

1

00:00:00,055 --> 00:00:17,662

This series presents information based in part on theory and conjecture.

2

00:00:17,662 --> 00:00:22,184

The producer's purpose is to suggest some possible explanations but not necessarily

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00:00:22,184 --> 00:00:26,986

the only ones to the mysteries we will examine.

4

00:00:32,989 --> 00:00:37,790

Amid the tension and concentration of an operating room, a woman's life is on the

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00:00:37,790 --> 00:00:39,951

line.

6

00:00:45,114 --> 00:00:50,156

Doctors and nurses work intently to bring her through. A routine enough

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00:00:50,156 --> 00:00:55,278

occurrence, except that this woman is allergic to any form of anesthesia. She

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00:00:55,278 --> 00:01:00,160

is undergoing her operation using hypnosis as the only anesthetic.

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00:01:04,161 --> 00:01:09,123

Can she rely on the power of her mind to transport her to another place, a place

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00:01:09,123 --> 00:01:11,764

without pain?

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00:01:11,764 --> 00:01:23,849

A man is plunged into a frightening ordeal and crucial details become buried in his

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00:01:23,849 --> 00:01:29,772

memory, details he will recall with the help of hypnosis.

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00:01:29,772 --> 00:01:51,781

You shall see nothing, hear nothing, dream of nothing. But Sven Gali, Sven Gali, Sven

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00:01:51,781 --> 00:01:53,782

Gali.

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00:01:53,782 --> 00:02:15,791

One, two and three, you're all chickens at the party. Stand up and walk around.

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00:02:15,791 --> 00:02:21,793

Many people think of hypnosis as frivolous because it is often used that way.

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00:02:21,793 --> 00:02:29,796

Hey, ladies and gentlemen, this is the new dance. Hypnosis, for hundreds of years a word

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00:02:29,796 --> 00:02:36,919

connected with charlatans, evil magic and stage shows. Today doctors, scientists, police

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00:02:36,919 --> 00:02:42,682

and others are finding hypnosis an increasingly important tool. Hypnosis gives us startling

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00:02:42,682 --> 00:02:48,804

new insights into ourselves. It gives us a shortcut, a threshold to that mysterious elusive

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00:02:48,804 --> 00:02:56,808

area we call the subconscious mind. Dr. William Kroger has pioneered medical uses of hypnosis.

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00:02:56,808 --> 00:03:04,811

It is not a trance. It is not a state of unconsciousness. It is not remotely ready to sleep.
Rather, it's a state of super

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00:03:04,811 --> 00:03:10,813

alertness. He believes the key to achieving a hypnotic state is the misdirection of attention.

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00:03:10,813 --> 00:03:19,817

I can show you what I mean by misdirection of attention. I hold this coin here, I take this coin
and I get you

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00:03:19,817 --> 00:03:23,819

to look over here. So as I get you to look over here, I do something here.

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00:03:23,819 --> 00:03:32,822

All we really know is that it works. Through trial and error, hypnotists have learned that there

are many ways to reach into the mind

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00:03:32,822 --> 00:03:37,824

and unlock the vast unused powers of the brain.

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00:03:37,824 --> 00:03:42,826

Deeper and deeper, more and more relaxed.

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00:03:42,826 --> 00:03:47,829

Dr. Ira Greenberg elicits responses typical of most hypnotized persons.

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00:03:47,829 --> 00:03:51,830

Your left hand and arm are becoming lighter and lighter.

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00:03:51,830 --> 00:03:58,833

As their arms float upward, so does their conviction that they are experiencing the altered consciousness we call hypnosis.

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00:03:58,833 --> 00:04:09,838

I'd like you to let yourself go back to a happy period in your childhood. Go back, back, back in time.

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00:04:09,838 --> 00:04:16,840

You're five years old and where are you right now? Backyard.

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00:04:16,840 --> 00:04:24,844

And what are you doing in the backyard? Playing king of the hill. And who's playing with you?

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00:04:24,844 --> 00:04:30,846

I was in the backyard before brother. There's a lot of stone in the ground.

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00:04:30,846 --> 00:04:36,849

And we dug out a circle around the backyard. We just ran away in the no-no-facility.

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00:04:36,849 --> 00:04:38,849

Ah, that's marvelous.

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00:04:38,849 --> 00:04:44,852

Start coming awake now. I'm going to count backward. Five coming awake now.

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00:04:44,852 --> 00:04:53,856

Four even more awake. Three more and more awake. Two. One. Zero.

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00:04:53,856 --> 00:04:58,858

Open your eyes. Wide awake.

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00:04:58,858 --> 00:05:04,860

I could recall all the details. I could see my backyard and had a big hill of ice plants.

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00:05:04,860 --> 00:05:12,863

It took a while for my arm to get up there. I remember it. It took a while. I just sort of was more comfortable laying there than it just sort of went up by itself.

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00:05:12,863 --> 00:05:17,866

And yet I always felt as though I knew where I was.

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00:05:17,866 --> 00:05:24,868

As you know, Don, what we're going to do is provide a demonstration of you going into a hypnotic state.

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00:05:24,868 --> 00:05:29,870

Dr. Joseph Barber, director of UCLA's Pain Control Clinic, uses hypnosis.

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00:05:29,870 --> 00:05:42,876

Okay. Okay. And I'd like you to let yourself begin right now slowly, comfortably, and to go deeper and deeper with every breath you take.

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00:05:42,876 --> 00:05:55,881

An individual who's experiencing a state of hypnosis, which can be characterized as a some mambulistic state, appears in certain respects to be wide awake.

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00:05:55,881 --> 00:06:03,884

And although Don can talk, a hypnotic subject tends not to talk unless it's really necessary.

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00:06:03,884 --> 00:06:11,888

When we compare the brainwave activity of a normal waking state to a hypnotized condition, no difference can be seen.

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00:06:11,888 --> 00:06:21,892

Scientists still don't really know what forces are at work, only that something does happen.

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00:06:21,892 --> 00:06:33,897

Under hypnosis, this subject has the ability to control body activity beyond his reach in a normal waking state, providing a dramatic demonstration of mind over body.

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00:06:33,897 --> 00:06:38,899

Under medical supervision, this man's skin is pierced in two places.

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00:06:38,899 --> 00:06:44,901

No bleeding from this side, and just the right amount of bleeding from this side.

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00:06:44,901 --> 00:06:48,903

He has been asked to bleed from only one of the two puncture wounds.

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00:06:48,903 --> 00:06:56,906

In spite of the fact that he has never been hypnotized before, he will attempt to control his body in a way that seems impossible.

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00:06:56,906 --> 00:07:00,908

It looks like this side is warmer, and this side cooler, is that right?

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00:07:00,908 --> 00:07:01,908

Right.

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00:07:01,908 --> 00:07:04,909

Make this side even cooler, and this side even warmer.

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00:07:04,909 --> 00:07:05,910

Okay.

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00:07:05,910 --> 00:07:12,913

What you can notice is that of the two sides, one is bleeding more than the other, although...

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00:07:12,913 --> 00:07:15,914

Incredibly, a single drop of blood appears.

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00:07:15,914 --> 00:07:17,915

...a hypodermic puncture.

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00:07:18,915 --> 00:07:25,918

During surgery, for instance, if you want to have the patient bleed less, there is a mechanism.

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00:07:26,918 --> 00:07:28,919

Which the patient has control of.

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00:07:28,919 --> 00:07:31,921

We don't understand the mechanism, but it's obviously there.

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00:07:31,921 --> 00:07:40,924

Eastern yogis have shown similar control, but after lifetimes of study, could hypnosis be a shortcut to powers beyond our imaginings?

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00:07:40,924 --> 00:07:49,928

It's important that the public realize that very often what they see on the stage is not hypnosis, but entertainment.

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00:07:50,928 --> 00:07:56,931

Mark Yellen was 24 when he learned he had a form of cancer known as Hodgkin's disease.

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00:07:56,931 --> 00:08:03,934

Seeking to gain back control of his own body, he turned to hypnosis as an adjunct to traditional therapy.

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00:08:04,934 --> 00:08:13,938

I turned to hypnosis as a way of keeping my attitude together and giving me a positive outlook going through my treatment.

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00:08:14,938 --> 00:08:24,942

Working with Gene Campo of the Newton Center for Clinical Hypnosis, Mark uses a technique called guided imagery to spur on his body's defense system.

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00:08:25,943 --> 00:08:32,946

You are going to take a tour of your body and you're going to inspect your lymph glands.

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00:08:33,946 --> 00:08:35,947

What is it you are seeing?

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00:08:36,947 --> 00:08:41,949

I see myself kind of walking through my body.

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00:08:43,950 --> 00:08:58,956

I walked into this room, found myself in a room with lymph nodes flying all over the place.

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00:08:58,956 --> 00:09:03,958

So I proceeded to get all the lymph nodes fired up. Their attitude changed.

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00:09:03,958 --> 00:09:21,966

If we have a patient who is sick with something and he can imagine the reverse of that, in some mysterious way he's apt to get better.

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00:09:21,966 --> 00:09:31,970

I do a lot of camping up in Yosemite. So I basically took a waterfall I had seen and then envisioned myself standing under this waterfall.

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00:09:33,971 --> 00:09:45,976

And then all of a sudden it went from seeing myself under the waterfall to seeing the water rushing through my neck and down through my chest and into my abdomen, through the lymph system and just flushing it clean.

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00:09:46,976 --> 00:09:57,981

Through hypnosis my attitudes have changed immensely. I've become much more confident than I ever was. I've been able to accomplish things I never thought I could.

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00:09:58,981 --> 00:10:03,983

I now feel I'm a winner instead of a loser.

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00:10:04,983 --> 00:10:18,989

After the treatments doctors operated but found no signs of the cancer. Mark now walks on the road of life. Could hypnosis be a signpost pointing us toward a new and better way of living?

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00:10:27,993 --> 00:10:51,002

In the late 1700s Franz Anton Mesmer formulated his theory of animal magnetism to explain the remarkable phenomena we call hypnosis.

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00:10:52,003 --> 00:11:02,007

Mesmer established clinics where he used magnets, passes of the hand and strange magnetized tubs to get people into a hypnotized condition.

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00:11:04,008 --> 00:11:16,013

As word of his successes grew so did controversy until finally he was characterized as a fake and driven from scientific circles by a group headed by Benjamin Franklin.

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00:11:17,013 --> 00:11:21,015

I had great difficulty getting my colleagues to accept hypnosis.

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00:11:22,015 --> 00:11:25,016

Dr. Ron Katz, chairman UCLA's department of anesthesiology.

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00:11:26,017 --> 00:11:35,020

Mrs. Strom came to see me over a year ago. She needed to have a breast biopsy and possibly a mastectomy.

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00:11:36,021 --> 00:11:45,024

Since she had previously been anesthetized and literally been in a coma for days after the operation we decided to go ahead and attempt the operation under hypnosis.

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00:11:46,025 --> 00:11:55,029

Just imagine a giant mold filled with ice surrounding your breast making your breast colder and colder.

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00:11:56,029 --> 00:12:06,033

I had a mental image of it being sort of a mystical, magical type of a thing, nothing that was really useful to normal people like me.

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00:12:06,033 --> 00:12:09,034

The colder it becomes, the number it will become.

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00:12:10,035 --> 00:12:16,037

It will become so cold and so numb that you're barely aware that your breast is there.

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00:12:17,038 --> 00:12:23,040

Since you like to ski, you can imagine yourself at Mammoth or somewhere where you've been.

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00:12:23,040 --> 00:12:26,041

I'm just kind of afraid of this.

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00:12:34,045 --> 00:12:39,047

Bits of snow blow it up which reinforces the cold sensation on the breast.

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00:12:43,048 --> 00:12:50,051

At first, Kay was skeptical, but in spite of her doubts she found herself being transported to a new and separate reality.

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00:12:53,052 --> 00:13:12,060

I could hear the doctors and nurses talking. It was like a radio was playing in the background, but really didn't have anything to do with me.

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00:13:16,062 --> 00:13:20,064

People on the slopes moved out of the way to just watch me coming down.

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00:13:21,064 --> 00:13:30,068

Hypnosis took her to a distant place, a place without pain, a world that had apparently existed all along deep within her mind.

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00:13:34,069 --> 00:13:39,071

If I ever had to have surgery again, that's the only way I would consider doing it at all.

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00:13:40,072 --> 00:13:47,075

The person has a greater ability to experience fantasy and to experience that fantasy is real.

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00:13:47,075 --> 00:13:52,077

The person also has the ability to remember things that are otherwise not so easily remembered.

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00:13:53,077 --> 00:14:03,081

When a burglary call set officer Jim Van Peltin, his partner, rolling, as dramatized here, he had no idea how far he was to go.

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00:14:08,083 --> 00:14:12,085

Captain Mike Nielsen, Los Angeles Police investigative unit.

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00:14:12,085 --> 00:14:26,091

The trauma of the incident, the physical damage that was caused by the bullets, the speed with

which things transpired, all served to lock these events into Van Pelt's subconscious mind.

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00:14:29,092 --> 00:14:41,097

With a police artist keeping careful notes, psychologist Dr. Martin Reiser hypnotized Jim and then had him watch the crime again, as though seeing a documentary on a TV screen within his mind.

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00:14:43,098 --> 00:14:44,098

3.

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00:14:44,098 --> 00:14:46,099

Okay, the screen is lighting up.

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00:14:46,099 --> 00:14:56,103

My partner and I are working the midwatch in the Northeast Division and we're the first ones out of the parking lot.

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00:14:58,104 --> 00:15:06,107

When we receive a call to see the man, a burglary suspect there now.

112

00:15:06,107 --> 00:15:12,110

11 Adam 31 Roger on the roll 459, there now at 2230 in the car.

113

00:15:14,110 --> 00:15:18,112

My partner and I both exit out of the car.

114

00:15:19,112 --> 00:15:22,114

I look over and I see a male Negro.

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00:15:22,114 --> 00:15:25,115

My partner talks to the individual.

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00:15:25,115 --> 00:15:27,116

Let me see your identification.

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00:15:27,116 --> 00:15:31,117

And gets no response to any questioning at all.

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00:15:32,118 --> 00:15:37,120

He pats him down, which is a normal procedure to check for weapons.

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00:15:40,121 --> 00:15:47,124

And I'm standing directly in front of the suspect and something seems to miss.

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00:15:47,124 --> 00:15:51,126

Suddenly the suspect let out a blood curdling scream.

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00:15:51,126 --> 00:16:03,130

I found myself laying on my back.

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00:16:03,130 --> 00:16:06,132

I raised up an effort to bring him down.

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00:16:09,133 --> 00:16:11,134

I fall back and I hear him running down the street.

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00:16:11,134 --> 00:16:13,135

I was suddenly alone.

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00:16:14,135 --> 00:16:22,138

Relying on his notes as well as experience and training, the artist narrowed in on the details

crucial to an accurate composite drawing.

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00:16:22,138 --> 00:16:25,140

His hair is cut short.

127

00:16:31,142 --> 00:16:36,144

Look again as you did before at this corrected composite drawing and tell me what you think.

128

00:16:37,144 --> 00:16:41,146

That's good. That's the man that shot me.

129

00:16:43,147 --> 00:16:56,152

By watching a mental movie, Officer Van Pelt reached into his clouded memory and furnished a precise description that aided in the arrest of the suspect.

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00:16:56,152 --> 00:17:02,155

Details of astonishing clarity retrieved through hypnosis.

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00:17:02,155 --> 00:17:06,156

We can introduce information obtained via hypnosis.

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00:17:06,156 --> 00:17:11,158

It's up to the jury to decide how much credibility they will give that information.

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00:17:15,160 --> 00:17:19,162

For most people, life is rarely so dramatic.

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00:17:19,162 --> 00:17:23,163

Children go to school, adults go to work, life goes on.

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00:17:23,163 --> 00:17:25,164

Routine.

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00:17:25,164 --> 00:17:30,166

Unless the town you live in is called Chachilla and you happen to be Ed Ray.

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00:17:30,166 --> 00:17:40,170

On my afternoon run, I made about three stops and I was going down road 16 and I turned on Avenue 21.

138

00:17:43,172 --> 00:17:50,174

And I saw a white band and when I got up close, the front door was open over the white line.

139

00:17:54,176 --> 00:17:56,177

Open that door.

140

00:18:01,179 --> 00:18:03,180

Get in the back of the bus.

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00:18:06,181 --> 00:18:11,183

Deep in a nightmare, many of the events became confused and blocked in Ed Ray's mind.

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00:18:11,183 --> 00:18:19,186

Well, in the case of Ed Ray, just as in other cases that we've had, after he'd been hypnotized,

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00:18:19,186 --> 00:18:31,191

instead of asking him to remember the license plate, we prepared him with an appropriate image involving the use of the imagination.

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00:18:31,191 --> 00:18:37,194

The world comes to you in five senses and all that data is stored in the five senses.

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00:18:37,194 --> 00:18:39,195

Nothing is ever forgotten.

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00:18:39,195 --> 00:18:41,195

The brain stores everything, forgets nothing.

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00:18:41,195 --> 00:18:47,198

It stores all information in five senses and it can be tapped in cases of this type.

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00:18:47,198 --> 00:18:51,199

Please give them an image that involves the five senses.

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00:18:51,199 --> 00:18:53,200

They're walking along a beautiful beach.

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00:18:53,200 --> 00:18:55,201

It's a warm, hot summer day.

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00:18:55,201 --> 00:18:57,202

There's a blazing sun overhead.

152

00:18:59,203 --> 00:19:01,204

You feel the hot, dry sand.

153

00:19:04,205 --> 00:19:08,206

See the waves as they're thrashing and smashing.

154

00:19:09,207 --> 00:19:12,208

Step in a cool, wet, squishy sand.

155

00:19:15,209 --> 00:19:17,210

Taste the salty spray.

156

00:19:17,210 --> 00:19:29,215

Gently guided from the beach back to the crime scene, Ray was told he could see through the lens of a camera and could zoom in to study in detail what his conscious mind had blocked.

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00:19:29,215 --> 00:19:38,219

Under hypnosis, he gave the FBI all but one of the crucial license numbers of his abductors' van.

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00:19:48,223 --> 00:19:52,225

A remarkable experiment in teaching is underway in a San Francisco classroom.

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00:19:59,227 --> 00:20:04,229

The first experiment was conducted in a classroom with a large number of students.

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00:20:04,229 --> 00:20:06,230

And you?

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00:20:08,231 --> 00:20:10,232

Let's do this five times.

162

00:20:10,232 --> 00:20:11,232

Five, six, seven.

163

00:20:11,232 --> 00:20:12,233

Let's go.

164

00:20:30,240 --> 00:20:33,241

At the beginning without music.

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00:20:33,241 --> 00:20:35,242

And then with music.

166

00:20:37,243 --> 00:20:38,243

Yes, I'm at the back.

167

00:20:38,243 --> 00:20:40,244

In the car, on the road.

168

00:20:59,252 --> 00:21:00,252

In our lives.

169

00:21:00,252 --> 00:21:03,254

What about 50 years from today?

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00:21:03,254 --> 00:21:08,256

Possibly we'll find self-hypnosis being taught in schools for everyone to use.

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00:21:08,256 --> 00:21:15,259

Possibly motion pictures will become unnecessary, obsolete when compared with the vivid pictures in our own minds.

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00:21:15,259 --> 00:21:23,262

For if the mind is truly the gateway to the heavens, hypnosis may be the key that unlocks that gate.

173

00:21:24,262 --> 00:21:33,266

Coming up next in Search of continues with a look into the possibility that we can teach ourselves ESP.

174

00:21:33,266 --> 00:21:40,269

Then agents get caught up in one of the most bizarre kidnappings in the FBI's history.

175

00:21:40,269 --> 00:21:43,270

On FBI, the Untold Stories.

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00:21:53,274 --> 00:21:55,275

The Untold Stories