

Hypnosis for Beginners

A Path to the Subconscious Mind



By Dewey Deavers
and Brian Thomas

Hypnosis for Beginners

*Life is mind over matter
if you don't mind it doesn't matter*

By Dewey Deavers

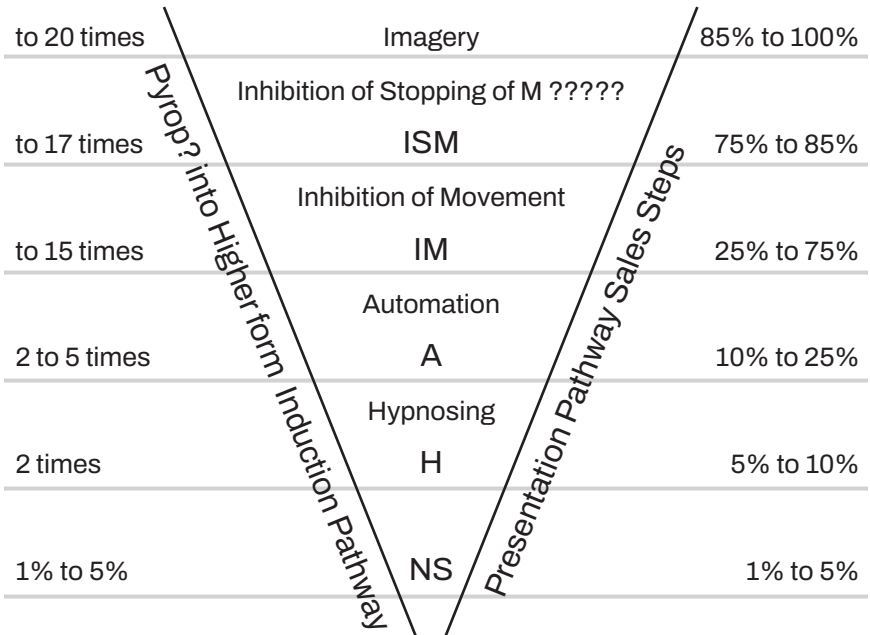
and Brian Thomas

The Creed I Try to Have

The Golden Rule I try to follow
The plan of action I must try to use
Is to say the best I know and do the best I can
Which I believe will be good for you.
If my words will not help,
I will not say them.
If my suggestions will not improve,
I will not make them.
If the things I do are not kind,
I will not do them.
If the ideas I advise are not good,
I will not give them.
If I cannot make you feel better,
I will not make you feel bad.
If what I say, and what I do,
Will make you cheerful, happy, and healthy, then
I will say it with all my heart
And,
I will do it with all my might.

- Dewey Deavers

Sales Have



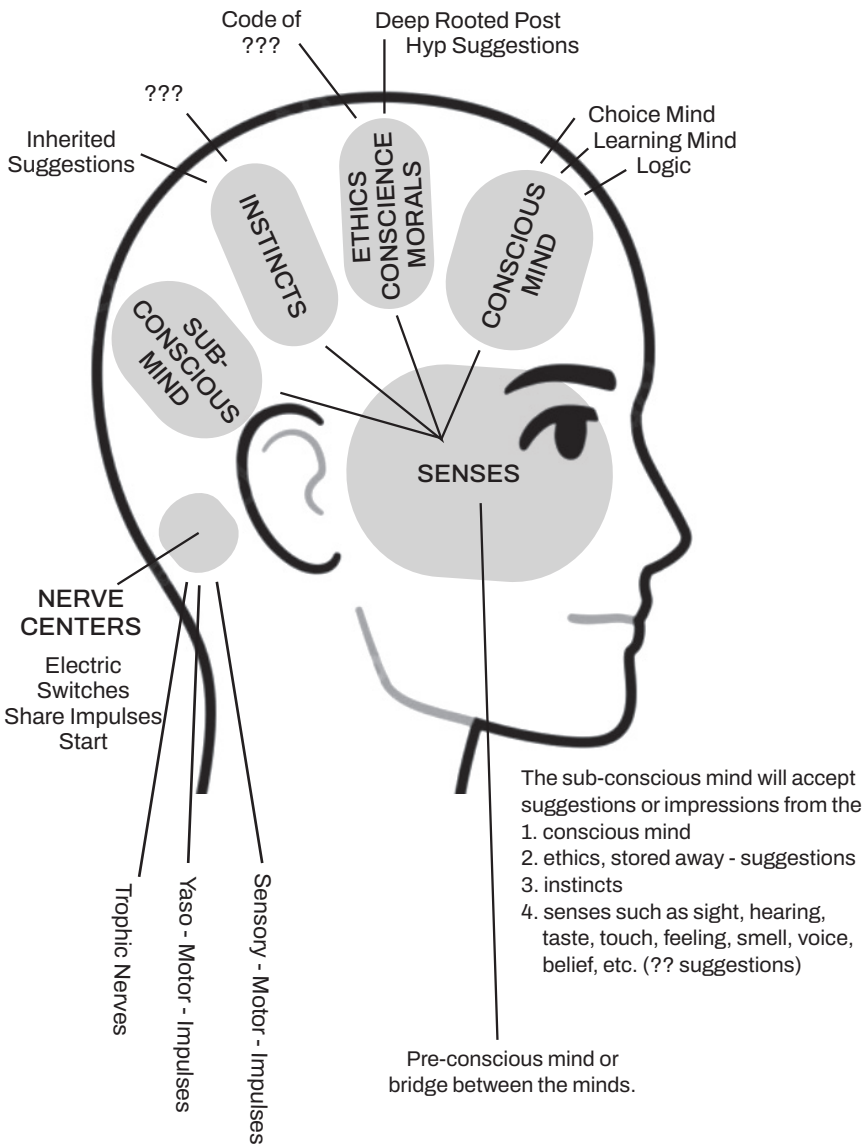
Lacking

Suggestibility - Abstraction - Hypnosis

Means - Needs - Desires

2

Have



To all parts of the body.

The above will serve as a basis as a means for an understanding of the???? affects the mind produces when it exercises its influence over the body and over itself thru the suggestions or impressions it receives. This is not technically correct as the physiologists or medical doctors would ??? but according to theory and judging from effects the ????? .

Prepare and write below

Simple Method No. 1

Step 1 - Hypnotic Mood and eyes- closed fixation

Step 2 - Eyes closed and long time verbalisms of sleep

For termination of hypnotic sleep trance, use the
Ten-count signal method

Intersperse counts with suggestions of feeling good.

Appendage 11A + !2A

Method No. 2

Step 1 - Finger raise (Light trance automatic movement)

10-25% Effectiveness of suggestion

Two to five times more effective than normal suggestibility.

Survey test A - Light Trance

B - Look for suggestibility

C - Look for retention automating

Step 2 - Finger lock medium trance

Inhibitions of movement

25-75% Effectiveness of suggestibility

Careful condition method or

Quick follow up

Pyramiding

Stepping

Compounding

Imagination appeal

Step 3 - Fingerwave or bounce

Deep trance tendencies

Inhibition of stoppage

This is called spinning

Excellerating

Spinning

Diversion

Reverse

Methaphor

Step 4 - Amnesic succumbing - capitulation
Sleep suggestion
Into deep trance induction

Step 5 - Deeping into imagery tendencies
Visualization dreams
Illusion of touch
Smooth surface
Sandpaper surface
Positive hallucinations of smell
Perfume test
Negative hallucinations (of sight)

Step 6 - Proper suggestion

Elementary Hypnotism

By

Dewey Deavers

And

Brian Thomas

Binder 1

[Most of the first page is too faded to read. The following is the annotation on the bottom of the page.]

There is always hypnosis present at various times night or day. With fluctuations between abstractions and oscillations.

System of Learn the Hypnotic Methods

- I. Learn the steps and recite the steps mentally to yourself in your own mind
- II. Practice your verbalisms and your steps on the imaginary "Mr. Jones"
- III. Practice on other students like yourself or on co-operative friends
- IV. Begin the practice of your first subjects

Best Waking Method

"I am going to count to ten. When I reach the count of ten, you'll wake up feeling wonderful.

At the count of six, you will realize I am counting from seven to ten. You will slowly start to awaken. At the count of ten -- you will awake.

1 - 2 - 3 - 4 - 5 - 6-- You know I am counting 7 -- You are slowly starting to awaken. 8 -- You will be mentally and physically fit. 9 -- Exhilarated, stimulated, animated -- Full of pep and energy.

When I say the next number, you will open your eyes. You will be wide awake - alert - feeling wonderful. 10-- wake up -- feeling wonderful.

Suggestions may be received in variable ways and forms, and should be carefully considered by every hypnotist. Some of the kinds of suggestions that can be useful for the waking or sleeping state to influence the conduct of physiology are the following:

1. Direct: A suggestion which is to the point and without camouflage

Indirect: Subject does not recognize it as a suggestion and is not aware of it as an influence on his behavior

2. Conscious Suggestion: Subject could be aware of it as a suggestion or influence

Unconscious Suggestion: A suggestion or stimuli which might be received while in trance or while in an absent-minded moment of which he might not be aware

3. Prestige Suggestion: Suggestions are those which are personal, and which are received as influences from one person to another. In this course, we will regard a prestige suggestion as one which influences the conduct of a person in a waking state.

Non-Prestige Suggestion: Are impersonal suggestions which can influence the conduct of a person in a waking state, such as music suggesting dancing or singing, the sight of food suggesting hunger, rain on the roof suggesting sleep, etc.

4. Verbal Suggestions: Are those given through the use of words.

Non-Verbal Suggestions: Are those which convey ideas without the use of words.

5. Inferred Suggestions: Are those given in the form of motions or other disguised or subtle forms. For instance, through imitation, through motions, sounds, smells; an example -- a person looking up at a tall building causing others to look up, etc.

6. Conditioned Reflect Suggestions: Will cause subconscious influence with or without awareness because of past associations and habit patterns; for example, martial music being heard by a former soldier, causing him to begin walking more rhythmically as in keeping in step with other because of his past associations.

7. Emotional or Sensory Suggestions: Are those which are caused by feelings of emotion, or instinctive influences caused by sensory awareness.

8. Trance Suggestions or Hypnotic Suggestions: Are suggestions given during a trance or trance-like state.

Non-Trance Suggestions: Are considered as waking suggestions.

9. Pre-Hypnotic Suggestions: Are waking suggestions given just before hypnotic induction, designed to be impressed while under hypnosis, and to be obeyed during the trance and after the trance.

10. Post-Hypnotic Suggestions: Are suggestions received during a hypnotic state and designed to be obeyed after awakening.
11. Auto-Suggestions: Are those given to one's self.
12. Hetero-Suggestions: Are those suggestions given to you by another person.
13. Practical Hypnotic Suggestions: Are suggestions designed to have an automatic influence on only a specific part of the body.
14. Persuasion Suggestions: Are suggestions given gently, appealingly, and logically and oftentimes through sympathy and compliments.
15. Subliminal Suggestions: Are printed or written suggestions projected on a screen as fact that the conscious mind cannot become aware, which is registered on the subconscious mind and will later produce effects without the subject becoming conscious of the suggestion.
16. Sub-audible Suggestions: Are suggestions given in the form of verbalisms, which are not received as awareness by the conscious, but will be effective in the subconscious mind.

Questions and answer 27 continued:

Method No. (3)

Note: If negative on any of the first five steps, go immediately to Method No. (1)

Step 1: Finger raise and hypnotism lecture

Step 2: One arm raise and one arm lower

Step 3: Can't get palms together test

Step 4: Hand clasp test

Step 5: Arm revolve and can't stop test

Step 6: Reverse -- go the other way and deep breathing

Step 7: Eyes closed -- stop moving arms and deep breathing

Step 8: Eyes closed, deep breathing, and figure-eight passive head revolve

Step 9: Use the following verbalisms, or words similar as a follow-through:

"You are getting very dizzy, drowsy, and sleepy."

"You are very dizzy, drowsy, and sleepy."

"You are becoming sleepier.

"You will soon go to sleep."

"You are very, very sleepy."

"Now go to sleep."

"Go to sleep."

"Go deep and sound asleep."

"Sleep very deeply -- away down deep -- deep asleep."

Method No. (4)

Step 1: Stuck to chair test

Step 2: Standing - stuck to tracks

Step 3: Walking - can't stop

Step 4: Sitting - eye stick

Step 5: Eyes closed - deep breathing and figure-eight passive head revolve

Step 6: Follow-through verbalisms, as in No. (3) method

Note: In many cases, you may jump from step 4 to the simple command, "Go to sleep. Go to sleep. Go deep and sound asleep."

Definitions and Suggestions

1. Susceptibility to hypnosis is the ability of the subject to go into his natural trance quickly.

2. Depth of Trance is a hypnotic condition which is marked by variable degrees of suggestibility that a person goes into, regardless of whether it takes a short time or a long length of time to attain. A deep hypnosis is best achieved when there is a successful fraction hypnosis (trance) first.

If you use a series of progressively difficult fractional hypnosis (trances) each one successful, the ultimate depth will be much greater. (See "Pyramiding Reactions") under sheet "Agents used or reactions produced to aid Hypnotic Induction."

3. Suggestion is the implanting of any idea or action into one mind of a person to create action according to the idea that the suggestion implies.

Suggestion will be acted upon by the person who receives it when it becomes impressed upon the subconscious mind.

Suggestion, when it has been impressed deeply, will remain fixed and will continue to exert power until another idea, suggestion, or impression takes its place, and will continue to exert power until another idea or impressionable idea, sufficiently strong, stops its movement.

Suggestions implanted in the mind tend to become impulses, taking the form of ideas or plans of action and becoming actions of the body.

4. Suggestions given in the form of positive affirmations attain more desirable results than those given in the form of negative denials; for instance, it is much better to suggest, "your head feels good, your head has become well" than it would be to say, "your headache has gone, the pain has gone away."

5. Suggestion Influences

A. Desire or Inclinations

B. Movement

Note: Movement has its own power, plus weight, plus momentum...

C. Stasis (Inhibition or lack of movement)

Note: In securing automatic movement or inhibition of movement, it requires two- and one-half times longer to attain success in the suggestions in the "waking state" than in the "sleeping state" (sleep trance).

Habituation is fifty percent faster after the fourth trance than after the first trance, so that suggestions become fifty percent more effective when made after the fourth trance than after the first trance.

6. Suggestible People are divided into three kinds:

- A. Those whose conduct can be influenced through suggestion
- B. Those whose physiology can be influenced through suggestion
- C. Those who can be influenced in conduct and physiology through suggestion

7. There are three kinds of suggestions that can be used to influence subjects in the trance state:

- A. Hypnotic suggestions are those given to the person while in hypnosis and to be “Carried Out” while in hypnosis.
- B. Pre-hypnotic suggestions are those given to the person just before going into hypnosis.
- C. Post-hypnotic suggestions are those given to the person while in hypnosis and to be “Carried Out” after waking from the trance.

8. A person under the influence of a post-hypnotic suggestion, and before the post-hypnotic suggestion is removed, will “carry out” other suggestions given by the operator.

Examples:

- A. Post-hypnotic suggestions -- When I touch any part of your body while saying, “Numb, numb,” the part of the body that I touch will be numb and anesthetic
- B. “Carry through” rub and say, “numb, numb”
- C. When success is made (numbness) don’t remove anesthesia but give other suggestions.

9. Hypnotic Conditioning consists of a number of trances given for the purpose of increasing susceptibility, trance depth, and suggestion susceptibility, using progressive steps as itemized in the following paragraph, and until your object has been achieved.

10. Build-Up of the hypnotic subject:

- A. Increase the susceptibility or speed of going into the trance
- B. Build his power or his possibility to go into a greater depth of trance
- C. Finally arrive at a complete control of susceptibility, depth of trance, according to will, suggestions, and cues

11. Hypnotic Sleep (Nature of):

- Electro cardiograms
- Pneumographic records -- Response same as in a waking state
- Patella reflex

12. Hypnotism makes psychology powerful. Hypnotic suggestions based upon psychological principles will intensify physiological processes. Psycho-somatic is pertaining to both mind and body.

*Additional written notes: Conscious mind -- Make a resolution, use determination and will power to make it come true

Subconscious mind -- Make a suggestion similar to the resolution, then place yourself in a favorable situation so the suggestion will have a chance to come true.

*Next page is illegible on the top, but then transitions into the following:

Answer 27 -- Some simple methods of hypnotic induction.

Method No. (1).

Step 1 - Hypnotic mood and eyes closed fixation

Step 2 - Eyes closed and long time verbalisms of sleep

For termination of hypnotic sleep trance, use the Ten-Count Signal Method. Intersperse counts with suggestions of feeling good.

Method No. (2).

Step 1 - Hollow spoon fixation, and ten [illegible] hold-ins

Step 2 - Hollow spoon fixation and hypnotic [illegible]

Step 3 - Hollow spoon fixation and long-time [illegible] of sleep

*Note -- there is a drawn graph on the bottom of this page that is not copied on this typed document

The Rape of the Mind

Inhibition of Movement

Objections

Keep Off Balance

A stronger reason why

(Money gain appeal)

(Strong testimonial)

(Tell about satisfied customer)

(Psychological judo by a strong alert reaction)

(Using his own words against him)

(Make illusions out of his questions)

(Hallucinating the illusions)

(Superior product)

(Surprise counter attack)

(Get off the defense and counter on the offense)

Twisting makes it appear that your idea is his, and try and get him to do what you want him to do, but make him think that is what he wants

Logic

5-10% Belief, Relaxation

10-25% Auto Move

25-75% Inhib of move

75-100% Physical numbness + assoc. verbalism (conditioned reflexes)

Personal Psychology

1. Personal Influence on Other People

A. Personal Attractiveness

Step 1 - use of non-prestige suggestion influences such as:

- Neatness
- Good appearance, good smell
- Confident manner, etc....
- Good reputation

Step 2 - use of non-verbal suggestion influence such as:

- Good cheer
- Smiling
- Friendliness
- Nice manners, politeness, etc....

Step 3 - subtle-direct or subtle-indirect compliments, sincere observations of good points without flattery

Step 4 - making the other person feel important

Step 5 - leading the other person to talk about what he is interested in, while your suggestions are subtle, impersonal, given in a complimentary way

Step 6 - being a good listener

Step 7 - when you talk, talk in the manner he likes to hear

Step 8 - give information only when he needs it or wants it

B. Persuasion

Step 1 - operator prestige:

- *allow subject to get impression of operator's importance through identity, appearance and manner, through subtle non-verbal suggestions and well-planned non-prestige suggestions

- *show polite manners, good English, grooming, etc...

- *knowledge

*let subject feel operator is capable of helping him

*let subject feel operator is willing to help him

Step 2 - subject passivity

*give subject attention

*get him at ease and relaxed

*use a cheerful attitude

*create likeability

*eliminate resistance

Step 3 - subject prestige

*use subtle compliments

*entertain him by letting him feel he is entertaining you

*make him feel important

*use suitable verbalisms such as:

“Thanks for telling me”

“Thanks for asking me”

“Good -- I am very glad you brought that up”

“Now that is a very good point you brought up”

“You are exactly right -- but other people have found this way very satisfactory”

“Please”

“May I ask your permission?”

“I appreciate”

“You are very kind”

“Thank you”

“I can give you some good new ideas you can use”

Keep a record of phrases to use. Remember that words, phrases, suggestions, can make you a million dollars.

Step 4 - subject amenability

- *focus his attention on your points
- *secure his concentration
- *arouse curiosity
- *show his needs
- *create desire
- *prevent his indecision

Step 5 - closure

- *diversion-instill a feeling in the subject that your idea came from him, and that your way of thinking is his way of thinking
- *very subtle direct suggestions
- *quick subtle ending

Step 6 - satisfaction and good will

- *direct or indirect suggestions that he will be glad he accepted the idea
- *always persuade for his benefit as well as your own and let him be impressed with the idea it was all for his benefit

The important rules to remember about another person are as follows:

In any kind of a deal with another person, consider his viewpoint first and understand his conscious or unconscious viewpoint in terms of his self-importance and his desires.

He thinks first that the most important person in the world is “myself.” Consider this viewpoint in dealing with the other person.

He thinks secondly that the most important thing is “what I want.” Consider how you can make him feel that he is getting what he wants or how to make him feel you can give him what he wants honestly. When he thinks “what I want”, you must understand that what he wants most is a

feeling of importance. In dealing with him, try to make him feel important and in doing so, ask yourself two questions:

1. What will make him feel important?
2. How can I make him feel important?

Now, the lesson here is this, “the best way to get along with a person is to give him a feeling of importance without flattery and without making it seem noticeable to him. Among your best weapons are:

- *the direct compliment
- *the indirect compliment
- *the disguised compliment
- *the subtle installment in him that you are trying to help him

(Do this without allowing him to become abusive to you, or to feel obligated to you.)

Women's Sexual Nature

1. Wants to make you think she never has
2. Doesn't like to be asked
3. Wants to be persuaded after spontaneity
4. Doesn't like impulsive moves
5. Likes subtle spontaneous moves
6. Wants a justification
7. Doesn't like to be put on the spot
8. Doesn't like to take responsibility -- you take it
9. Doesn't want to lose face, and you must take all responsibility

Auto - Hypnosis

Method 1 - Elementary Course:

Eyes closed, Hypnotic Mood, and Long-term Verbalisms

Method 2 - Elementary Course:

Hollow-spoon fixation on 10 deep breaths plus hypnotic mood and long-time verbalisms

Method 3 - Elementary Course:

Hypnotic mood plus Post-hypnotic cue

Method 4 -

Step 1: Rapid and violent deep breathing and forceful blow-outs until dizzy (about 20 to 50 breaths, but don't count)

Step 2: Lips "puckered", one extra long deep breath and hold

Step 3: Auto-suggestion, "I am going to sleep"; repeat a number of times when necessary

Note: Set time of awakening before going to sleep. This is suitable for water or land. In water, decide to sleep while holding breath

Method 5 -

Step 1: Hypnotic mood and set time of awakening

Step 2: Keep eyes closed directing them inward and downward

Step 3: Say, "I will soon go to sleep"

Step 4: Imagine your breath to be a white vapor and mentally watch and feel the inhalation of the vapor and the exhalation of the vapor

Making Self-Hypnosis or Auto-Suggestions:

Method 1 - Elementary Course

Singular repetitive suggestions just before self-hypnotic sleep trance

Method 2 - Elementary Course

Auto-suggestions -- tired and sleepy while going into neutral sleep

Method 3 - Elementary Course

Deeply concentrated auto-suggestions, 20 to 100 repetitions

Method 4 - Elementary Course

Un-concentrated -- mechanical-auto-matic auto-suggestions, 20 to 100 repetitions

Method 5 - Elementary Course

Repetitions "post-hypnotic cue" auto-suggestions

Method 6 -

Emotional imagery, or the actual visualization of the suggestion over and over, 20 to 100 times. Try to actually feel and see and realize as near as possible the suggestion each time so that it resembles a hallucination.

Method 7 -

Emotional imagery suggestions plus auto-verbalisms at the same time, repeated 20 to 100 times

Tape Recorder Suggestion Information

1. Suggestions more effective if given in another person's voice
2. Suggestions should be cued post-hypnotically or by another person
3. If suggestions are given in your voice, find whether to use the "you" in referring to yourself, or the "I" in referring to yourself
4. Experiment to find whether to address yourself by your name or whether to omit your name
5. Suggestions should be given positively -- that is, affirmation should be given rather than denied, and also refrain from the "bad mentioned" words
6. Tape recorder suggestions are best impressed on the subconscious mind if in some state of hypnotic trance -- even a light trance would be better than an unconscious natural sleep (some authorities claim otherwise)
7. Some authorities say that recorder suggestions are more effective in a waking state than they are in a natural sleep
8. Tape recorder suggestions are best used to prevent a condition rather than to instill a condition

Waking Hypnotism

Fractional Waking Hypnosis

See hypnotic ability or susceptibility tests -- Elementary course

Method 1A - Fractional relaxation by suggestion

Method 1 - Production of automatic movement by suggestion. Elementary course and others

Method 2 - Inhibition of muscular coordination by suggestion. Elementary course and others

Method 3 - Inhibition of movement by suggestion. Elementary course and others

Method 4 - Inhibition of stoppage of movement. Elementary course and others

Method 5 - Rigid muscular contraction or catalepsy by suggestion. Elementary course and others
-- plus physical openness and association, descriptive verbalism will produce psychological [unreadable] which is hypnosis when you may proceed with other suggestions

Method 6 - Anesthesia

- a. Hot application
- b. Cold application
- c. Massage
- d. Chemicals

*Relaxation produced by suggestion is hypnosis; instill suggestions while pathway is open

7. Personal attachment

8. Persuasion

9. Emotional hypnosis

10. Speech hypnosis

11. Divine healing

12. Compliment hypnosis

Inference -- The universal language or universal suggestion

Belief mech. -- conclusion without reason

Healing

Method 1 -

Step 1. Create pathway to subconscious mind by one or more of the following:

- a. Belief or ethics or appeal to logic
- b. Partial anesthesia by zone pressure, massage, or drugs
- c. Temperature, hot or cold

Step 2. Subtle future tense suggestions in the form of appeal to logic

Ethics -- What you think is right

Logics -- Reason for existence

Step 3. Logical, subtle, repetitious suggestions of good feeling and pain disappearance while making logical explanations without stating that it is suggestion that is accomplishing results

Step 4. Make positive, emphatic suggestion as if you know the disorder has passed away, for example -- "Now, the work is done, you feel good now, you are all right."

Waking Hypnotism, continued:

Method 2 - Invoking the Post-hypnotic Cue.

Healing Method 3 --

Step 1. Create pathway to subconscious mind the same way as in the last stated method (invoking the P.H. Cue)

Steps 2-4. The same as the last method by substitution of certain words to fit the case

Waking Hallucinations including sight, smell, sound, taste, touch

Method 1 -

Step 1. Create pathway to subconscious mind by one of the following:

- a. Belief or ethics or appeal to logic
- b. Create an illusion of a physical happening to help lead to his imagination

Step 2. Subtle future tense suggestions

Step 3. Subtle, repetitious suggestions of fact

Step 4. Make positive, emphatic suggestions of fact as if you know it has already happened

Amnesia

Method 1 -

Step 1. Arouse excitement and emotion; talk very fast and excitedly

Step 2. Create confusion while making suggestions of forgetting name, etc. Continue talking fast and excitedly

Step 3. Make positive emphatic suggestion that he has forgotten - repeated quickly several times

Step 4. Make two or three suggestions quickly of forgetting, then ask questions, then forgetting suggestions and ask questions, etc... repeated until he is so confused that the amnesia is positive

Method 2 - Invoking Post-hypnotic Cue

Hyper-amnesia or recall and Memory of events or Waking Regression

Method 1 -

Step 1. Create pathway to subconscious mind by one of the following:

- a. Try to find a clue to something connected with early events, such as a musical tune, a stormy day, Christmas holiday, stormy night, the smell of lilac perfume, etc...
- b. Experiment with names, personalities, friends, relatives, loved ones, etc...

Step 2. Make a vivid description of something that might mean a connection with an early event you wish to recall

Step 3. Try to elicit an emotion resembling the one that might have been connected with the early event

Step 4. Appeal to his visualization and emotions strongly by subtly asking questions giving your own vivid word descriptions and making suggestions of memory recall

Step 5. Suggest strongly that he can now remember and get him started on a narration etc...

Method 2 - Invoke Post-hypnotic Cue

Handwritten notes-

(Formula of Condition of Method on Opposite Page)

Normal Precaution - Post-hypnotic suggestions have eventual good happening, or intending to have - (physical relativity)

First step: Pyramiding = physical activity + descriptions verbal (conditioned response)

Second step: Conditional response + dedication toward what you "wish to have"

Third step: Keep control of physical activity with descriptive verbalisms

Fourth step: The big induction into what "you wish to have"

Waking Hypnotism continued...

Control organic body functions -- heartbeat, pulse, blood pressure, etc...

Method 1 -

Step 1. Create actual condition by physical activity

Step 2. Install "conditioned response by making suitable suggestions of observable symptoms -- for instance, as when winded from exercise, suggest, "you are very winded." "Your heartbeat is very fast." "Your pulse is speeding," etc...

Step 3. When association is established, as with above, make suggestions to normalize, as for instance, "you are becoming less winded." "Your heartbeat is becoming slower." "You are becoming rested. Your heartbeat is slow. Your pulse is very slow."

Step 4. Continue with suggestions to create an over-compensation. For instance, "your heartbeat is becoming slower and slower." "You are breathing very slowly and restfully." "Your pulse is very quiet, and very slow."

"Your heartbeat is barely noticeable." "I cannot feel your pulse going."

"Your heartbeat will keep you strong and alive, but I can't feel it beating, I can't find your pulse." "You are barely breathing," etc...

Bowel action pyramiding reflect for general improvement

1. Have a bowel action
 - a. "That good bowel action has helped me a great deal"
2. "I feel relieved"
3. "I feel good"
4. "I can think clearly now"
5. "I am full of pep and energy"
6. "I am healthy and strong -- and cheerful and happy"
7. "I am becoming better in every way"
8. "I will continue to be like this the rest of the day"
9. "I will always sleep very sound all through the night"
10. "And I will awaken every morning feeling just right"

Emotional Hypnosis

1. Instigate prestige and a realization of your power
 - a. let him know that you are in a position to, and that you can inflict, and will inflict certain emotional or sensory things in him
2. Arouse the signal mechanisms, or condition reflexes by “ringing the bells” or giving the signals that would cause his subconscious mind to “set in motion” the desired influences
3. Start the auto-suggestion process by eliciting the belief mechanisms
4. Arouse his sensory and emotional instincts and divert them in the direction of your task or suggestion
5. Utilize his neurotic trends to arouse the emotions you need as a means to an end
6. Pyramid his sensory experiences to stronger emotionalisms and then to an emotional explosion or trauma
7. While in this emotional state of trauma or hypnosis and while the sub-consciousness is more sensitive to impressions, quickly, dramatically force your task or suggestion to the sub-conscious mind, but be sure the impression you wish to convey, or the suggestions you wish to be effective is comprehended or understood by his sub-consciousness. The suggestions can be made direct, or indirect, inferred, or to the point, or in the form of a trend or post-hypnotic he had installed before in the past.

Speech Hypnosis

1. Have a planned outline so that everything you need to present will be there without superfluous inclusions (your suggestions), with the idea in mind that your speech will be, as a rule, “short and snappy and let them wish for more” -- do not make it long and dreary and have them wishing it is over. Again, impress on your mind -- “let your speech be short and snappy and let them wish for more.”
2. Decide to speak for diction, clarity, and audibility
3. Remember that it is most important that your audience is considered first
 - a. Look up to the audience, and not down at the people
 - b. Don't talk at the audience but talk to the audience
 - c. Don't talk above the people but talk with the people
 - d. Think with the audience and have the audience think with you
 - e. Appeal to the audience but don't demand
 - f. Remember that speaking is not for the relief or the speaker for “unloading” purposes, but for the education and entertainment of the audience
 - g. The audience should be constantly humored, entertained, startled, kept alert, and in a happy mood
4. Establish rapport with the audience in removing the conscious inhibition against you by doing something to make the audience like you, and instilling confidence
5. Try to keep the audience in a waking trance by your showmanship and without your own laughter, imitative mannerisms, useless repetitions and monotony
6. Try to get their interest so they can concentrate by arousing curiosity in the thing you want them to do
7. Make the task appear attractive, so that they will wish for it, and thus use their auto pre-hypnotic suggestions
8. Connect the task with what they want, or make it appear that is what they want, so that you can elicit their own precious post-hypnotic suggestion
9. Try to associate the tasks with their ethics, morals, patriotism, or their sense of right and wrong (so as to eliminate their sub-conscious inhibitions)
10. Arouse their emotions as much as possible and connect them with the task, so that you are using both emotional hypnosis and verbal hypnosis. Utilize for example: their defense mechanism and their fighting instinct
11. Use your verbalisms “understandingly” and guide them directly toward their task and start them on performance of the task (clear cut, post-hypnotic suggestions)

12. Keep the audience satisfied, amused, and in a good humor and let them think to themselves, "he is right"

12a. Your suggestions

*How are you trying to influence him--

1. To buy your product?
2. To buy you?
3. To buy your entertainment?
4. To buy your "education"?
5. To buy your influence?
6. To get him to act in a certain way?

"If you must sell what [?] buys, you must see from [?]'s eyes"

*His needs, wants, means, timing

Divine Healing

1. Instigate prestige and confidence
 - a. Let them be conscious of your goodness and yet you should appear human
 - b. Let them get the impression that you are divinely inspired and have been selected to heal (but don't *you* say so)
 - c. Try to be understanding, sympathetic, and especially attentive
2. Arouse the conscious or religious ethics and belief while trying to appeal to their logic at the same time
3. When possible, use testimonials, examples and demonstrations, thus getting them to experience fascination hypnosis
4. Start the autosuggestion process by eliciting the belief mechanisms
5. Associate as much as possible with the aroused emotions
6. Use, when possible, the physical advantage you would in ordinary hypnotism massage (laying on of the hands)
7. Give suggestions dramatically in the form of merciful appeals to a higher being: for example, in the form of prayer.
 - *The appeal -- the prayer should be pleading, begging, almost pitifully given and yet given confidently. And you should never be demanding as in the form of ordinary hypnotic suggestions

Divine Healing Induction Methods Vs. Regular Hypnosis

1. The big splurge method
Divine Healing Tech.

The emphatic prayer “laying on of hands” method

The Stage Hypnotist Tech. -- Father Hypnosis

Emphatic “command” stage method

Note: the above are paralleling the “quick follow through” and command method of producing inhibition of movement

2. The slow absorb or soak in method
Divine Healing Tech.

The “persisting appeal” or “prayers to heal” over a period of time

Hypno Therapist Tech.

Slow relaxing induction method -- Mother Hypnosis

Note: this method is paralleling to the “careful condition method” of producing inhibition of movement

Some theories of hypnotism are:

1. Dissociation Theory (P. Janet) -- That parts of the mind or personality are “split up” under hypnosis. For instance, in somnambulism and complete amnesia, it is said that the subconscious mind is completely (100%) dissociated from the conscious mind. The degree of dissociation depends on the so-called “depth” of the hypnosis. “Lethargy” might be 25% subconscious and 75% conscious. “Catalepsy” stage might be about 60% subconscious and 40% conscious, and so on. The claim is made that suggestion evokes the dissociation.

2. Intense Concentration of Theory (Drs. L. Kubis and S. Margolin) -- In which the subject has the ability to be evoked into a state of heightened concentration on one thing (one idea or no idea at all). The state might be evoked at any time the subject desires to dwell on a single “something” at one time, or to be passive and dwell on “nothing.” Appearing to be simply an inhibition of his conscious thought when his initiative or mind becomes temporarily blank, during which time the subconscious mind and the body system behind it, because of its past conditioning of following commands -- continues to follow commands, even though the commands are those substituted by an outside person in place of his own conscious commands. The state might be evoked by any sort of fixation, such as gazing, monotony, repetition, or suggestion. An insusceptible person should be one who could not concentrate sufficiently to inhibit his conscious enough to evoke a heightened suggestibility state. Everyone has the ability to concentrate to a certain extent therefore, everyone is susceptible to hypnosis to a certain extent; thus, hypnosis is an intensification of a normal process.

3. Isolated Idea or Dissociated Factor Theory (McDougall) -- This theory greatly resembles or is closely allied to, if not the same theory as the last one described and is based on the supposition that in susceptible persons, once an idea is considered by the subjects (the idea of thought or nothingness) it becomes “fixed” to the exclusion of all others -- like gears going into place in a machine which control revolutions that produce movement. Thus, when an idea (a suggestion from an operator or idea of nothingness from himself) either an active or passive idea is considered by the subject it goes immediately “into gear” and becomes isolated and dissociated from all other considerations, almost exactly the same as when a set of gears in a machine are connected to produce one certain movement. They cannot be changed unless the gears are changed.

4. Hyper-suggestibility Theory (Bernheim P. Young, McDougall) -- That hypnosis is merely a heightened suggestibility that occurs in some people and will not occur in insusceptible people. Bernheim said that there was no hypnosis -- only suggestion. This theory would admit that suggestibility would be according to degree or comparative percentage basis according to the extent of hypnosis, depth or type...

5. Autosuggestion Theory (Emile Coue and others) -- That there is no suggestion-only autosuggestion on the supposition that when outside or hetero-suggestion is made, if the subject accepts it, then it becomes autosuggestion and is effective and the subject is susceptible. But when outside suggestion is made and the subject does not accept it, autosuggestion does not take place and the subject is insusceptible.

6. Emotion, Verbalism Theory (Based on the pleasure-pain principle) -- "Emotion is the great hypnotizer", as everyone must admit. All persons can be hypnotized by such emotions as fear, pain, anger, hate, love, etc.... But according to the theory we are considering, there are certain people who can also be inducted into hypnosis directly by the use of verbalized suggestions or spoken words and without emotion. According to this theory, susceptible people are those people who can be inducted into hypnotic trance, or in whom influences, inclination, and compulsions can be brought about directly by verbalisms, fixation, emotion, or non-emotional methods. Insusceptible persons are those who cannot be inducted into hypnotic influences by the use of fixation or verbalisms directly. Thus, there are two types of persons influenced by some forms of hypnotism. The "insusceptible" type cannot be influenced *directly* by verbalisms only but must be evoked into a hypnotic influence indirectly through the emotions. It is possible to set the emotions into play by verbalism, but the subject must somehow be aroused emotionally before the hypnotic influence can be felt. The susceptible type can be influenced hypnotically either directly through verbalisms only, or he can be influenced indirectly through the "verbalism-emotion" route of induction (the same as the insusceptible).

7. Accidental Learn-pattern Conditioning Theory -- Based on the supposition that every person, when left to his own devices, would acquire a different pattern of learning to gain insight of acquired mental and physical skills during a lifetime; and if the person should closely compare or be attuned to the pattern of hypnotic induction, then the person is susceptible.

8. Primitive Split-personality Theory -- Tendency in some people, perhaps inherited, arising from a "fighting instinct" of self-survival in which the animal (person) when dazed, "semi-conscious," unconscious, or mortally wounded, would continue fighting or doing the necessary tasks while in another personality and taking his "cues" or suggestions from stored memories, or as a substitute taking his "cues" or suggestions from the operator. The induction by ordinary hypnotic methods would result from the tendency toward the "trance." Insusceptible people would be those who do not have this instinct.

9. The Conditioned Reflex Theory -- (Hilter and A. Salter) Resembling the accident-pattern theory, and based on the supposition that a word is sign or signal or secondary stimulus which has been conditioned by past associates and experiences to bring on certain happenings. Thus, when the certain word is given, the event that has been associated with the word in the past, becomes a repetition of past events and evokes a certain state (hypnotic influence). Therefore, trance is a state or pattern of specific conditionings evoked by an associative sign or signal...

10. The Negative Reaction or Positive Reaction Theory or Radical and Conservative Theory -- It is known that the population of a nation is divided by people who generally have a radical, liberal, or conservative opinion on general or political subjects. We've all noticed that certain people will take the extreme or radical view naturally on most every subject that is mentioned,

seeming to be contrary to all popular accepted beliefs of the majority [who are nearly always conservative]. According to this theory of hypnotism, insusceptible people are those whose subconscious minds are radical, or take negative reaction exactly contrary to the ideas suggested by an operator. (Not related to the radical conservative attitude taken consciously by people in general -- the opening paragraph only a descriptive illustration). In this theory susceptible people are those whose subconscious minds are agreeable to the operator's suggestions, and are therefore inducted into hypnotic influences (conservative).

11. Automatism Theory -- In which a state is evoked (whether subject is conscious or not) that causes the subject, or appears to cause the subject to become a willless pawn who must automatically or helplessly follow the suggestions of the operator as long as the operator does not encroach upon the subject's moral scruples which have been built up for a great number of years.

12. Instinct of Submission and Domination Theory or the Head-instinct Theory (McDougall and Rivers) -- That instinctively there are two kinds of people, leaders and followers, and that when a person becomes susceptible to hypnosis, he is merely going through a natural process that is fundamental in his nature and subconsciously, during the hypnotic-influence at least, becomes the follower, and the operator becomes the leader, dominating temporarily and leading the "herd" out of danger.

13. Motivational Theory -- Based on the feeling (even though unconscious) of the needs of the subject of whether the subject has a need for deference (outside help) need for autonomy (inside help, personal freedom), or passivity (waiting for things to come to him, etc) or some other unrealized need, unknown to this subject or operator.

14. Psychoanalytic Theories (Freud, Ferenczi and others) -- Resembling motivational theory -- subject reacts according to his instinctual, infantile, sensual, and suppressed needs and desires, because he is given some gratification during hypnosis; childhood regression -- subject reverts to childhood state to gain repressed wishes: Oedipus father-mother hypnosis -- subject becomes inducted to express Oedipus complex, to express his repressed love for one parent and fear of the other. Love hypnosis takes the form of repressed or artificial love without sex gratification, operator becomes lover, the subject the beloved, some say the trance represents seduction, etc..

15. Goal Directed or Play-acting Theory (White) -- Subject, because of emotionally embedded striving, behaves the way he understands a hypnotized person should behave and because consciously or unconsciously he wants to become hypnotized to escape reality.

16. Inherited or Accidental Aptitude Theory -- That susceptibility is an ability or quality that is inborn like musical talent, athletic ability, intellectual capacity, etc... that might be improved somewhat by practice, but is not developed to any great extent...

Theory of Induction

For at least 6,000 years, and probably as long as man has been a gregarious animal or social being, the phenomena of hypnosis and the power of suggestion has fascinated and intrigued him, or at least his leaders and religious chieftains. And probably during all this time he has theorized and tried to understand the nature of hypnosis and the true science of hypnotic induction.

He has well understood the effect of hypnotism after the induction has been accomplished. He has explained the nature of hypnotism by reciting that it is a divine origin, and those able to produce it as special representatives of a divine being. Some, while still claiming it as supernatural, have declared that it is the work of the devil. Nowadays, the scientists classify it as entirely natural and only a branch of science like all other branches of psychology, theory, medicine, or studies of the mind.

But today, one thing is known for sure. Hypnotism is a science of effects. The true nature of hypnotism has not been ascertained. But in our efforts to bring about the effects of hypnotism, and because of our many failures in hypnotic induction, we have tried to consider the problem of hypnotic induction by analyzing the characteristics of hypnosis, and simulating the same conditions we find in our observations.

From our experience and observation, we have learned that the subject under hypnosis has become in a trance, or in a state of passivity, or obstruction, when the willpower becomes inhibited and the conscious mind has become passive. We know that while in such a state the automatic reactions of the mind and body hold sway over the willful actions of the consciousness, so that outside stimuli such as suggestions, have precedence over the willpower almost entirely.

Now let us consider further what we find in a hypnotic trance:

1. The oscillation of thoughts has been greatly reduced or completely eliminated
2. Logic, deduction, or the trial and error of thoughts has been mollified because of the reduction of thought oscillation
3. In the absence of habit stimulation, emotions, conditioned or unconditioned reflex action, normally logical thought is the stimuli that guides the actions of the mind and the body; but under hypnosis, since logical thought is mollified, suggestion becomes the stimuli that guides the subject
4. Under hypnosis, willful actions have been inhibited, and the conscious mind loses its ability of guidance, so that in a trance or hypnosis automatic action takes precedence over willful movement
5. During the trance state, prolongation of any struggle between automatic action, (subconscious mind) and willful action (conscious mind) will cause confusion, loss of conscious control,

deepening of trance, and final capitulation and resignation to automatic control, so that suggestions become the factor that will control the action of the mind and body

We know from our observations that the pattern for hypnosis is a situation where there is struggle between the conscious will and subconscious reaction, when the subconscious reaction will dominate.

After analysis of the preceding, it seems that the proper conclusion would be to create a situation similar to the above, using physical means when necessary and pyramiding into either the exact or like condition just described, then repeated until habituation is achieved, and final conditioned reflex capitulation in automatic action and suggestion carry-through is achieved.

The theory of induction is to have a successful psychological situation, pyramiding, or progressing step by step, eliciting associated responses, until the final trance situation is achieved, in which the willpower fails to overcome subconscious reactions.

With the knowledge of the goal to be achieved in mind, create a physical situation resembling the pattern you wish to have. For instance, the hypnotic pattern is a situation in which the subject's willpower cannot overcome the automatic reactions or the subconscious mind. After the initial situation succeeds, create progressively more difficult situations in such a manner as to have all of them succeed, each step to become more difficult than the last, until finally complete subjectivity is achieved, which could then be defined as the hypnotic state or trance.

After the natural susceptibility of the subject is considered, success in hypnotic induction would depend upon:

First -- Initiation (psychological potential or physical advantage)

Second -- Pyramiding, or inhibiting the will or making the mind passive

Third -- Partial or complete subjectivity of the will or eliciting automatic action or subconscious reaction

Any physical situation or psychological action which would serve as a successful experiment for initiation we will call hypnotic induction agent or reaction.

In the following are listed the agents to be used and the reactions which would follow in order to achieve the conditioning to hypnosis that has been explained and will be demonstrated or practiced during your class periods to follow. From this list we can make a selection of the agent or reaction necessary to bring about the initiation in the individual subject we might consider...

In your study and practice of the following agents or reactions, you will notice and observe that in all hypnotic induction, success is based upon the idea here-in described and hereafter formulated as you go along. It should be understood that the principle and the processes described here were used by the past masters of hypnosis, whether consciously or unconsciously.

Barring contrary inherited factors or other inhibiting factors not known, you will find that consideration and practice of the following will increase your success many times over.

Hypnotic Semantics

The different names which describe the hypnotic given in the literature and folklore:

1. Hypnosis
2. Trance
3. High Suggestibility
4. Automation
5. Spell
6. Bewitch
7. Enchant
8. Panic Immobility
9. Enthral
10. Charmed
11. Fascination
12. Hyper Concentration
13. Abstraction
14. Disassociation
15. High Impressionability
16. Sensitivity
17. Intense Concentration
18. Daze
19. Trigger Mechanism
20. Conditional Reflex
21. Fugue Prolonged Daze
22. Hysteria
23. Fit
24. Somnambulism
25. Amnesia
26. Revelry
27. Dregs
28. Fixation
29. Hexed
30. Motivate
31. Obsession
32. Voodoo
33. Automation
34. Automatic Reaction

35. Brainwashing
36. Persuade
37. Sell
38. Spontaneous Reaction
39. Give him a will of goods
40. Imagery/Imagination
41. Hallucination
42. Illusion
43. Delusion
44. Lethargy
45. Catalepsy
46. Stuck
47. Beat
48. Rape
49. All Gone
50. Seduce

Pyramiding Example:

Pyramiding Reactions --

_____ Automatic movement by suggestion
 quickly into inhib. -- move -- sugg.
 quickly into inhib. -- stop-- move. sugg.
 and various other combinations

Fascinate Fix

Fascination Reaction (watching movements, curiosity, enthralled -- imitations, etc...)

Pyramid Discipline Move

- *Pyramiding Disciplinary Movements
- *Hypnotic Cue Reflex
- *Belief Mechanism
- *Logic Reactions
- *Confusion

H. cue-reflex; Logic react; Confuse react.

Note: Further abbreviations and terms--

Persuade H. _____ *Persuade into hypnotism

Command H. _____ *Command into Hypnotism

Pre-H-sugg. _____ *Pre-hypnotic suggestion; or pre-hypnotic signals

Pre-H-

Signal _____

Stepping _____ Going from one orderly step to another...

Spontaneous Automation

1. Yawning reactions
2. Doodle reactions
3. Technical reactions
4. Spasmodic
5. Hum-sing
6. Itching

Thought in mind: "I'll teach the poor folks, they don't know any better."

They enjoy being on the same level, they like to talk with the people, and they enjoy teaching the people a thing or two to while the performers like to show them and tell them what "I can do." (I want to be somebody, please think I'm somebody).

Then comes the ingenuity of people, the passive reaction, they like to be non-participants as if to say, "I'll watch on." They are the wishers, the resigners, and the do-nothings. They sit apart; they will talk and answer, but just communicate. They are of two kinds with an A. vacant air, B. "Happy air"

They seem to be thinking "get to the end of it -- to hell with them all -- just don't bother me, I'm not going to get my part in it, not for anyone."

(He holds esteem by not helping people laugh at him because of the frustration).

Inference is a suggestion, thus signs, signals, gestures -- motions or rebellions; others disguised or subtle forms in such a manner as to cause a comprehension or obedience.

An obedience is a concentration of trend sufficient to carry out a pattern of action or a suggestion.

Panic + Fear, Hindrance, Farce

Insinuation is a statement having a reference in such a way as to influence a person's opinion without receiving the blame for a direct accusation -- or a wild threat.

Multiple --

Dual Personality -- are not aware

Split Personality -- are aware

Masochism--

- “need to be punished reflex”
- Pain-pleasure conditioned reflex
- Inferiority -- “I should be beaten by someone”

Gambling--

- Morbid incentive -- conscious desire to win
- Hidden masochism -- unconscious wish to lose

Black magic “death wish”--

- Anxiety complex -- vague fears
- Depression -- guilt, discouragement, or defeat
- Conversion hysteria -- can't escape consequences
- Guilt complex
- Fear of retaliation and “can't escape consequences”
- Hypochondria -- exaggerated pain
- High negative suggestibility -- suggesting wrong things
- Proper trigger mechanism

Manic-Depression--

- Rejection
- Confusion
- Defeat and escape from reality
- Selfishness
- Elation or trigger mechanism
- Morbid incentives
- Compensation happiness

Hysteria is the real thing with a psych origin (positive hallucinations)

Hyper[illegible] is not the real thing with psych origin

Psychosomatic combination has its origin in both mind and body at the same time

Alcoholism--

1. Congenital -- Unconscious reflex; born in a person
2. There is a gradual building until he goes on the brink

3. Alcoholic has an allergic reaction --

Feeling of guilt, remorse; not a simple hold

Difference between drunk and alcoholic

Drunk can drop it any time; an alcoholic can get drunk; a non-alcoholic can drop drinking

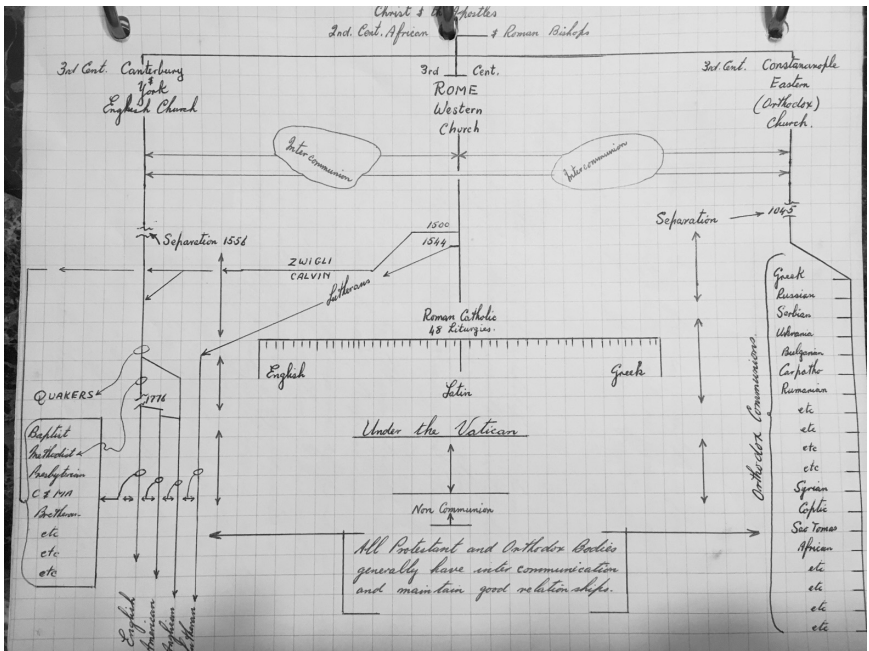
An alcoholic can claim he can leave it along, but that he isn't, doesn't want to be different; he will not admit having an alcoholic addiction; he has to realize he is an alcoholic; drunkard can bring temper; alcohol cannot temper, might help or hate

4. A- When an alcoholic's friend determines whether or not he deserves to quit

B- Find out whether he is a good worker; he is not an inferior person usually, but a good worker or the best worker

C- Make him understand he must be a teetotaler

[The next page contains a chart and graph that are difficult to type -- image inserted instead]



Manifestation of Friendship and Love

Platonic Love: Friendliness and friendship and love for everyone in general, adults, males or females and children using a flow of kindness, compliments, and appreciation

Affectionate Love: Friendliness and friendship for females, relatives, mother, sister, daughter, grandmother, etc... using kindness, compliments, appreciation, fondling, caressing, and kissing

Lovers, Mates, Husbands, Wives, Sweethearts, etc... Kindness, compliments, appreciation, fondling, caressing, and kissing expressions of fondness and love, touching, and handling of intimate parts as so called love playing; sometimes kissing and mouthing breasts and nipples, sex play, or fingering the clitoris, fingers in the vagina (tuning up) penetration of hymenal parts, proper working up to climax, the afterglow, expressions of appreciation, gradual deceleration, caressing, and kissing and fondling; make a queen out of the woman, right from the start. Let her think there is a possibility you will give her what she wants; blind her with her own desires, then when she is entranced, get what you want.

Agents Used or Reactions Produced to Aid Hypnotic Induction

Note: To the left are abbreviations to be used for formulae.

Eyes - close - fix	1. Fixation _____
Gaze - fix	_____ eyes closed
Still - comfort - fix	_____ gaze
Monotony - sound-fix	_____ stillness - comfort, etc...
Relax - react	2. Relaxation - calmness
Fatigue - react	3. Weariness or muscular fatigue reaction
Repeat - verb	4. Repetitions, verbalisms
Symptom - tell	5. Utilization of known or observable symptoms to pyramid production of depth, breathing changes, weariness-sighing, drowsiness, heavy eyelids, etc...
Automat - move - sugg	6. Automatic movement by suggestion
Inhib - move - sugg	7. Inhibition of movement by suggestion
Inhib - stop	8. Inhibition of stoppage of movement by suggestions
Move -sugg	9. Oxygen Jagg.
Oxygen -jagg	10. Gyration
Gyration	11. Startle reaction
Startle - react	12. Sensory Reaction
Sense -react	_____ pain
Sense - react - P.	_____ massage, etc...
Sense react - M.	13. Emotional Reaction
Emotion react	_____ trauma
Emotion - trauma - react	_____ fugue
Emotion - fugue - react	_____ fear
Emotion - fear - react	_____ anger
Emotion - anger - react	_____ intense joy
Emotion - joy - react	_____ laughter
Emotion - laughter - react	_____ grief
Emotion - grief - react	_____ sex
Emotion - sex - react	_____ neurotic trigger signal
Emotion - neurotic - react	14. Shock reaction (profound physical or mental disturbance)
Emotion - shock - react	
Minus - conscious	15. Withdrawal of consciousness
Minus - conscious - drug	_____ drugs
Minus - conscious - jiu-jitsu	_____ jiu jitsu
Minus - conscious - vital press	_____ vital pressure
Minus - conscious - electric	_____ electricity etc...
Multiple - concentrate (number 16)	16. Multiple concentration
Misdirect	17. Misdirection

Sleep - misdirect
Decept - misdirect
Nat - sleep - move
Associate - image - memory

_____ sleep change to trance
_____ deception and others
18. Natural sleep plus movement
19. Associated imageries and memories

Types of People With Ability

1. Performers - like to demonstrate and show their ability as if to say, "I'll show them." They like to be on the stage. They like to talk down to the people to exhibit, to show off, that is their way of getting esteem and appreciation, and to make themselves feel important and to let people know their importance. One typical thought that they have on their mind is, "I'll show the herd what I can do and then let them do like I did." These performers are of two kinds:

- A. Irresistible
- B. Likeable

The most important thing is for people to gain appreciation and feel more important than anybody. "Let them know I'm somebody."

2. Teachers - they get their esteem and feeling of appreciation by liking to lead. The teacher tries desperately to make the other person like him, while the performer tries just as desperately to let the other person know how good he is. The teacher seems to love the typical [page ends here]

Advanced Hypnotism Course

Questions and Answers Concerning Hypnotism

Question: What is meant by fixation?

Answer: To gaze, or concentrate on one thing

Question: What are some methods of fixation?

Answer:

1. Gaze at a bright spot or reflection on silver or copper bell hung by string about twelve inches in front of face, and six inches above level of eyes (for sitting position or subject) with dim light behind and above subject
2. Subject lying elevation under, room dark except for light globe shining from floor about twelve inches behind and below subject's head. Globe hanging to an adjusted position above head. Gaze at a reflection on globe.
3. Subject lying on elevation, room dark, dim light globe hanging directly from above at adjusted height. Gaze directly at light globe.
4. Light globe above and behind subject -- gaze at bright spot in hollow of spoon twelve inches in front of subject's face and six inches above level of eyes. Tilt handle of spoon toward subject until bright spot shows in hollow of spoon.
5. Gaze at any sort of bright spot (Braid method)
6. Gaze at ends of fore and middle fingers while operator's hands droop from wrists. (Bernheim's method)
7. Stare at spot on wall or ceiling
8. Stare at light globe from any position
9. Gaze into pupil of one eye or operator about six to twelve inches away (fascination method)
10. Subject sits in revolving chair while operator walks up and down in front of subject while subject watches him intensely (fascination). This method may be varied by having operator walk completely around as subject revolves in chair to follow him.
11. Eyes closed -- "gaze in dark"
12. Monotonous chatter or suggestion
13. Monotonous ticking of a clock through an amplifier

More methods of induction are:

Suggestion plus fixation

Example Method No 1. in elementary course:

1. Eyes closed fixation and sleep verbalisms (perhaps the best of all methods)

Example Method No 2. in elementary course:

2. Hollow-spoon fixation and sleep verbalisms (perhaps the best of the gazing fixation methods)

Method No. 3

Step 1 - Patient sits in chair without leaning back, and eye, button, stick pin; or nose fixation

Step 2 - Suggest warmth of legs and arms

Step 3 - Suggest heaviness of legs and arms

Step 4 - Tell him his arms are as heavy as lead and very tired

Step 5 - Hold his wrist and lift his arms and make them fall heavily into his lap

Step 6 - Tell him to close his eyes

Step 7 - Hold wrists and lift arms upward and suggest he is so tired that he can no longer sit erect but must fall backwards into chair - make him fall backward by imperceptible pushes toward back of seat

Step 8 - Command "go to sleep"

Method No. 4

Suggestion plus fixation on moving object or bright spot held at an adjusted distance in front of subject's eyes -- while moving the object upwards and downwards -- while repeating monotonously the phrase "up and down, up and down," continuously over and over, until subject begins to tire, then repeat "up and down, getting tired" -- "going to sleep."

As subject progresses towards trance, move the object more slowly and with less movement in front of his eyes -- repeating the phrase in a very sleepy manner, "up and down, getting tired, going to sleep."

Finally, tell him to close his eyes but keep repeating the phrase while you hold his head and move it up and down as you talk in a sleepy manner. Then, at the proper time, gently push his head slightly downward and say, "go to sleep" or "sleep deeply."

Method No. 5

Monotonous closing and opening of eyes while operator counts 1-2-3-4-5-6-7-8-9-10, etc.... and while subject is staring at bright spot. Operator gradually slows down count as subject's eye movement slows. After eyes close follow with suggestions routine.

Method No. 6

Same as last method except subject takes a deep breath every time he opens eyes and blows out every time he closes eyes.

Method No. 7

Same as No 6 except subject counts instead of operator. The count is made as the eyes close and as the breath is exhaled.

Method No. 8

A variation is to have operator make sleepy suggestions while subject is going through Number 6 Method.

Method No. 9

Light globe fixation while counting to fifty -- then tell subject you will count backwards while he closes his eyes -- and that as you count backwards, he will see a little bright spot going still up and down in front of his eyes. Now you must get in behind him and hold a black cloth over his eyes. Tell him that he can now see the bright spot, and as you count backwards the bright spot will slowly disappear and everything will get blacker and blacker, and finally when you get back to the count of one again, he will reach a complete black out and deep sleep, that it will be very beneficial to him. When you recede to about the count of 20, intersperse your counts frequently with sleepy suggestions. For example: 19, getting sleepy; 18, sleepier and sleepier; 17, blacker and blacker, sleepier and sleepier; 16, soon be sound asleep -- deep sleep; 15-14-13 -- blacker and blacker, sleepier and sleepier, etc...

After reaching the count of one, say, "go deep asleep," and shove his head downward as you make sleep suggestions.

Method No. 10

Revolving hypno-disk gazing, plus suggestions of tiredness and sleep

Suggestion Plus Oxygen-jag.

Method No 1.

Step 1: Twenty deep breaths and forceful blow-outs

Step 2: Hypnotic mood

Step 3: Long-time verbalisms of sleep

Method No 2.

Step 1: Ten deep breaths and hold-ins

Step 2: Hypnotic mood

Step 3: Long-time verbalisms of sleep

Pre-hypnotic Suggestion Cue

Method No 1.

Step 1: Suggest to subject during sleeping hypnotic trance, that when you jiggle his ears with your fingers and say, "go to sleep," he will go quickly into a trance and will be deep and sound asleep and will follow your good suggestions.

Step 2: Elicit the trance by jiggling the ear and saying go to sleep

Note: Of course, any other "hypnotic cue" could be given besides the above

Tests for Sleeping Deep Trance

Test No 1.

Eyes open, gaze into the dark (question and answer #30 elementary course)

Test No 2.

Negative and positive hallucinations

Test No 3.

Blackboard test (question and answer #34 elementary course)

Test No 4.

Step 1: Tell the hypnotized subject that when you count to three he will open his eyes and see you waving a red handkerchief in front of his eyes

Step 2: Count to three and as he opens his eyes, wave a white handkerchief in front of his face

Step 3: Ask him the color of the handkerchief, and if he sees it as red, he is in deep trance -- but if he sees it as yellow or gray, he is most likely to be in a medium trance

Test No 5.

Step 1: Have the entranced subject hold his forearm against his chest in a horizontal position with the palm of the hand facing upwards

Step 2: Tell him that when you count to three, he will have X-ray vision and will see a canary bird perched on the palm of his hand through his eyelids. Repeat suggestion at least six times.

Step 3: Count to three and ask him if he sees the canary bird through his eyelids on the palm of his hand. If he nods his head or if the answer is yes, then you know that he is in a medium trance.

Step 4: Tell him you will count to three again and when you count to three he will open his eyelids, and when he does he will see that the canary bird is still perched in the palm of his hands, but this time he will see with the eyes open. If he still sees the canary bird, he is now in a deep trance.

Test 5A.

Method 1 -- Get him to have a dream and tell him to remember the dream, and tell you about the dream with his eyes closed. Repeat suggestion at least six times.

Method 2 -- Tell him to have a dream and tell him you're going to count to three and at three he will open his eyes, and will have the same dream with his eyes open.

Test No 6.

Efficient but dangerous.

Step 1: Suggest to the subject that when you count to three you will touch his head one time -- and when you do so, he will not hear any sounds or voices and will not hear you talking to him until you touch his head twice in succession -- then he will hear perfectly in every way and will hear you talking to him. Repeat this over and over, again and again, and proceed carefully.

Step 2: Count to three and touch his head one time, repeat suggestion at least six times.

Step 3: Ask him if he hears you now. If he does not answer, continue to ask questions. If still no response and he doesn't hear you, he is in a deep trance.

Step 4: Touch his head two times in succession and ask him if he hears you. If the answer is yes and you are sure he hears you, suggest that he can hear better now than he ever has before. Then remove the posthypnotic so that there will be no accident of deafness. Tell him in addition, that in ten minutes he will hear everything perfectly, no matter what happens or whether you touch his head twice or not, repeat six times or more. Repeat the normal precaution at least six times.

Suggestion Plus Massage

Method No. 1.

Massage

1. Give him your usual or intended massage.
 2. Pay special attention to soothing movements on the feet.
 3. End your massage movements while he is lying on his stomach by working on his back.
 4. While you are massaging him or while he is lying down, do not allow him to engage in conversation with you. Let his mind be passive.
 5. Tell him that it would be more beneficial and restful if he should drop off to sleep while you are massaging him and that you will awaken him in about 15 minutes after you are through massaging him -- if he should happen to drop off to sleep.
 6. Use pressing and circular movements so that the flesh moves against the bones under your palms and at the same time moving your hands from neck downwards to hips.
 7. Once in a while, ask him gently and in a soothing voice, "Does this feel good?" and "Does this feel good to you?"
 8. Finally, when he doesn't answer, or else has a disinclination to answer, you may get a clue as to whether or not he is asleep. Now he should be (1) in a natural sleep, (2) in a hypnotic sleep, (3) or in a deep state of relaxation called the hypnoidal state.
 9. Helpful suggestions are easily heeded and therapeutic inclinations can easily be produced in any of the state mentioned above. But your suggestions must not be dictatorial. They must be gently persuasive and the subject must be led to believe that the massage and the manipulations are causing the good results you are mentioning.
 10. If you should desire to give him hypnotic tests during this state, you have to be very deceptive in giving them. For example, you can proceed as follows: "You are so sleepy and so lazy that I doubt whether you could even open your eyes. You are enjoying this rest so much that you don't want to be disturbed. You are so lazy, you don't want to open your eyes. Try to open your eyes, but you can't. Don't try any longer. You are too lazy, too sleepy, so just go ahead and relax."
- Or you might say, "You are so sleepy and lazy that I doubt whether you could even lift your arm. You are enjoying this rest so much that you don't want to be disturbed. You are so lazy that you don't want to lift your arm. Try to lift your arm, but you can't. Don't try any longer. You are too lazy, too sleepy, so just go ahead and relax."

Note: Step 10 is not necessary.

Changing natural sleep to hypnosis

Method No. 1:

1. Begin by talking softly and continuously so as not to awaken him. Make beneficial verbalisms and suggestions like: "You are sleeping restfully. You are sleeping soundly. You are feeling very good. Do not awaken, keep on sleeping. You will continue to feel very good." If he shows signs of awakening, discontinue suggestions for awhile. Then try again. Every time he shows signs of awakening, discontinue suggestions, etc... until he sleeps without your voice disturbing him. You might have to talk gently to him several nights in succession until he is adjusted to your talking to him.

When he is adjusted to your talk, make the necessary suggestions you intend to make. Tell him he won't remember your talking to him, but will follow your good suggestions anyway -- but that his subconscious will think the good suggestions are coming from his own conscious mind. He will go into the natural hypnotic sleep or trance, which might be typical of him if hypnotized in the waking state. For instance, light trance, medium trance, and deep trance. The same phenomena can be produced that could ordinarily be produced in his natural state of trance.

Suggestion Plus Passive Head Movements

Method No. 1:

1. Stand behind subject -- massage scalp and hypnotic mood.
2. Passive head movement and long-time verbalisms of sleep.

Note: Summary of different steps in the talking process:

1. His adjustment to your talk
2. Your good suggestions taken according to his wants.
3. Good suggestions according to his needs.
4. Good suggestions according to your wants.
5. Adjustment to conversation -- asking him simple and important questions and receiving his answers -- asking him important questions and questions he would ordinarily want to answer.
6. Desirable post-hypnotic suggestions

Suggestion Plus Gyration

Method No. 1:

1. Subject - fast walk around chair or in a narrow or wide circle, and suggestions of dizziness, drowsiness, and sleepiness.

2. Sudden stop- sit in chair and sleep suggestions plus passive head movement.

Method No. 2:

1. Fast revolutions with spinning chair plus suggestions of dizziness, drowsiness, and sleepiness.

2. Sudden stop- sleep suggestions plus passive head movements.

Method No. 3:

1. Side to side head shake gyration

Method No. 4:

1. See Jiu-Jitsu Parlor Method

Suggestions After Waking Test. (Instantaneous Method)

Method: Suggestions of sleep immediately after a successful waking test, preferably after the last test of a successful series.

See elementary induction methods 3 and 4.

Telephone Hypnosis:

Note: Give proper identification of yourself over the telephone before beginning this method.

Method No. 1:

1. Have subject secure a witness to observe him.

2. Instruct subject to sit comfortably in such a position in a chair so that he will not fall and preferably with the arm and hand supported while holding the receiver.

3. Have subject to mentally resolve that he will not fall and will not drop the receiver.

4. Hypnotic mood

5. Long-time verbalisms of sleep.

Method No. 2:

1. Hypnotize subject the usual way first, and select a “post-hypnotic cue” by telling him through post-hypnotic suggestion, that when he desires to be hypnotized by phone, and when he does a certain thing and when you give a certain signal, he will go deep and sound asleep.
2. Be sure to give proper identifications of yourself over the telephone before beginning.
3. If it is the first time the subject has been hypnotized by this method, have him to secure a witness to observe him. After the first time, it wouldn't be necessary to take this precaution.
4. Instruct subject to sit comfortably in such a position in a chair so that he will not fall and preferably with the arm and hand supported while holding the receiver.
5. Have subject to mentally resolve that he will not fall and will not drop receiver.
6. Hypnotic mood by suggesting relaxation in four parts: (1) Feet, legs and hips; (2) upper body; (3) shoulders, arms and hands; (4) neck, jaw, face, and scalp.
7. Give “hypnotic cue” and continue your suggestions.

Letter Hypnosis

Method No. 1:

1. Hypnotize subject the usual way first, and select a “post-hypnotic cue” by telling him that when he sees a certain thing, written or printed on a card, letter sheet, etc... with your personal signature, that he will go instantly asleep, but will sleep with his eyes open and will “carry-out” all the suggestions you have written or printed on the paper.
2. Write your message on paper something like this: “If you desire to go to sleep and follow my suggestions as written (or printed) proceed by reading this message to the end-- if you do not wish to go sleep at this time, stop reading this letter at the end of this sentence.”

(Skip a margin here by leaving a blank space so as to let him decide whether it is convenient or whether he has the time to be hypnotized.)
3. Continue with your letter by giving the “post-hypnotic cue” as you suggested previously when you had him in a trance. For example, your “post-hypnotic cue” might be -- “Cozy-Wozy-Dozy-John Joseph Brown” (in your own handwriting). “Now you are deep asleep and will go deep to sleep as time goes on and as you read my suggestions. If any sort of an emergency should happen, you will immediately do the right thing at the right time and will

wake up very quickly. Otherwise, you will wake up when I tell you to wake up, further along in this letter.”

Now go on with your suggestions, say everything you know you should say, as in any ordinary hypnosis, following the rules in giving proper suggestions to a deep trancer, not forgetting to use the normal precautions, and also remembering not to omit anything that you should include in your suggestions and remembering this is a hypnotic trance by “remote control” and that you are not there to guide him, and that you must be very careful in writing or typing the suggestions for him to follow. At the end of your letter, use the Ten Count Wake-Up by writing down the numbers from one to ten, as for instance:

“As you read the numbers from one to ten, you will slowly awaken, and when you do awaken, you will be well and good, and healthy and strong, always cheerful, always happy, always calm, relaxed and carefree, just like you are having fun all the time. 1-2-3-4-5, etc...”

Method No. 2:

Proceed as you would personally and verbally using Simple Method No. 1. Elementary Course, but writing down all your verbalisms and suggestions as to:

1. Hypnotic Mood (without eyes-closed fixation)
2. Long-time verbalisms of sleep

Suggestions of sleeping with eyes open and written suggestions are given in this method-- therefore, you should give pre-hypnotic suggestions as to when he should awaken.

Deception Methods of Hypnosis

Method No. 1: Forceful Method

1. Subject watches object held in operator’s hand, moving from left to right.
2. Heel-hand-chin daze and suggest vigorously, “go to sleep.”

Method No. 2: Verbal Deception Method or the Camouflage Method

1. Select an efficient method used ordinarily.
2. Tell your prospective subject that you will show him how you go about hypnotizing other people, but you are not going to hypnotize him-- only you will show him now it is done.
3. Proceed with your method and verbalisms with the idea in your mind that you will hypnotize him if you can without him realizing it. Begin by saying, “This is the way I do it and this is what I say to him” and go on with your method completely.

4. If you fail to hypnotize him, he merely [sees] you for showing him how and didn't mean the real thing. If you do hypnotize him, you are still showing him how. To him you just accidentally hypnotized him.

Method No. 3:

Suggestion plus massage. (Refer backwards for description).

Induct without mentioning hypnotism in a deceptive way.

Method No. 4:

Suggestion plus Natural Sleep. (Refer backwards for description).

Use utmost care to make it deceptive.

Method No. 5:

Waking Fractional Hypnosis by Deception

1. Pretend that you have a sort of magnetic or electric power in your hands without mentioning hypnotism.

2. Use your regular verbalisms in producing the phenomenon modified to suit your pretense of explanation, in saying that the phenomena is caused by electricity or magnetism in your hands. For example, in producing the finger raise say: "I will rub your right forefinger a few times (accompany by the act of rubbing it) and as I do you will receive a warm flow of electricity in your finger. (Now hold your palm about an inch above his finger). Now your finger feels warm -- there is a nice warm glow of electricity in your finger, and as I move my hand upwards, the magnetic power of my hand will cause your finger to raise -- your finger is becoming lighter -- you begin to feel the effects of the magnetism pulling your finger upwards -- the electricity from my hand is pulling your finger upwards. Your finger is floating upwards, becoming lighter, floating upwards into the air, floating upwards like a balloon, etc..."

As you make suggestions, gradually raise your hand upwards and he will have an effect of feeling that your hand is pulling upwards on his finger.

You can modify all your verbalisms to fit the occasion so as to give him the illusion of magnetic or drawing power influencing him to perform certain movements and may produce such things as the hand clasp inhibition, arm hold-out inhibition, arm revolve and can't stop, inhibition-circle, walking, etc...

Physical Methods

Method No. 1:

Massage plus Suggestion. (Turn back for description).

Method No. 2: Vital-spot Pressure Hypnosis

Caution: Vital-spot Pressure Hypnosis is dangerous and should not be used against subjects who are not physically sound, for example: persons who have bad heart conditions, bad blood pressure conditions, ulcers, or people who faint easily, or whose eyes blacken easily, or if their nose bleeds easily. The operator should know first-aid and should be well acquainted with methods of reviving the unconscious.

It should be understood that the “vital spot” pressures are designed to produce partial inhibition or consciousness and not a complete unconscious state.

Method No. 2-A: Thumb and Carotid Artery

1. Operator takes a position in front of subject while he is sitting comfortably with head leaning slightly backwards, and using his thumb and forefinger he finds on each side of the “Adam’s apple” where he can feel the throbbing of the arteries the strongest.

2. Subject is told to revolve arms and breathe deeply and to continue the arm revolve and deep breathing until told to do otherwise.

3. Then the operator makes suggestions similar to the following: “You are soon going to sleep- keep breathing deeply at all times- keep revolving your arms until I tell you to stop- you will soon go deep and sound asleep.”

Begin putting pressure with thumb and forefinger and gradually by degrees increase your pressure as you proceed with your suggestions. Go on with suggestions.

“You are getting dizzy, woozy, drowsy and sleepy.
You are getting dizzy, woozy, drowsy and sleepy.

You will soon go to sleep, keep breathing deeply at all times, don’t stop revolving your arms until I tell you to stop. You are going to sleep, do as I tell you do to- you are getting very dizzy, woozy, drowsy and sleepy- go deep and sound asleep- do as I tell you to do- go to sleep- go to sleep- go to sleep,” etc... Stop your zone pressure the moment he quits revolving his arms. Remember, if he stops breathing, use revival methods immediately. If his breathing is all right, proceed with suggestions, the same as in any hypnotic trance.

Method No. 2-B: Double Thumbs Carotid Artery

1. Subject lying on back. Operator takes position facing the top of Subjective head and proceed with zone pressure the same as in last method.

2. Same as in last method.

3. Same as in last method.

Method No. 2-C: Sash or Cord Constriction Against Neck. Arteries, Veins, and Capillaries.

Subject either erect or lying down.

1. The same as Step 1-Method 2-A, with exception of a different zone pressure.

2. Same as in Method 2-A.

3. Same as in Method 2-A.

Method 2-D: Arm-lock-strangle, or Hand-lock strangle

Operator takes position behind subject.

1. Same as in Method 2-A.

2. Same as in Method 2-A.

3. Same as in Method 2-A.

Method 2-E: Thumbs-Temple Vital Spot Pressure

For use in conjunction with various verbal methods to help deepen trance.

Method 2-F: Forceful Oxygen-Jag Method

Operator takes position behind subject.

1. After preliminary instruction or rehearsal, have subject inhale and exhale as fast as possible for about fifty repetitions while from behind your hands are clasped around his diaphragm.

2. On the last inhalation, have the subject to breathe in as deeply as possible- then hold the breath.

3. Now have subject to put forefinger in his mouth and blow as forcible as possible without blowing out his breath.

4. While subject is “blowing” against his forefinger, tighten as forcible as possible your grasp around his diaphragm and at the same time repeat “go to sleep” a number of times.

5. Release your pressure on his diaphragm when his forefinger drops from his mouth and proceed with your regular trance suggestions.

Method No. 3: Jiu-Jitsu Vital Spot Pressure Hypnosis

Used as a means of self-defense or force without the subject’s consent.

Consists of some sort of “vital spot” pressure while subject is forcibly held and while making suggestions.

1. Duck under opponent’s punch and avoid being hit or countered.

2. Obtain the desired hold on opponent and make the necessary “vital spot” pressure on the subject while making proper sleep suggestions, the same as in previous vital spot pressure hypnosis.

Method No. 3-A: Arm-lock Strangle plus Suggestion

Method No. 3-B: Hand-lock Strangle plus Suggestion

Method No. 3-C: Near-arm and Near-Lock Strangle plus Suggestion

Method No. 3-D: Reverse arm and Neck-Lock Blood Vessel Pressure plus Suggestion

Method No. 3-E: Reverse arm and Neck-Lock Blood Vessel Pressure and Near-arm hold from the far side, plus suggestion while subject is lying down.

Method No. 3-F: Nerve Pressure plus Suggestion. Subject is sitting position on floor, operator behind him. Head and hand-lock pressure - bridge of nose plus suggestions.

Method No. 3-G: Parlor or Fun Method.

Leverage and Gyration plus Suggestion:

1. Grasp the back of his cross-hand and go into straight-arm circular twist

2. Retain hold and whirl around plus suggestions.

Method No. 3-H: Vital-spot Percussion plus suggestion

Heel-hand-chin-daze plus suggestion.

Experimental E.S.P. Hypnosis

Experiment No. 1.

Mental Telepathic Movement Inhibition.

1. Subjects sit in chair with hands clasped.
2. Operator says, "Everybody ready? I will now leave the room."
3. Operator, while outside, mentally suggests subjects cannot get hands apart.
4. Operator makes above suggestion for about 5 to 8 minutes.
5. Operator comes back into room and observes subjects try to get hands unclasped.

Note: This experiment will be successful with *some* subjects who are of the cataleptic type. Hypnotic tests determined on subjects *after* a successful E.S.P. test have always shown the subject to be a cataleptic or somnambulistic.

Experiment No. 2.

Mental Telepathic Task Production

1. Make sure the subject has a passive mind or his thoughts are traveling generally in the same direction as yours.
2. Think very strong, will very emphatically with intense concentration that he perform the task you wish him to perform.
3. Make strong inaudible repetitious suggestions that he perform that task.

For example: In trying to influence a person not to sit on a certain seat in the street car. You know that he is thinking and deciding what seat to sit on, and that you are also thinking about a seat. Therefore, you have followed correctly "Step 1".

As he is walking in the general direction of the seat you want, and you do not want him to sit in it, you think very strongly, "Don't sit on that seat" -- "Don't sit on that seat," etc...

*Handwritten notes: The evolution and development process in the mind toward E.S.P.

I. The "HAVE"

1. Conscious logic reason
2. Unconscious-logic intuition
3. E.S.P.

E.S.P. is an evolution of the hyperacuity of senses. E.S.P. needs a vehicle for its expression

Experiment No. 3.

Hypnotic Clairvoyance

1. Induct subject into a Profound Deep Trance and place subject directly in front of a spectator who is standing with his back against a blank wall, both persons looking in the same direction.

2. Place a picture, diagram, or target design, and attach to the blank wall directly behind the spectator, and have him to lean firmly against it so that subject cannot see the picture or diagram.

3. Now produce a negative visual hallucination on subject. Tell him that when he turns around and faces the other way, he will not see any person at all, but will be able to see the wall and everything that is attached to it.

4. Then go with your experiment.

Experiment No. 4.

Hypnotic Dream Pre-cognition

1. Ascertain previously that you can provide specific dreams

2. induct subject into his deepest possible trance

3. Suggest that he will dream of something that will actually happen at a certain time in the future

4. Repeat the suggestion over a minimum of six times or more

5. Tell him to remember the dream and tell you about the dream when he awakens

6. Allow him a period of silence for from five to fifteen minutes

7. Again, tell him he will remember the dream and tell you about the dream when he awakens

8. Suggest post-hypnotic good feelings and awaken slowly

Split Mind -- Temporary confusion, thinking process temporarily split up

Split Personality -- Certain segments of the person have never blended together

1. Manic Depression
 2. Paranoia
 3. Schizophrenia
- *Combined with neurotic trends

Physical Advent on Psych. Potential

1. Front arm extension
2. Automatic motion by suggestion upward
 - a. Imitation
 - *Arm extend muscular reflexion or muscle reflex upward
 - *Inferred suggestion arm holdout
3. Subtle typing -- inhibit of movement upward (hand tremble)
4. Hand pinch numbness
5. Hair pull numbness
6. Pyramiding according to type
7. Until "want him to [have]" [unsure of last word written here]

Animal Hypnosis and Tonic Immobility

One of the most surprising and interesting of facts is that certain animals can be hypnotized. In considering the hypnotism of animals, we must first go back to the definition of hypnosis. We then remember that hypnosis was defined as a very high suggestibility. Since animals, because of lack of comprehension cannot obey a suggestion, in the ordinary meaning of the word, we must consider a suggestion as a pattern of action, to do or not to do, and we must consider hypnosis or high suggestibility really as trance or as a high form of sensitivity to environmental happenings that threaten the safety of the animal. The animal in a natural state, when danger threatens, becomes in a condition of readiness to protect itself, and while in this condition can go into extreme abnormal actions of offense or defense for its self-preservation.

During this time, the pattern of action to protect itself might take the form of fight or flight, with extraordinary power, such as abnormal strength, greater speed and coordination, hyperacuity of the senses, etc... when the fight or flight mechanism is inducted by the initiation and pyramiding of danger reactions, until the animal is in possession of a reflex action sufficient to protect itself.

When this reflex action occurs, the suggestion, or impression the animal receives, to protect itself is much more extreme in its intensity than in the normal state -- a condition almost like a deep hypnotic trance in a human being.

This reflex action may be in the form of extreme flight, like running away, or it might be in the form of deception resembling death or extreme in-action such as lethargy or catalepsy. Sometimes the manifestation of this condition is in the form of camouflage, such as the animal changing its color to resemble its surroundings. In a great number of animals, threat of danger is the initiation that pyramids quickly into aggressive offense against another animal. All of these things are one and the same thing -- reflex action for self-preservation or spontaneous animal hypnosis and hypnotic action for protection.

Examples are:

1. hypnotic action of a deer running away
2. opossum "playing dead"
3. lizard changing its color
4. instant striking and hitting of a snake

Most of these animal actions are caused by a sort of unconditioned reflex-action, precipitated by the threat to its welfare, resembling the post-hypnotic cue produced by the hypnotist.

The majority of animals in going into this state of trance have more singular action than a human being when threatened by danger or when hypnotized by the purposeful action of a hypnotist.

Sometimes the greater imageries of a human being cause him to spontaneously go into this state, as in somnambulism or sleep walking. Sometimes a dog will go into this state in an artificial manner, as when he dreams and suddenly wakes up, fighting or barking.

In animal hypnosis, many of the same agents and reactions used to hypnotize human beings can also be used to hypnotize the animal. The essential thing is to understand the principals or trance induction -- trance impress, and trance reactions (the same as saying hypnotizing the person, hypnotic suggestion and post-hypnotic suggestions.)

An animal or human being will go into trance when the reflex action is for his welfare resulting in a pattern of action for preservation or betterment.

Hypnosis parallel between animal and humans: When betterment is needed or when self-preservation is threatened, the human or animal becomes highly suggestable or highly impressionable as shown below.

1. Abstraction Passivity -- Animal impressionability or human suggestibility
2. Automation -- Motor Movement: Animal movement to protect himself or human action to better one's self
3. Concentration Controlled Automation -- Animal, environmental influence or situation, human influences in people. Inference is the factor that impresses the animals. "Suggestion" is the universal language, which serves as communication mediums to instill comprehension and patterns of action in both animal and human. A sensory awareness of another stimuli presented first, before, or during impressionability in animals or suggestibility in humans will act as a conditional reflex or part hypnotic suggestion, which will cause the same trance effect when presented at a later time.

Animal Hypnosis Induction

1. Refrain yourself from making unnecessary or sudden movements using unnecessary roughness or having impatience
2. Restrain from moving any part of his body, keep the animal in a balanced position
3. Immobilize hold the stillness with great patience until tranquility is obtained, and then gradually, carefully, withdraw while keeping his paws and claws away from you.
4. Hypnotize -- suspension of activity, noise, and fears, produces trance in the animal
5. Crystallize, control by establishing support in ways the animal can comprehend, or in ways his reflexes will respond to by stillness, stiffness, relaxation, or waking impression movement

The strongest induction inferences in all living kinds of love:

1. Love → Fear
2. Kindness → Threat
3. Compliment → Assurance

Platonic Love -- love of friends

Idealist Love -- Religion, love of an idea

Parental Love-- Parents love of children and vice versa

Sexual Love -- as the name implies

Affectionate Love --deep love for dear ones without sex

Marriage Love -- as the name implies

Examples of the Spontaneous Hypnotic Induction of Animals or Tonic Immobility

- | | |
|--|--|
| 1. Fawn | “Camouflage blend with background” |
| 2. Copperhead Snake | “ ” |
| 3. Walking Stick Insect | “ ” |
| 4. Walking Leaf Insect | “ ” |
| 5. Caligo Butterfly | “ ” |
| 6. Hog Nosed Snake | Mimicry imitation of rattlesnake |
| 7. Sole Fish | Color spot imitation |
| 8. Lizard | Color imitation |
| 9. Fox | Play dead when fatigued |
| 10. Australian Wild Hog | Play dead when in danger |
| 11. Opossum | Play dead when in danger |
| 12. Potato Beetle | Play dead when in danger |
| 13. Leaf-like Locust
and Grasshoppers | Play dead when in danger |
| 14. Congo Lizard | Turn on back-paw in mouth-when in danger-Play dead |
| 15. Hog Nosed Snake | Turns on back-mouth open-Play dead when threatened |
| 16. Birds and Fox | Fox circles around tree until birds fall off |
| 17. Snakes-Birds-Rodents | Slow creep fascination |

Purposeful Hypnotic Induction of Animals

Frog or Lizard

1. Immobile back-lay down
2. Hold carefully for 30 seconds
3. Gradually and carefully removing hands
4. Animal will be in a trance exactly as you left it
5. To restore to normal, flop animal to "right side up" with left hand and at same time, for effect, snap fingers with right hand and say "wake up"

Hog Nosed Snake

1. Hold behind neck
2. Immobile, hold still for 30 seconds
3. Becomes cataleptic

Lobster

1. Head and claw stand
2. Immobile, hold still for 30 seconds
3. Go instantly into trance

Society Finch Bird

1. Hold on back in palm of hand
2. Immobile, hold still for 30 seconds
3. Becomes cataleptic

Chickens, Magpies, Peacocks

Method A.

1. Hold side of body and head flat on floor
2. Draw a line outward with white chalk from its back
3. Gradually remove hands
4. To restore, clap hands loudly beside it and push head away from chalk line

Method B.

1. Stick piece of white tape on back
2. Hold still 30 seconds
3. Becomes immobilized

Method C.

1. Place her head under her wing
2. Move her to the other nest while head remains under wing
3. Goes into amnesia and is not aware of the change

Owls

1. Hold legs and body
2. Swing the owl around and around
3. Turn quickly on back

4. Immobile hold still

Common Buzzard

1. Legs and wings hold
2. Immobile -- hold still
3. Become cataleptic

Indian Silver Peasant, Storks, Swans

1. Immobilize hold still
2. Stoking
3. Assuring voice
4. Gradual inductions

Guinea Pig

Method A.

1. Side lay down double hand restraint
2. Gradual removal of right hand
3. Forefinger point right hold six inches from face and eyes
4. Gradual removal of left hand
5. Goes into immobility

Method B.

1. Roll his body over and over a few times
2. Lay on back
3. Restrain and remove hands

Dog

1. Condition and train dog to fall instantly on his side in an out-stretched sleeping position with eyes closed at the command, "go to sleep."
2. Give the signal, "go to sleep"
3. To restore, say, "wake up"

Cat or Dog

1. Hold and restrain the animal with your left hand
2. Use your right hand for thumb and carotid artery pressure
3. Induct into zone pressure hypnosis

Rabbit

1. Hold by ears with left hand and hold hind legs down with the right and lay on back or side
2. Part his ears with the left hand and fingers and push left down with right hand to floor or table and out-stretch
3. Restrict movements and hold out-stretched for 30 seconds
4. Gradually remove hands
5. To restore, turn over on side while blowing on nose and snap fingers for effect

Baboon and Chimpanzee

1. Back lay down
2. Finger gaze fixation
3. Friendly treatment
4. Stroking, caressing
5. Assuring voice
6. Gradual induction into passivity

Drug Suggestion Hypnosis

Note: Unlawful by any person except an M.D. or Nurse under M.D. supervision

Method No. 1. Oral-suggestion method

Dosage 1.5 to 3 grain capsule
Sodium Pentothal or Sodium Amytol

Step 1. Subject swallows capsule (with water)

Step 2. Begin hypnotic mood

Step 3. Pre-hypnotic suggestion to establish hypnotic rapport

Step 4. Drowsy state will usually appear in about twenty minutes. Continue talking and making desirable hypnotic suggestion and pyramid to the highest possible depth.

Note: Barbiturates act as cortical depressants physiologically by acting on the higher nerve centers of the cortex and psychologically by releasing conscious or sub-conscious inhibitions.

Method No. 2. Intravenous Injection Technique

For "drip" method -- dosage -- 3 to 15 grains Sodium Amytol, Sodium Pentothal, or Nembutol dissolved in 10 ccs distilled water

Step 1. Have the subject to memorize the phrase, "I will sleep- and talk- and move my arms"

Step 2. Drug injection into: medium basilac in upper forearm (in the antebarribal fosso, or dorsal metacarpal vein in back of hand)

Step 3. "Drip" or administer slow intravenous injection at the rate of not more than 1ccs a minute

Step 4. Stop the "dripping" or injection after about 30 or 35 seconds for the effect to accumulate

Step 5: While the effect is accumulating, have the subject to say and repeat: "I will sleep- and talk- and move my arms" -- and while doing so, have him to move his forearms from resting horizontal to moving vertical and repeat slowly and constantly.

Step 6: Resume the "dripping" and have the subject to continue the phrase and moving the arms. When the subject loses the control to move the arms, or to talk, or both, have the Medical Doctor anesthesiologist to stop the "dripping" and resume when the subject can perform the arm moving or talking.

Note:

Born Free -- Joy Adamson

Living Free -- Joy Adamson

The Human Side of Animals -- Vance Packard

Drug Suggestion Hypnosis

Let the anesthesiologist understand to administer enough drug to cause the subject to barely retain his ability to move the arms or talk. The safety of the whole operation as to the amount of drugs to administer should be in the control of the anesthesiologist.

Step 7- Have the subject to continue to move the arms but to stop talking while you give him suggestions or establish hypnotic cues. This assures somnambulism and helps the technique to be safe.

Step 8- While his arms are moving, the suggestions should be based upon the following:

- a. therapeutic and post-hypnotic suggestions
- b. post-hypnotic cues to establish his ability to become inducted into trance or waking therapy upon your signal
- c. post-hypnotic cues to establish his ability to become inducted into a self-induced sleep or self-administered waking therapy upon his own signal.

Step 9- Give a series of quick healing and good feeling suggestions as he gradually awakens- or give some good suggestions and let him "sleep it off."

Ways of Applying Hypnotism for Therapy

- I. Hypnotic sleep or prolonged hypnosis
- II. Direct suggestion of symptom disappearances
- III. Direct suggestion of removing causes and attitudes underlying symptoms
- IV. Abreaction and “re-living”
- V. Use of specialized hypnotic techniques
- VI. Hypno-analysis

The Process of Healing

Nine out of ten cases of ailment, disorder, or disease will heal of its own accord without special treatment through:

1. The natural healing forces inherent in all of us
2. The phenomena of spontaneous remission
3. Spontaneous positive suggestions, either direct or indirect- provided there is no inhibition of this process by “worsening causes”

Proper Treatment Should Consist Of:

1. Removal of inhibitions to the process just named
2. Restoration to, or installation of correct living habits
3. Addition of helping agents such as physical, chemical, or psychological treatments
4. Use of suggestion and hypnotism to enforce or bolster the above treatments until recovery is achieved, remembering the cure cannot be accomplished with hypnotism, or by hypnotism, but through hypnotism

Some illnesses and disorders successfully treated through hypnosis are the following:

1. Abnormal sensation of the body, such as in skin and nerves
2. Abnormal pain, functional pain, headaches, muscle soreness, painful tics, etc... migraine
3. Shock, injury, nervous
4. General nervousness, nervous exhaustion, nervous indigestion, nervous tension, nervous tremors, nervous dyspepsia
5. Acid dyspepsia- certain digestive disturbances
6. Slow digestion, malnutrition, poor assimilation-trophic disorders, disturbances of local or general nutrition-chronic emaciation
7. Constipation-diarrhea, various bowel disorders, flatulency, eructation of gas
8. Acute gastritis-gastralgia- stomach neuralgia, etc...
9. Vomiting and nausea, poor appetite, anorexia-refusal to eat, seasickness, motion sickness
10. Duodenal ulcer, mucous colitis, ulcerative colitis
11. Variations of the urinary secretion-enuresis-wetting the bed, difficulty in the urinary function, etc...
12. Mineral and vitamin assimilation, hormone effectiveness, secretion of the mammary gland-giving of milk
13. Instillation of good habits-eliminating bad habits-tobacco habit narcotics, withdrawal difficulties--alcohol, and various drug addictions
14. Body weight reduction-appetite lessening-food craving creation and elimination
15. Body building-appetite formation-tissue building
16. Mental enervation, procrastination, brain fog, delirium, neurasthenia, hypochondria, etc..
17. Common fears-abnormal fears, anxiety, phobias, stage fright-trigger mechanisms-height frights
18. Tics-muscular habits-reflect patterns-stuttering and stammering speech defects
19. Abnormal sweating-chills and shivering-abnormal heat hot weather abnormal cold-winter
20. Muscular cramps-muscular lethargy-muscular weakness-muscular fatigue weak heart, muscle spasm etc... poor posture
21. Derangement of breathing, shortness of breath, shallow breathing, breath holding
22. Coughing and hiccupping
23. Asthma-hay fever-allergies
24. Functional skin disorders--pimples, boils, irritations, itching, scratching, ichthyosis, warts, shingles, psoriasis, skin infections and various others
25. Intermittent pulse-fainting and collapse vaso motor instability, nervous heart failure, palpitations of the hearts, abnormal rapid heart, irregular heart action, pain in cardia region, local hyperemia, mild or congested, angioneurosis edema capillary spasm, etc...
26. High blood pressure, low blood pressure, as in nervous prostration, sluggish blood circulation
27. Spasm and convulsion
28. Hysteria- hysteric blindness, hysterical paralysis, temporary speech loss, shock, loss of memory, amnesia
29. Emotional disorders, psychomatic disorders, etc... irrationalities
30. Delusions, illusions, hallucinations, mental imageries, compulsions
31. Psychasthenia, manias, phobias, depressions, abnormal elations
32. Certain psychosis, schizophrenia and others, neurosis, undesirable conditioned reflexes

33. Epilepsy certain forms

34. Disorders of women, menstruation abnormalities, cramps, etc... frigidity, nymphomania, masculine sex abnormalities-impotence, morbid sexuality, under stressed sex-overstressed sex

A non-physician hypnotist should remember that it is better to allow a licensed medical physician to handle above cases unless he works under or in collaboration. Hypnotism in therapeutics should always be followed by re-education and adjustment, as a rule, hypnotism in therapeutics should be performed by a progressive, sincere physician or in conjunction with a physician.

Therapeutic Applications of Hypnotism

Hypnotism may be spilled therapeutically in the following ways:

I. Hypnotic Sleep only, or prolonged hypnosis without suggestion or experiment

- A. May be used to deepen trance
- B. May be used for a kind of rest therapy, for example:
 - 1. Stubborn tics
 - 2. Acute conversion symptoms such as psychogenic vomiting
 - 3. And many others

II. Direct suggestion of symptom disappearance

- A. Pre-hypnotic suggestions of improvement
- B. Hypnotic suggestions of improvement and well being
- C. Post-hypnotic suggestions of elimination of:
 - 1. Aches
 - 2. Pains
 - 3. Ailments
 - 4. Disorders
- D. Post-hypnotic positive suggestions of creatin of opposite of conditions named under "C" and of becoming well. Always more positive suggestions than negative.

III. Direct suggestions or removing causes and attitudes underlying symptoms

Best done when causes are known (try to find causes first).

- A. Suggest that the causes of the aches, pains, ailments and disorders will pass away and will not return
- B. Enumerate the causes or the attitudes underlying symptoms and causes and suggest removal and suggest how to remove, and tell him that as a consequence the disorder will pass away and will not return.
- C. Suggest the subject will have insight into the cause and will subconsciously ascertain the cause of his trouble and it will then pass away.
- D. Suggest that he will want to remove the cause
- E. Suggest that he will make the effort to remove the cause.

IV. Abreaction of traumatic experiences and the reliving of painful emotions underlying his trouble

- A. Catharsis or the "talking out" of experiences by sort of hypnotic free-association
 - 1. Lead the subject gradually backward to earliest experiences in his life (see Regression Methods under Specialized Hypnosis Techniques
 - 2. Suggest to subject that he will go back to the painful episode in his life, that had a bearing on the cause of his trouble
 - 3. Tell him that he will visualize all the circumstances at the time and will "live again" all the emotional experiences he had at the time, and describe in words as he experiences them.
 - 4. Have the subject to re-enact the whole thing a number of times at different sittings

5. Tell him that he will understand and will gain insight into the meaning of his experiences

Abreaction is very valuable because it serves as a kind of “uncovering” rather than suppression, therefore finding the cause.

Use of Specialized Hypnotic Techniques -- Variable and for different purposes

A. Techniques for deepening trances

1. Monotony
2. Passivity
3. Vital spot pressure
4. Drugs
5. Electricity
6. Special suggestions and others

B. Regression methods

Step 1- Select a date and event easily remembered and impressed on the mind ordinarily, say last Christmas Day

Step 2- Suggest he is still in bed and tell him to describe everything that happens that day until he retires to bed in the evening

Step 3- Then regress him to Christmas Day the year before and let him describe the same day

Step 4- Then gradually regress him back to the different Christmas days, naming the year as you go along, and sometimes skipping a number of years

Step 5- Keep asking him questions for clues. For example, ask him if he has a fear of cats, or whatever the trouble might be, until you find a year which pre-dates the beginning of his trouble

Step 6- When the answer is no, he doesn't fear cats or doesn't have the particular disorder then you begin to work forward until you find a Christmas day when he “has” the disorder

Step 7- Now go back to Christmas the year before and patiently work forward day by day, week by week, or monthly, until you find the day of the beginning of his trouble. This might be the beginning of the development of certain attitudes, which, intensified by other happenings, was the cause of his disorder, or it might be the day of origin of the underlying cause

Step 8- He could then be brought forward gradually and all the various developments pertaining to the disorder brought forward so that the necessary knowledge could be acquired sufficiently to go on with the task of removing the cause.

Step 9- Another method is called Post Hypnotic Regression: A complete method -- Put the subject into a very profound deep trance (be sure to get the chain reaction mechanism working)

a. Suggest that any time after the subject is awakened and you suggest to him to recall a certain period in the past, he will be able to recall with perfect clarity and perfect remembrance and experience the same original emotion. (you will remember anything that I ask you to remember)

b. Make the post-hypnotic suggestion that when you say, "let's come to the present time," he will instantly become normally conscious just as he is generally at the present time, but will have perfect remembrance for what just occurred during the moment-- and will be able to rationalize and discuss it logically and to successfully analyze the true meaning of the early experience (awaken and carry through).

C. Suggestion Dreaming

Object is to bring to light attitudes underlying his symptoms, and giving clues to causes, which might show symbols that could be used to interpret the meaning of the dreams.

1. Suggest unspecified dream to take place during natural sleep and that he will remember it and describe

2. Suggest specified dream to take place during natural sleep and that he will remember it and describe

Regression Tech 67H

1. Hypnotic Induction
2. Deepening Hypnosis
3. Regression Proper

Kinds:

1. Hypernesia -- Memory, recall the past happenings, and past experiences
2. Abreaction -- The re-experience or reliving of the past happenings through induced speech, emotions, and exact feelings of expression of experience
3. Methodology -- Progressive steps

Suggestion

Causation and affirmation

Reactive

Ethics-Truth-Shaking-Head

Therapy-comfort-a warm glow- etc...

Exhibition-story form, build-up, comedy, tragedy, climax, finale

V- Use of Specialized Hypnotic Techniques continued:

“C” Continued

3. Suggest unspecified dream to take place during hypnotic reverie and that he will remember and describe
4. Suggest specified dream to take place during hypnotic reverie and that he will remember and describe
5. Suggest that he will be able to tell the meaning of his dreams and to interpret the dream on awakening
6. If he has an unfinished dream make a post-hypnotic suggestion that he will dream again and finish the first dream

D. Automatic Writing

1. Suggest that an unknown force is guiding his hand while he is holding the pencil and that questions will be answered by his hand, but will be guided by the unknown force, etc... automatically
2. You might say his hand is guided by an unknown “person” instead of an unknown force

E. Automatic Drawing

1. Have subject to draw cartoons, pictures, or picture-stories related to trouble
2. Have subject to draw cartoons, pictures, or picture-stories unrelated to trouble

F. [Missing]

G. Motion Picture Show

1. Tell subject that he will see a motion picture drama that he has never seen before, but is related to trouble and describe
2. Suggest never seen before motion picture drama unrelated to trouble and describe

Dream-ESP-Hypnotic Revery, Analysis

1. Determine whether it is memory, anxiety, fantasy, true awareness, symbolic awareness.
2. Memory triggered by associations, anxiety triggered by old fear and reminders of old fears.
Fantasy- triggered by random oscillating or wandering thoughts.

True Awareness- triggered by empathy, sympathy, sensitivity, purposeful or coincidental or spontaneous attunement or adjustment to thoughts that are similar.

Symbolic Awareness- triggered by the realization of a real fact that is too fearful, shameful, or miserable to know when disclosed without disguise.

H. Play Therapy

1. Procure a set of dolls representing:

- a) Baby
- b) Boy and girl 5 years old
- c) Boy and girl 10 years old
- d) Adult man and woman
- e) Old man and woman
- f) A dog and cat
- g) Dollhouse and doll furniture
- h) Soldiers
- i) Policemen
- j) Boxers and wrestlers
- k) Trains
- l) Autos
- m) Airplanes
- n) Pencil and paper
- o) Chalk and crayons
- p) Toy guns and knives, etc...

2. Suggest to subject to play with the toys and to do whatever he wants to do, and to tell what he is doing and the story behind it

I. Dramatization

1. Operator becomes an actor and takes the part of the parent, for example, or some other important person in the early life of the subject, and then through drama reenacting or reliving the episode with the subject.

- a. the actor-operator, assuming that he takes the part of the parent, acts the way the parent should have acted
- b. says what the parent should have said
- c. endeavors to change the origin of the subject's attitude
- d. tries to change the causes by perhaps substituting kindness instead of harshness, parental love instead of neglect and inconsideration

Then, as if in giving moral training, the parent encourages the subject (or child) to follow normal instinctual desires, for instance, so as to break the guilt feelings, or remove the original conflict.

J. Directed Association

1. Suggest to the subject he will see a word written on a blackboard which will provide a clue to his trouble or problem
2. Suggest that dreaming, mirror, crystal, or globe gazing, automatic writing or drawing, etc... will provide a clue
3. Suggest "When I count to 10 you will tell me the first thing you think of in connection with _____"
4. Another: "When you look at this picture, your reaction will be the same as your subconscious attitude to your parent."

5. You may do any of the above post-hypnotically, as well as hypnotically.

K. Experimental Conflict

1. While in trance the subject will be presented with a problem or situation which the operator knows will disturb him-- then, on awakening, the subject will see for himself the disturbing symptom.
2. Presenting the subject with a problem similar to his own, but in disguise, and then to have him solve it as if he were an analyst.
3. Create an experimental disorder, post-hypnotically resembling the subject's ailment, to convince the subject that his complaint is of psychic origin.

L. Methods of Breaking, Resistance against the Elimination of the Neurosis

1. He must be shown why and how he is resisting while he is still in trance
2. He might be shown why and how he is resisting on awakening
3. Telling subject in trance his weaknesses, and the means for overcoming them, and suggesting that he will overcome them
4. Give direct suggestion that subject's resistance will become insight
5. Suggest to subject so that he receives the impression that he is making progress through his own efforts and that his insight is growing daily.

M. Interpretation Methods

1. Above all else, the operator should be sure he has made the correct interpretation of subject's conscious manifestation before making a presentation to subject.
2. When the operator is sure of the correct interpretation, he could present the material to the subject while in:
 - a. trance
 - b. in waking state
 - c. or both
3. Or the operator may decide to subtly lead the subject to develop his own insight, as is done by the psycho-analyst.

N. Insight Acquiring

1. Subject could be told of real cases resembling his own from the files of known case records
2. Or subject could be told of imaginary cases taken from fiction, designed by operator
3. Cases could be presented to subject in hypnotic trance, or on awakening, or both

[Handwritten Notes -- difficult to discern]

*Dewey Deavers

Zone Therapy - Use as a physical thing to balance to a psychology thing

Subtle Paralleling of Procedures

1. Therapy while under the influence, automatic movement
2. Therapy while under inhibition of movement
3. Therapy while under stoppage of movement or some difficulty
4. Therapy while under post-hypnotic [unreadable]
- 5-10 [unreadable]

Hypno-Analysis

The successful use of some or all the various techniques in hypnotism just considered, or other hypnotic techniques designed to find the causes, remove the causes, and restore the subject back to health.

Hypno-analysis combines successful hypnotism and psychoanalysis

A. The hypno-psycho-analytic process is divided into a number of general phrases, as follows:

1. Analytical phase

- a. uncovering subconscious impulses
- b. discovery of neurotic urges and abnormal trends

(Early "post-hypnotic suggestions" intensified by trauma and made powerful by repetition)

2. Interpretation phase

Accurate interpretation of the real underlying cause of the patient's conscious manifestations.

3. Realization phase

- a. causing the subject to become conscious of his impulses
- b. helping the subject to become aware of his suppressed fears and conflicts
- c. purging of inner conflicts and strivings

4. Re-educative or Integration phase

- a. patient becomes aware of the creation of proper attitudes
- b. there is the successful alliance between the subject and his environment

B. General rule to follow is to subtly breakdown the subject's irrational attitudes and defenses of his neurotic positions without arousing too much resistance and antagonism.

Hypno-Therapy Method

1. Methods of suggestion
 - a. waking-inspiration-advice-reassurance
 - b. sleeping-symptoms and cause removal
 - c. auto-suggestion
2. Methods of catharsis or patient talking
 - a. "blowing off steam" - exhalation-tension removal
 - b. repeating symptoms and source of trouble
 - c. confiding or confession, thereby removing inhibitions against trance and operator influence
 - d. conversational exchange
 - e. recall of associated sensations originally connected with trauma or painful circumstances
3. Analysis Methods
Utilization of:
 - a. doctor's diagnosis
 - b. your own analysis based on catharsis, and information derived from other ways, plus hypnotic regression, hypnotic catharsis, and abreaction
 - c. one or more psychological, hypno-analytical, or psycho-analytical methods
4. Conditioning, Deconditioning, and Reconditioning
 - a. facing situations
 1. acting in situations
 2. building associations (developing conditioned reflexes)
 3. conscious efforts
 - b. hypnotic conditioning
 1. situation opportunities for "post-hypnotic cues"
 2. post-hypnotic cues (signal mechanisms)
 3. post-hypnotic suggestions (symptoms-causes-good reactions-mechanisms)
 4. abreaction and hypnotic catharsis
 5. auto-suggestions
 - c. Summary of hypnotic suggestion applications
 1. hypnotic therapist -- create inclinations and compulsions by some kind of hypnotic suggestions (commonly called confirmation)
 2. hypnotic subject face situation and realize success of hypnotic suggestion - inclination-carry-thru
 3. repetition of therapy until a pattern is formed (permanent intention, habituation)
 4. transfer dependence of subject on the operator's suggestions, to a dependence of subject on his own suggestions
 5. repetition of auto-therapy until a habit pattern is formed

Hypnotic Reveries: Symptoms - Relaxation - Weariness Reaction - Hypnotic Meditation

Symptoms developed by relaxation-weariness reaction when a subject becomes relaxed and remains still without the use of verbalisms and when there is a conscious effort to become aware of bodily feelings and moods of the mind.

Step 1- Lie down comfortably or sit in a very comfortable position with no impediments or pressures

Step 2- Remain quiet and still with no shifting of bodily positions and no mind wandering

Step 3- Try to become aware of any physical or sensory reactions that might come about

Step 4- The manifestations will become variable and changeable, but be aware at all times, while remaining calm, quiet, and passive

Step 5- The reactions may then be used as a pyramid to agent No. 19, associated imageries and memories

There are some schools of therapy who advocate the experiencing of spontaneous symptoms as a means of abreaction to create “relief” or “cure”

The following are the listed reactions:

1. Calmness, quiet, no movement-floating or heaviness, etc...
2. Pleasant glory feeling or tingling “goose bumps” --skin tingling, “hair on end”-- flashes and thrills, wellbeing, exhilaration, happiness, etc...
3. Sudden jolts, light shock, violent trembling, shivering, twitching of muscles, spasms, light flashes, shaky, fluttering eyelids, jolting muscles, agitating, etc...
4. Restlessness, pronounced change of breathing, changing positions, moving parts of the body, frowning, screwing up the eyes, etc...
5. Feelings of anxiety, fear, pain, coldness, discomfort, past memory recall, associations, abreactions, talking, catharsis, mumbling, uneasiness, mental impressions, emotions, hysteria
6. Feelings of inhibition, numbness, “can’t move” -- feelings of a need for guidance, problematic feeling that some task has been forgotten, quiet, fearful that something unpleasant might happen
7. Contrariness, feeling of argument, hostility
8. Passive awareness, awareness of nothing, asleep but not asleep, blankness, about to fall into a dark void, etc...
9. Blackout, unconsciousness

Conscious Mind:

1. The choice
2. The will
3. The awareness
4. The Learning

5. The suggestion
6. Logic

Subconscious:

1. Automatic reactor
2. Suggestion acceptor
3. Home of the memory
4. Keeper of the skill
5. Silent computer
6. Garden of ideas, ingenuity, originality, invention
7. Dwelling place of the intuition
8. Instigation of the living processes

1. Definitions

Stuttering -- Talking that cannot be stopped

Example: When a person tries to say "two" and he says, "t-t-t-two" etc...and he can't seem to stop his t's

Stammering -- Talking that cannot be started

Example: When a person tries to say "two" and his lips are pressed together, or his mouth is open, or his tongue is pushed outward, and he can't seem to get started.

Aphonia -- Loss of ability to speak above a whisper

Mutism -- Inability to speak aloud or in a whisper

2. Psychological Stuttering and Stammering

Tests for determining possibility of cure through hypnotism. Cure is possible if able to do any of the following:

1. Speak to animals or children without stuttering or stammering
2. Whisper without stuttering or stammering
3. Speak alone without stuttering or stammering
4. Speak very slowly and perfectly without stuttering or stammering
5. Sing without stuttering or stammering
6. Speak when angry or in other emotions without stuttering or stammering
7. Poetry or in harmony without stuttering or stammering
8. Wants to cry but can't without stuttering or stammering

3. Causes of Psychological Stuttering and Stammering

- a. emotional shock
- b. injury
- c. illness
- d. imitation and habit
- e. conditioned reflex
- f. criticism

4. Steps for Eliminating

- a. suggestions against nervous tension
- b. suggestions against fears
- c. suggestions to build self-confidence
- d. acquiring initial correct speech (see No. 2)
- e. habituation against stuttering or stammering or building the habit of not stuttering or stammering

Post Childbirth Suggestions

Now that your baby is born, you will find yourself becoming healthier, stronger, and happier every day. The healing process will be intensified all over you all the way through all of the time. You will be completely healed now, you will be completely well now, you will be perfectly well in every way; and you will become steadily stronger every day.

Your insides will be well, and your insides will be strong, and your insides will become stronger and healthier, and you will feel better and better from this time on. You will become healthier and stronger every day. You will continue to gather energy and to be happy in every way, period.

Pregnancy

While you are pregnant and while your baby is getting ready to be born, you are accumulating strength, courage, and good health.

A great deal of self-confidence and a sense of wellbeing is coming into you. You are feeling better than you have felt before. You are healthier than you have ever been before. You are calmer and more relaxed than you have ever been before. You have more courage and more self-confidence than you have ever had before. You know that when the baby is born, you will be absolutely relaxed and comfortable and will have a thrilling joy as your baby is being born.

You will have thrills and joys *before* your baby is born and you will have thrills and joys *after* your baby is born.

Giving birth to your baby will be a real pleasure and a thrilling, enjoyable experience to you. You will like the experience of having your baby to be born. You will be calm and relaxed in every way while your baby is being born. When it comes time for your baby to be born and labor contractions begin, there will be thrills and joys, and you will feel only contractions and relaxations as labor rhythm progresses. When you feel labor, you will feel only rhythmic contractions and relaxations of the muscles. There will be pleasant contraction of the muscles and enjoyable relaxations of the muscle. Pleasant contractions, enjoyable relaxations-contractions.

Relaxations, pleasant, enjoyable alternate contractions and relaxations of the muscles--thrills-joys-good feelings-pleasant feeling-on and on easily--pleasantly--enjoyable until your baby is born.

A good, pleasant, enjoyable, grand, and glorious feeling will be all over you as you have labor and as your baby is being born. You will feel good during the whole time of labor and child birth.

You will feel good all the time after your baby is born. You will heal quickly. You will have a very quick healing and a very good feeling. During the birth of your baby, your tissues will be flexible and relaxed. Your tissues will stretch, relax and feel good, and the tissues will be entirely flexible.

During childbirth, your hips and the muscles controlling the hips and the muscles concerned in childbirth will relax when they need to be and will contract when they need be. You will automatically do the right thing at the right time so that giving birth to your baby will be the most thrilling, pleasurable, enjoyable experience that you have ever had before.

After your baby is born, there will be a very good feeling and a very quick healing. You will heal easily, quickly, pleasurable, and wonderfully, and the memory of this wonderful experience will give you a grand and glorious feeling every time you think about it.

Dental Anesthesia

When you think of going to the dentist for work on your teeth, you will have a pleasant anticipation of having your dental work done.

And when you sit in the dentist's chair, your gums, teeth, jaws, and nerves in the roots of the teeth will become completely numb and anesthetic. No matter what the dentist does, you will have only a warm, pleasant feeling of relaxation. You will be calm and relaxed and self-confident and there will be a complete numbness and anesthesia in the teeth, gums, and jaw. Whatever the dentist does, you will have anesthesia and numbness in any place he works on. If the dentist sticks a needle in your gums, you will have complete numbness and anesthesia there.

If the dentist drills into your tooth, you'll have complete numbness and anesthesia there.

If the dentist operates on your jaw, there will be complete numbness and anesthesia.

If the dentist pulls or extracts a tooth, there will be a complete numbness and anesthesia.

After the extraction of a tooth, the blood will congeal quickly when the dental work is being done.

There will be only a small flow of saliva. When your jaw is open, your jaw will always feel rested.

Your jaw will feel good.

Your throat will be relaxed and feel good.

Your tongue will be relaxed and comfortable.

Your stomach and insides and all parts of you will feel well.

The following is a test for hysteria, or shock proness or tendency to panic reaction.

First, have the subject hold breath on one deep inhalation while you keep time with a stopwatch for "breath holding extent."

Second, allow him to rest for three minutes.

Third, have him produce oxygen jag by taking forty deep inhalations by nose or thirty fast, deep inhalations by mouth.

Fourth, have subject take one slow, deep inhalation and hold breath while you keep time with a stopwatch for breath holding extent.

Now compare the times for the two breath-holding extents. Normal subjects should be able to hold breath two or three times as long after oxygen jag than without producing oxygen jag. Subject who cannot should be considered unduly fearful, perhaps neurotic, weak hearted or likely to crack-up in an emergency or great stress. For example, in war or battle, as was shown by experiment during the second world war.

Special Nurse or Doctor Methods of Induction

Drs. Method No. 1. Fairly sure method:

Step 1. “Will resisting arm hold-out” while subjects repeat over and over while arm is moving downward “sleepy-sleepy-sleepy” etc...

Step 2. Keep telling subject he cannot hold his arm in position, but to try all his might, that his arm will finally be forced downward to position by his side and the moment his arms are forced to position by his side he will be deep and sound asleep.

Step 3. Use hypnotic mood for rest of his body while he is trying to hold his out in position.

Step 4. Hands-arm touch down and say, “Go to sleep and deepen”

Drs. Method No. 2. Quick Method

Step 1. Finger raise

Step 2. Can't put finger down

Step 3. Finger-bounce and can't stop

Step 4. Finger-bounce-can't stop, while saying “sleepy-sleepy-sleeping” etc...

Step 5. Verbalisms of sleep

Step 6. “Go to sleep” “Stop moving finger and go to sleep”

Drs. Method No. 3. Effective Method

Step 1. Finger raise

Step 2. Forearm raise

Step 3. One arm raise and one arm lower

Step 4. Can't put hands together

Step 5. Hands wave, can't stop

Step 6. "Go to sleep" etc...

Drs. Method No. 4. Effective Method

Step 1. Have subject open eyes as wide as possible by lifting eyebrows and wrinkling forehead

Step 2. Let subject close eyes as tight as possible by squinting and wrinkling of eyelids and flesh around eyes

Step 3. Have subject to repeat steps one and two continuously as rapidly as possible

Step 4. Have subject to continue opening and closing eyes as fast as possible and as long as possible, and while subject is performing this movement, tell him that when he can't repeat the movement any longer and when his eyelids become stuck together, he will become asleep.

Step 5. When subject can no longer open eyes say, "go to sleep" proceed with deepening

Notes:

Termination means to “break the spell” or to terminate trance or “awakening” from the hypnotic state or lowering the high suggestibility back to normal suggestibility.

Stepping means to hold the effects of the previous trance without termination, to step or pyramid to a higher suggestibility or to a deeper form of trance.

Induction is a way or means or method to produce a high suggestibility trance or hypnosis by verbal or inference means.

Compounding is the utilization of the effects of a high just produced to cause a greater or higher suggestibility than the previous stage.

Pyramiding is the simple means of constantly progressing from one state of suggestibility to a higher state of suggestibility by one means or another.

Final Aspect of "Cure"

There is a kind of tremendous reaction of improvement in some people when they first begin therapy after the initial session. In people who have that reaction it is well to consider the following:

1. Psychic Newness or reaction of improvement just mentioned above
2. Psychic Monotony - a negative reaction that sometimes occurs after the first upsurge of improvement.
3. Boredom Reaction - an opposite curative condition that often takes place when psychic-monotony is sustained which is the extreme of "cure"

Try to hold the condition of Psychic Newness by keeping up interest, zest, and hope.

Use conversation therapy, let patient talk, entertain, try to make patient satisfied and thus prevent the formation of Psychic Monotony.

Eliminate the possibility of Boredom Reaction by building faith, enthusiasm, joyful participations and pyramid to an extreme zestful persistence.

Hypnotic Lethargy:

Hypnotic lethargy is a condition that certain subjects may have on occasion which makes it difficult to walk or stand or perform movements after awakening from a hypnotic trance. There seems to be an over-drowsiness or over relaxation which causes them to revert too easily into a sleep state.

Possible causes are:

1. Neurotic trend of escape from reality
2. Subconscious enforcement of a need to rest
3. Too many repetitious verbalisms by the operator to the individual to sleep or relax, or become heavy

Alertness Methods

1. Walking
2. Conversation
3. Arithmetic Problems
4. Ammonia and shock
5. Hot black coffee
6. Cold water, face, head or body
7. Waking suggestions for alertness

Religious Revival + Spiritual Healing

1. Advertise for attendance
2. Put them in a hot tent
3. Intersperse stooges amongst the crowd
4. Use the “long walk”
5. Make them thirsty
6. Pacify with music
7. Build up expectation
8. Dramatic entrance
9. High pressure follow-through
10. Give them the “pitch”
11. Close with religion
12. The expected and dramatic talking

Mental Healing Method

Divine Healer's Teach -- Absent treatment tech

Pseudo-hypnotic Tech

Mental Hypnosis

Prayerful Hypnosis

Interest: Aptitude Analysis

Personal influence of people of typing them according to their basic interests and aptitudes and using their interest and aptitudes to pyramid into a means of influence.

Step 1. On initial contact, observe, analyze and classify as soon as possible on the bases of his two greatest basic interests and aptitudes

Step 2. Analysis will show that his interest and aptitude can be typed from three major or basic classifications as follows:

I. Physiology

- Eating pleasure
- Luxury
- Sex
- Athletics
- Physical cultures
- And others

II. Psychology

- People
- Human influences, politics, etc...
- Social activities
- Children
- Animals
- Humor, stories, jokes
- And others

III. Material

- Business
- Finance
- Mathematics
- Mechanics
- Collections
- Material Sciences
- And others

Most people upon contact with others, will automatically in their own minds, classify the other person as one of three things:

Superior

Inferior

Equal

If he considers you superior, give him plenty of advice, but let him brag when he wants to, as he will want to build up your good opinion of him. If he considers you inferior, let him talk a great deal, but diplomatically build up his good opinion of you. If considers you as an equal, let there be equalized conversational interchange in helping him.

If he considers himself superior, he has an "I'll tell you" attitude.

Inferior -- "Help me" attitude

Equal -- "Enjoy with me" attitude

If he feels superior, appeal to him. If he feels inferior, inform him, if he feels equal, converse with him and reason with him.

Sometimes we can understand a person psycho-somatically by a consideration in the following notation and the suggestions to handle them:

1. Pain -- Look for:

a. Conflicts - Give suggestions for solving of problems, decisive actions, quick decisions, sometimes impulsive action

b. Feeling of need for punishment - Give suggestions to minimize his badness, stress forgiveness, minimize need for forgiveness

c. Conditioned reflex patterns - Make positive suggestions for overlay or coverup of trigger mechanisms and use repetitions to remove

2. Depression -- Look for:

a. Guilt Complex

b. Feeling of a need for punishment while having a wish to escape punishment, stress the “deserving person” and having a feeling of joy and happiness

c. Discouragement - suggest the “deserve - can and will” pattern

d. Defeat Attitude - suggest the “deserve - can and will” pattern, and stress self-confidence, cheerfulness, joy, happiness, etc...

3. Chronic Tiredness - Look for:

a. Crushed confidence - give self-confidence suggestions, ability to rise and win, ambition suggestions, energy, endurance, strength

b. Disappointment and Frustration - suggest better things, success, satisfaction, possession

c. Hopelessness - show possibilities, build faith, show chance for success, suggest energy, and ambition

d. Lack of Interest or Ambition - build incentives, show rewards, happiness, will to overcome obstacles, etc...

4. Anxiety - Look for:

a. Trigger Mechanisms - using affirmative suggestions, counteract reminders of negative reactions, minimize consequences, build bravery against anything that can happen, suggest feeling of wellbeing, try to overlay trigger mechanisms, suggest feelings of strength and adequacy under all circumstances, suggest energy and all-time feeling of goodness, faith, and optimism.

b. Vague Fears - make suggestions you will be brave and courageous with people around you

5. Inferiority - Look for:

a. Timidity and Fear of Performance in front of people - suggest bravery, boldness, aggressiveness, courage, suggest thoughts outward and away from self

b. "Covering up" or Superior Airs - "Bragging", appearance or boldness etc... - suggest bravery, courage, politeness, and kindness to others, equality to others, suggest thoughts will be brave action, self-confidence kind of equality, (but do not suggest thoughts to be outward and away from self, just say thoughts will be self-confident feelings and an adequate, equal, well-being)

6. Selfishness - Suggest pleasure in sharing with dear ones, suggest good investment in being good to friends, suggest the Golden Rule in dealing with people in general, suggest help to deserving people, suggest politeness at all times

7. Morbid Possessiveness - Suggest the right to freedom for everybody, suggest justice, goodness, freedom for self, freedom for others, the Golden Rule, etc...

8. Feelings of Rejection - of Feeling That the Reward of Living are Being Denied - suggest that he serves goodness and reward, and that goodness and reward will come to him, suggest that refusal does not mean rejection, etc...

9. Jealousy - Combination of:

Inferiority - Wife, other people

Selfishness - Wants every minute

Morbid Possessiveness - Feeling of ownership

Fear of Rejection - Fear of wife or husband rejection

Base your suggestions on each of the preceding.

10. Fears - Look for: conditioned reflexes, trigger mechanics, habit patterns, use suggestions to break up “associated triangle patterns”, “quadruple patterns” etc... Use overlay of positive suggestions to counter trigger mechanisms and so on.

11. Suspicion - Suggest that while there may be many people who cannot be trusted, there are also many people who are absolutely trustworthy and inherently honest. Suggest the value of the Golden Rule, etc...

12. Morbid Dependency - Use constant suggestions to increase self-sufficiency, initiative and self-confidence, suggest independence, fierce determination, superior feelings, etc...

Notes Regarding Pain

1. After injury is sustained, pain or warning, sometimes the signal is hyper, or out of proportion to the injury or warning necessary for the injury

2. In some people after injury has been healed, pain continues to linger, well that phantom pain

13. Perfectionist - suggest complete self-confidence, self-sufficiency, no need to prove himself, suggest thoroughness without show-off, suggest instead of overdoing

14. Escape from Reality - suggest extraordinary energy, endurance, strength, and determination to be ambitious, studious, industrious, a regular go-getter, try to build desire and incentive and great hope of reward for success, suggest the futility of running away, the advantage of persistence, perseverance and "sticking it out" etc... Suggest monotony is a thrill and joy. Forms of escape from reality are:

- Procrastination
- Overtiredness
- Drug and alcohol addiction
- Sleepwalking, amnesia
- Unhappiness, wishful thinking
- Anxiety and Gastric Disturbance
- Coma
- Confusion
- Lack of persistence
- Suicide
- Psychosis
- Hysteria
- Stammering

15. Hysteria - definitions are:

a. Patient subconsciously distracts the attention of himself and others away from his difficulties by taking on the symptoms of some physical disease to obtain approval and attention, or to receive love, and to have his own way

b. Manifestation of a morbid and senseless emotionalism, panic, fear outburst, morbid auto-suggestions of insecurity, "unconscious malingering"

Suggestion treatment consists of suggestions that he is loved, will have the things he needs, that he will always be calm and relaxed, will feel secure, will always be brave and courageous

16. Conversion Hysteria - A transference of one hysterical symptom to another, as each symptom is removed or suppressed.

Make suggestions against guilt and suggest that the energy producing the symptom will now produce good health and wellbeing, and suggest against hysteria as in the preceding.

Subconscious malingering, subconscious [?] unconsciousness -- psychological discard, a disorder without physical cause, which cured in one place manifests itself in another place.

17. Hypochondria - Or imaginary symptoms of illness and disorder, exaggerated pain, etc...

Suggest the continual "good health" in every part of the body and that all parts of the body will always feel good. Suggest belief and faith and good feeling, and quick healing, etc... and that he is not like other people, but that he is alright.

Notes: Neurosis is an overcompensation or an overextension of a desirable characteristic, which serves as a protective mechanism acting as a welfare or happiness preservation and shows itself in the form of a conditioned reflex triggered by certain signals.

A psychosis is a deep form of a so called irrationality acting as an escape mechanism from unhappiness or ill health, which takes on the form of obsession, compulsion, delusion, hallucinations, or other manifestations detrimental to his rational wellbeing or to his social welfare.

It is said by some that a neurosis is a complete form of a psychological disorder based on purely mental triggers and follows through, while a psychosis is a form of both organic or psychological triggers by other mental or physical influences, or impressions. For instance, a psychosis can be either a chemical or hormonal imbalance or an over sufficiency or deficiency of certain parts of the brain so as to cause a disharmony.

18. Morbid Projection- abnormally blaming other people for own mistakes in an effort to hide inferiority feelings.

Make suggestions that all mistakes will be corrected and suggest self-confidence feelings of security, self-sufficiency, the golden rule

19. Hostility - a combination of:

- Anxiety
- Fears
- Feeling of rejection
- Suspicion
- Hysteria and Conversion
- Morbid Projection
- Escape from Reality

Shows in thoughts, words, actions

Base suggestions upon all the preceding.

Distinct physical differences between psychosis, neurosis, chemical imbalance

20. Schizophrenia and split personality - A dissociation of certain patterns of intelligence at certain times from the collective rational mind

Inferiority

Depression

Confusion (multiple indecisions and hopelessness)

Escape from reality

Lack of suggestible control

Outline symptomatic suggestions based on the preceding.

21. Paranoia - Base symptomatic suggestions on the following:

- Projection
- Inferiority
- Morbid projection
- Suspicion

- Hostility
- Lack of suggestible control
- Escape from reality

22. A summary of a few combinations or patterns that help to constitute a number of common mental disturbance: pain-conflicts

A feeling of “can’t escape consequences”

Conditioned reflex

Cause of anxiety complex is a warning signal before the big explosion.

Depression - Guilt, Discouragement, Defeat

Anxiety - Feeling that something wrong must happen; specialized trigger mechanism; conditioned reflexes

Procrastination and Non-persistence - make suggestion for relaxation but avoid stimulation and overdrive suggestions; poor incentives; unpleasant duties; escape from reality

Delinquency - Imbalance of the conformist and non-conformist mechanism; needs attention and importance; rewarded by friends, things, girls, popularity, etc...

Paranoia

1. Delusions of persecution
2. Delusions of guardians
3. Angel in the sky
4. Goodness complex
5. Villains in the woodpile
6. Legality
7. Legal relation, violation
8. Display of such things as rational persuasion and convincing delusions
9. Appears to have great intelligence
10. Spotty brilliance
11. Often times very talented in various ways
12. Precipitating incidents or triggers
13. Violent display of suicide or homicide
14. Villain retaliation

Contagion

Find out leaders, find in group -- task performance, rewards, importance, "I can do something for you to make you important and be somebody"

Vagabond Complex - Is a person who has procrastinated so long that he has found reward for his procrastination. Dual person or multiple personalities.

Chronic tiredness:

- Crushed confidence
- Disappointment and frustration
- Hopelessness
- Lack of incentive and ambition

Jealousy

- Inferiority
- Selfishness
- Morbid-possessiveness
- Fear of rejection

Conversion Hysteria

- Feeling of need to be punished
- Suggestible pattern that something must be wrong
- Feeling of can't escape consequences
- Lack of suggestible control

Hypochondria

- Feeling of "something wrong is happening"
- Feeling of "I can't get away from it"
- "I have the same as him"
- "High suggestible negatives"

Schizophrenia

- Inferiority
- Depression
- Confusion
- Escape from reality
- Lack of suggestible control
- Ticks -- stammering, spasms, twitching, etc...
- Inferiority
- Conditioned reflexes

Paranoia

- Rejection
- Inferiority
- Suspicion
- Morbid projection
- Hostility
- Lack of suggestible control
- Escape from reality

Sadism

- Fear - aggression over compensation
- Rejection “beat first” mechanisms
- Projection (of inferiority)

- Hostility
- Selfishness

Dual or Multiple Personality

Dual personality simply means two forms of personal manifestations. Multiple personality means more than two forms of personality manifestations.

A dual or multiple personality is a dissociation of certain forms or certain patterns of intelligence at certain times from the whole as total rotationality to the extent that there is no connection between the different parts of the whole, making a complete disconnection, so that there is a no support or rationale between the mental processes.

Subconsciousing A Problem

Making Decisions and Solving Problems Without Conflicts

1. Make a survey in your mind and write down all the “pros” and “cons” of the problems you must solve or the decision you must make. Write down in one column the reasons that “you should.” In another column write down the reasons “you should not.”
2. Read the two columns over a number of times and think of the pros and cons. Study them and use your logic concerning the problems for a little while.
3. Tell yourself strongly and affirm that at a certain time your subconscious mind will come up with the correct answer and that whatever your subconscious mind answers, that will be the decision you will abide by.
4. Now drop all conscious consideration of the problem -- do not think about it until that “certain time” rolls around.
5. When the time is up, then whatever impulse, answer or decision comes to your mind, you must unhesitatingly abide and carry out your subconscious decisions.

Subconscious Computer

- Consciously - Material - Acquire

Habit Removal

1. Symptom Removal Suggestions

- A. Where possible, use affirmatives
- B. Where it isn't possible to use affirmatives, rhymed negatives could be substituted
- C. Make suggestions for substitute habits
- D. For beginning, make lecture type logical suggestions
- E. Follow through with singular or semi-singular repetitious suggestions

2. Cause Removal Suggestions

A. Make muscular reflex suggestions to cause dissipation of psychic energy or habit movements.

B. Make suggestions to remove cause behind nervous tensions

C. Abreaction and regression with rationalizing and integration

1. Incline it

2. Use it

3. Reward it

How habits start -- to inhibit, reverse the habit, start mechanisms

Disincline it

Disown it

Quit rewording it

Find a way to reward them

To remove:

1. Punish it or ignore it
2. Stop using it
3. Inhibit it and disincline it

Massage: What Does it Do

1. It compresses, squeezes, and empties the stale venous blood from the blood vessels by stimulating the flow of blood in the veins toward the heart
2. It helps rest the muscles by encouraging the flow of fresh oxygenated blood from the heart thus taking new nourishment to the muscles
3. It removes muscular tension and produces muscular relaxation
4. It animates the cellular components of the tissue
5. It accelerates the nerve endings
6. Through the above processes, it encourages muscle tone and thus helps to stimulate the rebuilding of muscle tissue
7. It saves time of recuperation simply by regenerating and speeding the process if removing fatigue

Note by describing these processes as mentioned above, as they are intensified and because of this massage, we quickly form associated reflexes, by verbs or verbalisms in the form of descriptions, thus causing the verbalism to act as signal mechanism to initiate the healing process without the complete physical advantage of massage.

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Two Minds

We have two separate which are as different as day to night but function in harmony to create the life we have. The mind is like an iceberg 10% is above water and we understand the working of this part of our mind. It is called the conscious mind and controls choice, the will, awareness, learning, suggestion and logic. The other part of our mind which is 90% under water which means we are not aware, at least consciously, is home of the memory, all things are stored and remebered, it can and will accept any and all suggestions and it reacts automatically to what happens in our life. It keeps all of our skills and is our silent computer. It is the garden of all of our ideas, inginuity, originality and invents. It is the dwelling place of our intuition and the instigator of all lving processess. It controls the beating of our heart as well as all living processes, breathing, blood flow, life and death of all living cells. This is the subconscious mind. Advanced hypnosis puts us in contact with the power of suggestion to the subconscious mind thru an altered state of mind. It is more than possible to have better control of our body thru the power of the subconsious mind and hypnotism.