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To: File

Subject: SI and H Experimentation, Wednesday, 17 October 1951.

On Wednesday, 17 October 1951, [REDACTED] and the writer conducted experiments in SI and H with [REDACTED]

In view of the fact that [REDACTED] capacity for attaining a true SI state had been consistently questioned for some time by [REDACTED] and the writer, it was decided that the entire session was to be devoted toward obtaining at least a light SI state in [REDACTED] was used in the tests primarily to give [REDACTED] confidence. [REDACTED] ability in obtaining deep SI and consistently maintaining such has been previously established.

Accordingly, [REDACTED] in the first attempt, used a commanding approach and directed full attention of [REDACTED] to obtaining a complete body catalepsy. [REDACTED] did not respond at all to these suggestions, obtaining no depth whatsoever and coming awake in a standard "falling" test. [REDACTED] on the other hand, while not fully completing the "falling" test, nevertheless maintained a complete SI state throughout.

After some discussion and following prearranged plans, the writer then working directly with [REDACTED] used a very, very slow "hand levitation" test with [REDACTED]. The results of which apparently produced in [REDACTED] a reasonably good SI sleep w state. At the same time, or rather during the operation of the technique on [REDACTED] by the writer, [REDACTED] was directed into an SI state by [REDACTED] who noted that [REDACTED] was becoming completely engrossed in the writer's work with [REDACTED]. The writer thereafter awakened slowly by the 12345 method both [REDACTED]. Both [REDACTED] stated that they had obtained a good SI state at this time. Thereafter, [REDACTED] repeated the same test with both [REDACTED] using again a very slow technique and awakening. This test also was entirely successful both from the observer's point of view and according to both participants.

Finally, [REDACTED] made a third slow induction of both subjects with a slow awakening. After giving a standard post hypnotic to the effect that both subjects would go to sleep when he rapped on his shoe with a pencil which he held in his hand.

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After both [REDACTED] were awakened, the post hypnotic was tried and each subject responded very easily to the post hypnotic suggestion.

Since the induction had been in a very slow and deliberate manner, consuming from 15-20 minutes during each test, it was decided to conclude the evening's work.

COMMENT:

not

Slow inductions are/necessary on the part of [REDACTED] since she is capable of obtaining quite rapidly an excellent deep SI and the only reason for continuing this work with her is to assist in helping [REDACTED] gain confidence in her ability to attain a true SI condition.

[REDACTED], it is believed, regained a great deal of lost ground during this session and her three inductions appeared entirely successful. She, herself, admitted that she had, in each case, attained a deeper state than she had in many sessions previously. Further work along this line of slow deliberate induction technique appears necessary before she can be tried on more advanced experimentation

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