



Intuitive Specialists Controlled Remote Viewing Presents:

Castle Building Mania

A Look Into the Pros and Cons of Castle Building

By Lori Williams

This exercise is designed to give you greater understanding about Castle Building. Read the questions below, and ponder your answers. You can write your answers on a separate sheet of paper and bring them to the meeting on November 12th. You may also record your answers if you prefer.

- ❖ What is Castle Building?
- ❖ What are some of the clues that let you know you might be building a Castle?
- ❖ Think back to some sessions you've done since you learned how to remote view.
 - What are some of the Castles you've built? Give some examples.
 - As you consider these past examples, see if you can identify the moment you went off into Castle Building. Was there a particular perception that caused it?
 - List some of the ways the Castle symbolically represented the target.
 - What do you think your subconscious was trying to tell you?
 - Do you think Castle Building is a bad thing or a good thing?
 - How can Castle Building be detrimental to your session?
 - How can Castle Building be helpful to you as a person?
 - Why do you think Castle Building occurs?
 - How can *avoidance* occasionally play a role in Castle Building?
 - How do you usually feel when you find out you've been building a Castle?
 - What are some of the things you can do if you feel you might be building a Castle?
 - Describe how you might avoid building a Castle in the first place.
 - Is it possible to salvage a session that is deeply entrenched in Castle Building?
 - If so, how?

Now that you have answered these questions, do you have a deeper understanding of your own personal Castle-Building tendencies? Bring the answer to these questions to our Tuesday night meeting. See you soon!