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Remote Viewing Secrets by Joseph McMoneagle. Hampton Roads Publishing Company, Inc., 1125 Stoney Ridge Road, Charlottesville, VA 22902 (2000), 296 pp. \$14.95, ISBN 1-57174-159-3.

Remote viewing (RV), according to Mr. McMoneagle, “is the ability to produce information that is correct about a place, event, person, object or concept which is located somewhere else in time/space, and which is completely blind to the remote viewer and others taking part in the process of collecting the information.”

RV has had a lengthy history throughout the world but probably has had only around twenty-five years of scientific study in this country. What makes Mr. McMoneagle’s method different than most others is this use of strict scientific protocol. Mr. McMoneagle points out in his book that he does not wish to rewrite the history of remote viewing but instead offers an in-depth history written by Mr. Ingo Swann, which can be accessed at: www.biomindsuperpowers.com/Pages/RealStoryMain.html. I have read this and would recommend the site to anyone interested in this subject. It is about fifty-two short chapters, from which the reader will gain a vast knowledge into the history of RV.

Two other requirements that must be met are that all persons present during an RV should essentially be blind to the target, and there should be some form or means of validating the material after the RV has been accomplished. About sixty people in eight or nine laboratories in the United States over the past twenty-five years have established these necessary scientific protocols.

Using strict scientific protocol is probably what separates Mr. McMoneagle’s RV from some other systems of RV or other methods used by some psychics, such as scrying from a crystal ball or interpreting tarot cards, clairvoyance, out-of-body experiences, etc. While these methods generally do not use a set scientific protocol but rather are quite varied and are dependant on the individual or psychic and therefore do not meet his requirements for being termed RV, Mr. McMoneagle does not discredit any methods if they work.

Many people confuse RV with “out-of-body experiences,” but they are two completely different things. While a person experiencing “out-of-body experiences” feels as though he has left his physical body behind and has journeyed somewhere else, the person experiencing RV receives information by way of symbols, sounds, feelings, tastes and other both accurate and inaccurate stimuli. The advantages of RV over out-of-body experiences is that during an RV session, a “viewer” can discern feelings and other things that would be hidden

from a person during an out-of-body experience. RV operates best for producing information on things known to exist, and is not generally useful for information on mythical creatures, UFOs etc.

After completing high school, Mr. McMoneagle enlisted in the U.S. Army. After completing basic training he was recruited into the Army Security Agency and spent thirteen consecutive years overseas. After returning to this country he accepted a commission as a Warrant Officer and was assigned to Headquarters, Intelligence and Security Command. Less than one year later he became Remote Viewer #001 for the top-secret STARGATE project, which was a physic spy unit known by various names throughout its history.

As one of the original viewers, Mr. McMoneagle helped design and build an effective paranormal unit that serviced nearly all major Intelligence Agencies within the Federal Government for seventeen years. After retirement from the Army he was hired by Cognitive Science Lab, which was the laboratory responsible for the research and development of the STARGATE project. He is currently fully employed by them today, doing both research on psychic functioning's and RV.

I would highly recommend his book to anyone interested in the subject of RV.

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From Mesmer to Freud: Magnetic Sleep and the Roots of Psychological Healing by Adam Crabtree. New Haven, CT: Yale University Press, 1993, 413 pp. \$55.00, ISBN 0-300-05588-9 (retrospective).

I was asked to examine this book, which had been obtained from a remainder catalog, as a possibility for a “Retrospective Review.” In these reviews, appropriate older books that deserve current attention can be presented. I found *From Mesmer to Freud* in a local library, and a little research on my part revealed that the book is still available from major distributors. This is fortunate for those with an interest in hypnotic phenomena, especially “magnetic sleep.”

It has been claimed that the 1784 discovery of magnetic sleep—an artificially induced trancelike state—marked the beginning of the modern era of psychological healing. Crabtree, a psychologist (Centre for Training in Psychotherapy, Toronto), presents the story of the discovery of magnetic sleep and its relation to psychotherapy and the healing arts. I cannot remember reading a more carefully crafted presentation of hypnosis. This book is a comprehensive and outstanding analysis of the personal, social and cultural dynamics that shaped the study of this topic along with the personalities that defined this