





Experience Your Remote Sensing Ability

You too can use your Psychic Intuition to tune into any location at any time. Choose a location, hold it in mind, and note your impression.

It is as easy as following the simple keys below:

1. First, select a remote location you wish to scan.
2. Next, determine what it is you want to sense about it, is someone there? What is happening? Are your instructions being carried out?
3. Then, with your eyes closed, hold each location in mind.
4. Shift your attention upward to your Third Eye (the sixth chakra, behind the middle of your forehead, just above your eyes). Note your first impression and write it down.
5. Follow up by calling or going to the location you sensed to

see how accurate your impressions were.

You can use this brief process to "check in" psychically whenever and wherever you wish. Try it now with several locations for practice. The instant information you receive can help you avert problems, make better decisions, be at the right place at the right time. Because it is so quick and simple, remote sensing through Psychic Intuition can be an important time-saver for busy people

This exercise is taken from the book *You Are Psychic* by Pete A Sanders.





SIMPLE TECHNIQUES

- Keep a dated record of what you experience. It can be in a journal or on audio tape.
- Find a quiet relaxing place.
- Be sure the room is free of distractions - phone - people - TV - etc.
- Adjusted lighting if possible.
- Sit down or lie down. Find a position that is comfortable for you.
- Music is not needed.
- You might want to set up a recorder to tape messages you receive.
- Loosen clothing - footwear - eyeglasses.
- You can be alone or with other people.

I often remote view with friends. We are each in our own homes - comfy and cozy - talking on the phone - describing what we see as we remote view.

Clear your mind. Relax you body - head...shoulders...neck...back. take 3 slow deep breaths - inhaling through your nose - holding the breath as is comfortable and exhaling through your mouth.

Focus on the screen behind your eyes where images appear.

Allow your mind to randomly move around - or mentally 'see' - a

specific destination you wish to view. For example - if you want to go to a specific building - think about the building. See it in your mind. Transfer your consciousness to that building and start to observe. Slowly you will see images connected to that building. Look around.

Take you time. Relax. Move around the building. Focus on what is going on - sights, sounds, activity of an kind. It will come into focus if you relax.

You may wonder if it is just your imagination as the scenes move before you.

You may verbally communicate what you are observing - with others who you are with - or place what you see on a tape recorder.

Look for something specific to verify especially is you are traveling off of the planet. You may choose to view - or find yourself near another planet. Note the star patterns around you. When you return - you can verify current celestial positions at the time you were there..

If you remote view to someone's home - later you can call them and verify events that you see. Please don't be intrusive.

Look for your spirit guides or other extraterrestrial entities as you



remote view.

You can actually be out there and meet other people you know who are also remote viewing.

You may see things in space that will really surprise you.

If you remote view with another person - you can compare notes verbally as you go along.

You can do remote view for a short period of time or set no time limits. Once you get going - you will lose track of time anyway as time does not exist when remote viewing.

You might see a room the first time you remote view. The second time you return to this room look for objects - pictures - furniture - other things to verify your experience.

Remote viewing takes practice - but once you get it - it is easy and fun!

The more your practice - the more skilled you become.

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