

# FRONTIERS OF HYPNOSIS FOR RESEARCH PURPOSE

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## **ABSTRACT**

*After exposing the various opportunities offered by modern hypnosis, hypnosis for research purposes is examined and the most advanced possibilities offered by it, such as Psychic Archaeology, Regression and Hypnotically Induced OBE (HypnOBE - Hypnotic Out of Body Experience).*

*In fact, after having demonstrated the possibility to control the OBE through hypnotic suggestion, it has been possible to deepen the knowledge of this kind of experience realizing many OBE with different subjects and with some of them the experience has been repeated many times, so much to add together some hundred hours of HypnOBE.*

*This allowed to define well not only the induction modalities, but also the standard reactions and the tricks to get around fears and obstacles.*

*Finally, we examine in more detail the new unexplored panoramas on which HypnOBE has opened a window, such as the bidirectional channelling controlled in hypnosis, which, with about sixty hours now accumulated on some particularly gifted subjects, has shown a perfect reproducibility, so much so that this technique is now also applied in other research centres.*

## **HYPNOSIS**

ὕπνος (hypnos) in ancient Greek means 'sleep' and the term 'hypnosis' derives from the fact that this state of consciousness, known since ancient times but which became fashionable in the last decades of the 18th century and since then studied and deepened up to the present day, can induce a state that appears similar to sleep and favours the putting into practice of the suggestions provided by the hypnotist; unfortunately, it has also been used to make the hypnotized people act in a 'strange' way.

However, it is not sleep, but anything else: while sleep is a state of reduced concentration characterized by an obnubilation of consciousness, in hypnosis the concentration is much higher than normal and this makes the subject particularly receptive to the suggestions.

For therapeutic and research uses - illustrated below - this type of hypnosis has long since been abandoned in favour of the so-called 'Ericksonian hypnosis'.

It allows, thanks to the depth of attention and the strong reduction of sensitivity to distractions, the connection with the unconscious of the person under hypnosis, but leaves him/her perfectly lucid, while inducing him/her into a modified state of consciousness, so as to allow an almost normal 'conversation'. Since this type of hypnosis is based on collaboration, the person under hypnosis is able to reason and remains able to use his or her will, so much so that it is not possible to force him or her to act against his or her will; if he or she so desires, he or she can even come out of hypnosis autonomously at any time.

## **HYPNOSIS FOR THERAPEUTIC AND RESEARCH PURPOSES**

### **Hypnotic anaesthesia**

In suitably selected people (not all, in fact, are suitable for hypnosis, in particular for the anaesthetic one) the reduction in sensitivity to distractions can be so great that pain cannot be felt in conditions considered very painful, such as dental treatments, childbirth and surgical operations. What is needed is an experienced hypnotist, who has a thorough knowledge of both surgery and anaesthesia, and a patient who is fully willing to cooperate and feels deep confidence in the hypnotist himself: under these conditions the results that can be obtained are exceptional and free of side effects, so much so that it is possible to intervene on patients who are otherwise unsuitable, for example because they are highly allergic.

### **Psychotherapeutical hypnosis**

Psychotherapeutical hypnosis is a well-known technique which by now has been extensively studied and is commonly used by psychotherapists in patient therapy. For a long time practitioners in this field have not only used hypnotic age regression but have even used regressions to periods prior to the current life.

If we look at what a psychotherapist typically does, we see that he is usually contacted by people who need help dealing with their problems; it follows therefore that the therapist does not choose the patients, but instead he/she is chosen by them.

Professionally then the therapist deals with many people, each of whom is regularly assigned a given amount of time which is not too long (usually a session lasts about an hour), otherwise there would not be enough time for a sufficient number of other patients.

During a session, if the therapist decides to use hypnosis, he would preferentially use a fast induction technique which is effective for the majority of people, because only a portion of the session time can be dedicated to hypnosis itself.

The psychotherapist's aim is to heal the patient and allow him/her to overcome personal problems in as brief a time as possible, therefore the use of regression hypnosis enables one to rapidly locate the problem and determine the best possible solution.

Whether this involves access to a so-called 'collective memory' or actual past lives is irrelevant to this work; the fact remains that the patient, through regression hypnosis, is able to access often extremely useful information which would otherwise be inaccessible.

### **Hypnosis for research purposes – Regression**

However, regression hypnosis can be used not just for therapeutic purposes, but for research purposes too. In this case there is no patient because there is no therapeutic aim nor a request for such, but instead there is an adult who deliberately chooses to undergo hypnosis because either the person would like to learn the reason for an inexplicable conviction or, more often, to understand the origin of flickering scenes, in other words short but vivid memories of episodes which appear to relate to an actual past life.

It's important that the regressor knows that his/her task is on an equal level to that of the regressionist, albeit a totally different one in that the regressor must respond to the questions without attempting to discern the reason behind them, allowing himself/herself to be led and to

describe as carefully as possible everything seen and felt; the regressionist's task instead is to lead the regressor, to ask questions which maintain focused attention, and to help overcome any problems without difficulty.

In this way it becomes possible to revive what are described as previous lives and of these the experiences of birth and death can also be revived.

## **Hypnosis for research purposes - HypnOBE**

At the end of 2012 a new technique - called HypnOBE - came into use that allows to provoke and control OBE (Out of Body Experience) by hypnosis.

OBE is not a very rare phenomenon among the healthy population, but since it is almost always spontaneous and generally uncontrollable by those who experience it, it is impossible to collect instrumental data while it is occurring, in order to study its phenomenological characteristics and neural correlates: one can only use simulations or post-experience interviews.

The induction of OBE through hypnotic suggestions (HypnOBE) on particularly suitable and available persons offers the advantage that, during the hypnotist-controlled state of OBE, it is possible to interview the person in OBE (referred to as the 'traveller') for a prolonged period of time, since his or her control of cognitive activity and vocal cords does not interrupt that particular state of consciousness: an opportunity that is normally not accessible.

The ability to induce OBEs willingly therefore allows the study of their neurophenomenological characteristics with great accuracy as well as a comparison with other consciousness states, such as deep hypnosis or simply an imaginary OBE state.

When we did so, in a laboratory of the Department of General Psychology at the University of Padua, it immediately became clear that we were dealing with a state of mind that had not previously been described in literature and that he/she who were in OBE was telling what the truth was for him/her, even if it might seem incredible to the listener.

## **OBE features**

### **The three bodies**

Already from the first HypnOBEs it was possible to see that we were dealing with three bodies. From the Physical Body (Pb), in fact, a kind of secondary body detached - which we simply called 'Subtle body' (Sb) - intermediate between the Physical Body and a third body, the centre of personal consciousness, which we called 'Psychic body' ( $\Psi$ b - PSY body).

The Sb was described as a sort of white silvered cloud surrounding the Pb, with a particular enlargement of its hands and feet; during the OBE it separates from the Pb. The Sb could move quickly like flying from one place to another even if less easily than the  $\Psi$ b, and a vague sense of attrition was perceived when passing through walls. The Sb is described as having a limited duration of existence, although longer than that of the Pb, unlike the  $\Psi$ b, whose existence has been described as unlimited. Similar to the  $\Psi$ b, the Sb too could move forward and backward in time.

Among the ancient peoples also the Egyptians recognized the existence of three bodies similar to those just described: the Physical Body, the Ka and the Ba.

### **Four spatial dimensions**

What is most disconcerting for those not used to the OBE state is that of encountering a reality very unlike the normal one, which seems to correspond very well to a four-dimensional space and two-directional time. This is certainly not like normal life and can be extremely difficult to handle for those who are unaware of it.

With the addition of a fourth spatial dimension, it becomes possible to have an infinite number of different realities and even an infinite number of universes (a multiverse).

The fourth spatial dimension offers the following possibilities:

- The ability to move from one three-dimensional reality to another.
- To see inside things and people.
- To zoom in at one's pleasure within a three-dimensional reality.

## **Time**

During an OBE, attention to and concentration on time is needed just as for space. It is in fact very easy for the 'Traveller' to enter the wrong moment in time with respect to the one desired. As in the situation for space, concentration involves feeling genuine interest exclusively for *that* particular moment of time. Nonetheless a sufficient level of control is usually reached rather quickly, because being able to move freely back and forth in time with ease is definitely easier for us than in a space with infinite three-dimensional realities from which to choose.

A four-dimensional space combined with two-directional time offers the opportunity to understand the origin of various traits of the human mind until now considered unusual, because they have yet to be placed in any theoretical framework.

Here are some examples:

## **PRECOGNITION**

While trying to access a particular moment in time, apart from the difficulty in remaining within the desired three-dimensional reality, we reach what can be defined as the 'problem regarding the future'. Within a certain three-dimensional reality there is only one past, and the only difficulty is 'reading' it objectively, because any preconceived conditioning must be absent; on the other hand, the situation when accessing the future is as if there were a huge number of more or less probable futures, with the added issue of some events appearing 'inevitable'.

Putting aside for the time being the thorny problem posed by those 'inevitable' events regarding the influence on the past needed to make them eventuate, the most likely future should be the easiest to read, but to do this it is necessary to be aware of an immense number of situations.

Reading the future can only be accurate if all of these are taken into adequate consideration, therefore it is by no means simple.

## **REMOTE VIEWING**

The first attempt at a HypnOBE (EvanLab, 29th December 2012) actually involved distant sight, and since then we have come a long way.

The basic advantage of remote viewing in HypnOBE is the possibility of a conversing in real time with the entity outside the physical body of the person undergoing the OBE while it is in the location to which it was sent (whether it really is an entity outside the body or a non-local expression of the human mind will not be discussed here). Effectively, the descriptions can be the same as would be obtained if the person out of body really were in that chosen location.

We must nonetheless make sure that:

- The three-dimensional reality is the correct one.
- The moment of time is the correct one.
- The person undergoing the OBE has a strong interest in seeing what is needed to be seen, or that there is a strong emotion associated with the target object.

## **CLAIRVOYANCE**

If clairvoyance is the ability to see events, places, people and objects outside of space and time, then the remote viewing described above (typical of the OBE) coupled with the ability to move about in time at will precisely represent the typical traits of clairvoyance, therefore it seems they both employ the same means.

## **CLAIRAUDIENCE**

Clairaudience is the ability to hear what is outside of space and time, and remote viewing during the OBE allows not just seeing, but also hearing everything that occurs or is said.

## **PSYCHOMETRY**

Psychometry is the ability to obtain the history of an object or of the person to whom it belonged: it is a type of clairvoyance stimulated by the object itself, which can also be 'touched' from a distance in the OBE, obtaining the same results as would a person using so-called traditional means such as physically touching it.

## **AKASHIC RECORDS**

That which Rudolf Steiner called the 'Akashic Records', meaning access to a 'recording' of everything that has ever happened, as if watching a holographic projection, is typical of the OBE. If we want the scenes viewed to be completely accurate, it is necessary to remain completely without preconceptions and emotional reactions to them: the OBE subject must not become involved in any way, otherwise the scenes may be distorted. The subject must therefore be aided in remaining detached to what is being viewed, and reminded often that it is like watching a movie, regardless of whatever cruelty or brutality is witnessed: it is simply something that happened.

Regression is a particular case of access to the Akashic Records, in which one 'feels to be' that particular person who is the protagonist of the regression.

## **THOUGHT RECORDS**

If the 'Traveller' having the OBE is gifted and well-trained, as well as access to the Akashic Records and its related sounds and actions, he/she can also access a type of associated recording that contains the thoughts and emotions of each being present at the particular event being viewed: a bona fide 'Thought Record'. A combination of these two Records represents a complete recording of the experiences lived through these events.

## **XENOGLOSSY**

The term xenoglossy (or xenolalia) denotes the ability to speak or write in an unknown language, but which either currently exists or once existed. This ability does not usually manifest during an OBE except in some rather rare cases in which the 'Traveller' becomes so emotionally involved in reliving a past life that he/she is able to speak the language of that time period. Sometimes particular sentences, which during the hypnotic state were memorized in their original form (e.g. hieroglyphics), were later correctly drawn or written when out of hypnosis. In this case the OBE subject is generally also able to read and understand the writing.

## **ACCESS TO DOCUMENTS WRITTEN IN UNKNOWN LANGUAGES**

If the OBE subject is trained and inclined to do so, he/she can be 'sent' to read documents written in unknown languages.

When asked: *"Read what is written"*, the usual answer is: *"I can't because I don't know that language"*, but, when asked: *"Then tell me what it says"*, the answer is a summary of the document's contents.

The accuracy of the summary is strongly influenced by the subject's interest in that particular document and the emotional detachment towards its contents, the latter also including possible cultural conditioning.

## **SEEING AURAS**

Closely surrounding people, animals, plants and even inanimate objects there is a coloured slightly bright halo extensively described in the Oriental traditions and is also visible with the naked eye after some simple training (see: VIEWING THE HUMAN AURA WITH THE NAKED EYE - <http://www.evanlab.org/wp-content/uploads/2017/12/VIEWING-THE-HUMAN-AURA-WITH-THE-NAKED-EYE.pdf> ).

Once accustomed to the OBE state and made aware that it is possible, when asked to, the 'Traveller' is able to clearly see, to its fullest extent and in the correct colours and shapes, the auras of people at a distance and even those of animals, plants and things.

With practice this ability allows access to all the advantages of an excellent natural vision of auras. It is not necessarily the case, however, that the same person can then also see them when not in the OBE. It does seem to indicate the development of a natural ability that, to some extent, is present in everybody.

## **TELEPATHY**

The hypnotic OBE state entails a particular empathy from the hypnotist and a deep trust from the person in that state; this situation is conducive to the establishment of involuntary telepathic phenomena between the two, allowing the hypnotist acting as Guide to 'feel' the emotional state of the OBE subject and the latter to better understand the Guide's intentions.

Nonetheless there is a not insignificant risk that the answers are inadvertently 'suggested' by the Guide, simply due to the expectation of a particular answer. To reduce the risk of this 'pollution', the Guide must not only continually express a strong mental intention not to influence, but also carefully and deliberately remain neutral and unbiased towards all responses.

## **PSYCHOKINESIS/LEVITATION**

For the moment it has not been possible to highlight, in the OBE state, phenomena of Psychokinesis (or Telekinesis) - which is the ability to move objects with thought - or Levitation - which is the ability to keep one or more objects, or even oneself, lifted up with thought.

## **PAST LIFE REGRESSION**

A particular case of access to the Akashic records – incidentally, easily achieved either through hypnotic regression or simply by making the HypnOBE subject concentrate on that particular theme – is the detailed description one's own 'past lives'. There are in fact segments of the Akashic Records that are felt as one's own, so much so that the person reliving them is also aware of a progression, which seems to have occurred in historic times not chronologically but rather in an evolutionary sequence in terms of consciousness.

When we come across these segments, access to the related Thought Record is guaranteed and automatic, and the richness that emerges from the descriptions is particularly significant, such that it allows (by means of an adequate number of sittings dedicated to the theme) an extremely accurate reconstruction of one or more lives from birth to death.

Even more interesting, also because it is less susceptible to the cultural conditioning of the OBE subject, is the resulting accurate reconstruction of the cultural environment and social organization in which the particular life occurs (a good example is the book titled: *THE MEGALITH BUILDERS - Psychic Archaeology and the Nuragic Civilization*, available for free download at: <http://www.evanlab.org/public/wp-content/uploads/2015/12/THE-MEGALITH-BUILDERS-Psychic-archaeology-and-the-Nuragic-civilization.pdf> ).

## **MEDIUMSHIP**

If the 'Traveller' is inclined and is not frightened, he/she can, in the OBE state, establish contact with entities that are normally only accessible to mediums. However, contact with Subtle Bodies still present after their respective Pb died long ago is strongly discouraged, as they are usually of low or very low levels of consciousness.

OBE controlled in hypnosis also gives access to Entities that can be generated by unexplored capacities of the brain, or be external: in this way, HypnOBE channelings are born, perfectly repeatable and studiable.

### **HypnOBE CHANNELLING**

At this point, however, it is necessary to open a brief parenthesis dedicated to those who are not familiar with the phenomenon of channelling, which has been known since prehistoric times: it is a practice in which an individual (a channeller), usually willingly, enters into a non-ordinary mental state and communicates with one or more intelligent 'Entity' that speaks and acts through his/her mind and body. During such a state, the person acting as the channeller may or may not be consciously aware of what the Entity is saying or doing.

In modern times this practice is usually restricted to mediums and clairvoyants, which often 'channel' – for payment or sometimes for free – a client's loved one. Since channelling is not usually replicable at any moment, the channeller, if capable, could telepathically access the questioner's mind. We therefore come to the fundamental question: *"Could the information supplied by the non-physical channelled entity perhaps be a product of the channeller's or the questioner's mind?"*

A reliable answer to this question requires repeatedly and easily channelling the particular Entity and subjecting it to a long series of well-prepared questions, the answers of which will only be of specific interest if they are not part of the knowledge/beliefs of the channeller or the questioner. This situation befits channelling during a HypnOBE. This induced Out of Body state allowed a contact and a conversation with these various Entities to determine as accurately as possible whether the information acquired derived from the channeller, the Entity, or the interviewer. The survey will be long and demanding, but in the meantime all this information is made publicly available and usable. After about sixty hours of channelling with several different channeled entities and independent channellers, the repeatability of channelling during a HypnOBE is unquestionable and this technique has now become not just scientifically approachable, but useful for new and worthwhile studies in a completely unexplored field.

## **Types of channelling**

### **Indirect channelling**

This was the first kind that showed up: the channeller acted as an 'interpreter', translating, so to speak, the questions asked by the hypnotist/interviewer and the entity's replies.

As efficient as it is, this type of channelling can lead to a loss of information in the double 'translation' process; nonetheless the excellent replicability of these same channelings and the quality of answers allowed a detailed study of the entity and its knowledge.

### **Direct channelling**

In a second time it was possible to switch to regular direct channelling, which is to say, speaking directly with the entity, and now this has become the norm.

Among the many advantages that this technique offers compared to the channelling that takes place not in HypnOBE state, both voluntary and involuntary, it should be emphasized that it allows to express the information provided by the channeled entities in terms and concepts familiar to the interviewer, even if many times the entities themselves may find it difficult to find suitable words to express what they want to say.

The very interesting contents have been collected and sorted thematically and are available online.

List of links:

- **EVANLAB** – Florence - Italy ([www.evanlab.org](http://www.evanlab.org))
- **'Science of Consciousness Research Group'** - University of Padova – Department of General Psychology (<http://dpg.unipd.it/en/soc>)

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