



Limitless Mind: A Guide to Remote Viewing and Transformation of Consciousness

Russell Targ

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Popular misconceptions of psychic ability and ESP have often prevented these topics from being taken seriously, yet an abundance of scientific research shows that we have a tremendous capacity for developing these talents. In 1972, physicist Russell Targ, co-founded the Stanford Research Institute's program to investigate the development of psychic abilities. In his ten years with this program, he came to understand that most people have the ability to describe events and locations that are blocked from ordinary perception. The term remote-viewing was coined for this ability. In this, his sixth book, Targ explores the scientific as well as the spiritual implications of remote viewing and offers detailed exercises to assist readers in cultivating their own psychic abilities.

Russell offers several techniques and exercises to overcome all of this clutter and to develop remote-viewing skills. Remote-viewing offers a path of self-inquiry and self-realization and expands our limited awareness of the consciousness shared by all humans.

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