

Dear All,

Thank you for your interest in the remote viewing course. Please find enclosed a handout giving basic information about the venue/course and a more detailed outline for weekend 1. Although the outline glossary looks a bit daunting at first with its military style jargon, it's a good idea to get to grips with some of the terms, so that it's not all totally bewildering when you begin the course. It's also really helpful to look at a few books on remote viewing to familiarize yourself with some of the concepts behind the techniques and gain some background knowledge. Here is a brief list, recommended by Leigh Culver:

Mind Trek - Exploring Consciousness, Time and Space through Remote Viewing

by Joe McMoneagle. (good all round intro to remote viewing)

Alien Agenda by Jim Marrs (v. good section on remote viewing)

Remote Viewers by Jim Schnabel

Psychic Warrior by David Morehouse

Cosmic Voyage by Courtney Brown

All the above are specifically about remote viewing, the following two are more general views of the universe, related to quantum physics, which contextualize the concept of remote viewing:

The Holographic Universe by Michael Talbot

Parallel Universes by Alan Wolfe

Good bookshops to try are:

Compendium, 234 Camden High St, London NW1 8QS, 0171 485 8944

Watkins Books Ltd, 21 Cecil Court, (off Charing Cross Rd), London WC2 0171 836 2182

Mysteries Ltd, 9-11 Monmouth St, Covent Garden. London WC2 0171 240 3688

Please feel free to contact me with any questions. Best wishes,

Cathy - R. 9.00. RUMEN 9.00

Cathy Jeffrey

Darryl - Regent's College gave me a number for hotels - The British Hotel Reservation Centre - 0171 828 1075. Someone on the previous course →

REMOTE VIEWING WORKSHOP

Two weekend workshops on Remote Viewing (Stages 1-6) are being presented by C. Leigh Culver, Cl. H. Leigh is

COST: £120 waged, £100 conc. (Price covers full course of 2 weekends)

DATE: Sat & Sun, ~~8-9th~~ 15-16th 1997 TIME: 9am - 6pm.

LOCATION: Regent's College, NB- ROOM 117 1st weekend, ROOM 114 2nd weekend,
Inner Circle, Regent's Park, London NW1,
0171 487 7540. Tube: BAKER STREET.

DIRECTIONS: Turn Left out of Baker Street underground into Marylebone Road, stay on left & walk past Allsop Place, London Planetarium & Madame Tussauds, & take next Left into York Gate, walk straight ahead, past two junctions (York Terrace East/West, then Outer Circle), into York Bridge, walk over the bridge and 1st entrance to Regent's College for permit holders only is approx 200 yds up on your left. Ignore this & keep walking on the left another 100 yds, & you have arrived at the correct main entrance. Ask at reception for ROOM 117/114. NB - The A-Z also lists a very small Regent's College on the other side of the Inner Circle IGNORE THIS. A cafeteria on site serves a variety of drinks & food, incl. vegetarian.

Our contract states that we should not bring food on site, please use discretion.

*NOTE: Please be on time. If you are late you will miss very necessary and valuable information. To be able to attend the second day you must attend the first.

What is Remote Viewing?

Remote Viewing is a method of psychoenergetic perception. Remote viewing may be defined as the acquisition and description, by mental means, of information blocked from ordinary perception by distance, shielding, or time.

What should I bring to the workshops?

The workshops will be very intensive. Be prepared for several hours of lecture, study and practice each day. Come to the workshops dressed very comfortably. If you wear contact lenses you may wish to wear your glasses. You will have to learn some fairly complex concepts, then demonstrate what you have learned. You should bring pens and/or pencils and a lot of paper. You will be doing a lot of writing. Last, but perhaps most important, bring an open mind.

What will weekend 1 workshop cover?

- * Remote Viewing learning theory.
- * Fundamental RV conceptual theory (the role of the matrix and signal line, and how they interact with the mind to cause human awareness of so-called psychically derived information).
- * Stage 1 lecture and practice exercises (making contact with the target and ideogrammatic dialoguing).
- * Stage 2 lecture and practice.
- * Introduction to Stage 3 dimensionals and aesthetic impact.

What will I learn from weekend 1 workshop?

The Novice level workshop is designed to present remote viewing at its most elemental and basic practice: the learning of a process, the acquisition of a disciplined use of a set of protocols, and the production of verifiable, documentable, and useful data.

You will learn how to detect and decode the major gestalt of a target, describe sensory impressions from the site, and grasp its fundamental dimensional characteristics. You will learn how to detect, identify, and deal with "mental noise", the largest problem in "psychic" functioning. You will learn how to produce in words and sketches information you could not have known any other way than through "non-physical" contact with a distant target. WEEKEND 2: Stages 4-6, include the information matrix, more detailed decoding of signal line, sub-elements of sites, 3D modelling of sites (for which please bring along a few cans of children's PLAYDOUGH to 2nd weekend).

ADDITIONAL INFORMATION: CATHY JEFFREY

GLOSSARY

The following terms will be defined and used during the novice level remote viewing workshop. Students should become somewhat familiar with these terms before the course.

1. INTRODUCTION TO REMOTE VIEWING

Remote View: Acquire, through perception, information about a site that is at a different physical location or in a different time frame than that of the person reporting.

Remote Viewing (RV): The name of a method of psychoenergetic perception. A term coined by SRI-International and defined as "the acquisition and description, by mental means, of information blocked from ordinary perception by distance, shielding, or time."

Coordinate Remote Viewing (CRV): The process of remote viewing using geographic coordinates for cueing or prompting.

Remote Viewer: Often referred to in the text simply as "viewer," the remote viewer is a person who employs his mental faculties to perceive and obtain information to which he has no other access and of which he has no previous knowledge concerning persons, places, events, or objects separated from him by time, distance, or other intervening obstacles.

Monitor: The individual who assists the viewer in a coordinate remote viewing session. The monitor provides the coordinate, observes the viewer to help insure he stays in proper structure, records relevant session information, provides appropriate feedback when required, and provides objective analytic support to the viewer as necessary. The monitor plays an especially important role in training beginning viewers.

2. FUNDAMENTAL REMOTE VIEWING CONCEPTUAL THEORY

Matrix: Something within which something else originates or takes form or develops. A place or point of origin or growth.

Signal: A sign or means of communication used to convey information. In radio propagation theory, the modulated carrier wave that is received by the radio or radar receiving set.

Wave: A disturbance or variation that transfers itself and energy progressively from point to point in a medium or in space in such a way that each particle or element influences the adjacent ones and that may be in the form of an elastic deformation or of a variation of level or pressure, of electric or magnetic intensity, of electric potential, or of temperature.

Aperture: An opening or open space; hole, gap, cleft, chasm, slit. In radar, the electronic gate that controls the width and dispersion pattern of the radiating signal or wave.

Gestalt: A structure or configuration of physical, biological, or psychological phenomena so integrated as to constitute a functional unit with properties not derivable from its parts in summation.

Evoking: (Evoke: "to call forth or up; to summon; to call forth a response; elicit.") Iteration of the coordinate or alternate prompting method is the mechanism which "evokes" the signal line, calling it up, causing it to impinge on the autonomic nervous system and unconsciousness for transmittal through the viewer and on to objectification.

Coding/Encoding/Decoding: The information conveyed on the signal line is "encoded," that is translated into an informational system (a code) allowing data to be "transmitted" by the signal line. Upon receiving the signal, the viewer must "decode" this information through proper structure to make it accessible. This concept is very similar to radio propagation theory, in which the main carrier signal is modulated to convey the desired information.

Conscious: Perceiving, apprehending, or noticing with a degree of controlled thought or observation; recognizing as existent, factual, or true. Recognizing as factual or existent something external. Present especially to the senses. Involving rational power, perception, and awareness.

Subconscious: Existing in the mind but not immediately available to consciousness; affecting thought, feeling, and behavior without entering awareness. The mental activities just below the threshold of consciousness.

Supraliminal: Above the limen; in the realm of conscious awareness.

Limen: The threshold of consciousness; the interface between the subconscious and conscious.

Liminal: At the limen, verging on consciousness.

Subliminal: Existing or functioning outside the area of conscious awareness; influencing thought, feeling, or behavior in a manner unperceived by personal or subjective consciousness; designed to influence the mind on levels other than that of conscious awareness and especially by presentation too brief and/or too indistinct to be consciously perceived.

Autonomic Nervous System (ANS): A part of the vertebrate nervous system that innervates smooth and cardiac muscle and glandular tissues, governs actions that are more or less automatic, and consists of the sympathetic nervous system and the parasympathetic nervous system.

Ideogram: A picture, a conventionalized picture, or a symbol that symbolizes a thing or an idea but not a particular word or phrase for it. In coordinate remote viewing, the reflexive mark made on the paper as a result of the impingement of the signal on the autonomic nervous system and its subsequent transmittal through this system to the arm and hand muscles, which transfers it through the pen onto the paper. There are four types of ideograms: single, double, multiple, and composite.

Analytic Overlay (AOL): Subjective interpretation of signal line data, which may or may not be relevant to the site; the analytic response of the viewer's mind to signal line input. An AOL is usually wrong, especially in early stages, but often does possess valid elements of the site that are contained in the signal line.

Automatic vs. Autonomic: Reception and movement of the signal line information through the viewer's system and - into objectification is an autonomic process as opposed to an automatic one,

which itself implies an action arising and subsiding entirely within the system rather than from without.

Overtraining: The state reached when the individual's learning system is over-saturated and is "burned out," analogous to a muscle that has been overworked and can no longer extend or contract until it is allowed to rest and rebuild fibers that have been broken down by the stress, or reinforce those that have been newly acquired by new demands placed upon the muscle.

Absorption: Assimilation, as by incorporation or by the digestive process.

Cognitron: A cognitron is an assemblage of neurons, linked together by interconnecting synapses, and which when stimulated by the mind's recall system produce a composite concept of their various subparts. Each neuron is charged with an element of the overall concept, which when combined with the elements of its fellow neurons produces the final concept which the cognitron represents. As a human learns new facts, skills or behaviors, neurons are connecting into new cognitrons, the connecting synapses of which are more and more reinforced with use.

Neuron: "A nerve cell with all its processes." The apparent fundamental physical building block of mental and nervous processes. Neurons are the basic element in the formation of cognitrons, and may be linked into varying configurations by the formation or rearrangement of synapse chains.

Synapse: The interstices between neurons over which nerve impulses must travel to carry information from the senses, organs, and muscles to the brain and back, and to conduct mental processes.

Learning Curve: The graphic representation of the standard success-to-session ratio of a remote viewer trainee. The typical curve demonstrates high success for the first one to a few attempts, a sudden and drastic drop in success, then a gradual improvement curve until a relatively high plateau is reached.

First-Time Effect: In any human activity or skill a phenomenon exists known as "beginner's luck." In coordinate remote viewing, this phenomenon is manifest as especially successful performance at the first attempt at psychic functioning, after which the success rate drops sharply, to be built up again gradually through further training.

Noise: The effect of the various types of overlay, inclemencies, etc. that serves to obscure or confuse the viewer's reception and accurate decoding of the signal line.

3. REMOTE VIEWING STRUCTURE

Inclemencies: Personal considerations, such as illness, physical discomfort, or emotional stress, that might degrade or even preclude psychic functioning.

Objectification: The act of physically saying out loud and writing down information. In coordinate remote viewing methodology, objectification serves several important functions: recording of information derived from the signal line; re-input of information into the system as necessary for further prompting; and expelling of non-signal line derived material (inclemencies, AOLS, etc.) that might otherwise clutter the system and mask valid signal line data.

Dear All,

We had a CRV-UK meeting yesterday, and 13 people came.

THE NEXT MEETING WILL BE:

MONDAY 8TH JUNE 7-10 PM, CABOT CENTRE.

PLEASE LET ME KNOW IN GOOD TIME IF YOU'RE COMING ...

Leigh sends his love to all, he's much better and busy working and teaching RV in America, having finished his job in the arctic. He aims to come back in the summer to teach us Stage 7... The main topic of discussion was David Morehouse - three people from our group attended his five day remote viewing workshop last week and gave us some great feedback and ideas.

Some Morehouse tips for you:

- 1) For those who worry that Controlled RV is not as "powerful" or effective as Extended RV, David said that for those who use ERV, their success rate is no better than CRV, and many top RVers don't use ERV.
- 2) A 60% success rate at RVing was the military threshold reached before they were given operational targets
- 3) David suggested people could sketch their AOL's as another way of getting them out of the system
- 4) He asked people to write a SUMMARY of each target at the end of the session, which was helpful, giving extra clarity to the process
- 5) The use of a personal imagined SANCTUARY or safe place in the mind was mentioned - when cooling down, it can be the place of departure, or if things get difficult during a session, it can be the place to return to
- 6) David's advice was not to use monitors unless or until they are well trained, as they can lead you or alter the session negatively. Leigh's advice as you know was to use monitors to keep you in structure as CRV was designed for this...it's up to you, I'd just say, that it's better to do it on your own if you have no monitor to work with, but many of us have found the support of group energy helpful. I personally do both. To avoid telepathy if using monitors, blind monitoring, which is difficult would be best.

That's it for now, HAPPY MAY DAY/ BELTANE,

love Cathy xxx

Darryl - any chance you could send me the Stage 7 info Leigh sent you? Hope you're well & can make it to London same time ...

Dear All,

The next CRV-UK meeting will be on:

SUNDAY 7TH DECEMBER, 3-6PM at **THE CABOT CENTRE**, which is a building situated at the junction of **CHENEY ROAD** and **BATTLEBRIDGE ROAD**, a few minutes walk from King's Cross station. Cheney Road is directly behind King's Cross station. The meeting will be held in the upstairs room on the left at top of the stairs. Press the intercom buzzer by the front door and someone will let you in. They have a kettle there and tea, coffee, herb teas etc are usually available. Feel free to bring along any snacks. The cost of room hire works out at about £1 or £2 each, depending on the number of people who attend.

For all the newcomers from the most recent course in November, the current "graduates" from the previous RV course are working well together and some people are really making big leaps forward, getting many aspects of the target. Some of us are toddling along with more struggle, making gradual changes, and finding that the group energy helps the process, and is also a lot of fun! The monthly group meeting is aimed at giving everyone a chance to get to know each other, to share in the process and get feedback. We will do some target practice at the group meeting, but bear in mind that we need to work in pairs or small groups with one person as monitor, on a regular basis, to get real improvements. At several people's suggestion, I have put together a handout with names and addresses so you can find out who lives nearby, or who you want to work with.

By the way, if you can't come to the meeting on **December 7th**, or don't want to stay in touch because of other commitments etc **PLEASE LET ME KNOW EITHER WAY...** I hope you decide to join in the madness, but I understand it may not be possible or appropriate for you.

All the best,

Cathy Jeffrey

SUMMARY OF CRV-UK MEETING, 18.1.98

13 people attended the meeting... Clement mentioned that he had a great deal of success in teaching CRV in Louisiana, that people were picking up the RV skills in a matter of hours, on a one-to-one basis. He also wondered if Leigh would be interested in having contact with these people. We then discussed the potentials for teaching RV in the UK. We all seemed to be in general agreement that in order for the teaching process to be ethical and professional, we would need to discuss the ramifications with Leigh first, and that we would have to ensure there were universally agreed upon codes of conduct: including that we would continue to work as part of the existing CRV-UK group; that we would only use the guiding Protocols of CRV, as taught by Leigh Culver, and that we would credit him as the source of our teaching methods; also that we would recommend that our students of CRV would really benefit from being taught directly by Leigh. Obviously this would be essential for stage 7 which we have yet to learn ourselves. I said that I would contact Leigh to talk over some of the issues raised by this meeting. We discussed what name to give if we are to change it from CRV-UK. We also looked into the possible venues for teaching CRV. One suggestion was Richmond College, in Twickenham, which some group members already have links with and which would therefore be more open towards RV than some other colleges.

Other items discussed (not an exhaustive list):

Ricky mentioned that he found the CRV manual could be more user-friendly and suggested that it could be re-worked to be more concise...

NEXT CRV-UK MEETING is Sunday 22nd FEBRUARY, 3-6 pm at the **CABOT CENTRE**, junction of Cheney Road and Battlebridge Rd, behind King's Cross station, NW1. For those who are new to the venue, there are facilities for tea etc, and bring snacks if you want. Press bell for intercom and someone will let you in...I hope to see you there...

We may have to find an alternative venue for these meetings, since March may be the last month we can use the Cabot Centre as they are moving premises, but we may be able to follow them to their new venue. People are asked to please scout around for possible venues, with emphasis on a central London location and cheap rates...

There is a **video waiting list** for those who want to borrow my copy of Jim Kerr's Remote Viewing compilation video, including juicy extracts of David Morehouse and Joe McMoneagle...

We did a couple of targets and overall the results were not as good as most of us are getting regularly working with a monitor, so please keep up your work with a monitor, it's really the only way to do CRV properly.

And if you haven't yet found someone to work with, ring me and I'm sure we can find someone living relatively near you.

Best wishes,

Cathy Jeffrey

Dear All,

The 4th CRV-UK meeting will be held on:
SUNDAY 18TH JANUARY, 1998, 3-6PM at **THE CABOT CENTRE**,
which for those who haven't made it yet, is a building situated at the
junction of **CHENEY ROAD** and **BATTLEBRIDGE ROAD**, a few
minutes walk from King's Cross station. [Cheney Road is directly behind
King's Cross station - follow the signs in the station, or ask for the exit
leading to platforms 9, 10, 11. The entrance to these platforms is in
Cheney Road, walk all the way down it to the junction with Battle Bridge
Road]. The meeting will be held in the upstairs room on the left at top of
the stairs. Press the intercom buzzer by the front door and someone will
let you in. They have a kettle there and tea, coffee, herb teas etc are
usually available. Feel free to bring along any snacks. The cost of room
hire works out at about £1 or £2 each, depending on the number of
people who attend.

If you can't come to the meeting on **January 18th**, or don't want to stay
in touch because of other commitments etc **PLEASE LET ME**
KNOW EITHER WAY... By the way, here's to a Merry Solstice,
Saturnalia, and not forgetting a Merry Christmas, and a Happy New
year...**MAY YOUR VIEWING BECOME LESS AND LESS REMOTE**
IN 1998...

All the best,

Cathy

Cathy Jeffrey

Thank you again for that missing person
target - the guy was found, relatively ok,
in a hospital. Maybe see you in Jan?

23.2.98

Dear All,

THE NEXT CRV-UK MEETING will be a change from the usual time and day: at the request of many, we are trying out a weekday evening instead, and since many of us are away in March, the next meeting will be **MONDAY APRIL 27TH, 7 - 10 PM, AT THE CABOT CENTRE,** corner of Battlebridge Rd and Cheney Rd, Kings cross.

SUMMARY OF CRV-UK MEETING, 22.2.98

Nine people were present and we had a good productive meeting today, with everyone getting key aspects of the target.

The threat to the Cabot Centre is temporarily lifted, so we can probably stay there until september.

We discussed the importance of ethics for the group, especially if we are going to end up teaching this work on a wider scale. I asked people to think of definite principles they would like to see included in a code of practice, and to bring their ideas along to the next meeting, so we can actually begin to formalise our intentions.

Ricky gave us a target, which you may like to do for the next meeting and bring along, the co-ordinates are: 1907 9314.

Darryl who lives in Bath wrote to me with the suggestion of creating a newsletter and a pool of targets for each of us to do, the idea being to record how well we did, so we can collate all the target information to see how we are progressing, build up more of an idea of our weak spots and strong skills with RV, and also with a view to using the info it gives us when teaching others. James emphasised the useful role of a newsletter in terms of keeping all the RV "graduates" who have yet to make our meetings informed of what's happening, so they can feel more easy about joining in. Clement has good DTP skills and Darryl is a designer, so between us we could sort something out. Until then, I'll use this monthly mailout as a way of up-dating everyone who wants to keep in touch. Some people didn't respond to my last mail-out, so **I'd be grateful if you'd let me know this time if you still want to be kept on the mailing list.**

At Victoria's suggestion, we sent Leigh (who's been quite ill for two months) some group healing energy.

Happy Viewing, Happy Spring/Easter, and I hope to see you in April.
All the best,

Cathy

9.6.98

Dear All,

We had our most recent meeting last night at the Cabot Centre, and ten people were there. The main topic was Valerie Austin's recent visit to America, where she underwent what is known as **Ultra Depth therapy**, with a hypnotherapist. This seems to have good potential for RVing - it is a very deep state that allows the body to function naturally with only seven breaths per minute. In the Ultra Depth state, Valerie had a very powerful experience of ERV, and thinks it might will be a useful method for those wanting to take their RV further. For info on courses she is organising in September with American tutors, phone her on [REDACTED]

Meanwhile, for those who I wasn't able to contact recently, there is also the possibility of another RV course with David Morehouse in July. As I mentioned in the previous handout, three of our group have been on his course and found it a very useful addition to their practice. Valerie will have details about this soon, but the likely dates are 31st July - 2nd August. It is not definite yet, but if you're interested, pencil it in for now. I spoke to Leigh recently, and he was very enthusiastic about us training with David, because to put it in Leigh's words, the type of info we'd be getting would be "Straight from the horse's mouth". For all those out there who have been struggling with RV, David's course will be for all levels, so in a sense you can start the process again...Leigh may also be coming over to work on stage 7, but there's no more news on this yet.

The next CRV-UK meeting will be at the Cabot Centre as usual, on **MONDAY 13TH JULY, 7-10PM.**

A little diversion here, to plug something very worthwhile - you probably all know about the dangers of Genetic Engineering, well a book has just come out which will be very useful for explaining it to people who don't yet understand the full implications of GE. It's called:

"Genetic Engineering - Dream or Nightmare" by Dr MAE WAN HO, published by Gateway Books. That's it for now, have a great summer solstice. All the best,

Cathy

Thanks again for me targets!
Speak to you soon...

21.7.98

Dear All,

The next meeting of CRV-UK will be:
MONDAY AUGUST 24th, CABOT CENTRE, 7 - 7.30 - 10pm.

Our last meeting went well, and nine people attended. Clement has been keeping a record of all his targets over the past year and is coming up with useful data about how he works, what effects his performance etc. It's a good idea to keep all your targets from now on if you haven't already, so that in that golden future time when we're all experienced excellent RVers, we will have proof of the long and sometimes infuriating, but ultimately rewarding journey, and also, it will be very helpful for anyone involved in researching the subject to have detailed info of our progress...

For those interested in taking Dave Morehouse's RV course, there is apparently another one being held here, but details are few and it's best to ring the organiser [REDACTED] to find out if there are any places left. The previous London workshop organised by Valerie is not taking place, and I only heard about the other one at our CRV-UK meeting, so it is very short notice, and it may well be full by now, but worth a try if you're very keen...

We're considering a new venue since I know many central and south Londoners have difficulty with King's Cross, but the problem will be one of a likely increase in fees - we have something of a bargain at the Cabot, but it is due to change hands before our next meeting, so they may want to charge more, so this topic will be up for discussion at the next meeting.

Other news, I'm off on walkabout round Australia for three months in September, so James who is always a great help with the group anyway, will be "babysitting" as organiser of the meetings...I hope to see you in August, and if not, have a good summer and I'll see you when I return from Down Under in December...

All the best,

Cathy