

Remote Viewing Protocol Course

From a quiet mind to a verified live session: a five-week, protocol-first curriculum

Instructor: Scott Rauvers

Format: Five weekly modules within one monthly curriculum cycle

Final assessment: 72-hour final exam verification project

Student name: _____

Course start date: _____

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Course information

This five-week course trains students to run a disciplined, repeatable remote viewing session, then tests that skill in a live target week and a 72-hour final verification project.

Item	Detail
Instructor	Scott Rauvers
Format	Five weekly modules within one monthly curriculum cycle
Weekly time	One live class session plus daily practice (about 30–45 minutes a day)
Prerequisites	None. A willingness to follow protocol and keep honest records
Required materials	Bound session journal or folder, plain paper, pens, a quiet practice space, a timer

Course description

Students first learn how to quiet internal dialogue ("mental noise") and manage their emotional state. They then learn to record raw sensory impressions and keep them separate from analysis and imagination. Those skills are assembled into a step-by-step session protocol, practised on training targets, and finally tested in the live Time-Gate Week. The course closes with scoring, error analysis and a plan for long-term practice.

The central principle of the course is that disciplined adherence to protocol matters more than intuition. Every module builds toward that habit.

How to use this syllabus

- **Students:** read the week's objectives before class, complete every practice log, and bring your journal to each session. The "Student tasks" list each week is your checklist.
- **Instructor:** use the "Instructor tasks" list to prepare targets, feedback and checkpoints. Each week ends with a milestone that must be met before moving on.
- **Together:** each week closes with a short review conversation. Instructor and student compare the journal against that week's milestone and agree on what to focus on next.

Learning outcomes

By the end of the course, each student will be able to:

1. Explain the ethical considerations and operational limits of remote viewing, and apply them to every session.
2. Reduce internal dialogue before a session using Vipassana body scanning and heart-coherence breathing (HeartMath-style Time-Lock).
3. Regulate emotional state and find their personal "sweet spot" of minimal interference.

4. Record raw sensory data (colours, textures, temperatures, sounds, shapes) without naming or interpreting it.
5. Tell accurate perception apart from analytical noise and imagination, and label each correctly on the page.
6. Run a complete session using a fixed, repeatable, step-by-step protocol, with no foreknowledge of the target.
7. Keep a calibration log that records conditions such as sleep, mood and space weather beside each session.
8. Score their own sessions honestly against feedback and identify where the analytical mind took over.
9. Build a sustainable long-term practice routine that keeps them on protocol.

Course schedule at a glance

Each week depends on the one before it: a quiet mind first, then state control, then clean perception, then protocol, then live testing and review.

Week	Theme	Milestone to pass before moving on
1	Foundations, ethics and the quiet mind	Signed ethics agreement; 5 logged quiet-mind practices
2	State control, emotional regulation and calibration	Personal "sweet spot" identified; calibration log started
3	Perception, protocol and Time-Gate preparation	3 practice sessions completed fully on protocol
4	Time-Gate Week (live session)	Live session submitted before feedback is released
5	Review, scoring final exam and graduation certificate.	Scored review completed; 72-hour final project submitted

Week 1: Foundations, ethics and the quiet mind

Week 1 sets the rules and the baseline: students agree to the ethical limits of the practice and begin a daily habit of quieting internal dialogue.

Objectives

- Understand how the course, the session journal and the feedback loop work.
- Learn the ethics, boundaries and operational limits of remote viewing.
- Begin daily practice to quiet internal dialogue ("mental noise").
- Start sharpening basic sensory decoding: noticing and naming raw sensations.

Topics

1. **Course orientation.** How sessions, journals, targets and feedback fit together. Why protocol comes before talent.
2. **Ethics and boundaries.** Consent and privacy when targets involve people or places. Never using sessions to intrude on, harm or manipulate others. Not presenting session results as fact. Not making medical, legal, financial or safety decisions on session data alone. Knowing when to stop a session for personal wellbeing.
3. **Honest framing.** Remote viewing is not accepted by mainstream science, and published results are contested. Students are expected to record misses as carefully as hits.
4. **Quieting internal dialogue.** What mental noise is, how to notice it, and a 10-minute daily quiet-mind practice.
5. **Basic sensory decoding.** Describing sensations with simple words (rough, cold, bright, humming) instead of labels ("a building", "a car").

Student tasks

- ☐ Read and sign the ethics and boundaries agreement.
- ☐ Set up a session journal with dated, numbered pages.
- ☐ Complete at least 5 quiet-mind practices and log each one (time, duration, noise level 1–10).
- ☐ Complete 3 sensory decoding drills: describe a hidden object by touch or sound only, using no nouns.

Instructor tasks

- ☐ Deliver the orientation and ethics lecture.
- ☐ Collect signed ethics agreements.
- ☐ Demonstrate the quiet-mind practice live in class.
- ☐ Prepare a pool of training targets for Weeks 2–3, sealed and numbered.

End-of-week checkpoint

Instructor and student review the journal together. The student passes when the ethics agreement is signed and at least 5 quiet-mind practices are logged.

Week 2: State control, emotional regulation and calibration

Week 2 teaches students to reach and hold a calm, focused state on demand, and to start logging the conditions around each session.

Objectives

- Use Vipassana body scanning to lower analytical noise.
- Use the HeartMath-style Time-Lock (heart-coherence breathing) as a pre-session routine.
- Practise emotional regulation so that excitement or anxiety does not colour impressions.
- Find each student's "sweet spot": the balance of alertness and calm with the least interference.
- Begin space weather calibration by logging conditions next to every session.

Topics

1. **Vipassana body scanning.** A 10–15 minute head-to-toe scan that moves attention out of verbal thinking and into sensation.
2. **Heart-coherence breathing (Time-Lock).** Slow, even breathing (about 5 seconds in, 5 seconds out) with attention on the chest, used to settle the body just before a session.
3. **Emotional regulation.** Noticing emotional spikes, naming them in the journal, and letting them pass before continuing.
4. **Clearing interference and finding the sweet spot.** Testing different times of day, energy levels and pre-session routines; rating each for clarity.
5. **Space weather calibration.** Recording geomagnetic activity (for example, the daily Kp index) along with sleep, mood and time of day, so students can look for their own patterns over time. This is a personal record-keeping exercise, not an established finding.

Student tasks

- ☐ Practise body scanning daily; log duration and noise level before and after.
- ☐ Use the Time-Lock breathing routine before every practice.
- ☐ Start a calibration log with columns for date, time, sleep hours, mood, Kp index and clarity rating (1–10).
- ☐ Complete 3 short training sessions on sealed targets using only raw sensory words.
- ☐ Write a half-page note describing your sweet spot so far.

Instructor tasks

- ☐ Lead a guided body scan and Time-Lock session in class.
- ☐ Provide the calibration log template and show where to find daily space weather data.
- ☐ Give written feedback on each student's 3 training sessions.

End-of-week checkpoint

The student passes when the calibration log is running and the student can describe their sweet spot and pre-session routine in their own words.

Week 3: Perception, protocol and Time-Gate preparation

Week 3 turns loose impressions into a fixed, step-by-step session that students repeat identically every time, and prepares them for the live Time-Gate Week.

Objectives

- Prioritise raw sensory data above all else.
- Separate accurate perception from analytical noise and imagination.
- Avoid foreknowledge so that no expectations form before the session begins.
- Heighten awareness of subtle internal and external cues.
- Learn to identify and use the correct target coordinates (reference numbers).
- Run the full course protocol from start to finish.
- Understand the course's Time-Gate model and the Past Time-Gate Week format.

Topics

1. **Raw data first.** Sensory words only in the first stage of a session. Nouns and guesses are held back.
2. **Analytical noise vs perception.** When the mind jumps to "it's a bridge", write it in a separate column marked as analysis, then return to raw data. This is the single most important habit in the course.
3. **Avoiding foreknowledge.** Why guessing the result in advance is a normal biological reaction, and how blind targeting (sealed, numbered targets chosen by someone else) prevents it.
4. **Heightened awareness.** Noticing small shifts in body sensation, mood and imagery without chasing them.
5. **Target coordinates.** How targets are assigned random reference numbers, how to read them, and why the viewer must never know what they stand for.
6. **The Time-Gate model and Past Time-Gate Week.** The instructor presents the course's theory of how sessions relate to feedback given in the future, and walks through a previous Time-Gate Week as a worked example. Students should treat this as the course's working model, not settled science.

The session protocol

Step	Stage	What to do
1	Settle	Body scan followed by Time-Lock breathing
2	Log conditions	Fill in the calibration log entry
3	Receive coordinates	Blind, sealed target only
4	Raw data	Sensory words and sketches

5	Separate analysis	Mark every guess as analytical noise
6	Summary	Written before any feedback
7	Submit, then feedback	Submission is locked before the reveal

Every step is done in order, every time, even when a session feels "obvious".

Student tasks

- ☐ Complete 3 full practice sessions using all 7 protocol steps.
- ☐ Use a two-column page layout: raw data on the left, analytical noise on the right.
- ☐ After feedback, circle each raw-data item that matched and each analysis item that was wrong.
- ☐ Write a short reflection: where did analysis take over, and at which step?

Instructor tasks

- ☐ Demonstrate a full protocol session live in class.
- ☐ Assign sealed training targets with random coordinates; keep the key separate.
- ☐ Present the Past Time-Gate Week walkthrough.
- ☐ Confirm each student is ready for the live week.

End-of-week checkpoint

The student passes when 3 practice sessions show every protocol step completed in order, with analysis kept in its own column.

Week 4: Time-Gate Week (live session)

In Week 4 the whole class, including instructor Scott Rauvers, works a real live target of activity of the S&P 500 12 hours in advance of market opening using full protocol, and every result is submitted before feedback is released.

Objectives

- Apply the full protocol under real conditions, with no coaching during the session.
- Submit results on time and unaltered.
- Experience the difference between practice and a live, verified session.

How the week runs

1. **Target set.** An independent person (not the instructor) selects the live target and assigns its coordinates. The target stays sealed.
2. **Session window.** Students receive the coordinates and complete one full protocol session within the stated window.
3. **Submission.** Each student submits a scan or photo of every journal page from the session, including crossed-out notes. The instructor submits his own session at the same time.
4. **Lock.** All submissions are time-stamped and locked. No edits after submission.
5. **Reveal.** The actual target is released to the class only after all submissions are in.
6. **Comparison.** Each student compares their session with the actual target and records matches and misses. This comparison carries into Week 5.

Student tasks

- ☐ Run your pre-session routine and fill in the calibration log.
- ☐ Complete one full protocol session on the live coordinates.
- ☐ Submit all pages before the deadline.
- ☐ After the reveal, record your first comparison notes without rewriting the session.

Instructor tasks

- ☐ Arrange independent target selection and keep the key sealed.
- ☐ Publish the session window and submission deadline.
- ☐ Submit your own session alongside the class.
- ☐ Release the target only after every submission is locked.

End-of-week checkpoint

The student passes when a complete, unaltered live session was submitted before the reveal.

Week 5: Review, scoring and final exam

Week 5 scores every live session, traces each error back to the protocol step where it began, and sets each student up for long-term practice before the 72-hour final exam.

Objectives

- Score session accuracy against the actual target using a consistent method.
- Find errors in the feedback loop: what went right, and where the analytical mind took over.
- Build confidence through honest, structured review.
- Commit to techniques for long-term adherence to protocol.
- Complete the 72-hour final exam verification project.

Topics

1. **Scoring session accuracy.** Each raw-data item is marked as a match, partial match, miss or unverifiable. Analysis items are scored separately so students can see how often guesses were wrong.
2. **Immediate comparison.** Students lay their raw notes and sketches beside the actual target and discuss them in pairs, then with the instructor.
3. **Errors in the feedback loop.** Common patterns: naming the target too early, letting one strong image drive the rest, skipping steps, or peeking at feedback.
4. **Long-term adherence.** A fixed practice schedule, the same pre-session routine every time, a monthly calibration review, and a practice partner who handles blind targets.
5. **Protocol over intuition.** Why disciplined, repeatable method produces more reliable records than relying on "feeling right".

72-hour final exam verification project

- The student receives one sealed set of coordinates and has 72 hours to complete and submit a full protocol session.
- The submission includes the calibration log entry, all raw pages, the separated analysis column and a written summary.
- After the target is revealed, the student submits a self-scored comparison and a one-page reflection on where protocol held and where it slipped.
- The instructor grades on protocol adherence and honest scoring, not only on the number of hits.

Student tasks

- ☐ Score your Time-Gate Week session using the four-category method.
- ☐ Write an error analysis naming the step where analysis first took over.
- ☐ Draft a personal long-term practice plan (days, times, routine, partner).

- ☐ Complete and submit the 72-hour final exam project.

Instructor tasks

- ☐ Run the group scoring and review session.
- ☐ Meet each student one-to-one to review their error analysis and practice plan.
- ☐ Issue the final exam coordinates and grade submissions.

End-of-week checkpoint

The student completes the course when the Time-Gate session is scored, the practice plan is agreed with the instructor, and the final project is submitted.

Assessment and grading

Grades reward attendance, steady practice, passing each weekly milestone and a well-executed final project. The weights below are a suggested starting point for the instructor to adjust.

Component	What is assessed	Weight
Active session attendance	Present and participating in live classes and the Time-Gate Week	15%
Continuous practice submissions	Journals, calibration logs and practice sessions submitted on time each week	25%
Calibration milestones	Passing the end-of-week checkpoints for Weeks 1–4	20%
72-hour final exam project	Protocol adherence, complete records, honest self-scoring and reflection	40%

Grading rubric for sessions and the final project

Criterion	Excellent	Satisfactory	Needs work
Protocol adherence	All steps, in order, fully recorded	Minor omissions	Steps skipped or out of order
Raw data quality	Sensory words and sketches only in raw-data stage	Some early labels	Mostly guesses and nouns
Separation of analysis	Every guess clearly marked	Most guesses marked	Analysis mixed into raw data
Honest scoring	Hits and misses both recorded carefully	Some misses overlooked	Selective or altered scoring
Reflection	Pinpoints where and why protocol slipped	General observations	Missing or vague

Course policies, roles and glossary

Roles and responsibilities

When	Student	Instructor
Before class	Read the week's objectives; bring journal	Prepare targets, materials and demonstrations
During class	Practise, ask questions, share results honestly	Teach, demonstrate, observe and coach
Between classes	Daily practice; keep logs up to date	Review submissions and give written feedback
End of week	Present journal at checkpoint	Confirm milestone passed or set a catch-up plan

Policies

- **Blind targeting.** Students must never try to learn a target before submitting. Doing so voids that session.
- **No editing after submission.** Submitted pages are final. Corrections go in the reflection, not on the session.
- **Late work.** Practice submissions more than 48 hours late earn half credit unless agreed in advance.
- **Missed checkpoint.** The student and instructor agree a catch-up plan; the student repeats the week's key practice before moving on.
- **Wellbeing.** Students may pause any session that causes distress. Anyone experiencing ongoing anxiety, disturbed sleep or unusual experiences should stop practice and speak with the instructor or a health professional.
- **Use of results.** Session results are training records. They must not be presented as fact or used as the basis for medical, legal, financial or safety decisions.

Glossary

Term	Meaning in this course
Analytical noise	Guesses, labels and interpretations the mind adds to raw impressions
Blind target	A target the viewer knows nothing about except its coordinates
Calibration log	A record of conditions (sleep, mood, space weather) beside each session
Coordinates	Random reference numbers assigned to a sealed target
Feedback	The reveal of the actual target after a session is submitted
Raw data	Basic sensory impressions: colours, textures, temperatures, sounds, shapes

Sweet spot	A student's personal state of minimal interference
Time-Gate Week	The live, verified target week of the course
Time-Lock	The heart-coherence breathing routine used before every session

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