

The *Being Free* Summit

Techniques for Self-Realization
Health, Food and Mental Focus

REMOTE VIEWING PEAK MENTAL FOCUS™

Maj Gen Bert Stubblebine (US Army, Ret.)

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With Ralph Fucetola JD



www.DrRimaTruthReports.com

This eBook Covers -

- Gen Bert's *Peak Performance* Experiences Summit*
- *Remote Viewing and Peak Mental Focus*
General Bert's Practical Guide to Peak Mind Power
- *The General's Secrets*: Blogs, eBooks & eNewsletter
- Natural Solutions Health
- Social Media and Freedom

Bonus Links: General Bert's
2015 Remote Viewing Podcast

Seeking Truth; Speaking Truth
<https://youtu.be/6sn15GwvFUI>

2016 Warning
Informed Refusal
<https://youtu.be/Zp3lu8kYqpo>

* This presentation summarizes Gen. Bert's understanding of Peak Mental Focus

Bert and Rima

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**Dr. Rima and
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Peak Performance at US Army: *The Super Soldier*



- Let me start by sharing some information about the Peak Performance Task Force, Remote Viewing and related issues.
- Super Soldier concept [Jim Shannon]

- Human modification “beyond biology and sense” brought us nano-impregnated soldiers (control, repair, communications, experimentation)
- Horrifying human/animal chimeras like the human/jackal cyborg soldiers created in China for the US military



Hollywood Never Gets It Right

"In the book *The Men Who Stare at Goats* (2004), Welsh journalist Jon Ronson documented how the U.S. military repeatedly tried and failed to train soldiers in the use of parascientific combat techniques during the Cold War, experimenting with New Age tactics and psychic phenomena such as remote viewing, astral projections, "death touch" and mind reading against various Soviet targets. The book inspired also a war comedy of the same name (2009) directed by Grant Heslov, starring George Clooney."

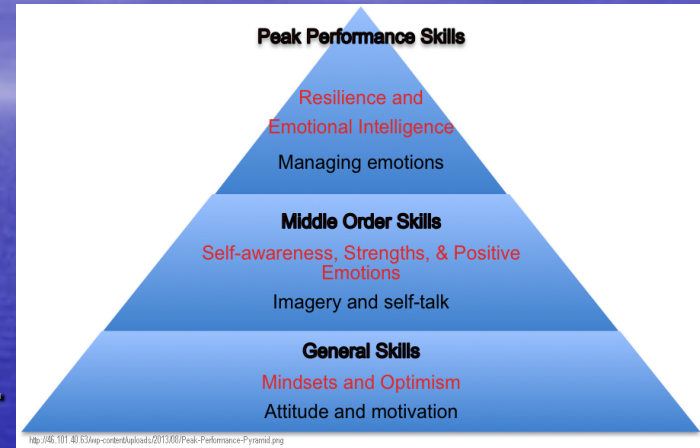
<https://en.wikipedia.org/wiki/Supersoldier>

"The Truth however is much stranger than fiction-writing 'journalists' can imagine... and much more powerful! Remote Viewing Peak Mental Focus capacities exist; are proven, may be learned, and can impact your life immeasurably."

General Bert

Peak Performance at US Army: INSCOM – Working Smarter

- In 1981, when I took command of INSCOM, the US Army Intelligence and Security Command, a Major Command of the US Army, reporting directly to the Vice Chief of Staff of the Army, that the intelligence requirements were rising rapidly and that we were in the middle of a major draw-down so that resources were shrinking. We were already past the cross over point and I had a major mission to fulfill with insufficient resources.
- I could not ask our soldiers and civilians to work longer or harder: we were already working at more than full capacity. Much of the Command was round the clock, 24/7. The only alternative which I could see was to work *smarter*.
- I tasked one of my Brigadier General deputies to go out into the world and come back with every technology or technique that could help the Command work smarter and better. His job was to find the technologies. Once found, he could not eliminate the item. I reserved that decision for myself. I gave him 30 days. He took 60, but when he returned, he had a grab bag of the most incredible diversity and possibilities to put in front of me.



Peak Performance at US Army: INSCOM – Getting the Blinders Off

- Sorting through the contents of that grab bag, we discarded anything that smacked of a cult or a religion, since that is not appropriate for any military mission. Like RSE, we sought those techniques anyone could use.
 - What remained included:
 - Early EEG Biofeedback
 - Morale building activities like fire-walking
 - High-exertion team sports (team-work is a must)
 - Board breaking and other martial arts techniques
 - Spoon bending and psychic focus techniques
 - Hemisynch, other neurological enhancement techniques
- And a host of diverse activities designed to give people the chance to throw off the fetters of previous experience and become limitless and self-empowered humans.

Essentially, we needed to get the blinders off!

Peak Performance at US Army: INSCOM Results

- I brought all of my Commanders in from around the world and put the entire refined grab-bag in front of them.
- They had the option to select as many of the techniques as they felt would apply in their individual Commands for 6 months, with the exception of zero, which was not an option. They needed to keep records of what worked and what did not work for their Commands and what performance efficiencies they experienced.
- Six months later, I brought them back together again and we re-evaluated our successes and our failures. The results were, not surprisingly, well beyond the improvement in efficiency and output that I needed. We needed a 7% increase in efficiency to catch up and stay even. We got over a 10% increase!

Peak Performance – Outside the Military

- Many of these same techniques have become part of standard performance enhancement today but were either esoteric or virtually unknown at the time. However, in each case, there is a “best practices” that ensures success.
- You are probably familiar with Tony Robbins' tale of being hired by a General to conduct training exercises at various levels of function in the Military. I am that General. As part of the High Performance Task Force program, I hired Tony to do 4 projects for me, walking up the ladder from what we thought was purely physical to the highest integrative levels. He completed two of them with interesting results.
- I also took my staff and Commanders with me numerous times to the Monroe Institute in Faber, VA. I reasoned that if we could offer a powerful experience of Inner Opening, that my officers and soldiers would then be able to blossom to their fuller potential. *I was right.*

US Army Intelligence And Remote Viewing

- Separate from the Peak Performance Task Force, I had another problem. During those days, the US was focused intently on the Soviet Union. I created a system called "Bibliometrics" to track everything the Soviets published, on any topic, to track what they were saying, and decode what they were doing, allowing us to triangulate with precision on what they were actually up to. Of course, what they said they were up to and what they were really up to were two very different things.
- Our information strongly suggested that they were training and using psychic spies and human psychic "weapons". It was clear that for the protection of the US and to get ahead of their curve, we had to find out what could be done, and how it could be done better than they were doing it. The Russians were using electroshock and other tortures, isolation, intimidation, drugs and other totally unacceptable means to harness this capacity. We could not and would not resort to such means, no matter how tempting the outcome.

Remote Viewing: The Start

- We worked together with organizations like SRI (Stanford Research Institute, CA) and scientists like Hal Putoff, PhD, Russel Targ, PhD and investigators like Ingo Swann on a series of then-highly-classified programs and projects.

Parts of the program have been declassified. Parts remain classified today at the Secret Special Access level, so I will be careful in describing them. Understand, though, your ability to access Remote Viewing Peak Mental Focus for your own benefit is not be restricted by the classification system.

- These technologies and techniques as I am teaching them to you should now be referred to as "*Remote Viewing Peak Mental Focus*" and this teaching now includes powerful techniques I've learned since leaving the United States Military in the mid 1980s.
- In a nut shell, when a person is in the *correct mind state* there are *no limits* to where (or when) s/he can go or what s/he can see, hear or feel and then accurately report.

The information reported can be *vetted* by banging it against known facts/ information from other sources and other Remote Viewers tasked with the same information gathering, but working separately. In this way you get some idea about the quality of the information accessed.

Remote Viewing: The Correct Mind State

Among the factors that can lead to the Correct Mind State are factors of set and setting.

The concept of “set and setting” may be familiar to psychedelic or meditation experimenters. “Set” is short for Mindset and “Setting” is the physical and social setting.*

Following a standard routine for each session can help solidify the best set and setting. For example, have the monitor begin each session with the same guided progressive relaxation script.

* https://en.wikipedia.org/wiki/Set_and_setting

Remote Viewing: The “Cube”

- Imagine for a minute a *cubic inch*. You, obviously, can be/see anywhere in that cubic inch simultaneously. No big deal.

Make it a cubic foot.

Same-ol’ same-ol’, you can visualize *everything* in that cubic foot.

Make it a cubic yard. Again, no big deal.

Let's take a jump.

Make it a cubic mile.

Oops! That's impossible. Every one *knows* that you can not be/see every where in a cubic mile simultaneously.

My answer to that is: *Who made that rule?* Ingo created the training protocols for new viewers that allowed the viewers to be anywhere/anywhen in a cubic *universe* and then REPORT.

Remote Viewing: Pre-Conditions

- We learned that the more relaxed and secure our viewers felt, the better they worked and reported. I arranged to provide the viewers with an ice cream bar and other comfortable amenities built in the experimental area to enhance, once again, peak performance.
- We had viewers and monitors: each had a vital role to play in the process. It is interesting to note that people who were monitors now claim to have been my viewers and people who could not even get access to our building because of security clearance issues also present themselves as my viewers. People of whom I have never heard present themselves as my viewers. too.
- At any rate, I had a small team of highly trained viewers who were good not only at bringing back information which could be accessed anywhere, any-when, but also at keeping their own interpretations (which we called "overlay") from crowding out the reality they had been in touch with and gathered information upon.

These people became our star viewers...

Remote Viewing: Results

- We did not rely upon a single viewer's information. We would use neutral "names", i.e., combination of numbers, to indicate a task and then would overlay the information of multiple viewers to extract the reality of their information.
- Our results were astounding and several important military activities succeeded because of our viewers. I believe the exact level of success is still classified. Suffice it to say that the grade, were this a school project, would be considerably better than a B+.
- *Remote Viewing is, then, nothing more than the trained and sustained psychic focus of a mind able to put aside the present and the current to seek out other information, bringing it back in a usable form.*
- It is part of the basic human capacity which everyone can learn to do, or comes equipped knowing how to do, but may have to learn again to do what is natural to them. I call this individualized application "Remote Viewing Peak Mental Focus."
- After I retired from the Military I decided to commercialize this information gathering technique and help to found the company called PsyTech. As so often happens, a power maneuver left me with no choice but to leave this company, with which I have *no* connection. Enormous fees are being charged for Remote Viewing training with trainer pedigrees which are generally fabricated. Caveat Emptor!

Remote Viewing: The Future

- I refrained from publicly discussing Remote Viewing for over twenty years.
- However, I have not stopped thinking about Remote Viewing.
- I have not stopped developing approaches to maximize potential results.
- Consider current emphasis on government collecting “meta data” and “bulk data.”
- I have come to the conclusion that the time is right to give everyone the advantage.
- You can apply proven Remote Viewing techniques to your own life and concerns.
- This eBook is the introduction to your capacity to achieve Peak Performance.
- The *General's Secrets eNewsletter*, by subscription only, is the guidepost.

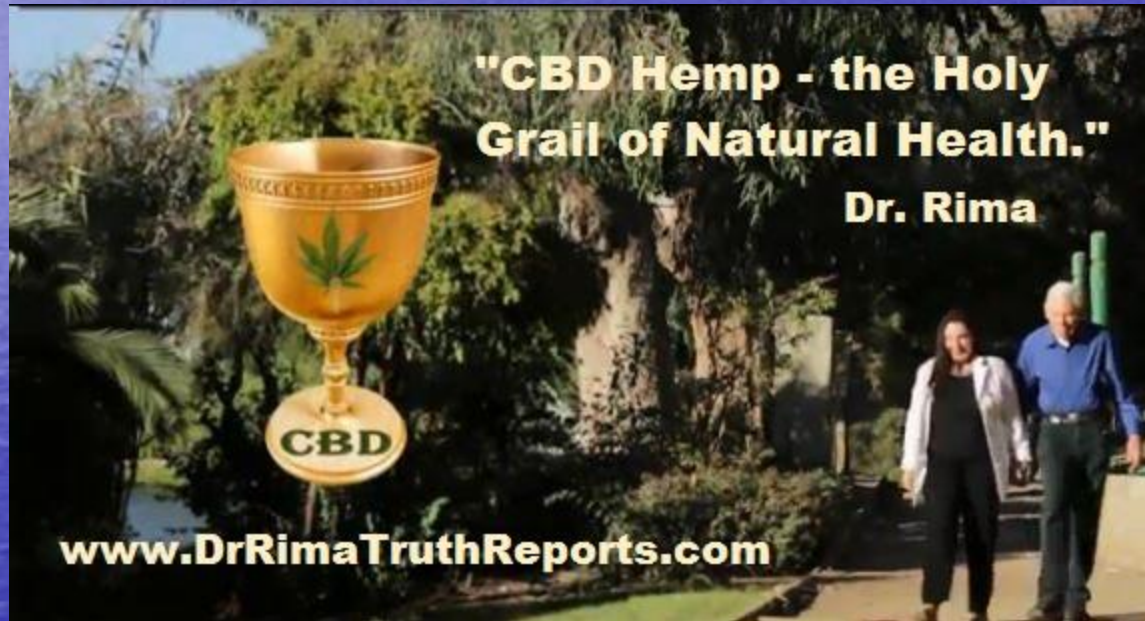
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