

SPECIAL INSTRUCTION
UPON THE
USE OF POST-HYPNOTIC
SUGGESTION

By
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Preliminary Remarks.

Post-Hypnotic Suggestion is the making of Suggestions to be carried out by the person to whom they are imparted, at some future time determined by the operator. Effects that persist or appear, after the hypnotic state has been induced and removed are all included under the term Post-Hypnotic, and if the operation be properly performed, the subject will accept a suggestion to perform at some future specified time, the act suggested by the operator, even though the subject may have no recollection of a suggestion having been transmitted and received. In order to make the phenomenon quite clear, let us make use of the apt illustration of the time-lock, the tumblers of which fall into proper position at the time previously fixed by the person in possession of the combination, and thus result in the releasing of the bars of the safe. So it is with Post-Hypnotic Suggestion. The operator decides upon the concatenation of circumstances and fixes the time at which the Suggestion — or the ideational tumblers fall into position and thus release the impulse, which he has imprinted.

Post-Hypnotic Suggestion can only be successfully carried out after a student has developed sufficient ability to induce profound hypnotic sleep, at which time, the mind of the subject may be likened to a virgin sheet of wax, on which you can, commensurate with your ability, imprint the idea which you wish to impart.

Conscience. An important Factor.

The operator should always bear firmly in mind, that the placing of Suggestions for post-hypnotic execution, the carrying out of which would be repugnant to the *natural disposition* of the subject, would be unsuccessful, for the reason that Conscience — that faculty in man, which enables him to discriminate between Right and Wrong — would revolt and assert itself, thus acting as a filter between the Suggesting Mind and the Receptive Mind, and while the Suggestion would be transmitted, it

would be received feebly and would be conquered in the struggle with other impulses. This can be confidently stated despite the fact, that people have been influenced by Post-Hypnotic Suggestion to do immoral acts. Scientific psychic analyses of these subjects have conclusively proved, that in spite of all assumptions and appearances to the contrary, these people would even under normal circumstances, have performed the immoral acts suggested to them. In other words their Conscience was deaf on this point and their volitional impulse, was to carry out the Suggestion. As their sense of moral inhibition was undeveloped, they would have carried it out in any case.

The Importance of a Good Beginning.

At the outset, and in order not to risk discouraging failure, it is preferable to receive your subject in the evening or in the morning, when the mental state is likely to be more placid. Later, when through practice, you will have become perfect, it will be immaterial whether the subject be placid or in a state of mental turbulence, though naturally in the latter case, you will have to devote more time to the process. Proceed as for ordinary hypnotic treatment, then as you « sense » that the mental state of your subject is becoming more and more placid and his surrender more and more complete, make him relax to the uttermost until all his conscious faculties have sunk into a deep slumber.

Confidence and Persuasion.

You have now reached the crucial point in your experiment. *Never forget that what you want to convey are not words but ideas.* Convince yourself that the mind of your subject is now in a state of absolute passivity. Tell him that he must not think of anything, except of those things, which you wish that he should think of. Repeat to him slowly and gently, but clearly, firmly and positively, the acts which you *will* him to carry out, the impulses which you wish him to experience. Mere parrotlike repetition is useless. Never allow your attention to wander for even

a single moment. Remember always that you are not conveying words but thoughts, and to do this successfully, you must, yourself, feel with warmth and with fervour and you must utter your wishes in a tone of the most profound conviction.

To borrow a simile from commercial life, you must, yourself, be «sold» to the idea of how absolutely necessary, how urgently essential it is, that your subject should receive and carry out your thought. For example, if you desire that your subject should meet you at noon the following day, at a given place, say to him, in a slow, gentle, positive and persuasive tone : — « At noon tomorrow, you will meet me at this office. At noon tomorrow, you will feel an irresistible desire to carry out this suggestion. You will be incapable of struggling against your desire to meet me. You will not wish to combat it. At noon tomorrow you will meet me at this office. » Repeat this formula four or five or even six or seven times, each time slowly, clearly and insistently, pronouncing each word distinctly and mentally insisting on the necessity of the suggestion being carried out.

I cannot too strongly insist upon the necessity of making your suggestion positive. Hasten slowly. Be quick but not too quick. If you dawdle over the experiment, you will perceive mental «parasites» (to borrow a word from the science of wireless telegraphy). These are the signs of psychic distress on the part of your subject. You will find a «sense» of hindering auto-suggestion wrestling with *your* suggestion for the mastery. These «parasites» must be isolated. You must neutralize them by further repetition, which may be helped by holding the left hand of the subject in your right hand, at the same time stroking the forehead gently with your left hand.

The Realisation of Post-Hypnotic Suggestions.

When you are sure that your subject has forcibly registered your suggestion in his brain-cell, you may proceed to release him from the hypnosis. His mind was «wax to receive» and it will be «marble to retain». The impression,

which you have made will not be blotted out. It will lie latent and will come into force at the time which you have fixed, though it may be a day, or a week or a month hence. It will inevitably be covered over by the stream-flow of your subject's daily life but just as a light-house in the rush of the raging billows stands steadfast against all stress and strain, so will your suggestion survive among the turbulence and surge of his everyday life and though it may be covered by the spray of the waves, it will not cease to exist. The impression which you have recorded is indelible until released at the time fixed, though your subject may be utterly unconscious of having received any suggestion or of acting under the impetus of anything but his own will.

In Post-Hypnotic Suggestion, you must feel the force of your own power, because any faltering, any uncertainty on your part will react on your subject with the result that he will receive only a blurred and distorted impress of your mental image.

How to Correct Vices.

The methods given above can be used in all cases where Post-Hypnotic Suggestion is required notably in the case of habit and disease treatment. So far as the question of the curing of habits is concerned, let us take the case of the dipsomaniac, which will cover all cases, because the general principles of Post-Hypnotic Suggestion remain stable though particular cases may require particular modifications.

At the outset, get your patient into a state of mental calm either by the use of the Radio Hypnotic Crystal or by such other methods as your knowledge and diagnosis of the case may indicate to you. Then gradually induce profound hypnotic slumber until such time as you feel that your subject has completely relaxed, in which state his mind may be compared to an unexposed photographic plate on which you can project the image you desire.

Begin the cure by gently striving to bend his inclination. By Suggestion, educate his volitional powers to come to grips and wrestle with his evil desire. Tell him, in a clear

forceful tone that admits of no misunderstanding, that each time he feels the desire, he will feel a much stronger desire not to follow his inclination. Say to him : « Drink is now hateful to you. You will no longer be able to drink to excess. You will not wish to drink to excess. You will never succeed in evading this Suggestion, which I am giving you. You cannot evade it. At the moment of temptation it will rise before you and drink will become hateful to you.» Repeat this formula as often as may seem necessary, remembering that it is better to say it too often than not often enough. You can then release your subject and converse with him on any subject other than his own vice. Never let him know what suggestion you have given him. Leave him in ignorance of the fact that you have imparted any suggestion to him at all; because he is suffering from distorted mentality, which may lead him to drive himself wilfully against your suggestion, with perhaps dire effects to himself.

Orientation of the Desires.

In the case of vicious habits, it may be necessary to repeat the treatment several times, more especially in the case of addicts of all descriptions. Be gentle, be patient, be perseverant and be tenacious. Rome was not built in a day, nor can a habit ingrained by years be eradicated in the twinkling of an eye; but Suggestion is the only rational means of overcoming evil-habits and you cannot fail to be successful if you have confidence in your own powers. It is much more difficult to cure a habit than merely to impart a suggestion, because your patient is a person who is suffering from a malady of the Will. The crux of the question in the treatment of habits is *desire* and desire being a mental act can only be cured mentally. Your aim must be to create in your patient the habit of thinking properly. A man struggling to give up the cigarette habit or the drug-habit has to be taught the *desire not to do*. A carnival always follows a fast and the last state of a man who denies his cravings and leaves his desires unpruned is worst than the first.

The question of habit treatment is more a matter for the psychist than for the physician. It will be of immense assistance to you, if you remember that man is not a reasoning creature in the sense that his acts are *inspired* by reason. The mainspring of human act is the emotional nature and the will. The reason is not the driving shaft in human activity. It is the rudder. The reason drives us nowhere, but merely directs the forces that do drive us. It is the will that you must attack. For example there is no use in appealing to the reason of the dipsomaniac or of a man under the empire of an unlawful passion, because his wishful nature periodically overwhelms and swamps his reason. If you do not cease to remember that habit is a mental performance, the repeated execution of which results in act, you will be the means of effecting wonderful cures.

General Extension of the Fundamental Procedure.

To revert to the question of Post-Hypnotic Suggestion in general, the rules given above will be found to be applicable to practically every case, which may be likely to arise. After one or two experiments, you will have learned any little weaknesses on your part, which you will have to combat and overcome. In general, it might be said, that where failure has arisen, it has been due to the operator being unable to convince his subject of the necessity of the suggestion being carried out, for the simple reason, that the operator was not himself convinced. It is therefore essential for you to examine yourself thoroughly before beginning, in order to find out whether you really are convinced of the necessity of the subject performing the act, which you wish to impress on him.

The formulae, which are given above, are the result of many, many years practical experience. From time to time, you may find subjects whose responsiveness is small, but you must handle all cases individually and, even with a troublesome subject, you will find that a short psychological interrogatory will enable you to place his mind in

some state of passivity, thus rendering him more amenable to your suggestions.

Finale.

For all successful Post-Hypnotic Suggestion, it is necessary for the operator to be quite cognisant of the difference between «Act» and «Wish Impulse.» The act, being a mere physical movement is of very secondary importance. The essential, the prime agent in all action is desire. Desire being a psychic act can only be induced psychically, and the operator's problem is to create in his subject, the act of willing, along the lines suggested by him.

In all those cases, where it is possible, great use should be made of the Radio-Hypnotic Crystal in inducing relaxation, both mental and physical, on the part of the subject, but where for reasons of policy, it is not desired to let the subject know, that it is intended to impart Post-Hypnotic Suggestion, this necessary relaxation will have to be induced otherwise.

The subject in all Post-Hypnotic Suggestion should not be allowed to face a bright light; he should preferably be placed in a position with his back to the light, which should shine on the operator. Relaxation, without complete comfort is impossible, and if, at all possible, the subject should be induced to recline slightly in an armchair or on a couch.

Keep disturbing or extraneous thoughts away from your own mind and from that of your subject and do not be too anxious to begin your experiment. It is far better to wait until you feel that your subject is beginning to become susceptible than to hurry matters and meet failure.

Important Advice to Students.

In performing the exercises and experiments taught in the Complete System of Personal Influence and Healing, students must at all times conform to the laws of the country in which the experiments are made. In Belgium, for example, the practice of hypnotism is prohibited excepting to members of the Medical Profession, or to those

who receive a permit from the Government Authorities; this regulation has no doubt been framed in order to ensure the proper and enlightened use of Hypnotism and Suggestion.

Students are further advised to acquaint themselves with other existing or proposed regulations bearing on the matter, as any breach of the Law may be attended by serious action on the part of the responsible authorities.

In the use of Suggestion for curative purposes in those countries where such healing is not prohibited by Law, the Healer must realise that he incurs a definite responsibility and that at any time his actions may be the subject of investigation or inquiry. The use of the Science of Suggestion is encouraged for Moral Uplift and Physical Improvement, and conspicuous success can only be realised when these ideals predominate.

Any abuse of the knowledge contained in the Complete System of Personal Influence and Healing will almost certainly lead to the taking of legal steps to prevent repetition of the offence.

Students are therefore urged to continue their study solely for the purpose of employing Suggestion for the objects referred to.

Psychology Foundation wishes it to be clearly and distinctly understood that under no circumstances does it give *Treatment* — either directly or indirectly — for diseases, maladies, or complaints. Students desirous of Personal Treatment, however, will, on request, be put in touch with qualified and authorised professional Healers in the principal countries.



