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**Cognitive Sciences Laboratory**  
*Memorandum*

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**Date:** 14 February 1994  
**To :**   
**From :** Ms. L. Faith and Dr. E. May  
**Subject:** Dolin's Training Technique

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Dr. Dolin emphasizes that the training, experience, and techniques of operators are crucial for the success of "remote influence" experiments. Below we detail the training procedures as they are practiced in his laboratories.

- (1) The main prerequisite for an aspiring operator is his self-confidence and, in particular, confidence in his ability to "connect" with the person-receiver and/or to affect the receiver's mental/emotional state and/or physiology. Previous experience in yoga (especially in practicing yogic breathing techniques) and/or martial arts training is helpful but not mandatory.
- (2) Correct breathing is important, but the process of breathing should not distract the operator from his concentration on mental images and visualization process. So-called three-phase breathing is advisable: (1) to exhale slowly, through the nose or through a narrow opening between the compressed lips; (2) breath retention, the duration of which is found individually from experience, within comfortable limits; (3) to inhale through the nose, automatically and effortlessly, just allowing air to fill the lungs.
- (3) Another important point of the training is for an operator to learn to concentrate his attention on a particular mental image. The operator should be able to visualize clearly the face of the receiver and the situation/surroundings/actions of the receiver.
- (4) The operator should know the receiver as well as possible and have a good rapport with him/her. During the "remote influence" session, the operator attempts to mentally "impose" on the receiver an image of an event which would be pleasant (in calming-down trials) or upsetting (in "arousing" trials) for the receiver. It should be pointed out that, if the operator attempts to "impose" an image which may be upsetting for someone, but which is not a part of the life or experience of this particular receiver, it usually does not work. Thus, the operator has to learn what can be emotionally arousing, upsetting, or pleasant for this particular person. In addition, not only the image itself is important but the emotion accompanying this image. It is advisable for the operator to learn to simulate and experience emotions as vividly as possible. In other words, this part of the training resembles actors' training, i.e., in order to portray different emotions actors have to learn to experience them "on demand."
- (5) The operator is not required to keep up intense concentration for the entire trial period, i.e., three to five minutes, depending on the particular protocol. Rather, he is asked to work in an "impulse mode," concentrating from approximately 2 to 15 seconds, then relaxing, and afterward repeating the process.
- (6) The best mental concentration is achieved while exhaling and/or during the breath retention phase after the exhalation.
- (7) During mental concentration, the body muscles should be relaxed.
- (8) The visualized mental image is not expected to be of exceptional, hallucinatory clarity. Rather, it can resemble a memory of a particular event. Practice of visualization and achievement of more vivid mental images is helpful but not essential. What counts more is the operator's clear intent and inner confidence in his ability to "connect."

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- (9) It can be subjectively helpful for the operator to visualize the process of "remote influence" as entering the receiver's brain through the receiver's eyes. It is important for the operator to see the receiver's eyes clearly. For those operators who are knowledgeable in neuroanatomy, it may be helpful (but not essential) to attempt affecting particular structures of the receiver's brain (e.g., substantia nigra in a subcortical area).
- (10) When the "connection" is established, an operator often experiences some kind of subjective feedback, i.e., he has a burning sensation in the middle of his forehead.
- (11) The process of training is a trial-and-error procedure, and the operator-in-training often repeatedly modifies his approach after learning the outcome of a particular trial, until a certain degree of success is achieved. On the other hand, an operator is aware of the fact that the effect is relatively weak and statistical. Thus, he knows that sometimes changes of the receiver's physiology in the desired direction do not happen during given trial, and should not be discouraged by that.
- (12) Dr. Dolin calls the above method "mental influence." In addition, many of his operators master "field influence" or "field effect" that can be used at relatively short distances, i.e., dozens of meters. In using this method, the operator imagines/ visualizes himself to be near the receiver and imagines that his (the operator's) hands emit "energy" which is directed at the receiver's head or other parts of the body. This method requires a lesser degree of mental concentration on the part of the operator. For increased effectiveness, an operator can combine the "field" and mental effect, if such a combination does not disrupt his mental concentration.
- (13) Even with experienced operators, it takes from two to five days (at times up to seven days) for an operator to establish rapport with a new receiver. The same is often true when an operator begins to work with a new biological system, e.g., with plants. The operator's mental strategy is usually developed intuitively (e.g., a mental image of a significant change in temperature or lighting conditions in the plant's surroundings) and is confirmed or modified through the above-described trial and error approach.
- (14) In addition to the above, operator's performance has an important non-verbal component that can be mastered only in the process of observation of experienced operators and close personal interaction with them. Thus, this kind of training is a one-on-one apprenticeship requiring patience on the part of the operator-in- training so he can function in an intuitive, open, and perceptive mode.