

MIND TREK

Reviewed by David Ritchey, Ph.D.

Book Name: "MIND TREK"

Author: Joseph McMoneagle

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"Mind Trek" is the story of the author's explorations into the realms of 'out-of- body' experiences" and "remote viewing". For him, these are two very different modes of perception, and the focus of the book is on remote viewing. He takes the position that remote viewing and psychic perception mean approximately the same thing--that is, "knowing details about something which could only be known through extrasensory perception or ESP". He differentiates the two by explaining that, while the latter usually implies that the information is received paranormally, the former is always done within scientific or approved research protocols. This is a vital distinction because it means, in theory at least, that remote viewing should be able to be taught and that its results should be able to be replicated.

For somebody who is simply curious about the subject of remote viewing, this book should offer everything s/he wants. It is autobiographical in nature and provides a good taste of what it is like to venture into these unconventional realms--the curiosity, the excitement, the mystery, the risk, and the fear. At the same time, it offers some basic theoretical concepts about the mechanisms of remote viewing, and provides a number of session transcripts for grounding and orientation.

For the individual who is already practicing remote viewing, it may prove to be something of a disappointment if s/he is looking for a "how to" manual. It is my own personal belief that remote viewing, because of the structured nature of its protocols, cannot be learned from a book; the learning process must involve a trainer. Oh, there are some bits of valuable information such as "guidelines for Selecting Targets", "Four Important Rules", and "The Nine Levels of Remote Viewing", but the value to the person who is practicing remote viewing (and value, there is, indeed) lies not in the content. The value lies in the context. Simply put, the context of the book is such as to remind us that (to borrow a phrase from the "Cerealogists"), "WE ARE NOT ALONE"! The world of the remote viewer can be very lone one at times and it's reassuring to know that there are others "out there" who are having similar experiences of uncertainty, insecurity, and self-doubt.

I experienced several very profound subjective responses to the book. So profound, in fact, that I would have to say the book is a "must read" for all novice remote viewers. Consider, for example:

For a period of several days, I was anticipating receipt of the galleys of an article I had written on remote viewing. One night, as I was falling asleep, I became aware of several important changes that I wanted to make in that article. The next morning, I experienced strong prompting to take "Mind Trek" from the bottom of my "must read" pile and start it immediately. All of those changes I had wanted to make in my article were clearly spelled out in the early chapters of the book!

The day before I started the book, I had my "worst ever" remote viewing session (13.8% accuracy). The day after I finished the book, I had my "best ever" session (94.6% accuracy). The difference seemingly had nothing to do with anything I "learned" in the book--it was more like I had an experienced trainer who was with me monitoring the second session.

McMoneagle's assertion that, in order for a remote viewer to be successful, s/he must move from the position of I believe to the position of I know got me to precisely that. As a result, I no longer experience any of my remote viewing sessions as "failures"--the "bad ones" are now all reframed as "learning opportunities".

The entire time I was reading the book, I felt like I was "hanging out" with Lyn Buchanan and I had to keep reminding myself that this book was written by Joseph MacMoneagle. They both even answer questions the same way. I kept asking myself, "Do these two individuals seem so much alike because they are both experienced remote viewers, because they were both in military intelligence, or is it just coincidence? Perhaps, because "conspiracy theories" are so popular these days, my thoughts went down this path: "McMoneagle points out that for years he had maintained a cover of anonymity and had been referred to pseudonymously. Lyn Buchanan is quite open about his having done a lot of writing pseudonymously. Perhaps "Joseph McMoneagle" is a pseudonym for "Lyn Buchanan". Perhaps "Lyn Buchanan" is a pseudonym for "Joseph McMoneagle". Perhaps neither one even exists! Whether I'm right or wrong is irrelevant. The point is that immersion in the realm of remote viewing has a tendency to lead us down some very Byzantine cognitive paths--a tendency which we should retain in our awareness at all times.

PAGE KEEPER'S NOTE: First of all, thank you very much for the compliment. However, I assure you that he, Joseph MacMoneagle, and I, Lyn Buchanan, are two different people. Joe is younger, wealthier, and better looking than I. Joe has more years experience as a remote viewer, and we use slightly different methods of working. I have known Joe for years and respect both him and his work very highly. If there is a semblance, it is probably because of that. It does, however, show that one of the beneficial side effects of having a defined and standardized structure for CRV allows you to talk to widely located people on the subject, and still feel at home.

Joe has made several TV appearances lately, and was on the ABC special, "PUT TO THE TEST". On it, he and his remote viewing ability were put to the test, and passed with flying colors. Let me add one comment to this book review, while I am making notes: I read "MIND TREK and enjoyed it thoroughly. I have even sent several copies to students. I highly recommend it as "must read" reading on the subject of remote viewing. -LB
