



Pilot Study (Informal) About the Cognitive, Behavioral Soma Experience of Non-Local Perception in Humans Individually and as a Group Experience

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INTRODUCTION

“Somatic Experience” (SE) is a body-focused therapy that explores the connection between physical sensations and emotional experiences.” SE can work to release PTSD, energy, memories and trauma based-emotions. When coupled with intensional sound, the experience can be that much greater, and that much more successful, as the human voice - directly connected to the human heart - can act as a powerful tool to unwind trapped and hidden e-motions buried deep and locked in muscle tissue, ligament and bone.

Remote viewing (RV) is a practice that uses the mind to gain information about a distant or unseen subject. It has to do with perception and the ability to describe what would be experienced if one were at the specified location. The science world denies the method even exists, claiming it is unproven, unreliable and even dangerous. (See Ingo Swann’s Research Legacy)

HISTORY

The “study,” Lady Freedom Circle, grew from lively conversations within a vital and innovative group focused on true American history, with participatory strong Indigenous women of the Northeastern region of the United States.

PROBLEM

We had a collective need, and that was to visit the Lady of Freedom in Washington DC (Statue of Freedom) and find the Spirit of America. At the time, no one could travel due to covid restrictions, so we tried something new.

SOLUTION

With my knowledge of Somatic Sound Journeying (somatic experience) with individual clients, I offered to guide the group to our desired destination in what could be compared to, *Remote Viewing*.

Shamanic Journey, Creative Imaging, Somatic-experiencing, Soma e.motion and Remote viewing are all terms that could be applied to our experience. We were however, not blinded which is often the case with RV. Our eyes were closed, but we were far from blind.

PROCEDURE

I planned a series of “target” locations in time and space” (non-local) and we successfully journeyed to the Heart of Lady Freedom for a good year on a steady basis. The group studied - lightly - specific “spaces in time” of which I selected and monitored. I was careful not to oversaturate the conscious-mind with data before the journey; there was just enough to peak the senses and facilitate a “frame” of reference. Less was best in order to allow for a full somatic, whole-body experience.

METHOD

We began with a short breathing exercise for clearing and bonding. We then moved into the most critical and important step; a meditation titled, Journey Into Heart Space, where we experienced viscerally, love and bliss. It is foundational, and it is there and then that a somatic fire begins inside as we activate our Solar Love, and aligned with the One. In so doing, we were fearless, invincible and protected from all harm, all trespass and all attachments.

From there, we united in our hearts and set our intentions. We than breathed as one. Interoceptive awareness was active at all times through the journey and our voices connected us through the entire experience.

There were five locations.

#1. The Field back in time, before the Capitol building was built. Approximate time was the 1700s and 1600s, back to when the Guardians of the Land and the Indigenous ones stood sway over the region.

When we first entered into this place, we smelled the air, heard the bird life, and felt our feet sink into the soft moist earth. We stood, shoulder to shoulder, strong and united in our hearts and in our intent. We were to cross the golden field together to, The Hill overlooking “Foggy Bottom Lands.”

#2. The Hill, of much history, rises today above the Potomac. We experienced it - in real time - as a mound and sacred area of ceremony. Historical records and native oral histories have confirmed this to be true.

#3. The Guardians, we greeted in peace and asked for permission to enter into our fourth location, which was “there” and yet, in a different harmonic resonance and time sequence. Messages were sometimes received at this non-location.

#4 The Rotunda, the main room in the Capitol Building.

#5 Our last and final non-location was to move from the floor of the rotunda up through the dome — through the Apotheosis— and into the Heart of Lady Freedom. Here, we paused and communed in silence. We waited for possible messages from the Lady of Freedom in this space. Many received messages and there were those who simply experienced a massive expansion of the heart and mind, of which there were no words.

RESULT

When we were complete, our release point came in the “sound of our gratitude,” that was toned outward into earth and sky. This was the healing. We were then guided home.

After a few minutes of rest and documentation, each shared their experience out-loud; an integral part of the Somatic experience, when emotions and physical sensations come together in the moment, in the body, in real time. Hearts and minds were expanded and relationships were formed. The stories documented attest to the project’s success on many levels.

GOAL

My goal as guide was to offer to each person individually and collectively as a group, the highest and best possible experience spiritually, emotionally, mentally and physically, with the added prospect of feeling (soma e-motion), thus creating a new relationship to self (inner awareness), to land (motherland), to the Lady of Freedom (mother of nations), and to America. Each felt the spirit of America in their own unique way. We were successful.

For questions and inquiries into our new journeys in 2025, feel free to contact me through my website, or email: kristen.atis@yahoo.com