

TARG, RUSSELL. (2004). *Limitless mind: A guide to remote viewing and transformation of consciousness*. Foreword by Jean Houston. Novato, CA: New World Library. xxix + 209 pp. ISBN 1-57731-413-1. Paperback, \$14.95. *Reviewed by Mark A. Schroll.*

Mentioning “remote viewing” creates immediate cognitive dissonance in those of us that accept psi as real because sceptics immediately ask, “how does it work?” Attempts to bolster this discussion with experimental data sounds impressive at first, yet our ability to accept “limitless mind” is not an empirical problem—but a conceptual one. Data, in other words, is auxiliary to hypothesis and theory, and Russell Targ gets right to the point as to what the conceptual problem is: we live in a non-local reality. Still this leaves many of us again adrift, as we seek to relate psi and non-locality. Realizing this, Targ gives us a 10 page crash course on quantum relativity theory and its relationship to psi research. Those of us without a background in physics and East/West philosophical traditions will find this discussion challenging.

Many of us know that modern physics currently lacks a metaphor. Psi’s method of drawing impressions to provide access to symbols and non-analytical unconscious processes could provide a means to envision this metaphor. Likewise for example Jung’s interpretation of Wolfgang Pauli’s dream of “the world clock” that led them to develop the concept of synchronicity, and transpersonal psychology helped validate Jung. Another reason for this metaphor is that psi, Jung, and transpersonal psychology will not be properly recognized and understood until psychologists stop envisioning the human condition in terms of Newtonian physics, and begin to envision a quantum-relativistic view—all of which search for something more inclusive. Mind is no longer confined to our physical bio-chemical brains and skin encapsulated egos, but is capable of being considered as a field or morphogenetic field as Rupert Sheldrake refers to it.

This grounded discussion based on physics continues as Targ’s cursory overview of psi research unfolds, which may dismay and begin to convince sceptics that had doubts about engaging in theoretical discussions requiring an examination of our philosophy of science. Indeed times are changing even for sceptics, whereas those willing to engage in these discussions began their inquiry with *Varieties of Anomalous Experience* (Cardena, Lynn & Krippner, 2000). Consequently I found *Limitless Mind* easy to read, but at the same time offering an informative examination of research on the very misunderstood phenomenon of remote viewing.

Skeptical inquiry at this point may begin to concede conceptually and experimentally that the reality of psi is becoming increasingly plausible; at the very least there are some serious cracks beginning to form in science’s cosmic egg. Still even if further research is able to convince sceptics that psi exists, opposition will remain active with the critique that psi is only a circus act and

not practical. Targ counters this criticism by discussing accounts of remote diagnosis and remote healing. The most famous person to conduct remote diagnosis is Edgar Cayce. Remote diagnosis is, according to Targ, easier to do than viewing the contents of objects in a box. I believe this is one reason we have these abilities, to help people, and not to harm others with fantastic abilities or to spy on others.

Targ cites William Braud's research in *Alternative Therapies in Health and Medicine* as a means of understanding remote healing, suggesting that "our healing intentions may achieve this goal by reaching backward in time to offer the critical 'seed moments' in alternative future pathways of the development of the illness" (p. 89). Likewise Targ's discussion of precognition suggests the thesis of probable futures. This is a fruitful direction to explore and one I would like to see more research and discussion on. My own view is that all futures are possible, some are just more probable and there are no pathways limiting how we choose to create our physical existence. Despite this claim the reason transpersonal psychologists need more discussion on this topic is to sort out the widespread confusion of what our current physical theories mean and how they can be used to explain anomalous experience. Targ has been very judicious in his use of physics in *Limitless Mind* and is an excellent example for us to follow.

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The Author

Russell Targ is a physicist and coauthor of several books, including *Miracles of Mind* and *The Heart of the Mind* (both with Jane Katra, Ph.D.). In 1972, he cofounded the SRI International studies that investigated remote viewing and other psi phenomenon. He now devotes his time to research and workshops on remote viewing and distance healing. His web site is www.espresearch.com.

The Reviewer

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