

CONTROLLED REMOTE VIEWING BASICS

The CRV process works progressively through a structure of six separate phases. In the Basic Online Course, I will be taking you through the first two phases. You may wonder, “Why only two?” Phases One and Two are extremely important to the whole process and create the foundation for the rest of your session. You will learn to connect with your target and obtain sensory (colors, textures, tastes, smells, sounds, etc.) and dimensional (sizes, shapes, positions, patterns, etc.) information about the target in this Basic class.

PREPARING TO DO A CRV SESSION

As you learn to do CRV, it is a good idea to prepare a place in your home or office where you can work. In this place, you know “It’s ok to be psychic here.” It will begin to feel like a comfortable old shoe: You’ll know that when you sit down in this place, you will do well and enjoy your session. Keep doing your sessions here while you get familiar with the CRV structure.

BECOMING MORE VERSATILE

Once you know the structure well, you can try viewing in various places: On a plane, as a passenger in a car, sitting in a busy bus terminal, at the library, in the doctor’s office. Controlled Remote Viewing is something that you can do any time, anywhere, as you become more experienced. While it is a good thing to have “your special place” to view at home, you don’t want to become completely dependent on “the perfect conditions.” The wonderful thing about CRV is that it can be done just about anywhere, any time. If you can’t remote view unless you are sitting in your special place, you are severely limiting your usefulness as a remote viewer. By doing practice sessions in various locations, both noisy and quiet, busy and still, you greatly increase both your viewing skills and your versatility as a controlled remote viewer.

GETTING TIME TO PRACTICE

In your busy life, it can be hard to find the time to practice. When I started learning CRV, I had a fulltime job that kept me busy many hours a day, and I was on call at night. In addition, I had seven children and a large extended family. My house was a circus! I was rarely able to “set aside” a special time to practice, although I tried. I started carrying an envelope with a target photo in it with me everywhere I went. I also carried a clipboard and blank paper. That way, if I was at the park with the kids, I could do a session while I sat on a park bench and watched them play. I could view in the doctor’s office, in airports, and anywhere else I found a few minutes of time. If you get interrupted frequently, don’t let that bother you. With CRV, you can simply write, “Break” on the right side of the page, along with the time. When you’re ready to start again, you can write “Resume” and the time, and voila! You’re ready to start right where you left off.