

SECRET, DON'T TELL

THE ENCYCLOPEDIA OF HYPNOTISM



induction

Mind
Control

HELP

Research

by

Carla Emery

Illustrated by
Corey Smigliani



The



ONE NIGHT IN 1995, about two o'clock, I woke from deep sleep. A thought was nudging me: "Unplug the computer."

"Why?" I wondered. There were no sounds of electrical storm outside, and I had a surge protector. I was not in the habit of unplugging my computer except when I moved (which was frequently). No answering idea came. So I didn't know why.

I obeyed the thought anyway, fumbled my way out of bed in the darkness, walked across the few feet from bed to desk. Kneeling down, I groped under the desk for the thick cable that plugged into the upper wall socket. It was the main connector from whose source of power all my other significant computer connections branched off (printer, monitor, and the mechanical brain itself). My fingers found it, yanked it out of the socket. Then I felt my way back to bed and gratefully plunged down again, back under the warm covers, back into deep sleep.

As was my habit, I awoke early the next morning. I jumped out of bed, dressed, and sat before my computer. Time now was so precious, every day borrowed against my unknown quantity of remaining days. Every home I lived in was a

borrowed home, a place to fire up that computer and make yet a little more progress on the book by day, a bed for my weary body at night. Because the only way I could finish this project was in hiding, and there was no way to know how long I could stay hidden.

I flipped the computer's ON switch, and the monitor's. They should have instantly whirred to life. But this morning neither one did. I flipped each back to the OFF position, then once more to ON. Still no sign of response.

Something was wrong.

I sat staring at the screen, baffled. Then I remembered that I had unplugged the computer in the middle of the night. I bent down and plugged it into the usual place. I flipped the switches to ON again. And again. They still didn't work. I tried plugging into the other, lower set of holes on that outlet. This time, when I flipped to ON, each component machine commenced the sudden chatty sequence of clicks and hums that told me all were now awake and running.

Now I was not nearly so interested in getting back to work on the book as in finding out why the upper socket hadn't worked. I crawled under the table on my hands and knees with a lamp to get a closer look.

And gasped in horror. A smudge of black defaced the outside of that entry way for two metal prongs of connector. Suddenly I understood. A terrible jolt of electrical power had silently blasted into that line some moment after my night waking. Its energy had melted down the wires and left that tell-tale black trace on the white plastic's socket's outside. If the cable had been plugged in, that zap would have also fried all the circuits of the hardware half of my writer's brain.

Ever since that night I have had peace of mind about whether writing this book is really God's will for me. After that, I knew for sure that all I had to do to complete this immense project was the necessary work. God would provide the

necessary miracles.



Not by
might, nor
by power,
but by my
SPIRIT,
saith the
Lord of
hosts.

Zechariah 4:6



Secret, Don't Tell

The Encyclopedia of Hypnotism



by Carla Emery

Illustrated by Corey Smigliani

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Secret, Don't Tell

Paperback ISBN: 0-9659930-3-5
Hard Cover ISBN: 0-9659930-9-4

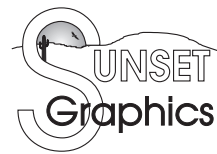
Printed in the United States of America

Copyright © 1997, 1998 by Carla Emery

First Edition

Cover Design, Book Design & Layout:

Mark Boseck
Sunset Graphics
P.O. Box 4234
Pahrump, NV 89041



Distributed by
Acorn Hill Publishing,
Fulfillment Center:

Don & Pam DeLong
P.O. Box 57114
Tucson, AZ 85732

E-mail: contact@secretdonttell.com
www.secretdonttell.com



To my father, whose example of gentle strength and fierce devotion to principle, First showed me what a loving and just God must be like.



**To my mother, who made me learn the rules for using words,
Then set me free to roam in joyful literacy.**

This Book Is For You

Thank you for choosing to spend time with this book. I send my love and all I've learned. May every sleeper hear this call to wake and tear the wall of silence down!

Yes, you! It is not just hypnotic subjects¹ who sleep. Ignorance and apathy have lulled so many into somnolence. So this book is for general readers who want to be well informed. Knowing real facts about hypnosis will help you make wiser choices. It is also for those courageous individuals who are trained in hypnosis and who believe truth and justice are more important than professional solidarity, lobbying postures, income protection—even personal safety. And it is for legal specialists who may some day use this information in court to fight for justice.

Especially, this book is for all survivors of abusive hypnosis: past, present, and future. May every sleeper who yearns to wake and struggle toward freedom of mind find the courage to seek help in that waking and the blessing of achieving it.



Thanks

Thank you, God, for the task, for the opportunity to accomplish it, and for mercies and miracles along the way.

Thank you to every person who ever bought a book of mine. You encouraged my spirit and enabled me to be a full-time researcher and writer. Thank you to all who have read my writings or listened to my talks in person, on audio, or video. You saw my soul and I hope you became my friend.

Thank you to my many, and precious, personal friends. Over the years I've struggled to become able to talk, read, and write about this difficult subject, you listened with compassion. Every time you listened, you took into yourself a part of my heavy burden and it became lighter and more manageable for me. You supported me with firm arms, lovingly, even when you couldn't see where we were going. You critiqued, scolded, counseled, raged, comforted, tried your best to light up my dark places. I could never have done it without you.

1. A "subject" is a person who is, or who ever, in the past, has been, hypnotized.

Thank you to all the librarians who helped me research, especially those anonymous angels working in the Seattle Public Library interlibrary loan system. You faithfully searched out my hundred of requests for books and articles on hypnosis and other mind-control technologies—and never charged a cent. Thanks to Laurel Warg for special research assistance. You helped find answers to my many questions.

Thank you to previous authors who struggled to collect, record, and disseminate information about mind-control technologies and their abuses. Each writer added nuggets of precious knowledge to the public store and, thereby, made my work easier. Their books were carefully, even tediously, researched—not easy to write. Few sold well. Most passed quickly out of print and were soon forgotten, the author’s hard work neither financially nor socially rewarded. They all battled against the attitude of “Secret, don’t tell.” I am so grateful (However, the inclusion of one or more quotes from any author should not be taken to mean that I agree with every statement by that person.)

Thank you to all the friends who put a roof over my head and set a place at the table for me, no questions asked, during the years I lived in hiding to complete this book. Thanks to all who nagged me to make backup



copies until I did it, to you who fixed my ancient hardware or helped me shop for bargains in newer models, who explained software to me, or cleaned up my word processing messes. Thank you to the legion of volunteers who, over the past dozen years, have listened to or read versions of this manuscript and tried to help me overcome mental blocks against writing on this subject. Gradually, we transformed it from gibberish to sense.

Thank you to all who helped me accomplish the press-ready version of this manuscript. You did editing, layout, printing, binding, the web site, and distribution. Each of you courageously fulfilled a step of getting this book into the hands of the people. You know who you are and you know how humbly grateful I am. Without you this massive project could never have been completed.

I especially thank Nora O., another survivor of criminal hypnosis. She paid the heavy price of a heart attack for editing this book on a subject that always made her heart go too fast.

Thank you also to Corey Smigliani. She carefully read every word of this litany of human sin and tragedy, though it sometimes made her cry. Then she eloquently communicated the mute pain of victims of abusive hypnosis in the many illustrations of this book.

It is funny and it is a little bit scary. The stage hypnotist at your local high school auditorium has just hypnotized your friend and perhaps some of your neighbors. The hypnotist has made them sweat from imaginary heat, shiver and shake from imaginary cold and put themselves in pretzel-like shapes or suspended from chairs. Before returning to their seats they were told by the hypnotist, "You will remember nothing" about being on stage and, sure enough, they never did remember the events.

This book tells us that unethical hypnosis can destroy lives. Conventional wisdom states that under hypnosis you cannot be made to do something that morally you would not ordinarily do. The well documented case histories compiled in this book remind us that this assumption is false. Once induced into hypnosis, either for nefarious reasons or for "fun," return to hypnosis is easier each time. Induction can then be caused by visual or single-word cues. Then, by a simple command, the victim can be made amnesic for the event and will have no memory for what has happened.

If carried to an extreme, a life can be destroyed by this technique. The victim's only clue as to what has happened is that chunks of time have mysteriously disappeared and unexplained evidence of physical and/or emotional trauma begin to surface. If the victim or the family ever realizes the peculiar things that are happening could be caused by unethical hypnosis, then there can be hope that the hypnotic control can be broken and control of one's life reestablished. Otherwise, the abuse can continue for a lifetime.

The writer of this book is a mother of seven children and author of a bestselling *Encyclopedia of Country Living*. She is well known to her wide reading audience and to those who have met her by means of her television appearances, radio talks, and personal speaking appearances across the United States. Anyone who knows Carla is immediately impressed with her honesty, her credibility, and her intense intellect.

Years ago, her life began to be bizarre. As with many of the victims in these stories, time chunks mysteriously disappeared. She found herself acting in strange ways in certain situations and discovered evidence of unremembered physical abuse. Through sheer determination, diligent research on what was known about hypnotism, and detective work to put the pieces of her life back together, she escaped from the bondage of a modern-day Svengali.

Little has been written about unethical hypnosis—and basically nothing by a victim of unethical hypnosis. The reason is clear: one cannot write about something one cannot remember. The doors open to these memories only with great difficulty and often with great pain. Her purpose for writing the book is to alert the general public to the fact that unethical hypnosis can and does occur, and that it is potentially life-destroying.

Ray H. Dunkelberg, M.D.

January 4, 1998

INTRODUCTION

For there is nothing hidden which will not be revealed, nor has anything been kept secret but that it should come to light. If anyone has ears to hear, let hem hear.

- Mark 4: 22-23 NKJV

One night in 1989 I dreamed I reached out and grabbed a hair from the tail of a running, disappearing donkey as it melted back into a tangled, dense, dark, convoluted forest. I managed to grab only one hair of the tail before it was gone. As in that dream, again and again, I have captured another single strand of this long, complex, and tragic tale, the history and technology of unethical hypnosis. Working with each single hair, I have struggled to create the form and essence of the original donkey.

It is hard to explain a subject so complicated, unfamiliar, and controversial. I wrote this book out of a fierce desire to restore and defend true facts about mind control technologies. This is the only book, or even article, in this field ever written by a subject. Up to now, only hypnotists, psychologists, psychiatrists, journalists, and historians wrote of these things—with rare quotes from clients, patients, or subjects. There is a big difference between how they view this data and how a subject does.

By quoting from many sources (often rare and difficult-to-find), I have tried to provide in this book an honest print dialogue on the previously stifled topic of mind-control technologies. Here, the good-guy hypnotists are heard warning of potential misuses of hypnosis. The mind-controllers talk to one another in assumed privacy, as in CIA memos. And voices of the mind-controlled cry out—wounded, confused, angry, pleading for help.

Defining Unethical Hypnosis

Old-time research hypnotists called unethical hypnosis “antisocial hypnosis.” Since modern hypnotists deny that criminal hypnosis is possible, they do not have any name for it at all. Whatever the name, it causes a hypnotic subject to do something unethical, or to submit to something unethical.

“Isn’t all hypnosis unethical?” my friend Jerry, a former hypnotist who “got religion” and swore off, asked as we stood talking about this in a convenience store one night.

“Most people do not understand how their brains work, and what ‘trance’ is and what ‘hypnosis’ is—and is not,” I replied. “Trance management is used benevolently in many situations. Women have babies by LaMaze. Cancer and AIDS patients fight for their lives by visualizing more active white blood cells. If you go to a hospital emergency



room with a migraine headache, you will probably be treated with a relaxation induction followed by visualization deepening and then given suggestions for pain relief.”

“Four distinct negative elements come together in the most clearly evil usage of trance—and I call that **criminal hypnosis**. Those four elements are **Deceit, amnesia, chronicity, and abuse**. The combination of those four is clearly unethical and ungodly. That definition of criminal hypnosis is sufficiently narrow that it should be acceptable to anyone with an ounce of moral sensitivity and no vested interest in criminal uses of trance. There have also been cases which involved fewer than all four elements, cases which were also obviously unethical, if not criminal. Any unethical trance manipulation fundamentally violates the Golden Rule: the hypnotist makes a subject do things, and live a life that the hypnotist would not choose for himself.”

Jerry nodded agreement. Our conversation wandered to other topics.

History of Criminal Hypnosis

Criminal hypnosis cannot be studied in normal experiments, because the experiment would be unethical. Perpetrators do not write books about the crimes they committed. Part I of this book contains four major case histories of criminal hypnosis which have been researched either by psychiatrists or investigative journalists. Each of those case histories is a clear-cut, well-studied, detailed cases of hypnotic abuse—deceitful, amnesic, chronic, and damaging. Scattered throughout the book, many other significant cases involving criminal mind control are also described.

For example, “Z,” in Germany of the 1920s, finally figured out what hit him and never quit trying to get the truth out. Mrs. E. suffered in Heidelberg until her husband called the cops and Dr. Mayer established the evidence which sent two predatory hypnotists to jail. A “guru” hypnotized his cellmate, Palle Hardwick, in a Danish prison, making him a puppet who would later rob banks and murder because of hypnotic conditioning. Palle’s police psychiatrist, Dr. Reiter, solved the case and sent the criminal hypnotist to jail. Candy Jones, a popular model and World War II pinup girl, was trapped into becoming an unknowing guinea pig in CIA experiments on narcohypnosis, personality-splitting, and torture—until her unconscious revolted and began to serve truth and freedom instead.

The case histories in this book also illustrate the development of mind-control technologies over the past two-hundred and fifty years. The personal characteristics of an unethical hypnotist also evolved over those years. Low-class predators looking for easy profit by a super-scam are always around. The free-lance scientific researchers of 19th century Europe, however, have been joined by anonymous secret agency hirelings, or graduate school bad boys directed by covert organization-man MDs and PhDs. All have sought the unholy grail of absolute control in absolute secrecy for personal profit, or for whoever is paying.

Part II of this book provides a partial history of U.S. government research in mind-control technologies. I began to actively research the subject of the abuse of hypnosis and development of modern mind-control technologies a dozen years ago. At that time, I had no idea that the trail of clues which I was following would inexorably lead me to recognition of 1950s and 1960s CIA research into the making of unknowing hypnoprogrammed subjects whose personalities had been artificially split. The book became even more painfully personal when a subject of military brainwashing whom I interviewed warned me, “If they knew what you’re trying to do, they wouldn’t hesitate to kill you.” Nor could I have imagined that my research would culminate in 1996 in a frightening encounter with a NSA agent who was using astonishing modern electronic applications of that ancient-rooted technology.

This book also covers the essential facts about important hypnotic phenomena, induction methods, and legal and therapy aspects of abusive hypnosis—how to identify and help a victim of this black art.

Secrecy and Denial

Several recent journalists writing about government research in the field of unethical hypnosis concluded that the human spirit is just too fine and noble ever to be forced into a role of a helplessly subjugated machine-being doing whatever an operator commands. I wish that was true, but it is not. The technology of criminal hypnosis was developed, does exist, and is tragically effective.

Suppression of the facts about unethical hypnosis has resulted in textbooks and manuals that contain myth as well as truth on the basics of hypnosis—and less and less mention of it at all. Almost all clinical and forensic specialists nowadays heatedly and sincerely deny the possibility of unethical hypnosis. Because texts and teachers all say this particular problem cannot exist perpetrators know their technology well but the good guys do not.

Public ignorance of this evil technology denies its victims sympathetic, knowledgeable help. It facilitates a criminal's collection and abuse of yet more victims. It is difficult for a victim of unethical hypnosis to overcome his artificial amnesia and remember. It is even harder for him when no shred of the remembering makes sense in terms of any familiar or accepted knowledge. Nothing in library, bookstore, or psychology texts will explain his fuzzy, fragmented, mysterious knowings. Friends and relatives find it all too easy to believe that he is imagining things. (Mental illness with delusions of hypnotic control does exist. Unfortunately, criminal hypnosis also exists. Therefore, each individual's situation must be studied on its own merits.) Because of the information blackout, to seek help, saying you are a victim of exploitative trance manipulation, is to challenge a nearly unbroken facade of sincere professional denial with your fragile, personal, unprovable truth.

Information Control Is Mind Control

True understanding of the present requires true records of the past. The disappearance of certain books, of certain information, impacts the collective mind of society the same way hypnotic forget-commands act on individuals. It represses, even extinguishes, information from the historical record. It disrupts the democratic decision-making process.

The essence of mind-control is information control. You are most free when you have the most complete access to information. "Secret, don't tell" is the beginning of enslavement, individual or social. "Classified" information makes an entire society amnesic. A lie in the "news" deceives an entire society. For either an individual or a large democratic society to best function, there must be complete and accurate information.

Repression of information about unethical hypnosis puts predation by the knowing upon the unknowing in an optimal position to grow. Sceptics provide the perfect cover for this nearly perfect crime. It is not a valid argument to say persons can only be forced under hypnosis into immoral behavior "if the subject imagines this to be possible." None of the case histories in this book involved a subject who imagined what was to happen to them could be possible. Playing ostrich encourages abuse of this technology to increase.

The good news is that clear self-knowledge of your vulnerability makes you less vulnerable. R. R. Blake, a 60s U.S. military brainwashing expert, wrote that a mind controller's "success...depends heavily on the ignorance of his victims." (Blake in Biderman & Zimmer, p.9) The purpose of this book is to replace ignorance with knowledge about both old and modern mind-control technologies. If you read this book, or listen to it on tape, you will be far less vulnerable than you were before doing so. Your unconscious (which is where the mind-control predator seeks to attack you) will be defended with a supply accurate information instead of being desarmed by myths. Reading this book will protect you. It will cause your unconscious to ignore subliminal sales pitches. It will reject covert induction attempts.

Contents

This Book Is For You	vii
Thanks	vii
INTRODUCTION	x
Defining Unethical Hypnosis	x
History of Criminal Hypnosis	xi
Secrecy and Denial	xi
Information Control Is Mind Control	xii
Part I <u>Case Histories of Criminal Hypnosis</u>	
Svengali:Unethical Stage Hypnosis in Literature and Life.....	29
Svengali and Trilby	29
Exploitation of Female Stage Mediums	31
“Voodoo Death” on Stage	32
Hypnotic Subject Killed on Stage	32
Abusive Hypnosis in Literature	33
Case History: “Z” Kantor	34
Missing Time	35
Zebediah Kantor	35
Adam Begins the Hypnosis	35
Exploitation	36
Arrests and Jail	38
Karl du Prel	39
Trial	39
Dr. Kroener Learns the Truth	39
Kroener’s Book	40
Post-War Events	40
Case History: Mrs. E.	41
The Day It Began	42
Suggested Sickness, Suggested Healing	43
Murder Suggestions	44
How Intense Can Hallucinated Pain Be?	44
Suicide Suggestions	45
Mr. Evan Goes to the Police	46
Mayer Cracks the Case	46
Word Associations	48
Bergen’s Assistant	49
The Trial	49
Mayer’s Book	49
Case History: Palle Hardwick	50
The Predator: Nielsen	50
The Prey: Palle Hardwick	50

Nielsen the “Guru”	51
Social Isolation	53
Palle Out of Prison	55
Capture, Interrogation, Psychiatric Evaluation	60
Dr. Reiter Enters the Case	62
Palle, the Somnambulist	63
Classical Conditioning	64
Hypnotist: An “Artificially Induced Superego”	65
Somnambulist Palle Is Demonstrated	65
Regressions	67
Trial Preliminaries	68
Palle’s Dreams	69
Trial and Appeals	75
Reiter’s Book	80
Case History: Candy Jones	82
Childhood, Youth, and Career	82
CIA Recruits a Courier	85
Mind-Splitting Use for Imaginary Childhood Playmate	88
The Hypnosis Begins	89
Candy’s Conditioning and Training	90
Telephone Induction	93
Torture and Shame Experiments	95
Measurable Degrees of Agony	97
Snake-in-the-Box Experiments	97
Candy Fights Back	99
John Hypnotizes Candy	101
Bain Writes Candy’s Story	106
Unquenchable Truth	108
Part II <u>A Partial History of U.S. Government Mind-Control.</u>	
<u>Research</u>	
U.S. Research on Hypnosis and Mind Control Begins	111
Donovan Organizes the OSS	111
The Personalities	111
Military Mind Control Research Begins	111
The Personalities	111
Lovell Hires On	112
Estabrooks Promotes the “Super-Spy”	113
Estabrooks, M. H. Erickson, and the FBI Experiment	115
Wiener Links Computer Research with Neuroscience	116
Watkins Experiments	117
Military Mind-Control Research Begins	117
Brainwashing Research Begins	119
Secret Agencies, Secret	120

National Security Agency	120
OSS Ends and CIA Begins	121
CIA Mind-Control Research Projects	122
National Security Agency	125
A Mission to Eavesdrop	128
New Branch of Psychology: “Military Psychology”	130
Terminal Experiments	132
Mind-Control Research: Goals and Methods	132
Where Terminal Research Was Done	134
Cameron’s Patients	135
Medical Ethics	136
Mind-Control Research Goals	137
Disguised Induction	137
Hypnotic Memory Training	137
Hypnocouriers	138
Sealing	139
1950s CIA Hypnogoals, and Probable Outcomes	139
Personality Restructuring	142
Research Personality Restructuring	143
Hypno-conversions	143
Physical Methods of Psychiatry	145
Electroshock	145
Amnesia Research	146
Hypnoprogramming Uses for Amnesia	146
Narcohypnosis	147
Hyperventilation	147
Barbiturates	147
Barbiturate Forces Induction?	149
A Summary of Mind-control Uses of	150
Barbiturate	150
Shock to Increase Suggestibility	153
Three Stages of ECT Amnesia	156
Regressive Shock	157
Shock to Cause “Calm”	157
The History of Deliberate Personality Splitting	158
History of Research on Artificial Neurosis	158
Focus Shifts to Child, Real or Suggested	158
The “Dual I”	158
CIA Researches Subconscious	160
Isolation	160
History of Research on Artificial Neurosis	160
Pavlov Applies Freud	160
Luria Researches Artificial Neurosis	161
Artificial Neurosis Comes to the U.S.	162

Freudian Hypnosis Researchers	163
Focus Shifts to Child, Real or Suggested	163
Natural Development of Multiple	165
Personality	165
Hypnochild Given Artificial Neurosis	166
Operation Often:	168
Long-Term Operator-Subject Relations	169
Complete, Helpless Obedience	169
Combined Technologies	169
First Induction	170
Induction, Disorientation, and Reorientation	170
Disorientation	171
Reorientation As Fish	171
Deprivation/Partial Restoration Technique	173
Sex Conditioning: A Pseudo-Oedipal Stage	173
Masochism Suggestions	174
An Oedipal Experience	175
SEX = HYPNOSIS	178
SO ASHAMED: Guilt Training	178
DON'T REMEMBER: Amnesia Resolves Drive Conflict	179
Aversive Conditioning	182
Obedience Training	182
Artificial Superego: Rules	182
Electroconvulsive Shock	183
Psychic Driving	184
Cue Statement: a Dynamic Implant	185
Cover Personality	186
Interlocking Amnesias	186
Shifting the Rapport	187
Information, Interviews, and Incidents	189
Mind-to-Mind Trance Inductions	189
John Marks Uncovers Secrets, Then Hides Them Again	189
Marks Files FOIA Request	190
Bumbling, Ineptitude, and Failure?	190
A Brief, Strange Phone Conversation	192
"Joe": A Case History	193
Joe Gives a Warning	195
R.J. Thinks They Killed His Author-Friend	195
Of Patsies and Assassins	196
Lee Harvey Oswald	198
Jack Ruby	198
Sirhan Sirhan	199
Friend Tries a Hit	201
MIND-TO-MIND TRANCE INDUCTIONS	201
A Pattern Emerges	203

History of a Psychic	203
Teacher from the Psychic Institute	207
Psychiatry Is No Longer a Joke	210
“A” Was Not Available	210
“B” Is for Background	210
“C” Is for Counterintelligence	211
“D” Is for Dangerous	211
Analysis of a Hit	213
Musings	220

Part III Trance Phenomena

Trance as a Personal Experience..... 225

Trance: The Subjective Experience	227
Light Trance, Deep Trance, or Hypnosis?	227
Natural Trance	228
“Hypnosis” Defined	230
Trance Training	231
Hypnosis? or Just Advertising?	232
Advertising to the Unconscious	233
Television and Children	234
Subliminals	235
A Subliminal Sales Event	236

Ten Important Hypnotic Phenomena 237

Suggestion Targets Automatic Obedience	238
Rapport As a Focus on the Hypnotist’s Voice	238
1. Suggestion	238
2. Rapport	238
Direct vs. Indirect Suggestions	238
Rapport as Love	239
Rapport As Addiction	239
Rapport as Bonding	240
3. Automatism	240
Suggestion Intends Automatic Obedience	240
Simultaneous Automatic and Conscious Behavior	243
Conversion	243
Suggested Catalepsy	245
4) Catalepsy	245
Catalepsy to Test Trance Depth and to Deepen	246
Catalepsy vs. Catatonia	246
5) Hallucination	247
Normal and Abnormal Hallucinations	247
Positive Hallucination	249
Negative Hallucination	249
6. Anesthesia	249

Anesthesia Reveals Trance Depth	250
Anesthesia in Stage Demonstrations	250
Posthypnotic Action Revives Trance	251
7. Posthypnotic Suggestion	251
Posthypnotic Suggestion Lasts	251
Unremoved Suggestions Remain Active Posthypnotically	252
The Possible Variety of Posthypnotic Acts	253
Rationalization	253
The Cue	254
Sealing	255
Stages of Remembering	257
Independent, Parallel Memory Systems	257
NORMAL LONG-TERM MEMORY	257
Neural Patterns of Lowered Resistance	257
Diphasic Act of Remembering	258
Views on Memory Validity Vary	259
8) AMNESIA	259
Hypnotic Phenomena That Affect Memory	260
Dissociation Amnesia	261
Spontaneous Amnesias	261
Suggested Amnesia	262
Resistance to Remembering	263
Testing Amnesia	263
Artificial Multiple Personality	264
9) Regression	265
Three Types of Memory Regression	266
Regression Therapy	266
Regression: True or False?	267
Suggestibility Causes Confabulation	268
10) Confabulation	268
It Feels True	270
Toleration of Confabulation	270
“Incest Memories”	271

Part IV Induction Methods

Visit with a Stage Hypnotist	275
STAGE HYPNOSIS: “FAKERY”?	280
Readiness: the Pre-induction Stage	282
Disguised Inductions	284
Avoiding the H Word	284
The Actively Resisting Subject	287
Fast, and Forced, Inductions	287
Conditioned Induction	287
Forced Reinduction	289
SELF-HYPNOSIS	289

Length of Time in Trance	289
Bernheim and Coue Start It	290
Biofeedback	290
Susceptibility	292
Screening for Susceptibility	292
An Anthropological View of Trance	292
Factors Associated with High	293
Induction of Retarded and Psychotic	296
Training for Susceptibility	296
Self-Defense for Susceptible Persons	296
Depth	297
Training to Go Deeper	297
Depth Training	297
Training to Maintain a Specified Depth	298
Deepening Techniques	298
Depth Scales	299
Dissociation	299
Number of Depth Stages	299
Self-Report Scale	300
Light	301
Medium	301
Characteristics of Depth Stages	301
Deep (Somnambulist)	301
Waking Trance	302
“Catalepsy” vs. Somnambulism	302
Coma	303
Books on Trance Induction	304
The Physiology of Trance	305
Suggestion Causes Physiologic Changes	305
Induction Physiology: The “Relaxation”	306
Brains Are Exciting!	307
Brain Anatomy	307
EEG	309
Can an EEG Detect Hypnosis?	309
The Hypnoid States: Alpha and Theta	310
Addictive Aspects of Trance	310
Hypnagogic States	311
Radiated Inductions	312
The Current of Injury Reverses Polarity	312
Neurons	313
Direct Currents	314
Options	315
Pavlov’s Four Induction Types	315
Sensory Deprivation Experiments	317
Hypnotic Chambers	318

Randall N. Baer	319
Deprivation and Concentration Inductions	319
Massage, and Mesmeric “Passes”	320
Relaxation	320
Repetition	321
Type 1 Induction Machines	322
Recorded Inductions	322
Mind Blanking	323
Eyes Have a Role in Induction	324
Obedience Conditioning	324
Visualization Induction	327
Ideomotor Induction	327
Induction by Shift to Right Brain.....	327
Dream Inductions	328
Maternal and Paternal Induction Styles	328
Type 2 Induction: Excitation Overwhelms the Analyzer.....	329
Emotion Inductions	331
Fear	332
Sex Inductions	333
About the Tension Induction and Hyperalert Trances	333
Type 3 Induction: Brain Syndrome	334
Combining Induction Types	335
Type 4 Induction: Chemical, Electrical, and Biomagnetic....	336
Induction Machines	337
The Magic Chair	338
Flashing Lights	338
Part V <u>Legal & Therapy Issues in Criminal Hypnosis</u>	
Interview with a Hypnotist-Lawyer	341
U.S. Legal Cases Involving Hypnosis	344
“I Want to Stop Now”	344
More Cases of Criminal Hypnosis: Tried and Untried.....	346
The Case of Spurgeon Young	346
CRIMINAL HYPNOSIS: COURT CASES	346
Other Cases of Sexual Violation Under Hypnosis	347
Austin v. Barker	347
Louis v. State	348
The Sala Affair	348
People v. Leyra	348
State v. Levitt	349
Johnson v. State	349
Mirowitz v. State	349
J. Hartland’s Report	350
Regina v. Palmer	350

United States v. Springston	351
Criminal Hypnosis: Out-of-Court Cases	351
Newspaper Reports	352
Bad Outcomes of Hypnosis	352
Kline’s Cases	353
You Must Be Dreaming	355
Why Not Seek Relief from Abusive Hypnosis by Legal Means?	356
Texts and Training in Forensic Hypnosis	357
A Hypnotist’s View of Forensics	357
National Guild of Hypnotists	358
Who Has the Ethics Problem?	358
Teitlebaum: Facts Stated	359
Manuals of Forensic Hypnosis	359
Schefflin and Opton: Facts Straddled	360
Udolf: Facts Distorted	361
Lawrence and Perry: Facts Denied	362
Meyers: Textbook Myths	363
Musings	364
Hypnosis of Witnesses	364
Chowchilla Case	365
Bryan	366
Spiegel	366
Kroger	366
Howell	366
Baranowski	367
Public Spokesmen on Hypnosis: Truth, Half-Truth, and Lies	368
M. H. ERICKSON	369
The Erickson Foundation	369
Erickson on “Antisocial Hypnosis”	370
M. H. Erickson Video	373
Ericksonian Technology Applicable to Criminal Hypnosis	374
Erickson on Regression	375
T. X. BARBER	376
Medfield Money	377
Barberisms	377
THE SKEPTICS: SARBIN AND SPANOS	378
“The Skeptics”	379
Sarbin	379
The Not-So-Skeptical Inquirer	379
Spanos	379
Martin T. Orne	380
Orne on “Antisocial” Hypnosis	380
Guidelines for Investigative Hypnosis	381
Musings	382

Criminal Hypnosis Is Possible: Wells & Brenman, Salter & Bowers, & Young.....	383
R. W. Wells	383
Wells and Brenman	383
Margaret Brenman	384
Salter	386
Salter and Bowers	386
Bowers	386
Antisocial Uses of Hypnosis	387
Young	387
Techniques of Criminal Hypnosis	388
Conclusion	390
How to Identify a Victim of Unethical Hypnosis	391
The Posthypnotic Trance	393
Slander, Lies, and “Paranoia”	394
1. Report from Relatives or Other Observers	393
b) Context Clues	396
2. Self Report	396
c) Indignation Overload	397
d) Feeling in Control	397
e) Aging	398
a) Unusually Susceptible	398
3. Revealing Induction Phenomena	398
b) Depth-limited and Regression-blocked	398
c) Unusually Insusceptible	399
4. Evidence from Projective Testing	399
e) Extraordinary Reaction to Onset of Trance	399
“Draw Nothing”	400
Sealing May Affect Ability to See Illusion	400
Walk Through Your “Land”	400
5. Inhibition, Anxiety, or Somatic Reaction to the “H” Topic	401
a) Inhibition	402
b) Anxiety	402
c) Somatic Reaction	402
a) Blocking When Questioned	403
b) Emotional Numbing	403
6. Symptoms of Repression	403
c) Approach-Avoidance	403
d) Spontaneous Eruptions of Repressed Hypnotic Memory	403
e) Symptoms of Post-traumatic Stress	404
7. Social Isolation	405
8. Memories: Absent, Inadequate, Or Too Perfect	405
9. “Weakness” During, Fear of Control After	406

10. Sleep Symptoms and Dream Clues	406
Fear of Control	406
Survivor Dreams	406
Analyzing Dreams	407
Yen Lo, Military Hypnotist	410
The Manchurian Candidate: A Novel	410
Narcohypnotic Immersions and Conditioning	410
Afterthoughts	411
Help and Healing	412
Therapy Issues in Criminal Hypnosis	412
A HYPNOTIC PREDATOR IS IN THE PICTURE	413
To Flee, Or Not To Flee	414
The Easiest Cure	414
WHO CAN HELP?	414
Need to Tell	415
Time Issues in Therapy	416
Money	417
Therapy by an Amateur	417
Therapy by a Professional	417
When Christians Seek Deliverance from Abusive Hypnosis	418
METHOD TO OVERCOME AMNESIA: THE HEALING, FREEING IMAGE	419
Remembering Enables Forgetting	419
One Brain: Three Different Minds	420
Left Brain	420
Right Brain	420
Thinking With Images	421
The Image as a Hypnotherapy Tool	422
Emotion	422
Help for the Healing Process	423
Right-brained or Left-brained?	423
1) Persistent Questioning	424
Leading Questions	424
Possible Questions	424
2) Ideomotor Techniques	425
3) Hypnagogic Crossover	426
4) Association	426
5) Guessing	426
6) Recognition	426
7)Regression under Rehypnotization	427
Cognitive Dissonance	428
8) Narcohypnosis	428
Therapy Techniques	429
Hypnotherapy Class	429
Ethical Issues	430
Tebbetts Hypnotherapy Techniques	430
What John Did Not Understand About Candy's Therapy	432

Wolberg's Five-step Therapy	433
Love and Respect	434
Most Effective Wording for Suggestions	435
When to Stop Therapy	436
Conclusion	436

Part VI Reference

A Brief History of Hypnosis 4000 BC to 1900 AD 439

Ancient and Medieval Hypnosis	439
Nettesheim	440
Faith Healing Versus Scientific Theories	440
Paracelsus	440
Greatrakes and Bagnone	440
Maxwell	441
Gassner	441
Mesmer	441
Mesmer Testifies Against Gassner	441
Suggested Crisis	442
The Franklin Commission	443
Abbe Faria	445
Deleuze	445
Marquis De Puysegur	445
Puysegur and Race Discover	
Somnambulism	446
Puysegur Defines Somnambulist Phenomena	446
Puysegur Grapples with Moral Issues	446
Liebeault	447
Liebeault, Bernheim, and the "Nancy School"	447
Contributions of Puysegur	447
Bernheim	448
Beaunis	449
Liegeois	449
Binet and Fere	449
A Case of Suggested Theft	450
Charcot and the Salpetriere Group	451
Weird Science	451
Nancy vs. Salpetriere in Court	453
The Case of Pauline	453
Everybody Hypnotized Gabrielle	454
Tourette	455
Janet	455
Across the Channel: Braid and Bramwell	457

Pavlovian Vocabulary 457

Complete Inhibition	457
Cortex Inhibition	457
Excitation-inhibition	457

Irradiation-Concentration	457
Hypnotic Phases	458
Transmarginal Stimulation	458
Ultraparadoxical Phase	459
Positive Induction	460
Negative Induction	460
Progressive Inhibition of Cortical Analyzers	460
Brainwashing: The Technology	461
Brainwashing's Goal Is Conversion	461
Methods of Brainwashing	462
Biderman's List of Deconditioning Factors	462
Stage One: Deconditioning	462
Three Stages of Brainwashing	462
Ultraparadoxical Stage	464
Lifton's Brainwashing Analysis	464
Stage Two: The Breaking Point	464
Submission to and Positive Identification with Enemy	464
Compulsives Resist the Best	465
Internalization of the Guilt for Breaking	465
Stage Three: Reconditioning	466
Grateful for the Cure	467
Musings	467
Behaviorism and Government Ally	468
History of Behaviorism	468
THE PHILOSOPHICAL POSTULATES OF BEHAVIORISM	469
1) Unlimited Research	469
2) Behavior Control	470
3) Government Control of Science	470
4) Government Control of Information	470
5) Government Patents Its Research and May Seize Civilian Research	471
Skinner on Behavior Control: The Rest of the Story	473
Musings on The Waco News	473
Glossary	475
Freudian Hypnosis Theory	484
16 Important Characteristics of Every Person's Unconscious	492
Bibliography	494
A Brief History of Information on Criminal Hypnosis	494
Public Sources of Hypnosis Information	494
Writings Cited in—Or Relevant to—This Book: A—Z	496
Relevant Chronology: 1493 to Present	517
Index	530

The BIG Question

Here is the big question:
Is it better to know, or not to know?
Is it better to be silent, or to speak out?

I chose the knowing and the speaking out.
I tried my best to do right.
I accept responsibility for all I have said
(and quoted).

God will judge.
May He have mercy on us all.



