

Produced by Lauren Black using archival audio from:

“Sounds of Self-Hypnosis Through Relaxation” by Lee Rabinowitz Steiner

“End the Cigarette Habit Through Self Hypnosis” by Leslie M. LeCron

“The Sounds of Camp: A Documentary Study of a Children’s Camp” by Ed Badeaux

“Tony Schwartz Records the Sound of Children” by Tony Schwartz

All produced by Folkways Records

---

Person One: The recording will have its greatest usefulness if you do not listen to it before you try it. Your first acquaintance with it should be while following its instructions. You need no special preparations. The recording tells you everything you need to know. Merely take your record player and the record into a quiet room where you can be alone for at least an hour.

Person Two: Please make yourself comfortable, taking any position you’d like. Be sure your clothing is not too tight, for that would not be comfortable. Most everyone has misconceptions and false ideas about hypnosis. There’s really nothing mysterious about it. As a matter of fact, you’ve been hypnotized hundreds, or even thousands of times.

Person One: Now relax completely. Relax completely.

Person Two: Do you ever daydream? Of course you do. Everyone daydreams. When you do, you’re self-hypnotized.

Person One: Relax completely. Completely.

Person Two: One of the false ideas about hypnosis is that you’re unconscious and pass out when hypnotized. That never happens. You’re fully aware in even the very deepest hypnotic states. You know everything that goes on and what you’re doing.

Person One: Now if you are aware of any part of your body, it is tense. You should be completely unaware of any part of your body.

Person Two: Another mistaken idea is that you are in the power of the hypnotist and must do anything you’re told to do. Of course, that’s not true. There are many unscrupulous people, and it isn’t hard to learn how to hypnotize.

Person One: One, take a deep, deep breath. Go deeper and deeper into relaxation. You feel better than you’ve ever felt before in your life. Your entire body is relaxed. Two, a deep, deep breath. Much deeper than before. And as you exhale, go into a deeper and deeper relaxation. Three, deep deep breath. More and more breath. Four, a deep breath, more relaxed. Five, deeper and deeper and more and more relaxed...

Person Two: You want to know the deepest you’ve gone.

Person Two: Some people think they might have trouble waking up from hypnosis. This never happens. It's just as easy to awaken from hypnosis as when you daydream. Anytime you want to awaken yourself you can do so. No one ever stayed in hypnosis who wanted to awaken.