

Title:

Adventures with Hypnosis

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Summary:

Hypnosis anecdotes and experiences of an orthomolecular psychologist. Some myths are refuted.

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Article Body:

In 1949, I had a real problem with a dental phobia. Four dentists had turned me down as a patient.

I went to a dental convention where I found the recommended dentist who did hypnosis. He could not hypnotize me.

For the first few minutes, I kept raising my left hand, and he stopped immediately. After that, he tried to pull the two bad teeth, but I kept raising my hand.

He pulled the two bad teeth, and drilled and filled a dozen more in one single hour and half session.

To me, a 22-year-old engineering student, this was a genuine "miracle", and I started to learn hypnosis.

I became an electronic engineer, and pursued this as my major career, but my avocation continued.

In 1979, I left electronic engineering, and turned to psychology. I went back and obtained a Ph.D. in Psychology.

Hypnotic Relaxation

During this many years of study, and later career as a psychologist, I realized that what that dentist had done was very simple.

This is very simple, yet it can be very powerful - much more powerful than most realize because it is so simple.

Then, ask the subject to memorize the feelings of relaxation and concentration they are feeling while they are relaxing.

It's simply amazing how the shoulders often slump 2-3 inches or some other muscles that the subject is not aware of.

I then tell the subject that they now have the pattern, but it is up to them to use it often, several times a day.

Driving a car a long distance is very stressful. My wife and I recently drove over 20 hours straight.

This relaxation technique is very useful in many ways in helping to solve psychological problems.

The system is simple, but effective. First, teach the relaxation. Then, have the patient memorize the feelings.

Many years ago, I did this routine on the 14-year-old son of lifelong friends. When I was visiting him, he was very nervous.

It was another great day for my ego.

There's nothing magical or even mysterious about it. All you are doing is teaching a new "trick".

The various forms of yoga and other meditation techniques are similar, yet different. They require a lot of practice.

This also can be used for self-hypnosis, positive statements and visualizations.

I also used it for patients that wanted to stop smoking as a "substitute" for that instant craving.

One idea makes a lot of people "afraid" of hypnosis. The idea that another person has "control" over them.

There is some possibility of "indirect" misuse of hypnosis. I once witnessed a hypnotist demonstrate this.

He then hypnotized her again, and this time, told her that she was at home in her bathroom with
It was interesting how he stopped her. He told her that someone had come into her home, and w
He then had her get dressed, and woke her. She had no memory of the incident.

When I was a young man, I had a girlfriend who I had sex with once or twice. And she had be
Of course, if you work with either hypnosis or subliminal training, or virtually any type of s
Hypnotic Age Regression

This is a very useful tool for a psychologist, or, for that matter, any doctor of any stripe.
There are several ^tricks of the trade~ involved. After my Relaxation Technique, I used a ^de
Continue with similar repetitions thru nine, and then, ^Ten, step off the escalator into a roo
Next, I would start the questioning. For example, a man came to me to try to find a lost valu
I said. ^I want to you to go back in time to the moment when she handed you the ring. Where w
He replied, ^We were in her living room.~

^Alright, see yourself taking the ring. What did you do with it?~

He said, ^I'm putting it into my small watch pocket of my jeans.~

^OK, now you are leaving her. What happened next?~

^I'm getting into my car, and driving home~

^Good, what happens next?~

^I'm going into my bedroom, and changing clothes.~

^Why?~

^I have to go to a baseball presentation dinner.~

^OK, what did you do with your jeans?~

^Oh NO! I had put them in the washer!~

That was the story. He went home and found the ring stuck in the washer. (The usual story of
Of course, it's also useful to uncover the beginnings of phobias and compulsions. A woman cam
She replied, ^yes.~ (She had earlier said on intake questioning that her asthma had started w

^Ok, now you are ten years old, just waking up on your birthday. Do you have asthma now?~ Sa

^OK, you are now five years old, on your birthday. Do you have asthma now?~ Same answer

I worked back thru 4 and 3 and 2, 1, and started back in months. I got to the ninth month, a
She then related, ^I was lying on my back in a crib, and the cat jumped into the crib, and lay
It was two birds with one stone. Cat phobia, and asthma caused at that point. Asthma is ofte

Then, we get to the really interesting part. Age regression to past lives. As an agnostic, I
Probably the single most impressive story is from the man who came to me with two lifelong phobias.
He was easily hypnotizable, and with little urging went back thru birth to the previous life.
I've had several such interesting cases. Another was fascinating to me. Under hypnosis, a man
I pressed him harder about his shield, and did he have a sword and a horse. He suddenly screamed.
I questioned him closely, and it became evident that the date was 1066 at the battle of Hastings.
Is the story true? I cannot say with any certainty, but it was impressive.

When I gave seminars and talks on hypnosis, I usually finished with doing my Relaxation Technique.
^Now, it's time to leave, and we are going back into space again. Ahead of us is that same white light.
Then, I count, ^Three, two, one, awake fully awake. Now, how many persons really experienced this?
About a third or more really did visualize it clearly. (A few were somewhat angry with me for
Of course, such stories do not prove anything. They could be products of imagination, or simple

An ^Impossible~ Story

Here's a true story that is unbelievable to many people. In reading about hypnosis, I came across
All were carefully measured, above and below the actual breasts, and across them at the nipples.
These comments were repeated several times. As I recall, the average for all of the various measurements
Let's take another deeper look at this. The average success rate for losing weight by hypnosis is
In addition, this suggestion is specific - add body cells to a certain part of the body only!
I've won two bets from other psychologists that this story was published in a reputable scientific journal.
Why doesn't hypnosis work better on the ^lesser task~ of losing weight, or losing breast weight?

Harmful Unconscious Ideas

The unconscious mind can be a force for good or bad. It apparently doesn't discriminate - against
Let's examine a very illustrative case. A woman brought in her 8 year old boy for hypnosis for
Two days later, she and her son were back. No success. This time, I did age regression hypnosis.
The great master of hypnotic therapy, Milton Erickson, once had an almost comic situation that
He made them agree to do exactly what he said, and then told them to kneel on the bed when the
These two stories illustrate the immense power of the unconscious for both good and bad. One

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