

**THE PERFECT COURSE OF
INSTRUCTION IN HYPNOTISM,
MESMERISM, CLAIRVOYANCE,
SUGGESTIVE THERAPEUTICS AND
SLEEP CURE**

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The Perfect Course of Instruction in Hypnotism, Mesmerism, Clairvoyance, Suggestive
Therapeutics and Sleep Cure by Various

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IN
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AND THE
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INDEX.

- Importance of This Introduction—Value of the Development of Will Power—Experiment Constantly—The Purpose of These Experiments—How to Avoid Failure—Experiments in the Waking State—Inducing Muscular Relaxation—How to Sit—Effect of the Signal—Further Admonitions—Conducting the First Experiment—How to Strengthen Your Own Self-Confidence—What to Say in the Falling Forward Test—Be Sure to Avoid Hurting the Subject—How to Meet Opposition and Skepticism—Reversing the Experiment—The Falling Backward Test—Snap the Fingers as a Signal—The Clasped Hands Test—Effect of Resistance—Deepening the Impression—Practice Till Perfect—Influencing Without Contact—Effect of Concentration of Gaze—Releasing the Influence—Rationale of the Experiment—The Key to Success—Fastening the Eyes—The Result of a Fixed Idea—Reassuring the Subject—Impossible to Fail—Inhibiting Speech—Conducting the Experiment—Cannot Think or Speak—Affecting the Sensations of the Body—What to do—A Physiological Explanation—The Basis of Cure—Words of Caution..... 7
- Hypnotism a Factor in Human Life—The Purpose of This Course—The Completeness of This Course—The Old, Old Power—Everyone Can Learn to Use the Power—The Importance of Profound Hypnosis—The Value of High Motives in Psychic Research..... 24
- The Method of Verbal Suggestion—Liebeault's Mode of Procedure—The Intention of This Method—Sleep Suggestions—A Second Treatment—Conclusion of Second Treatment—The Memory is Amenable to Suggestion..... 27
- The Art of Mesmerizing—The Authoritative Operator—The Method of Mesmerizing—Using the Long Pass—How to Know the Magnetic Sleep..... 31
- The Method Practiced in India—What to do to Induce Sleep by This Means—Do Not Experiment in This Case..... 35
- Hypnotizing a Number of Persons—Prefatory Explanations—Noting the Symptoms—Suggesting the Idea of Sleep—Rousing the Company—Conclusions Drawn from Their Testimony..... 37

INDEX.

The Qualifications of a Good Operator—Question of Sex of No Importance—What Hypnotism is—The Power to Hypnotize—The Importance of Assumption—Developing a Powerful Gaze..... 39

Who Make the Best Subjects?—Exceptions to the Rule—What Constitutes a Hard Subject?..... 41

A Typical Case—How to Begin to Influence the Boy—What to Say—The Purpose of This Method—Maintain Silence in the Room—Affecting the Boy's Muscular Action—The First Stages of Catalepsy or Muscular Rigidity—Removing the Rigidity—The Effect of Your Suggestions—His Reason is Affected—Further Evidences of the Receptive State of His Mind—Sleeping in a Standing Position—Giving Quick, Positive Suggestions—An Experiment in an Illusion of the Sense of Sight—Do Not Induce Fear in Subjects—Active Somnambulism—Illusion of the Sense of Taste—Inhibiting the Sense of Smell—The Use of Illusions as Evidence—Hallucination of Sight—Changing Somnambulism Into Sleep—Giving Educational Suggestions—In Case of Too Profound Sleep..... 43

The Sub-Conscious Mind—Evidence of Double Consciousness—Properties in Common—The Credulity of the Sub-Conscious—Where the Force Lies—*Vis Medicatrix Naturæ*—The Power of Belief..... 54

The Difference Between Hypnosis and Natural Sleep—Curing During Natural Sleep—The Method Reproduced in France—The Method of Giving Suggestions During Sleep—Giving Quiet Suggestions—Curing Stammering—The Process Grows Easier by Repetition—An Experiment in Passive Somnambulism..... 57

Post-Hypnotic Suggestions—How to Give Post-Hypnotic Suggestions—The Subject Makes Excuses for His Conduct—Strengthening the Suggestion—When These Suggestions Fail—Suggestions Can be Refused—The Length of Time These Experiments Hold Good—So-Called Instantaneous Hypnotism—How to Overcome the Resistance of the Subject—Why the Insistence of the Operator Succeeds—Where Danger Lies—What to Do in Such Case—The Importance of Post-Hypnotic Suggestions 61

The State of Catalepsy—How It Is Induced—The Danger in This Condition—The State Becomes Involuntary..... 66

Increasing the Muscular Strength by Hypnosis—Its Effect in Rendering the Senses Acute—Treating a Headache—The Rationale of Curing Pain—Making the Cure Permanent—Procedure in Cases of Rheumatism 69

A Valuable Process—Effective in the Absence of the Operator—Hypnotism at a Distance..... 72

INDEX.

- Value of Hypnotism to the Physician—How the Doctor May Use Suggestion—The Effects Produced—Make Use of No Tests—The Attitude of the Medical Profession—The Simplest Forces the Most Powerful... 74
- To Influence Nervous Women—The Counting Method—Why This Method Succeeds—Study Your Patients—Never Be Disconcerted—Value of a Change of Methods..... 77
- Hypnotism in Dentistry—The Bright Object as a Method—Avoid the Word Hypnotism—Why Dentists Do Not Openly Advocate Hypnotism 79
- Hypnotism as Pain-Destroyer—The Power in Man—The Double Nature of the Power—The Exaltation of Religious Ecstasy—The Healing Shrines—Inducing Passive Somnambulism to Allay Pain—Experiencing a Dream-Activity—The Repetition of the Dream—Idiosyncrasies of Patients Under Hypnosis—The Effect of Coma—A Plea for Deep Hypnosis 82
- The Facts Regarding Instantaneous Hypnotism—A Stage Method—The Marvelous Action of Fear—Conducting Stage-Work—The Method Used—The Sudden Shock to the Understanding—Quick Suggestions—Hypnosis by Telepathy—These Cases Are Sometimes Met With—The Philosophy of Will Power in Mesmerism..... 87
- Susceptibility of Subjects—One Method of Operating—Another Method Equally Successful—Self-Hypnosis—Rolling the Head—Magnetizing Water—Magnetizing Paper—Electricity as a Suggestion of Sleep—The Use of the Crystal—Seeing Things in the Crystal—Hypnosis Depends Upon the Attention, Not Upon the Circulation of the Blood—Increasing the Carbon in the System Is a Method of Inducing Sleep—Converting Self-Hypnotism Into Hypnosis Proper—How to Use Auto-Suggestion—The Method of Inducing Muscular Fatigue..... 92
- Clairvoyance; What It Is—Point of Difference Between Clairvoyance and Thought Transference—How to Develop Clairvoyance in Subjects—Testing for Clairvoyance—A Clairvoyant Journey—Avoid Harsh Criticism—An Authentic Account of Rare Phenomena in Clairvoyance—Inhibition of Sense of Hearing—Transference of Taste—Transference of Sensation—Transference of Thought—Seeing the Internal Mechanism of the Body—Tests in Clairvoyance—Travelings of the Soul—The Lucid Condition—Diagnosing by Clairvoyance..... 99
- Hypnotism in the Cure of Drug Habits—Fallacies of Material Treatment—How to Treat Dipsomania—How Often to Give Treatments—The Morphine and Cocaine Habits—The Danger of the Advertised Cures—The Philosophy of the "Bread Pill"—Electricity as an Adjuvant... 105

INDEX.

How to Awaken Your Subject—The Awakening Pass—Always Remove
Hallucinations—Involuntary Self-Hypnosis—Removing This Tendency
—How to Safeguard the Subject—No Fatigue in Inducing Hyp-
nosis108

Questions of Interest—How Long Does the Influence Last?—Protection
of the Subject—Hypnotism Does Not Weaken the Will—The Mem-
ory—Conclusion111

INTRODUCTION.

IMPORTANCE OF THIS INTRODUCTION—VALUE OF THE DEVELOPMENT OF WILL-POWER—EXPERIMENT CONSTANTLY—THE PURPOSE OF THESE EXPERIMENTS—HOW TO AVOID FAILURE—EXPERIMENTS IN THE WAKING STATE—INDUCING MUSCULAR RELAXATION—HOW TO SIT—EFFECT OF THE SIGNAL—FURTHER ADMONITIONS—CONDUCTING THE FIRST EXPERIMENT—HOW TO STRENGTHEN YOUR OWN SELF-CONFIDENCE—WHAT TO SAY IN THE FALLING FORWARD TEST—BE SURE TO AVOID HURTING THE SUBJECT—HOW TO MEET OPPOSITION AND SKEPTICISM—REVERSING THE EXPERIMENT—THE FALLING BACKWARD TEST—SNAP THE FINGERS AS A SIGNAL—THE CLASPED HANDS TEST—EFFECT OF RESISTANCE—DEEPENING THE IMPRESSION—PRACTICE TILL PERFECT—INFLUENCING WITHOUT CONTACT—EFFECT OF CONCENTRATION OF GAZE—RELEASING THE INFLUENCE—RATIONALE OF THE EXPERIMENT—THE KEY TO SUCCESS—FASTENING THE EYES—THE RESULT OF A FIXED IDEA—REASSURING THE SUBJECT—IMPOSSIBLE TO FAIL—INHIBITING SPEECH—CONDUCTING THE EXPERIMENT—CANNOT THINK OR SPEAK—AFFECTING THE SENSATIONS OF THE BODY—WHAT TO DO—A PHYSIOLOGICAL EXPLANATION—THE BASIS OF CURE—WORDS OF CAUTION.

IMPORTANCE OF THIS INTRODUCTION.—It is necessary that the student should pay particular attention to the matter contained in this Introduction, since it embraces not only something of the philosophy of these higher phenomena which are explained in the body of the book, but also, by giving him a series of experiments to conduct in a waking state, fits him to acquire by gradual and easy stages that command of himself, that self-confidence, without which it is impossible for him either to succeed in life or to become a successful hypnotist.

VALUE OF THE DEVELOPMENT OF WILL-POWER.—The most valuable quality which any human being can possess is that of impressing his will upon others, and this quality which we christen by such names as will-power, magnetism, etc., has its root in the condition of self-confidence which a study of this course of lessons will develop in the most timid and self-eliminating of human beings. To put this point very plainly and simply before you I should say that bashfulness and timidity, those unfortunate hindrances to success in any calling, are struck out of the character