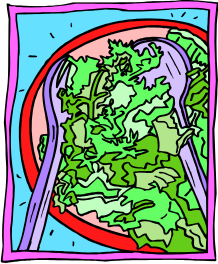


## HYPNOSIS

### AMAZING BUT TRUE TALES

Early in 1983, my wife and I registered for a seminar on hypnosis that was to be held in New Orleans. The seminar was attended mostly by medical personnel. I was the only non-medical person who signed up for the course. I have always had a strong interest in hypnosis, which accounts for my spending my vacation time attending a non-work related seminar.

On the last day of the seminar, my wife and I signed up for private sessions, not part of the seminar. I asked the host of the program to place me in a hypnotic trance and while I was in a hypnotic state to give me a post hypnotic suggestion to do something silly on my way home that would let me know that hypnosis really works. I obviously had some doubt as I wanted proof that post hypnotic suggestions really work. I never did, to my knowledge, receive a post hypnotic suggestion and if I did, I did not recognize the suggestion as such.



My wife had a different experience. She wanted a suggestion that would help her to lose weight. She finished her session with the therapist and we left New Orleans for home. We stopped early in the afternoon for dinner so that we could check into a motel and I could watch television for the evening. Well everything went fine until after my wife received the dinner salad she had ordered. The first thing I noticed was that she ate the salad very slowly. As a matter of fact, I finished my dinner and she was still eating her salad. Watching early television never happened. I don't know how long she took but the time factor to eat the salad was significant. The therapist had put her on a diet to eat slowly, especially salads. By eating slowly she would apparently eat less.

We returned to Virginia and Evelyn returned to her work in the hospital and continued giving anesthesia to scheduled patients.



Doctors at the hospital became aware of the fact that Evelyn had had training in hypnosis. Because of the high esteem they held her as a nurse anesthetist; the doctors began writing prescriptions for hypnosis to be used on patients who required surgery, but for medical reasons could not be given anesthesia. One such patient had to have stomach surgery and he had the required surgery while under hypnosis. No anesthetic medicines were used. This patient almost came



out of the hypnotic state too soon because one of the operating personnel dropped an instrument on the floor, which startled the patient, who commenced coming out of the hypnotic state; my wife was able to calm the patient with hypnotic suggestions.

Another patient, who could not have anesthesia, had her leg removed while under hypnosis with no medical anesthesia given.

My wife's reputation spread and she received more requests than she could handle from people who wanted help of a non-surgical nature. She assisted several people in solving non-medical problems. Since she didn't charge for these services, she was limited as to how many people she could help.

A mother who worked at the hospital had a son who failed two grades in school. Rightly or wrongly the assumption was made that he had a learning disability. I am not sure who made the determination that the boy had such a disability. Regardless of the reason, the mother asked Evelyn if she could help her son overcome his problem. Evelyn wanted to talk to the boy first and then she would let the parents know if she thought that she could help him or not.



She met with the boy and talked with him about school, etc. She told him that his parents wanted her to help him with his learning problem. She wanted to know if there was any thing that he would like for her to help him with. He came out with a big smile and he indicated that there was a high school dance coming up to which he would like to ask a specific girl to go to the dance with him.

Evelyn agreed to work with him and he and she achieved remarkable results. By the end of the school term, he had caught up on the two grades that he had failed.

To reinforce her hypnotic suggestions, Evelyn made tapes of the treatments and the person she was helping had to agree to play the tapes several times at home. Each time he played the tapes, he effectively went into a hypnotic state. Even more interesting, his sister played the tapes as well and she passed an extra grade by the end of the school term.



Their son's progress at school made his parents happy. More importantly to the boy, he took the girl of his dreams to the high school dance.

Evelyn received the feelings that you normally and customary feel when you go out of your way to help others by extending a helping hand.

H. Ervin Lowell (lucky husband)