

the seventh sense by lyn buchanan

The Seventh Sense by Lyn Buchanan is a compelling exploration of the human capacity for extrasensory perception (ESP) and its implications in various fields, including military, intelligence, and personal development. As a former military remote viewer, Buchanan presents a unique perspective on the application of psychic abilities and how they can be harnessed for practical purposes. This article delves into the key concepts of the book, Buchanan's background, the training methodologies he developed, and the broader implications of the seventh sense in contemporary society.

Understanding Remote Viewing

Remote viewing, a central theme in Buchanan's work, refers to the ability to perceive information about a distant or unseen target without the use of the known human senses. This concept gained traction during the Cold War when the U.S. government invested in various psychic research programs, notably through the Stargate Project, which aimed to explore the potential of psychic abilities for intelligence-gathering purposes.

The Origins of Remote Viewing

- Historical Background: Remote viewing has roots that stretch back millennia, with various cultures documenting instances of intuitive perception. However, it was in the latter half of the 20th century that the U.S. military began to formally investigate the phenomenon.
- Stargate Project: Initiated in the 1970s, this project sought to evaluate the effectiveness of psychic phenomena in military operations. It involved several researchers and psychics, including Buchanan, who later became a prominent figure in the field.

Buchanan's Background

Lyn Buchanan, a retired Army intelligence officer, is recognized for his contributions to the field of remote viewing. His experiences during his military service provided him with firsthand knowledge of the practical applications of psychic abilities in intelligence operations.

Military Experience

- Training and Operations: Buchanan was involved in various intelligence missions that utilized remote viewing techniques. His experiences shaped his understanding of how these abilities could be systematically trained and applied.
- Transition to Civilian Life: After his military career, Buchanan dedicated himself to

teaching remote viewing to civilians, emphasizing the importance of ethical practice and self-awareness in developing these skills.

The Seven Steps of Remote Viewing

In "The Seventh Sense," Buchanan outlines a structured approach to remote viewing, breaking it down into seven distinct steps. These steps serve as a guide for individuals looking to enhance their psychic abilities.

1. Set a Clear Intention: Define what you want to discover or explore.
2. Relax and Clear the Mind: Achieve a meditative state to facilitate the process.
3. Focus on the Target: Concentrate on the target while allowing impressions to flow.
4. Record Impressions: Write down any thoughts, feelings, or images that come to mind.
5. Analyze the Data: Review the collected information for patterns or insights.
6. Feedback and Validation: Compare your impressions with the actual target to assess accuracy.
7. Refinement: Continuously practice and refine your skills based on feedback.

Training Techniques

Buchanan emphasizes that remote viewing is not solely an innate talent but can be cultivated through practice. His training techniques include:

- Meditative Practices: Techniques to promote relaxation and focus.
- Visualization Exercises: Activities designed to enhance mental imagery and perception.
- Group Sessions: Collaborative sessions that foster shared experiences and learning.

The Broader Implications of The Seventh Sense

Buchanan's exploration of the seventh sense extends beyond individual practice; it raises important questions about the potential applications of remote viewing in various sectors.

Military and Intelligence Applications

The initial interest in remote viewing stemmed from its possible applications in military and intelligence settings. Buchanan's insights highlight:

- Strategic Planning: Remote viewing can be used to anticipate enemy movements or assess situations in unfamiliar environments.
- Crisis Management: The ability to gather information about critical events from afar can enhance decision-making processes during crises.

Personal Development and Everyday Life

Beyond military applications, Buchanan advocates for the use of remote viewing in personal development. The skills gained through remote viewing training can lead to:

- Enhanced Intuition: Improved decision-making abilities and heightened awareness of one's surroundings.
- Conflict Resolution: Greater empathy and understanding of different perspectives can aid in resolving interpersonal conflicts.
- Creativity Boost: The imaginative aspects of remote viewing can inspire creative processes in various fields.

Scientific Perspectives and Skepticism

While Buchanan presents a compelling case for the validity of remote viewing, the scientific community remains divided on the subject. Critics often cite:

- Lack of Empirical Evidence: Skeptics argue that remote viewing lacks reproducible results under controlled conditions.
- Psychological Explanations: Some suggest that the phenomena attributed to remote viewing can be explained by psychological mechanisms such as intuition or coincidence.

Despite this skepticism, Buchanan emphasizes the importance of personal experience and subjective validation in understanding psychic phenomena.

Bridging the Gap

Buchanan encourages open-mindedness in exploring the potential of remote viewing. He suggests that:

- Interdisciplinary Research: Collaboration between scientists, psychologists, and practitioners could yield valuable insights.
- Public Awareness: Increasing awareness of remote viewing and its applications may lead to broader acceptance and exploration.

Conclusion

"The Seventh Sense" by Lyn Buchanan is more than just a manual for developing psychic abilities; it is a profound exploration of human potential. Through his structured approach to remote viewing, Buchanan invites readers to reconsider the boundaries of perception and the capabilities of the human mind. Whether one approaches the subject with skepticism or curiosity, the insights provided in the book challenge conventional notions and open up a dialogue about the unexplored dimensions of consciousness. As we continue to navigate an increasingly complex world, the skills and understandings gleaned from

Buchanan's work may prove invaluable in both personal and collective contexts.

Frequently Asked Questions

What is 'The Seventh Sense' by Lyn Buchanan about?

The book 'The Seventh Sense' explores the concept of human intuition and extrasensory perception, detailing Buchanan's experiences as a military remote viewer and how these skills can be harnessed in everyday life.

Who is Lyn Buchanan and what is his background?

Lyn Buchanan is a former United States Army intelligence officer known for his work in military remote viewing programs, particularly during the Cold War. He has contributed significantly to the study of psychic phenomena and intuition.

What are some key themes in 'The Seventh Sense'?

Key themes in 'The Seventh Sense' include the exploration of intuition, the potential of human consciousness, the significance of subconscious awareness, and the application of remote viewing techniques in various fields.

How does 'The Seventh Sense' relate to modern psychology?

The book relates to modern psychology by bridging the gap between traditional psychological understanding and the emerging field of parapsychology, emphasizing how intuition and subconscious processes can influence decision-making and perception.

What techniques does Lyn Buchanan suggest for developing one's intuitive abilities?

Buchanan suggests several techniques for developing intuitive abilities, including meditation, mindfulness practices, and specific remote viewing exercises that help individuals tune into their subconscious mind and enhance their perception.

Has 'The Seventh Sense' received any notable recognition or reviews?

Yes, 'The Seventh Sense' has garnered attention for its unique perspective on intuition and remote viewing, receiving positive reviews from readers interested in psychology, self-improvement, and paranormal studies.

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