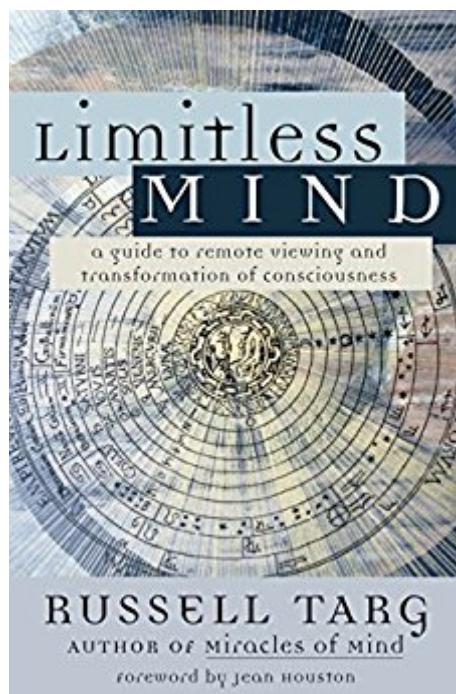


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# Limitless Mind: A Guide To Remote Viewing And Transformation Of Consciousness



## **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**

I had high hopes for this book and was a little disappointed. I thought it was going to blend spirituality, quantum physics and metaphysics, with the emphasis being remote viewing. Instead, the author touched upon each one and then shift to technical information. He was all over the place.

I expected more from Russell Targ.

Book came in excellent condition. Good book but I expected more. I thought it would come in more detail about how to perform remote viewing. It does give brief descriptions on how to remote view but not as detailed as I thought. It covers part of the days of experimenting at SRI and gives insights on diagnosing someone's illness with remote viewing and talks about his daughters research in remote healing and gives a little on how to do that. It goes into a lot of spiritual ideas. I enjoyed the read non the less.

This book will make you question what you previously believe on what can be achieved

This book left me with a vague feeling of unease. It was as if I were on the edge of a great enlightenment and then...the book ended. There is some interesting material on Remote Viewing, but you should note that you need at least one partner to practice for the most part. Since this is not a topic of much interest in the Midwest, I don't think I'll be able to practice much. I purchased this book because I was looking for a scientific examination of psychic experiences. I got some of what I was looking for, but I also got a lot of personal stories and anecdotes that were interesting, but not necessarily enlightening. I enjoyed this book and would recommend it as an introduction to the techniques for Remote Viewing. If you are looking for a more broad-ranging work, try "The Field," by Lynne McTaggart.

Limitless mind a guide to remote viewing was well worth reading. Russell Targ has done well to present remote viewing as a factual and believable guide for anyone interested in the power of mind awareness and extra heightened states of consciousness. It's easy to see he knows what he is talking about just through his many records and accounts of his journey in transformational consciousness with others he interviewed and worked with, not to mention the element of truth of which he conveys it so naturally and passionately. Inspirational reading.

Just when you think you know all, a book like this tells you otherwise. Good read. Quiet a mind opener .

Russell Targ takes what is seemingly complex topic and makes it easy to understand. I found this book fascinating and educational. Russell gives you the tools to improve your intuitive ability and

then it just comes down to practise. Anybody particularly interested in remote viewing should definitely read this book.

The normal members of the scientific community demand "proof", or some sort of stupid human trick, before they accept the existence of "expanded awareness". How refreshing to see someone of Russell Targ's stature show how the research they were doing into PSI had roots in Buddhism, mention in The Tibetan Book of the Dead, Hinduism, and other Eastern philosophies, some over 10,000 years old. As a remote viewer and long-time seeker of spiritual knowledge, this book is a keeper. It includes some of their experiments with remote viewing at the Stanford Research Institute, precognitive dreaming, intuitive and distant healing. We make our own reality; time and space are just mental constructs - concepts in the mind. This book is not a guide to remote viewing.

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