

## BOOK REVIEWS

THE ESSENTIAL GUIDE TO REMOTE VIEWING by Paul H. Smith. Las Vegas, NV: Intentional Press, 2015. Pp x + 280. \$17.95 (paperback). ISBN 9-7819-3881-5010.

Much information has been written about the many facets of remote viewing. (RV). One can find such information on the Internet and in books and magazines. Paul Smith has been able to succeed in condensing the many facets of remote viewing into this relatively short how-to-remote viewing guide.

Paul discusses how remote viewing was used in military intelligence gathering, how it has been used in police investigations and finding missing people, and how it is being used in financial investing. The book is not just a presentation of theory and hands-on remote viewing, but it also discusses actual cases where remote viewing successfully helped to provide information that actually solved problems and answered questions.

Paul's writing is easily understood and to the point. It is like he is talking to you. He presents remote viewing in a logical manner. This guide explains exactly what remote viewing is and what it is not. Paul sufficiently explains the different types or methodologies of remote viewing as well as the protocol involved in a remote viewing session. The protocol is what makes remote viewing remote viewing.

Paul starts by discussing the most popular of remote viewing styles, which is coordinate remote viewing (CRV) brought into existence in the late 1970s and the early 1980s by Stanford Research International (SRI) researchers and Ingo Swann, a SRI remote viewer. CRV is made up of six stages that are well explained in the guide book by discussing how the viewer can gain access to the target site in stages and what one can expect to experience in each stage. Paul goes on to explain how remote viewing evolved over the years by the efforts of people such as his former colleagues Lynn Buchanan, David Morehouse, and Ed Dames. He mentions Courtney Brown and Glenn Wheaton, two individuals outside the government system who are currently teaching their own remote viewing methodologies.

Paul gives much discussion to associative remote viewing (ARV) and explains how it is not a remote viewing method. Instead, it is a way of tasking a remote viewer to try to receive a certain kind of information. Any remote viewing methodology can be used for ARV.

Overall, despite what remote viewing methodology one chooses to use, Paul offers the tools and the structure on how one can successfully remote view. His guide book teaches that given some time and effort and a focused intention, anyone can remote view. In the guidebook, Paul discusses how ARV is used to make decisions about the future. An example of when ARV is used is trying to determine whether a stock will go up or down in value at a given time (the closing time of the stock market). Another example of ARV is determining what sports team will win an event. Please notice that in ARV a binary outcome is involved.

ARV works by associating a descriptive target with each outcome. The target associated with what will be the correct outcome will be viewed by the remote viewer before the event takes place. After the event has occurred, the remote viewer is then presented with the correct target as feedback. Paul explains that ARV is great to use because if one asks the viewer outright who will win a sports game the response would be no better than chance. There will be only a 50/50 chance that he or she will be right. In other words, it would essentially be a guess.

Paul tries to explain remote viewing scientifically as best he can. He does, however, write about the evidence of remote viewing. He first discusses the difference between anecdotal evidence and statistical evidence. Anecdotal evidence tends to have limited value. We have to rely on what people are saying and hope that it is true. The significance of statistics and statistical data immensely helps give credibility to the field of remote viewing. He cites how Jessica Utts, a statistics professor, made a strong case for the legitimacy of remote viewing.

Besides learning the basics of remote viewing, the reader is introduced to the pioneers in the field as

well as meeting some newcomers. It has been well documented that Russell Targ and Hal Putoff coined the word “remote viewing” when they were conducting parapsychology at Stanford Research Institute. I found the forward in the book by Sally Rhine Feather, daughter of J. B. and Louisa Rhine, interesting. It gave insight to the private lives of two famous psychic researchers. Paul’s story about his son as a researcher in associative remote viewing at Colorado University is interesting and amusing. Paul shows us how new remote viewers took to the field.

I think the best and some of the more exciting information in the book is about some of the astonishing successes of remote viewing not only by professional viewers but also by first time viewers. Chapter 4 in the book discusses and shows accurate drawings and sketches of the Soviet Typhoon-class submarine remote-viewed by Joseph McMoneagle and Hartleigh Trent in early 1979.

Before I close my remarks, I would like to say that I think the pictures of individuals, targets, and even the old government building that once housed the government psychic program, as well as the remote viewing sketches, add great interest to the book. They help tell the whole story of remote viewing. As Paul says in the book, “But knowing the history isn’t necessary to learn remote viewing” (p. 251). This, of course, is true. I cannot help but think that people would be somewhat amazed of how remote viewing came about and follow its evolution throughout the decades.

In closing, I would like to say that *The Essential Guide to Remote Viewing* is a very informative and insightful book on remote viewing. I would recommend it to the lay person to read. In fact, I would recommend it to anyone to read who is interested or curious about remote viewing.

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