may be at issue and which are generally responsible for the large degree of disagreement that seems to exist among individuals within the field. Having worked for both the operational and the scientific sides of the house, I must argue that when in doubt, one should nearly always give sway to the scientific version of why things happen or don't happen.

The simple reason for this is that if you attempt to defend remote viewing (which, remember, is a paranormal function) from strictly an operational viewpoint, you will almost assuredly lose the battle. This is particularly true when trying to defend remote viewing against a healthy and skeptical viewpoint. While applications of remote viewing may present some very nice anecdotal examples of success, they leave too many explanations for why they might have happened other than remote viewing. The battles are tough enough when the facts are backed by science, even science performed under the strict guidelines of numerous scientific oversight committees. This is one of the primary reasons CSL always functioned with at least three of these committees between 1986 and 1995.

Those wishing to pursue a more detailed history of the Cognitive Sciences Laboratory and what it has to say about remote viewing can do so on the Internet at: www.lfr.orgics1/index.html.

Since this is a handbook on remote viewing, there is no reason to go into any greater detail regarding its history. I am sure that many individuals will make this attempt in the future. I only ask that when considering this history, remember that probably better than ninety-nine percent of the hard material required to establish that history resides within three areas:

—The people who were participants in STARGATE, each having a uniquely different view, and each possessing knowledge for a finite period of time within the unit.

—The Operational, or Fort Meade Unit, for which ninety-nine percent of the material has not yet been declassified or made available to the public.

—The Cognitive Sciences Laboratory, where arguably the majority of actual research took place. A significant portion of this material has already been published in peer

review journals ^[1] and within refereed papers. However, like the operational material, quite a bit of this material remains classified.

Teaching and Learning

So, does this mean that anyone can learn to remote view and everyone can learn to do it equally well?

The answer is actually yes and no.

As a result of the research and the applications, there are many things we now understand about remote viewing that we didn't know at the beginning. We know that how one approaches the target, how the remote viewer is managed, or how the information is handled will have decisive effects on the results. We know a lot more about the appropriate versus inappropriate way that remote viewing should be applied and how not to oversell it. We know about destructive versus constructive remote viewer habits while receiving information, processing it, and translating it to paper or tape. We probably know as much about what shouldn't be done as what should be done during a remote viewing. We know details regarding the correct protocols, specifics about differing methodologies, exceptions that exist between training and applications, unique forms of employment, good and bad practices, how to leverage information with time, efficient and dysfunctional front-loading, and dozens of other inside tracks to the very heart of effective remote viewing. We understand to some degree the probable consequences of diet, or the reverse, how remote viewing might affect one's health. All of these things can be taught, learned, and applied.

Can everyone be taught to do equally as well as the next person in remote viewing? No. No more than you can successfully teach everyone to be top of the line competitors in swimming, track, shooting, or golf.

Experience dictates that it's probably a mixture of desire and focus (33%), quality and intensity of training (33%), and the natural talent you walk in the door with (33%). How do you know if you have what it takes? Well, that's what this book is all about.

Chapter One

The Martial Art of Remote Viewing

Michel Random states in the preface to his book, *The Martial Arts, Swordsmanship, Kendo, Aikido, Judo, Karate*; Octopus Books Limited, 1977:

Modern myths about superman, the invincible wrecker, constitute a dangerous temptation to stretch the energy bow to the point at which the string snaps, where the being literally explodes within. Even if such beings become commercial idols, objects of public acclaim, they are nevertheless still inarticulate puppets brought to life with artificial power and energy, who inevitably turn on each other because they have not been assimilated in real terms. Energy is what one makes of it. It can be a source of life or a source of death, a creation or destruction. There is no wisdom exclusive to budo and budo does not escape universal wisdom in which finality is neither retraction nor the drying up of the intellect but its totality and harmony. To be in this sense means to know, and to know is to add energy to energy, life to life, love to love. Such is the way of the universe.

When he wrote these words, he was addressing budo, or Way of the Warrior, in a martial art sense. However, having studied the martial arts as well as remote viewing for over twenty years, I have to say that remote viewing, at least as I have come to understand it, can be expressed in the very same manner.

Remote viewing is a way—*RVdo*^[2]. It's a discipline, a science, and a technique containing certain principles that cannot, and should not, be diluted. As in the martial arts, the methods or *styles* that have come into play may be different, but the essential principles that underscore the foundations for its practice should not and cannot be changed.

These principles dictate that to be taught and taught well, one must not only learn those aspects that can be practiced through repetition under protocol, but also the more ephemeral realities which impact directly the fundamental rules of integrity that bind it all together. Practice is the *mind's body* being conditioned, and the philosophy or spirituality that supports this conditioning is the *mind's soul*.

The Right State of Mind

We like to think of all Japanese martial arts masters as being Zen Buddhists, but they are not. The traditional and original religion of Japan is Shinto. Shinto literally means "the way of kami," and kami means "mystical." Shinto has no founder, no official scriptures or texts, and no dogma, and even thus unencumbered has survived the ages, to include the coming of Buddhism in the year 538. As a result of varying changes to Buddhism, Zen was introduced to Japan sometime during the thirteenth century. Zen cannot be described very well other than by saying what it is "not." It is not a system of ideas, metaphysics, or religion. It is even less endowed with dogma, belief, vows, or symbols than the rest.

Within Zen one seeks nothing. You can gain no merit, no faith is required of you, no savior is necessary, there is no just reward, no choice in all things, nor is there any desire for attainment.

When I am asked about what one must learn in order to do remote viewing, my normal response is: "Zen."

Zen meditation brings a strong emphasis on the mental and spiritual state of the practitioner. The rationalizing and calculating functions of the mind are suspended so that the mind and body can react immediately and in unison to an outside influence. In martial arts, this could be a physical threat. To the remote viewer, it is the completion of a thought without thought being necessary. ^[3]

In following the way of remote viewing, one learns to be an empty vessel, within which ideas can form that are relevant to an unknown location, event, object, person, or concept. These ideas are not connected to any personal desires, wants, issues, beliefs, or structures that may already exist within us.

Since there is no way of really describing the perfect experience of such intimate and thorough knowledge as occurs during the sharing of subject and target, training becomes more of an unlearning of habits developed since childhood. These are habits that get in the way of that perfect symbiosis between mind and target.

The right state of mind during remote viewing is very much like attempting to mentally balance on a fine wire fence. In making an effort to find that perfect point of balance within the void, you reach a point of exclusion of all other thought. It's only the sudden realization that you are in harmony, perfectly balanced on the edge, which ruins the state of being. As explained by many Zen

Masters, it is a condition of mind that is nearly as difficult to master as it is to describe.

Therefore, a right state of mind is essential to the pursuing of RV'do. Developing this right state of mind requires the following, at a minimum:

–Elimination of the negative aspects of ego. When it comes to remote viewing expertise, following a doctrine of individual self-interest is highly corrosive to your ultimate goals. An exaggerated sense of self-importance will always be destructive to the higher goal. Self-importance requires that you set escalating levels of excellence. You quickly find that the expectations are impossible to fulfill. Fear of failure becomes your master.

–Complete relinquishment of any personal expectation for perfection. You will probably never find perfection in remote viewing. It is just like any of your other senses. Mistakes will be made, filters will sometimes be turned on or off inappropriately, or your perceptive apertures will not be exacting enough. Setting specific or personalized expectations will only complicate matters. It will make it more difficult for you to deal with failure when it occurs, and will increase the number of those failures. You need to understand from the outset that each of us learns in our own way, we learn at our own speed, and success is measured differently for each of us. There is no way to compare yourself against those who have come before you. Nor is it necessary to do so.

–Both spiritual as well as philosophic growth will be required. Remote viewing is compatible with strong faith in a higher order, a greater being or energy, and should not be in any way offensive to your religious beliefs.

–The word fear in all of its permutations will have to be eliminated from your vocabulary. Fear breeds paranoia, anger, and resentment, and is thoroughly destructive to the remote viewing process. Fear implies a tacit agreement to participate in the root or negative energies that lie at the very basis of its own creation. If you think that you will be harmed, then you will be, and if you think that something is evil then it is. We are our own worst enemies when it comes to the generation of fear and the dark side.

–Finally, a continued and balanced pursuit of the truth will be required. You must, above all else, sustain your ability to think critically, to ask questions, to maintain a healthy skepticism, and to walk the centerline of acceptable reality. Acceptable reality in this case being a mid-point, somewhere between either perceived extreme. The ease with which one is capable of deluding oneself in this field is legendary. The distance between knowing something to be true, and believing it, can be measured in less than the blink of an eye. One's credibility is as fragile as a powder-blue bird's egg. Once cracked, it is shattered irreparably and forevermore lies somewhere just beyond reach, one more body bag of bones on some media heap.

In building a new house, a lot of attention is paid to the foundation. Great care is focused on the steel reinforced concrete footer upon which the rest of the house will

sit. Long before it begins to even look like a house, the solid stone walls, core filled cinder blocks, or formed concrete walls are constructed and then buried beneath tons of earth fill. Even though much of this construction will never be seen again, it is the care and meticulous attention to detail in building the foundation that dictates the longevity, strength, and support inherent within the finished structure.