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OPEN TO SUGGESTION

BY

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"YOU CANNOT BE MADE TO COMMIT ANY ACT AGAINST YOUR WILL UNDER THE INFLUENCE OF HYPNOSIS ...". If anyone knows anything about hypnosis, they know this.

UNFORTUNATELY, it is not true; it is a statement born out of the apprehensions and fear of those who say it. THERE ARE PEOPLE WHO CAN BE MADE TO DO ALMOST ANYTHING.

"The most dramatic beneficial use of hypnosis will probably always be in control of pain. This is where it is at its most miraculous.....If hypnosis can really make breasts grow, enable a person to control the dilation of the pupils of the eyes, stop and start menstrual periods, what is so surprising about it affecting the immune system? Nothing! There is nothing surprising about it except to people who don't know what hypnosis can really do in so many areas....."

...When people realize what they are missing, they will demand to have it.....

...When the truth about the benefits and promise of hypnosis gets through to the public at last, they will not rest until they have obtained what has been denied them....

...If hypnosis can do all of this or even a fraction of it, then hypnosis is important!"

"I HAVE DECIDED THAT IT IS MORE IMPORTANT THAT THE PUBLIC BE INFORMED. I AM REVEALING THESE THINGS BECAUSE I AM CONVINCED THAT ONLY AN INFORMED PUBLIC CAN GUARD AGAINST THE MAJORITY OF POSSIBILITIES OF THE CRIMINAL ABUSE OF HYPNOSIS. I AM CERTAIN THAT IT IS THE WIDESPREAD AND MISTAKEN CONVICTION THAT ABUSES OF HYPNOSIS ARE NOT POSSIBLE THAT MAKES MANY OF THEM POSSIBLE."

OPEN TO SUGGESTION is the first popular book to convey the full range and potential of hypnosis for good and ill. It sweeps away the popular myths about the subject and presents the facts - many for the first time. Robert Temple, who has spent ten years researching this book, is an authority in this field.

ROBERT TEMPLE IS AVAILABLE FOR INTERVIEW

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One of the most exciting developments of all is the discovery of a 'HIDDEN OBSERVER'. Existing at a deeper level than the irrational subconscious, this hidden self gives every indication of being thoroughly rational and furthermore would appear to integrate all the other parts of the self. (This discovery could well render the Freudian scheme - and countless others - not only inadequate, but obsolete).

Is there inside us a self which is always awake - outside of time and space - perceiving things which go on around us not only when we are asleep, but also when we are 'unconscious' to the point of death? If you can hear, feel and comprehend when your brainwaves have sunk away to nothing, what is awake? Evidence would seem to indicate that corpses can still hear for some time after they are pronounced clinically dead. And who knows whether there is anything beyond even that?

We may occasionally be 'unconscious', but we are also much, much more. Hypnosis need not always involve a sleeping state and the WAKING - OR ALERT - TRANCE, may be of even greater significance in coming to understand how crowds can be controlled and our minds manipulated.

THE USE OF HYPNOSIS BY POLICE FORCES
Crime-busting or pig-headed irresponsibility?

Although not widely used as a method of interrogation or identification in this country, in the U.S. police officers may use hypnosis after only 4 days training. But although hypnosis can provide leads, the necessity to identify a suspect can conflict with therapy for the victim and also, false memories have been recovered, furthermore hypnosis may erase memories.

MEDICAL USES OF HYPNOSIS

Many people think - wrongly - that hypnosis is a technique akin to relaxation and meditation. But brainwave readings in trance are very different from those taken in meditation. It is a peculiar mental state which has physical manifestations.

Hypnosis is probably the only means of controlling pain during the second stage of childbirth. So excellent is hypnosis for childbirth that of 850 cases studied in one survey, 58 per cent of women required no medication whatsoever and 36 per cent required only mild analgesic tablets. A mere 4 per cent of the women hypnotized for childbirth in this survey required any form of anaesthetic, local or general. This means that women can experience the births of their children fully alert, feeling everything except the pain, with no additional hazard to their health. Of further medical significance is the discovery that hypnosis can boost the immune system and has a potentially important role to play in the control of cancer.

The final chapter makes an original contribution to psychological theory. By tracing an alternative view of psychology forward from

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Pierre Janet (who first coined the word 'subconscious'), Robert Temple advocates the reinstatement of hypnosis within the medical profession (both Freud and Jung abandoned hypnosis in their work for primarily subjective reasons) and seeks to dispel its somewhat shady reputation. He succeeds in reconciling apparently contradictory views and asserts, "a lot of people who think they disagree with each other will find they agree."

* * E X T R A C T S * *

WHAT HYPNOSIS CAN DO

The findings of Josephine Hilgard are extraordinarily important and riveting. Essentially what she has found is that highly hypnotizable people live richer and more intense lives than other people. The differences are dramatic and, one might even say, shocking. She found that 93 per cent of highly hypnotizable people are able to savour sensory experiences intensely, whereas only 20 per cent of barely hypnotizable people could do so.Daydreams in childhood, experienced by 74 per cent of highly hypnotizables, were only experienced by a pathetic 13 per cent of low hypnotizables, and daydreams in adulthood, experienced by 36 per cent of highly hypnotizables, were only known to a mere 7 per cent of low hypnotizables.....

What this seems to indicate is that people who are only barely hypnotizable('low hypnotizables') are only half alive!

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We have seen that highly hypnotizable people tend to be far more creative than other people. It has even been determined that they are superior in their perception of stimuli, as well as more aware of their surroundings, more vital, and more alert. But excessive hypnotizability can end in tragedy, and I had this sad experience with a friend.

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THE HIDDEN OBSERVER

It is a common assumption of nearly everyone, that when one is unconscious, one is 'out' - that is, sealed off from the environment, unaware of one's surroundings, and in a state of suspended animation. But we will see that this is not true, when in the next chapter I give a description of how a patient in a coma was successfully hypnotized. This proves that patients in comas can sometimes - and perhaps always - hear what is going on around them, or at least what is spoken into their ears. And yet a coma is meant to be the most inactive of unconscious states, where the patient is hopelessly out of touch with his surroundings.

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WIDE-AWAKE TRANCE

You can be in a trance and still be wide awake. This may come as a surprise to most people, but it is true beyond a doubt. It is generally thought amongst the public that trances can only occur

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when someone appears to be sleeping, or nearly sleeping. But this is not necessary.Indeed, it is often said by hypnosis researchers today that 'the one thing we know for certain about hypnosis is that it is not sleep'. Deep electrode probes of brainwaves in human beings have confirmed this absolutely.

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THE PROMISE OF HYPNOSIS IN MEDICINE, PSYCHIATRY, AND ABILITY

The promise of hypnosis for good lies largely in the fields of medicine and psychiatry. The vast potential of hypnosis in these fields has barely been touched.The fact is that the medical and psychiatric communities at large have been disgracefully negligent of one of the potentially most powerful tools which should be in their armoury. Millions of people have experienced terrible pain which they need not have experienced. Hundreds of thousands of cases of disease which might have been cured have gone uncured. And tens of thousands of mental sufferers have gone without the remedy that was there to hand if anyone had bothered to use it: hypnosis combined with their treatment.

HYPNOSIS AND CRIME

Despite all the good that hypnosis can do, it can also be a source of harm and even of evil. There is a famous saying in the field of hypnosis that hypnosis is like a scalpel: a scalpel can be used by a surgeon to save lives, but in the hands of a murderer a scalpel can be used to kill. There is no force in the world which cannot be abused in some way for sinister purposes, and hypnosis is no exception.

The dangers of the abuse of hypnosis are compounded by the fact that not enough people are informed of them. Here ignorance is a great hazard to public safety.

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In certain informal studies.... the writer was able to bring about criminal-like behaviour in a deeply hypnotized subject through the distortion of reality by suggested hallucinations and delusions. These avoided a direct conflict with the right and wrong concepts held by the subject. Suggestions were aligned with already existing motivational structures. For example, an army private, not neurotic, but normal, with a stable personality and good recommendations as a soldier, was induced under deep trance to make a homicidal attack with the intention of strangling a high-ranking officer.

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...Therefore I am painfully aware of the terrible risk I am taking in making known to a general public things about the criminal abuses of hypnosis which have been safely locked away for decades in technical journals.

I have decided that it is more important that the public be informed. I am revealing these things because I am convinced that only an informed public can guard against the majority of

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possibilities of the criminal abuse of hypnosis. I am certain that it is the widespread and mistaken conviction that abuses of hypnosis are not possible that makes many of them possible.

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RAPE UNDER HYPNOSIS

.....consider the elementary precautions which women can take to protect themselves against hypnotic rape. The first and most important thing for them to keep in mind is that hypnotic rape is possible.

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HYPNOSIS IN THE COURTROOM, MASS SUGGESTION, AND MIND CONTROL

It is important to realize that a great deal more is known about certain aspects of hypnosis in the intelligence community than is known outside it. For those inside that community have access to both the publicly known experiments and the secret experiments, as well as the secret operations and whether they have been successful or not. But in addition to all that, there is the separate secret research on the part of the Soviets. Probably the secret research on both sides of the Iron Curtain together dwarfs the open and public research. Thus, none of us on the outside can ever hope to have a full picture of many of the phenomena of hypnosis, in particular of those phenomena which are most controversial.

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The study of hypnosis touches upon the essential springs of the core of humanity within us. It brings us into direct contact with the mysteries of identity, self, and otherness. The philosophical implications are enormous, and I have barely touched on them.

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" I HAVE ENJOYED READING IT. YOU HAVE MASTERED AN ENORMOUS AMOUNT OF MATERIAL, AND WRITTEN IT UP IN AN UNDERSTANDABLE FORM. YOU HAVE PRODUCED A PLAUSIBLE AND FORWARD LOOKING THEORY. "

Professor Ernest R. Hilgard
Member of the American Academy of Sciences,
past President of the American Psychological
Association, past President of the International
Society of Clinical & Experimental Hypnosis,
Professor Emeritus of Psychology and former Head
of Psychology Department, Stanford University.

ROBERT TEMPLE IS A FASCINATING PERSON AND THIS SUBJECT IS OF GREAT INTEREST TO EVERYONE - IF YOU WOULD LIKE TO TALK TO ROBERT PLEASE CONTACT THIS OFFICE - THANK YOU.