

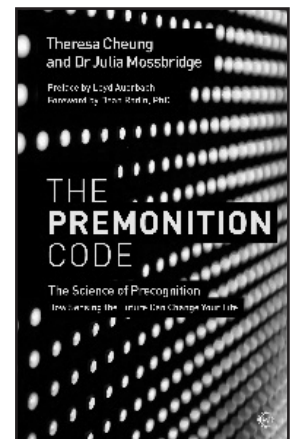
Perceiving the Future

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A review of *The Premonition Code: The Science of Precognition: How Sensing the Future Can Change Your Life*, by Theresa Cheung and Julia Mossbridge, Watkins, 2018. Pp. 213. \$13.77, paperback. ISBN: 978-1-78678-161-1

The Premonition Code has two subtitles: “The Science of Precognition” and “How Sensing the Future Can Change Your Life.” The differences of meaning in these three monikers foretell the nature of the book. It is a collection of various things, all related in some way to the idea of accessing and potentially using qualities, information, or flavors of the future. The integration is piecemeal, but that will not trouble readers who are drawn to the prospect of learning how to do and use precognition. It might be a barrier to appreciation by those more interested in the first subtitle, who are looking for science. There is some information about relevant research over the past few decades, beginning in the 1970s (Targ & Puthoff, 1974), but it is scattered about, and somewhat obscured by the three other major foci in the book: tantalizing anecdotes about premonitions, instructions for learning to sense your future, and encouragement toward making that future rewarding.



Much of the early text is about experiences that people, including the authors, have had indicating that it is possible, indeed common, to have inklings and visions of the future that are veridical. Often these are trivial, but it also happens that they can be very useful, even critical, for example in avoiding or preventing an accident (Rhine, 1956). Some reports suggest that precognition may enable positive returns on investments (Targ & Katra, 1998), or even lottery wins (Broderick, 1992). But most of this material recounts simple, personal premonitions that turn out to be accurate. All of it is provided to support the book’s effort to persuade people to learn how to be “positive precogs.” This is the authors’ name for readers who take up and practice the lessons in Part 2 of the book. It takes a while to get there, but this do-it-yourself how-to is the motivating core of *The Premonition Code*.

There are some aspects of the lessons that are not only important for positive precogs to keep in mind but apply broadly in life. The first fundamental is what the authors call the REACH principles: Respect, Ethics, Accuracy, Compassion, Honesty. These are spelled out in terms intended to lay a foun-

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dation for learning precognition, but they work equally well in any self-improvement context. This is also the case for other preparatory suggestions, especially coaching to recognize and calm the busy “monkey-mind,” and steps toward contacting one’s “higher self.” These and other hints are the background against which training to be a positive precog takes place.

Finally, about half way through the book, the promised lessons begin. The preparatory exercises are repeated, and then a detailed list of steps or elements in the process is described. I would not gainsay the authors, since they both have their background of personal experience, but the list seems weighty, in the sense that it is so much process and activity that one wonders if it might distract from the intended opening up to precognition. It may be a good way to do things, though, if it becomes a ritual and conducive framework. Readers will differ in their response to such complex instructions, but the proof is in the pudding. As a reviewer, I would advocate that anyone desiring to learn remote viewing and precognition should be open to the process, giving these induction procedures a respectful try. If it works well, terrific, and if changes that make it better come up, go with them. I think the authors of *The Premonition Code* might agree.

Possibly the most interesting part of the book for people who already have some experience with these special topics might be Chapter 7, titled “Timeless Questions Answered.” It is a kind of FAQ for people interested in scientific and experiential knowledge relating to precognition, intuition, remote sensing, and the whole range of extended capacities of mind we never learn about in school. It is mostly Julia Mossbridge dealing with an extensive collection of questions she has been asked as a researcher. She is informative, reasonably concise, occasionally funny, and very generous in her approach. I would answer differently in a few cases, but in this arcane territory that we are only beginning to explore with serious science there are far more good questions than correct answers.

I think this book will work for some readers better than others. There are a lot of “what we’re going to tell you” observations long before they happen, too many apologies for not being physicists, and a lot of warnings about psychological issues that might arise, with accompanying recommendations to see a professional therapist. It is not a style that appeals to me, but it is one that apparently works for many readers. In any case, the central intention of the book is to provide better understanding of special capacities to touch the future that we may all have, and a way to access them for people willing to work at it. Being a “positive precog” as the authors describe it is valuable, especially since they create a context of good sense for the training – as I mentioned earlier, the REACH principles are important in life, past, present, and future.

There is a website that accompanies and extends the efforts of the book, providing direct experiences and opportunities to participate in research: www.thepremonitioncode.com. It hosts a forum and an online community to which readers are invited to join. Participants are encouraged to connect with each other and share experiences and work toward common goals. The website has practice sessions and experiments, with tools for assessing performance. In the book, and most likely on the website as well, there are encouragements to work for a more positive future. Some of the ideas seem idealized, but that is not a bad thing. What we envision for our future has a better chance of actualizing than if we just wait for what comes.

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