

Lyn Buchanan Target tasked by Lyn Buchanan - LB6

Remote viewed by Anita Ikonen - Method EEC

Target Feb 08 , 2006

Today May 11, 2018

Start 6:29 PM

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I will start this session by doing a bit of a meditation to calm down to quiet down the logical side I would hope. More than one source of literature on RV recommends meditation to quiet down the mind to reduce what they call the "AOL" or which I call the "false stories" or just wrong info.

To meditate I give myself a moment where logic is not speaking to me or trying to analyse things, where logic has a moment to be put on the shelf and is not being used, and then I will go into this RV target with logic hopefully staying on the shelf. I pay attention to what I feel, and I have no thoughts. This meditation already after two minutes feels wonderful, it brought about a great happiness in me and I feel wonderful about life, and I had been having a bad day feeling angry and sad about things. 6:32 PM let's dive into the RV.

Cold air. Something was swiped really fast to the right side, swept away quickly across ice. Cold, this target is a cold place of ice, I see the blue ice with white streaks in it.

I have seen in some past targets that the initial impressions are almost always or always correct and that after those when I start using an effort to search for more info then there is an elevated risk of inaccurate information, *possibly from logic who knows*. So I trust the initial impressions so far as they come automatically and strongly, but I have to proceed carefully after these because I now go into a terrain where I can get accurate information or I can also get inaccurate information. Perhaps I can learn a method for telling apart the accurate from the inaccurate so that I could merely go back and discard the inaccurate info and proceed from the accurate part into a different direction.

Maybe I use the wrong method for finding information after the initial impressions. Maybe it allows for *logic* to step in. Maybe instead I should make myself aware of how my mind or brain is working at the time when I reach in for more information after the initial impressions, to make sure that my mind is in the feeling and not in the thinking activity.

Something is moved pretty quickly to the right side, it is swept away very fast, with one quick tug. It is like the movement of swiping a card, or like pulling a rug quickly from under someone's feet, or like something being sucked into somewhere really fast, and so it is not a normal movement.

I take a few minutes to meditate again. Something swept really fast to the right, in the place that

has the ice and the cold icy breeze of air. We are on the ground and not on high elevation up in the sky. It tastes like ice, my tongue gets stuck on the ice (not literally).

It is important, I am starting to suspect, to not let the logic start to speculate on what things could be, logic wants to make you check for specific guesses, like here logic might say "look if there are people there", "look if an artifact was found in this ice cave", perhaps I have to not let logic tell me at all "what to look for" or "what to expect or check for". To only let the impressions flow, even if the impressions have holes in the story and are lacking connections at first. I am starting to suspect that that is the best method for working with RV, to not let logic try to help at all, wow. Logic wants to fill the path with ideas, logic comes up with all kinds of suggestions as to what could be where. Logic fills up this ice cave with lots of possible figures and elements that have not been encountered yet, and wants me to check if those are there. The feeling RV side on the other hand works slowly and has an empty room with much of a lack of content. Perhaps it is important to let the RV work even if it goes slowly and is lacking things and seems empty and boring at first.

This place has no fire in it. I feel and smell snow inside my nostrils, there is that pinching pain inside my nostrils from the cold and I can smell it in my nose. Oh no, something very bright happens that is blinding and I have to cover my eyes with my arm and have my eyes closed! I was up on the ground and standing on the snow and it was daylight outdoors and the sky was blue with some white cotton-candy type of shrapnel of clouds and a bright yellow light was close to the ground or on the ground and its light brightened up and it was so blinding that I had to close my eyes and cover my eyes behind my arm! The brightness intensified of the yellow light gradually instead of all at once.

Another moment to meditate, I close my eyes and check to make sure that my brain is active on feelings things and is not forming any thoughts. Logic seems to have caught on that its helpful ideas and suggestions and excitement is not listened to and it seems to be quieter and sitting on the side just watching now and not bringing suggestions. This is quite different from how I've been working, I am usually working out of a very active mind that has a lot of excitement and imagination and ideas and wants to go this way and that to explore, but now I try to just feel, it is a completely different experience in my mind for this RV but I want to see if it reduces or eliminates the wrong info (logic?) and makes this RV accurate without garbage.

Sometimes I've done RVs that are perfectly accurate descriptions but with the inclusion of garbage usually a false story.

The bright yellow light is very dim but it is bright at the same time. It is low on the horizon right against the ground like a sun setting, that is why it looks just like a sun that is sitting on the ground.

Something went quickly to the right side and it was skis, a person on brown skis. Something swept

really fast across the snow and ice. I see a brown trunk, and a chest, an expedition was here, these were down on the snow outside. Something swept really fast across the snow and ice.

Exploration, what swept across the snow and ice: It went real fast. Swoosh, and it was gone there already. I feel toward the thing that swept across, and use how I know that it feels in my mind when logic is set aside to be quiet so that I can feel this element but logic won't interfere with ideas. Ha ha, it goes so fast! It smells like fur and wood. I see the sun again it is bright and it sets there on the horizon so the sun is on the ground therefore.

I look at the target from above. The cold winds are twirling around and lifting snow and ice crystals up with them. There is the brown chest again made out of massive oak wood.

I look inside the chest but without thinking, only by receiving and feeling. The sun points to the east. Why is the sun so bright up above me in the sky? And it moves across the horizon but stays always close to the ground. It makes the sky dome seem like it is not very tall or large, like a flattened sky above me. Something was swept away very quickly.

The man he slipped after he swept quickly to the right and now he lies down on the snow and is looking up to the sky where the bright sun is.

I will use the clue, before I see it I would say I think this is a location a place in nature. Well that part is correct, the page says it is a location so that was correct. Because I have not seen people (well that man and skis I am not confident about) and I see no buildings and not really an event. The main elements have been the snow outside and the cold breeze and the sun. It is as if the target would be "just" Antarctica plain and simple with no archaeological history or exciting story. Just a place plain and simple so that part was true. Let me look at the map I am curious.

The map is an illustration not a photo (I don't like that) and perhaps it looks like the English channel? I will compare to other maps online (since I don't use the maps yet anyway it is not like I am ruining any of it). Yes my geography skills are good, the map is of the English channel.

7:24 PM I click on the target feedback to see what it is. Notre Dame Cathedral. I will just grade this one a failing grade and that is all there is to it. The target is a building, it is stone, it has architectural features, there are people at the base of the building, this is in a city. There are lots of photographs on the target page of statues of figures. This RV was a complete fail.

Perhaps the new method I tried of quieting the logic (quieting the mind) was not a good method to use. I will try my old method from now on, it was worth a try though to see if accuracy could be increased with a new method, instead accuracy went way down so I am clearly using many parts of my brain when I RV and the excitement and exploration I feel is part of what leads to success.

7:26 End.

Feb. 08, 2006
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ELEMENTS LISTING

Cold air, a breeze of cold air, icy and chilly air. Cold snow I feel it and smell it inside my nostrils.

Something swept away really fast to the right in the cold place. It smells like fur and wood.

We are on the ground. The sky is blue and it is bright daylight outdoors.

Skis going fast to the right.

Two brown chests on the snow, made out of massive oak wood.

Bright yellow light on the ground at the snow, it tunes up its brightness gradually but steadily (meaning not all at once) and becomes so blinding I have to close my eyes and cover my eyes with my arm.