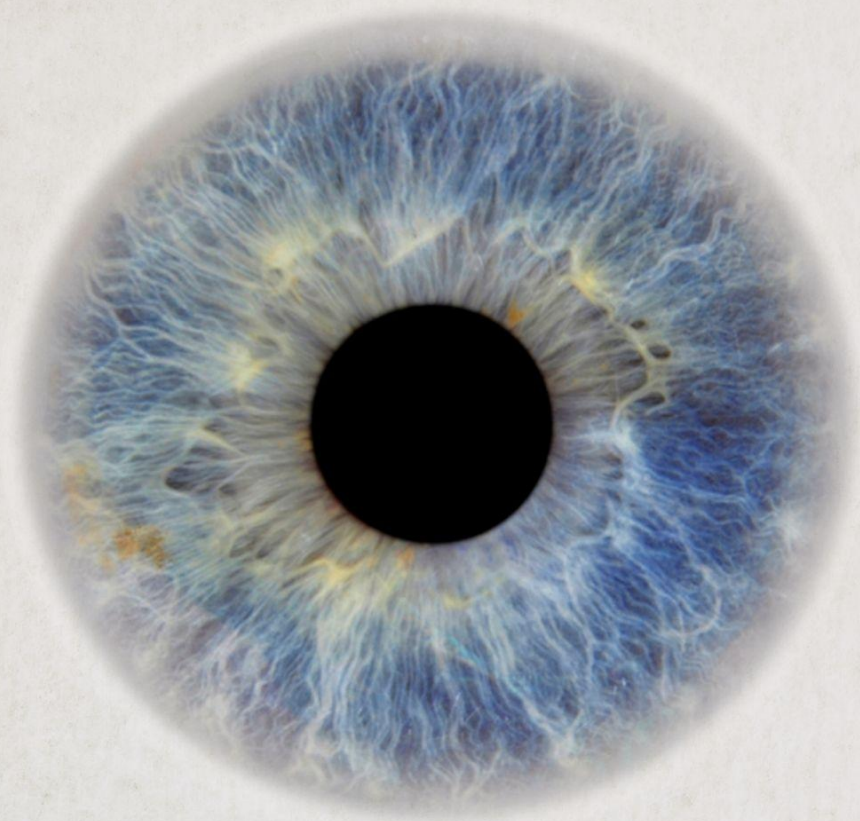


ARE YOU A DREAM IN THE DREAM?



10 SIMPLE METHODS TO GET THE RIGHT ANSWERS AND FIND MISSING THINGS

WARNING!
THE USE OF THESE METHODS MAY ACTIVATE YOUR INNATE EXTRA-SENSORY ABILITIES!

THE BOOK ALSO INCLUDES METHODS FOR FINDING LOST ITEMS, GETTING INFORMATION ON CRYPTOCURRENCY PRICES AND THE RESULTS OF FUTURE FOOTBALL MATCHES.

THIS BOOK COMPLEMENTS THE "REMOTE VIEWING HANDBOOK", AND
"HOW TO PREDICT THE OUTCOME OF FUTURE EVENTS".

TOMMI TOPELUND

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TOMMI TOPELUND

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The author's Youtube channel:

https://www.youtube.com/channel/UCQO9DRZP5L84J-25Kjkw_g

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I am not a guru, teacher, clairvoyant, psychic or any other such. Nor do I aspire to be any of those. I do not wish to be a guru, a psychic, a teacher, a psychic or a psychic medium, nor am I trying to be one. I am merely sharing knowledge and information that can answer someone's questions and enhance their experience of existence.

I have not (at least not knowingly) made, nor do I make, any kind of deal with spiritual guides or other such figures in order to then profit from such arrangements. I belong to no one and to no body. I am a Free Soul. I Am A Dream In and Of The Dream. And Also A See(k)er In and Of The Dream.

Furthermore. The future is never 100% predetermined or certain. The future is always probable and influenced by our feelings, thoughts, emotions, actions, events, intentions, etcetera. Therefore, predicting the future is also not always 100% accurate, but only with probable accuracy. As Major [David Morehouse](#), who served in the [US Secret Remote Viewer Unit](#) says: *The only true reality is the moment. Everything else is a conceptual illusion.*

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Preface to the book

I discovered remote viewing in 2016 in a book that talked about, among other things, the superconscious and the subconscious, the construction of our reality or matrix, and channeling. Since then, I have been deeply interested in remote viewing and related topics.

Many of us have seen the shows of clairvoyants and mediums who can somehow read minds or see the future. I became seriously interested in how they do it and whether it is real or a hoax. To do this, I read dozens of books on metaphysics and remote viewing, took several courses, listened to and watched hundreds of hours of videos on remote viewing and metaphysics. On top of all this, I practiced remote viewing myself, doing several hours of training a day during the more intensive periods of study.

As I practiced, I began to understand more and more about remote viewing and how my own consciousness, mind and body were functioning at the time, and what the effects of remote viewing were on them, or on me as a whole.

Probably what I have learned the most about remote viewing and myself is through [Associative Remote Viewing \(ARV\)](#). For the last six years, I've been mainly focused on ARV because I've wanted to find out whether remote viewing can be used to get to know future events and their outcomes. To this end including other targets, I have been remote viewing possible future disasters, such as earthquakes, hurricanes or disasters with a large-scale impact on society.

I've also looked at the possible future prices of certain stocks listed on the [NASDAQ](#), cryptocurrencies, lottery winning numbers and even the possible winners of sports events such as football matches.

Initially, I did hundreds of structured remote viewing sessions. I talk about all this in more detail in my book, „[How To Remote View The Outcomes Of Future Events](#)“ (only available as an e-book in Estonian).

Since the accuracy of remote viewing future events and outcomes using structured remote viewing was only 60-70%, I have been trying to figure out how to achieve at least 80-90% accuracy. To do this, I started researching on the internet to see if there are other methods, besides structured remote viewing, to see the future, for example. To be honest, I haven't found any groundbreaking way of doing this on the internet.

As I mentioned above, I have worked through a lot of material on remote viewing and have done hundreds of structured remote viewing sessions and more than 4000 (four thousand) short *viewings* experimenting with different methods. As a result, I have a pretty good understanding of how my own system, i.e. my mind, consciousness, spirit and body work when remote viewing a target. In this context, I had ideas on how to combine these methods to invent and develop new ways of remotely perceive targets, including the future. The 10 methods I present in this book.

But all of the above has come at a price. For example, in the summer of 2020, I mentioned in the biggest Estonian daily newspaper that „vaccines“ against the „coronavirus“ (which has in reality turned out to be one of the biggest psychological operations and crimes against humanity) could contain nanocompounds and nanotechnology. Today we know such vaccines as [mRNA vaccines](#). Vaccines containing artificial intelligence already exist.

Of course, my books and remote viewing presentations on Estonian television and social media also attracted the attention of the dark forces. Wolves in sheep's clothing started swimming under my side. Some of them introduced themselves as devout Christians, others as life coaches, others as *friends*, others tried to get close to me. In fact, behind the facades of these characters were heartless, even breathless evil-doers.

For the last three years I have been under constant energetic and astral attack. Attempts have been made to destroy me and my life completely, including financially. Attempts have been made to drive me mad and put me in a situation where I would end up on the streets, homeless and suicidal. I have been driven to extreme desperation and confusion with persistent persistence, and kept in a state where I would eventually lose control over myself.

Curses, the dark arts, including death and chaos magic, have been used on me and on my life, and probably other practices just as evil. In short, attempts have been made to get rid of me. Especially after I refused to submit to these forces.

For example, in my own life, I began to notice how things in my parents' home and my own personal belongings were suddenly falling apart and breaking. In addition, noisy, and eventually unbearable, situations would arise around me more and more often, where I would have to leave my parents' home and move abroad to heal myself. It was just that the whole environment became not only unhealthy, but emotionally, mentally, physically and spiritually life-threatening.

But magical practices know no borders. Even while living abroad, I continued to be assaulted astrally and energetically.

Once, during an associative remote viewing session, when I was looking at the possible results of a football match, I noticed (I have learned to monitor what is going on in my system in relation to remote viewing) that thoughts come into my head that are definitely not my own and I don't think them. I could clearly sense some alien energy trying to take over my mind and thinking. I noticed how they were trying to take over my state of mind, even replace it with someone else's.

In the past, I have also been made to fall in love with certain people in order to gain power over me. In addition, attempts have been made to change and take over my way of life. There is a plenty of information in English on these subjects. When googling, the key words are *black magic, chaos magic, death magic, hexes, curses, spellworks, energy syphoning, destiny swapping*, etc.

What these soulless and mindless people don't know is that there is a [POWER](#) behind me, guiding me and motivating me to keep moving forward despite whatever rubbish they throw in my way.

I talk about my life abroad, in Spain, in my book „[A Year in Spain. For Free*](#) What people I know think I'm doing in Spain and what I'm actually doing here“ (only available as an e-book in Estonian). But in it I left out the background to why my life here turned out the way it did. In fact, I came to Spain not only to heal myself, but also to do other things, which some of my attackers knew about. What I have learnt from this is that you have to keep your mouth shut about your plans for the future, and also about past and present actions.

When I would tell my so-called family or friends about these dark things, they would think that I was out of my mind and suffering from some kind of delusions and hallucinations. It was then that I realised who my real brothers, sisters and friends were.

All in all, such things do not go unnoticed by The Most High, with whom I have developed a relationship of sorts. He (or It) has educated me well on these subjects and kept me on the path He has laid out for me in this world. As I stated at the beginning of the book in the Disclaimer, I am not a guru, teacher or anything of the sort. And I am certainly no saint. I have also done evil and bad things in my life because I was UNCONSCIOUS and UNAWARE. And I have paid the price.

However, I, like every other embodiment and expression of the Supreme Soul, The Spirit, The Indecrivable, have his/her own business to attend to in this world. And there are consequences for obstructing or interfering with all this.

This whole theme also ties in with one of the main themes of this book - we must be AWAKE, not in memories and Memory. Memory, or the HiStory, is one of the basic tools that affects us all if we are not AWAKE and AWARE. It is through memories and memory (which in other words is really history) that we can be manipulated and influenced. To get rid of it, one must become AWAKE - to change from a THINKER to a PERCEIVER/OBSERVER. I also leave here a short video in which Joe Dispenza speaks on this subject: <https://www.facebook.com/reel/1823645845134490>

There will be more in this book on Memory and Being Awake.

A brief introduction to remote viewing

Please watch and listen to this 1.30 minute video [Third Eye Spies \(2019\) | Official Trailer HD](#) first. If you are interested in this video and the subject matter, I recommend you to watch this documentary in full length. In addition, I recommend you to watch and listen to the second video on the same topic entitled [The CIA's Psychic Spies Revealed!](#). If, after watching these videos, you are still interested in the topics covered in these videos, I recommend to read this book.

How do some „see“ and know what most do not?

Have you ever wondered how some people are able to foresee and/or predict future events or outcomes? Or how some are able to find missing people, pets and/or objects? How do they do it? Are they using some kind of magic, are they particularly gifted, or have they trained themselves to do so under some kind of scientific protocol? As far as I know, some remote viewers use a combination of all of the latter, and some use only some of the latter, such as scientifically developed protocols.

What if you could predict the outcome of next Wednesday's football match, or the price of the cryptocurrency [Bitcoin](#) in three days, two weeks or even a month? What if you had the KNOWLEDGE how to find your lost items, or to choose which country would be the most reasonable to travel to for a full holiday? Or know in advance where to buy your property and foresee where the hidden flaws are before you buy?

To find answers to these questions, to solve problems or to prevent them, there is a tool called Remote Viewing (also known as Remote Perceiving, Remote Seeing). Obviously, the potential uses of this tool are limitless and depend on the imagination of the user and the ability to ask the right questions, receive them and interpret them correctly.

In my previous books, „[Remote Viewing Handbook](#)“ and „[How To Remote View The Outcomes Of Future Events](#)“ (available only as e-books in Estonian), I talked about [structured remote viewing](#) - a mental technique developed at the request of US intelligence agencies in collaboration with Stanford Research Institute [SRI International](#).

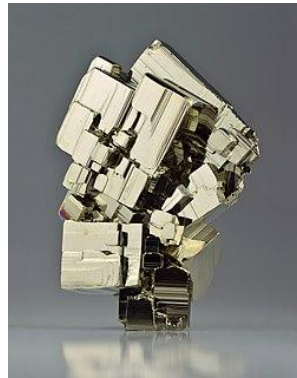
In these books I explain how to learn to use this mental technique and where and for what it can be applied. In current book, I describe 10 exercises and techniques to help you get the right answers, including finding missing objects, using remote viewing, sensing, seeing and knowing. You can learn all these exercises and methods and quickly apply them to your daily life. They will also help you to awaken and/or enhance your innate extrasensory abilities. Most importantly, by using your abilities, you will see and understand yourself and the world around you more fully and more truly.

A few examples of how well or badly structured remote viewing works

Example 1: Searching for a hidden piece of pyrite

Experimenting with the possibilities of structured remote viewing many years ago, I wondered if it would be possible to find a small hidden (or even lost) object, weighing a few grams. To do this, I asked a friend of mine at the time to hide a piece of [pyrite](#) weighing about five grams and, of course, not to disclose its location to me until the remote viewing sessions were over.

According to Wikipedia, pyrite is a sulphide mineral composed of sulphur and iron. Pyrite is mostly yellowish or greyish in colour with a metallic luster, forming cubic crystals and with a density of 4.9 - 5.1 g per cm³.



A piece of pyrite. Photo source: Wikipedia.

The only thing I asked a friend of mine at the time to reveal was the location of a landmark within 10 kilometres of a piece of pyrite, such as a high or historic object or a natural formation such as a mountain. I did a few sessions to determine which cardinal point the pyrite piece is located from the landmark. With this information from the remote viewing, I did another remote viewing session that described the location of the piece of pyrite. The screenshot below shows an extract from the *General Sketch* section of the remote viewing session protocol. In this section, the remote viewer sketches a picture of a possible target, or in my case the pyrite location, including some notable objects in the vicinity of the hidden pyrite chunk, based on the previous stages of the session.

Another example: parachuting into the sea

The following video is another example of how well or poorly structured remote viewing works. You can see the results of my remote viewing session in the video from [10.39 minutes](#). For both targets I used the Transdimensional Systems (TDS) method, which I also teach in my „[Remote Viewing Handbook](#)“.

One of the prevailing problems in remote viewing - inaccurate or incomplete information about the target being surveyed

I believe that in fact this is a problem that affects most people, not just remote viewers. From my observations, most people suffer from the problem of not being able to get correct and accurate answers to questions using their common sense. Unless, of course, they use the help of someone wiser or technological aids such as the Internet to get these answers.

Over the past eight years, in hundreds of structured remote viewing sessions and thousands of short viewings, I have repeatedly received inaccurate information about targets. I tried to find solutions to the problem from various sources. A quote from [Ingo Swann](#) provided a breakthrough clarity, where he pointed out that the responses received through remote viewer's BODY may be inaccurate. That is, the responses received through the viewer's BODY may not always describe/represent the exact ESSENCE of the target. In exploring this statement, I discovered that our bodies are also our individual memories. Even more, each body is also an individual's memory, where information is collected and stored at any given moment through and by our five SENSES.

In order to solve this problem, I had to find ways and methods to get ONLY or MORE accurate information about the target. In addition, I wanted to find a way, or ways, to QUICKLY and SIMPLY obtain such information so that anyone could implement these ways without using technical structured remote viewing. To do this, I began to research and test various alternative methods of remote viewing, including remote seeing and hearing. In this book, I explain some of the ones that have worked most effectively for me.

However, why can't we always get the right answers, or none at all, by using our minds?

In discussing this problem more broadly with myself, I wondered why most people are unable to get the right answers to their own questions by using their reason. Let me give you some examples.

I'm sure that you yourself have tried to guess the winning numbers of a lottery draw, for example, but have not succeeded. Or, from time to time, you forget and don't REMEMBER where you left your car or apartment door keys and where to find them. Or you try to REMEMBER some information that you can't remember. Why?

Because, contrary to the use and development of our own psychic abilities, the use of artificial technology is being intensively promoted in our world for answers and solutions. Why is it that human beings cannot use their intellect to find the answers and solutions hidden from the five senses, but have to use artificial external means?

Modern science argues that the human brain and mind is vastly superior to any supercomputer, yet people still need to use artificial technology to make the choices and obtain the information they need in life. But why?

The aim of the book: to give you the tools and knowledge to get the right answers to your questions

The author's aim here is to introduce and give everyone simple tools to get answers to the questions that are hidden from their [five senses](#). In this book, I share simple techniques for activating and training the sixth and/or seventh sense - for using and amplifying your so-called extrasensory abilities. I ironically emphasise „so-called“ because in fact these abilities are present in all beings with souls, but as a society we are programmed to believe that these abilities are special, possessed and used by a select few.

I hope that the time will come when human beings will begin to see and understand themselves as something bigger, more expansive and more powerful than their limited physical bodies, and act accordingly in a new way in this rapidly changing world. Among other things, it is my hope that learning and practising these methods and remote viewing techniques will help you to develop and train more of your innate sensory abilities, including listening to your inner sense and voice and getting the right answers you need.

The aim of this or my previous books on remote viewing is not to train anyone to become a top-level remote viewer, but to guide people to discover the talents and abilities that lie within them and to understand more about themselves and the reality in which they exist. And I would be delighted if children did the same. Or they would continue to apply the tricks they have already learned or discovered to answer their own questions, without using artificial technology.

In current book you will find some quick and easy ways to remote view, perceive, sense and/or know about hidden, including lost objects and specimens, and future events and their POSSIBLE outcomes. These methods can be used in conjunction with structured remote viewing techniques or completely on their own.

I have tried to keep the content of the book as short, informative and concise as possible, so that it can be read as quickly as possible and the information provided can be used quickly as well. For those interested in a more in-depth understanding of how such techniques work, I recommend reading through; watching and listening to the linked materials above and below.

How can you practise the exercises and methods described in the book?

The idea to share these tools and knowledge to get the right answers to my questions came from a search for a lost mobile phone of an acquaintance. I tried some of the methods presented in this book to locate the phone, and they were spot on. Because I wanted to be sure that these solutions worked consistently, I tested them on structured remote viewing targets. You can also find such in [Senzora application](#). However, these targets can also be used to practice the quick and short methods in this book. And because they are short and simple, anyone can learn to use them and use them on a daily basis if necessary.

Always use and practice these techniques and methods with a childlike curiosity and joy. If you approach it too seriously, the results are always worse rather than better. When remote viewing or asking questions, don't WAIT or ASSUME that you KNOW the answers; instead, just let them APPEAR in your AWARENESS. Waiting triggers IMAGINATION in our minds, and then we neither perceive nor receive a true answer to our question, but rather a distorted response shaped by imagination. From personal experience, I can affirm that almost always, when I approach a task with the intention of achieving something from my ego, I perceive targets more vaguely, and when receiving answers to my questions or about the future, I perceive them unclearly, not distinctly. In fact, both in remote viewing and in life in general, doing something driven by ego ultimately yields worse results than doing something from a PURE, open, childlike heart.

Additionally, I recommend practicing these methods when you have completed your most urgent tasks. Otherwise, during practice, your thoughts may drift to things that need to be done and resolved, which can disrupt your focus on reaching the right state, clearly posing questions, and receiving answers.

Like acquiring any skill and developing abilities, you need to practice, practice, practice to develop a natural HABIT. You don't have to practice these methods every day, but you should do so at least three to four times a week to reinforce what you've learned and to become accustomed to a new, expanded perception. Naturally, as your perception changes, so does your UNDERSTANDING of what is perceived.

However, if you want to learn to use these methods skillfully and proficiently, you should practice regularly at least once a day, five days a week. But as mentioned, take up practicing these methods when you're in the right mood and have the time. It only takes half an hour a day. Practicing these methods is not just another chore or task but an exciting, childlike game.

Enjoy your practice, and the discovery and development of your extraordinary abilities!

Tommi Topelund

The key to getting the correct answers is STATE

The key to obtaining correct answers and finding solutions lies in your STATE of being when you ask questions and receive answers. The state is absolute and supreme. The [Absolute](#) is also a state. Similarly, you are a state and are constantly in a certain state. Just as everything around and within you is in a certain state. Absolutely EVERYTHING is in a certain state, even emptiness, death, and nothingness are states and in a state.

The effectiveness and accuracy of all the methods presented in this book depend on your **state** as the observer and/or questioner and receiver of answers. In this state, you are not defined by a name, gender, race, nationality, or profession. In this state, there is no person, man or woman, planet Earth, your country, or hometown, etc. In this state, there is no story called Life. In this state, there is actually NOTHING and NOBODY except for BEING AWARE or AWAKE (those are also two different states). You achieve this state through another – an apathetic, unengaged state.

In fact, behind this apathetic state lies another, even deeper and more peculiar state, which I will discuss in the final part of the book. Understanding this state and, even more so, **switching** into it requires a deeper understanding of [reality](#) and the [The Wholeness](#). This state is for the advanced observer and questioner.

How to switch to an apathetic state?

Affirmations, or self-suggested confirmations or assertions, can help you enter an apathetic state. An example of such an affirmation is: „*I am apathetic, I am completely apathetic. I am complete apathy. It doesn't matter what is happening (around me and/or in my awareness and mind) or not happening, what is and what is not*“.

An apathetic, UNINVOLVED state helps free oneself from one's own IDENTITY (as the questioner and receiver of answers) and the accompanying STORY, MEMORY/IES, and related EXPERIENCES.

To switch into and maintain an apathetic state, you can also use affirmations in a foreign language, such as (for me as an Estonian) English: „*It doesn't matter what is happening or not. What is or not*“. Or „*I don't care, I don't feel, I don't even exist*“. These affirmations work similarly to the apathy affirmation. Additionally, repeating affirmations in a foreign language can help free or reduce memories described in your native language. Memories are activated because they are stored in our minds as experiences primarily described in our native language.

If you understand and can speak a foreign language other than English, use that. It doesn't matter what language it is. The important thing is that it is not your native language.

You can also repeat the affirmation „*Don't Reflect, Don't Relate*“. This means that if you don't delve into what's perceived around you and in your mind (including the thoughts and stories moving through it) at least during a remote viewing session, questioning, and receiving answers, you can free yourself from everything perceived and from yourself as an embodied character with memory, possessing gender, nationality, age, name, profession, and so on. You can also temporarily free yourself from the MEMORIES of the individual/IDentity associated with that gender, nationality, age, name, profession, and such. This allows you to remain with only a state of AWAKENESS without any identity. The key to using affirmations, whether in your native or a foreign language, is also to BELIEVE in and SEE YOURSELF as what you affirm. The purpose of these affirmations is to disconnect from your character/IDentity (as you as a man/woman with a name etc) and the accompanying EMOTIONS, memories, and memory. Disconnecting from them helps obtain true answers and correct information. If the questioner-observer asks and observes as a character, the answers to the questions mainly come from either the character's individual or the local perceived reality's collective memory. Answers from memory can be correct, but also incorrect. By freeing/disconnecting from memory, the received information is significantly purer and therefore more accurate.

In addition to the correct state, the precise wording of the task or question is also important

To get an accurate answer, it's essential to know how to ask the right questions in the correct wording. For this, it's important to be able to formulate tasks or questions and assignments with precise wording. Each task contains a target, which the task is designed around.

I wrote about creating tasks in the „[Remote Viewing Handbook](#)“ and the book „[How To Remote View The Outcomes Of Future Events](#)“. In the latter, you'll find over 60 examples of tasks for observing lottery winning numbers, future results of football matches, future prices of cryptocurrencies, and more.

Just to reiterate, observations/answers regarding future events and outcomes are not 100% accurate because the future is never 100% certain or completely predetermined. The future is a potential that is expressed based on our INDIVIDUAL and COLLECTIVE thoughts, emotions, intentions, states, actions, and much more.

What are targets or objectives of interest?

Targets/objectives of interest may include:

- Material, physical objects, which can be, for example:
 - human-made objects;
 - physical beings;
 - natural objects.
- Immaterial objects, can be as:
 - energies;
 - thought forms;
 - non-physical entities, beings;
 - events.

Indicating the target or objective in the task description

In the previous two books on remote viewing, I already explained the marking of targets or objects of interest. Targets are marked with a number, letters, other symbols, or a combination of all these. A target's **identification mark** could be a number (usually at least six digits) like 709853, a letter code like DEGTRLS, or a combination like R256-498. The ID of an object of interest can be seen as the target's registration number, similar to how vehicles are given a [VIN](#) or products have an EAN code. During viewing, the viewer connects with the target and gathers information using ONLY the target/object of interest ID and nothing else. The wording of a task, marked with its ID, outlines what the viewer should observe/remote view/perceive and describe on paper during the session.

Time spent remote viewing

Using the method described in this book takes about three to four minutes. Initially, calming down and grounding for a session might take around 10-15 minutes. With longer-term use of the methods, the preparation time for observation shortens to three to four minutes. In a quiet place where you can practice undisturbed, preparation might take even less time.

10 Methods for Getting Right Answers and Finding Lost Items

1. Tear Gland method

Tear glands are located in the inner and outer corners of our eyes. You can see the location of the tear glands, for example, [here](#).

Case: Searching for a Lost Mobile Phone

While living in [Tenerife](#), Spain, my Ukrainian acquaintance lost his mobile phone during a Christmas party. The owner suspected it had been stolen. Since the phone didn't turn up after a couple of weeks, I decided to try one of the methods introduced in this book to locate the phone – the tear gland remote viewing method. I will describe this method shortly below.

Before the session, I wrote down a task/question in my notebook to clarify the phone's location. Under the task/question, I noted the answers received during the session, including sketches.

I formulated the question/task to include all necessary information but nothing excessive. Additionally, the question was as short, clear, and understandable as possible when repeated to myself. When crafting the question, I followed the principle of writing it as if I were entering it into Google's search engine.

Just like when you enter queries into internet search engines, these inquiries need to be as clear and specific as possible. The clearer the question, the clearer and more specific the answer you will receive. The more confusing and unclear the question, the more confusing and unclear the answer will be.

During the observation, I kept a notebook open in front of me so I could recall the exact wording of the question if it slipped my mind while asking. This tends to happen when the observer/remote viewer enters an altered brainwave state to gather information. Before and during the remote viewing/questioning, the remote viewer slows their brainwave activity by descending from [Beta](#) and [Alpha](#) brainwave states to [Theta](#) brainwave frequency. This means the observer/questioner relaxes their entire body, mind, and intellect to the point where brain activity drops to the sleep-like Theta wave frequency. In other words, the observer/questioner enters a sleep-like STATE. Consequently, the observer's/questioner's ability to concentrate may also fade.

To achieve this state more quickly, it is advisable to close the eyes and practice [full-body breathing](#). This helps minimize the influence of the outside world on the observer/questioner and reduces the likelihood of reacting to what is happening in the world and/or in the observer's/questioner's mind.

I did everything described above before and during the session of the lost phone's location. When I felt I had reached the right state for remote viewing, I started using the tear gland method. At the same time, I continued full-body breathing and began silently repeating the question provided, occasionally whispering it.

A few seconds after gently pressing on my tear ducts with my thumbs, shapes began to appear on the dark screen of my mind's eye (this is directly in front of you or slightly higher, at forehead level, when your eyes are closed). I opened my eyes, noted down, and sketched what I saw. Then I closed my eyes again and continued perceiving. Similar shapes appeared once more, but this time they quickly vanished from my mind's eye screen. Since I couldn't relax properly or focus on remote perceiving after taking notes, I started holding my breath. This helps to calm the excitement that rises in the mind and the agitation that forms in the physical body.

I took a deep breath, held it, and mentally repeated the question I had written in my notebook: „*What is the location of Oleh J's mobile phone with number +34 613 on December 29, 2023?*“

Familiar shapes began to appear on my mind's eye screen again. This time, I saw them as three-dimensional and colorful for a few seconds. After seeing the shapes, I stopped holding my breath and exhaled calmly, relaxing and slowly. Then I opened my eyes again and wrote down the shapes I saw.

During the session, I saw the shapes as round objects. In three dimensions, they even appeared in orange color and reminded me of a balloon or some container with a collar around its opening. You can see the question and descriptions in sketches on the screenshot below:



My descriptions of the possible location of the lost mobile phone. I apologize for the nearly illegible handwriting and poor photo quality. Photo: the book's author.

Here are the descriptions in typed text starting from the top:

- What is the location of Oleg J's missing mobile phone number 613 9 ... on 29 December 2023 look like?
- AOL: grill;
- AOL: wooden box;
- AOL: plastic box;
- AOL: some round device or barrel;
- AOL: gas cylinders.

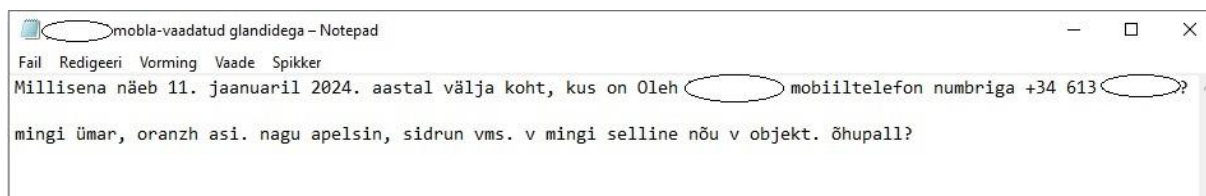
In addition to the round objects, I also envisioned a shape reminiscent of a wooden box. The idea also came to mind that the visible object is made of wood and that there might be something liquid or sloshing at the phone's location. These details already provided a better clue about the lost phone's location. Nevertheless, the phone couldn't be found this time.

For clarification, the abbreviation *AOL* stands for *Analytical Overlay* in structured remote viewing. This abbreviation is noted in the session protocol by the viewer when necessary, indicating that the viewer has received an **interpretation** generated by the **rational**, THINKING mind regarding a potential feature of the target being viewed. *AOLs* are 99% of the time incorrect and do not accurately describe the target or any part of it.

Let's assume that the target for a remote viewer is a lighthouse by the sea, but during the session, the viewer perceives it as an electricity pole or a tall round chimney. A trained remote viewer notices during the session that this perception was generated through THINKING, so they must write it down on paper to clear it from their system (body, mind, and spirit) for the purpose of achieving a pure remote viewing state and obtaining accurate information. To do this, the viewer notes on their session sheet *AOL*: followed by the thought "electricity pole" that came to mind.

Returning to the search for the phone. The area where the lost phone was being searched for was approximately 0.7 hectares, and with private parties occurring there on weekends, balloons were scattered everywhere. Therefore, I needed more information and a detailed description to pinpoint the exact location of the lost phone.

I made a new attempt to locate the lost phone on January 11, 2024. This time, I wrote my task/question in a document file using the Notepad program on the computer: „*What does the place look like on January 11, 2024, where Oleh J* (the last name of the person who lost the phone is hidden under the second circle from the top in the screenshot below) *has a mobile phone with the number +34 613?*„ (During the session, I repeated the person's full name and phone number in my mind or whispered them).



Each observation lasted about 10 minutes. It took roughly the same amount of time to reach the proper remote viewing state. Throughout this period — from preparing for the session to its completion — I listened to an audio clip designed to synchronize brain hemisphere activity through headphones <https://www.youtube.com/watch?v=9CHCvrdl81A>.

Another important detail when using ANY of the methods described in this book: DURING A SESSION, YOU MUST NOT MOVE OR BLINK YOUR EYES. At most, they may move slightly, but as soon as you blink, you disrupt the required state.

Below, you will see a photo of the place where the lost phone was actually located.



Entrance to the cave area within the accommodation premises. In the center of the photo, a wooden outdoor kitchen counter is visible. Photo: the author of the book.

In the photo above, you can see the entrance to a cave room. Caves are quite common on Tenerife and are often used as living or storage spaces. They provide a cool and dry place for both living and storage during summer and winter.

In this property, the cave was used as a living area where some guests were accommodated. In front of the cave entrance, there is a refrigerator and an outdoor kitchen. The outdoor kitchen also has a sink with both hot and cold running water.

Since the sewage system in Tenerife (and similarly in the mountains near Barcelona and in Las Palmas, where I saw the same thing) is as it is, the wastewater drains to random places. From this outdoor kitchen, it ran through a plastic pipe and onto the ground in front of a bush, where it was absorbed by the soil. The lost phone was located at the end of the wastewater drainage pipe, submerged in the stagnant black water... In the photo above, you can also see a gas stove on the kitchen counter, which was fueled by a cylinder located behind the counter. So, the balloon and container mentioned in my descriptions were actually a gas bottle used in the outdoor kitchen.

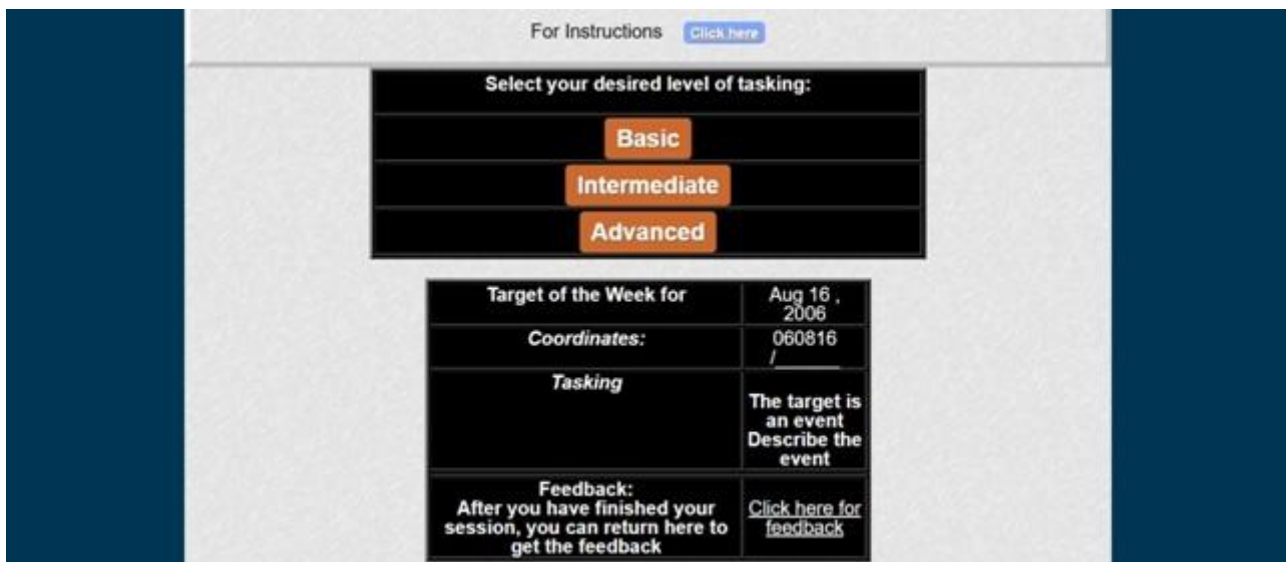


A gas bottle broadly used in indoor and outdoor kitchens on the Canary Islands. Photo: author of the book.

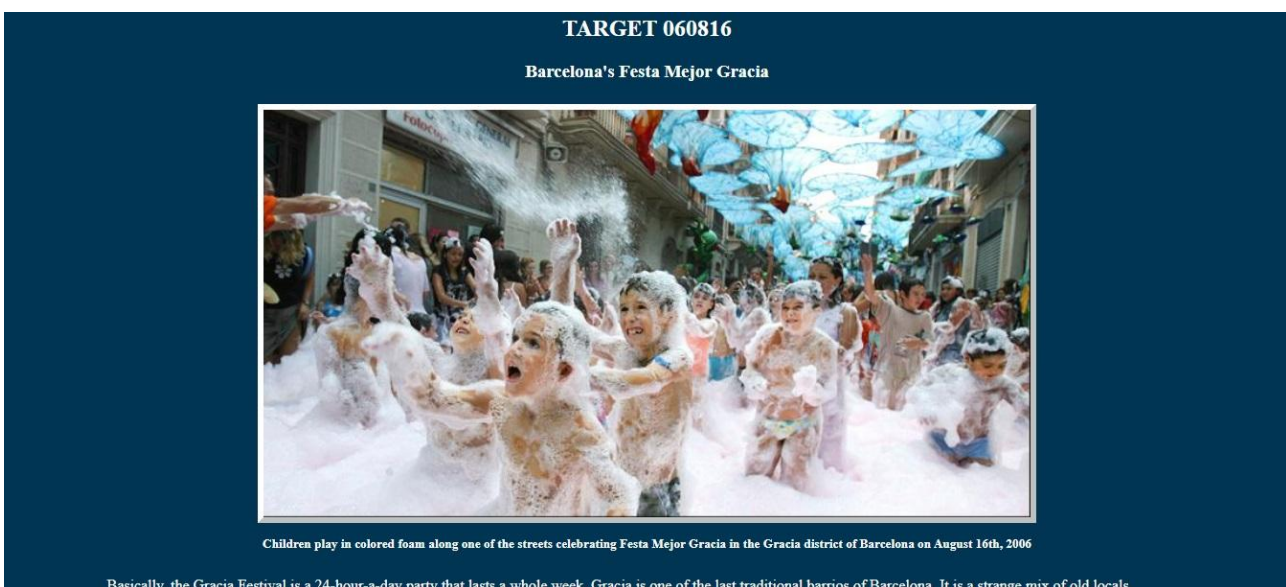
I might have seen the gas in the bottle as energy in the form of an orange shape, or perhaps the orange shape was created in my mind by the hose attached to the bottle. From the sketches, you can also see that I've doodled a round object and a striped box. The first refers either to the gas cylinder or the blue trash bin (in the photo above the outdoor kitchen counter, to the right of the stairs), and the second sketch refers to the wooden kitchen counter.

Sidebar: How to Test the Accuracy of Your Viewings

To test the methods provided in this book, I recommend using the [test targets](#) available on [Lyn Buchanan's website](#). By clicking on the first link here, you will open a table with dates. Under each date is a hidden target number generated from it. You can see this by clicking on the date button, which will open a new window. To test the methods described here or your own methods (if you have your own techniques for remote viewing), note down the target number, for example, *060816*. After your session, click on the *Click here for feedback-* link on the same page, where you will find a detailed description of the target along with photos. See the example below.



Screenshot of target 060816's page with hidden information before observation. Source: Crviewer.com.



Screenshot from the feedback page of target 060816, including a detailed description and photos of the target. Source: Crviewer.com.

Apathetic state method

Example of an remote viewing session using Crviewer.com targets. Target 061129

Before the session, I performed 25 intense breaths in and out. This means breathing deeply and intensely through the mouth 25 times. This method is recommended by Dr. Robb Kelly. Here is a [TikTok link to his 48-second video](#) where he describes this method. If you're hesitant to open TikTok for understandable reasons, you can also find his videos online by searching for „Robb Kelly 20 times intense breathing“.

After the intense breathing, I chanted the OM mantra for about two minutes, focusing on [the third eye](#) while lying on my back with my legs bent in a triangular position and my hands in a [protective mudra](#) (on the linked page, this is mudra number 4). ... *Continues...*

(This book is not for sale. Only subscribers to the [Senzora app's](#) monthly and annual plans will receive the full version of the book via their email at no cost.)