

## Remote Viewing Vs Neigong Meditation

Some people have asked me how remote viewing is like Neigong Meditation. I want to show you how remote viewing is an extension of Neigong Meditation. Although there are esoteric meditations similar to Neigong, I have chosen Neigong to compare with remote viewing because I am a certified oriental sports trainer; Neigong is part of my studies. I like esoteric solutions which are spiritually fulfilling, therefore I want to show you how eastern and western methodologies have coincided. The spiritually adept people all over this planet have made this possible. Esoteric Human Achievement Imagine a world where everyone has control over their own destiny, their own objectivity on how human beings work, then the power would lie with the collective human race. Imagine how far the human race can advance through our collective intentions as advanced beings towards a truly life positive world. Unfortunately, not enough people think this way. Fortunately, since you're here, I believe your intention is to control your destiny. Self control takes intense mental discipline such as Neigong which is taught by the most proficient instructors in qigong (i.e. energy/breath work encompassing Neigong and Waigong). Gerald O'Donnell, founder of the Academy of Remote Viewing and Remote Influencing, provides concepts in his course which are derivations of Neigong for expanding the mind to reach far beyond the physical body. First, Let's look at Neigong: Neigong Background Neigong is any of a set of Chinese breathing, meditation and spiritual practice disciplines associated with Taoism, especially the Chinese martial arts. Neigong practice is normally associated with the so called soft styles or internal styles like Taijiquan or Baguazhang. Waigong is associated with hard styles like Shaolin Long Fist or White Crane Kung Fu; even external styles of martial arts have their own brand of Qigong. Hard and soft styles both have many different schools, disciplines and practices and historically there has been mutual influence between the two. Distinguishing precisely between styles differs from school to school (especially the level of proficiency of the instructors), but they both have the same goal: Soft style eventually becomes hard style. Hard style eventually becomes soft style. They are two different paths on the same road. Their common goal is to control the life force or "Chi" through intense self discipline. The Neigong adepts are able to perform what would seem to be miraculous feats such as healing, maintaining health and youth, and as a tool for enlightenment. Their practice is focused within their discipline. This means if their discipline is medical Neigong, the focus of their practice is healing. You don't have to be any particular religion to enjoy the benefits of Neigong Meditation. Religious Qigong associated with Taoism AND Buddhism is focused on the primary goal of enlightenment. Besides Medical Qigong, there's also Scholarly and Martial Qigong. It is a narrow point of view that Neigong is only a Taoist Religious Practice. In fact, these different forms of Neigong are practiced all over the world by different cultures, but in more esoteric realms and by different names. Most cultures practice Religious Neigong. For example, in Kabbalist Meditation, from the arcane religious sect of Judaism, this is considered an occult exercise. This is Religious Neigong. Transcendental Meditation is an arcane practice of Hinduism with more perks related to different types of Neigong training. When making comparisons of breathing techniques and focus, we can see parallels between all types of Neigong. Neigong meditation is said to require concentration and internal reflection which results in a heightened self-awareness that increases over time with continued practice. The same is true for meditation from every culture. The difference is you don't have to be scholarly to experience the miraculous effects of expanding your consciousness. If you want control over your own life, then all you really need is the guidance. Most of us were discouraged when we were children. To break us from that negative mindset, we need to be encouraged using expert advice, a mentor to do a little 'hand holding' to guide us in our quest for regaining that lost control. More importantly, you want a guide who can easily follow and understand without having to learn any foreign language like Chinese or Hebrew. We have western guides who teach us in perfect english the steps to mental discipline: For example, Remote Viewing: Remote Viewing Background Remote Viewing (RV) refers to scientifically proven mind technologies that break the space-time barrier. Remote Viewing is the ability to perceive, through a projection of heightened consciousness, people and events, distant in time-space; it is a mental faculty that allows a "viewer" to describe or give details about a target that is inaccessible to normal senses due to distance, time, or shielding. This Mind Technology was developed since the 1950's by both US, Western, and Eastern European Intelligence Agencies. They achieved some great successes, some still classified. Remote Viewing Courses that are now commercially available have been adapted for more practical civilian use and are now presented for the greater benefit of humanity including yourself. For example, a viewer might be asked to describe a location on the other side of the world, which he or she has never visited; or a viewer might describe an event that happened long ago; or describe an object sealed in a container or locked in a room; or perhaps even describe a person or an activity; all without being told anything about the target, not even its name or designation. Remote viewing is an extra sensory perception ability gained through intense practice and self discipline. When I listened to the sample mp3's meditation exercises from Gerald O'Donnell's website, I immediately recognized the parallel to internal Qigong or Neigong exercises. Principles in training Remote Viewing:

Deep Breathing with Relaxation

Drawing upon Universal Energy

Connecting with your inner "light"

Expanding and contracting your inner "light" in coordination with your breath

Using your inner light as an extension of your consciousness

Extending your Consciousness beyond the body into your environment These are the most significant comparisons between remote viewing and Neigong. The "inner light" to which I refer is your life force or Chi as it also applies in Neigong. It is also a "light" force because this is what you see and

feel in your mind's eye. Extending and projecting our minds is what we do in remote viewing; this is also what we do in Neigong Meditation. The ConnectionAs I mentioned previously, there are Scholarly, Martial, Medical, and Religious forms of Neigong. All of these forms either aid in the expansion of consciousness, the projection of consciousness, and the connection with universal consciousness. Training in remote viewing also utilizes these three principles. Remote Viewing Training is like Scholarly Neigong in that it emphasizes emotional neutrality. It's like Healing Neigong in that it emphasizes Chi Circulation, (but not in specific channels). It's like Martial Neigong because it energizes the physical and energy bodies to a more vigorous state. Finally, it's like Religious Neigong because the goal is enlightenment with (distant) information beyond the five senses. ConclusionThe reason I've written this paper is because most westerners and even some 'experts' treat meditation like riding a bike. The difference is we always want to improve our skills in art, science, and sport. A self improvement tool like meditation is no exception. We always want to push forward. What I've presented here is only the tip of the iceberg. These cross culture parallels in meditation practices towards self improvement should open our options to more choices wherever we are in the world according to the following precepts:

We need to push ourselves beyond the simple objective of relaxation when meditating because we always want to advance ourselves as in any type of training.

We need to recognize that meditation is part of nature which is part of self improvement.

We need to understand that meditation is a tool for advancing humanity.

The common root between all the intensely disciplined meditations is internal alchemy, the actual goal of meditation. Neigong is simply the Chinese Cultural expression of the same phenomena that exists all over the world: Internal Alchemy through Meditation, the advancement of humanity through communion with nature. That Nature is God.

## About the Author

Please see the post on Super Human Morals of a Qigong Master at Healing MindN Power Circle to see the capabilities of an adept Medical Neigong Master. You can find more articles on remote viewing, including reviews of Gerald O'Donnell's Course on Remote Viewing and Remote Influencing, among other esoteric tools for self improvement. Randolph is a certified oriental sports trainer with a bachelors in functional therapy.

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