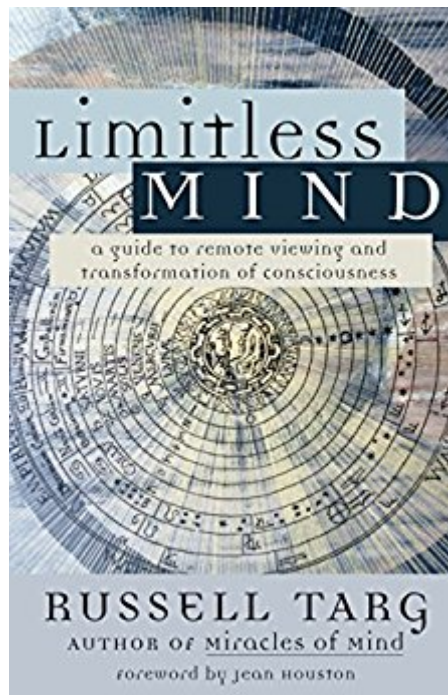


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# Limitless Mind: A Guide To Remote Viewing And Transformation Of Consciousness



## Synopsis

The psychic abilities of most humans are dampened by the clatter of our conscious minds. In this timely book, Russell Targ shows readers how to quiet this noise and see into the far reaches of time and space through remote viewing. He also illuminates the phenomena of intuitive medical diagnosis and distant healing in a groundbreaking synthesis of research and empirical data. Drawing on a broad range of spiritual traditions, Targ demonstrates that these psychic abilities offer a path of self-inquiry and self-realization and have the power to expand each person's limited awareness into the consciousness shared by all beings. Targ explores the scientific and spiritual implications of remote viewing, as well as offering practical techniques and exercises to nurture this universally available but often untapped skill.

## Book Information

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## Customer Reviews

REVIEW OF "LIMITLESS MIND" by Russell Targ, reviewed by Keith Van Vliet As a scientist, Targ is able to draw on a comprehensive knowledge of physics to give authority to what otherwise might be taken lightly. His background includes working in a traditional aviation corporate structure, which he left to pursue the field which is the subject of the book, remote viewing. He states, "My personal goal

has been, for many years, to turn a rocket scientist into a human being."His additional education covers much material from the east, which he weaves throughout the material.In 1972 he co-founded with Dr. Hal Puthoff the Stanford Research Institute program to scientifically investigate remote viewing, which he continued for over two decades.He begins by introducing the term "nonlocality," a scientific term that my spell checker did not recognize. It means the separation of cause and effect over both time and space., which violates traditional scientific laws and causes great consternation in science. His investigations did much to attract the attention of colleagues and bring official recognition that this was something science had to deal with sooner or later. Although Targ does not dwell on this aspect overly long, he quotes Voltaire as writing, "It is dangerous to be right in matters on which the established authorities are wrong.The actual experiments he conducted used people known to have some psychic ability, but throughout the book he insists that this power is natural, and possessed by anyone who is of a mind to practice. The descriptions given by the viewer were accurate well beyond any estimates of chance guessing, and were double blind, where the subject site was not known by the interviewer.

Russell Targ has a fascinating background, as one of the original founders of the government Remote Viewing program. Back in the 1970s, he and Hal Puthof put together experiments in psychic vision that very much interested the US military. Both men were at Stanford Research Institute (SRI) and got government contracts to test "viewers" - psychics who could see events and places ("targets) in their mind. They developed a set of protocols for these experiments and successfully demonstrated that this could be done. In *Limitless Mind*, Russell Targ discusses those experiments, which were to influence his later work and eventually become once again his main profession. At present, he sponsors seminars on remote viewing, often working with Dr. Jane Katra, with whom he has written several books.This book is a combination of information on how anyone can try remote viewing, and how work with remote viewing led the author to related activities, mainly distant healing. Targ repeatedly explains that remote viewing is not specifically a spiritual activity, but it led him in the direction of further inquiry into the nature of consciousness and that led him into spirituality. He came to believe that man is more than his material body, that consciousness transcends our physical senses. Consciousness can move beyond place and even beyond time to actually take in remote locations and events. Targ became interested in how healers can affect the bodily health of another person, noting that many can affect people who are in a distant location, without seeing or touching them. How is this possible, unless consciousness is not local?Information on how to do remote viewing is available in other books and websites, but Targ's

preferred methods all involve working with a partner.

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