

### Assigned Paper and Presentation

At the end of summer, one evening late in August, when I was 5 years old, my sister and I were in bed giggling. My sister was a year younger and we shared a room and a bed. There were many nights we played together before going to sleep. My parents were very upset with us on this particular night because it was a school night for me and my brother. He was a year older and slept in the room across the hall. My parent's frustration increased when our giggling didn't stop, so they told us there was a monster under our bed and the monster would "get us" if we didn't go to sleep. As you can probably guess, this wasn't the first time our parents used scare tactics to manipulate us, but there was something about this experience that was over-the-top scary for a 4 and 5-year-old! My sister threw the covers over her tiny body and curled up into a ball. I did the same. It was so dark under the covers, I couldn't see a thing, and I was having trouble breathing, so my fear was intensifying. I was visualizing a monster standing over me just waiting for me to show my head and then when I did, the monster would "get me!" I was wondering what my little sister, Shari, was doing. She was shaking the bed. She was crying, but her cry didn't sound like her own, and now my fear had peaked. She began shaking so violently that I just knew something terrible was happening. I shrieked a cry of help to my mom, but this just prompted her to say loudly, "GIRLS! GO TO SLEEP!" After a few seconds, I peeked out of the covers thinking I would see and hear my mom coming, but she wasn't coming, and it was right then that I saw a woman standing next to my bed. She was completely white. White hair, white dress, white skin, and she had a plain, ordinary face. The suddenness of finding her standing there startled me but she didn't look like a monster, so I was slightly relieved. I was thinking she might be an angel but she didn't have wings like my mother's angel painting. The woman whom I believed to be an angel said, "Get up, look under the bed." Are you kidding? I wasn't going to get up and look under the bed. I had no plans of moving...I was scared frozen! These were the only words the angel spoke to me.

It wasn't what the angel said, it was how she made me feel. I started to feel calm. And the longer I was looking at her, I was feeling more confident...I was feeling brave. So, I got up and looked under the bed. My sister stopped crying. There was nothing under the bed. From this view, I could see my brother's doorway and the dim light from the hallway shining through. There was just enough light to see clearly that there was nothing under the bed. When I stood up, the angel was no longer there. I got back down on my knees and looked under the bed again. Still, no monster. I whispered to my sister. "Shari, there is no monster! Come here! Look!" My sister came and grabbed onto me with a tight grip while looking under the bed herself. Shari instantly flew back into bed and under the covers. I got back into bed too. I cuddled up close to my sister and we finally went to sleep.

It is present day, December 2019, and I'd like to tell you about an online course I took. The teacher's name is David Morehouse. David was born into a family of career officers, and for 20 years he steered himself toward becoming a general in the United States Army. Then in 1987 he was struck by a machine gun bullet on the battle field. By all accounts of the men he commanded, the bullet should have killed him instantly. David was unconscious for nearly an hour and during that time, he was speaking to an angel. The angel told David he had chosen the wrong path and was encouraging David to choose a path of peace. The angel told David to teach peace. Over time, David's experience opened up a new reality for him and he was recruited into a top-secret program of the CIA and he was trained as a remote viewer, capable of seeing persons, places, and things, distant in space and time to gather information for the military. David Morehouse is the author of a book titled *Psychic Warrior*. He used the techniques taught to him by the CIA and transformed them into tools for personal empowerment, enhanced insight, and intuitive development. These tools are presented in a

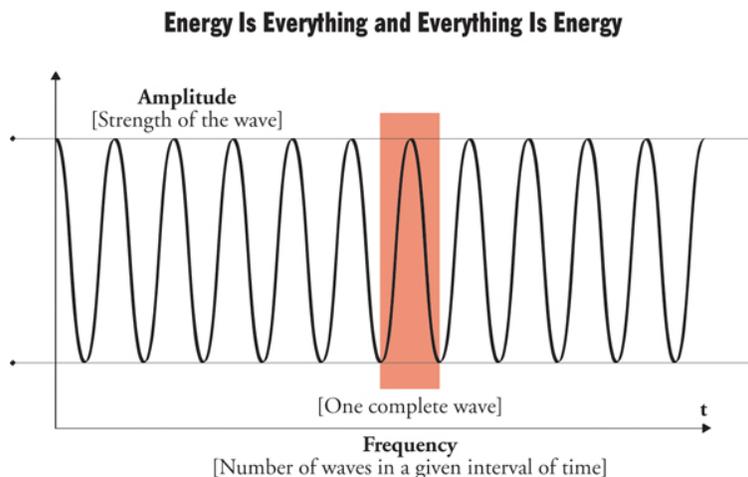
course that he created, *The Remote Viewing Training Course*. It is available on SoundsTrue.com for a sale price of less than \$40.

I decided to take this course because I was curious. What exactly is remote viewing? I also wanted to know if I could use remote viewing as a tool along with Sound Healing for assisting my clients. As I delved into this course, I became intrigued by the all the definitions Mr. Morehouse included in the course material. The terms were organized in such a way that it made me think about life more deeply. Although this course is set up very professionally and the material is abundant, I realized that the things Morehouse was teaching were things that happen in our everyday lives. We simply aren't aware of it. Most of us were never taught that all human beings are capable of remote viewing.

Next, is an example from my own life experiences and most likely one from yours too. My sister Shari would call me on the phone when I was literally walking to the phone to call her. This happens more times than we can count! As you will see by examining Morehouse's definition, this mysterious connection with my sister is an example of a "signal line." Signal line data is an omni-directional broadcast signal, and I lock on to this signal when my sister is calling me. Prayer is a signal line. It is projection of a positive waveform. In remote viewing, you are putting your radar up and detecting and decoding the signal line, and based on the *concept* of the target that you are remote viewing, it is what makes that signal line intense or weak. If the concept is scattered because you are preparing dinner, feeding the dog, and answering the door, the signal line will be weak.

Morehouse explains, "Everything is energy. And energy is everything. Waves are broken into two components: frequency and amplitude. The frequency of a wave refers to the number of waves in any given time interval. The amplitude is a measurement of strength as indicated by the height of the wave. When speaking of the frequency of a wave, we can think of any given act within the human condition. An example is that of prayer...specifically the frequency of prayer and its relation to the number of times a prayer is offered to aid another human being. The amplitude is related to the intention of the person offering the prayer. One can have a very high frequency of prayer with little or low amplitude. In other words, with low commitment or weak intention. Thus, to maximize the prayer effort when relating it to its energetic properties, the prayer must have both a high frequency and a high amplitude. Everything is in waveform on some level. Change your thoughts (they are waveform), and you change your world (your frequency and amplitude affect the thoughts of others)." Below is a diagram from the reading material included in the online course.

**Figure 3.4**

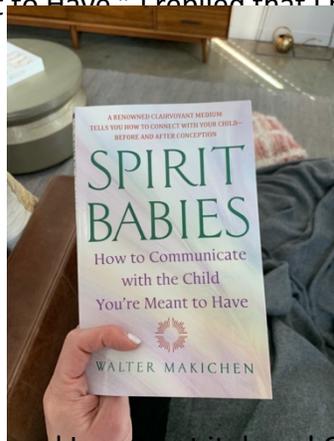


To begin a session of remote viewing, one must go through what David Morehouse describes as a “cool down.” He provides a 23-minute audio of a yogic relaxation and a breath meditation. The goal of this audio is to take a viewer down to a brain wave state of about somewhere between 33 and 14 hertz. This is what Morehouse considers an alpha brain wave state. After the 23-minute cool down the audio transitions into pink noise or something that sounds like rushing water. Embedded into the pink noise is a binaural beat alpha wave. It will move from 14 to 13 to 12 to 11 until it reaches 7, and then the audio cycles back up again. The purpose of the audio is to entrain the viewer to an alpha wave state during a remote viewing session. (Note: The frequency range in Morehouse’s audio recording is 33 to 7 hertz which he describes as an alpha brainwave state. However, the range he is citing spans across 4 different brainwave states (gamma, beta, alpha, and theta.)

There is one more definition that I would like to share from the course material:

Matrix: The matrix is a sea of all quantum waveform data in existence. It is considered a sea of photons with no charge or mass, but with momentum and energy. The matrix has been described as a non-material, highly structured, mentally accessible framework of information containing all data pertaining to everything in both the physical and nonphysical universe. It is this informational framework from which the data encoded on the signal line originates.

Recently, I received a text from Shari’s daughter, Addy. For you to understand what I am about to tell you, you must know that my niece is trying to have a baby. Addy sent a photo in her text and she wrote, “Hey...random question...but have you ever read this book?” The book is titled, “Spirit Babies; How to Communicate with the Child You’re Meant to Have.” I replied that I hadn’t read the book.



Addy said, “I started the book this morning and I can’t put it down! Order this on Amazon ASAP! This book is right up your spiritual alley!” I replied to my niece that someday, this text would turn into a long conversation and that I was ordering the book immediately. What Addy didn’t know was that her text gave me the spirit bumps. There was a waveform with high amplitude and frequency happening between the two of us in that text. 😊 It captured my attention! My awareness of the world outside the physical is very strong. My opening story is an example of the beginning of a life long journey of connecting spirit to science. I have never told my niece that each of my sons warned me or gave me a sign they were coming before I conceived them. So how did Addy KNOW that I was the one she should tell about this book. I don’t know how Addy knew, but I AM the one she should have told about this book. I have plenty to share with her about my own experiences of MY spirit babies too. It seemed to me she had no logical reason to think that I would be interested in this book with her. Exactly what was it that Addy knew?

During her childhood and most of her adulthood, Addy and I have lived 500 to 1500 miles away from each other. Some years, the only time we saw each other was at Christmas. I rarely see Addy and we don’t talk on the phone. We rarely text. I saw her for the first time in many years for my dad’s 80th birthday this past

June. We are not deeply connected in the normal context of family. We haven't spent a lot of time with each other to know each other deeply. However, this text was evidence that we ARE spiritually connected. Was Addy capable of seeing me, at home ready to receive her text, and through the distance of space-time, did she gather information from the matrix? Did she collect information from the universe to know that I would relate to her and her book so that she could send me this text? Good question! Huh? My guess is that she DID scan the matrix to retrieve information, but I suspect she wasn't aware that she did it. As David Morehouse teaches, everything that the three of us (my sister, Addy, and I) were experiencing is frequency, vibration, and waveforms and we are all connected by the signal line.

In his course, Morehouse discussed the difficulties with combining spirit and science. He said, "We can run into difficulty any time we begin to apply scientific and mathematical definitions to metaphysical concepts, which are inherently nonmathematical and nonscientific. For various reasons, the relationship between science and spirit has fallen apart; one undermines the other, or one oversteps the boundaries of the other. Regardless, science and spirit are constantly drawn together in the hope that some accord will manifest, and all humanity will benefit from the collective wisdom. The greatest scientific minds of our time have always recognized the need for this relationship. They have not negated the existence of spirit. To the contrary, those who spend a lifetime unraveling the mystery of life, know firsthand the human need for the spiritual."

Morehouse goes on to say, "Physicist Max Planck said of this (science and spirit) relationship, 'A new scientific truth does not triumph by convincing its opponents and making them see the light, but rather because its opponents eventually die, and a new generation grows up that is familiar with it.' Addressing the stubbornness of the old guard, Planck reveals the unfortunate truth of human nature: so many of us are so conditioned to what we "believe" that we would rather die "believing" in something rather than have the courage to explore and "know" that we really "know very little." Author Gerry Spence put it another way: 'I would rather have a mind opened by wonder than one closed by belief.'"

The intention of this paper wasn't to teach you something about remote viewing. My intention was to say that this course reminded me that we are amazing spiritual beings. We have spirit abilities that we have been using our entire lives, but most people deny. We meet each other, we scan the matrix, and build relationships to make the world a better place. It reminded me that our clients have these special spirit abilities to do the same and if they don't know it, maybe we should teach them! This course gave me the answers I was looking for. We can all use remote viewing along with sound healing to assist our clients.

I want to leave you with a few more thoughts (waveforms). First of all, YOU my sweet friends, are not the opponents who are going to die as Max Plank described. You are the minds opened by wonder. And even though, by age, we are a couple generations, we are but one generation that is growing with the new truths that marry science and spirit. I am really glad to have met all of you who are going through the semester with me at Globe Institute. Wow! You are an amazing group of intelligent women! Maybe we can team up and remote view to assist our clients. David Morehouse says that remote viewing is most successful as a team! The other thought I want to share is actually a question. It is a big question! Maybe it is an unknowable question, but I am going to present it anyway. Do you think it is possible that the angel that appeared to me when I was 5 years old was not an angel? Do you think it is possible the woman was me?

Oh! Wait! I have one final question.

Did you scan the matrix to see if you could find the answer to my question?