

To: Files

Subject: SI and H Experimentation, 11 September 1951
(Operations Room and Room 3)

(b)(1)
(b)(3)

On Tuesday, 11 September 1951, [REDACTED] and the writer conducted SI and H experiments between 6:00 PM and 8:30 PM with the [REDACTED] as subjects.

Since [REDACTED] had been engaging in advanced experimentation, whereas, [REDACTED] were making their second effort, it was previously decided that [REDACTED] would continue the third experiment of 4 September 1951 with [REDACTED] in Room 3 while the writer conducted general relaxing techniques and discussions with [REDACTED]

However, before the work was split up, it was decided to request [REDACTED] to show the other girls several simple experiments in H techniques. This was accomplished and thereafter [REDACTED] left the Operations Room and conducted a continuation of the work with [REDACTED]

After some discussion, the slow relaxing technique was given to [REDACTED] and all three girls attained a good state of relaxation and remained in a thoroughly relaxed state for approximately ten minutes when they were awakened by the 12345 method.

It was decided then, after a discussion, to repeat the test using a somewhat faster technique and this time again complete relaxation was reached, particularly in [REDACTED] case, who relaxed to such a point she fell over sideways on the sofa and remained throughout the test in a recumbent position. Thereafter, all the girls were awakened using the standard 12345 method in each case. The girls had full memory of the writer's voice, but each agreed that with the continuance of the test, they had obtained a deeper relaxation than they had at any time previously.

At this point, [REDACTED] returned to the Operations Room, having completed the tests, and a general discussion was held with [REDACTED] showing post H tests with [REDACTED] for the benefit of the other girls.

After a general discussion, a third relaxation test was run on [REDACTED] and again the results were [REDACTED]

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16

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successful and also again [REDACTED] went into a recumbent position and remained throughout the test. During this test, [REDACTED] tried the hand-arm stiffening test with [REDACTED] which was generally successful.

After general discussions again, the tests were concluded for the evening since the Operations Room, with eight people present, was quite warm and somewhat stuffy.

For a description of the work that [REDACTED] did with [REDACTED] see [REDACTED] attached report.

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