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Frequently Asked Questions

1. [How does one decode complex ideograms?](#) (Click on link for answer.)

2. [How often should one remote view to become and stay proficient?](#)

Answer: This will vary, depending on the viewer's desired level of proficiency. Typically, a viewer who wants to develop and maintain remote viewing skills at a high level of proficiency will remote view at least twice each week. This viewer may also act as a monitor from time to time as well. Remote viewing (full sessions) more than three times a week for an extended period of time can sometimes produce a level of tiredness (as with any other type of activity), and if this happens, the viewer should take a break for awhile in order to approach the remote viewing process fresh. There are exceptions, of course, and some viewers report both (a) finding the time, and (b) enjoying to remote view more often.

3. [Is it better to view solo or with a monitor?](#)

Answer: Solo sessions and monitored sessions are both useful in their own ways. Monitored sessions are particularly useful for training sessions and for conducting sessions on operational targets. Operational targets are those for which remote viewing information is required for an applied remote viewing project. In such cases, the monitor can judge whether or not the viewer has completed the data requirements for the session prior to ending the session. The monitor can also suggest useful movement exercises to the viewer in order to assist the viewer in focusing on the appropriate target elements such that the data requirements can be met. Advanced SRV is designed to assist the viewer in obtaining similar levels of target completeness without the use of a monitor. Nonetheless, monitors are sometimes useful in suggesting movement exercises in Phase 4 of Advanced SRV. Remote-viewing sessions done for public demonstration are typically executed solo.

4. [What is the difference between the basic science stuff done at The Farsight Institute and RV applications?](#)

Answer: Basic science of the remote-viewing phenomenon involves conducting experiments to better understand the phenomenon itself. This is what we do at The Farsight Institute. This is much different from conducting remote-viewing sessions for the purpose of finding out information about a target so that analysts may act on that information. RV applications are designed for this latter purpose. For example, remote-viewing sessions that were conducted by the U.S. military for espionage purposes are RV applications. The Farsight Institute normally sponsors only basic science experiments relating to the remote-viewing phenomenon.

5. [How long does it take to become a good remote viewer?](#)

Answer: One can have profound remote viewing experiences rather quickly, since the ability is considered innate to all normal humans. But to become really good at remote viewing is like anything else - practice and training are important. It might be useful to compare remote viewing to studying a musical instrument. As with any musical instrument, one can make sound quickly, but it takes longer to be able to consistently make beautiful music.