

# **PART 7**



## **HOW TO TAP THE INCREDIBLE SECRET**

**Powers of Your Own Mind**

I thought it was about time I returned to the subject of hypnosis and dealt with some important aspects in more detail. The tape that accompanies this month release is a self-hypnotic tape which does not contain any specific message. It is intended for you to use whenever you wish to implant a suggestion of your own choosing. There is a period of time allowed, after the induction process has taken place, for you to use your own affirmation. After this time the tape will bring you back to full waking consciousness.

## **HYPNOSIS CONTINUED:-**

From the dawn of time the human race has tried to control the actions of others by brute force or other more subtle methods. Whether this was for the good of the community or not is immaterial. The chance discovery of this natural state of hypnosis must have been exploited to

the full by various people involved in witchcraft, black magic, or even witch doctors in Africa. No doubt the resultant effects of a hypnotic trance on an individual could have been explained away by supernatural forces, spiritual possession etc. These days in the twentieth century it is hoped we can be a little more rational about it, however there are still some unscrupulous organizations who do use hypnotic techniques to further their own goals as I shall explain later!

**It is important for you to understand when others are trying to manipulate you and how!**

There is still a lot of confusion in the minds of many people as to what hypnosis involves. In fact even today there is still a lot of confusion as to how and why hypnosis works among the many scientists and doctors who study and practice it.

## Early Theories about Hypnosis:

In the west, our medical origins begin with a brilliant physician called *Hippocrates*. Hippocrates, who is considered to be the “father of medicine”, was born on the Greek island of Cos in 460 BC and died in 377 BC. During his life he practiced and taught the healing arts throughout Greece and wrote many treatises on medicine. It was his theory that all our pleasures and our sorrows, i.e. emotions, emanated from the brain. He further stated that the cause of most ailments, disease, and all forms of anxiety find their origin there.

This concept of a link between the mind and body has been with us for thousands of years and is common to most civilizations. There have been many theories to describe and explain exactly what that link consists of. Some five hundred years after Hippocrates another Greek physician

called Galen, (AD 129 - 199), developed the ideas established by Hippocrates as to how the mind influences the body and vice versa. His idea was that there was some kind of heavenly fluid which acted as a bridge between the mind and body. He thought that a physical ailment could be caused by a problem in the mind and also that a physical illness could cause mental stress.

This concept of a substance acting as a bridge in this way remained in the minds of scientists and philosophers for many centuries to come. All sorts of theories were developed but it was not until the time of *Sir Isaac Newton, (1642-1727)* that the notion of animal magnetism gained particular popularity. Magnetism is a curious force, like gravity, which we can prove exists and yet it is invisible to the naked eye. This force seemed a useful way of explaining away the seemingly unexplainable. Of course nowadays it seems too simplistic but in those days it had its

uses. In some ways these early theories had in some ways, curious similarities with those held in the east. If we substituted the term animal magnetism for Qi or Prana there would appear to be a connection.

## **Mesmerism:-**

Franz Anton Mesmer (1734-1815) is worth a mention mainly because of the work he did and the fame he achieved, or perhaps notoriety would be a better word, he was responsible for putting Hypnotism, or mesmerism as it was then called, firmly on the medical map.

He trained initially as a priest before studying law before eventually switching to medicine and qualifying as a doctor by the age of thirty two. He was widely read and knew the theories concerning astronomy and Newton's laws of

gravity which greatly helped put the theories of animal magnetism to the fore.

Mesmer thought that it was possible to restore our state of health by harmonizing and balancing these heavenly forces within us. Again these ideas had an uncanny similarity to those long held in the east. The problem was that with all the great discoveries being made in fields of mathematics, electricity and magnetism, among others, he really thought he could offer a sound logical and scientific explanation for what was then called animal magnetism.

His treatment of patients involved the use of magnets and other paraphernalia. He himself was reputed to wear a great lilac cloak and held an iron rod in one hand. In the center of the room he had placed a large vat out of which metal bars were projected. The vat would contain water and iron filings and each patient

would sit around it grasping one of these iron bars. Mirrors were carefully positioned around the room so as to reflect a gentle light on the proceedings and soft music was often played to create the right atmosphere. In this amazing setting Mesmer is said to have walked around to each patient and touched them on the shoulder with his iron bar.

Now you have to realize that these people would have been in a very heightened state of expectancy. Many said they experienced very curious sensations through their bodies while others fell about in convulsions. In any case after a few sessions they would state that they felt cured of whatever the illness was they were suffering from.

Today this use of ritual would be considered pointless but at that time it might have provided the necessary catalysis to help the patients cure



themselves. It gave them a link to their subconscious mind. It was a bit like using a placebo.

Another technique he used was to strap magnets to a patient's body in the belief that this would harmonize the various forces within the body. Again these patients would claim to feel strange feelings running up and down their bodies while having this treatment and would often declare themselves cured.

The success that Mesmer enjoyed and the fame and wealth it attracted also attracted great suspicion and envy, from his more orthodox medical colleagues. Although what I have described here is not strictly speaking hypnosis there are subtle links between two. As you probably now realize a strong positive expectation of a desired outcome can have a very powerful effect on the mind.

It was one Mesmer's pupils who is said to have discovered *somnambulism*. In this state a person can obey instructions, talk, open their eyes and yet still remain in a trance.

News of Mesmer's work and that of his pupils and associates spread throughout Europe and even to the USA. A number of physicians witnessed demonstrations given by Richard Chenevix, himself a fellow of the Royal Society, in London in 1829. Among the audience was a John Elliotson. Elliotson was born in 1786 the son of a south London chemist. After graduating from Cambridge and then qualifying as a physician he travelled to Europe studying in various continental schools. Upon his return he set up his practice near the hospitals of Guy's and St Thomas's.

He was a man of strong views who did not suffer fools gladly and often had problems with figures in authority. He was elected Professor of Medicine at the then new “New University College” of the University of London. The university was non-denominational and this was surprisingly the first time medicine was taught at university level.

Elliotson pioneered many new and important techniques in medicine. He taught medical students at the bedside of the patients in order to give them greater experience. Before this students would serve a five-year apprenticeship with an older doctor. He was the first doctor to use a stethoscope and taught the correct way to examine the chest among many other useful discoveries on the use of drugs.

He became interested in the theories emanating from Europe at the time namely the work of

Franz Gall. Gall maintained that our emotions could have a physiological effect on the body and were independent of our will.

This theory laid the foundation for the later work of Sigmund Freud and the study of the subconscious or unconscious mind. Elliotson was originally a little skeptical about mesmerism but soon became a great supporter of its use. He did in fact open the “Mesmeric Hospital” in Fitzroy Square in London.

In his journal “The Ziosst” he detailed many of the cases he treated. One such case was that of a woman who had an amputation at the thigh while under mesmerism and who felt no pain. You have to bear in mind that many of his contemporaries were still treating their patients by bleeding them with leeches. Anesthesia did not exist, except for brandy, and so surgeons had to resort to strapping their patients to the table

in order to carry out an operation like an amputation. Against this grisly background Elliotson went on to publish the details of some seventy six similar operations which were carried out where patients felt no pain!

Elliotson was not the only physician using mesmerism as a form of anesthesia. Other operations were featured in "The Zioist" one concerned a surgeon called "Mr. Ward" who amputated a man's leg. There was also a Scottish surgeon called James Esdaile working in Calcutta who carried out literally hundreds of painless operations. He had the patients "mesmerized" for one and a half hours each day for five days. Although he had the total support of the Governor General at the time his reports were rejected by the medical authorities. Despite the fact that there were at the time records of at least four hundred operations using mesmerism as a method of anesthesia it was abandoned in

1850's when chloroform and then ether took over.

In 1848, Elliotson published an article called "Cure of a true cancer of the female breast with mesmerism". His patient, a middle aged lady, had developed a large breast tumor. Originally he intended to prepare the patient for surgery. She had been seen by many of the leading surgeons of that time all of whom confirmed the nature of the growth in her breast. Some advised an immediate surgery while some declared the growth inoperable. Elliotson discovered that she was a good hypnotic subject capable of going into deep trance. He mesmerized her often sometimes up to three times a day and kept her in a very happy and peaceful trance for several hours at a time. Her progress was slow initially but she started to put on some weight and her general state of wellbeing and strength increased. Eventually her tumor decreased and

after a period of five years had completely disappeared a fact confirmed by those very same eminent surgeons who had diagnosed her condition all those years before.

There were many people experimenting with mesmerism around this time but the practice of using elaborate rituals involving magnets was receding. People were trying hard to explain just what mesmerism was. The concept of animal magnetism and ethereal fluids was dead. Instead a notion that mesmerism was a form of nervous sleep, or hypnosis, began to take a hold. Hypnos was the Greek God of sleep and this was obviously where the term hypnosis originated.

Today we have a more scientific explanation and know it to be a psychological as well as a physical condition although there is still a lot we need to discover. There is no doubt it is possible to induce sleep in a subject which is

indistinguishable from normal sleep but it is also possible to put a person in a trance who can walk around the room and appear to behave quite normally. Post-hypnotic suggestion, which is where a person is given a suggestion while in trance and told to carry some task on returning to consciousness, is now a well-known technique. The point is the subject is still in a form of trance until that task has been executed.

To this day we still do not really know why the subconscious mind reacts to suggestions while in a hypnotic trance. There have been many theories about hypnosis over the past hundred years or so.

## **Goal-Directed Striving:-**

Robert White from Harvard University in 1941 stated that “hypnotic behavior is meaningful,



goal-directed striving, its most general goal being to behave like a hypnotized person as this is continuously defined by the operator and understood by the subject". He maintained that a person must want to become hypnotized. While in trance it is possible to put a person in a state of *catalepsy* this is when a person's limbs can be moved and placed in any position and rigidly remain there. When the hypnotist suggests that the limbs are so stiff they cannot be moved the subject indeed finds that they cannot move them. White maintained that far from the hypnotist having an unnatural power over the subject the subject is in actual fact just co-operating with the hypnotist. If you like the subjects will is not strong enough to resist the suggestions of the hypnotist. This is a very difficult area, and one where a lot of controversy still exists.

It was about this time that the concept of “an altered state of the person” took hold.

## **Theory of Atavism:-**

This theory was put forward by Ainslie Meres an Australian psychiatrist. He reasoned that logical thought was a comparatively recent function. He thought that in primitive man basic ideas and concepts would have been readily accepted without criticism and this process would in part explain the state of hypnosis. In other words we thought that when we are placed in a trance, we regress to our primitive state of consciousness.

We certainly know that under hypnosis our critical factor is temporally suspended.

## **The Theory of Role Playing:-**

After some twenty years of studies Dr T. Barber from the USA thought that a hypnotized subject's performance depends upon his attitudes and expectations of how they thought a hypnotized person would behave. The willingness of a subject to co-operate is very important. These ideas are closely related to those of Robert White.

## **Goal-directed Fantasy:-**

Nich Spanos, an associate of Dr. Barber, extended the ideas of "Role Playing" into what he termed "Goal-directed fantasy". An example of this could be that a hypnotist asks his subject to lift their arm and at the same time the subject imagines their arm resting on a large deflated

balloon which then gradually inflates, then the subject is described as taking part in “goal-directed fantasy”. Indeed hand levitation exercises are used a lot in hypnosis to test the level of trance in a subject. You could very easily try this yourself When you feel you are feeling very relaxed just imagine your arm being lifted in the manner just described or imagine some other way in which your arm might be raised on pulleys or whatever.

Most of the theories just mentioned are really comments on hypnotic behavior rather than a definition of what hypnosis actually is. Most have more than an element of truth about them. What all researchers agree on is that hypnosis is an altered and highly increased state of awareness. The degree to which a subject is receptive to suggestions made depends on the level and deepness of the trance. We will look into the different levels of trance in a moment.

What I want to do now is give you an idea as to the physiological nature of hypnosis, what happens to your body while under hypnosis.

## **The Scientific Nature of Hypnosis:-**

Until about 1952 hypnosis was thought to be a type or form of sleep. It was not possible to get any concrete evidence as to what went on in the human brain during hypnosis until the electroencephalograph, or EEG for short, was used in research.

What an EEG does is record the regular electrical pulses emanating from the brain on a graph. Research into the nature of sleep has shown that we each go through five main stages of sleep.

When we start to doze off to sleep we emit high amplitude waves from between eight or twelve

cycles every second known as *alpha waves* or *alpha rhythms*. These rhythms are also present when we are deeply relaxed and quiet. When dozing off our eyes make smooth rolling movements. After a few minutes we reach the second stage. At this stage the alpha rhythms are replaced with slower low voltage waves. After a few more minutes the third stage is reached and the waves slow a little more and the eye movements reduce and disappear. In the fourth stage the waves are even slower but the voltage increases. During the fifth stage we emit a low frequency high voltage rhythm around one cycle each second.

Now during our sleep we often have periods where our eyes move more quickly. This stage became known as “Rapid Eye Movement” or REM sleep. At this time our brains emit very fast waves of up to twenty cycles each second known as *beta waves*. During this period a number of

very important things are happening within our bodies. It is at this time that we dream and if awakened we could give accurate descriptions of our dreams. The eye movements are very similar to those that might be made by someone who is awake and is looking about them. When REM sleep stops the first stage of sleep starts over again.

When a reading is made of a person who is in a hypnotic trance however they do not give the same results. They appear to show that the person is simply relaxed. They will show very similar readings to those given by someone in the first stages of sleep, alpha waves, but when a suggestion is made by the hypnotist these diminish because his mind is alerted. However if the hypnotist gives the suggestion to sleep while under hypnosis the EEG recording will show a reading virtually the same as someone who is asleep.

When readings are taken of a subject while they are being induced to a deeper level of trance the alpha waves maintain their frequency but there is a big reduction in the voltage. The voltage, however, increases if the subject is told to sleep. What this research suggested was that when a person is in hypnosis they are in a very special state of deep relaxation. This would explain why meditation is so good for us because in this state our bodies are truly rested. So while in hypnosis we are neither conscious in the normal sense neither are we asleep.

When a very sensitive apparatus is used to measure the brain's electrical variations there are some very interesting changes that occur while in hypnosis. This is particularly true if a subject is asked to imagine a scene or perhaps imagines he can smell the scent of a flower. Curiously these changes within the brain do not occur if the person actually smells a flower in a normal waking state. So there is strong physical evidence



that hypnosis is an altered state of the mind and brain.

## **The Central Nervous System:-**

Our central nervous system consists of the spinal cord which is connected to the brain. It contains nerve cells and nerve fibers which transmit information to and from our cells. Our central nervous system balances all the other systems within our bodies and will under normal circumstances keep things in harmony. Most nerve connections within the body are transmitted to and from the brain via the spinal cord, some other connections are made direct to the brain like sight, hearing, and smell.

Our brains have evolved and developed over many thousands of years. The outer area of the brain is called the *cortex* and this is the most advanced area. The way in which our brains obtain information from the body is incredibly

complex and it is filtered and processed in the oldest area of the brain called the *Ascending Reticular Activating System*, or *RA*. This cluster of nerve fibers comes up from the lower part of the brain known as the fourth ventricle. After the RA it moves on into the thalamus which is situated in the front of the brain with the hypothalamus beneath it. The RA also connects to the limbic system, which is one of our most primitive areas of development, and this in turn is connected to the cortex. The limbic system is thought to be mainly concerned with our human emotions.

The electrical activity within our brain relies on the stimuli it receives from the RA system. Our awareness of our surroundings and our reactions to it are modified via this system and this is why we produce variations on the EEG.

In normal waking consciousness our RA system will register activity on the EEG but if we are very relaxed, sitting quietly in darkness with little or no outside stimuli, or drifting off to sleep, it virtually closes down. When you are awake the RA constantly feeds a steady stream of reminders through to the brain. Like everything else to do with the functioning of the brain this is a very complex area.

The emphasis of one kind of stimuli over another is regulated via the RA system. If you are concentrating on something like a good book or watching a gripping program on the TV our other conscious senses are overridden and we become unaware of them. If someone speaks to us we may not hear them, we block it out. The RA system can be effected by illness and drugs which reduces awareness.

During a hypnotic induction it is thought that words spoken by the hypnotist pass along the RA's network of nerve fibers and the attention of the subject is totally focused on them. In a state of deep relaxation the RA dampens down all the other stimuli which would otherwise flow through to the central nervous system. Once information is passed in to the limbic system it is then carried on to the appropriate area of the brain. Emotions like excitement, anxiety, among others, are dampened down and so we pass into the state of hypnosis.

Some patients suffering from very aggressive and often dangerous behavior have undergone small operations to the limbic area. As a result they go through a drastic change in behavior, most notable of which, is that they no longer show any signs of fear or anger.

Some interesting experiments have shown that different emotions can be triggered by passing a small electrical current into a part of the brain known as the *temporal lobe cortex*. Sometimes subjects can remember events from their past which they thought they had long since forgotten. Significantly they not only remembered those events but all the emotions that went with them at the time those events took place.

Apparently these subjects recall events every bit as accurately as other subjects do under hypnosis! Not only do they remember the events and their emotions to them but they also retain their impressions or interpretations of those events whether they were true or false. As we know regressing people under hypnosis is a very useful tool in correcting there present behavior.

## **Stages of Hypnotic Induction:-**

To try and fathom all the different stages of hypnosis as a subject undergoes induction is rather like peeling away the layers of an onion. There are obviously some very subtle changes that take place as they drift from one state of hypnosis into another, it is not really possible to be too dogmatic. The following however will give you a general idea as to what takes place when someone is being hypnotized.

## **Hypnotical Condition:-**

This is the first quiet state you achieve while you start to relax and get comfortable. Your eyes are normally closed and you are aware of things going on around you but you slowly concentrate on the sound of the hypnotist's voice, whether it

be on a tape or in real life, and you begin to forget your surroundings. In this stage you are not yet receptive to any detailed affirmations, your conscious mind or critical factor has not been distracted. From this state you drift into a deeper state of light trance.

## **Light Trance:-**

In this state you are more relaxed and your body will appear still and quiet. There is sometimes a slight movement of the eye lids at this stage. After a time the complexion of the face becomes ruddier as the blood vessels enlarge to allow the circulation to move freely. In a light trance simple suggestions like hand levitation can be attempted. Simple imaginary scenes can be given but the degree to which these scenes can be visualized are often limited at this stage. Some people who are new to hypnosis find it difficult to progress to the next stage at first,

however if the relaxation continues a medium state of trance can be achieved.

## **Medium Trance:-**

It is at this stage that your breathing slows markedly as your conscious mind quietens down. The color of your cheeks will become redder as your blood vessels dilate a little more. Your ability to visualize things will be stronger in this state as your conscious mind lets go. In this state mild suggestions to null the bodies sensitivity to pain can often be attempted for things like dentistry. It is also possible to ask a subject to forget things, *amnesia*, and also to test for catalepsy. What a hypnotist will do is suggest that your arm feels rigid and cannot move even if you tried to. The same sort of thing can be suggested concerning the eye lids by suggesting they cannot open because they are glued



together etc. As you try to open them you are told to drift even deeper into hypnosis.

**Of course since you are co-operating with the hypnotist you cannot open your eyes because you don't really want to open them. By accepting this state of affairs you are happy to go even deeper in to trance. If you do open them then you either wish to come out of trance or the hypnotist has misjudged the level of trance you have reached.**

## **Deep Trance:-**

As you relax even more you will drift deeper and deeper into deep trance.

Your breathing will slow down even more and this is very restful for your brain and the rest of the body. In deep trance most of the therapeutic techniques can be used like regression, more

advanced and complex forms of analgesia. Most hypnotists do not feel the need to go any deeper than a deep trance.

## **Somnambulistic Trance:-**

This is the state whereby a hypnotized person can be given instructions to open their eyes and move around the room, talk, carry out various tasks, hallucinate etc. The term is derived from Latin *somnus*, which means sleep, and *ambulare*, which means walk. The most common example of a somnambulistic trance is a person hypnotized by a stage hypnotist. A person can be regressed to an earlier age and talk and behave as a small child. In this state some therapists from earlier time produced enough analgesia to open up the abdomen to allow major surgery!

## Stuporous Trance:-

There is another very special, and relatively, unknown state of hypnosis which some subjects are able to enter known as the “*Stuporous Trance*”. Anyone in this state shows an inability to appreciate the “Self. They lose a total awareness of themselves as individual persons with their own unique characters and reactions. It has been known for medical personnel called in to examine someone in such a trance without being told the subject has been hypnotized, think that they have been drugged or are in some kind of narcotic state. It is comparatively difficult to get someone to enter this state because there is an in-built objection to losing oneself so completely *into the control of someone else*.

In the East highly trained adepts are able to reach similar deep levels of trance. The loss of “*ego*” and the concept of “*self*” is the aim of their meditations in order

to reach some deeper meaning of their existence. However these people are experts trained by masters who have in turn being trained by masters throughout the centuries.

Delving into the truly deeper levels of trance and consciousness we are entering the murky areas of **“Mind Control”** or **“Brain Washing”** techniques.

In part one I explained that there had not been a case of anyone being harmed by the therapeutic use of Hypnosis and I stand by this statement. I also said that it was not possible to force someone to act against *their will* simple by putting them in a trance and giving them suggestions. You might recall that I mentioned the ***Social Compliance Theory***. This basically states that the subject under Hypnosis is basically co-operating with the Hypnotist mainly because it suits him to do so.

It has long been thought that it was not possible to make someone act in a way which would go against their normal beliefs, morals, or wishes etc.. Most hypnotists believe that a hypnotized person would not behave in way that would normally appear out of character ***unless that person is predisposed to do so!***

There is a prevailing idea the hypnosis can only be used for positive effects. People often ask me can hypnosis be used to control someone's mind against their will.

I am also asked if hypnosis is so powerful a tool for good can it not also be used by unscrupulous people to do harm. Many practitioners answer this sort of question with an emphatic NO. The usual procedure is to say that under hypnosis you cannot force a person to act in a way that is against his or her character.

Although this answer is perfectly correct as far as it goes, it is however simplistic. It is true in the main that

you cannot force someone to act in a way that is alien to their true character however how do you know what that person's true character is?

Hypnosis is dealing with the subconscious or unconscious mind. A person's subconscious mind may hold all sorts of aims, desires, wants, character traits which the conscious mind keeps back or holds in check because of the restrictions and demands society puts on all of us. In other words we simply cannot just behave exactly as we might wish.

Who really knows what our true character is anyway?

Hypnosis has been around since the dawn of time. It has been used by our ancestors for thousands of years. Everyone has experienced some form of hypnotic trance whether they were aware of it or not. In fact everyone probably experiences something very similar at least twice a day.

Ignorance of the nature and power of hypnosis is probably potentially more harmful or dangerous. Its power for good in our lives vastly out ways any harm that could befall you from using it.

I remember reading about a demonstration of hypnosis where a young male doctor had placed an attractive young lady in a deep trance and had had her carry out various tasks and tests to show the extent of her trance. Someone in the audience asked the very question as to what extent does the therapist have control over the actions of the subject. The hypnotist explained that the therapist does not in actual fact have control over the subject and explained that if he asked the girl to do anything which would be against her normal behavior or beliefs she would refuse. To prove his point he asked the girl, still in deep trance, to remove her clothes whereupon she awakened from her trance and slapped the young doctor around the face!

Now this impressed the audience. It seemed to prove the doctor's point that he was unable to force his subject into doing something against her will. Deep down she still knew that she was involved in a demonstration of hypnosis and that there was an almost exclusively male audience watching her.

However the situation might have backfired if the girl had some deep routed desires to remove her clothes in company. Also there are ways an unscrupulous hypnotist can engineer the situation to meet his own ends!

Suppose the girl had been given suggestions that she was all alone in her home. If the suggestion was then made that she was now in her bathroom and about to undress in order to take a bath she might well have obliged. This would involve inducing a state of hallucination and amnesia. I have no doubt that in this



way it is possible to degrade a person and possibly harm them particularly if the hypnotist is inexperienced.

**I would like to stress once again that you must not use the information contained in this course to gain control or gain some advantage over others.**

This information is for your own use only and I am giving it to you so that you can achieve a better understanding of how your own mind works and how others might try and use this knowledge against you.

## **Can Hypnotism Be Used To Cause Harm?**

There are some very prestigious medical bodies from around the world who would like nothing better than legislate against the use of hypnosis other than by “qualified therapists” that have been properly trained

and have medical qualifications or qualifications in psychotherapy.

In the UK, Parliament passed the “Hypnotism Act 1952” in which clause 2(1) states:-

***No person shall give an exhibition, demonstration or performance of hypnotism on any living person at or in connection with an entertainment to which the public are admitted whether on payment or otherwise unless the Controlling bodies authority have been authorized that exhibition, demonstration or performance.***

This did not restrict the use of hypnotism for long because other venues, i.e. clubs where the public are admitted to have dinner etc., have appeared, which seemed to get around the confines of this act.

My own personal view is somewhere in between. I do NOT like to see exhibitions of hypnosis on the TV merely for the purposes of entertainment.

However hypnotism is such a powerful tool to do good I would not want to see it banned or restricted. It is after all a natural phenomenon which should be more widely available not less. However we must be realistic.

**Hypnotism is a very powerful force but can it be used to cause harm?**

**What I am about to reveal to you will sound a bit far-fetched even fantastic! You may think I have flipped or been lying in the sun for too long but I can assure you it is all demonstrably true.**

There are some unscrupulous organizations who routinely use hypnotic techniques on some unsuspecting members of the public. Because there might be legal consequences if I were to mention these organizations by name I will only mention them in general. If nothing else it will help keep you on your guard should anyone try something similar on you.

Some very well known “religious sects” induce hypnotic trances in their recruits in order to recruit and retain their loyalty. It follows that anyone even vaguely interested in a sect will already be predisposed to their beliefs and philosophy. These quasi-religious cults routinely induce a hypnotic trance in their prospective converts as a **Part of their mind control methods.**

The point is that these unsuspecting recruits are not told what is happening to them. If they were told that their “trainers” were putting them into a hypnotic trance they would be horrified. The fact is the vast

majority of the population is ignorant as to what hypnosis is and what it involves and this makes them vulnerable. If you asked most people off the street what they thought hypnosis was they would probably talk about swinging watches and crystal balls etc.

There are a number of ways you can induce a trance in someone and we shall look at these in more detail next month. However the aim is always the same, which is to suspend or distract the critical factor.

In one cult the technique they use to do this is to make a recruit sit in a chair completely motionless while “trainers” take it in turns to monitor them. They are scolded when they twitch or fidget, the aim being to get the recruit to sit totally still for two hours or more. What is happening is that the recruit relinquishes his or her control of their body and emotions to the trainer. The recruit’s conscious mind is looking for movement or stimuli but of course there isn’t any.

Their conscious mind is totally focused on the trainer which suspends their critical factor and they drift very effectively into a trance. Obviously in this instance they are willing to co-operate with their trainer but this is no different from any session you might have with a hypnotist. After all you have to cooperate with a hypnotist otherwise he cannot help you achieve your goal.

In a religious cult the aim is to teach obedience and collective control. You are taught how to be controlled and how to control others and their methods can be very effective.

You have probably read about families kidnapping members of their family from such cults. The victims themselves often don't want to be rescued. In fact they are often extremely hostile towards their rescuers. In such cases an extensive deprogramming has to be gone

through in order to return these people to a “normal” life.

In the main the kind of people who let themselves fall for this kind of thing are very vulnerable and impressionable. The concept of “social compliance” still applies. They want to be controlled in the main and co-operate with the person, often many more than just one, trying to control them. This broadly speaking is what the “Social Compliance Theory” is all about.

One way a cult prevents its recruits from leaving is by using “phobia indoctrination”. It is sometimes called “triggered phobic response”. What this means is that trainers implant or programme irrational fears into your subconscious mind as to what will happen to you if you ever left the cult. You might typically be told that you will go insane, be hit by a car, get cancer etc. I think you get the general idea. Different cults use different

phobias and believe me it is very effective! It has been described a prison without bars. **Nice people!!**

I am telling you these things so that you will be on your guard. Be careful if you find yourself listening to a lecture given by a speaker who uses a soft monotonous tone when speaking. This is particularly true if the setting uses soft lighting and gentle music.

Because most people have a very distorted idea as to what hypnotism really is, they often don't realize it when someone tries to put them into a trance. For this reason I believe everyone should study Self-Hypnosis. By learning how to control your own mind you will learn to detect the signs if someone else tries anything on you without your consent.

Have you ever seen American evangelists on TV, or on stage, where they invoke the Holy Spirit and just touch a member of the audience, i.e. someone they have



prepared earlier, on the head and pronounce them cured of whatever ailment they suffer from?

Various government agencies from around the world have carried out experiments in “sensory deprivation”. What this basically entails is placing somebody in a situation where they are unable to receive any outside stimuli from their surroundings. In other words their RA system of the brain are effectively shut down because they are not being stimulated. This is often done by placing the person in a waterproof suit with breathing apparatus and immersing them totally in a vat of warm water. After several hours a profound trance state is sometimes achieved. Although this sounds more like a form of torture, and extreme sensory deprivation has been used as a form of torture by certain countries, in the west some companies are offering this technique as a form of relaxation therapy.

There are interesting parallels between this and what some Tibetan monks practice. As part of their training some monks are walled up in a small room for 39 months in total darkness and without contact with the outside world. Their food is provided through a small hole. Now most of us would find this treatment, solitary confinement, intolerable and it would probably result in some form of mental illness. However to a Tibetan monk this period of solitude is eagerly awaited because they have been trained for this moment and expect great rewards from their efforts. They practice deep breathing and meditation techniques during this time. Obviously the solitude is helpful to achieve their desired goal. If I were to tell you about some of the things that Tibetan monks are reported to be able to do, you would not believe me.

The reason I mention sensory deprivation is because it provides us another example of how our mind behaves and how it is possible to reach the deeper recesses of our consciousness.

The book “The Manchurian Candidate” by Richard Condon which was published in 1958 and made into a Hollywood film in the 1960’s, tells a story about brain washed, hypnotized, assassins. This film was released around the world but, for reasons that have never been explained, it was not allowed to be seen in the USA for many years.

The CIA carried out experiments in the 50’s on brain washing and other mind controlling techniques. They set up a team, which some believe was successful, in creating assassins capable of killing foreign heads of state or prominent American political figures.

I know that to some of you this sounds ridiculous however these historical facts are recorded in the CIA’s own memo from the period outlining their experiments.

You might think why bother? After all most countries will have trained assassins on their books who they could call on as needed without resorting to mind control. However to assassinate a prominent political figure is fraught with danger that the killer might get caught and spill the beans.

The operatives the CIA trained however were very special. They would be programmed to kill their victim and then develop total amnesia afterwards. In this way it would be difficult to trace the connection back to the CIA, even under strenuous interrogation.

From the recorded interviews with Sirhan Sirhan, who was executed for the assassination of Robert. F. Kennedy, it is clear that he underwent some kind of mental programming and hypnosis. At his trial psychiatrists testified that he had been hypnotized and the prison psychologist pleaded with the judge to be allowed to deprogram Sirhan Sirhan but this was

denied. Sirhan Sirhan had no recollection of the assassination despite the fact that he obviously carried it out.

If you think this is incredible wait until you hear the next bit. The component in the CIA who carried out the experiments to produce “Manchurian candidates” went on carry out what was known as “terminal experiments”.

**Subjects were programmed to effectively  
kill themselves.**

Horrible though this sounds this not as Incredible as it sounds. Some of the native North American tribes have known about this ability for centuries. Doctors in America have witnessed apparently healthy people simply decide to give up on life and wither away and die. The power of the mind is awesome.

What I have just described has next to nothing to do with hypnosis as it is used every day. Mind control and brain washing techniques are a perversion of what hypnosis is really all about.

The reason some fear hypnosis and what it can do is simply because they know little or nothing about it. If someone tried to hypnotize me I could go into a hypnotic trance within a few seconds if I wanted to. However if I didn't want to then there is no way they could put me into a trance. Because I know what is involved, how it works I can either accept it or reject it. I have the control and I have the choice. Everyone should have this knowledge and that choice.

Hypnosis can lead to problems if you are careless. If you let yourself be hypnotized by anyone who has little or no experience, no knowledge of your medical history or psychiatric background, then things might go wrong.

Anxious people might become depressed or more anxious. Depressed people might become even more depressed and even suicidal! Psychotic cases can become more psychotic.

Medical conditions like cerebral tumors, disjunction of the thyroid, and many other conditions can only be diagnosed by properly trained people. These conditions might well show psychological symptoms which can be misdiagnosed by an inexperienced or unqualified hypnotist.

If you are daft enough to let yourself be used in a stage show of hypnotism and problems arise as a result then you have only got yourself to blame. The most common problems that arise from such shows are orthopedic. What stage hypnotists used to like doing is induce a state of catalepsy, previously mentioned, whereby the subject becomes very rigid. The head of the subject

would typically be placed on the seat of one chair while the feet are placed on another. Then other people are invited to sit on the subject's stomach and legs taking their full weight.

Impressive though this might be to an audience it puts enormous pressure on that person's back. If the subject has a history of back pain serious damage can be done.

Hypnosis can be misused as I have tried to show but so can a lot of things. Nearly all of us drive cars but we all know that cars can and do kill on occasions but nobody would propose banning them just for that reason. If hypnotism were not the powerful tool it is then why bother to use it in the first place.



The reason I have told you these things is because in the next Part I want to show you the different techniques hypnotists use to place people into trances. I wanted you to be aware of the problems that can arise if hypnosis is used indiscriminately. Some of the techniques are advanced but very effective.

I am telling you these things for your information only. I don't expect you to rush off down the local pub and start putting people into trances!

**End of Sermon**

I will to tell you about one of this century's most brilliant exponents of hypnosis. I also want to tell you how you can learn to read a book in only a matter of a few minutes, and a whole load of other incredible stuff!!