PART I

Case Histories of Criminal Hypnosis

Svengali: Unethical Stage Hypnosis in Literature and Life
   Case History: “Z” Kantor
   Case History: Mrs. E
   Case History: Palle Hardwick
   Case History: Candy Jones

“Mr. Kantor, don’t do anything stupid!”
Svengali: Unethical Stage Hypnosis in Literature and Life

The hypnotist can be erotically fascinated by the sight of his inanimate, plastic, unresisting subject. In this, hypnotists share a dream world with undertakers.

- Robert Marks, p. 119

An Englishman with a French name, George Du Maurier (1834-1896), wrote his last and most famous novel, Trilby, about hypnocontrol. It was the first “best seller.”

Du Maurier got the idea for his tale of Svengali’s cruel domination of his hapless hypnotic subject from viewing a demonstration of a subject’s complete, amnesic dissociation in a hypnotist’s office. In the late 19th century, both natural split personalities and artificial personality splitting (by suggested amnesia under hypnosis) were hot new items in psychological research.1 The young female whose hypnotic submission was demonstrated to Du Maurier was an unknowing, chronic, hypnotic subject, an artificially-split personality.

The novelist watched her be hypnotized, made to obey commands under trance, then awakened. He saw her obedience to posthypnotic commands and her rationalization of them as being freely willed choices. He observed her total unawareness of the previous trance state. He realized the tragic potential for abuse of such a long-term, unknowing, hypnotic subject.

Svengali and Trilby

The novel, Trilby, published in 1894, contained some minor technical errors. Nevertheless, it introduced the basic, sordid facts of hypnotic exploitation to a mass readership.2 By the vehicle of fiction, it presented important facts about abusive hypnosis. DuMaurier’s tale of poor Trilby stimulated a much needed public awareness,
and discussion, of unethical hypnosis. What Svengali did to Trilby has never quite been forgotten, despite ceaseless efforts by the hypnosis lobby to discredit the basic facts.

In the novel, Svengali, a middle-aged, unsuccessful musician, captured Trilby by a disguised induction, then hypno-trained her into a split personality (and a brilliant singer). Thereafter, she kept her puppetmaster, Svengali, living in luxury, supported by her concert performances. She always sang in an amnesic trance.¹

He began Trilby’s conditioning by persuading her to agree to a Mesmer-style induction by passes:

Svengali told her to sit down on the divan, and sat opposite to her, and bade her look him well in the white of the eyes.

“Recartez-moi pien tans le planc tes yeaux.”

Then he made little passes and counterpasses

¹. In reality, subjects cannot be so totally metamorphosed by hypnotic suggestions from talentless to skilled. It is not possible to make somebody who croaks like a frog into a concert-quality singer by means of hypnosis. Du Maurier wasn’t all wrong, however. Any training is enhanced by adding a trance component. Trainers, from sports psychologists to motivational specialists, now use visualization-relaxation inductions to create trance and then give suggestions to their students.
on her forehead and temples and down her cheek and neck. Soon her eyes closed and her face grew placid. (Du Maurier, p. 69)

In the novel, as with real-life subjects, Trilby did not understand how a seemingly harmless first submission to hypnosis can develop into a terrible longterm mind slavery. Svengali gradually transformed her from a proud, independent person into an obedient hypno-tool. Now she lived a cruel, secret life in addition to the “real” life that she consciously lived.

Conceited, derisive, and malicious, he alternately bullies and fawns in a harsh, croaking voice...Though Trilby is repelled at first by his greasy, dirty appearance and regards him as a spidery demon or incubus, she becomes completely his creature under his hypnosis...Gecko...[is] a young fiddler, small, swarthy, shabby, brown-eyed, and pock-marked; a nail-biter. Though he loves Trilby he helps Svengali train her...so that Svengali may exploit her. (Magill, Masterplots, p. 1158)

At the story’s end, foul Svengali dies. Trilby dies a few hours after. (DuMaurier’s presumption that a mind-controlled victim cannot survive without the puppet master is false.) The novel concludes with Gecko, Svengali’s assistant, trying to explain to Trilby’s grieving former friends what happened to her—and how a hypnotic split personality functions:

Gecko sat and smoked and pondered for a while, and looked from one to the other. Then he pulled himself together with an effort, so to speak, and said, “Monsieur, she never went mad—not for one moment!...She had forgotten—voila tout!”

“But hang it all, my friend, one doesn’t forget such a...”

“...I will tell you a secret. There were two Trilbys. There was the Trilby you knew...But all at once—pr-r-r-out! presto! augenblick!...with one wave of his hand over her—with one look of his eye—with a word—Svengali could turn her into the other Trilby, his Trilby, and make her do whatever he liked...you might have run a red-hot needle into her and she would not have felt it...

“‘He had but to say ‘Dors!’ and she suddenly became an unconscious Trilby of marble, who could...think his thoughts and wish his wishes—and love him at his bidding with a strange unreal factitious love...When Svengali’s Trilby was singing—or seemed to you as if she were singing—our

Trilby was fast asleep...in fact, our Trilby was dead...and then, suddenly, our Trilby woke up and wondered what it was all about...” (Du Maurier, pp. 456-459)

Trilby is now back in print (Everyman, 1994), an old fable that refuses to be forgotten. Svengali, the name that DuMaurier gave to Trilby’s evil hypnotist, is the author’s best known character. The mere word is resonant with sinister implications. A Svengali is “one who attempts, usually with evil intentions, to persuade or force another to do his bidding.” (Webster’s Ninth New Collegiate Dictionary)

Exploitation of Female Stage Mediums

The publication of DuMaurier’s novel wound up a century of European hypno-abuse of genetically susceptible persons, especially young women. Trilby spotlighted the specific problem of hypnotic exploitation of women (and men) in the theater world.

The use of somnambulist (highly-conditioned) mediums on stage, or in seances serving smaller audiences, was common in that era. The medium tended to be young, female, and attractive. She was a highly susceptible hypnotic subject, of course—and not protected by strong and prosperous family connections.

The use of hypnotized women on stage for entertainment emerged from eighteenth century scientific demonstrations of trance and medical hypnosis. Scientific researchers regarded their subjects as means to an end, as useful objects whom they manipulated like laboratory rats to prove, or disprove, their competing hypotheses. Medical hypnotists who were followers of Charcot viewed their patients being treated by hypnosis as disgusting neurotics. Their mechanistic mind manipulations respected only the knowledge and will of the operator. Unethical hypnotists viewed subjects as possessions destined by inborn genetic susceptibility to be ruled by the power of any master who made the effort to acquire and manipulate them. Most hypnotists scorned their subjects for the very quality they worked hardest to develop in them: mindless obedience.

Du Maurier may also have read the autobiography of Charles Lafontaine before he wrote Trilby. Lafontaine failed as an actor, but then became wealthy as a stage hypnotist. The secret of his success on stage was not his own talent, but that of his female hypnotic subject. Lafontaine...

...taught her a theatrical role that she then performed beautifully on the stage before a large audience and of which she could remember nothing in her waking state. (Ellenberger, The Discovery of the Unconscious, p. 157)
He might have read Auguste Lassaigne’s autobiography. Lassaigne was French, born in 1819. He was just a touring solo juggler the day he watched an 18-year-old girl named Prudence receive treatment from a magnetizer. Observing her somnambulist behavior, he became fascinated with the possibilities of hypnosis. Perhaps, he also suddenly envisioned a more prosperous professional future for himself. He courted and married Prudence. Thereafter, she traveled with Auguste, and his act became a stage show in which he hypnotized her.

Offstage, Auguste used hypnotic suggestions to sexually arouse Prudence, which produced “heavenly voluptuousness.” His control, however, was imperfect; an angry Prudence could resist induction! (Ibid.)

In 1894, the same year that Trilby was published, a legal case involving a disreputable psychic healer, Ceslav Lubicz-Czynski, was reported. He had a chronically abused medium:

He made use above all of a method which nowadays is hardly ever applied and which was called “Psychic Transfer.” He hypnotized a female employee who served him as a medium (and at the same time as a lover) and suggested to the patient sitting nearby that his pains and sufferings would be transferred to the medium. (Hammerschlag, p. 35)

In deep trance, the young woman was caused to experience other people’s ailments, daily acquiring her mental version of their pains and suffering. How cruel! The sexual exploitation was also objectionable, for Czynski was at that time pursuing a rich aristocratic client, the Baroness Hedwig von Zedlitz, with the hope of marriage to her. He conducted his “courtship” during his hypnotic services to her. That is what caused the legal case (not his psychological and sexual abuse of the medium), for the Baroness said “Yes” under hypnosis—and her relatives reported the matter to the police.

“Voodoo Death” on Stage

In 1894, another hypnotist, Franz Neukomm, also made European news. Ella first was hypnotized by two doctors who were hired by a “relative” to treat her for a “nervous ailment.” Their power of suggestion temporarily suppressed the symptoms, but then she got even worse. Neukomm happened to be passing through, and her relative took Ella to be mesmerized by him. He also achieved an effective cure of her problem. Neukomm then saw opportunity knocking. He convinced Ella’s relative that the somnambulist girl might again relapse in the absence of his hypnotic influence and therefore should remain in his care. He would look after her without charge. Her relative then abandoned Ella to Neukomm. Thereafter, she traveled with the hypnotist as his medium. Neukomm was “effective,” to say the least. One day, he suggested to Ella that a cold needle, which he placed on her hand, was red-hot. Its touch then produced a real burn on her hand (a known somnambulist phenomenon).

During each show, Neukomm invited an ailing volunteer from the audience up on stage. Then he would hypnotize Ella and give her a suggestion to place herself in the mind of the patient and provide information about his or her state of health. The night that Ella died, Neukomm, to increase the audience’s sense of drama, had changed his hypnotic instructions in a small, but significant way. He told Ella, “Your soul will leave your body in order to enter that of the patient.”

Ella showed an uncharacteristic, strong resistance to that hypnotic suggestion. She tried to deny it.

Imperious master Neukomm deepened her trance, and firmly repeated the “leave your body” command. Once more, she resisted. He further deepened the trance and repeated the command again.

Ella Salamon died. The postmortem stated that heart failure, caused by Neukomm’s hypnotic suggestion, was the probable cause of her death. Neukomm was charged with manslaughter and found guilty. (Schrenck-Notzing, 1902) Ella’s death was similar to what anthropologists call “voodoo” death, death by suggestion.¹


Hypnotic Subject Killed on Stage

In another case of that era, a stage hypnotist named Flint was performing in Switzerland, when his program went terribly wrong:

One of his acts was to lead on to the stage his wife, who was his partner in the show, and bring her to a state of rigidity. He would then place a heavy piece of rock on her stomach and invite volunteers from the audience to come and smash the rock with a hammer. One night a member of the audience misjudged his blow with the hammer and, instead of smashing the rock, he hit the performer’s wife and caused internal injuries from which she died shortly afterwards. (Magonet, pp. 19-20)
Abusive Hypnosis in Literature

When novelists write about unethical hypnosis, they deal with issues of dominance versus submission, the predator's technical expertise versus the subject's ignorance, and betrayal versus trustworthiness. In storyland, however, the mind-controlling villain never enjoys a final victory.

In the late 1800s, the subject of hypnosis dominated in French nonfiction publishing. Some years, every book published in France was about hypnosis. French fiction writers also wrote about it. Alexander Dumas, author of *The Three Musketeers*, wrote six novels which involved mesmerism, “The Marie Antoinette Series.” De Maupassant's last short story, "Le Horla," featured a man who realizes he is a victim of predatory hypnosis. E.T.A. Hoffman was another European writer who was fascinated by hypnosis. His fiction is saturated with every aspect of it. He viewed deep trance as true penetration of the hypnotist's mind into the subject's mind. Hoffman said that hypnotism

...can be either good or evil. The evil magnetizer is a kind of moral vampire who destroys his subject...Therefore, the magnetic relationship can be either good (friendly, fatherly), or evil (demoniacal). (quoted in Ellenberger, p. 160)

Thomas Mann's 1931 story, “Mario and the Magician,” sees hypnosis as an overthrowing of a person's normal duality and balance of surrender and control tendencies:

...the capacity for self-surrender,...for becoming a tool, for the most...utter self-abnegation, was but the reverse side of that other power to will and to command. Commanding and obeying formed together one single principle, one indissoluble unity.

Mann ended that story by letting the hypnotist's insulted subject hit back. Dr. George Estabrooks observed a similar incident in real life. He...

...attended a stage exhibition and arrived late. He was horrified to see a respectable acquaintance stripped to his underwear with a broom handle for a flute gamboling around the stage under the delusion that he was a Greek faun. Highly gratified also to see the faun knock the hypnotist flat the moment the trance was removed. (Young, in LeCron, p. 385)
Case History: “Z” Kantor

No controllable force for good ever existed that was not used, at times, for evil, simply because man has a free will.
- Melvin Powers’ Foreword to Hammerschlag’s Hypnotism and Crime, 1957 edition, p. 5)

“Zebediah” Kantor sat in jail, in shock, his life in tatters (his left elbow also in fragments), trying to comprehend why he had “confessed.” A jail guard, killing time on the other side of the bars, was chatting with the depressed former school teacher. The guard was talking about Zebediah’s friend and next-door-neighbor, Adam. He said Adam had told police that he robbed Zebediah’s house and set it on fire because Zebediah had caused him to do so using hypnosis. Zebediah, puzzled, insisted to the guard that he had never hypnotized anybody in his life; He did not know how and never had any interest in learning. The officer left to tend to duties.

Zebediah sat and thought about hypnosis. He remembered that one night the hands of the big old clock in his living room had suddenly, inexplicably leaped forward several hours. He recalled the times he had met with Adam and let him empty his wallet—and afterwards he couldn’t understand why he had allowed it. He remembered other mysterious events. As Zebediah reviewed the past seven years of his life, inserting hypnosis as the missing piece, all those formerly inexplicable incidents made sense. Now

1. Researchers don’t know “Z” Kantor’s real first name, nor do they know any name for the man who victimized him by hypnosis. They have called Mr. Kantor “Z,” and his hypnotist, “A”—as in “A” hypnotized “Z.” I choose to call them “Zebediah” Kantor and “Adam”—as in Adam hypnotized Zebediah.
Zebediah knew: Adam had victimized him using hypnosis!

Zebediah Kantor

At college, Zebediah had been a conscientious student. He enjoyed sports and was popular with the other students. After graduation, he took a teaching job in the German province of Thuringia. He looked forward to a secure, comfortable, respectable life as their village school teacher. As was the custom, he lived in the school house.

It was the best time of his life. He liked his job; his students liked their teacher; the community respected him. He gave piano lessons on the side and soon fell in love with one of his students, the station master’s young daughter. She cared for him also, and they became engaged. In the meantime, he had inherited a little house and a general-goods store, which provided additional income from house rental and sale of merchandise in the store. He handled his money well and invested spare income in stock.

Being sensible, practical, happy, friendly, and in love, Zebediah seemed to have a good life ahead. He made one big mistake, however, that destroyed his life. The mistake was his friendship with Adam.

Adam Begins the Hypnosis

Adam was Zebediah’s next-door neighbor. Adam was a 38-year-old groundskeeper for an adjacent estate. He had no formal education, no wealth, and no morals. He was “a primitive, vulgar criminal type from a low social level” (Reiter, 1981, p. 25).

Years later, an experimental subject in the U.S., like Zebediah, figured out he was missing time. He also reasoned from his discovered circumstances something of what had been done to him during that missing time:

When I sat down for you to hypnotize me I pulled out my watch and it said 6 o’clock. I started to put it back, and then I took a second look at it and it said 10 o’clock. But before I could figure that out, I noticed that it was dark outside, my coat and tie were off, my sleeves rolled up, and I was just about exhausted, and it really was 10 o’clock... I could lose consciousness like that, and it’s happened lots of times... (In M.H. Erickson, 1938, “A Study of Clinical and Experimental Findings on Hypnotic Deafness: I,” p. 144)

Two early European research hypnotists considered the missing time of amnesic hypnotic subjects and said:

The subject is unable to measure the length of time she has slept, and if she attempts to do so she makes the gravest mistakes... The hypnotic subject has no landmarks by which to measure the void which this sleep produces... (Binet and Fere, Animal Magnetism, p. 365)
He had been in prison several times, and he was on his second marriage. Unknown to Zebediah, one of Adam’s areas of criminal expertise was hypnotism.

Adam started out with small acts of seeming kindness. He began to drop by Zebediah’s house, on some pretext or other, almost every evening. The bachelor schoolteacher always welcomed him, treated him like a prince, and shared the best he had (wine, cigars, liqueurs). Zebediah lived alone, but he kept his home neat, and he enjoyed company. It helped to pass the time after work in that era before radio, television, and tapes. Zebediah was also a gentleman, and, as such, did his best to enjoy and to respond politely to the older man’s conversation.

To Zebediah, Adam seemed only to be a rather long-winded and boring speaker who droned for hours on obscure and confusing subjects. The teacher, weary after his hard day’s work, and sated with dinner and wine, tended to fall asleep during his guest’s monotonous, meandering monologues.

Adam noted Zebediah’s developing habit of falling asleep while he talked. Every time Zebediah fell asleep in his presence, he began to murmur specific suggestions designed to further transform the teacher’s normal sleep into an operator-managed hypnotic trance. Adam had combined two methods of disguised induction. One was his typical boring, confusing monologue, a conversational induction, which would literally put Zebediah to sleep. The other technique took advantage of the natural light hypnotic state all people pass through when in transition from waking to sleeping, a sleep induction.

Zebediah happened to have inborn susceptibility to suggestion. His unconscious responded to Adam’s persistence and coaxing and it became ever more trained and more vulnerable to further training. Adam suggested that Zebediah would have amnesia for all time under hypnosis. Each time that Adam hypnotized Zebediah, he reinforced the amnesia by repeating that suggestion.

When he tired of giving suggestions, Adam would go home, leaving Zebediah asleep, and/or hypnotized, in his chair. Zebediah would wake up later, alone in the house, with no idea that anything unusual had happened.

After the fourth successful sleep induction, Adam gave Zebediah a posthypnotic suggestion that he would wake up the next time his clock struck the hour. Zebediah did that. He did not remember falling “asleep.” He had no awareness of missing time. It seemed to him as if the hands of the clock had simply leaped ahead several hours. He saw that Adam had gone home.

Zebediah now was Adam’s unknowing hypnotic subject. He was a trained somnambulist. Adam no longer had to go to the trouble to bore him to sleep. Now Adam could instantly drop Zebediah into an amnesic trance, at any time, simply by presenting a predetermined cue.

Exploitation

Adam’s hypnotic exploitation of Zebediah began

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1. It astonished class-conscious Europeans when they later heard that such a common man had made an obedient hypnotic subject out of a gentleman. The European upper classes had eagerly experimented with hypnosis for over a century before this case happened. The upper class had hypnotized whoever was handy: mental patients, medical patients, hysterical young females, peasants on the estate, ignorant people from the village, troops in the brigade. Some entrepreneurs trained talented subjects to be “mediums” for profitable “medical” consultations, or to give parlor somnambulist performances, called “seances,” or even public stage shows. After the same scenario of “low class” predator/higher-class victim repeated in the cases of Mrs. E. and Palle, the idea did not seem so preposterous.
in 1921. It continued for 12 years, until 1933. When Adam first exploited his secret power over Zebediah, he started with small things. If Zebediah noticed, it probably did not seem very strange to him to be giving, or “lending,” money, wine, cigars, and so forth, to his neighbor. Adam never paid Zebediah back. The hypnotist demanded ever harder and crueler amounts of money from his subject. Once Adam got his hook into Zebediah’s unconscious, he extracted every possible dollar from him.

Adam also made Zebediah shoot himself using posthypnotic suggestion. The hypnotic instruction was: if Zebediah heard Adam say “Herr Kantor: Machen Sie keine Dummheiten!” (“Mr. Kantor, don’t do anything stupid!”), then Zebediah was to rush home, get his gun, and shoot himself in the left hand. Ten days later, Adam actually spoke that cue sentence to Zebediah.

It was a Sunday. Zebediah was happily strolling through the town streets, with his sweetheart on his arm, when he happened to encounter Adam. We all have cues we respond to. In Adam’s case, perhaps it was the sight of Zebediah being respectable, successful in his occupation, and happily in love—despite all Adam’s predations so far. The sight led to the thought, and the thought is parent of the deed. In a joking tone, Adam called out to Zebediah as they passed, “Herr Kantor: Machen Sie keine Dummheiten!”

When Zebediah heard the cue phrase, his response was automatic. The reflexive level of his mind began to carry out the sequence of tasks as specified (go home immediately, get the gun, and shoot himself in the left hand). Zebediah told his fiancee that he needed to change clothes (a rationalization). He then he rushed home, leaving her standing, bewildered and alone, in the middle of the road.

When he got home, however, Zebediah did not change clothes, because getting home cued the next step in his unconscious instructions. Instead, he searched for his revolver, found it, and took it out of the drawer. Then “the gun went off and he was hit in the left elbow joint.” (Reiter, p. 61) The bullet shattered his elbow. From then on, Zebediah’s left arm was crippled.¹

After the incident, Zebediah again rationalized. He said that his hand cramped, and that the cramp had caused him to release the safety and pull the trigger. He believed it was just an accident.

Zebediah’s unconscious, however, knew the whole story. It was becoming overburdened with painful experiences repressed by Adam’s amnesia suggestions. As a result, Zebediah “became nervous and irritable and carried out his work absently and automatically.” (Reiter, 1958, p. 62) All the teachers had to take—and pass—a standard examination given by school authorities every year in order to keep their job. In the spring of 1925, Zebediah, unable to concentrate, failed the test. He now had no teaching job. He could not do manual work because of his crippled left arm.

The next time Adam visited Zebediah, he suggested that Zebediah sell his home (Zebediah still owned the house and store) and share the money with him. Adam made that suggestion to Zebediah without first hypnotizing him.

Zebediah said “No.” He was not consciously aware of his hypnotic victimization by Adam, but he sensed intuitively that there was a problem. He felt controlled by him, and had tried, unsuccessfully, to end their relationship.

Again without hypnotizing Zebediah, Adam next proposed that they should together set fire to his house and collect the insurance money. Despite his financial problems, Zebediah also indignantly rejected this proposal.

Adam then hypnotized Zebediah. He compelled him to draw a house plan to be used as proof to the insurance company of the house’s interior design and its valuable contents. Later, Adam set Zebediah’s house on fire. Zebediah did not know that Adam had done that. When Zebediah received his insurance payment, Adam used his hypnocontrol to acquire the larger part of the money from Zebediah. He let Zebediah have just enough cash to repair his scorched house.

It is the nature of things that greed is never satisfied. Adam hypnotized Zebediah and caused him to write a household inventory which included non-existent possessions and which greatly over-estimated the values of his real household goods. Then Adam gave Zebediah a posthypnotic suggestion to take a vacation trip.

When Zebediah returned, he discovered that his house had been burglarized and some belongings stolen. He reported the thefts to the police. He gave the false inventory to the insurance company. He had no conscious knowledge that the information was false. He did not know that Adam had committed the thefts. The insurance company paid and Adam ended up with the money.

¹. In a Norwegian case, the hypnotist suggested his subject’s arm had no feeling, then instructed him to shoot himself in that arm. The subject did so. The goal was insurance money. (Polgar, The Story of a Hypnotist, 1951)
Adam decided to repeat the scam. He again hypnotized Zebediah, caused him to write an inflated, false inventory of his household possessions, and gave a posthypnotic suggestion for an out-of-town trip. While Zebediah was gone, Adam again broke into his house. Zebediah came back, saw what had happened, and again called the police and the insurance company. The insurance company again paid out a large sum. Again the money ended up in Adam’s pocket.

Arrests and Jail

It came to the attention of the police that Adam had much unexplained prosperity—and goods stolen from Zebediah’s house in his house. The police accused Adam of the two burglaries of Zebediah’s house, arrested him, scheduled a court date, and then turned him loose until the trial. Adam then went to Zebediah’s house, hypnotized him, and gave a very complex posthypnotic suggestion.

The cue for enactment would be Adam saying, “Herr Kantor! It’s no use any longer—tell them everything!” Upon hearing that cue, Zebediah was to “confess” that he, himself, had thought up all the criminal schemes. He was instructed to declare that he was the guilty one. And he should be the one on trial. Zebediah was to explain that his criminal idea was caused by money problems and that he had persuaded Adam to help him carry out his plans.

Adam figured that, after Zebediah confessed to setting up the whole thing, and to tempting and entangling his poor, ignorant neighbor with money to commit the burglary—the law would come down hard on Zebediah and lightly on him.

Mr. Kantor (amnesic, as usual, for the hypnosis), knowing nothing of the self-incriminating posthypnotic suggestions awaiting cue in his unconscious, went to visit his fiancee’s parents. They told him of Adam’s arrest and court date. Zebediah believed the police were mistaken. He told his hosts that he hoped the real thief would soon be identified and arrested.

While Zebediah was visiting with his in-laws-to-be, Adam returned to the police station. There he announced that he had decided to confess the whole story. He said they were right: he committed the burglary—but only because Herr Kantor had persuaded him to do it. The police then found and arrested Zebediah. They said that his accomplice, Adam, had fully confessed. Zebediah, now with a felony charge against him, was astonished. He indignantly protested to the police that he was innocent.

The police then brought Adam into the room to confront Zebediah, as Adam (having experience with the judicial system) knew they would. Adam then...

...confidently, almost triumphantly, brought out the cue. It caused a lightning change in Zebediah, as if he received a shock. He collapsed completely and confessed, exactly as he had been ordered to do under hypnosis. (Reiter, 1958, p. 62).

Zebediah was held in jail. Adam was allowed to return home. Before he left, Adam thought of a way to make Zebediah look even worse and himself look even better. He told police that Zebediah had been hypnotizing him and had used hypnosis to make him commit the crimes.

After the jail guard passed that information on to Zebediah, he finally recognized what his problem really was. From his jail cell, Zebediah then wrote letter after letter to both the authorities and to his defense attorney. He passionately begged for a careful investigation of his case in

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the light of his new understanding. He obtained an examination by a medical doctor with some training in hypnosis, hoping that the doctor would offer the court proof of his victimization by Adam, but the doctor refused to get involved.

**Trial**

Zebediah went bravely to his trial, secure in the knowledge that he was innocent. He now knew what had really happened and he felt that he could explain it. He trusted that the truth would be enough.

But the judge did not believe him. Even his own defense lawyer did not find Zebediah’s version of the facts credible.

*It was unthinkable that a primitive and uncultivated type of person such as Adam would be able to hypnotize an intelligent, educated man such as he and, what is more, turn him into a slave and automaton for his own criminal ends.* (Reiter, 1958, p. 63).

Furthermore, even if it were true that Adam had hypnotized Zebediah, everybody in that courtroom believed in the “dogma of moral integrity.” According to that legal concept, it was the subject’s fault if he obeyed a self-injurious or criminal suggestion given by a hypnotist because only an evil person obeys an evil suggestion. Not all hypnotists believed the dogma of moral integrity, but no disbelievers testified at Zebediah’s trial.

Losing on the dogma issue, Zebediah then pinned his hopes on his legal right to confront the accuser. He demanded a face-to-face confrontation with Adam in court. He was sure that he, now knowing the truth, could force Adam to tell the truth to the court.

He did not realize that conscious awareness of being a hypnotic subject and conscious profound determination to never again be hypnotized are easily overpowered by unconscious hypnotic conditioning. He did not know that a conditioned hypnotic subject—who has realized his situation—tends to respond to the hypnotist’s presence with fear, guilt, and confusion.

*...though his existence was at stake, as soon as Adam was brought in, he was so influenced by his presence that his manner became uncertain and confused, and when he saw Adam’s mocking look and self-confident bearing he began to stammer. Nobody believed what he said.* (Reiter, 1958, p. 63)

Adam whined to the judge during his testimony that he was just “an ordinary fellow.” He said that he had no idea what hypnotism was, but that he had been persuaded, by the cunning and deceit use of it by Zebediah, to assist in those criminal projects. The court rejected Zebediah’s statement and believed Adam’s.

Zebediah did not give up. He proved that the insurance money from both burglaries ended up in Adam’s pocket. The court, however, still refused to believe his statements about hypnosis. At the trial’s end, Zebediah was sentenced to thirteen months in jail. Adam got eight months, and everybody’s sympathy, for being the ignorant, honest man who was deceived and taken advantage of by Zebediah, using hypnosis.

While in jail, Adam pursued a new money-making scheme. He attempted to blackmail Zebediah’s family, threatening to tell police about Zebediah’s house being torched and the old insurance swindle based on that (which had not come up during the previous trial)—unless they paid him hush money.

Confident of their son’s innocence, however, Zebediah’s family refused to pay Adam. Instead, they found a better lawyer to defend Zebediah. His new lawyer took Zebediah’s version of the case history more seriously than the previous one had. He obtained a ruling from the judge that Zebediah and Adam should not again be in the courtroom at the same time. He asked the judge to have both imprisoned men “put under mental observation.”

Showing their prejudices, the police kept Adam in a regular facility, but sent Zebediah to a mental hospital for the evaluation. The hospital’s director had no experience with hypnotism, and he firmly believed that a hypnotic subject could not be made to do anything against his will. The psychiatrist stated that Zebediah was “weakwilled and vacillating, a psychopath and a neurotic who had no understandable motive for his criminal actions.” He interviewed Adam in jail and described him as “purposeful, energetic, and resourceful, a typically brutal and callous blackmailer...” (Reiter, 1958, p. 63)

**Case History: “Z” Kantor**

**Dr. Kroener Learns the Truth**

The lawyer could not get Zebediah out of jail. After his client served the time and was released, the attorney sent Zebediah to be evaluated by the skilled psychiatrist and experienced hypnotist, Dr. Kroener. In the beginning, the doctor assumed that Zebediah was lying. However, as he worked with Zebediah, session after session, under hypnosis, during two months of 1927, the doctor gradually changed his mind. He concluded that Zebediah’s crimes actually had been caused by Adam’s hypnotic suggestions.

Perhaps Kroener also implanted a suggestion that blocked Adam from ever hypnotizing Zebediah again. For,
either by that blocking, or by total avoidance of Adam, Zebediah managed to never be victimized by his neighbor again. The doctor’s belief in Zebediah’s story must have been a precious comfort in this difficult era of that unfortunate man’s life. For, his fiancé had rejected him and the school district would not hire anybody with a criminal record, even if he could pass their test.

But Zebediah’s lawyer and Dr. Kroener were working on a plan which they hoped would exonerate the school teacher. In 1929, Kroener hypnotized Zebediah again. This time, seven witnesses and a stenographer (who recorded 126 typed pages) were present. One of the witnesses was Professor Arthur Kronfeld, another noted German hypnosis expert. Both Kroener and Kronfeld wrote reports stating their professional opinion, that Zebediah had been victimized by Adam using hypnosis. The lawyer enclosed those reports when he applied to reopen the case.

The court of appeal agreed that new facts had come out, but refused to allow a full-process appeal. They based that verdict entirely on the dogma of moral integrity: if Adam could cause Zebediah, by means of hypnosis, to do immoral things, it proved that Zebediah was an immoral person.

Kroener’s Book

Dr. Kroener wrote a book about Zebediah’s case, seeking to present the case to the higher court of public opinion. His manuscript would have been the first modern psychiatric study of a victim of unethical hypnosis, and the first recorded memory recovery, by rehypnotization, of a survivor of unethical hypnosis. However, nobody read it because, immediately after its printing, the German government banned it. Whoever put up the substantial money for his publishing venture lost it all.

In 1936, another case of unethical hypnosis went on trial in Germany. That time, two hypnotists went to jail, not their victim. After the trial, Dr. Kroener contacted Dr. Ludwig Mayer, the psychiatrist who had managed to discover the truth and cause the hypnotists to be the losers in court. Dr. Kroener told Dr. Mayer about Zebediah’s case. When Mayer wrote a book about his client (published in 1937), he included in it a summary of Zebediah’s case history.

Post-War Events

When Germany sank into the dark maelstrom of Nazism. Dr. Kroener, a Jew, emigrated. When he returned, 17 years later in 1952, he searched for Zebediah and his lawyer. He learned that both still lived, and contacted them. Zebediah soon traveled to Berlin (it was the summer school holiday) to, once again, be hypnotized by Dr. Kroener. Zebediah was now age 56. He long since had been working again as a school teacher. His current job was in a large city school in the province of Franconia. His behavior record, since release from jail in 1928, was spotless.

Zebediah had 15 more sessions with Kroener—all tape-recorded, transcribed, and annotated. Although Zebediah’s conscious memory of those old happenings was now fuzzy, but under hypnosis he remembered it all clearly. His story, remembered twenty years later, was unchanged.

During the Christmas holiday that year, Kroener visited Zebediah in Franconia. The psychiatrist asked Zebediah’s permission to publish the book about him. Zebediah hesitated. He knew that publicity could compromise his job, yet he deeply yearned for the truth to be known and his innocence to be, at last, firmly established. He said, “Yes.” A few days later, somebody circulated printed matter referring to the old charges against Zebediah. The old teacher immediately was fired from his job.

Then Dr. Kroener heard of another successful prosecution (in the Danish court system) of a hypnotist who had given a subject criminal suggestions. The court psychiatrist was an old friend of his, Dr. Reiter. Reiter told Kroener that he was working on a book about his case. It would be published in the United States as well as Europe. Aging and unwell, Dr. Kroener delivered his manuscript, tape recordings, and notes on Zebediah’s case to Reiter.

Dr. Reiter added Zebediah’s case to his book about Palle Hardwick. The detailed synopses of Zebediah’s case history made by Dr. Mayer and Dr. Reiter provide the only remaining public record of Zebediah’s sufferings and the struggle of good Dr. Kroener to make public the truth about his case.
Case History: Mrs. E.

In the past, writers have always called her “Mrs. E.” I call her “Anna Evan.” (It isn’t her real name; her real name is unknown.) When this all began, in the 1920s in Germany, Anna was not yet married to Mr. Evan. She had only just met that nice young man. Mr. Evan had a steady job as a minor government official, and had begun to court her. The criminal hypnotist’s name was Franz Walter, but she knew him as “Walter Bergen” and other aliases.

Later, under rehypnotization by a police psychiatrist, Dr. Mayer, Anna relived her years of hypnotic victimization. One day, she tried to explain to Dr. Mayer how life as a conditioned, chronic hypnotic subject had felt:

“I’m no longer the same person as before. Something different controls me. I don’t want to do something, but I do it. Or I want to do something, and yet I don’t do it...in the end I thought of nothing more than doing what Walter wanted. If I obeyed I always felt more at ease. Within me I was never free—there was always something oppressing me....I can’t struggle against these pressures...the pressure vanishes when I obey the commands of the inner voice.” (Mrs. E., quoted in Hammerschlag, Hypnotism and Crime, pp. 120-121)

When it was all over, she had been the unknowing hypnotic subject of Bergen for seven years, the wife of Mr. Evan for four. During those seven years, Bergen extorted thousands of dollars from her, used her sexually, sold her services as a prostitute, compelled her to attempt murder on her husband six times, and caused her to attempt suicide several times.

1. The two German cases of Zebediah and Mrs. E. overlap in time. It is quite possible “A” and Bergen knew each other.
The Day It Began

Anna Evan, a naive farmer’s daughter, age 17, was riding a train to the city on the day it all began. She intended to find a doctor there who would help her with a minor stomach problem. She traveled alone. Perhaps it was her first solo trip, granted because she was a sensible girl with good values. It can be assumed that she felt rather proud and adult to be traveling alone to find a doctor and get treatment.

Anna found an empty train compartment, entered, shut the door behind her, and seated herself on one of its pair of facing seats. Shortly after, a man opened the door and seated himself opposite her without so much as a “Do you mind?” He introduced himself, “Bergen.” She nodded and turned away.

Nothing that I have read about her tells how she looked, so I must imagine that. I think she was almost beautiful, but her nose was a little too broad for perfect features. I think she had sky-blue eyes and thick brown hair, worn long and loose under her demure traveling hat.

Anna wanted to watch the lovely German countryside roll by outside the window, but Bergen pursued her with questions in a lively and friendly manner. She was reluctant to talk to a strange man, but felt obliged by her polite upbringing to answer all his direct questions.

Where are you going?” he asked. She told him. “What is your purpose?” he asked. She explained her intent to find a doctor and be treated for her stomach ailment. It might be assumed that she felt rather proud, and adult, to be traveling alone to seek a doctor and receive treatment.

“How fortunate we have met,” the man said. “I noticed, the moment I came into your compartment, that you are ill. For, you see, I am a nature healer, a homeopath, Dr. Walter Bergen. My office is in Karlsruhe-Daxlanden. And yours is just the kind of illness that I can treat very well.”

When the train stopped to take on coal and water at Graben, Dr. Bergen invited Anna to join him in the station for a cup of coffee. She demurred, for he frightened her somewhat. He insisted, however, jovially picking up her traveling bag and carrying it out the compartment door. She stood up and followed her suitcase.

He picked a table for them in the railway station restaurant and ordered coffee for Anna. He made small talk while they waited for the beverage. The waiter brought Anna’s cup of coffee and walked away. Dr. Bergen suddenly seized her hand and stared into her eyes. He was channeling so much mental command through that gaze that, after a moment, Anna felt as if she no longer had a will of her own. She felt so strange and giddy.1

1. For more on this type of induction, see Mind-to-Mind Inductions in Part II.
Bergen’s shocking hand-grab, plus stare, technique may never before have elicited such a quick and profound induction response as Anna’s. He probably was secretly delighted and amazed at his success. Actually, he had merely lucked onto a genetic somnambulist, 10 to 25% of the population.

Bergen had accomplished a first induction. He probably now considered the delicious long-term possibilities of controlling this young woman through trance and probably now considered the delicious long-term possibility.

He next pushed her deeper into trance, deep as he could. Then he suggested posthypnotic amnesia, and a posthypnotic re-induction cue: “Whenever I say ‘Loxitov,’ you will immediately return to this deep trance state, and you will never remember what happens in this state.” Perhaps he brought her back to a waking state, then re-induced using his cue—several times. That training would have strengthened her conditioning, for each re-induction usually causes a subject to go deeper.

He gave further posthypnotic instructions, telling her to obey either verbal or written orders from him. He would use this means to cause her to come back to future meetings with him. He also gave hypnotic suggestions that her stomach would no longer trouble her. He collected the money that she had brought to pay a doctor.

Bergen was not a real doctor. “Bergen” was not his real name. He was a genuine con artist. He could have been reading books on hypnosis for years. Europe of that era had hypnosis texts aplenty. A scholar named Max Dessoir had published a Bibliography of Modern Hypnotism listing the numerous books on hypnosis that were published after Mesmer first focused public attention on this subject. Many books were in French, but some were in German. In 1888, Dessoir listed 801 titles. By 1890, there were 1183. Many authors discussed the possibility of abuse of hypnotic subjects, even crime caused by suggestions under hypnosis.

Over the next seven years, Bergen often instructed his unknowing hypnotic subject to meet him at the train station of Karlsruhe, or Heidelberg. He would then hypnotize her, lead her where he chose, do with her as he wanted. He gave Anna suggestions to act in a way that would appear normal to other persons (waking hypnosis), although she was hypnotized and amnestic during those visits.

Suggested Sickness, Suggested Healing

The “doctor” angle was very profitable for Bergen. (It is possible to cause paralysis, muscle cramps, and every sort of pain by hypnotic suggestion. Over and over, he gave Anna psychosomatic ailments. Some of them were very painful. If paid what he demanded, he then cured her by releasing the previous hypnotic suggestion that had made her “sick.” One time, he instructed her, “All the fingers of your left hand, except the little finger, will become stiff. You cannot move them any more.” (Hammerschlag, p. 107)

Bergen’s suggestion was cloaked by amnesia from Anna’s conscious mind. So, after he was done with her, Anna did not know why she could not unclench her left hand, except for its little finger. No matter how much effort she exerted, it remained shut tight. “That painful, inconvenient condition continued for months—until her family gave her the money to pay Bergen’s past bill and hire him to renew her ‘treatment.’”

When she, at last, was able to pay, Bergen pretended to massage her hand until she could open it. (And he counteracted his previous suggestion that had caused the clenching.) Once her hand could open again, she saw that the growing fingernails had bruised and inflamed her palm. Bergen then splinted and bandaged her hand. After removing the splint, her hand still felt so tired that she could hardly use it.

Mr. Evan remembered that incident too. He told Dr. Mayer, “For...about 8 to 14 days, her hand had a cramp. It was impossible to bend her fingers. Another time, for 8 to 10 weeks, my wife’s hand had a cramp. It was impossible to bend her fingers. Another time, for 14 days, her hand was so firmly locked that the inner side was all bruised as a result.” (Mayer, p. 182) Anna learned to bring Dr. Bergen every dollar she could get. If she did not bring money, he would subject her, by posthypnotic suggestion, to dreadful new pains.

In trance, by Dr. Ludwig Mayer, Anna later exclaimed, “Now I know where all those pains came from!...Sometimes I didn’t bring money—because I couldn’t get any from my parents or my husband. Then Walter would say, “You will get so ill that they will prefer to pay!” After that, I got the most awful pains, which only vanished when

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1. Moll’s 1869 German classic, Hypnotism, lists ways hypnosis might be used unethically. The list includes: assault on the hypnotized person, especially seduction; posthypnotic suggestion to create a physical problem such as paralysis; causing suicide attempts by posthypnotic suggestion; acquiring property illegally by posthypnotic suggestion to sign a will or other legal paper; causing false testimony in court by suggested hallucinations or suggested falsification of memory; causing subject by hypnotic or posthypnotic suggestion to harm someone else; causing subject to harm himself. That covers most of what Bergen did to Mrs. E.—and what Adam did to Zebediah.

2. Of the possibility of causing physical problems by hypnotic suggestion, a hypnotist wrote:
   It is practicable to suggest any sort of hallucination of vision such as color perception, form or object perception, mist sight, double sight, or even absolute blindness...Complete deafness can be suggested, in which case it is necessary to take measures for an adequate signal to remove it, and one may then fire a pistol immediately behind the subject without his reacting. (Reiter, “The Influence of Hypnosis on Somatic Fields of Function,” in LeCron (ed), Experimental Hypnosis, p. 243)
he took them away by magnetic stroking of me.” (Mayer, p. 131)

Bergen also used Anna sexually—free for himself, and in paid service to other men. He also shared his mental access to her with friends. If one of them spoke Bergen’s posthypnotically designated cue word to her, rapport temporarily shifted from Bergen to whoever had spoken that word. Bergen’s friend then could use all the powers over her that Bergen had developed. One of Bergen’s friends began frequently to participate in her hypnotic exploitation.

Murder Suggestions

It took a long time, but Mr. Evan finally began to voice suspicion of Anna’s “doctor.” The husband had acquired private evidence that her “treatment” included sexual encounters, of which his wife seemed completely unaware. When Walter Bergen realized that Mr. Evan was changing from a convenient supplier of cash to pay Anna’s doctor bills into an active threat, the “healer” began to give Anna hypnotic suggestions to murder her husband.

Bergen tried six times; he failed six times. The failures were partly blind luck, or the grace of God, but also due partly to Anna’s unconscious resistance to this most heinous suggestion. She described all six murder attempts later, under Dr. Mayer’s rehypnotizations, in the presence of her astonished husband.

First, Bergen told her (under hypnosis as always), that she would go to a drug store and buy a poisonous chemical used for furniture cleaning. She would then add that poison to Mr. Evan’s food. When she got home, however, Anna was gripped by such a mysterious, extreme excitement that her concerned husband would not allow her to leave the house to go shopping. Since Bergen’s hypnotic instructions had been specifically cued for enactment that particular evening, putting them off until the next day disempowered the urge.

Bergen’s second murder scenario was a shooting. He instructed the hypnotized woman, “When you get home, you will take the Browning out of the desk and hide it in a more convenient place. When your husband is sleeping, get the gun, draw the safety catch, and pull the upper barrel back. Hold the pistol at his temple and press the trigger. Then place the weapon in his hand, so that it will seem that he had committed suicide.”

Bergen’s hypnotic command sequence had omitted an important detail. Anna did not take the gun out of the desk. She did hide it in a handy place. While her husband slept, she did get the gun. She released the safety catch as instructed, and she pulled the upper barrel back. She held the pistol to husband’s temple and then pressed the trigger. But the gun was not loaded, so her husband was unharmed!

The next time Mrs. Evan was compelled to meet Bergen, she told him her husband was very upset and was seriously considering going to the police. Walter then came up with a third plan: “Give him mushrooms,” he ordered. “Cook harmless ones for yourself in one pan. Cook poisonous ones for him in a different pan—the type with a red skin.”

Consciously ignorant of the murder plan, Anna cooked the two kinds of mushrooms. She served herself
Mrs. E. gave her husband the nonpoisonous ones. He swallowed two spoonfuls, then left the rest on his plate because of their disgusting taste. Two hours later, the poison took effect: stomach pains, diarrhea, and vomiting. Anna had no idea why her husband was sick. She gave him some mint tea. After a while, he felt better.

The next murder “failure” definitely was caused by Anna’s unconscious fighting of Bergen commands. The hypnotist had given her a packet of white powder and instructions to slip the powder into her husband’s coffee. He warned her that the powder would cause a little bubbling in the coffee, and that she should take precautions so Mr. Evan would not notice the effervescing. As she was traveling home, Anna took the powder out to look at it. Then she “accidentally” spilled most of it. That evening, obeying the posthypnotic compulsion, she put the remainder in his coffee. Even that little caused him severe stomach pain. He went to the doctor for treatment.

When Mayer hypnotized Anna, Mr. Evan was present every session. He was so astonished, during her hypnotic regressions and recall of these murder attempts, that he could hardly stay calm. He confirmed the history of each incident (at last fully explained) for Dr. Mayer. He had, indeed, been sick after the two teaspoons of mushrooms, and after that cup of coffee.

Bergen tried again, switching to a different, even more deadly, method of hypnotic manipulation. He changed from direct murder instructions to an indirect, deceitful presentation of those instructions. He now gave Anna instructions under hypnosis which he claimed would keep her husband safe.

Mr. Evan rode a motorcycle. It had a hand brake and a foot brake. Under deep hypnosis, Bergen told Anna to cut the hand brake’s cable because that would force Mr. Evan to use the foot brake which was “less dangerous.” He then instructed her to “turn the screw of the foot brake several times to the left.” He explained that turning the screw in that direction would tighten it, and thus keep her husband safer. Anna objected. She knew how the mechanism worked.

Walter said, “Your analytical powers are disappearing. You must do exactly as I say!” Then, he repeated the full set of commands again, plus his reassurances that obedience would protect her husband.

Anna carried out the two acts.

Mr. Evan sat, amazed, listening to his hypnotized wife tell all this to Dr. Mayer. Now he understood the why and how of those strange brake failures on his motorcycle! He told Mayer what had happened next. “I was driving after dark, with a friend on my motorcycle. Just before coming to the railroad, which had its barricade down, the headlights of an approaching car blinded me. I didn’t realize how close I was to the barricade. When the oncoming car dimmed its lights, and I could see again, I was only 20 meters from the barricade! I jammed my foot down on the brake. It didn’t hold. I tore through. I pulled the hand brake. It didn’t hold either. I tried to get into first gear, but accidentally went into neutral instead. I hit the barricade, and crashed. Both my friend and I were hurt.”

Though his plan had failed again, Bergen was encouraged by having come so close to succeeding. After Mr. Evan was well enough to ride again, and his motorcycle was back from the mechanic’s shop, the hypnotist gave Mrs. Evan the same set of instructions, again.

Mr. Evan had another motorcycle accident. Both brakes tore through again. He was perplexed because both brakes had just been repaired. When his motorcycle crashed this time, he was riding alone. His arm and knee were injured, but he lived.

Suicide Suggestions

Frustrated by all those unsuccessful murder suggestions, frightened by Mr. E’s reported thoughts of going to the police, Bergen now began giving suicide commands to Anna. First, he told her to obtain a prescription from her doctor for sleeping pills and to swallow the whole bottleful the first night she possessed them. She asked her doctor for sleeping pills. However, he refused to give the visibly upset woman a prescription.

At their next meeting, she told Bergen she had not acquired the tablets. He then “made me feel dreadfully upset. He said I would die in terrible torment, that my whole blood was becoming pus. He said it would be better if I would kill myself rather than suffer through that death. He advised me to jump off the train when it was moving, but
only when I was alone. He said such a death would be painless. I was convinced and firmly decided to carry this out on the way home, because I believed myself to be terminally ill. But, on the train, I got into conversation with an elderly lady to whom I confided my misery. She comforted me and drove away the thoughts of self-destruction.”

(quoted in Mayer, 1937, p. 106)

Anna had chosen to converse with the old lady. Almost anybody you discuss suicide with will attempt to comfort you and drive away those thoughts. Anna’s unconscious let them be driven away. Another suicide set-up by Bergen was evaded.

The hypnotist did not give up. On Anna’s next visit, he suggested that her husband loved another woman and wished to divorce her—or somehow get rid of her. In fact, Bergen said over and over to Anna in his hypnotic urgings, her husband was secretly trying to kill her because he was in love with that other woman. (In fact, Mr. Evan had not considered leaving her, nor did he have an affair.) Because of her husband’s (imaginary) betrayals, Bergen said that she would drown herself in the Rhine river.

On the way home, Anna did feel utter despair. She made plans to drown herself in the nearby Rhine River. Her unconscious saved her, this time, by finding a way to alert the housekeeper to Anna’s state of mind, and by picking a time to carry out the command when the housekeeper and several other persons were around. The housekeeper observed Anna’s depression, followed her, and restrained her from drowning herself.

Anna obviously had a problem. Up to this time, however, only her unconscious and Bergen knew the real source of the terrible pressures on her. Mr. Evan demanded, again and again, that she tell him what was wrong. Anna could not tell. She did not know what the problem was. She did not know that Bergen reinforced his amnesia commands with threats to destroy her, if she betrayed him by revealing anything to her husband. If she had consciously known what was going on, she would have reacted immediately and correctly. But her conflict was all unconscious, hidden from conscious understanding, prevented from resolution by the amnesia.

Mr. Evan was married to Anna during the last four years of her hypnotic abuse. At first, he had no idea unethical hypnosis was involved in her situation. Fortunately, he never doubted her sanity. He gradually realized her true situation.

Mr. Evan Goes to the Police

Mr. Evan tried, but he could not track down Bergen on his own. Because of amnesia, Anna did not consciously know when she was scheduled to see Bergen, what his real name was, where she met him, or where he lived.

Walter Bergen was right to fear Mr. Evan, for he finally went to the Heidelberg Criminal Police office for help in solving the tragic mystery in his wife’s life. He went in 1934, toward summer’s end. He reported that his wife had been duped out of nearly 3,000 marks. He said the perpetrator was a man who had told Anna that he was a doctor and who had given her hypnotic treatments for various health problems. He said the doctor used several names, all false. Neither he nor Anna knew the hypnotist’s real name. Every effort he had made to discover the true name and address of the hypnotist had failed. He told them that he also suspected that the hypnotist had sex with his wife while she was hypnotized, with neither her knowledge nor consent.

After hearing what Mr. Evan had to say, the police called in a psychiatrist, Dr. Ludwig Mayer, the most respected medical hypnotist in all Europe. Dr. Mayer did not believe that unethical hypnosis was possible. In his previous writings, he had always promoted the “dogma of moral integrity,” that it is impossible to completely annihilate a subject’s will by hypnosis.

When Dr. Mayer examined Anna, he found no sign of any underlying illness, mental or physical. Mr. Evan assured the doctor that his wife did not have sickly relatives, was not sickly in her childhood, and had never had mental problems. A series of other psychiatrists and neurologists—at the Clinic for Women, the University of Heidelberg’s Nerve Clinic, and the University of Freiberg’s Psychiatric Clinic—also examined Anna. All agreed she was not mentally ill.

On all topics, except events having to do with Bergen, her memory was normal. Her only mental abnormality was that she could remember nothing having to do with the hypnotist. She had “forgotten everything.” She was, however, able to tell Dr. Mayer the induction cue which Bergen used on her! Bergen would put his hand on her forehead. She would feel dizzy for a moment, and “tired,” and then came the amnesic abyss.

Mayer Cracks the Case

Dr. Mayer asked Anna’s permission to hypnotize her. She gave it. The psychiatrist then used Bergen’s induction cue: the hand on Anna’s forehead. If a hypnotist who is attempting a rehypnotization uses the same induction or deepening routine as the former hypnotist (deliberately or accidentally), progress will be substantial. The first time Mayer put his hand on her forehead, Anna went into trance, but it was only a light state. (Perhaps Bergen had given her sealing and depth-limiting suggestions.)

However, Mayer kept repeating Bergen’s induction cue. Gradually, Anna’s trance deepened. After several
sessions of just repeating Bergen’s induction cue, Mayer had this natural somnambulist deep enough for hypnotic regressions. But she still couldn’t remember.

Bergen had threatened her unconscious with the worst he could think of if she broke his amnesia rule. If she remembered forbidden information and betrayed his secret, he had warned that she would fall dead, her father would die, and she would endure everlasting damnation in this life—and hell in the next. Dr. Mayer found it slow, tough going to fight those fear-based unconscious amnesia commands and recover Anna’s memories. Bit by bit, however, the memories did emerge.

Mayer’s first priority was to identify the predatory hypnotist. He suggested that Anna would hallucinate the hypnotist’s face. She did! Bergen’s rules, which had made her unable to “remember” his face, did not cover a request to “hallucinate” it! She described that hallucinated face to Dr. Mayer.

The psychiatrist carefully recorded her description, then turned it over to police experts. They noticed that Anna’s description matched the face of a man called Franz
Walter who had just been arrested in a nearby town for pretending to be a doctor! They put Walter in a lineup and brought Anna in. She identified him as the man she had met on the train, the man who had seized her hand and stared into her eyes.

Walter, of course, denied everything. They locked him up anyway.

Dr. Mayer continued searching Anna’s memory. One day, she visualized for him a letter from Bergen containing instructions to come and meet him. At Mayer’s suggestion, she “saw” the exact words of the letter as a positive hallucination superimposed over the blank whiteness of a piece of real paper he had handed her. Anna held the blank page up before her, peered at it, and “read”:

I order you herewith to be in the station at Heidelberg on the 18th of this month where I shall expect you at the exit at 4 o’clock. Dr. Bergen. (Destroy this note.) (Hammerschlag, p. 106)

Another day, she relived taking her through the streets to an unknown place. She had walked with her eyes open, but unable to see anything because of his suggestions that she was blind. He took her to a room, continuing to make those suggestions that she was “blind.” He told her to lie down. He said, “You are receiving treatment! Sleep quietly! You know nothing of what has happened here, and you will not know later either!”

At this point, Mayer’s hypnotic subject began to shake her head in a physical gesture of “No, no” as she relived this event. She made pushing-away movements with her hands. She began to cry softly. After she awoke from the trance, Anna explained to the doctor, “…now I know!...Through the hypnosis I suddenly know.” She sobbed on and on. For a long time, she could not stop crying.

Word Associations

Dr. Mayer made good use of the memory-recovery technique of association, following the verbal, or imagery, linkages in Anna’s unconscious memory. The result often was the uncovering of some new fact about the criminal hypnoses that Anna had not consciously remembered.

Mayer chose the cue words from what Anna already had remembered. For example, after Anna recalled being with Bergen in a swimming pool, Mayer asked her to think of “swimming pool” and then describe the next image that came into her mind. Anna said, “I clearly remember a white Turkish towel. It has light blue stripes at the top and bottom. I also saw a towel with lilac stripes at Walter’s.”

The police searched Bergen’s room. They found both towels.

Dr. Mayer also obtained cue words by hypnotizing Anna, then telling her to say every word or thought which came into her mind—not regarding whether it made sense to her or not. Her unconscious grabbed this opportunity to provide evidence on Bergen, without breaking his not-know, not-remember rules. It produced a string of incriminating clues: “Shoe—Schuhmacher—5 Mark; Auto—6071; Combarus,” and so on. When Anna looked at the list of the words which she had said, after waking up from hypnosis, none of those words and phrases made any sense to her. Under later hypnosis, however, when Dr. Mayer asked her about those cue words, one by one, Anna was able to associate to them.

When Dr. Mayer said “Shoe—Schuhmacher—5 Mark,” Anna associated: “Walter bought the yellow shoes in Speyer at the shoe shop. He left his old shoes there and besides that paid another 5 Marks.” Police checked it out and confirmed the accuracy of her memory. To “Auto—6071,” she associated Bergen once coming to get her in a car with that license number. Police established that Bergen had once borrowed a car with that number.

The day that Dr. Mayer said “Combarus” to her, and then asked what she remembered, was a bad one for Anna. She had instantly plunged into the midst of an intense experience of hypnotic reliving:

She is sitting with Bergen in a hotel lobby. Another man walks up to them. He is a bank branch manager named “Mr. B.” Bergen talks to Mr. B. and tells him that Anna will satisfy him. Mr. B. hands Walter twenty Marks (which Walter pockets). Mr. B. leaves. Bergen keeps Anna sitting there a while.

They are alone now. He puts his hand on her forehead. It is his usual cue, used both for induction and deepening of a trance. He presses and says, “Now, with no will of your own, you will do anything the man asks you to do. You will remember nothing of what happens. You will think of the word Combarus, and then go into such a deep trance that you can no longer remember what happens to you or where you have been.”

A female servant with strange, brightly-colored hair comes and leads Anna away from pimp Bergen, saying that she must go to Mr. B.

After awakening from that chain of memories, an agonized Anna discovered that she could now remember more. She told Mayer, “Walter did this often. Every time he said the word ‘Combarus,’ I lost my will power. Until today I knew nothing at all about this. You must think I’m a terrible person. But I’m not a slut and not a bad person. Right now I just want to go straight into the river and drown myself. I’m so ashamed.”
Mayer learned that Bergen often used cue words such as “Combarus” as a first step in activating a complex sequence of posthypnotic suggestions in Anna’s unconscious. Bergen would tell the hypnotized woman that, under certain circumstances, she would think of the cue word. She was further instructed that thinking of the cue would then cause her to carry out some further command, or commands.

Bergen’s Assistant

After six months of daily sessions, questioning Anna under deep hypnosis, Mayer discovered that more than one hypnotist was involved in her abuse. However that information didn’t come out under hypnosis. In January of 1935, Mrs. Evan mentioned to him in a normal conversation that she had encountered one of the “criminal police.” Anna said the policeman had insisted that she give him extensive information about her case. She had done that.

The incident sounded improbable to Dr. Mayer, so he double-checked. He learned that, whoever he was, Anna’s questioner was not a legitimate policeman. Logic suggested it was Bergen, but her description did not fit Bergen. Dr. Mayer then questioned Anna, under hypnosis, about the mysterious event. She identified the imposter as one of Bergen’s friends, Alfred. She remembered that Bergen had told her under hypnosis to “comply unconditionally, and without any will of your own, with Alfred’s wishes, if you hear Alfred say ‘Filofi.’”

Dr. Mayer learned that, after Mr. Evan began talking to his wife about going to the police, Walter and Alfred had planned ahead for that possibility. Their plan was for Alfred to manage a private encounter with Mrs. Evan, drop her into trance with the cue word, “Filofi,” and then give her instructions. She would, as usual, have complete amnesia for both the encounter and the suggestions. By this means, Walter and Alfred intended to cause great confusion and difficulties for the prosecution during its questioning of her.

The Trial

It required nineteen months of daily hypnosis sessions, each hours long, for Mayer to recover the complete details of all Bergen had done to her from Anna’s unconscious. The police had obtained physical evidence which corroborated her recovered memories. There would be a trial.

Before the trial, Dr. Mayer demonstrated to court personnel how it was possible for Bergen to share with Alfred his hypnotic control of Anna. Dr. Mayer hypnotized her. She went into deep trance. Mayer did not give a suggestion that she would obey only his voice. Mayer’s assistant then said to the hypnotized woman, “You will immediately become hypnotized if I say ‘ten’.” Mayer brought Anna out of hypnosis. His assistant began to count aloud the pages of a manuscript which he held. When he said the number “ten,” Anna’s eyes closed. She was again in a deep trance.

The case went to trial in June, 1936. Like Adam at Zebediah’s earlier trial, and like Nielsen at Palle Hardwick’s later trial, Walter Bergen insisted that he was innocent, totally ignorant about hypnosis, and had never hypnotized the alleged victim. Like Adam and Nielsen, Bergen secretly tried to manipulate his subject’s court testimony using hypnosis. Unlike those cases, however, he failed. One reason he failed was because Dr. Mayer stayed with the case and continued hypnotizing Mrs. Evan.

In trance, she remembered another of Bergen’s cue words: “Leichtbino.” Bergen had said, “If you start to reveal anything in court that could harm me, the word ‘Leichtbino’ will come to mind. Then you will feel sick and will not say anything against me. You will only speak in my favor.”

The trial lasted three weeks. Bergen was sentenced to ten years in prison for larceny and for practicing medicine without a license. Alfred was sentenced to four years.

Mayer and the German police did everything right in this case. They even kept Mrs. E’s true identity private. I hope that she and Mr. E were able to live out the rest of their lives in peace and security. However, in 1937. Nazis controlled Germany and World War II was beginning.

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1. That was a cue to shift rapport to another operator.
Case History: Palle Hardwick

...the faith-curer of the grotto has this advantage over the endormeur of the platform or the hospital. He does not intrude his own personality and train his patient to subject his mental ego to that of his “operator.” The “mesmerizer” seeks to dominate his subject; he weakens the will power, which it is desirable to strengthen, and aims at becoming the master of a slave. I do not need further to emphasize the dangers of this practice...
- Ernest Hart, Hypnotism, Mesmerism, & the New Witchcraft, 1898

The Predator: Nielsen

In January, 1947, Bjorn Schouw Nielsen was sentenced to Horsens State Prison (the facility for Denmark’s worst criminals) in Denmark for crimes committed during the Nazi occupation. Nielsen, a self-educated, street smart, talkative, and imaginative con man, was always looking for an easy profit. He had a previous conviction and commitment to the State Institution for Psychopathic Delinquents. His recent crimes were informing on a previous employer to the Germans and blackmailing Resistance Movement businessmen for large sums of money.

Nielsen may have heard of the 1936 case of criminal hypnosis in nearby Sweden. The press called it the “Sala affair.” A criminal hypnotist, called only “Th.” in newspaper reports, had developed a gang of young men and women who raised money by cocaine trade, prostitution, robbery, and murder. Every gang member was Th.’s hypnotic subject. He had conditioned each with an eclectic mix of occultism, yoga, and hypnosis.

Nielsen studied hypnosis. He learned which traits mark a susceptible person. He practiced his hypnotic techniques on other persons whenever he had an opportunity.

The Prey: Palle Hardwick

A few months after arriving at Horsens, Nielsen met Palle Hardwick in the prison workroom. He noticed the younger man’s spiritual interests (often characteristic of hypnotically susceptible persons). He saw how depressed Palle was, and how inclined he was to turn to religion for
answers. Nielsen targeted Palle for remaking into an agent of his perfect crimes.

**Palle’s Childhood and Youth**—Palle Hardwick and his identical twin brother were their parents only children. They were raised in a middle-class Danish family before, and during, World War II. His father was good-natured, hard-working, and reliable. His mother was witty and ambitious. What Nielsen did to Palle broke their hearts.

In childhood, Palle was intelligent, sensitive, reliable, dutiful, good with his hands, ambitious, and goal-oriented. He later called his youth “a series of little five-year plans.” He planned to have a bright future. He was also introspective, quiet, and interested in religion. Palle never smoked or drank. With a few heterosexual exceptions, he was chaste.

**From HIPOCORPS to Capture**—In 1940, at age 16, Palle joined a volunteer rifle group organized by the Nazis who then occupied his homeland. (They appeared to be there to stay.) The party’s conveyor-belt system then carried him through the Youth Section of the Danish Nazi Party to the volunteer German Army Corps, and finally to the German Auxiliary Police (also known as Hipokorps).

Palle was in the Hipokorps only during the last three months of the war, but it ruined his life. He never participated in interrogations or mistreatment of detainees. In fact, he actively avoided assignments that would cause him to mistreat other persons. When assigned to be an interpreter for the Germans, he shot himself in the leg. When he became ambulatory again, they gave him a different assignment. Thus, he managed to avoid participation in the persecution of Danish Jews or of Danish Resistance members. Years later, Palle recalled his three months in the Hipokorps as one of the most unhappy periods of his life.

As the Allied army approached, he became disillusioned, despairing, disgusted. He was sure the Germans would lose the war, but he felt enough loyalty to his Hipokorps unit that he did not walk away from them. A force of combined Allies and Danish resistance fighters arrested Palle on May 8, 1945, together with German troops trying to retreat from Denmark. His captors took him to Horsens State Prison to be held for trial. The route ran by his parents’ home, which Palle had not seen for a year and a half.

He stared apathetically out the window of the train, grieving, until he arrived at prison. At Horsens, they placed him in solitary confinement in the cellar for a few days, then moved him to a tiny cell, shared with another “collaborator.” Miserable, hopeless, monotonous prison days followed, one after another. Faceless cellmates came and went.

**Trial and Imprisonment**—After sixteen months in prison, on September 9, 1946, Palle was finally tried. Postwar Denmark hated collaborators, especially Hipokorps members. Being caught in the company of Germans went hard with Palle also. He was sentenced to fourteen more years in Horsens. He was only 22.

Palle’s twin brother also was sentenced for collaboration, but he received a far lighter sentence. He soon got out of jail, found a job in the wholesale business, and did well from then on. Palle remained confined, believing he had many years left to serve.

Palle did not fit in at Horsens. A prison report dated December 27, 1946, said he was “Polite and well-behaved. Young idealist. Works well.” Palle, himself, later wrote of this period:

For me there was no way back to my earliest youth, before the whole thing began. I did not think that there would be any future for me even on that distant day many years in the future when I might possibly be released...I tried to find a meaning in things from a religious point of view, by thinking that they were ordained by God. I wondered whether He even existed and how He could have created such a world as ours. But that only made matters worse. I began to doubt whether there was a God who directed the universe, or whether it was not merely one long string of fortuitous circumstances. I felt quite alone...as if I were in a diving-bell at the bottom of the sea which was never going to come up again. (Palle quoted in Reiter, 1958, p. 73)

Those depressed feelings all changed, however, the day that Palle experienced a spontaneous mystical encounter with a “guardian spirit.” The spirit declared that Palle’s long sentence to imprisonment was not an accidental misfortune, but was, indeed, part of God’s plan for him, intended to develop and strengthen him for fulfillment of a later task. From the moment he received it, that message became very dear to Palle, a source of hope and strength.

**Nielsen the “Guru”**

Soon after he met Palle, Nielsen began to tell the gullible young man a series of grandiose lies. Nielsen claimed to know all about religion, to have read lots on it, to have been a member of a society for psychical research. In fact, he said, he was a master yogi—a guru! He promised to get Palle books to study on religion, to initiate him into the mysteries he had learned. He would give Palle an apprenticeship in the arts of yoga mastery. The charming, smooth-talking sociopath promised Palle that his lessons in Indian “philosophy” and yoga training would reveal life’s true meaning, grant escape from his present misery, make him independent of this world, and guarantee a better one in an afterlife.
Palle resisted Nielsen’s aggressive overtures of friendship.

Nielsen did not give up. He pressured Palle, every day, in the workshop. Nielsen expounded on the reincarnation of souls. He said hypnosis was the way to learn about one’s past lives. He promised that, through “mind expansion,” Palle could become one with the “divine cosmic principle” and have direct communion with God. He chattered about levitation, channeling spirits, telepathy, and yogis who walked through walls or who could cure a broken leg in five minutes. He gave Palle books to read about yoga.

Palle read the books. He redefined his beliefs and his spiritual goal in terms of what he read and of what Nielsen was saying. He was challenged by the “great and difficult labor” of mind expansion. The books promoted the Eastern concept of learning psychic mind skills from a teacher. Nielsen purred that Palle obviously had talent and even he, the guru, could learn much from him—if Palle would let him become his teacher. Palle believed everything that Nielsen said.

**Palle Learns “Yoga”—Reassured by Nielsen’s play-acting**, the lonely young man finally accepted his proffered friendship. Palle and Nielsen were both accused of collaboration. Both were in prison, both assigned to the workroom. The friendship seemed natural to Palle.

After that, in the workroom, every day, often in a corner by themselves, Nielsen did “spiritual” exercises with Palle. Like most covert hypnotists, Nielsen carefully avoided the word “hypnosis.” He always substituted occult terminology for the “H” word. He called hypnotic episodes, “concentrations.” He gave Palle “relaxation exercises,” or “magnetic strokings,” or “yogic training in how to cease thinking.”

Nielsen always began new induction routines by requiring Palle to try it on him first. Con artist Nielsen would then pretend to be completely, helplessly under Palle’s mental influence. Nielsen’s play acting banished any fear Palle might have that Nielsen could get power over him. Only then, did Nielsen let Palle, who was now very interested and confident, have a turn at being the subject of the “experiment.”

Thus, when Nielsen introduced a hand locking induction routine to Palle, Palle first did it to the guru. Nielsen only pretended to be unable to pull his hands apart when Palle said, “Try it. You cannot pull your hands apart.” Nielsen knew the routine was just a trick played on ignorant people who don’t realize that everybody’s knuckle size prevents them from pulling apart clasped hands—unless they spread their fingers to allow the larger knuckles to pass through. This is a test of hypnotic susceptibility. It’s also a hypnosis induction, because if a subject believes they have been compelled to obey by mental power, they may continue to obey suggestions.

When it was Nielsen’s turn to give the suggestion to Palle, Palle really “locked” his hands. He really believed that he could not pull his clasped hands apart when challenged to try it. Then Nielsen knew, for sure: Palle was a susceptible hypnotic subject, a proper candidate to be the agent of the guru’s perfect crimes.

After the hand-locking exercise, Nielsen led Palle in breathing exercises combined with various yoga postures and concentrations on various mental ideas. To Palle it was all just an amusing game, a toy, a prison pastime. He had no idea that Nielsen was covertly conditioning him for a mind-controlled life.

Nielsen asked Palle, whose prison behavior record was better than his, to request to share a cell with him. Palle received permission. (That began a long series: Nielsen tells Palle what to say, or do; Palle obeys.) From the spring of 1947, to the fall of 1949, Palle and Bjorn Nielsen were always together in their cell or in the workroom.

**From Trance to Hypnosis**—Nielsen told Palle that he knew a short cut to the meditative high (trance depth) which Palle now yearned to reach. He led Palle through more hand lockings, and relaxation exercises. He made Palle’s arms or legs stiff (catatonic). He did magnetic strokings of a prone and resting Palle. All those were deepening exercises, training for automatism. Through that series of disguised inductions, Nielsen was carefully shaping Palle into a highly trained hypnotic subject. In the meantime, Nielsen kept Palle calm and confident, without suspicion.

Nielsen finally proposed hypnosis to Palle—actually using the H word. The guru made it seem nontoxic by, as usual, having Palle first hypnotize him. Nielsen again pretended to be deeply affected. Palle again believed that Nielsen was easy to hypnotize and that he was difficult to hypnotize. The truth was the opposite: Palle was far more susceptible than Nielsen. Believing himself to be the more difficult person to hypnotize, Palle accepted being, most often, the subject of inductions. Nielsen explained that he was just trying to bring Palle up to his own yoga skill level.

Nielsen’s fertile imagination kept generating new mind-expansion exercises. Jail-weary Palle welcomed them all. They were easy entertainment, a mental escape. Soon, Nielsen was keeping Palle busy doing “yoga” almost around the clock—excepting when he was eating or sleeping. The ceaseless training made Palle’s hypnotic suggestibility constantly increase.

Nielsen, next, captured and redirected Palle’s sex drive for the purpose of powering his hypnotic control. Kundalini yoga requires celibacy outside of trance and channels sexual energy into intense, orgiastic trance experience.
Palle’s kundalini concentrations did, one day, result in an intense climax enveloped in hallucination. Palle believed that he had, in that moment, experienced fusion of his body and spirit and had found unity with a divine essence. Now, joyfully, utterly in love with the trance trip (and perhaps somewhat so also with the guru who worked so hard to deliver these trance highs to him), Palle eagerly anticipated more such orgasmic fusions. He believed he was moving away from the mundane terrestrial world toward contact with a lofty spiritual force.

Again and again, day after day, many times in one day, Nielsen pushed Palle to go into trance as deep as possible and to stay there as long as possible. He also taught Palle self-hypnotic techniques to make his state of lowered consciousness last longer. Nielsen never once dehypnotized Palle, never told him the trance was now over, and he could again be “awake.” Palle was now walking around in a state of constant trance, of varying depth, instead of his normal mental condition.

Nielsen explained away Palle’s awareness of being in a constant deep trance by saying it was evidence that he was in the presence of the divine. Palle believed him. He wanted to hang on to that divine connection—even if it meant losing contact with reality. In July, 1947, a psychiatrist (who happened to be studying war criminals at Horsens Prison) examined Palle. The doctor wrote in his report that Palle was an idealist with no psychotic traits, no abnormal characteristics at all—except “a tendency to parry questions with obscure oracular answers.” (Quoted in Reiter, 1958, p. 205) Obscure “oracular answers” can be evidence of a trance state.

Palle’s constant effort, now, was focused on soaring higher and higher (lower and lower trance depths) in each new “concentration” that Nielsen assigned to him. Palle hoped to attain the highest yoga condition and achieve his dream of ecstatic and mystical union with divinity, with the universe’s “vital principle.” Nielsen’s goal, on the other hand, was complete control of Palle’s mind by repeated inductions, increased trance depth, and obedience drills. It usually takes much trance training for a subject to reach the deepest levels of trance. A large number of hypnotic sessions “increases the possibility of criminally exploiting the depth of hypnosis.” (Hammerschlag, p. 30)

Palle Accepts “X” As God—The guru then began a new “spiritual exercise.” As usual, first Palle hypnotized Nielsen, who pretended to be deeply affected. In his sham state of hypnosis, Nielsen “channeled” the voice of a spirit. He made clear which spirit it was. He was supposedly speaking with the voice of the angel who had appeared to Palle and reassured him. Nielsen said,

“I am your guardian spirit. You believe that what has happened to you is a great misfortune for you. But that is not the case. It has all been to strengthen you and test you, in order that you may carry out the mission which it is your destiny to fulfil.” (Reiter, 1958, p. 108)

To Palle, Nielsen’s bogus channeling was a true and precious revelation, and he hoped for more. Palle never doubted that he should

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Social Isolation

Palle was now completely isolated, not only because he had become a space case, but also because Nielsen had used threats, flattery, and visual and auditory negative hallucinations to further isolate him. Under deep hypnosis, Nielsen had instructed:

“From this moment you will no longer speak to nor address your previous comrades... You will feel that all former ties have been broken. Day and night your entire consciousness will be directed towards the divine. If they approach you, you will not see them, and if they talk to you, you will not hear. They belong to a lower world, which you have nothing whatever to do with.” (Reiter, p. 110)

Palle’s former friends in prison thought his new condition of perpetual walking trance, and total ignoring of them, was very odd. Although they were upset by the change in Palle, none of them spoke to the prison authorities about it. Nielsen also programmed Palle against his parents and other relatives. Palle obeyed the secret regimen and, thus, became totally dependent upon Nielsen, now his only permitted associate.

Nielsen, however, was not isolated, and he couldn’t resist bragging about his control over Palle to some of the other prisoners.
obey the “divine power” who had bestowed those words upon him. Nielsen told Palle that his guardian spirit was named “X.”

It was, then, Palle’s turn to be hypnotized. When Palle was in deep trance, Nielsen told him that X was the same person as God. He designated X as Palle’s induction cue to a deep, amnesic trance. From that moment on, Palle had complete amnesia for all his time spent in X-related trance. Under the cover of that amnesia, Nielsen hammered into Palle’s unconscious the belief that Palle’s guardian spirit—who was supposedly God and was named X—would hereafter deliver all his orders to Palle via Nielsen.

At first, X’s orders, via Nielsen, came in phony seances during which Nielsen pretended he was hypnotized and channeling the spirit’s voice. Soon, however, Nielsen developed a wider variety of X communication systems. Palle soon gave the same obedient response to words that Nielsen said while making an X with his body—such as having his legs or arms crossed in the sign of an X—or to the words written following the symbol X in a letter.

Eventually, all Nielsen had to do was say, “X says...” It was a convenient setup, informal and unrecognizable to any random persons who might overhear the guru in the process of implanting new hypnotic commands in Palle. It worked in any social situation. It worked even when Palle seemed to be in a normal waking state. Nielsen would say, “The guardian spirit wants...” or “X wants you to...” Palle would obey, as a hypnotic compulsion, whatever followed those cue phrases.

Sometimes, Nielsen completely concealed his role in X’s messages by causing Palle to have posthypnotic hallucinations in which X materialized before him and spoke the predator’s instructions. In the first of these posthypnotically hallucinated scenes, Nielsen instructed Palle’s unconscious that the spirit would act the same as Palle’s spontaneous experience of a guardian spirit had. So it comforted him, and seemed protective and loving. Over time, however, Nielsen weaned Palle from comfort and protection. X was more and more likely to simply show up and give orders. Being completely amnesic for the trance sessions during which Nielsen programmed him to experience these posthypnotic visions, Palle accepted the apparitions with complete faith.

Nielsen made Palle deeply terrified of the slightest failure to give unconditional, absolute obedience to any command from X. He did that by threatening banishment to spiritual darkness in this life and to hell in the next—and then concealing the threat under amnesia. The number one rule to which X demanded obedience was the rule of Secret, Don’t Tell. Nielsen indelibly impressed on Palle’s unconscious several corollary admonitions that supported the basic rule of secrecy. X told Palle never to speak of X, or of his “revelations” from X, or of Nielsen, who was X’s “instrument.” In fact, Palle was never to speak to any other prisoners at all.

The threats, if Palle should weaken and tell, were
as bad as those for imperfect obedience. He would be judged as having failed in his mission in this life, as having failed all his guardian spirit’s tests. He would have no chance whatsoever of salvation and would be damned forever.

Preparation for a “Mission” — X (Nielsen) now told Palle’s unconscious more about his “mission.” He made it sound lofty and righteous. X said that God was personally ordering Palle to end all wars and to develop and lead a world government in which God and Mankind would be spiritually one. He said that Palle had been designated by God to be the savior of humanity who would “help, cure, or command.” Nielsen explained that the student’s inner resistance was caused by “matter” fighting “spirit.” And he would urge Palle to overcome that rebellious “body resistance to the spirit.”

Nielsen spent the next year eroding all the moral values that Palle had internalized up to that point in his life, his original superego. Palle’s belief in X was made the basis of a new superego system which displaced the old values. Nielsen did that by training Palle to unconsciously judge his behavior as good or bad based only on his X programming — what would cause X pleasure or displeasure. In a condition of obedience to X, Palle would feel happy and peaceful. Resisting X’s commands resulted in feelings of misery, fear, and guilt.

Nielsen waited until Palle was conditioned to shift instantly to deep trance on cue and to have total amnesia for time spent in trance before he began giving him really noxious suggestions. That conditioning, combined with the comforting fantasy of world omnipotence and a savior’s mission, unconsciously counterbalanced Palle’s amnestic reality of humiliating submission to ever more cruel and humiliating demands by Nielsen.

The guru told Palle that his spiritual exercises were now going to teach independence from all physical and material ties. They all involved self denial because X said that Palle must now practice indifference to whatever was dear to him. The training exercises in “independence,” however, always involved Palle giving Nielsen his worldly goods. Thus, Palle yielded up his daily meat ration to Nielsen, then his watch, then his accordion. If Palle resisted any concept or command, Nielsen explained that the student’s inner resistance was caused by “matter” fighting “spirit.” And he would urge Palle to overcome that rebellious “body resistance to the spirit.”

Nielsen prepared Palle to commit robbery and murder for him by means of a classic series of desensitization exercises. He said Palle was “above” the usual moral principles such as right of property, or respect for life. X ordered Palle to free himself from all those “middle class morals.” In deep trance visualizations, Nielsen gave Palle systematic training in criminal acts. At first, he induced Palle to hallucinate only minor crimes. The guru acted as if it were all a joke — just a little thievery. However, the acts which Nielsen made the hypnotized Palle visualize gradually worsened: robbery, safe cracking, murders, then murdering Palle’s own mother. That last item was agonizing for Palle, so Nielsen made him experience it, in hallucination, over and over.

X also instructed Palle to never reveal Nielsen’s involvement in any crime that Palle might commit. And he told him to never be hypnotized by anybody but Nielsen.

Palle now walked around in a near-constant trance. He believed that he had direct, daily instructions from God (via X). He was forbidden to tell what was really going on in his life to his conscious mind or to anybody else. He was sealed against induction by any other hypnotist. He believed he had been designated the messiah who would unite the Scandinavian peoples and found an ideal society, because X had told him so. He believed he was founding a new patriotic underground. (Having been long and severely punished for joining the occupier, Palle now was the “resistance.”) His mixture of religious and political delusions was an artificial psychosis, created by means of hypnosis. To the casual onlooker, however, Palle would seem merely insane.

Nielsen was finished hypnoprogramming Palle. It was early in 1949. He gave Palle instructions, via X, to escape from Horsens prison — and then to return and free his guru. Palle carried out the escape exactly as ordered, but he was recaptured before he could return and attempt to free the guru. Nobody knew that Nielsen was behind it. Palle was sentenced to serve extra prison time because of his escape.

Palle Out of Prison

Horsens Prison was now shortening the sentences of all prisoners accused of collaboration. Nielsen got out a few months before Palle. After the guru was gone, Palle was not walking around in a trance any more. As Palle’s release date neared, however, Nielsen began sending letters to him. They always closed: “Greetings from X.” Seeing those words thrilled Palle. They meant that X had not forgotten him. For a moment, he felt the old rush of contact with the divine.

Palle walked out of Horsens, a free man, on October 29, 1949. That day might have been the beginning of a new, better life for him, but his freedom was a cue that Nielsen had hounded in for years. Old hypnotic suggestions activated by that cue now poured into Palle’s consciousness. He later wrote:

The moment I heard I was to be released...I felt at last God had given me my marching orders...I felt exactly like a soldier ready to leave for the front...everything which had happened up to now was only testing which had been designed to bring me up to the peak of my powers and ability...My earthly incarnation was now practically at an end
and only the final short step remained to be taken...
(Reiter, 1958, p. 124)

As soon as Palle arrived at his parent’s home in Copenhagen, he called Nielsen (obeying a posthypnotic suggestion) to hear X’s next instructions. Nielsen told Palle to relax, talk to his family, and call in the morning to arrange a meeting time. At six o’clock the next morning, Palle called. Nielsen said to come at three in the afternoon.

When Palle arrived, Nielsen introduced him to his wife, Titte. She soon left them alone. Nielsen hypnotized Palle. From then on, Palle went to visit Nielsen three, or more, times a week. Each visit Nielsen hypnotized him. On the days they did not meet in person, X instructed Palle to phone Nielsen. During their meetings, Nielsen ran all the old deep trance routines from prison, the “religion,” the desensitizations—especially the detailed robbery visualizations—and the terrible warnings never to reveal these secrets (particularly not to his parents).

Nielsen told Palle to live with his parents. That would save money. When his parents gave Palle money to hunt for a job, X told him to give it to Nielsen. X told Palle he was freed from any concerns about material property. The money was all X’s and Nielsen would manage it for the sake of X. When Nielsen used up that money, X caused Palle to borrow an equal amount from his brother. Palle soon found a job, and it paid well. He always turned his paycheck over to X who returned only what his parents expected as rent, plus a little pocket money. As a result, shortly after his payday, Palle would have to borrow money from some family member for bus fare to get to and from work.

While riding the bus home from Nielsen’s apartment, or at night, lying in bed thinking about the mission, Palle often talked to X. Sometimes he saw X, and X talked back to him, for Palle’s suggestible brain was now so saturated with X content and X worship that he was having spontaneous X hallucinations.

Nielsen liked company. Palle’s natural inclination was toward puritanical habits. He hated beer, could hardly force it down. But X had ordered “social studies,” which meant going out to drink and carouse with Nielsen, and so Palle went. And Palle paid. Palle always was commanded by X to pay.

Nielsen wanted to enlarge his stable of hypnotic subjects. He took lessons from a hypnotist to learn better techniques. He established a “Psychophysical Institute.” Palle, directed by X, provided the money and did all the work of creating brochures and placing ads to recruit students for the “Institute.” Nielsen held training sessions in his home for people thus enticed.

At this time, both Palle and Nielsen were fired by their employers. Nielsen did not get another job, but Palle did. Now, X was even greedier for money. Palle often had to borrow tram fare the day after payday.

His father became suspicious. One evening, he took Palle aside and asked if Nielsen had some sort of hold over him. Palle denied the idea in the usual brusk way with which he dealt with his parents. He said his money matters were his own business and the idea of Nielsen controlling him was obvious nonsense.

An Arranged Marriage—Palle had a standing posthypnotic suggestion to tell Nielsen anything of significance that happened in his life. He reported the conversation with his father. Nielsen started worrying that his income from Palle might stop flowing. The predator decided to end the influence of Palle’s family on him by maneuvering Palle out of their home. (Years later, after his memory recovery, Palle felt the deepest grief and anger over the ruined relationship with his parents.)

Nielsen chose a girl named Bente to marry Palle. Bente had been recently engaged to his brother-in-law, but was currently free. Nielsen, himself, then had a brief affair with Bente. Then he arranged a movie date for Bente and Palle. Thus it came about that, on February 11, 1950, a few weeks after Palle’s talk with his father, Bente and Palle went to a movie together.

Two days later, Nielsen hypnotized Palle and suggested a feeling of deep, divine peace. Then X told Palle that he and Bente were destined mates because X willed their marriage. X said that Palle truly loved Bente, would realize this, and would think of her constantly. Amnesic for those suggestions, as usual, Palle had two more dates with Bente. He became convinced that he loved her. He introduced her to his family, and proposed marriage. She accepted.

Cupid Nielsen had no interest in promoting genuine love. To him, this marriage was just a better way to control Palle. So, when Nielsen heard that Palle and Bente were buying gold rings for each other, X was displeased at the “unnecessary” expense.

Before the marriage could even begin, X drove a wedge between the lovers by ordering Palle to force his fiancée to have intercourse with Nielsen. Later, regressed under rehypnotization, a grieving, traumatized Palle remembered being in Nielsen’s apartment that night. He could hear Bente and Titte talking about housekeeping in the background. Nielsen led Palle to the adjacent room and closed the door behind them. Palle recalled...

*It’s there my guardian spirit usually comes and talks to me...He tells me to relax. He puts his hand on my forehead. He gives me magnetic strokings. Then he says that X has told him to see to it that he has intercourse with Bente. I feel completely para-
lyzed over my whole body. My whole body trembles. He tells me to keep quite calm. It does not concern me at all. I have a mission which I must fulfill. It is absolutely necessary that I learn how to control others...He says it is my body which resists. I must learn to control my body. He will help me, and he brings me into a state where I no longer belong to this world... (Reiter, 1958, p. 131)

After Nielsen roused his subject from trance, Palle obeyed the suggestions. He told Bente, “Go and help Nielsen with what he wants.” She knew what Nielsen wanted. She refused. Palle insisted. She resisted. Palle said, “I won’t marry you unless you do it.” Then she agreed. Afterwards, she said, “Now you know I love you.”

Deep down, however, Palle felt the opposite. Something he had found and treasured was irrevocably soiled. Ten days later, on their agreed date, Palle married Bente, but he never felt close to her or good about their relationship again.

Nielsen widened the emotional distance between Palle and Bente with more hypnotic suggestions. X told Palle to “govern” his wife, to live with her, but as the master Palle and Bente with more hypnotic suggestions. X told him to stay in his house. X said Palle’s relationship with Bente had just been an emotional feeling, which he was now completely free of: “...it is completely impossible that she should have any influence whatsoever upon your will...she has nothing whatsoever to do with your financial affairs.” (Reiter, 1958, p. 133)

Nielsen now collected, via X, most of the wages of both Palle and Bente. When X again commanded Palle to go out drinking and picking up girls, he went, night after night. (Nielsen called that “karmayoga,” action yoga.) As usual, Palle paid the bills. In addition, Palle made his usual solo visits to Nielsen’s place. He told Bente he went there because their guerrilla organization was training to fight in case the Russians invaded. He said all the money they gave Nielsen was also for that purpose.

By order of X, Palle never trusted his wife, regularly lied to her, and treated her callously. To Nielsen, on the other hand, Palle’s behavior was candid, sacrificing, and trustworthy. That’s how Nielsen had programmed him to act. Nielsen separated Palle from his parents by marriage. He separated him from his wife, even before their marriage, by infidelity. The story of Palle and Bente (their relationship ever dominated and managed by Nielsen) was a tragic subplot to Palle’s hypnotic history. Palle’s marriage could have helped to free him. Instead, it further enmeshed him in Nielsen’s web.

Training for Robbery—The flow of money from both Bente and Palle still was not enough to satisfy Nielsen. Palle’s wages were not as good at the new job, and there was little overtime. X told him to buy a gun (in case of a Russian invasion).

In June, 1950, Nielsen began training Palle to do a bank robbery. He repeated all the old deep trance visualizations of generic robbery and random murder, plus the hallucinations of killing mother (the ultimate obedience exercise and moral desensitization). Then X told Palle to go to a pharmacy and purchase a container of ether, because X “wished to show him some pictures of a ‘spiritual nature.’” (Reiter, 1958, p. 135)

When Palle returned with the ether, they went into the private room of Nielsen’s apartment. Palle stretched out and relaxed; his guru performed the usual magnetic strokings and intoned relaxation suggestions. Then, Nielsen told Palle to breathe in the ether fumes while he suggested deep, deep sleep. Nielsen had added narcohypnosis to his induction process in order to reinforce Palle’s trance depth, automatism, and amnesia.

The “spiritual pictures” turned out to be detailed visualizations of robbing a specific bank. Palle was to imagine himself entering the bank with a briefcase in his left hand, the gun in his right, his mind focused only on his connection with the “divine.” Nielsen continued to guide narcohypnotized Palle’s deep trance visualization:

“You go up to the cashier. You study your feelings very closely. You see how ridiculously easy it all is. You know that nothing can stop you. You know that a yogi can do everything. You know that feelings are only something belonging to the material world. You throw your brief case down on the counter and order him to fill it...You are clearly aware of X’s presence. You point your pistol at the cashier. You know that you must get that money for X. You see that he is going to refuse. You experience this very concentratedly. You know that if one man will not do it another will. You shoot. You see him fall. You point the pistol at the next man. You repeat your order.” (Reiter, 1958, p. 135)

Nielsen repeated the narcohypnotic induction and visualization conditioning, again and again. X appealed to Palle’s unconscious vanity and ambition. He declared over and over that Palle alone could save the Fatherland. Then came more visualizations of robbery and murder:

“You shoot him through the head. You know that this is a necessary step on the way to Samadhi...You are completely unaffected. You know that it is God’s will.” (Reiter, 1958, p. 135)

Guru Failures—Palle had planned a vacation with Bente in the country that summer. X told him to stay in town. X also said that Palle must again make the sacrifice of giving his wife to Nielsen for sex. He told Palle to see to it
that Bente had plenty to drink that evening, and then to stay out of the way. Accordingly, Palle primed Bente with alcohol, then went to another room, where he meditated in a yogi position, focused on the thought that nothing in this world meant anything to him except the will of X.

The evening with Bente did not work out as Nielsen had planned. She fiercely defended herself. Although Nielsen inflicted a black eye and concussion on her, she escaped from him without being raped.

In robbery training sessions, X next pointed out to Palle the exact bank which was to be robbed. He showed Palle where to hide the money afterwards. X said that robbing a bank was easy, something that anybody could do. If Palle felt a resistance to obeying, he said, it only meant his body was stronger than his mind, and that, of course, must be overcome.

But Palle resisted X’s command to commit a real robbery. X pressed the demand harder, asking for blind faith. He promised that, if Palle would only trust and obey, it would work out all right. Palle’s resistance weakened. Years of programming, all the old hypnoconditioning arguments, had long prepared him to obey whatever X ordered.

Nielsen scheduled the bank robbery for August 21, 1950. The morning unfolded, as X had pre-instructed Palle’s unconscious. Palle told Bente (who was now pregnant) that his back hurt, and he would stay home from work. She brought him breakfast in bed, then went to her job. As soon as she was out of sight, he went to buy a bicycle.

While walking toward town, he passed the Church of Jesus. At that moment, Palle began to feel terribly upset. He said to himself, “There’s something wrong here...There’s something which tells me that all this is wrong.” (Reiter, 1958, p. 141) As Nielsen had programmed him to do, Palle interpreted his upset feeling to be his body resisting X’s orders. But he could not argue the resistance away. He could not help thinking about the people in the bank who might get hurt if he robbed it. His feeling of upset got worse and worse. He just could not do the robbery. He called Nielsen and said, “Everything is wrong.”

Nielsen said, “I was only testing your will. Just relax. I’m busy right now, but I’ll speak to your guardian spirit. Come see me at seven tomorrow evening.”

First Bank Robbery—After that tremendous moral victory of resisting evil programming, Palle himself did not know what had happened. He did not consciously remember having been about to rob a bank. He did not remember being unable to carry out the plan. He went home and went to bed.

The next evening, after Palle arrived at his apartment, Nielsen concentrated on extinguishing that spark of unconscious Christian morality in his subject. He hypnotized Palle. He then deepened his trance with the ether. He then threatened, instructed, repeated, and repeated, the will of X for Palle to perform that bank robbery. The hypnotic session continued until well past midnight.

X rescheduled the bank robbery for the next day, August 23, 1950. The next morning, Palle again told Bente that his back hurt. Again, he lay in bed while she went to work. An hour later, Nielsen arrived at Palle’s apartment. He began another prolonged induction of deep hypnosis in Palle. His suggestions again assailed Palle’s unconscious: “You know that it is right. The guardian spirit has said so. Nielsen is only the instrument of your divine spirit.” Nielsen finished and left.

Precisely ten minutes after his departure, the posthypnotic suggestions began to kick in. Palle began the robbery sequence. He rode a bike to the bank, parked it outside, and started walking in. Just as he was going through the doorway, he felt his “body” beginning to resist. This time he was able to conquer that resistance.

He continued into the bank, slung his briefcase over the teller’s counter, and told him to fill it with money. The teller filled the briefcase and handed it back to Palle. As programmed, Palle then told everybody in the bank to get down on the floor.
If any person had refused to get down on the floor, Palle was programmed to shoot him. They all got down on the floor. Palle left with the briefcase full of money, mounted his bike, and rode home. There, he put the bike away, caught a taxi, rode to his designated meeting place with Nielsen, and handed over the briefcase and its contents to him.

Nielsen asked, "Have you shot anyone?"

Robot Palle reported, "No, it was not necessary."

Palle wanted to give Nielsen the pistol too. Nielsen told him to hide it in the woods. Then, Palle went home. Bente was already there. Unexpectedly seeing her triggered another panic attack. This was a situation which his hypnotic instructions didn’t cover. As by the church, he suddenly felt desperately confused and upset, unable to think, and unable to understand why he felt this way. His sense of confusion suddenly coalesced into an urgent need to call Nielsen and ask what to do.

He called. Nielsen’s voice, his calming words, instantly soothed Palle. With that familiar, trusted voice in his ear, he knew everything would be all right. However, Palle’s confused behavior had aroused Bente’s suspicions. She had already heard about the bank robbery. She told him that she suspected he was the person who had robbed the bank.

Palle called Nielsen again, reporting Bente’s remark. Nielsen gave Palle a posthypnotic suggestion to act miserable and guilty and to confess to Bente that he was upset because he had been unfaithful to her that day.

When Palle carried out that suggestion, however, Bente just laughed. She didn’t believe a word of it. From the characteristic cigarette butts she had found in the apartment, she was sure that it was Nielsen who had been there with Palle. Palle again called Nielsen. X told him to move to a slum because he was spending too much money on rent.

The next day, Nielsen called Bente. He scolded her for accusing Palle of doing the robbery. He also said that, if she would not agree to the move, he would make Palle divorce her and marry a different woman. He then took Palle to visit a series of prostitutes.

Bente later told police that Nielsen terrified her. But, this time, she did not give in. She needed a decent place for their baby to live. She left Palle and moved in with his parents. Both she and his parents then urged Palle over and over to sever the relationship with Nielsen. Palle finally agreed not to see Nielsen until after the baby was born (six months away), and Bente came back to live with him.

Nielsen, prosperous with all the bank loot, adjusted gracefully to the setback. X told Palle to phone the guru daily. He did so, and X gave his orders over the phone. Soon Palle was visiting Nielsen again.

But Nielsen was still concerned about the possibility that Bente might talk too much. To deny credibility to her suspicions, Nielsen gave Palle a posthypnotic suggestion to take a few hours off work, visit his doctor, and tell him about Bente’s bad nerves and paranoid delusions. He was to act very worried about her and ask the doctor what to do. Palle obeyed, unaware of the real cause of his statements. Bente’s supposed “bad nerves” and “paranoid delusions” went into her medical record.

Second Robbery and Murders—The money from Palle’s first bank robbery was running out. January 10, 1951, Nielsen renewed Palle’s narcohypnotic robbery training. In deep trance, Palle heard a lot of “God’s will,” “your mission,” and “you must sacrifice yourself completely.” Over and over, he visualized robberies and murders, especially of stubborn bank clerks. X also told Palle to write a detailed plan of his political party, including badges and organizational chart. After each training session, Palle woke up feeling a wonderful inner peace (as suggested).

X scheduled Palle’s next bank heist for March 29, 1951. Palle retrieved the gun from the woods. He again took a briefcase. He rode Nielsen’s bike this time. As he arrived at the bank, he again felt tremendous inner resistance surge up inside him. In a later rehypnotization, Palle relived his struggle to overcome that resistance at the moment when he arrived outside of the targeted bank:

"Well this is it...get it over quickly...then it’s all right...(moaning slightly)...Oh! It’s the usual thing. Why the devil have I got a body that has to put up resistance every time I’m going to do anything? Now (signs of violent affect)—(groans)...I can’t do it...body resisting the will...it is only something to be conquered. It can be conquered...it must be conquered...I lean the bicycle up outside—that’s right—Now it’s just a matter of three brisk steps."

(Reiter, 1958, pp. 154-5)

Palle went up those three steps, walked into the bank, pulled the gun out of his briefcase, and shot a bullet into the ceiling. He threw the container onto the counter. He told the teller to fill it up with money. The teller hesitated. Palle, in posthypnotic trance, imagining himself to be the instrument of divine power, feeling the power of X with him in that moment, and obeying his extensive conditioning preparatory to that moment, shot the man dead.

Palle then turned to the bank manager and told him to fill the briefcase with money. Instead, the manager reached for the alarm switch. Before he could touch it, Palle also shot him fatally. A bank worker on the periphery sounded
the alarm. Hearing it, Palle turned and rushed out of the bank.

As he ran out of the bank, Palle also ran out of posthypnotic suggestions. This scenario was not covered in his programming. So, the posthypnotic trance suddenly ended. He was wide awake. He interpreted that as X having abandoned him. As before, when he encountered something unexpected which his posthypnotic instructions did not cover, Palle became panic-stricken. He jumped onto the bike and pedaled away. He managed to escape everyone who was chasing him—except for one fourteen-year-old boy.

Capture, Interrogation, Psychiatric Evaluation

The youngster saw Palle go into an apartment house. He then turned back, flagged down a policeman, and told him where the bank robber had gone. The Copenhagen police searched the house. They found Palle just entering an apartment. He admitted that he was the object of their search. They went inside with him into the apartment.

Inside sat a drunk, dirty old woman. She told the officer that Palle was a friend of her nephew, Nielsen. She said Nielsen was vacationing in the country with a nightclub dancer who rented a room from her. She gave police a photo of Nielsen.

Interrogation—Palle Hardrup insisted, despite intense interrogation, that he had planned and carried out the crime alone. “Did you have an accomplice?” they asked, over and over. “No, none whatsoever,” he always said. Doctors at the Institute of Forensic Medicine reported that Palle became panic-stricken. He spoke casually of his robbery, apparently unremorseful. He said he had never discussed the idea with anybody else, that it was entirely his own.2

He parroted for authorities, word for word, all that Nielsen had told him under hypnosis to say if he was arrested. He would explain to them, as long as they cared to listen, that his robbery was only to get money to finance his political party. He told them about the organization chart and badges. The doctors assumed he was psychotic.

Police checked their files and discovered that Nielsen had a serious criminal record. But he was verified to have been out of town at the time of the crime. The investigation of Nielsen was dropped. Palle was processed for trial. Nielsen’s plan to pull off the perfect crime was successful. Even under those terrible circumstances, and despite careful interrogation by doctors and police, Palle’s hypnotic conditioning did not break.

Informers—Most victims of unethical hypnosis have no witnesses to their conditioning. Or the witnesses are unable, or afraid, to come forward and testify. But Nielsen had bragged to other prisoners about his power over Palle, and many persons had seen him hypnotizing Palle. After Palle’s robbery and murders were reported in the newspaper and on radio, witnesses began to come forward.

The first break in the case was an anonymous letter claiming important evidence, and asking to meet a detective in a Copenhagen bar at a certain time. A detective went. The informant said that he had been in the same prison as Nielsen and Palle for several years. He said Nielsen and Palle were both serving time for collaboration and had shared a cell. He said that Nielsen had hypnotized Palle and caused him to become

...virtually his slave, giving up all his personal possessions and even much of his prison food to him. The code, or trigger sign which always sent Hardrup into a deep trance was the sign of an X, and Nielsen had so conditioned his subject that whenever this sign was made he went straight into a state of somnambulance. The informer insisted that although Hardrup had carried out the raid, Nielsen’s was certainly the mind controlling him at the time. (Edmunds, p. 148)

Other released prisoners from Horsens also contacted the police and provided information. Men still in Horsens spoke to prison authorities, who contacted the police and passed on their statements. All said the same thing: Palle was Nielsen’s hypno-puppet.

When police confronted him with this new evidence, however, Palle was unmoved. He still insisted he alone was guilty and that his intent was only to raise money for political purposes, not to give to Nielsen. The psychiatrists now, however, were looking for a new type of evi-

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1. Alexander Cannon, an English medical hypnotist, warned of the possibility of crime by posthypnotic suggestion, and predicted an event such as this in a 1950 article: “...when an hypnotic suggestion of a criminal character is carried out, it is done with the greatest coolness.” He quoted an earlier analysis by Du Prel: “Hurried on by irresistible force, the subject feels none of the doubts of the criminal who acts spontaneously. He behaves with a tranquility and security....” (Cannon, p. 19)

2. In 1887, Bjornstorm described an experiment in which a subject was told to steal a bracelet while hypnotized, which she did. Later, she was given a posthypnotic suggestion to accuse a man of having done the crime, which she also did. An early 1950’s Rand report to the Air Force and the CIA agreed that “a hypnotized subject will often accept and confess to an implanted memory as a real event in his own past life.” (Bowart, p. 69)
Case History: Palle Hardwick

Psychiatric Evaluations—The police reopened their investigation of the case. They called in Dr. Max Schmidt, Chief Police Psychiatrist, to consult. He had never heard of Palle before, but he knew Nielsen from past criminal adjudications. When Schmidt asked Palle if he had ever been hypnotized and what he knew about hypnosis, Palle became agitated and upset. He said that his “good angel” would not allow him to answer that question. He then repeated all the elements of his canned confession. Then he begged them to just “get it over.” (Edmunds, p. 149) When Schmidt told Palle that an identification of Nielsen and his guardian spirit would explain a lot, Palle absolutely and emotionally rejected the idea.

Dr. Schmidt gave Palle a battery of psychological tests. His IQ was 129. His claim to have robbed and killed because it was his destiny to rule and save Denmark was classified as “an atypical paranoid psychosis with a system of delusions, though without other distinct schizophrenic features.” (Reiter, 1958, p. 205) The doctor told police that Palle’s “psychosis-like condition” had been caused by subjection to prolonged, intensive hypnotherapy. He told interrogators to just substitute “Nielsen” wherever Palle said “X” and they would get the real picture.

Palle still would not agree that he had been hypnotized.

The police talked to Nielsen again. He denied loaning his bicycle to Palle. They decided to question Palle with Nielsen in the room. The usual questions were asked. Palle gave the usual declarations of his own guilt and denials that Nielsen had anything to do with it. Police noticed that Nielsen sat

...forward with elbows on knees, arms crossed and hands on shoulders, thus making a clear X sign. When told to sit properly he changed his position for a more upright one, but immediately crossed his legs. For the duration of the interrogation, a matter of some three hours, he stared intently into Hardrup’s eyes. It was observed that whenever Nielsen made an X sign Hardrup renewed his own confessions and protestations of Nielsen’s innocence... (Edmunds, p. 149)

That was an interesting observation, but it was not enough evidence on which to arrest Nielsen. The attempt to build a case against him seemed impossible. Then, somebody remembered a bank robbery in another Danish town, seven months earlier, which had the same modus operandi. The robber had escaped. Witnesses identified Palle as the holdup man in that one, too.

When police questioned Palle about that robbery, however, he could not remember a thing. He explained that his good angel “told him when to remember and when to forget.” (Edmunds, p. 149)

The police talked to Bente. She told them that she had seen Nielsen hypnotize Palle many times using the X sign. She said she had long suspected that Palle was involved in the first robbery. Police noticed that Palle received a letter from Nielsen every day, content innocuous, but always marked with an X. Another prisoner told them that Nielsen had paid him to draw X marks on walls where Palle was sure to see them.

Palle still insisted he had committed the crime en-

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1. A subject with amnesia-cloaked hypnoprogramming tends to repeat verbatim the content of that programming, in response to questions that stimulate it.
tirely on his own.

Dr. Reiter Enters the Case

Nielsen was defended by a team of the best lawyers money could buy. They based their client’s defense on his claim that Palle could not be hypnotized. It looked strong. Neither Dr. Schmidt, nor the police department’s expert hypnotist on staff (a detective who was in charge of Palle’s case for the first year) could hypnotize him. To prove a case of victimization by hypnosis, Palle had to be demonstrably capable of amnesic somnambulism: quickly and deeply hypnotizable, capable of positive and negative hallucinations, and of unknowingly obeying posthypnotic suggestions because of complete suggested amnesia—a state of mind in which “critical powers and free will were abolished.” (Reiter, 1958, p. 87)

At this point, the police called in Dr. Reiter. He was one of Denmark’s foremost hypnosis experts, a faculty member lecturing on psychotherapy and psychosomatic medicine at the University of Copenhagen, and an expert on criminal psychiatry. Like Schmidt, Reiter already knew Nielsen well. Dr. Reiter had been Director of the State Institution for Psychopathic Delinquents when Nielsen was incarcerated there and was also his parole officer after discharge. In addition, Nielsen had later attended the psychiatric clinic of a hospital which Dr. Reiter directed.

Reiter believed that unethical hypnosis was not possible. He had recently testified, for the defense, in the case of a 44-year-old hypnotist accused of using hypnosis to have sex with a female client. Reiter testified, in court, that he doubted that the alleged abuse could have taken place. (The Court sentenced the hypnotist to prison for eighteen months anyway.)

Reiter first visited Palle in April, 1952. The accused looked pale and harassed. He acted tense, stiff, and unnatural. For the first five weeks of their daily meetings, they just talked. Palle told Reiter what he could remember. He seemed genuinely interested in getting to the bottom of it all. But he did not remember anything about hypnosis. He did not remember anything about the first robbery.

Futile Attempts to Hypnotize Palle—From May 27 to July 4, 1952, Dr. Reiter tried to hypnotize Palle. Each time, Palle descended to a light trance level—and stopped there. Reiter’s attempts did stir up in Palle painful, chaotic thoughts of times spent with Nielsen, but there was no recovery of amnesic memories, either in or out of trance.

One day, Nielsen encountered Palle in court. After that meeting, Dr. Reiter noticed that Palle’s beliefs in his guardian angel and his mission, and his amnesia, had been reinforced. He began to have spontaneous hallucinations again in which X talked to him about his mission. Palle also began to feel upset all the time. He did not know why he felt so anxious. He told Dr. Reiter that he was having chronic insomnia. Time after time, he would be just on the verge of falling asleep, and then he would suddenly feel tense and frightened, afraid of losing control, afraid of becoming unconscious. He had frightening dreams when he did sleep, but, when he awoke, he could never remember exactly what he had been dreaming.

The first fifteen times that Reiter tried to hypnotize Palle, what happened was a very atypical pattern. Palle went into a light trance, but no deeper. Anybody, who can be hypnotized, even a little, will normally go into trance more easily, and deeper, with each subsequent induction. Palle responded exactly the opposite. Any induction method which worked once on him took longer to work, and worked less well, each successive time that Reiter used it.

For example, the first time that Reiter told Palle to stare at a bright light, he entered a light trance in just five minutes. But each repeated attempt to induce using the light took longer—and Palle never went deeper. The first time that Dr. Reiter tried a levitation technique, after twenty minutes Palle was in a light trance. When Reiter suggested the deeper state of catalepsy, and touched Palle’s hand to deepen by “anchoring,” Palle jerked awake. The next time Reiter tried the levitation induction, it took 47 minutes to get Palle into a trance, and this one was less deep than before. Again and again, Reiter changed his induction technique. Palle’s reacted the same.

Reiter knew that Nielsen’s defense team was claiming that Palle was not capable of deep hypnosis. The police psychiatrist, however, suspected that Nielsen had given Palle sealing suggestions against induction of deep trance. If every other hypnotist was limited to light trance, all Nielsen’s commands to Palle would remain dominant; a command given at a deeper level of hypnosis automatically prevails over one given in lighter trance.

If the problem was depth sealing, how could he break through?

Day after day, Reiter attempted to hypnotize Palle—and continued to fail. Then, one day, the doctor tried an new, much more powerful induction method—barbiturate narcohypnosis.

Evipan Breaks the Seal—On July 4, 1952, Reiter asked Palle to stare at the light for three minutes. Then he injected Evipan (a European brand of Sodium Amytal) to chemically force him into trance. As the drug took hold, Palle cried out in sudden, terrible distress, “No! No! Let me go! I won’t do it! I can’t do it!”—on and on like that for the next two minutes. Reiter described Palle’s condition in those few minutes as “the most high-pitched and obviously painful affect.” (1958, p. 89) The anguished yelling was Nielsen’s hypnoprogramming resisting the chemical induction.
Then the doctor told Palle to open his eyes and look again at the bright lamp. This time, within 30 seconds of staring at the blinding light and hearing Reiter’s soothing “Sleep, sleep” suggestions, a narcohypnotized Palle fell into a truly deep trance.

Now—after the staring, plus drug, plus second staring—Palle’s body relaxed. His facial expression became calm and peaceful. All the anxiety and tension that had characterized his behavior up to now was suddenly gone. Reiter let him rest like that a half hour, then gave suggestions that he would awake feeling fine and acting calm.

Palle awoke and said he felt fine. He was acting calm too—which was completely unlike his reaction to previous hypnotic induction attempts by Reiter. So the doctor knew that his suggestions had finally taken hold!

Dr. Reiter asked Palle what he remembered and how he had felt during the procedure. Palle said he remembered staring at the lamp before the injection. He remembered the shot. He said it had made him feel as if he were split into two persons. “He was terribly afraid...There was something which seemed to prevent him going to sleep, although he felt very sleepy and influenced.” (Reiter, 1958, p. 90) Palle also remembered staring at the light the second time. From then, until after Reiter’s suggestion to return to consciousness, he remembered nothing. His spontaneous amnesia proved that Palle could reach a somnambulistic depth, for he had just done so!

Nielsen had a back-up hypnoprogram implanted against the possibility someone might succeed in breaking through his control. A new series of posthypnotic suggestions now kicked into action in Palle’s brain. Although, in all their previous meetings Palle had been friendly and fully cooperative, now his facial expression turned hard. He acted tense, suspicious, apprehensive, and started an argument with Dr. Reiter. Next day, his newly suspicious and defiant attitude remained in place. He told Reiter that he was no longer willing to be hypnotized unless Reiter would allow Nielsen to come and see if Nielsen could also hypnotize him.

Palle had a legal right to reject hypnosis by Reiter. So, on that day Reiter did not try to hypnotize him. Instead, he spent the whole session reasoning with Palle, trying to persuade him to let Dr. Reiter continue to hypnotize him. The doctor said that he would be very interested to see what took place if Palle and Nielsen were together (though he actually thought Palle’s idea was ridiculous, against Palle’s best interests, and undoubtedly was Nielsen’s hypnoprogramming). He added that such a meeting should happen much later. He ended by telling Palle to let prison officials know what he decided.

That night, Palle tossed and turned, again unable to sleep as he wrestled in his mind with the undefined force in him which did not want him to see Reiter again. Before that restless night was over, he had defeated the unknown enemy in his lonely night combat. He had decided to continue with Reiter.

So, the next day, Palle came to see Reiter again and told the doctor his decision. The prisoner still was upset, nervous, talking fast, agitated. Reiter wasted not a moment. He again used lamp staring, followed by injection, followed by a second lamp staring to induct Palle. Again Palle went into a deep, amnesic trance. For the rest of July, Reiter repeated the same induction routine: staring, shot, staring. Every time, Palle went into deep, deep trance. Over the next ten sessions, Reiter decreased the amount of injected Evipan a little bit more each time, until finally the shot was just distilled water. It still triggered deep trance in Palle (classic Pavlovian conditioning). Later on, Reiter omitted the injection, using only the two eye fixations. Palle still went into deep trance. He was again a conditioned hypnotic subject.

**Palle, the Somnambulist**

**Training**—First, Dr. Reiter trained Palle to be an obedient hypnotic subject.

...the “training-in-hypnosis” period should not be abandoned until it has been established that posthypnotic suggestions are carried through in a fashion that leaves no doubt of the mastery of the situation by the operator...a patient or subject should possess a number of accomplishments...He should be able to enter a deep trance almost as soon as he is instructed to do so; he should be able to revert memorially [regress] to earlier periods of his life; he should be able to verbalize while in the trance state; he should be able to carry out suggestions for posthypnotic behavior especially as these apply to recall or amnesia. (Lindner, Rebel Without a Cause, 1944)

Palle soon entered deep and amnesic trance, in less than a second, to whatever induction cue Reiter had specified. He settled Palle onto the letter “P” as a regular cue, imitating Nielsen’s use of the letter “X.” Reiter gave supplementary suggestions to prevent Palle from going into a trance if he saw a random P—such as in a sign. The doctor also gave sealing suggestions to protect Palle against more hypnosis by Nielsen: “If you ever receive an induction cue from any person but me, it will have no effect at all.” (But earlier and more repeated programming tends to be dominant over later and less often repeated programming.)

**Transference**—Nielsen had got Palle to unconsciously accept the guru’s hypnotic instructions as coming from Palle’s guardian spirit/X/God. Reiter decided to mimic that system, except that he made Palle’s unconscious receive the doctor’s hypnotic instructions as coming from Mama and Daddy. Reiter wanted an unconscious transfer-
Classical Conditioning

Any biological function that is normally **unconscious (reflexive)** can be **classically conditioned**. Your level of consciousness can be conditioned because it normally adjusts unconsciously, just like your retina diameter and heart rate. Salivation at the sight of food is another normally unconscious (reflexive) function.

An assistant to Pavlov did the original classical conditioning experiment, using a dog. The dog would begin to drool as soon as he saw food, a natural response. The assistant began to ring a bell right before he brought food in where the dog could see it. Soon, when the bell rang, the dog drooled in anticipation of food. After that, the food might or might not arrive, but the dog still drooled when he heard the bell. A salivation response that was naturally associated with the sight of food now appeared at the artificial sound of the bell. That's classical conditioning. Classical conditioning is an **unconscious association** wherein an arbitrary outside signal is made to cause an event inside the subject's body.

In classical conditioning, the subject is **passive**. A dog with its salivary gland outlet in the mouth hooked up to an externally visible measuring tube, or a human subject willing to get a needleful of barbiturate in his arm is “passive.” The subject's response to the biological cue is involuntary and reflexive. Pavlov placed meat powder on the dog's tongue; and it began to salivate heavily. Dr. Reiter injected Palle with barbiturate; and Palle's state of consciousness lowered to deep trance.

In classical conditioning, the desired association, or **reinforcement**, occurs **before** the elicited response: salivation or trance. The **conditioned** (unnatural) stimuli of bell or needle are timed together with the **unconditioned** (natural) stimuli: meat powder or barbiturate drug. Our natural learning system is associative. It does not work if the bell rings **after** the food comes, or if the fluid injection happened **after** consciousness lowers. Sequence is all-important in classical conditioning. The bell has to ring either at the same time, or slightly before, for the conditioned response to develop.

Classical conditioning is the unconscious creation of a **mental reflex**. It is **automatic learning**. An association between the two stimuli (bell/meat; needle/drug) is made so strong that, eventually, the artificial one (bell, needle) can replace the natural one (meat, drug). Thus it happened that the sound of the bell that Pavlov's assistant rang before placing the meat powder on the dog's tongue soon caused the dog to salivate, even when the assistant did not give the dog any meat powder. The dog was **conditioned**.

A famous experiment with human conditioning was reported, in 1933, by Hudgins, “Conditioning and the Voluntary Control of the Pupillary Light Reflex.” Ordinarily, you cannot control the expansion or contraction of the pupil of your eye because that is an involuntary reflex. Your pupil automatically contracts at the stimulus of a bright light, expands in the dark. Hudgins conditioned human subjects, as Pavlov had with dogs. Hudgins would say, “Contract,” and the bell would sound, and the light would flash in the subject's eye. After only a few hours of training, Hudgins could simply say the word “contract,” and the subject's pupil would contract—no light, no bell, just the word!

In the 40s, Gregory Razran conditioned human subjects to salivate when he said “style” or “urn.” Then he got them to **generalize the response** and therefore to salivate to synonyms such as “fashion” and “vase.” (The generalized responses were weaker.) Okake Naruse, University of Kyoto, caused conditioned hallucinations. He made hypnotized subjects stare at a screen. Naruse flashed a light (or sounded a bell), then projected an image on the screen...

...at low illumination. He gives the subject a pad of paper, has him draw the image several times, then suggests amnesia for the whole experience and brings him out of hypnosis. Later he tells the awakened subject to watch the screen; he sounds the bell, projecting nothing, and asks the subject to draw what he “sees.” **People do, quite dependably. (London, Behavior Control, 1969, p. 290)**

They drew the image projected during the past hypnosis. Conditioning, plus amnesia, made that work.

Dr. Reiter's needle, even though filled with pure water, because of the phenomenon of classical conditioning, soon resulted in an equally deep trance as if the drug had been used.
Hypnotist: An “Artificially Induced Superego”

R.W. White was a psychoanalytically-oriented psychiatrist and research hypnotist. He saw in hypnosis a "transference of the loving, hating and fearing attitudes which were first aroused by the parents" to the operator. ("An Analysis of Motivation in Hypnosis," p. 154) Kubie and Margolin were also Freudian-oriented research hypnotists. They said that hypnosis is essentially the displacement of the conscious mind's (ego) control by...a complex image of the hypnotist which becomes part of the subject. This image functions in the subject as does the residue of parental images in adults. It delimits memories and contacts, dictates purposes, distributes inner rewards and inner punishments, and engenders strong affects. In some measure, therefore, it temporarily dispossesses the earlier authorities (i.e., the superego), or merges with them...The incorporated image of the hypnotist plays the same role in the hypnotic subject as does the incorporated and unconscious image of the parental figure in the child or adult. Hypnosis thus is seen to be an experimental reproduction of a natural developmental process. (Kubie and Margolin, "The Process of Hypnotism and the Nature of the Hypnotic State")

A hypnotic subject accepts the hypnotist as an unconscious displacement for his or her own ego the way a child unconsciously incorporates parental points of view.

In the induction stage the hypnotist becomes for a time the sole representative of the external world and, once hypnosis has been achieved, while the subject reinstates his normal boundaries in both time and place, the hypnotist remains incorporated within his conscience as “an experimentally induced super-ego figure.” (Ibid.)
Reiter then said, “Now listen carefully! P!” Palle’s head instantly collapsed onto the desktop. His eyes closed. The phone receiver fell from his ear.1

Reiter’s assistant yelled Palle’s name and shook him. Palle could not be awakened; he remained in deep trance. Then the assistant held the phone by Palle’s ear. Reiter gave Palle instructions over the phone to wake up. Then, Palle awoke. He remembered nothing of what had happened while he was in trance.

Induction Cue, in Writing—Reiter’s assistant then handed Palle a letter from Reiter. Palle opened the envelope and read the message inside:

Greetings from P. Reiter

Seeing the initial P in a letter from Dr. Reiter cued another trance. Again, Palle’s eyes closed and his head collapsed onto the desktop. Again, the observers shouted and shook him, but were unable to bring him out of it.2 Again, Reiter’s assistant placed the phone by Palle’s ear while Reiter told his subject to wake. Again, Palle woke with no memory of the trance.

Amnesia and Posthypnotic Suggestions—Palle later wrote about a similar demonstration:

Now I am awake, and now I am asleep. One moment Dr. Reiter is giving an explanation and the next time I wake up (I don’t remember falling asleep in the meantime), all those present are sitting looking in their notebooks. They are all confusing fragments which it is completely impossible to write at all sensibly about. (Reiter, p. 187)

The doctor next demonstrated his subject’s obedience to posthypnotic suggestions. He hypnotized Palle and told him that, exactly three minutes after he was awakened from trance, he would stand up and walk over to the Assistant Commissioner. He was to then ask that gentleman his age, what year he left school, and what caused him to choose the career he did.

Reiter then awakened Palle and chatted with him. Palle had no memory of being hypnotized, nor of the posthypnotic suggestions which Reiter had given him. Three minutes later, Palle suddenly looked at the Commissioner. He then walked over to him and, in the most polite and apologetic manner, asked the exact questions he had been told to ask.

Reiter said, “Palle, why did you do that?”

Palle explained (rationalized) that he had suddenly thought how interesting the career of an important police official must be. He said he wondered how a person got into that important work.

Reiter then dropped Palle back into trance and gave him another posthypnotic suggestion. He said, “In precisely three hours, you will hear my voice, just like you used to hear the voice of X talking to you. You will not be surprised by that. You will call the jail guard, and ask to see the police solicitor.”

The police called Reiter at home that evening to report. They said his posthypnotic suggestion to Palle had been carried out in every detail. Exactly three hours after Reiter gave the suggestion, Palle (now back in his cell) had acted upset. He had called the warden and told him that he had now begun to hear Dr. Reiter’s voice. He said “he thought it was too bad that not only did he have to hear X now and then but that I, too, had to interfere in his affairs when he was on his own.” (Reiter, 1958, p. 94) Palle then asked for paper and wrote on it a request to see the police solicitor.

During their next appointment, Palle told Dr. Reiter about hearing his voice in the cell. Reiter’s “voice” had told him to be calm and have faith, because one future day the truth would emerge—if Palle himself would tell it. (Reiter had not specified exactly what words Palle would hear him say. Palle’s unconscious had itself composed that reassuring wisdom, which might conceivably have come from Reiter.) Palle couldn’t imagine why he had heard the psychiatrist’s voice in his cell.

Reiter then suggested a series of multisensory posthypnotic hallucinations, including an apparition of himself. Palle obediently hallucinated the suggested visits from Dr. Reiter. The doctor appeared in his white coat as Palle lay on his cell cot, gave the signal P to Palle, and Palle’s cell transformed into a beautiful beach surrounded by bright flowers, blue sea, and shining sun. The prisoner heard a church bell sounding in the distance and felt full of peace.

A Criminal Suggestion—Reiter’s final posthypnotic experiment with Palle was a “criminal” suggestion to break prison rules. Up to this time, Palle had always followed prison rules and had never once complained about anything. Reiter suggested to a hypnotized Palle that, in the afternoon, he would feel overwhelmed, tired, and irritable, with no appetite for his supper, followed by words to the effect that: “Your food will look unappetizing. It smells
rotten. You tell the prison guard that. He will probably insist that there is nothing wrong with your food. Then you start to get angry. You will speak rudely to the guard and quickly become even more angry. You say the most insulting words you can think of to him and become absolutely enraged. You would like to punch him, but you don’t dare do that. Instead you grab up the plate of disgusting food and throw it on the floor. After doing that, you become more calm. You start to feel sorry for what you have done.”

Later that day, back inside his cell, all went just as Reiter had suggested. Palle thought about his situation, and about his parents. He had been locked up in prison three years, so far, this time. He thought about how badly he had treated his parents, how alienated from them he had become. When dinner came, the bread and sausage tasted moldy to him. The milk tasted sour. Palle called the warder and told him that. The warder denied that the bread and sausage were moldy and insisted that milk was not sour. Palle got very angry, called him an idiot, and threw his plate onto the floor, where it smashed. Then he felt calmer and began to feel sorry for what he had done.

Regressions

Reiter was now daily regressing Palle to his life with Nielsen. First, however, each day, he returned him to scenes from his school years, then to early childhood (as young as two). After being confident that he was getting accurate regressions of verifiable events, the doctor would regress Palle to the Nielsen years. Reiter recovered Palle’s memory of experiences with Nielsen in chronological order. Palle’s daily sessions, each hours long, with Dr. Reiter continued for fifteen months. He did over a hundred regres-

sive dramatizations of his experiences with Nielsen.

Reiter wanted to know every hypnotic method that Nielsen had used, everything he had told Palle under hypnosis which had helped to shape him into a hypnorobot. He wanted to know Palle’s state of mind at each stage in the planning of each robbery.

During the regressions, Palle usually lay motionless with the characteristic masklike, expressionless face of deep trance. A dramatic exception to that was when Palle remembered emotional events. Then, his expression displayed intense emotion, such as panic-stricken fear. The doctor noted that reliving deep feelings also made Palle’s respiration and pulse rate increase. Sometimes he trembled. Sometimes his face and hands broke into a cold sweat.

Palle’s waking voice was alert and fluent. But, when hypnotized and regressed, it sounded “weak, monotonous, almost ghostly...strangely passive...[except when] a frightened shout or scream.” (Reiter, 1958, p. 159) Palle relived old conversations as if a videotape of that event were playing in his brain. He remained silent during moments when another person was speaking. At such times, Reiter felt as if he were listening to somebody talking on the phone.

When Reiter instructed Palle to say what the other person said, Palle imitated their manner of speaking as well as reproducing their words, speaking the part of each person in authentic tone and cadence. Reiter soon could recognize Palle’s representation of Nielsen’s deep voice and endless hammering in of programming suggestions.

Guarantee Truthful Regression—Dr. Reiter made sure that Palle’s regressions were the most authentic sort: “I am there,” rather than “I was there.” He would hypnotize him, specify the day and time of day he was to regress to, then say:

You will experience all you went through on that day, in every detail. You do not only dream it, nor remember it, you really experience it, you are in the middle of it. You will tell me exactly what you do. (Reiter, 1958, p. 101)
He told Palle not to add or leave out anything. He gave strong suggestions, at the start of each trance, designed to punish the slightest deviation from truth:

...if he was guilty of giving a false account or if he diverged a hairsbreadth from the truth he would be seized by a feeling of terror...He would be panic-stricken with fear, his heart would thump violently and he would begin to sweat and tremble. He would also feel pain at the root of his tongue. His tongue and his voice would fail him and he would be incapable of saying anything coherently. He would feel as if his neck were being twisted and he was being strangled. (Reiter, 1958, p. 101)

One day, Reiter tested his truth-guaranteeing mechanism by suggesting to a hypnotized Palle that he had just told a lie. Palle’s pulse began to race. Groaning and sweating, Palle managed to say, “I can’t get any air. I can’t speak. My tongue’s all stiff.”

When the day came that Palle was to relive the first bank robbery, Reiter gave an additional suggestion. If Palle did not tell the exact truth, he would feel the panic of his guardian spirit leaving him. [It probably was not smart to echo and reinforce any of Nielsen’s conditioning.]

The police checked all verifiable details in the memories which Palle recovered under rehypnosis. All were confirmed.

Suggested Autobiography - Every time he hypnotized Palle, Dr. Reiter gave the prisoner a posthypnotic suggestion to write down everything he remembered of his visit to the doctor after he was returned back to his cell. Therefore, Palle recorded a series of puzzling encounters beginning with “Hello, how are you?” and maybe a short preliminary conversation—followed by the saying of good-bys. He never remembered being hypnotized. He never remembered anything that happened while he was hypnotized.

Dr. Reiter also suggested, every day, that his subject would write a chronological history of his life with Nielsen. He told Palle that memories would pour into his mind, that he would relive it all again, seeing everything clearly. Reiter encouraged Nielsen’s victim to write these memories down. He said that the writing would relieve the pressure of them. So Palle wrote every day for months, every detail of his experiences as Nielsen’s hypnotic subject. He always believed that the writing was his own idea—just a means to relieve the pressure and unburden himself of that troublesome history.

As with the regressions, Reiter gave Palle posthypnotic suggestions designed to prevent his subject from deviating in the least from the truth, or embroidering his experience the tiniest bit, while writing his autobiography. Reiter threatened that, if Palle strayed from the true facts of his case, his hand would cramp. It would refuse to write any more, and its writing would become illegible. Reiter also said that, if Palle’s memory was unclear on some point, he would state that fact plainly.

Palle now consciously recognized that Nielsen’s “spiritual exercises” were really hypnotic conditioning. He now knew that Nielsen had regularly hypnotized him for four years before the robberies, that he had deliberately trained him to commit crimes by means of desensitizing visualizations under hypnosis, and that Nielsen had given specific suggestions under hypnosis which caused him to commit the robberies and murders for which he would soon be on trial.

Palle now made statements regarding that history which were very different from those made when he was first arrested. Then, he had claimed he committed the crimes all by himself and for the sake of his “mission.” Now, he said that Nielsen was identical with X; and the crimes had happened because of Nielsen’s orders; and that being freed from Nielsen’s influence made him able to know and say that truth.

Palle’s autobiography, written because of Dr. Reiter’s suggestions, gave a completely different version of events than what Palle had first told police. Reiter called it Palle’s “exercise book confession.” The psychiatrist planned to enter it as new evidence in the case. Reiter had heard and seen Palle’s relivings during hypnotic regressions, and read the autobiography. The doctor now clearly understood exactly how Nielsen had captured and enslaved his cellmate’s mind. He hoped to make those events equally clear to court personnel.

Palle, however, did not yet know all that the doctor knew about those past events in his life. Dr. Reiter had routinely hypno-instructed Palle that, while writing, those past events would seem very far away, vague, foggy, and emotionally unconnected to him. Accordingly, although Palle had now regurgitated all the facts which his unconscious knew onto paper, for Reiter and for the record, and he consciously understood some essential facts about that history, Nielsen’s victim had not yet intellectually integrated all the intellectual and emotional reality contained in those pages.

When the trial began, Reiter still had not allowed Palle to consciously remember the specific details of what had happened in his years with Nielsen.

Trial Preliminaries

Nielsen always hoped for, and looked for, opportunities to renew his hypnotic control of Palle, reinforce the old hypnotic conditioning of his subject, and to add new conditioning designed to get the guru off the hook. October 9, 1952, Dr. Reiter, again, demonstrated Palle’s hypnoskills
Palle’s Dreams

Reiter also used posthypnotic suggestion to make Palle remember dreams and write them down when he woke up. (He recorded several hundred.) Sometimes the doctor suggested he dream on a particular theme, or of certain persons. Palle always obeyed, always believed it was all his own idea.

When Reiter said to dream about Nielsen. Palle dreamed he was in his childhood room at home. A big plane flew over very low, then

...with a frightful crash came down on top of a low garage just outside our window...I was quite paralyzed...the plane and the garage were completely wrecked...I heard another machine droning overhead. The next moment it was down on top of the first, if anything with a worse crash than before. I found the situation quite terrible. I was completely knocked out by it...I was shaken to the core...Some time after the third plane droned over. I knew that it would crash just like the two before it, but there was nothing I could do. I was paralyzed with horror while I waited for the crash. It was like a nightmare.

The crash came as I had expected. I was completely beside myself. Shortly afterwards a fourth plane appeared and the same thing happened again...our house was on the direct route of all planes approaching the airport...

Suddenly they [the police] arrested me for being the cause of the whole series of accidents...they found in a cupboard a tiny instrument which I had once constructed and later put away and thought no more about...It was quite a small innocent looking instrument which I had once made as an experiment...It was really nothing more than a toy made to amuse myself.

As they produced it from the cupboard everything suddenly became clear to me. I realized, all of a sudden, that it was my instrument which had caused the planes to crash. It has since been found out by experiments that, besides the function that the instrument was constructed for, it had another function. Under certain circumstances it caused airplanes to crash if they came within a certain radius. I knew nothing about this, and only recently has science found out about this secondary function. It was, in fact, not my invention at all.

At this point I woke up, and I had to sit up and get my breath before I could go to sleep again.”

Nielsen does not openly appear in the dream, but, as in real life, he is the unseen, powerful agent behind all the destruction. The “toy” symbolizes the original hypnotic training that Palle allowed Nielsen to do to him. Palle was so deceived. He thought the trances were no more than a toy, made to amuse himself. The “other function,” which Reiter’s “experiments” had shown the instrument had, was exploitative mind control.

Dr. Reiter asked Palle what he thought the dream meant.

Palle said, “Bjorn and all that he has done to me.”

Reiter asked, “How did you feel during the dream?”

Palle said, “Wretched and panic-stricken over all the people who were killed.”
to legal representatives. Neilsen, his defense lawyers, and their psychiatrist, Dr. Geert-Jorgensen, attended. (Reiter had recommended Geert-Jorgensen to Neilsen’s lawyers because that psychiatrist firmly believed in the dogma of moral integrity—that no one can be caused to act against their morals by means of hypnosis.)

The show began with Reiter giving Palle his induction cue. Then the doctor pointed out to the observers the subject’s instant shift into a state of profound trance as a result of perceiving the cue. Then he brought Palle out of trance to display the prisoner’s total amnesia for having been hypnotized and for all events occurring while he was hypnotized. Then he cued Palle back into trance again. During that immersion, he made Palle regress and relive various criminal episodes. Here is the court transcriber’s record of Palle’s relived thoughts as he bicycled toward the bank where he would, in a few moments, attempt robbery and commit murder:

Subject: “I’ve got the pistol in my bag. It’s loaded...Well this is it...get it over quickly...then it’s all right...(moaning slightly)...Oh! It’s the usual thing. Why the devil have I got a body that has to put up resistance every time I’m going to do anything? Now (signs of violent affect)—(groans)...I can’t do it...I lean the bicycle up outside—that’s right—Now it’s just a matter of three brisk steps.”

Dr. Reiter: “How do you feel?”

Subject: “I’m rather nervous...”

Dr. Reiter: “Why don’t you like it?”

Subject: “...It is the physical resistance.”

Dr. Reiter: “Physical resistance?”

Subject: “The body resisting the will...it is only something to be conquered. It can be conquered...it must be conquered.” (Reiter, 1958, p. 154)

Nielsen exuded an attitude of arrogant self-confidence while he sat and watched Palle’s reliving. The criminal hypnotist acted as if he were one of the lawyers, instead of a man about to be tried for causing robbery and murder by means of a mind-control technology. Nielsen denied that Palle could be deeply hypnotized. He denied that the subject was deeply hypnotized in that moment.

Dr. Reiter said to Nielsen, “You may use any depth test.”

Nielsen sharpened one end of a match stick. He cruelly shoved it far up under one of Palle’s fingernails. Blood spurted. But Palle revealed no awareness of his injury, no sign of pain. Nielsen’s lawyer, Geert-Jorgensen, and the guru himself had to agree it looked as if Palle really was in deep trance.

Throughout Palle’s interrogations and trial, Nielsen (like Adam) cold-bloodedly exploited every opportunity to make himself look good, and to get Palle convicted. Smugly enacting his role of the falsely accused man, Nielsen energetically defended himself. His behavior was

...typical of the professional, criminal hypnotizer...It corresponded closely to the attitude displayed by the criminal protagonist in the famous Heidelberg case as described by Ludwig Meyer. (Reiter, 1958, p. 184)

Reiter believed that his sealing suggestions, blocking Palle against hypnosis by Nielsen, were effective. He now invited both Nielsen and Dr. Geert-Jorgensen to try to hypnotize Palle. Neither of them could. (Nielsen did not want to succeed.) But even Nielsen’s presence and his feeble attempt to hypnotize Palle aroused old conditioning in Palle. He had trouble sleeping that night. He lay awake, feeling afraid and worried. When he slept, he dreamed of Nielsen and X. And the next day he felt very nervous in the presence of Dr. Reiter. Reiter easily restored Palle’s calm with a hypnotic suggestion.

November 1, 1952, at a court hearing which Dr. Reiter did not attend, the police, ignorant of the dynamics of hypnosis, seated Palle and Nielsen beside each other. While a witness was being questioned, Nielsen talked to Palle about his duty to X. (We know Nielsen did that because he was overheard.)

After Nielsen reinforced all his old conditioning again, Palle was even more torn by conflict between the opposing sets of programming from the two hypnotists. The next time that Dr. Reiter met with Palle, he was in such an obvious state of wretchedness, more nervous and tense than ever before, that Reiter asked him what the problem was. Palle was amnesic for his encounter with Nielsen, but he did know that, after his court appearance, he had begun to hear X’s voice again. He said he could not sleep. When he did sleep, he had agonizing dreams in which X appeared, the world ended, and he was damned forever.

Reiter gave his induction cue, “P.” It almost did not work. Finally, he got Palle hypnotized. It took Reiter ten days to return Palle to his normal calm and to get their hypnotic rapport back to normal. Reiter repeated suggestions, over and over, meant to weaken all ideas associated with X in Palle’s mind and to prevent Nielsen from ever again influencing him.
Palle’s defense lawyer and Nielsen’s defense team were adversaries. For two years, Palle’s lawyer—although he was merely the court-appointed defense for an indigent criminal—had carefully researched unethical hypnosis. He frequently consulted with Dr. Reiter about the facts of Palle’s history as they emerged in the regressions. He attended all three demonstrations of somnambulist Palle which Reiter gave.

Nielsen’s defense team now managed to divest Palle of this excellent lawyer. Nielsen whined to the judge that he had confided too much in Palle’s lawyer. He claimed to now realize that it would threaten his own case if that lawyer continued to represent Palle. The court accepted Nielsen’s argument. Just before the trial, they stripped Palle of his well-informed lawyer and assigned a new one to him. The newcomer had only a couple weeks in which to prepare to argue one of the most technically unfamiliar and complex legal cases to ever enter the Danish court system.

Psychological Reports and Grief—April 30, 1953, Dr. Hojer-Pedersen (Reiter’s assistant), retested Palle with the TAT. He reported that Palle now felt guilt for what he had done—and anger about what Nielsen had done:

> He is passive, considers himself unfairly treated, primarily by N, through no real fault of his own. He has been hit by others and has himself killed by accident. He has been living in a world which was artificially made up for him, he has been chained up in his own imagination and now is ‘tied to the gravestones.’...he has been made a tool of. (Reiter, 1958, p. 82)

Of the 12 M card (the hypnosis picture in the TAT series), Palle said, “This is hypnosis.” He attributed evil, profit-making intentions to the hypnotist. Looking at the picture made him feel anger. He said he wanted to give the old scoundrel pictured on the card a good shaking. His general responses showed optimism about the future despite dark shadows remaining from past events. He felt like the doctor belonged, through which fresh air now blew on him. He visualized Reiter as light which entered, and passed through, him.

Palle pictured his unconscious conflict between Reiter’s present hypnotic control of him and Nielsen’s former hypnoprogramming in imagery. He was standing on the edge of a mountain gorge. It was an endless abyss which plunged down and down. Dr. Reiter was struggling, using all the abilities he had, to influence Palle to come away from that edge. Although the doctor’s approach was calm and scientific, emotionless, Palle said that he expected Dr. Reiter to win the battle.

Dr. Hojer-Pederson reported that he found no signs of insanity in Palle and dwindling interest in religion and politics. He credited Palle’s “ambivalent, but momentarily strongly positive dependence upon Dr. Reiter...” (Reiter, 1958, p. 86) as the cause of the changes. He noted Palle’s keen sense of justice.

Just before the trial commenced, Reiter combined his observations of Palle’s regressions, dreams, and other behavior, and Palle’s autobiography, into a final, thorough report, consisting of 366 typed pages. He delivered this book-length tome to the court on June 15, 1953 (two years and three months after Palle’s arrest). The gist of his report was that the true cause of Palle’s criminal acts, the true perpetrator of them, was Nielsen.

The court took three weeks to read it. On July 6, they held another hearing. At this one, both Palle and Nielsen were present—again seated side by side. Nielsen murmured to Palle about what X wanted. The court declared that Nielsen and Palle would each be allowed to read Reiter’s report, for one week.

Reiter planned and carried out his clinical strategies with icy detachment from Palle, the victim. He fought like a cool, but determined, chess master, again and again, before the court on Palle’s behalf. Reiter’s efforts were tightly focused on winning the case. He was a police psychiatrist, not a therapist. His job was to discover, demonstrate, and prove the truth about what Nielsen had done to Palle.

Now, however, Dr. Reiter recognized that Palle’s state of mind must be part of his strategy. Reiter, who knew Palle better than anybody else (except perhaps Nielsen), therefore, asked the court for an opportunity to prepare Palle psychologically, before the prisoner saw the psychological report. He warned them that, without supportive preparation, Palle’s mental condition could be damaged and his hypnotic cooperation affected by the shock of what it contained. Reiter explained that he had maintained the hypnotic repression of Palle’s memory for details of his abuse by Nielsen. Despite the fact Palle had written them all down, Palle did not yet know them.

Nielsen, on the other hand, was pressuring the judge to turn over Reiter’s report immediately. Reiter’s appeal for delay was denied. Nielsen’s request for immediate release of the report was accepted.

Reiter then asked that the release of Palle’s copy

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1. Nielsen’s defense “team” may have been supported, in whole or in part, by persons who were interested in protecting the legal position of hypnotists.

2. Research has shown that emotion is a component which tips associated programming toward a dominant status.
be delayed, until he could psychologically prepare him. But
the judge reasoned that justice required that Palle be treated
exactly the same as Nielsen. That request was also denied.

Reiter tried yet again. He asked the court to allow
him to continue seeing Palle for therapy. He argued that
maintaining their hypnotic relationship would prevent “re-
lapse into the psychosis” (he meant a recovery of control
over Palle by Nielsen and reinforcement of all the tragic X
programming). Reiter said that his hypnotic relationship
with Palle was not stable. He feared that, if it was not main-
tained, it could fade, or be eroded by Nielsen’s influence.
Reiter argued that therapy would maintain their hypnotic
rapport, which might be needed if new problems came up
which needed to be dealt with by hypnosis.

Nielsen’s lawyers slammed back, asking the court
to prevent Palle from having any more contact with Dr.
Reiter—except for the two demonstrations already sched-
uled (to show Palle’s new lawyer how hypnosis works).
The court again ruled for Nielsen. It barred Reiter from
talking to Palle until two days before the next demonstra-
tion (scheduled to be held in one month).

As a result of all those rulings, one day a police
official handed Dr. Reiter’s very long, icily clinical, and ex-
cruciatingly detailed report to Palle Hardrup. Palle was told
that he had only one week to read the report. He had been
given no advance preparation. He had no option of talking
over its contents and how they made him feel with Reiter. In
order to get through that thick stack of pages in one week’s
time, Palle had to read Reiter’s chilly, convoluted prose
every waking hour, plus far into the night hours he nor-
mally would have used for sleep. (After reading it, Palle
discovered that he could not sleep, even when he tried.)

Before Palle saw the report, all he remembered of his
hypnotic sessions with Reiter were the hellos and good-bys.
Before he saw the report, he thought that writing the auto-
biography was his own idea. He thought the dreams he had
were spontaneous productions. Before he read the re-
port, Palle did not know he had fallen in love with Bente be-
cause of hypnotic suggestion. He did not know that he had
given his fiancee for sex to Nielsen for the same reason. He
did not know that he had visualized robbing and killing—
even murdering his own mother. He did not know that Reiter
would call him a repressed homosexual who was uncon-
sciously in love with Nielsen.

As Palle read Reiter’s report, page after page, he
writhed with shameful, painful realizations. Not once in the
report did Reiter give any impression that he might actually
like Palle. Palle now knew the process by which Reiter had
manipulated Palle into unconsciously relating to the doctor
as if he were Palle’s parent.

Was it possible that all Reiter had really wanted
was just mind-control over him, so that the police psychia-
trist could prove that he could manipulate Palle just like
Nielsen had done? Palle was enduring a simultaneous harsh
stripping away of all the illusions about the supposed friend-
ship and respect Dr. Reiter felt for him. Reality, as Palle had
imagined it, again, was revealed to have been grossly dis-
torted. Again, the distorting had been done by a hypnotist.
This time, the hypnotist was Dr. Reiter.

At the same time that harsh facts were eroding his
attachment to Dr. Reiter, the report was stimulating Nielsen’s
latent conditioning in him. Reiter had wanted to prepare
Palle with a blocking suggestion to the effect that reading
those inductive words would not affect him. He was read-
ing Nielsen’s verbatim hypnotic suggestions from the very
beginning of the guru’s predations until their recent en-
counters, just as he had regurgitated those words from his
unconscious memory under hypnosis by Dr. Reiter.

Reading page after page of his transcribed relivings
of Nielsen seances drenched Palle’s mind once again with Nielsen words, Nielsen induc-
tions—all the old X patter, X threats, and X promises. This flood of
Nielsen words, Nielsen memories, Nielsen events, and X, X, X,
stirred up elements of his former intense relationship with the
guru. Nielsen had terribly abused Palle. He had been
cruel and exploitative, but he had never ignored or aban-
donned him. Dr. Reiter (due to Nielsen and the court)
had now disappeared from Palle’s life.

Forced first by the bar-
biturate, then by conditioning,
Palle had shifted the bizarre,
deep love and loyalty, called
hypnotic rapport, from Nielsen
to Reiter. Despite those tor-
menting realizations, Palle now
remained loyal to Dr. Reiter. He
kept the X threat at bay, fought to stay out of the abyss.

After reading the report, Palle could not sleep. He
desperately needed sleep, but sleep would not come. He
thought about Bente. She had faithfully and regularly vis-
Reiter shoved the paper into his pocket. The observers were restless awaiting action. He had no time or legal option to give therapy—or even friendship. It was time for the demonstration to begin. Reiter spoke the cue, “P.” Once again, it was a long ten seconds before Palle entered deep trance.

Reiter began the show. He told the observers he would next demonstrate posthypnotic suggestions. He said to Palle, “After I wake you up, you will see Nielsen seated in a chair beside you, talking to you.” He woke up Palle. Palle was distressed to “see” Nielsen.

“You didn’t tell me he was coming today!” he protested to Reiter.

Still carrying out Reiter’s posthypnotic suggestions, Palle conversed with the imaginary Nielsen, who was behaving absolutely in character. The hallucinated image of Nielsen made the X sign at Palle. It said, “X wants you to follow him again.”

As Palle tried to fight against the invisible image’s power over him, the audience stared. They heard Palle insist to thin air, “It’s no use. We’re finished. Go! I won’t do it. I won’t have anything to do with it. Stop!” (Reiter, 1958, p. 179) The image did not stop pressuring Palle to follow X again. Emotion contorted Palle’s face as he struggled against the repeated X signs. The fascinated onlookers watched Palle’s agony as he resisted the phantom Nielsen.

Seeing that he was scoring impact on the observers by means of the emotion generated in Palle, Reiter decided to give them even more emotion. He rehypnotized Palle and ended the Nielsen hallucination. He said, “At the bottom of your mind there is, at this moment, a particular feeling.” He took Palle through a series of intensification
steps: realizing the feeling, becoming clear about what it was, slowly feeling it become stronger and stronger, on up to feeling it “completely overwhelmingly.”

Reiter gave this series of suggestions with secret confidence about what the outcome would be. He had put Palle through exactly the same hypnotic routine several times before. Every time, Palle had responded by saying how much he hated Nielsen because of all the suffering and damage his cellmate’s hypnosis had caused him. Reiter wanted the assembled legal representatives to hear Palle make that impassioned declaration once again.

As Reiter had expected, the watchers now saw Palle, as a result of the doctor’s suggestions, undergo a dramatic change of aspect. Violent emotion surged up in him. His face grimaced with pain and fear, then turned ghastly pale. His body broke into a cold sweat. His breathing became fast and shallow.

Reiter did not understand that Palle was off the script. In deep trance, his subject was experiencing a powerful, spontaneous hallucination. This time, the intensifying emotion he was feeling was not hatred for Nielsen. It was the powerful attraction of the X hypnoprogramming in his mind which Reiter’s suggestions were intensifying.

Palle was now in the grip of a spontaneous visualization. At the edge of the fathomless abyss which he had first seen in his nightmare, he was struggling, wrestling with the dark angel, trying desperately not to be pulled over the edge into that bottomless, lightless chasm.

“Now, tell me what you feel!” Reiter said.

Palle, who was feeling the most extreme emotion neurologically possible, said nothing.

Reiter prompted, for the edification of the audience, “Is it Nielsen?”

Palle finally groaned hoarsely in response, “No, it’s X!” (Reiter, 1958, p. 179) As Reiter had suggested, the terrible emotions in Palle were still steadily increasing in intensity. Suddenly, Palle screamed, “No!”

“What is it?” Reiter asked.

In a state of extreme terror, Palle yelled out, “I MUSTN’T DO IT!”

In the vividly hallucinated drama, he still struggled at the edge of that abyss. He now understood that the dark cavity was not only a concrete reality of terrible danger if he fell in; it was also a metaphor for an equally real state of eternal damnation. Over that edge lay an everlasting hell. He was on the edge, wrestling with X, and X was trying with his every will and strength to pull Palle over that edge, down into the abyss.

Reiter calmly asked, “What mustn’t you do?”

Palle did not answer. Reiter made more ineffectual tries to participate in this hypno-scenario gone awry. Palle remained occupied by terrifying images of his struggle with X (who was now trying to push him over the edge of the cliff). Palle shrieked to X, “LET ME GO!”

Reiter asked, “Who is it that must let you go?”

All the doctor heard for the next several minutes was Palle’s heavy breathing, as he remained in the grip of the deep trance visualization. Reiter was becoming concerned. He hastily said, in as confident a tone as he could muster, “You know that my influence is stronger than anyone else’s.” He gave calming suggestions, trying to undo his previous suggestions that Palle would experience maximal emotion.

Now, however, Dr. Reiter’s words had no effect on Palle. The subject continued sunk in trance and totally distraught. He was still engaged in that terrible life and death struggle against the power of X. In the background, Palle now sensed that a friend, rushing to help him in that deadly combat, was near at hand. But now the doctor’s effort was no use, too late. Palle suddenly struggling upward from the hypnotic couch on which he lay, crying out, “Let me go. No!”

And then X caught Palle in one last horrible embrace and the god flung him over the edge of the abyss into the deep darkness.

As he fell, Palle yelled out, “Help! Help! HELP!” But he still fell, and fell, down and down, deeper and deeper. As Palle fell, he saw the figure of Reiter again. Now the Reiter image was near the image of X. Palle fell on, down into hell. As he fell, he watched the two figures, X and Reiter, come closer and closer until they touched, melted into one another, and merged into one image! Then he knew! X and Reiter were the same!

In that moment, Palle had realized that he was fighting Dr. Reiter as well as X! What had come together and became identified as one in his unconscious was Nielsen-as-hypnotist and Reiter-as-hypnotist.

Both hypnotists had forced their way into his susceptible mind. Both had gouged a groove of conditioning there by returning again and again to demand absolute obedience from his automatistic sector of mind. Both had made him do things he was not consciously aware of. Both had made him endure things to which he would never have consciously submitted. At that moment, Palle’s unconscious mind saw no fundamental difference between Nielsen, the lowlife criminal exploiter who had used it to rob banks and get money, and Reiter, the high-class psychiatrist who had just used it to demonstrate his slick and powerful hypnotic techniques.
Then Palle woke up from the trance. He woke up on his own initiative, not because he had been ordered to wake up. He woke up because he wanted to wake up! He awoke, and then he burst into violent sobs.

Dr. Reiter sat beside Palle a while, murmuring reassuring things, but really he did not understand at all what had just happened inside Palle. After a bit, Palle did calm down some.

The legal observers had waited patiently through all this. Now that Palle was calmer, Reiter wanted to finish his demonstration. He gave the cue again, “P.”

IT DID NOT WORK! Instead of instantly dropping into an unconscious trance state as Reiter had expected, Palle did just the opposite (conversion reaction). He jumped up from the couch, and stood trembling in front of Reiter in a hyperalert state of tremendous agitation. His expression was furious and threatening. His eyes flashed with rage. He appeared so near to attacking the doctor that the two police officers who were close rushed forward, seized him, and tried to force him to lie back down on the couch—to again become the passive hypnotic subject everybody was accustomed to viewing.

Palle successfully resisted all their attempts to make him lie down on that couch, fighting with superhuman energy and skill. More police surged in and joined the fray. Even eight of them could not hold Palle down on the leather cushions. Suddenly, he pulled loose from all their grasping hands. He rushed out of the demonstration room into an adjacent hallway. There, he stopped and stood, trembling and breathing hard.

Dr. Reiter signaled the police to stay back. He walked up to Palle and said calming things. Palle gradually relaxed. After a while, he agreed to return to the demonstration room.

Dr. Reiter asked Palle to lie down on the couch again. Palle now obeyed. Dr. Reiter did not try saying “P” again. Instead, he pulled a hypodermic needle out of his medical bag, filled it with Evipan, and shoved the needleful into Palle. Reiter had not used barbiturate on Palle since he had first used it to break through Nielsen’s sealing suggestions two years earlier. The barbiturate went into Palle’s bloodstream and he became narcotized. But all the old hypnotic conditioning was now broken, gone. Palle was narcotized, but not narc unhypnotized. Even the drug could not get Palle into an amnesic trance.

The Evipan did, however, calm Palle enough that he could explain to Reiter what had happened to him: the visualization at the edge of the abyss of damnation, the struggle with X on its edge, the falling, and the merging of the X and Reiter images.

At first, Reiter just could not believe it. He asked, “But you don’t now think I’m still merged together with X, do you? You can tell me apart from X, can’t you?”

“No,” Palle said. “I can’t.”

Reiter argued with him.

Palle stuck with his new conviction. “You are the same,” he insisted.

“That’s not logical,” Reiter said.

Palle agreed, “It’s not logical.” Then he explained, “It’s not logic but my soul that’s speaking, my soul which is in shreds. It is my unconscious part...and that has nothing to do with logic.” (Reiter, 1958, p. 181) (It was not Palle’s logical left brain, but his imaging right brain which had, quite literally, drawn that conclusion.)

Dr. Reiter never again could hypnotize Palle. He assumed that Nielsen, also, would never again be able to hypnotize Palle.

Trial and Appeals

Palle’s new lawyer had been doing his best to understand the case elements and win Palle’s friendship. Like his predecessor, he sincerely cared about his client, even though it was just a public defender job. He stayed on the case for the next two years.

The trial preliminaries were now over. Nielsen was charged with robbery, attempted robbery, manslaughter, and having received stolen money. In Copenhagen Central Criminal Court, a jury would listen to the evidence and decide if Nielsen (married, unskilled worker, age 39) was guilty of having planned the crimes of robbery, attempted robbery, and manslaughter (which were committed by Palle), and of having instigated the commission of those crimes by means of hypnosis. The prosecutors wanted life sentences for both Nielsen and Palle.

Dr. Reiter told the jury how he had overcome Nielsen’s sealing suggestions on Palle by using Evipan. He explained the threats he had used to guarantee authentic regressions. He told them the history of how Nielsen had parasitized Palle’s mind which he had learned from Palle’s relivings under hypnosis.

Dr. Reiter told the jury how he had overcome Nielsen’s sealing suggestions on Palle by using Evipan. He explained the threats he had used to guarantee authentic regressions. He told them the history of how Nielsen had parasitized Palle’s mind which he had learned from Palle’s relivings under hypnosis.

Nielsen’s defense team then set out to prove that Palle was insane, and/or a liar. It continued to deprive Palle, insofar as possible, of legal and psychiatric aid. Nielsen,
who had lots of experience in court, only admitted something when irrefutable evidence appeared. He admitted, for example, that Palle had used his bicycle to commit the second robbery. He denied, over and over, having any role in either of the crimes. He insisted that he never had any hypnotic influence over Palle. His testimony was recklessly and impudently untruthful: false alibis, lies, changed statements. He refused to answer unwelcome questions.

When anyone seemed particularly dangerous to him...he endeavored by all possible means to out-maneuver him and not infrequently with success. (Reiter, 1958, p. 184)

Throughout the trial, Nielsen and Palle were in the courtroom at the same time, but they were not seated together. When not testifying, Nielsen was trying to catch Palle’s attention. But Palle would not look in his direction, so Nielsen’s body-language Xs were all in vain. Palle stayed calm and self-controlled throughout the trial, even when cross-examined by Nielsen’s lawyers—even when his sanity, his truthfulness, and his morals were insulted in the most extreme way by Nielsen’s defense lawyers and his defense psychiatrist, Dr. Geert-Jorgensen.

Geert-Jorgensen, the court-paid medical advisor to Nielsen’s defense team, was Reiter’s psychiatric adversary in the trial. In court, there is no absolute scientific truth in psychology and psychiatry. There is no one true analysis until the judge rules. Geert-Jorgensen insisted that Palle was lying, trying to excuse his bank robberies and murders. He testified that Palle had systematically, deliberately, and consciously invented the story of Nielsen hypnotizing him. He stated that opinion despite the fact that Dr. Reiter had entered the case because of eyewitness accounts of Nielsen hypnotizing Palle. (Palle was insisting at the time that he had done the crime alone). He ignored testimony that Reiter had forced hypnosis on Palle using a drug and then had dragged details of his hypno-abuse by Nielsen out in a hundred painstaking amnesic hypnotic regressions with threat of strangulation if he lied. It said it was only because of Dr. Reiter’s suggestions that Palle had written his second confession.

Jorgensen’s bottom line was not facts. It was the old dogma of moral integrity—that it is impossible to cause a person to commit a crime by means of hypnosis, unless that person already has a criminal nature. He admitted that Dr. Reiter had induced deep and amnesic hypnosis in Palle hundreds of times. He insisted that fact was irrelevant. He said that Palle was psychotic before he met Nielsen. He said there was no “medical proof” that Palle had ever been hypnotized by anyone before Dr. Reiter. Although he admitted that Reiter had hypnotized Palle, he called Reiter’s demonstrations of Palle’s somnambulist obedience “doubtful.” Similarly, other members of Nielsen’s defense team tried every way they could to reject hypnosis in favor of any other possible hypothesis.

Dr. Reiter, if given an opportunity to rebut all those claims by Geert-Jorgensen, undoubtedly would have shreded the claim that Palle had made everything up to shift blame to Nielsen. But Reiter was not permitted to testify again: “Unfortunately the time at the disposal of the court did not allow me to make any rejoinder to Dr. Geert-Jorgensen.” (Reiter, 1958, p. 183)

That left Palle’s defense up to his lawyer. The attorney explained that hypnosis was Nielsen’s chief means of influencing Palle. He pointed out that Nielsen had subjected Palle to hundreds of hypnosis sessions, closely spaced in time. He said that Nielsen’s amnesia suggestions had concealed all that conditioning from Palle’s conscious awareness, preventing him from defending himself. When Palle had carried out posthypnotic suggestions, amnesia had concealed the true source of his ideas and behavior from his conscious knowing. Palle was made unable to know what was true in his thinking, and what was imaginary, what was his own idea and what was an idea covertly implanted in his brain by Nielsen.

Geert-Jorgensen’s unrebutted claims strongly affected persons in the courtroom who naively believed that “experts” always know what they’re talking about and always tell the truth in a courtroom. His “expert testimony” influenced the judge’s charge to the jury and also the prosecutor’s final speech to them. Both judge and prosecutor stressed that the jury should not regard the case as being about hypnotism. The prosecutor argued that although, in reality, hypnosis was the center of this case, it was not so in legality.1

July 17, 1954, the jurors delivered their verdict. They found Nielsen guilty of all charges—robbery, attempted robbery, and manslaughter. They found him guilty of planning the crimes, and of causing Palle to enact the crimes by several means of influence, one of which was hypnosis. Nielsen was sentenced to life imprisonment for robbery and murder even though he was not present at the scene! The jury had determined that serious criminal acts could be caused by a criminal hypnotist’s manipulations of a somnambulist subject.

Dr. Reiter was pleased with the verdict. He had felt that the odds were completely against his side. Right up to the end of the trial, Nielsen had rocked all the visible wins. Dr. Reiter’s hard work had paid off. There was a jury decision based on his evidence—and he had a contract for a

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1. The avoidance of the hypnosis issue resulted from considerable fear for determining a new, mysterious and hardly definable crimogene factor in hypnosis...N’s defense openly pointed out that by adopting such a theory the court was supporting superstition, witchcraft, the beliefs of the Middle Ages, etc. (Reiter, 1958, p. 209)
Palle found it harder to see any victory in the trial’s outcome. He had been accused of attempted robbery and two murders. Like Nielsen, he had been judged guilty by the jury. They sentenced Palle to life in an institution for the criminally insane.

The case seemed over. Reiter’s professional duties were complete.

Palle Teeters on the Brink—Bente had long since given birth to Palle’s baby. Palle felt both responsibility and strong love for his little girl. His feelings for Bente, on the other hand, were ambivalent. He felt she owed him a lot. She had faithfully stood by him despite his bad treatment of her. But she was the type of woman that Nielsen was attracted to, not the sort that he himself would have chosen. And he now knew that he had not chosen Bente. He had courted her only because of feeling hypnotically suggested love. He had been fooled into marrying her. He still felt wounded by the premarital adultery which Nielsen had forced on them. He felt like he and Bente were strangers. He did not expect to ever feel love for her again, but he wanted to do the decent thing by her and the baby.

Palle was no longer under Dr. Reiter’s observation, and his mail was now unscreened. In November, 1954, Nielsen began to write to him (with many X’s). Palle answered each letter. Nielsen asked Palle to change his statement to the court. Palle refused. Nielsen kept writing, kept X-ing, keeping trying to reverse Palle’s abandonment of X.

Palle wrote back in defense of himself. He vented his rage on Nielsen with savage, passionate fury—and vulgar epithets. (Persons who are in an emotional state—even a mood of rejecting—are far more easily hypnotized than persons who are indifferent to the inductive agent. Palle’s intensely emotional, angry responses to Nielsen were evidence that Nielsen still had potential for hypnotic power over him.) Palle’s resistance to Nielsen’s induction efforts, held firm. He was his own person again.

In January, 1955, Palle began writing an autobiography on his own. He found it far more difficult than before, now that he did not have the motivation of daily hypnotic commands from Dr. Reiter. Nevertheless, he managed to crank out about seventy pages. Both his parents were elderly and in poor health now. The manuscript, many times, expressed concern about them and sorrow for the close, sincere relationship with them which had been destroyed by Nielsen. Palle mourned, “...what a blight it must have cast over their life...to see how I slowly drifted away from them in a strange way that they could neither understand nor do anything about...” (Reiter, 1958, p. 189)

Palle remembered his childhood dream of growing up, making money, and buying them good things. He longed to be out of prison and able to restore their confidence in him, to help them in their old age. But his mother died in the spring of 1955. His father was also ill. He died early in 1956. Palle’s human ties, outside his prison unit, were now limited to his bizarre correspondence with Nielsen, his strained relationship with his wife, thoughts of the daughter he scarcely knew, and the remnant of his bonding with Dr. Reiter.

October 12, 1955, Dr. Reiter visited Palle in prison. He was shocked by Palle’s state. The prisoner was very tense, very depressed, clearly torn by violently conflicting emotions within himself. On the one hand, he felt that he should accept his life sentence and all its consequences. On the other, he burned with thoughts of its injustice, its failure to reflect the true facts of what Nielsen had done to him. Palle had not yet been moved into the prison for the criminally insane, but he knew that soon he would be sent there. He dreaded the coming shame of that permanent move. He considered it worse than being in regular prison. He told Reiter that he no longer had a future. He also said that he no longer had any religious faith, no hope of any sort.

Palle talked the most about his young daughter. He told Reiter that he had decided it would be best for her if he got out of her life forever. Although the thought of doing so hurt him worse than anything, he was planning to ask Bente to divorce him, change her name, marry again, and raise their child so that no one in the child’s life would know that her father was a convicted robber and murderer incarcerated in an asylum for the criminally insane. He added that, for his daughter’s protection, he must never see her again. He said that he was truly innocent of the crimes, but that the people in his child’s life would never understand that. As he talked to Reiter, Palle trembled with suppressed sobs, and tears flowed from his eyes.

Dr. Reiter could see that Palle was at a breaking point. The doctor knew that the prisoner’s future was not as bleak as he thought. Dr. Max Schmidt, Chief Police Psychiatrist, and the Medico-Legal Council were planning to officially advise (soon) that Palle should be transferred from the institution for the criminally insane to a regular mental hospital. From there, they planned a discharge for him (to be followed by several years of psychological supervision).

Reiter longed to comfort Palle with that good news, but since none of it was official yet, the rules did not allow Reiter to tell it to Palle. (Dr. Reiter was a man who always followed the rules.) First, Palle had to go to the institution for the criminally insane and go through their evaluation procedure. The recommendation had to be made official. Then Palle could hear the good news.

In the meantime, Palle broke.
“New Evidence”—Ever since the jury’s decision, perpetual appeals by Nielsen’s legal team (based on his “not guilty” claim) had kept the case in the courts. On November 18, 1955, the Danish Supreme Court unanimously upheld the lower court’s ruling and rejected an appeal for retrial.
To trial watchers, it looked like the end of Nielsen’s defense efforts. A few days after the Supreme Court’s denial, however, Nielsen’s lawyers asked that the case be reopened by the Special Court of Appeal which Danish law allowed when new information appeared after a verdict. Nielsen’s lawyers said they had important new information which, if known before, could have resulted in a different decision.

The Medico-Legal Council’s opinion on releasing Palle was officially released a few days later, on November 24, 1955, but nobody informed Palle that he was scheduled to soon become a free man.

In the meantime, Nielsen’s “new evidence” appeared. December 18, one month after their appeal to reopen the case began, Palle sent a letter to Nielsen’s lawyers. Palle did not show that letter to his own lawyer before he sent it. The letter sounded as if it were dictated by Nielsen—or his lawyers. The content can be summed up as follows:

- Palle admitted committing both the robberies and the murders.
- Palle denied that anybody had ever hypnotized him—not Reiter and not Nielsen.
- Palle said that spontaneous hallucinations about being destined to establish a party, unite Scandinavia, and reform society had caused him to commit the crimes. He said those delusions resulted from a mental problem that had since cleared up on its own.
- Palle said he gave Nielsen the position of party treasurer and, therefore, handed over all the money to him, later discovering that Nielsen had succumbed to temptation and spent it on himself.
- Palle said that Nielsen had received stolen goods, but had not in any way instigated his crimes.

On December 21, Palle sent an associated letter to his own lawyer. It asked that the word “hypnosis” be removed entirely from the case.1

Palle’s lawyer was horrified at this series of letters. He knew they could ruin his client’s chance for freedom and rehabilitation. Convinced that Palle’s mind had been recaptured by Nielsen, his attorney asked the court to once again provide a psychiatric hypnosis specialist, such as Reiter, to uncover the truth of the matter, and to free Palle’s mind again.

When Palle heard what his lawyer had done, he reacted with such fury that his attorney quit. The court appointed a new lawyer for Palle. The new attorney weekly accepted all of Palle’s latest declarations about the case. In May, 1956, Palle’s new lawyer also filed a request to reopen the case.

Now, both Nielsen and Palle had appealed to reopen the case based on Palle’s third version of events, his third on-the-record version of confession. The first “confession” was his post-arrest declaration that Nielsen had nothing to do with the robbery and murders. The second version was his autobiography (written under suggestion), and associated statements—recorded after Reiter helped him recover his memory. The third was in that recent series of letters.

The appeals court now had to decide which of Palle’s three confessions was the real one.

Nielsen was writing letters too. He wrote letters to the court saying that all of Palle’s old statements about being hypnotized were just ravings. He referred again and again to Palle with exaggerated pity as the “poor psychotic fellow.”

Psychological Assessments—Dr. Reiter unhappily observed all these developments from a distance. He was not allowed to talk to Palle now. He followed the developments as best he could. He attended the public court hearings when the case finally came before the Court of Appeal. He noticed that Nielsen’s lawyers got Palle’s disturbed, angry letters to Nielsen admitted as evidence that Palle was mentally ill. Nielsen’s letters to Palle were not admitted. Reiter wondered why not.

In this new trial, Palle testified at length. Dr. Reiter was amazed at how much his former subject’s behavior had changed. In previous court appearances, and in his many private sessions with Reiter, Palle had always behaved correctly, like a somewhat nervous, nice, and well brought up young man.

As Dr. Reiter watched the prisoner testify before the appeals court now, however, what he observed most resembled the way Palle was recorded by police observers as having acted when fresh from the murder scene—back when he was full of Nielsen programming. Like then, Palle now was...

...aggressive, cynical, impudent, reticent, dishonest, gave explanations which were obviously incorrect and often badly constructed, accused the police of corruption and bribery and refused to...

1. If the hypnosis lobby was supporting Nielsen’s defense effort, that is the outcome they would want: no hypnotist is culpable, and hypnosis cases are never to be tried as such.] On September 11, 1956, Palle sent his lawyer a second letter. It claimed that he had only pretended to be hypnotized by Reiter.
make a statement when during the cross examination by the prosecution he found certain questions awkward to answer. (Reiter, 1958, p. 194)

Dr. Reiter no longer had any doubt. He knew that Palle was back under Nielsen’s hypnocontrol. Reiter wrote in the notes he was now privately keeping on the case, “His artificially created secondary personality was now plainly dominant.” (Ibid)

The Court of Appeal asked Dr. Sturup, head doctor of the Institution for Psychopaths, where Palle was currently confined, to report on Palle’s mental state. Palle refused any examination, even a purely physical one. So Sturup informally observed Palle. He reported that Palle was well behaved, always quiet and appropriate. He pointed out that the prisoner’s behavior in the hospital differed curiously from his attitude in the courtroom.

He said that Palle seldom said anything about the legal case but, when he did, what he said contradicted his statements in court! For example, in one personal conversation with Sturup, Palle had said “Of course hypnosis played a part” in what was going on. Another time, Dr. Sturup said to him, “You must have a really atypical personality if you were able to fool Dr. Reiter into thinking you were hypnotized for years when you really weren’t.” Palle replied, “Anyone ought to be able to see all that is in Reiter’s report can’t be wrong.” Sturup said, “I personally saw you under hypnosis with Reiter and it sure looked to me like you were telling the truth.” Palle gave a quick nod of agreement.

Sturup then reminisced to Palle about his letter to Nielsen’s defense team, and his testimony before the court. As the doctor talked about those things, he noticed tears had appeared in Palle’s eyes. Palle brought his hands up before his face, as if to hide those tears. Then he began to pace up and down the room, in an obvious effort to calm himself. He said, “If Nielsen hadn’t been there, it would have gone entirely different.”

Dr. Sturup whole-heartedly agreed. He, and many other observers, had noted the influence which Nielsen’s presence (with his perpetual making of X signs with his legs or arms) invariably had on Palle.

Sturup transcribed these conversations and concluded his report to the court with a statement that he had observed no symptoms of insanity in Palle.

Although, Dr. Reiter had not been involved with the case for some time, the Court of Appeal now asked him to also assess Palle. Reiter was told to do that based only on the case documents—without meeting Palle in person again. Reiter did as requested. He then reported to the court that Palle’s second testimony, the autobiography, was the only true one. With an emotional intensity surprising in that normally stern and restrained professional, Reiter informed the court that Palle’s third version of confession was the consequence of:

- The court order instigated by Nielsen’s lawyer which prohibited further contact between Palle and Reiter and which denied therapy for Palle, and
- The letters from Nielsen to Palle “which the prison authorities with incredible thoughtlessness allowed.” (Reiter, 1958, pp. 197-8) Reiter said those letters had put Nielsen’s longtime hypnotic subject at extreme risk of recapture, a risk which soon became fact.

**Nielsen Hits Again**—After reading Reiter’s report, Dr. Sturup immediately halted Nielsen’s letters to Palle. Unknown to Sturup, however, a prisoner had just arrived into Palle’s unit who had been previously housed in the cell next to Nielsen. Nielsen knew that this man would soon be transferred to Palle’s unit. The guru had given him detailed instructions to pass on to Palle: “X says....” The old X programming was long since reinstated in all its tragic automaticity in Palle’s mind. So, when Palle heard that X wanted him to give the cash inheritance which he had received from his father’s estate to this new resident (who had outing privileges), he did so.

X’s plan was for the privileged one to escape from his attendant on the next outing. He was to then use Palle’s cash to purchase weapons and a car, and then help Palle himself escape. X had ordered that, after Palle escaped, he was to shoot the hospital’s director and the Minister of Justice. (Maybe Nielsen, or his lawyers, had heard that Palle was scheduled to be released.) After Palle handed over his money to Nielsen’s newest subject, the new resident did temporarily escape with it. But he was soon recaptured and confessed all. He could clearly remember the plans he had made with Palle. He was fuzzy about Nielsen’s role in it all. If Nielsen, or his lawyers, had been unhappy because of hearing that Palle was scheduled to be released, they no longer were. Palle’s record now looked worse than ever. The Medico-Legal Council’s plan to release him was shelved for the time being.

The matter reminded Reiter of Palle’s 1949 escape from Horsens prison, on orders of X—and then he had to serve extra prison time which kept him in longer than Nielsen. But Nielsen denied everything, portraying his usual role of abused innocence.

**Appeal Denied**—The Court of Appeal issued a preliminary report in May, 1957. The Court’s evaluation of the situation was that Palle’s mental state was “an artificially established, induced psychosis, created and developed through the influence of another person...making use of all the ways and means at his disposal...including hypnosis.” (Reiter, 1958, p. 201). It concluded that “induced im-
Reiter’s Book

Reiter's book about the case history of Palle Hardrup and Bjorn Nielsen, *Antisocial or Criminal Acts of Hypnosis: A Case Study*, was first published in Danish, then translated into English. In addition to reporting Palle’s case history, Reiter also reviewed expert research and opinion on unethical hypnosis, from 8th and 19th century European hypnotists who had speculated and experimented with “antisocial hypnosis” up to his own time. He included synopses of Dr. Kroener's case of “Z” and the Swedish Sala case.

American writers who mention this case usually misrepresent it. Aaron Moss (an expert on disguised induction?) repeated the crazy stuff that Palle said at his arrest as being evidence of Palle’s mental illness. Moss did not mention that it was programmed in by Nielsen. Moss implied that poor Mr. Nielsen was falsely accused and jailed because of that psychotic Palle and his irresponsible psychiatrist, Dr. Reiter, who generated false testimony in Palle under hypnosis. Moss cited a third-hand “Bech, n.d.” as his source of this information. (Apparently, he did not read Reiter's book.) Several American research hypnotists have quoted Moss as being the final word on Palle's case.

Reiter pondered these strident denials of the possibility of unethical hypnosis in the face of so much evidence. He speculated that they were due to preconceived opinion so impervious to reason or evidence that it was best termed “dogma.”

*...the growth of this dogma was due to very human motives, not least on the part of a number of professional hypnotizers...who understandably enough wished to reassure a public likely to be alarmed by the dangerous potentialities of hypnotism.* (Reiter, 1958, pp. 38-39)

1. A British expert, based at Cambridge University, wrote in a legal reference book:

   *French and German laws treat it as an instance of absence of mens rea. The argument is that hypnotic suggestion creates a very great compulsion to perform the act. (p. 768)... The question probably depends, in large part, on the extent of dominion attributed to the hypnotist. One opinion favors the view that a hypnotized person cannot be forced to perform acts that are repugnant to him. If this is true, the most that the hypnotist can do in the direction of criminal activity is to remove an inhibition and cause the subject to commit a crime to which he is already inclined. This view is, however, challenged in a recent work by Dr. Heinz Hammerschlag, who concludes from a survey of the evidence that 'there is no basis whatsoever for the view that moral weakness in a hypnotized subject is a condition for the misuse of hypnosis.' It seems, therefore, that there is weight in the opinion of the American Law Institute, that the dependency and helplessness of the hypnotized subject are too pronounced for criminal responsibility.* (Glanville Williams, *Criminal Law*, p. 769)

2. Reiter’s book is the most thoroughly professional and detailed English-language psychiatric study of a case of unethical hypnosis. It is also dense, technical, severely jumbled in chronology, and coolly scientific in tone to the point of feeling inhuman.

3. I have not been able to track down this source.

...
Case History: Candy Jones

A small box sat on the table. Wires ran from it to her wrist and to her shoulder. They shocked her. It hurt terribly. They shocked her, over and over, and asked question after question about the story of her life and her CIA link. She did not know about any CIA link. The torturers would not believe her. They shocked her again. They asked, “What about Dr. Jensen. Do you know a Dr. Jensen?”

“You’ve asked me enough. You should know,” she groaned. “Why don’t you just kill me? Why do you keep me here like this?”

To somebody in Washington, D.C., what those interrogators were doing to Candy Jones was just an experiment to see if the programming of a hypnocourier held up under torture.

Childhood, Youth, and Career

Candy was born in 1925 (two years after barbiturates first came on the drug market). Her birth name was Jessica Wilcox. Her mother was a homemaker. Her father was a good-looking Polish Catholic who advanced from being a ticket taker (when he met her mother) to being a car salesman in Atlantic City (when he left her mother). Candy was three when Daddy stopped coming home. The mother and her child then went to live with Grandmama in Wilkes-Barre, Pennsylvania. The year was 1928. Grandmama was wealthy, well educated, pleasant natured, and an osteopathic physician.

Mother taught Jessica to sew, draw, swim, and ride, and use good manners. Dinner was always at five, an occasion for which to dress. During the meal, the little girl could speak only if spoken to. She had books, a cat, a dog, and playmates at their summer home on a lake. In winter, however, only her pets—and sometimes the cook’s little girl, Snowflake—played with her. Mother did not allow her to bring friends home from school. They would “mess up the house.”

The child loved to play in Grandmama’s room, dress up in her clothes, sit in front of her big dressing table. She did that almost every day. The dressing table had pullout
mirrors that could surround her on three sides, displaying
seven images of little Jessica. One day she played tea party
on the dressing table top and invited imaginary friends, the
images in the mirror.

She was innocently performing a kind of self-hyp-
nosis. Bright, imaginative children often do. Staring into a
mirror invites trance at any age; children and teenagers are
most susceptible to induction. You focus. Your mi-
ind becomes blank, and there’s something about staring closely
into eyes. Especially your own.

Jessica’s tea party mirror
playmates developed into an imaginary “club”—Doty (pronounced
Dot-tee, a child’s pronunciation of Dorothy), Arlene, Willy, and Pansy.
As time went by, she did not need
the mirror any more to play with them.
Pansy was a good girl, quiet and nice.
Willy was a boy who stomped his feet
if he could not get his way. Doty
tended to fight with Arlene. Arlene
was the fastest runner, the highest
climber, the strongest swimmer in the
club. She had a domineering personal-
ity and was always trying to run things.

Grandmama died in 1936. Jes-
sica was eleven. Mother and daughter
then moved back to Atlantic City. For
the next five years, the young girl’s
life was uneventful—sheltered, pro-
tected, and closely supervised by
her mother.

In the wider world, there
was war in Europe. Then the Japa-
nese bombed Pearl Harbor, and we
were in the war too.

In 1941, Jessica graduated from high school. She
wanted to be a doctor like Grandmama, but mother would
not pay for her to attend college. Mother told her to go to
secretarial school instead. Jessica was not interested.

Candy Jones: Model—In June of 1941, Jess-
sica Wilcox entered the Miss Atlantic City contest. She
was the Girl Scouts’ candidate. She won. Atlantic City
hosted the Miss America pageant at that time. Jessica was
not a contestant in the big show, but she marched in the
parade and had many hostess duties because she was Miss
Atlantic City.

Her long blonde hair, perfect features, tall, long-
legged frame, bosomy contour, and sweet disposition at-
tracted attention among the mob of newspaper and media
people there to watch Miss America be chosen. The atten-
tion turned into an astonishing rush of enthusiastic press
attention. By the close of the pageant, Jessica was sur-
rrounded by reporters and radio personalities begging for
an interview or a photo. One of the contest judges was
John Powers, founder of the famous Powers Modeling
Agency. He invited her to come to New York and work for
his agency.

To her mother’s distress, Jessica accepted. She
hung around the Powers stable for two weeks, but received
only two photo jobs. (The pay was $5 each.) One day, on her off time,
while waiting for a friend at the other big modeling agency in town, Harry
Conover’s, her big break came. Conover was a top male model who
had founded his own agency and soared from model to modeling mo-
gul. A photographer walked in, saw her, and spoke of her to Harry. Harry
walked out, took a look at the blonde sitting in his reception
area, and the magic began.

Conover bought the blonde’s contract from Pow-
ers. He transformed Jessica Wilcox into Candy Jones,
bankrolling a media blitz based on
a red-and-white candy-stripe theme. Candy had red and white
striped clothing, accessories, jew-
elry, matchbook covers, and bi-
cycle. Conover showered Man-
hattan with 10,000 red and white
striped business cards which
said “Candy Jones Was Here.”

It worked. Warner Brothers Stu-
dio signed her up. She started getting calls to pose for
magazine covers and to appear in glitzy ads for products
with big budgets. Her mother gave up on secretarial school
for her and moved to New York to live with, and chaperone,
Candy.

In 1943, Candy was voted Model of the Year. Loretta
Young was a judge on the panel. She said Candy looked
like “a real girl.” The guys in the trenches also thought so.
Photos of the tall blonde in a polka-dot bikini were pinned-
up wherever there were GIs. A photo of her in a formal
dress stitched from transparent parachute nylon was equally
well received.

Candy took acting and voice lessons and won a
leading role in the smash Broadway play, “Mexican Hay-
ride,” produced by Mike Todd. It ran for eight months. She
was the model used on recruiting posters for the new
branches of the military in which women could serve—
WACS and WAVES. In one month of that amazing year of 1943, her picture was on the cover of eleven magazines. (Estabrooks published *Hypnotism* in 1943, a book which urged government use of unknowing hypnoprogrammed agents.)

**Lieutenant Candy Jones**—The USO offered Candy an opportunity to tour through the Southwest Pacific in a show written around her. She accepted the task of bringing evenings of happiness to weary and homesick GIs fighting in Pacific operations. She became Lieutenant Candy Jones. She began the USO shows in 1944, with a six-month contract, then signed on for another year—a total of eighteen months. While on tour, the beautiful model, performer, stage show manager, and patriot briefly met General Donovan. (He was head of the OSS, a new agency which President Roosevelt had authorized at the beginning of the eighteen months. While on tour, the beautiful model, performer, stage show manager, and patriot briefly met General Donovan. (He was head of the OSS, a new agency which President Roosevelt had authorized at the beginning of the war for the dual tasks of gathering intelligence and of doing secret scientific research with military applications.)

In April, 1945, Candy was presented with a quart of fresh milk brought by airplane from Australia—a rare luxury in the cowless Southwest Pacific area. She drank it. But the cow had been sick. The milk had not been pasteurized. Candy got undulant fever. With her resistance down from the fever, she also developed active malaria. They put her in a Philippines military hospital. There, from unclean sheets, she caught a third disease: the “jungle rot.” The rot was a fungus that made her beautiful blonde hair fall out in clumps. The malaria had given her a greenish-yellow skin tone. She looked terrible, but the New York photographers were far away. The medics right then were worried about keeping her alive.

While sick on Leyte, she encountered a military psychiatrist, “Gilbert Jensen.” In August, 1945, after four months of treatment and recuperation, she was well enough to go home. Before she left, Jensen gave her a photo of himself with his APO address written on the back. He asked her to write. She did not.

Back in the States, Candy starred in another Broadway musical, a wig and heavy makeup hiding the ravages of illness. It took eight months more healing before she could pose for photographers again. She married her employer, Harry Conover, on July 4, 1946. Marrying Candy was a good career move for Harry. He did not reveal to her his homosexuality. It took five months to consummate their marriage, but Candy—who was a virgin and not sophisticated—did not understand the problem until years later.

**A Telephone Induction**—Candy’s busy career included many invitations to guest on the big time talk shows of that radio-dominated era. Technology could not yet provide phone interviews with quality sound. Therefore, even for a radio interview, she would have to fly to the broadcast station. In 1946, she accepted an invitation to appear on “Don McNeil’s Breakfast Club” in Chicago. (That year, the OSS was reorganized as the CIA with the same two missions: secret intelligence gathering and secret scientific research.) There, Candy met another person who would be important in her hypnoprogrammed future.

Candy flew in the night before the show, registered at the Drake Hotel, and unpacked. Then the chills hit. The Leyte doctor had assured her there would be no more malaria attacks, but this felt like the old nightmare had come back. She went to bed, but the chills got worse. Under a mound of blankets, she was still shivering.

She called a staff employee at the Don McNeil Breakfast Club. He visited her, viewed the situation, and promised a doctor would call. Soon after he left, a doctor, “Dr. Marshall Burger,” did call her on the telephone.

This doctor, like “Jensen,” is known only by a pseudonym. Burger was a psychiatrist who hobnobbed with big names from both the political and entertainment worlds, especially movie stars. He was “a dynamic, craggy-faced egotist.” And he was a hypnotist, “a pioneer and leading authority in the field of medical hypnosis.” (Bain, p. 137) There were

...government-sponsored experimental programs with which he was closely identified. He’d begun working on such programs during World War II, and was one of the first doctors to probe the possibilities of hypnosis as a tool of war. His sponsor for that project was the Central Intelligence Agency. (Bain, p. 137)

As Candy Jones lay alone in her hotel room, shivering under the covers, desperate for relief; Burger talked to her on the telephone. He said he was not able to come see her that night, but that he would drop by the next morning. He told her to count backwards. He said he was trying to relax her. He assured her that, if she would just count backwards, she would stop shaking and fall sleep.

Burger never told Candy that his “relaxation” was a hypnotic induction. At the beginning of his induction routine, Burger did not know whether or not Candy was a naturally good hypnotic subject. A hypnotist never knows for sure until he tries.

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1. “Gilbert Jensen” is the pseudonym which author Donald Bain used for him in *The Mind Control of Candy Jones*. We know no other name for him.
2. This incident reveals that the big-time morning talk show of that era, “Don McNeil’s Breakfast Club,” used a psychiatrist with CIA connections, as its on-call, day or night, physician. When the talk show referred a patient, he was usually a political or Hollywood celebrity, alone in a hotel room, far from home, and feeling lousy. He was sick, due to natural, or unnatural?, causes. The patient was not likely to guess that his doctor was a CIA specialist in covert hypnosis.
Now, he tried. He told her to place the phone on the pillow next to her ear and count down with him. He combined the counting-down induction routine with suggestions that her shaking was stopping, her chills going away, her fever dropping. And sleep, sleep, sleep.

As she counted backwards with Dr. Burger, Candy’s chills did diminish. She did feel sleepier, and sleepier, and sleepier. She fell asleep. In the morning, she felt okay. Whatever had caused the problem was now completely gone. She appeared on the Breakfast Club, then flew back to New York. She did not know she had been hypnotized. Burger, however, now knew that Candy Jones was susceptible to hypnosis. (Maybe he told Donovan.)

Marriage Breakup, Money Problems—
In 1947, there was trouble inside the Harry Conover Modeling Agency. Other models were complaining that Conover showed favoritism to his wife in assigning jobs. Candy solved that one by opening her own agency right next door to Conover’s office in the skyscraper called 52 Vanderbilt Avenue. Soon Candy’s agency landed the lucrative Colgate-Palmolive account. She let Harry bill for her agency as well as his, and bank the payments.

Candy was always working. She toured overseas again, managing a USO show for U.S. soldiers fighting in Korea. She continued her modeling career until time took its natural toll, and the photographers did not call for her any more. She published books about glamour, dress, and fashion—and one about her experiences while touring for the USO during World War II. She gave birth to three sons: Harry, Chris, and Cari.

In 1958, she found out that her husband was bisexual (or maybe homosexual). That explained why he almost never reached out to love her. Soon after that, he disappeared completely. Candy took responsibility for all debts, including the rent on his office and hers. Then, she found out that he had withdrawn all the money from their joint bank accounts. Before he took off, there had been over $100,000 in there. Now there was only $36.

Candy struggled on. She found new sources of income. She began working on the radio, becoming a regular on the popular NBC weekend news program, “Monitor.” Through her Monitor news interviews, she met people in the entertainment business, politics, and the military. Though naturally of a quiet nature, Candy maintained a socialite’s life-style, going to Broadway openings and working for charities. She traveled a lot in her business, jetting coast to coast to watch fashion shows and give speeches.

Candy wanted her sons to have the best possible education and a stable environment. Since she was working and on the road so much, she enrolled all three of them in an expensive boarding school. She was also supporting her elderly mother, and the woman who looked after her. Without her husband’s income, however, all those expenses were soon more than she could afford. After a year of desperate financial struggle, Candy finally took her lawyer’s advice and sued Harry Conover for repayment of the money he had absconded with—and for alimony, child support, and divorce.

Her legal case against him made juicy headlines for the New York daily papers. In the end, she won. The judge gave Harry a choice of paying or going to jail. But Harry had been giving lavish parties every night for the past year, and now he had no money left. He went to jail for two years. Candy now also owed her lawyer a big bill for the court case.

CIA Recruits a Courier

Dr. Burger had moved from the Chicago suburb to
southern California. The clientele for his private practice was now the Hollywood crowd, shapely bodies—and opinion shapers to the world. California and New York were centers for CIA mind-control experiments in the 1960s, and Burger was part of that program. (Bain called him the research “project’s messiah.”

Part of Burger’s job was training other doctors to be mind-control experts for the Company. One of his trainees was Gilbert Jensen. The CIA was then researching a new type of hypnoprogrammed courier, one with a more unbreachable amnesia than mere hypnotic suggestion could achieve: an artificially split personality. Gilbert Jensen would be creating and managing a unit of these unknowing agents.

Candy was a celebrity, a patriot, single, traveled in her business, and badly needed money. She must have seemed a good prospect for recruitment.

In 1960, strange things began to happen at 52 Vanderbilt Avenue, where Candy now ran her modeling school, agency, and what was left of the Conover agency, from Room 808. The events seemed unimportant at the time. Maybe some of them were truly irrelevant. But, looking back, there was an obvious pattern of deceit and manipulation, a sinister web of entrapment starting to weave about Candy Jones.

An Odd Burglary—Heavyweight boxing champ, Gene Tunney, had been Candy’s neighbor across the hall for years. One day, Candy noticed a “cleaning lady” standing outside Tunney’s door. She appeared to be trying to figure out which one, of a set of keys, fit his door. The next day, Gene told Candy that his office had been broken into the night before. He said no harm had been done.

A few days later, Candy ran into General Donovan, now “retired,” in the building lobby. Although they were barely acquainted, Donovan acted quite familiar. He told Candy he was meeting Tunney for lunch. Since he was quite early, Candy invited the General to tour her school while he was waiting. Then she took him over to Tunney’s office.

Several days later, a man visited Candy’s office, claiming to be an FBI agent who was investigating the burglary of Tunney’s office. He walked over to a microphone lying on Candy’s window ledge, picked it up, and looked it over. “What do you use this for?” he asked.

Candy told him that Allan Funt (of “Candid Camera” fame) had given her that mike, a very advanced type in its technology. Her models recorded public speaking assignments using it, so they could learn how they sounded to other people.

“IT’s just what we need for a stakeout over on fifty-seventh,” the FBI man said. “Can we borrow it?”

Candy gave her permission.

Mail Service—The FBI man showed up at her office a month later, along with an associate. The two men asked Candy if they could use her office address to receive some of their mail. If any mail came for them, she was to call a certain phone number and report that fact. Candy consented. After that, mail did come once in a while for them. She always called the designated phone number when it did so.

A Favor for Donovan—Once in a while, Donovan now invited her to a party. In November, 1960, the General called to ask a favor. In some way (which he did not divulge to her), he had found out that Candy was scheduled to soon fly out to Denver and speak, then fly on to San Francisco to view a big fashion show. The General asked her to carry an “important” letter on that trip to an unnamed person who would come to her hotel room in San Francisco to claim it.

Candy asked Donovan to what governmental agency this anonymous person belonged. The General would not answer that question. He said that the visitor himself would explain. Candy agreed to carry the letter. Her last exit was about to be sealed off. After she received the mysterious letter at her office, Candy stuffed it into her handbag and flew to Denver. She gave her speech there, then proceeded to San Francisco, where she attended the fashion show. Then, she waited in her hotel room for the promised visitor who was to come and take it from her. It was November 16, 1960.

The man who knocked at her hotel room door turned out to be Gil Jensen, the military psychiatrist she had met on Leyte. She offered him the letter, but he refused to take it. First, he wanted Candy to dine with him at a nice restaurant. She graciously accepted his invitation.

That evening, Jensen seemed to her much less at ease, less happy, than he had been back in the Philippines. Nevertheless, he was obviously trying hard, and he managed to make pleasant conversation. (It greatly helps the first hypnotic induction if the subject likes the hypnotist and trusts him.) He told Candy about his private practice over in Oakland. In turn, she told him about her divorce, her sons, the modeling business, the terrible financial pressures. Once he got Candy started talking, Jensen listened attentively, speaking only to encourage her whenever she seemed about to stop.

1. Was Donovan, consciously or unconsciously, fulfilling some romantic fantasy of creating the ultimate gorgeous, intelligent, female spy?
The Proposition—It was getting late. Again, Candy tried to give him the letter. Again, Jensen would not take it. He said that tomorrow at his office would be a better time to talk about the letter. Candy objected. She needed to get home to New York. Finally, when it was clear that she was not going to stay another day for any reason he had given her so far, Jensen came out with the big persuader. He said: “There’s some interesting work you could do for the Central Intelligence Agency, Candy, without interfering with your business. It could be lucrative.” (Bain, p. 60)

That was different. Candy was always looking for a way to earn money. She agreed to come to Jensen’s office the next day.

The next morning, a car and driver picked her up at the hotel. It drove her across the Bay Bridge to Jensen’s “office” in Oakland, the place where Candy would be hypnotized, drugged, and hypnoprogrammed, far from friends, family, or employees back in New York. The chauffeur helped her out of the limousine, then departed.

Candy stood alone on the sidewalk, looking around her. She was outside a two-story brick building in a rundown neighborhood. Adjacent was a green three-story one. Candy was surprised that the psychiatrist’s office had no sign to inform passers-by that a doctor worked therein. The house did not even have an identifying street number.

She climbed the three wooden steps leading to the front door, opened it, and stepped inside. She was now in a small reception room. The only furniture was two straight-backed chairs and a table. She sat down in one chair. Magazines were stacked on the table-top, some more than a year old. The light in the room was almost too dim for reading, but she could see that all the magazine address labels had been torn off.

Jensen came in. He greeted her cordially, and led her from the reception room into his office. That room had only one window, shielded from street observation by heavy drapes. A gooseneck lamp with an unshaded, brightly-burning bulb was its only source of light. “Does the light bother you?” Gilbert asked.

“Yes,” Candy said.

He twisted the gooseneck’s flexible shaft a bit, which made no real difference. There were shaded lamps in the room, but none of them were turned on, and he did not offer to switch to one of them.

“Would you like a tour of the office?” he asked. She politely accepted his offer. He led her into her a small adjacent room. It had a raised examination table in the center, a white medical cabinet against the wall, and one straight-backed chair. Candy did not think much of it, but she kept those thoughts to herself. He then led her back to the room where the single bare light bulb burned, seated himself behind the desk, and began to ask her personal questions.

Candy did not feel comfortable. She wanted this conversation to stop. She wanted to get out of there. What she had expected to happen today was a job interview, not just a conversation between acquaintances. She was not bold enough, however, to ask him to get to the point. She kept answering his questions. He asked about her childhood.

Candy said, “It was lonely.” When she told him about the club and her imaginary playmates, Dr. Jensen suddenly showed eager interest. He wanted her to tell him more, and yet more, about each member of the club. So she told him all about quiet, nice Doty, and Willy who stomped, and Arlene who was strong and domineered.

Candy Signs Up—Candy had arrived at Jensen’s office in the mid-morning. Now it was 1 p.m. She said, “I really must go.”

Jensen ignored her request. He began a new series of questions, this time about her social life: “Do you date? Do you go to cocktail parties? Do you travel.”

Candy said that she seldom attended parties. She did travel a great deal for her business, but did not socialize much at home or elsewhere.

He finally offered her the job: “We could work something out with you from time to time, Candy, if you performed services for us during your travels.”

“What sort of services?”

“Carry a message now and then. That’s all.” (Bain, p. 87)

Jensen assured Candy that she would be paid to carry those messages. He said that she could go back to New York now. He would ask any other questions that he
Mind-Splitting Use for Imaginary Childhood Playmate

The government was pursuing exactly that line of research: creating an **artificially-split personality** out of an imaginary childhood playmate. Josephine Hilgard’s 1970 book, *Personality and Hypnosis*, states that a person with an imaginary childhood playmate tends to have significant hypnotic susceptibility (research supported by grants from NIMH, the Air Force Office of Scientific Research, etc.). An imaginary childhood playmate is a marker for hypnotic susceptibility. It can also be a point of fracture for artificial personality-splitting.

A CIA memo said that the candidate must be in the top 20% of hypnotic susceptibility, and must have

...a dissociative tendency to separate part of his personality from the main body of his consciousness. The hope was to take an existing ego state—such as an imaginary childhood playmate—and build it into a separate personality, unknown to the first. The hypnotist would communicate directly with this schizophrenic offshoot and command it to carry out specific deeds about which the main personality would know nothing. *(quoted in Marks, *The Search for the Manchurian Candidate*, p. 184)*

The concept was that the hypnotist would transform that childhood nucleus of rejected, blocked traits and impulses into the core of a **subconscious isolate**. When there was a choice of more than one childhood playmate, the split would be built into the toughest, meanest one. Bowart told Scheflin and Opton that all the military hypnoprogrammed persons that he had located and interviewed “have been beaten or abused by one of their parents when they were young. To escape, they created imaginary personalities which a clever hypnotist then used against them.” *(Scheflin and Opton, 1978, p. 445)*

“R.J.”, a former Ranger and Viet Nam Special Forces retiree told me, in 1991, “Everyone who is going into any branch of the military takes the Military Aptitude Test, the MAT. It asks several questions along those lines: ‘Did you have imaginary playmates?’ ‘How old were you when you quit playing with your imaginary friend?’ After you have decided on your military occupational status, you take another test. People going into Special Forces are asked the same questions—‘Did you have imaginary playmates?’—plus additional ones along the same line. ‘Was that imaginary friend more or less aggressive than you?’ And there are questions about discipline: ‘Did your parents spank you?’ ‘Did you feel resentment when your parents spanked you?’ Almost every person who goes into a Special Forces unit has had a childhood imaginary friend. I did. He was a mean guy. He did things I couldn’t do.”

R.J. was a completely nice guy in his friendship with me, but he had that mean guy tucked away in his unconscious memories, which embodied parental (authoritarian) aggression and violence combined with repressed childhood rage and resentment. Arlene was Candy’s equivalent of R.J.’s “mean guy.” The CIA was not looking for a neurotic. For best programming results, the imaginary playmate must be part of a strong, normal personality, not a disordered, weak one. Brainwashing experts have learned that normal people reprogram easier and shape into a better product than neurotics. Candy had a strong, normal personality.

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1. Estabrooks earlier, and Condon later, used the term “candidate” to mean an individual who has been targeted to be made into an unknowing hypnoprogrammed person.
had the next time she happened to come to San Francisco. But, first, he wanted her to fill out a form. He pulled a paper and pen out of his drawer and pushed them toward her. Candy then signed a

...security oath which officially made her an employee of the government, and as such she forfeited her right to legal compensation for the harm done her by the ruthless mind-control operation. (Scheflin & Opton, p. 121)

By signing that document, Candy had joined Jensen’s “unit.” She had become one of thousands of part-time CIA employees. (Such employees were not listed in headquarters’ records.) Jensen became her control agent, her only CIA contact. His unit was the people he controlled. The CIA would thereafter be referred to only as the Company.

Then Jensen had a few more things Candy must do before she could go. He traced her silhouette on a length of brown paper with a black pen as she stood against the wall with the paper behind her. He said that it would sometimes be necessary for her to travel using a passport with a false name. He asked her to choose the name, to choose something that felt comfortable, natural. For the first name, she chose Arlene, which was a variant spelling of her middle name (Arline), and the name of one of her imaginary playmates. For the last name, she chose Grant, which was a part of her grandmother’s name (Rosengrant).

Jensen said that a photographer would come to her hotel room and take photos for her passport. Then the doctor asked, “What did Arlene look like?”

Candy said that Arlene had looked just like her, except darker, brunette rather than blonde, when she saw her in the mirror as a little girl.

The Hypnosis Begins
Disguised Induction—Jensen next asked about her health.

Candy said, “I’m fine.”

The psychiatrist said, “You look like you need vitamins.”

Candy said, “My doctor back in New York gives me B12.”

Gilbert said, “I know better vitamins than B12.” He urged Candy to get into top condition to endure her coming rigors of world travel.

Candy agreed to do that. Then she pulled out a cigarette and lit it.

Jensen said, “That is not a healthy habit. Why haven’t you quit.”

Candy said, “I’ve tried, but I can’t.”

(Bain does not mention Candy sipping a beverage while smoking that cigarette, but it seems likely, from what follows, that Jensen applied some chemical persuasion—a narcohypnotic drug dropped into her drink—before his coming disguised induction. For Candy seems unusually susceptible to what follows, even for a natural somnambulist. She had been there all day. It was past lunchtime. She must have been both hungry and thirsty. If Jensen gave her a beverage about this time which contained an oral dose of barbiturate, after about half an hour she would have been thoroughly under its influence, extra susceptible to hypnotic induction.)

Jensen then discoursed, at length, on methods to quit smoking, including hypnosis. Candy said she could not be hypnotized. Jensen asked if she had ever tried. “No,” Candy said, but she was sure she was not susceptible. Jensen knew, because of those imaginary friends, that she was wrong, but he did not tell her so.

[He]...sat back in his chair and clasped his hands on his chest. “You’re probably right about that,” he said. “There are lots of people who can’t be hypnotized.” He then launched into a quiet lecture on the evils of hypnosis as practiced by charlatans and quacks, coming down especially hard

1. Later, Candy would remember visiting Jensen in Oakland only once, the first time. Of that visit, she could only remember what had taken place up to the time when he agreed that she could not be hypnotized. Other details in this narrative were recovered by later rehypnotization.
on the stage hypnotists. “I’m really dedicated to putting a stop to the misuse of hypnosis, Candy. Dedicated to it. By the way, would you like to see how some people practice hypnosis?” (Bain, p. 91)

Candy nodded. Jensen stood up and led her on another tour of his office.

He was taking a long time, and being very patient, with this first induction. He could have ordered three strong men to hold her down, while he shoved a needleful of barbiturate into her vein which would send her straight down to a deep trance. Hypnoprogramming resting on a foundation like that, however, would be on an more unstable base. For his preferred outcome, Jensen needed to seduce Candy into the first induction in an atmosphere of friendship. If a hypnotist can get a few sincere “yeses” from a prospective mind-control victim before they begin to apply the harsher aspects of programming, a more effective unconscious basis for long-term control has been established.

Therefore, Jensen acted very pleasant as he took her on this second tour, chatting all the while about his plans to help with a crackdown on “people who try to hypnotize people, entertainers and all that.” (Bain, p. 92)

Induction Hardware—Jensen had now led Candy into a section of the building which he had not shown her before. As the two walked around, the psychiatrist demonstrated item after item of a truly remarkable collection of hypnotic induction gadgets—some simple, some very sophisticated. He patiently showed her how a hypnotist would use each one in order to induce a trance in somebody, if they were hypnotizable, “although I know you can’t be.” He demonstrated pendulum, candle, and metronome inductions. He showed a mechanical sound maker (which he later used to create her telephone induction cue).

Last of all, Gilbert brought her to the big mirror. He knew that whatever—or whoever—has hypnotized a person before tends to keep that ability. He had learned, that morning, that Candy Jones hypnotized herself, as a child, by staring into a big mirror. He now suggested that she sit down on the chair in front of his mirror. She obediently sat, looking at her reflected image. As she stared into the mirror, he led the conversation back to Arlene. They were talking again about Arlene. (At that time, she was merely talking about Arlene; she was not yet being Arlene.) As Candy looked in the mirror and talked about Arlene, she slipped down to a trance level of consciousness.

Drug Inductions—After the mirror induction, Dr. Jensen told Candy to lie down on his “examining room” table. There, he gave the blonde celebrity her first dose of “vitamins.” Years later, her second husband, John Nebel, found himself playing Jensen’s role in her spontaneous self-inductions and regressions to this era of her life. John did not question the “vitamins” she repeatedly mentioned until he realized that Jensen had given them to Candy by IV into the big vein inside the elbow rather than by injection into the muscle of an arm or buttock. Then, John became suspicious. One day he discovered what Candy was really given:

JOHN: The bottle is hanging on the stand?

CANDY: Uh-huh. Like they used to have.

JOHN: Like intravenous feeding.

CANDY: Uh-huh.

JOHN: The bottle’s upside down, isn’t it?…(Candy looks up and squints.)…Isn’t it upside down?...

CANDY: (surprised) Yeah.

JOHN: What’s it say on the label?

CANDY: (after a long pause) I’m reading it backwards.

JOHN: Yeah, I know. What’s it say?

CANDY: (haltingly, as though trying to make out the word) “Am…i…tol…”

JOHN: What’s the first word?

CANDY: …Must be sodium.

JOHN: Sodium? Does it say the name of the pharmaceutical company on the label?

CANDY: I think it says Warner. (Bain, p. 97)

Candy’s Conditioning and Training

Candy’s conditioning by Dr. Jensen was grounded in three narcohypnotic immersions (“vitamins”) at the Oak­land office, two in late 1960, the third in early 1961. Each immersion lasted for hours. During the narcohypnotic immersion, basic suggestions would have been made for a reinduction cue, and for future amnesia regarding that, and all subsequent, hypnotic events. Then the subject would have been pulled out of trance and tested to see if the reinduction cue and amnesia suggestions were working as planned. Only when he knew that her amnesia was firmly in place and that his reinduction cue was operational, would...

1. In 1965, Teitlebaum, a writer on forensic hypnosis, offered a script called “Espionage Technic” in a section titled “Governmental Uses of Hypnosis.” The programming was designed to turn a new officer on the force into an unknowing hypnotic subject: To aid you in your work in the future, I am going to give you some suggestions which will remain in your subconscious... when you awaken, you will not be aware as to the nature of the suggestions, but they will guide you... (Hypnosis Induction Techniques, p. 170)
Jensen have let Candy go back to New York.¹

Over the next months, the CIA experimenter developed Candy’s somnambulistic amnesia and obedience under a continuing series of those narcohypnotic immersions. But even the power of suggestions given to a drugged subject did not satisfy him. Somnambulist amnesia blocks can be lifted by a competing hypnotist’s rehypnotization. Jensen was experimenting with creating a new kind of amnesia, one that was even harder to overcome than suggestions for amnesia given under narcohypnosis. He wanted to make Candy Jones into an artificially-split personality.

Artificial Personality Splitting — The moment that Jensen heard Candy describe Arlene’s personality characteristics of strength, dominance, and aggressiveness, he knew which member of the club he would build into a separate personality. Jensen wanted an agent who could be in deep trance, but could pass for somebody awake and normal. It can be assumed that the CIA wanted a split with the advantage of knowing all of both personalities’ lives, whereas the root self (Candy) would know nothing of her second, hypnotic life. By artificial personality splitting, they hoped to achieve both goals: the waking hypnosis and one-way amnesia.

To accomplish that splitting, Jensen would use narcohypnosis and intense hypnotic training, followed by insistant, repeated suggestions for Arlene to “come out.” The psychiatrist told Candy that the drug was vitamins to strengthen her body. The neural remnant of Arlene left in Candy’s mind from childhood, however, soon realized the truth. Jensen was after her. Jensen found the plan hard to carry out. Although Candy’s conscious mind was drugged and unconscious, the neurons in her brain which contained the matrix of her childhood Arlene persona resisted Jensen’s invitation to become self-conscious and independent.

Jensen persisted. One day, after an extra-strength, extra-long drug session and many insisting verbal summons, as Candy lay in deep drug-trance on the examining table in his inner office, the CIA doctor finally succeeded. Suddenly, Candy felt severe stomach pain. (Jensen had told Arlene to “come up through Candy’s stomach.” Thereafter, Candy always felt that same pain at the moment she switched personalities and Arlene came out—a psychosomatic conversion of her resistance.)

ARLENE: ...and all of a sudden I was able to say a few words and start to talk again.

JOHN: (laughing) And was he surprised?

ARLENE: He backed away. I got a hold of his arm, and then he said—

JOHN: You mean Dr. Jensen’s arm?

Later, Jensen fully conditioned the neuronal matrix called Arlene to complete takeover at his verbal cue. He would seat Candy in a darkened room in front of a candle, in front of a big mirror. The CIA technician would light the candle and then say, “Look in the mirror and see Arlene.” When Candy peered into the depths of the reflective glass, she would always see Arlene. Then Candy would be gone, wherever displaced personalities go, and Arlene would have the body.

Then Jensen simplified the process yet more. He
left out the candle. He would simply say to Candy, “Look in the mirror,” or ask her, “Do you want to see what Arlene looks like?” Either statement now cued the displacement of the Candy personality by the Arlene split. Candy would always look in the mirror when Jensen suggested that. She always wanted to see what Arlene looked like. And, the moment she looked in Jensen’s mirror, Arlene would always emerge and displace her.

For the rest of Candy’s life, both her selves—Candy and Arlene—had conscious, separate existences. In one important way, however, their lives were completely different. Candy’s part of the mind “slept”—on-the-shelf, non-existent, “dead”—when she was Arlene. Arlene, on the other hand, was conscious all the time—thinking, feeling, aware—whether she had the body or not. Arlene went everywhere that Candy went. She was the hidden observer, noticing and remembering all that Candy thought and did.

Arlene was so powerful, and yet so helpless. For all she could do was watch and listen and know the real truth, the whole truth. Arlene only controlled the body—with its physical abilities to speak and walk—when Jensen summoned her out to do his bidding. When she was called out, she was in a condition of waking trance, capable only of absolute obedience. Arlene was Jensen’s genie, hidden in the bottle of Candy’s mind. Jensen released her only when he had a use for her.

The experiment had succeeded. A celebrity, Candy Jones, captured by deceit and disguised induction, now was an unknowing CIA-controlled hypnotic subject. Her artificially-created hypnosoph, Arlene, acted as the knowing, loyal, secret agent, compactly hidden within the unknowing mind of the original root self of Candy—unless activated by Jensen.1

Over the next twelve years, Jensen called Candy to Oakland again and again, for “vitamins.” There, he did an extended series of experiments on her. He forced her to drink orange juice laced with various drugs, injected new substances into her, tried out new conditioning routines.

One classic conditioning routine began with Jensen saying, “The light is out!” Then he would turn it off. Later, as the association conditioning took hold, he would just say to her, “The light is out.” Then the room would seem totally dark to her—even when the light was still on.

Induction Cues—Jensen could also hypnotize and program his human puppet by phone. He might call, talk to Candy a moment, then call out Arlene (using an auditory cue). Or he might play the cue the moment Candy’s voice answered, then talk to Arlene. (Candy would imagine afterwards that it was a call with nobody there, because of having no memory of hearing Jensen’s voice. She would hang up, thinking nothing of it.)

The CIA doctor’s telephone cue to make Candy “relax” and switch personalities was a mechanical metronome sound which Arlene called “the code”—a unique series of tick-tocks which sounded faster and faster. He had an oral version of that induction code too. Sometimes, after Candy arrived at his office from the airport, she would wearily sink into a chair, and “doze off.” Arlene knew, however, that the sleep Candy fell into in that chair was not a natural one. Candy fell asleep because she heard Jensen speak a brief series of nonsense sounds. Afterwards, Candy never remembered hearing the induction cue. Only Arlene remembered that.

Isolation—Jensen concealed Candy’s programming, and his experiments on her, as if his life depended on it. He kept the existence of Arlene secret from Candy. He also kept what he had accomplished secret from foreign intelligence, and from the public, and from other CIA employees.

The first stage in any mind-control program involves isolation from family and friends while the foundation programming is implanted. After that, a more permanent form of isolation is built in: talk frankly only with “us”; stay away from “them.” Jensen and Burger also programmed

1. Arlene always scorned Candy. Estabrooks had proposed that the two personalities should be designed to conflict with each other. (Hypnotism, 1957, p. 203) They did.
in harsh prejudices for the purpose of alienating Candy from all definable groups of people. Jensen’s flat “no-friends” rule dealt with the rest. The mind-controller wanted her to be a self-sufficient loner who avoided people and avoided relationships because Candy said, “...most of them wouldn’t understand what I was doing. I couldn’t take the risk.” (Bain, p. 141).

Candy had been a lonely child. Now, though well-known and popular nationwide, she was a lonely adult. Love was also forbidden. Candy was a famous beauty, a noted author who traveled widely in her work and met many eligible men. She sometimes thought about one man in particular, John Nebel. She had met him once, years before. Now she often listened to him interviewing guests on his late night talk show. Obedient to her programming, however, she never acted on her feelings, never communicated them to him, never even communicated with him. It was just a secret, hopeless crush. For Jensen had told Candy, while she was hypnotized, over and over, that she would never marry again. He said she did not want to get married.

Jensen also denied complete medical care to his subject. The psychiatrist’s deep-level hypnotic suggestions made her terrified to visit any doctor other than Dr. Aldridge (head of OB/GYN at Women’s Hospital, N.Y.C.). Aldridge, her longtime personal physician, was trouble enough for Jensen. When Candy told the gynecologist about her flights to the West Coast for vitamin shots, Aldridge protested. He said, “Vitamin B12 is only given into the buttocks muscle. If given in the arm, the shot would be intramuscular, not intravenous.” He urged his famous patient to refuse any more of Jensen’s “vitamins.”

Dr. Aldridge shook Candy up enough that she had a big argument with Jensen about those vitamins the next time she went to Oakland. But, when she returned, the argument was settled in Jensen’s favor. “There are different schools of medicine,” she later rationalized to Aldridge. (p.124)

When Candy needed dental work, Jensen stalled her. The condition of her teeth became worse and worse. One day, she asked permission to make a dental appointment to have all her work done in one sitting—under Sodium Pentothal. That notion greatly upset Jensen. He insisted that she must never let anyone give her that drug. Jensen did not rule out just Sodium Pentothal (a favorite of hypnoprogrammers). He forbade any dental anesthetic for her, even Novocain. Because of her chronic toothaches, Candy pleaded with Jensen many times to let her visit a dentist. He finally agreed to let her visit a CIA dentist, but then stalled again. The CIA dentist never was available for

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1. For articles on hypnosis over the telephone, see Cooperman & Schafer, 1982; Owens, 1970; Stanton, 1978, and Owens, 1970; Weitzenhoffer, 1972.
2. Pentothal is a narc hypnotic and could have released Arlene.
3. It was standard procedure for CIA operatives to receive medical and dental treatment only from cleared physicians assisted only by cleared nurses and technicians. In case of surgery, another agent would stand nearby to note any unauthorized thing the patient said under anesthesia.
Jensen also worried that Candy might visit a psychiatrist. He especially warned her never to allow herself to be given the powerful tranquilizer thorazine. The involvement of an ethical psychiatrist is the thing most feared by an unethical operator. Psychiatrists understand narcohypnosis. They can administer barbiturates which penetrate an unethical operator. The involvement of an ethical psychiatrist is the thing most feared by an unethical operator. 

For Candy, it was not hypothetical. She was a CIA courier. It was all conditioned routine now: get off the plane, go to Jensen’s office, take out her Arlene wig and clothing from Jensen’s closet, change into them, receive her fake passport from him, and then get a dose of “vitamins.” After that, Arlene went wherever Jensen directed, usually carrying a sealed envelope. She delivered them to major East coast cities, handing the envelope to some waiting stranger in a restaurant, office building, or hotel.

Consciously, Candy knew that she had never been hypnotized before in her life and that she could not make an appointment with a psychiatrist:

“I’ll get very, very sick and I might even have a convulsion. I’ve never had a convulsion, but I will know what one is like if I go to a psychiatrist...he said it would start in my stomach and he said that I would get very upset because they ask you too many questions...They’ll think that you’re crazy. They wouldn’t believe you. They would think something has happened to you.”

(Bain, pp. 129-130)

Candy tried hard to stay healthy. She knew that she could not seek help if she became sick because of her “phobia”—a fear of medical attention.

**Training for a Hypno-Agent**—The CIA sent Candy to Camp Peary, several times, for training in secret tactics: “Detect, Destroy, and Demolish.” There, at “The Farm” as insiders called it, she learned to search a room, commit arson, leave no clues, commit suicide with a poisonous lipstick, or commit murder by sticking a pin into the lipstick, and then into a victim. The curriculum also included the use of acid as offense and defense, firing various types of guns, climbing ropes, writing coded messages on fingernails, then painting over them with polish. And so on.

**Courier in Action**—In 1965, under the heading of “Espionage” in a book called *Hypnosis Induction Technics*, a programming script appeared:

> Agent X, you are now in a deep hypnotic trance. When you awaken from this trance state you will not remember that you have been hypnotized....you will believe that you have never been hypnotized before in your life and that you cannot be hypnotized. In fact, if anybody should ever ask you if you have been hypnotized, you will say, “No, I have not been and I can’t be”...you will know that if anybody ever hypnotizes you or attempts to hypnotize you, other than members of this particular unit, you will become extremely nervous, will feel sick to your stomach...In the event of your capture...you will find that you have no memory for...anything to do with espionage. No matter what type of questioning or hardship you may have to undergo, this information will never be released by your subconscious to your conscious mind. (Teitlebaum, *Hypnosis Induction Technics*, pp. 172-3)

In the event of my death, due to an accident or sudden illness...please have my demise checked, if at all possible...I am not at liberty to divulge the sideline activity in which I am involved; however, you can be assured that in no way is it illegal, immoral or unpatriotic. (quoted in Bain, pp. 112-133)

Candy confided a little more to her old friend and editor at Harper and Row, Joe Vergara. He did not believe her. She had the impression that he interpreted what she told him as evidence of a mental problem.

One night, Jensen instructed Candy to attend a
party which was being given by Bill Buckley at the ’21 Club. (Buckley ended up a dead CIA station chief in Beirut.) Candy’s assignment was to photograph the man who came in and insulted Buckley during the party. Candy was there. The man arrived, sought out Buckley, and insulted him with censorable language, just as Jensen had predicted. Candy snapped his picture. She did not know who he was.

Candy delivered the picture to unit-controller Jensen, who had just demonstrated his prowess to chief Buckley. From then on, the doctor proudly displayed that photo on his desk. It was a secret souvenir, trophy evidence of two of the minds he presumably controlled: Candy Jones, who could be made to photograph a stranger, and the strange man, who had been caused to insult Buckley. That kind of thing amuses hypnotists.

Torture and Shame Experiments

The two main centers of activity in Candy’s CIA messenger job had been New York, where she lived and worked, and San Francisco, where she flew to get her “treatments,” transformations, and assignments from Jensen.

Now, Jensen began a series of experiments which were carried out in a third city, Taipei, Taiwan, presumably by cooperating Republic of China agents. They tested the hypnoprogrammed courier’s behavior by mimicking her capture and interrogation by “enemy.”

The experiments tested how well her hypnotic amnesia withstood cordiality—and torture. Could torture break Candy? Would she be so convinced of her innocence as to act honestly indignant? Could ruthless torture make her reveal the secrets of her conditioning? Would her amnesia and personality splitting hold up even under humiliation and excruciating pain? Or would she confess all the secrets of Jensen and Arlene?

The CIA first discussed this particular terminal experiment in 1954.

*Such an experiment could have been performed, as [Morse] Allen suggested, by friendly police in a country like Taiwan or Paraguay. CIA men did at least discuss joint work in hypnosis with a foreign secret service in 1962.* (Marks, pp. 187-8)

John Marks made that statement because a document, proposing the foreign experiments which Candy had already described, turned up in 1978 among CIA papers he obtained by means of his Freedom of Information Act lawsuit against the CIA! Marks then submitted another FOIA request, specifically seeking information on that “joint work in hypnosis.” The CIA, however, refused to release any documents about hypnosis experiments “in cooperation with foreign intelligence agencies.”

Another document, which survived the episodic CIA shreddings of their mind-control research records and was eventually obtained by John Marks, listed titles and dates of document packets in seven boxes of MKULTRA experimentation records (152 sets in all). All contents of those boxes had been destroyed, but the title/date list had survived. The last five entries are:

<table>
<thead>
<tr>
<th>MKULTRA</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>146 Aug.</td>
</tr>
<tr>
<td></td>
<td>147 Oct.</td>
</tr>
<tr>
<td></td>
<td>148 Nov.</td>
</tr>
<tr>
<td>GRANT</td>
<td>151 Feb.</td>
</tr>
<tr>
<td></td>
<td>152 May</td>
</tr>
</tbody>
</table>

Does GRANT refer to Arlene Grant? That pseudonym, which Dr. Jensen assigned to Candy the first day she signed up for his unit, may well have been the name under which her experimental records were stored. The years of 1966-1967 match the period of time when Candy was making trips to Taiwan. Those journeys required extensive preparation and coordination between the CIA and their counterparts in the Republic of China.

The experiments on Candy, which took place on the island of Taiwan, began in the fall of 1966. We do not know exactly how many such trips she took. Of all the things that Arlene had to relive (her only way to communicate to John what had happened), the most difficult for her to reexperience were the cruel torture experiments. “She invariably became hysterical during these sessions.” (Bain, p. 201)

Candy/Arlene told John Nebel about those experiments in 1973. Bain’s book, which made public the history of her hypnogramming and use as a CIA experimental subject, was published in 1976. Candy’s information predated the FOIA releases. They corroborated her account.

Nice Treatment—On her first trip to Taiwan, however, Arlene was treated well. She was told that her contacts were “businessmen.” Indeed, it was a former president of Taipei’s Chamber of Commerce who met her at the airport. When she offered him the envelope she carried, he would not take it. Instead, he insisted that she must come to his “home.”

Home turned out to be located twenty miles outside Taipei. It was big and institutional looking. There were several other sizable buildings on his “estate.” Arlene saw two women wearing lab coats talking to each other outside one building. That seemed odd. She asked her host about them. “Household servants,” the man curtly replied.

For the next three days, her host devoted himself to pleasing Arlene Grant. It was Stage One of the experiment: Can you wine and dine the truth out? Together, they shared wonderful feasts of exquisite Chinese cuisine and visited the tourist highlights of Taiwan. Arlene, at no time, confided that she was really Candy Jones and had been drugged, hypnoprogrammed, and personality-split by a CIA doctor. She did take lots of photos.
When she arrived back to San Francisco, Jensen met her at the airport and personally drove her to his office for the switch back to Candy Jones. As usual, Candy left her fake passport, wig, A.G. clothing, and brunette makeup in Jensen’s office closet. She gave Jensen all the exposed film from her “sight-seeing” trip.

Back in New York, Candy found her office staff frantic. She had been gone for a week—and she hadn’t even told anybody that she was leaving!

Torture—A month later, Jensen again summoned Candy to San Francisco, turned her into Arlene, and sent her to the Far East. The same man met her at the Taipei airport. He took her to the same big house, and there accepted the letter she had brought. This time, instead of pleasantly entertaining her, he imprisoned and tortured his guest.

The simplest test of hypnotic depth is to suggest anesthesia, then test the subject—with pin, or match flame, or needle—to see if he feels pain. A person who is hypnotized and has been given a preparatory suggestion of numbness does not feel the pain. Candy felt the pain that they caused her normally, like a person who isn’t hypnotized. Being unaware (anesthetic) would have given away her hypnotic state. Yet she endured without breaking—like a hypnotized person.

Candy later told John that they shocked her, “Because I didn’t have what they wanted. I didn’t give them what they wanted.” *(Bain, p. 197)*

They strapped her into a chair by a table, and then....

**CANDY:** They put a solution first on the skin...

**JOHN:** A saline solution?

**CANDY:** I don’t know...a solution...they put it on with gauze on a long stick...like a Q-tip...they stuck a wire on the wet area...They put the wire on your finger and...

**JOHN:** ...Do they wrap the wire around your finger?

**CANDY:** They just touch it to the area where the solution is.

**JOHN:** Is the current on?

**CANDY:** Of course.

**JOHN:** And the wire is attached to a box?

**CANDY:** Yes, like a manicure set, or an electric hair roller. A little box with a few dials on it...

**JOHN:** Did it spark?

**CANDY:** I didn’t look. But I heard it. It hisses.  

**JOHN:** And it hurts.

**CANDY:** Momentarily. It’s a shock. It makes a blister... *(Bain, pp. 194-195)*

When they finished, the blisters were so bad that she could not put her fingers together.1 Blistered and suffering, she now heard the Chinese businessman talking in Chinese to somebody on the phone. Then he hung up the phone and unstrapped her from the chair. He was acting friendly now. He apologized for the shocks. He insisted they were merely an effort to help her memory. He arranged for her to eat lunch, then drove her to catch the return flight to San Francisco.

Back in the U.S., Jensen also apologized to Candy for the torture. He said it was all a mistake, caused by a typographical error in the letter she had delivered.

Despite the torture, every time Jensen sent his hypnorobot to Taipei, she went. On a different trip, they

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1. In the context of pain, Candy’s split personality was divided even more firmly than usual. Later, Candy told John that Arlene had felt the pain, not her, and “Arlene’s hand” had the blisters.
Snake-in-the-Box Experiments

The scorpion-in-the-box test format, used on Candy, had been hotly debated in the literature of experimental hypnosis ever since 1939, when L.W. Rowland published a report of an experiment involving a snake in a box. Back then, the debate between experimental hypnotists on whether a person could be made to do something by means of hypnosis that they would not normally do was still open and lively. Rowland, using a box covered with “invisible” glass, had induced hypnotized persons to attempt to pick up the rattlesnake they could see inside the box.

By way of control, forty-two persons, of every age and degree of sophistication, were asked to come to the laboratory and pick up the snake...the persons were not only badly frightened at the appearance of the snake, they would not come close to the box; only a few were finally persuaded to pick up a yard stick and try to touch the snake. They all seemed bewildered when they touched the glass which they could not see. (Rowland, “Will Hypnotized Persons Try to Harm Themselves or Others?”)

Because three out of four of his hypnotic subjects (but none of the unhypnotized persons acting as controls in the experiment) obediently tried to reach inside the snake box, Rowland concluded that “persons in deep hypnosis will allow themselves to be exposed to an unreasonably dangerous situation.” His fourth subject “saw the snake, turned around facing the experimenter, and awoke.” (ibid., p. 115)

Rowland also tested whether hypnotized persons would obey orders to harm other persons. He commanded a hypnotized person to throw sulfuric acid at the face of an experimenter (who was protected by invisible glass). The acid was clearly the real thing. He concluded that hypnotized persons “will perform acts unreasonably dangerous to others” (ibid., p. 117).

In 1952, Young carried out a pair of experiments in which he replicated Rowland's famous experiments described above. Hypnotized persons were first asked to handle a rattlesnake, then to toss “acid” in someone's face. In Young's experiment, the instructions were to reach through an opening into a box, grasp the snake, and move it into a large can. The snake closely resembled the poisonous water moccasin. Young's verbal instructions were designed to cause a subject to assume that the snake was poisonous. Nevertheless, seven of Young's eight hypnotic subjects did reach out, grasp, and move the snake.

One subject, a male music student, in tremulous conflict over the instructions, was so inept in the long-continued alternate approach and withdrawal of his hand near the snake's head that he was bitten by the snake and fainted dead away, only to be brought back to hypnotic consciousness and pushed by the experimenter until he, too, captured the snake of which he was mortally afraid. (Young, 1952, p. 405)

Young's subjects, like Rowland's, also threw acid—in this case, “nitric acid”—at the operator's face. One day, Young's experiment became totally real because one hypnotized subject accidentally threw real nitric acid in the assistant's face instead of the mock version:

...on account of the promptness of remedial measures, no scars were left on his face; although his heavy uniform (that of an ROTC student) demonstrated in large areas where the acid struck (Young, 1952, p. 405).

However, some later experimenters demonstrated that most people obey such commands without being hypnotized. They do it out of simple obedience to perceived authority, or because they know it is an experiment and they trust the experimenter. So the debate opened up again all over to what extent hypnosis could be a factor in coercively forcing people to do an antisocial act (injuring themselves or another person).

George Estabrooks showed an expert on hypnosis Rowland's report of his experiment and asked, “Do you think Rowland proved the point?”

The expert countered, “How do you know that glass is invisible? To you, yes. But the hypnotic subject may, probably does, have much greater keenness of vision than does the normal individual.”

Estabrooks asked him how to make that experiment “air tight.”

“Take away the glass.”

“In that case there might be a corpse in the laboratory,” Estabrooks objected.

“Exactly. But I see no other way to meet the objection.” (quoted in Reiter, p. 41)

So the possibility of what experimental hypnotists called antisocial hypnosis could not be proved without a terminal experiment, and the terminal experiment could not be done because it was antisocial. But, they did it to Candy. After Candy put her hand in the box on Taiwan, whoever knew of this secret experiment had proof. Candy would know better than to trust those people. But she put her hand in the box. She was stung. And she stayed an unknowing hypnoprogrammed person.
shocked her using a small box sitting on the table. Wires ran from it to her wrist and to her shoulder. Those shocks hurt terribly. They shocked her repeatedly with that setup, and, together with the shocks, they asked question after question about the story of her life and her CIA link.

Reliving it, Candy said, “...I don’t know anything. Nobody here believes me...I’m afraid to say yes and I’m afraid to say no...Why don’t you just kill me?...why do you keep me here like this?...I don’t know any Dr. Jensen.” (Bain, p. 193)

When she still didn’t (or couldn’t) satisfy their interrogation demands for the story of her life, the lab techs told her they were going to put her hand into a box which contained either scorpions or the deadly coral snake. Later, Candy told John:

CANDY: They put her hand in the thing.

JOHN: In what?

CANDY: In with the scorpions. She didn’t know whether it would be the scorpions or the coral snake.

JOHN: You mean into a box?

CANDY: Uh-huh. The scorpion was in there. (p. 203)

It turned out to be the scorpions, and one stung her. When she pulled out her hand from the box, the insect was still clinging to it. (Bain later observed a small scar on that part of her hand.)

The Chinese director of the experiments on Candy had put one over on the lab girls who believed the scorpion in their box was dead. When Candy actually got stung by it, they were upset and surprised. They stopped the torture and gave her medical treatment.

This trip, the “businessman” did not apologize for torturing her. This time, when she got back to San Francisco, Jensen did not say it was a regrettable mistake. It made no difference. Candy was hypnotized on cue and robotically went back to Taiwan every time she was told to do so.

In another experiment, the lab technicians tortured her by cutting both her thumbnails to the quick. Recalling the event, under hypnosis with John...

CANDY: ...They were going to keep cutting them down unless I told them...

JOHN: Told them what you knew?

CANDY: (panicked) I don’t know anything. I gave them the letter...They cut it right down into...It’s all raw...Both thumbs... (Bain, p. 207)

Shame—In 1967, the CIA announced the end of all mind-control testing and the destruction of all records of that testing.1 But Jensen continued the overseas experiments on Candy. Candy’s last trip to Taiwan for torture experiments was in 1968. They had tried pain, and she did not break. Next, they would try shame—and then pain and shame combined.

She handed her envelope to a girl at an art gallery, as instructed. As if on cue, the girl spat in her face.

(The spitting sounds like a posthypnotic suggestion cued by delivery of the envelope. Maybe this event began the testing of Candy/Arlene’s resistance to humiliation. Maybe, also, this was a puppet-meets-puppet encounter set up to see if that made any difference. Would they recognize each other’s plight, embrace, and swear future solidarity against hypnoprogrammers? They should have, but they did not.)

Then Candy was taken to a hotel dining room, seated in its lobby, and given a drink. It made her feel sick. She began to sweat heavily.2 A female attendant led her out of the dining area into a “bathroom” which had a bed in it and also a dressing room. The attendant took off Candy’s clothes (which were now drenched with sweat). She hung them up, gave her a gown, and put her to bed. A doctor came, gave her a shot, and then left.

The female attendant then returned. She began a long episode of inflicting painful, shameful body pinches, including on her breasts and nipples. The pinches were severe enough to cause black and blue marks all over her body. While the “attendant” was viciously pinching her victim, she demanded over and over to be told about “the papers.”

When her subject fainted from the pain, the Chinese woman roughly revived her and continued the torture. When the interrogator finally left the room, Arlene tried to crawl under the bed and hide.

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1. A source later told Bowart they were done testing because “they went operational.”
2. “...the men from ARTICHOKE wanted to know how well hypnotic amnesia held up against torture. Could the amnesia be broken with drugs?” (Marks, p. 185)
Demonstration at Langley—Candy’s professional, public life continued to thrive. In 1970, Harper and Row (her longtime publisher) released her autobiography of the years spent touring with the USO during World War II, More than Beauty. One evening, she was a guest at a White House party. She and Pat Nixon were photographed as they smiled warmly at each other.

Perhaps it was the night after that White House party. Perhaps it was some other night—Candy never could remember the exact date. But, one night, she went from Washington D.C. to the CIA’s headquarters at Langley, Virginia. There, Dr. Jensen demonstrated her degradation before a roomful of observers. Candy Jones was the first of eight conditioned hypnotic subjects which her unit-controller presented to his audience that night.

She lay prone on a rolling table, dressed only in her black wig, in deep trance. Jensen introduced her to the small audience as “Laura Quidnick.” After putting her through a series of acts of visibly automatistic obedience, the doctor concluded this display of her total subjugation to her would not hurt, and she would not remember. Then he shoved the burning candle into her vagina.

Jensen then invited any doctor who wished from the seminar audience to come on stage and try to interfere with his control of Laura. He exuded smug pride as, one by one, the audience members, now clustered around the hypnorobot’s gurney, tried—and failed—to disrupt his control over her.

Candy had endured all, proved herself to be the perfect hypnoprogrammed messenger, served her country with perfect obedience—and in perfect ignorance. Whether at work, supervising her office staff, at home with her children, or in social settings, Candy knew that she sometimes carried messages for the CIA. That is all she knew of those matters. She did not know that she was Dr. Jensen’s unknowing hypnotic subject. She did not know that his vitamins were really a narcohypnotic drug. She did not know she had an artificially-created split personality named Arlene (and Candy’s body which contained her)?

Candy Fights Back

Maybe what happened at Langley violated Candy’s unconscious moral principles badly enough to shake the roots of her basic hypnoprogramming. Or maybe the cause of the fracture that appeared in the wall that separated her secret life from her known life was what happened in Taiwan, plus what happened at Langley. For whatever reason, at this point in her personal history, Candy Jones began to develop unconscious resistance to the problem which she did not know because she could not remember. She was fed up without consciously knowing exactly why.

She heartily wished she had never signed on with the CIA. In a later trance regression, she relived an argument with Jensen during this period. She said, “I love my country and that’s why I started in the first place. But...could you do what I’m doing? Go ahead. You go and do the things I’ve been doing. You couldn’t do it.” (Bain, p. 230)

In 1972, Candy firmly told Jensen that she was finished working for the Company.

Jensen did not let her go. Not in the usual way.

Suicide Orders—Candy’s declaration that she wanted out was a turning point also for Jensen. He began to “suggest” suicide. Were the hypnotic suggestions to kill herself the logical completion of her testing sequence: the final and most truly “terminal” experiment? Or did Jensen choose “...the more conventional means of dealing with a renegade agent...”? (Bain, p. 133) Or was he done with his series of experiments and ready to discard Arlene (and Candy’s body which contained her)?

Arlene was mouthy, unpredictable, and frightening. “He’s petrified of me” (Bain, p. 100), she later told John. Candy’s alter ego was definitely too human, not suitable for mass production. Jensen had manufactured Arlene in 1960. This was 1972. Hypnoprogramming technology had made significant advances over the dozen years since disrespect-ful Arlene first sneered at Jensen, “Who did you expect?” The current crop of hypnorobots was more comfortably robotic in behavior and attitude, not like feisty Arlene. Candy’s split was now obsolete, surplus, an outdated experimental model with a bad habit of sassing its maker.

Jensen gave his subject suicide suggestions both in the form of direct and indirect suggestions under deep hypnosis. He repeated and elaborated them: “How would you do it?” he asked her. Then he told her how to do it:

CANDY: (She moans.) I can’t keep fighting like this, don’t you know that? I’m tired of fighting. I can’t fight any more (weary, upset) He’s gonna make me...give up.

JOHN: Who’s going to make you give up?

CANDY: (hesitantly) Dr. Jensen.

JOHN: What’s he going to do to you?

CANDY: He won’t have to do it to me. He’s gonna make me do it my own self. Give up...He wanted me to go down and jump off that rock.

JOHN: He said that?

CANDY: He said it would be very nice because I like it down there.
JOHN: Jump off a cliff?

CANDY: He said you might as well go...why wait?  
(Bain, p. 80)

Jensen specified the date, the place, and the scenario for his subject’s death. Candy was to arrive in Nassau, Bahamas, on December 31, 1972. She was to check into the hotel she usually stayed at, the Paradise Beach. Jensen would phone her early in the morning of the next day and cue Arlene to come out and take over. Arlene would then walk the body to an out-of-the-way cliff. It had a fine view of ocean dashing on sharp rocks, far, far below.

When she began the publicity tour for Bain’s book about her hypnoprogrammed life, Candy told KSAN’s interviewer, David McQueen, more about those plans:

“And I was going to take my snorkel, my swimming things, and I would be up on a little promontory where there were pine trees, and put everything down neatly and take off my watch and go in...Arlene Grant was going to dive in...But the person who would have died would have been Candy Jones.” (quoted in Schrag, pp. 443-4)

Candy did not know what was scheduled to happen. Arlene, her unconscious split, knew that the body they shared had only thirty days before the death jump. The existence of Jensen’s suicide scenario for Candy did not break through the wall of amnesia which divided her two selves. But something in her did break.

Better Wed Than Dead—Suddenly, like Pavlov’s conditioned dogs after the Neva River flood almost drowned them in their basement cages, Candy was breaking Jensen-programming rules left and right. She broke the isolation rule by contacting her old friend (and longtime admirer), John Nebel.

Unconscious thinking is naturally arranged on a rational foundation of opposites. It is a strange, but true, fact that any chunk of programming in the unconscious—if under unbearable pressure—can escape that pressure by flowing to its opposite in that linkage of opposites. Candy now unconsciously converted Jensen’s order to die into its opposite: a compelling and successful bolt to live. She broke Jensen’s no love, no marriage rule. She and John had not seen each other for ten years. She was now 47; he was 61. They began to date. They married after a whirlwind, 28-day, romance. Neither she nor John knew her unconscious reason for hurrying.

Candy had first met John when she was 18 and he was 32. He was a photographer on free-lance assignment, photographing her for a Borden ad. He shifted to radio at age 43, hosting WOR’s all-night talk show. Over the next eight years, he built his slot into one of the hottest properties in New York radio. When he shifted to WNBC for eight years, and then to WMCA, his loyal listeners followed. He was always in the Nebel-at-Midnight slot, six nights a week, six hours every night. His show was New York’s most popular nighttime radio talk show.

Candy had a truth that needed to be discovered. John was a perfect match for that need. Over the past twenty years, he had hosted every imaginable sort of guest on his all-talk show, including numerous hypnotists. He was famous for his ability to probe the weaknesses of guests. Broadcast schools everywhere played Nebel tapes to teach fledgling interviewers how to get at the truth.

So Candy did not go to the Bahamas to commit suicide. On New Year’s Eve, 1972, the exact day she was to have checked in at the Caribbean hotel and begun her suicide sequence, she got married instead. A deeply implanted hypnotic command CAN be resisted, but only by conversion of that neural energy into some other form of expression. It can not be dealt with by a simple denial. Its mental energy, when cued into expression, has to go somewhere. Candy diverted the energy of a suicide scenario into that of a marriage scenario. Better wed than dead!

At their wedding, the famous bride’s long years of CIA-conditioned isolation were obvious. Long John had forty guests. Candy had none, except her mother and the attendant who looked after her. Donald Bain, Nebel’s friend and biographer, noticed that, and thought it strange.

Their marriage not only evaded Jensen’s suicide
plan for Candy. It also opened up wonderful new possibilities for her to get financial freedom from the longtime financial stress that first drove her into the arms of the CIA.\footnote{Her CIA employment had since tended to continue that financial desperation. Her modeling agency and charm school business were ruined by all the time the CIA took, and by the unpredictable behavior it caused.} Nebel had invited her to co-host his nightly talk marathon and share its (he received no salary but collected half of the show’s advertising revenue).

Candy Jones was an old pro at radio. John Nebel’s audience quickly came to love her as well as him, so the listenership for the new husband-and-wife team stayed as solid as it had been for Nebel alone, and they prospered. Her new husband also offered Candy the services of his lawyers and accountants to extricate her from that money-hemorrhaging modeling school and agency. She gratefully accepted.

\textbf{Arlene Begins to Appear}—Jensen had conditioned Arlene to emerge when he told Candy to look in a mirror and “see” her. Starting with the wedding night, Arlene emancipated herself from being only Jensen’s genie in the Candy bottle. She had a new man in her life now. She began to spontaneously appear when Candy looked into a mirror, a generalization of Jensen’s first induction method. Arlene briefly appeared right after the wedding, and again that evening at their wedding reception feast in a Chinese restaurant. Arlene emerged a third time that night, after Candy left the marriage bed to go into the bathroom. There, she looked in the mirror, and returned...different. Arlene was not only appearing on her own. She was also disappearing on her own.

At first, the brunette in a blonde’s body said nothing significant to John. She just took a turn at inhabiting the body for a while, then gave it back to Candy. It was as if Arlene now wanted to be John’s hypnotic subject instead of Jensen’s, the way a badly abused dog will leaves its cruel former home and take up residence outside the back door of some neighbor, hoping desperately to be treated with kindness and taken in.

Nebel had no idea what was going on. He only knew that, starting on their wedding night, there were moments when Candy acted like a different woman—“tense, angry, concerned. I asked her if anything was wrong and she gave me a curt ‘No.’” (Bain, p. 9) It was Arlene who had said, “No.” And then she disappear again. Candy would be back saying the familiar, reassuring words that John loved: “You’re wonderful, John...You’ve made me the happiest woman on earth.”

Once the alien presence was gone a while, John relaxed. But each brief appearance of Arlene left him more on edge. The idol of New York’s nighttime radio took an instant, intense, permanent dislike to Arlene’s cold, distant voice, her cruel facial expression, her bitterness.

Arlene could not help the way she was. She was Candy’s aggressive aspect, rooted in an imaginary childhood playmate, strengthened and loaded with Jensen’s hypnoprogramming, layered over that with the emotional burden of all the tragic experiences which Jensen had forced on her. John did not understand that Candy had unconsciously chosen to marry him and was calling him wonderful because of needs from the part of her which he already so disliked.

The next evening, John noticed another brief episode of that bizarre “mood” in Candy again. Over the coming days, the new husband gradually realized that he had taken into his life, not only Candy, but also this chronically angry spook who unpredictably took over Candy’s body. He did not yet realize that Candy was amnesic for her split’s nearly mute appearances. He did not know that Candy had worked for the CIA. In their whirlwind courtship, the master at ferreting out truth had not gotten around to finding out all that Candy had been doing over the past dozen years.

Now John began to ask a lot of questions. Candy was strangely evasive and curt in her answers. She did say, however, that she would have to take a trip now and then. John did not like the idea of that at all. He pressed her for details. Finally, Candy told him about that long-ago FBI meeting, about letters sent to her office, about the messages that she had carried. She had told him all that she remembered.

“Do you still work for them?” John asked.

“No,” she said.

John wondered if he had heard the whole story.

Nasty and negative as Arlene seemed to John to be, she was trying to accomplish something healthy and good with her appearances. Candy was still at risk from Jensen. She needed help. Neither Candy, nor John, knew about Jensen. Arlene could not tell either of them in any normal way because her conditioning forbade it. She believed that, if John knew the real situation, he would help. But how could she tell? HOW?

\textbf{John Hypnotizes Candy}

John Nebel’s job had required him to find material to keep interesting nighttime radio conversations going six hours a night, year after year. Sometimes he had hypnotists as guests. Again and again, he had read their books to prepare for the interviews, asked them questions, listened
to their answers over the long night hours, watched them demonstrate hypnotic phenomena. Recently, he had accepted the invitation of one such guest to take his brief course in hypnosis. Nebel was “an amateur student of hypnosis.” (Schrag, p. 442) He had the two necessary skills to protect Candy from Jensen: some knowledge of hypnosis, and decades of experience at digging out the truth in interviews.

Arlene had to find a way to get John to hypnotize Candy—and a way that Candy would allow herself to be hypnotized. It would have to be a disguised induction. Thus it came about that, five months after her marriage to John, Candy’s unconscious began to inflict upon her the most severe possible insomnia. (Sleep deprivation results in greater than normal susceptibility to trance induction.) Candy and John were up all night doing their show. They would go home and sleep in the morning. But now Candy could not sleep.

It came to a head on June 3, 1973. She “...tossed and turned in the double bed in their cramped bedroom. Her face was drawn, and dark circles beneath her eyes caused them to appear sunken. She was near tears...” (Bain, p. 36) The anxious husband decided that Candy needed to relax. Trance induction is a physiological relaxant. John said, “I’ll hypnotize you.”

She said, “I can’t be hypnotized.”

John then tried a disguised induction, a type called progressive relaxation. Candy, being a highly trained hypnotic subject, quickly went into a deep trance. Her breathing became slow and regular. John then used a limb catalepsy routine to test her depth and deepen more. She was “down” all right. He then gave her a suggestion to shift from trance “sleep” into a true sleep. She did that. He had hypnotized her without using the “H” word, and he had relaxed her into getting a good sleep. He felt quite pleased with himself.

The next morning, Candy had insomnia again. John did progressive relaxation with her again. It worked, and she slept well. The next day, again there was Candy’s insomnia followed by John’s progressive relaxation induction. But, this time, something new happened before she shifted from hypnotic to natural sleep. After John “relaxed” her, she did a spontaneous age regression. She began talking in a little girl’s voice. Pretending to be a man from her neighborhood, John conversed with the “little girl” for a few minutes. Then her regression stopped. She fell into a sound and natural sleep. The fourth time that John relaxed her, she spontaneously regressed to childhood again, and relived more incidents.

It became a routine. Whenever John saw that Candy was in trance and spontaneously regressed, he would ask, “Where are you now?” She would tell him. John would choose some appropriate role to play in the scene she was reliving. Candy was now sleeping better, and she was feeling more cheerful when awake. John considered the trances to be a good thing—and the regressions no problem.

One day, in an awake state, Candy told John that she had visited a CIA psychiatrist, Dr. Jensen, in California. She said that Jensen had wanted to hypnotize her and help her quit smoking, but she had informed him she could not be hypnotized—and he had agreed she could not.

John was startled. He knew that he had been hypnotizing Candy, but he could not make Candy believe that he had hypnotized her. Suddenly, he remembered hearing about a method of disguised induction for a person who says they can not be hypnotized. The hypnotist agrees with the subject, then demonstrates, “for your general information,” how hypnotists do it to people who can be hypnotized. “Did he show you how he would have hypnotized you, if you were able to be hypnotized?” Nebel asked her.

“Oh, he showed me some things,” Candy replied. “But he knew I couldn’t be.”

Arlene Spills the Beans—A few hypnotic sessions later, on June 1973, Candy spontaneously regressed—not to childhood, but to a scene in which Arlene was talking to Jensen! She was talking to John as if he were JENSEN! John accepted the role she had given him. He played along, pretending to be Dr. Jensen.

After Candy awoke from trance, and the natural sleep that followed it, John asked her about Jensen again. Soon, he realized that his wife could only remember visiting Jensen the first time. She could not remember anything that had happened inside his office after the conversation in which he had complained about her smoking, and then agreed that she could not be hypnotized. John reasoned that Candy’s memory stopped so abruptly because Jensen had hypnotized her and suggested amnesia. But his wife had not stopped smoking, so WHY did Jensen hypnotize her?

The next morning, after the show was done and they had gone to bed, and John had “relaxed” Candy, she did another spontaneous revivification. (A “revivification” is the most authentic type of hypnotic regression; the old memory “tape” plays, and the subject relives a past scene in their life.) She was pushing hard now to accomplish the long, sad process of revealing the history of her conditioning and life as a hypnotic subject.

Again, Arlene talked to John as if he were Jensen. Arlene was forbidden to talk to anybody about her creation and activities—except to Jensen! John knew that he should play along with the Jensen role which Arlene had assigned him, because to a regressed hypnotic subject...
...all time subsequent to the...event...is blotted from
the mind. It is, therefore, necessary for the operator
to fit himself into the regression...transform him-
self into someone known to the subject at the ear-
lier period. (LeCron (ed), Experimental Hypnosis,
p. 156)

John was beginning to understand. Later that day,
he went out and bought a tape recorder. From this point on,
he taped every conversation he had with his wife when she
was in trance. During June and July, 1973, in both induced
and spontaneous daily trances, John gradually learned the
truth about Candy’s job with the CIA.

He became accustomed to abrupt personality shifts
in which Arlene’s voice would suddenly be replaced by
Candy’s, or vice versa. Sometimes it was a hypnotized,
unconscious Candy who talked to John during the regres-
sions; sometimes it was Arlene. (The revivifications showed
that Jensen also had encountered both of Candy’s person-
alities under hypnosis.) John soon became familiar with the
differences between their voices. Arlene’s was more deep,
harsh, and masculine-sounding. Candy never swore. Arlene
always swore. Candy was always unaware of the missing
time when Arlene was out. Arlene knew all the content of
both lives.

The mysterious Dr. Jensen and the CIA shadowed the
life of these celebrity newly weds. Candy consciously
knew and admitted to John that she sometimes tried to call
Dr. Jensen, probably in response to posthypnotic sug-
gestions to check in at a certain time on a certain date. John
also knew she did that. He had observed, to his great dis-
tress, how Candy, in an instant, would transform to Arlene,
who would insist that she had to call “the Murray Hill num-
ber.” And there was no stopping her. Fortunately, that
number never answered now.

A plainclothes detective had begun to stand across
the street from their apartment. He stood there every day,
month after month—watching.

On July 3, 1973, John heard a disturbing message
on their answering machine:

Japan Airlines calling on the 03 July at 4:10
P.M....Please have Miss Grant call 759-9100...She
is holding new reservation on Japan Airlines
Flight 5, for the sixth of July, Kennedy-Tokyo, with
an open on to Taipei. This is per Cynthia that we
are calling. Thank you. (Bain, p. 243)

The fact that John heard that call presumably
caused another failure for the CIA, another win for Candy/
Arlene. For John made sure that his wife did not get on that
flight. If she had, she might never have come back. Or she
might have come back freshly reprogrammed, back under
complete hypnocontrol.

John tried to track down who made that reserva-
tion for “Miss Grant.” No luck. Japan Airlines said that the
reservation was real, but they did not know who had booked
it. They had no clerk named “Cynthia.” Then somebody
explained to John that “Cynthia” was probably a commer-
cial code name for bookings from a certain organization,
perhaps the CIA. His informant said that airlines often
booked space and billed clients using such codes.
“Cynthia” certainly did sound like a booking code that the
CIA might have used.

John, Candy, and Arlene—As Arlene re-
vealed, bit by bit, the truth about Candy’s life, Nebel was at
first uncomprehending. When he did begin to catch on, the
information deeply disturbed him. He wanted to talk to
Candy about it.

Armed with the tapes, John confronted his wife
with the information which Arlene was revealing. Even af-
after hearing tapes of herself talking to John under hypnosis,
however, Candy still firmly denied being hypnotized. She
insisted that his tapes were only of her sleep-talking while
dreaming. By denying that she had been hypnotized, Candy
unconsciously was protecting John’s access to her uncon-
scious memories. She was a sealed person. She could not
allow herself to be hypnotized. John did not understand
her very real need to deny that he was hypnotizing her.

He tried, again and again, to get through her de-
nial. He played tapes for her, talked to her about the hypo-
nosis sessions, described all that she had said and done while
in trance. She still insisted that it was all only sleep talking
during dreams. Or maybe, she said, it was “autosug-
gestion.” She could not admit she had done the “H” word.

Candy also adamantly denied that Jensen had hyp-
notized her. When the regressions revealed that she had
also been hypnotized by Dr. Burger, she denied that too.

Arlene’s process of revealing truth had now
shifted into high gear. In numerous, spontaneous revivi-
fications, Arlene emerged and took over that shared body.
Except—she had enough respect for a working woman’s
situation to never come out during Candy’s live hours on
the show.

At first, Arlene had avoided all conversation with
John. Then, she only talked to him in the role of Jensen,
while in a state of revivification. Sometimes now, however,
she talked to him as John. She was getting freer from
Jensen’s rules. (So, Candy was getting freer too.)

The split’s cue to emerge was usually Candy’s
encounter with a mirror. Whenever Candy looked at her
face’s reflection—in a restaurant, a restroom, or the bath-
room of their apartment—Arlene was likely to emerge. John
developed a wake-up cue that instantly sent the split back under cover when she was no longer welcome, or had appeared at an inopportune moment. (If John pressed her hand against a piece of tile, Candy would immediately be awake and back in possession of her body.)

The first blow to Candy/Arlene’s winning trend came from John. So far, he had been wonderful. He had met her unconscious need to be hypnotized and reveal information. Because her husband was almost always with her, he was able to help whenever the spontaneous trance regressions happened. He had carefully taped numerous hypnotic sessions and all the evidence they contained. He had spent hundreds of hours carefully questioning her to make details of the story clear. John was determined that there would eventually be a book about Candy’s hypno-abuse, so that the public would also know these facts.

“Long John” Nebel was struggling too. At first, he mistakenly believed that Arlene’s chronic state of anger was directed at him. Even after he intellectually understood that it was not, John still reacted emotionally as if it were. He blamed Dr. Jensen and the CIA for having created Arlene. But he also felt an implacable, angry hostility toward Arlene.

John blamed all their marital problems on Arlene’s putting into what he viewed as his and Candy’s private lives. He believed that Candy would be fine again if he could make intruder-Arlene quit coming out. John also feared that Candy might harm herself during a trance, because Arlene walked around his apartment during revivifications as if it had the layout of Jensen’s office. He feared that she “would slip into such a deep trance that he would be unable to control her” (Bain, p. 120). He feared Arlene’s capacity to publicly embarrass him.

John was either ignorant of, or not a subscriber to, hypnotherapy principles. He could not imagine a positive role for cynical, bitter, uncooperative, independent Arlene in Candy’s mind. He never understood that Arlene was the part of Candy strong enough to suffer Jensen’s endless horrific abuses, to contain all the forms of pain that he inflicted, and survive it. He never thought of Candy and Arlene as merely separated components of one woman’s personality. Candy was John’s ideal woman: unfailingly soft, appreciative, respectful, gentle, sweet, yielding. To him, she was the “real” personality. To his credit, he stayed deeply in love with her through all this. But he never understood that Arlene was genuinely Candy too, a split made from stolen, isolated parts of Candy’s own feelings, opinions, and strengths.

John, also, did not like the way that Arlene bad-mouthed Candy. For Arlene routinely insulted her root self with words such as “dumb,” “slow,” “stupid.” She called Candy a “goody two-shoes” and the “mother of her country” (referring to Candy’s tragically abused patriotism). It made John angry when Arlene snickered at the gentleness and pliability of Candy. It disturbed him when Arlene revealed her possession of Candy’s capacity for anger and ideas of retribution:

“I have a lot of scores to settle up, and if Candy can’t settle her scores for herself, I’ll settle them for her...Candy has been screwed so many times, and I’m going to help her unscrew her life because she is just too goddamn dumb...I’m sick of watching it.” (Bain, p. 160)

Bit by bit, Arlene was unscrewing Candy’s life. She was providing a detailed expose of the CIA experimentation on Candy. She was gradually reuniting Candy with her amnesic knowledge, loosening up the grip of Jensen programming on her mind and life. By now, Candy had finally accepted what Arlene was revealing, and she had begun to eagerly participate in that uncovering, in the process of trance remembering. She was pressing on, trying to recover it all. The basic story of Candy/Arlene and the CIA was clear by the end of June and July 1973, but there were still a myriad of details to be cleared up. Candy still needed dental work, and John wanted psychiatric testing of her to corroborate Arlene’s revelations—and then shut her up forever.

**Dentists and Doctors**—John urged Candy to see a dentist for a long time before she finally visited one. It was her first dental appointment since Jensen’s hypnosis of her began, twelve years before! By now, her teeth were a disaster. She had become the famous beauty who did not dare smile. The dentist called her mouth “...a mess...One tooth was broken at the gum line. I had never seen anything quite so bad in all my years of practice.” (Bain, p. 132) Unable to overcome Jensen’s prohibition of anesthetic, Candy had all the needed work done without using a painkiller. It was a very slow, very painful process.

John also urged Candy to see a psychiatrist. For a long time, Candy was positive that talking to a psychiatrist would make her horribly sick, even to the point of convulsion. (Convulsions can be caused by hypnotic suggestion.) Merely discussing it gave her excruciating stomach cramps. Bain found another way. He often had hypnotists on the show. Her programmed prohibition did not seem to prohibit a casual and “accidental” encounter with a medical hypnotist! She let first one, and then another, hypnotize her at the station during station breaks from interviewing. Both gave Candy suggestions which accomplished further freeing and desensitizing.

Then, Candy agreed to go to Dr. Herbert Spiegel’s office for a formal testing of her susceptibility. She had been acquainted with Spiegel (a psychiatrist who taught medical hypnosis at Columbia’s medical school) for years. Nebel also knew Dr. Spiegel, who often talked on John’s show about being a forensic hypnotist for the FBI or about Sybil, a woman with sixteen personalities, for whom he was
the relief psychiatrist when her main one had to be out of town.

To test Candy’s hypnotizability, Spiegel used a susceptibility test, the “Hypnotic Induction Profile.” A susceptibility test is a standardized hypnotic induction, followed by suggestions of various types. The tester reads an induction script to the subject. The speed with which the subject enters trance and the extent to which she obeys its series of requests (close your eyes, raise your arm, etc.) results in the score.

Candy’s HIP rating was “extremely hypnotizable,” the top ten percent. Spiegel said the test proved that she was hypnotizable enough to be hypnoprogrammed. She was a somnambulist, a person who has the capacity for complete amnesia—and for authentic regressions.

Spiegel’s other tests of Candy looked for any “psychophysical basis” for her difficulties. He gave her the Thematic Apperception Test (TAT: tell brief stories about each in a standard set of pictures), and the Rorschach (describe images in ink blots). Spiegel said that Candy’s TAT and Rorschach showed “episodic periods of stress, but not at the psychotic or schizophrenic level.”

Her brain scan also was normal. All in all, the psychiatrist found no evidence of insanity. Candy was relieved to be assured that there was now good evidence that she was not insane. She had been threatened by Jensen, in trance, that if she ever told a clinical person about the hypnosis, she would be immediately declared insane.

Spiegel concluded his report with a statement that he was confident that the CIA history, which Arlene had reported, was true.

**John Battles Arlene**—Candy had accomplished a lot toward accepting Arlene and the unconscious memories and separated strengths which she embodied. She had come far in the process of overcoming her amnesia and phobias. She expressed gratitude for Arlene’s efforts and did her best to help the process of memory recovery.

John, on the other hand, became ever more unhappy with his wife’s dual life. Long hypnotic sessions following long nights of work at the radio station exhausted him. They exhausted Candy, too. The frequent trances ate into her sleep time and caused great physical stress. She began to look chronically exhausted and unhealthy.

John had two medical allies in his efforts to repress Arlene. Dr. Spiegel advised Candy to turn off her split’s spontaneous appearances. Dr. Dick, Nebel’s inter-

Candy defended her alter ego when John ranted about his dislike of her. She intuitively understood that the damage done by twelve years of criminal hypnosis would require more than two months to heal. Candy and Arlene had no choice but to struggle on with John Nebel as hypnotist, despite his desire that it be over.

Arlene repeatedly tried to show romantic interest in John, but he always scornfully rejected her. He believed that kissing, showing love, or having sex with Arlene would be moral unfaithfulness to his wife, Candy.

Then, John took it upon himself to make Arlene go away forever. He began making terrible threats to her. Candy tried to mediate. She told him that Arlene bragged about strength, but that her split really was afraid. John did not get the message. More and more, he talked to Arlene as if she were an evil spirit. In seven taped trance sessions (a horrified Bain counted them), John threatened to kill or injure Arlene. His threats were cruel and detailed. “I could break your arm,” he once said.

Arlene had broken free of Jensen because he intended to kill Candy. Now, John was threatening to hurt, or even kill, Arlene.

**JOHN:** (in a threatening voice) Suppose you were burned to death?

**ARLENE:** I wouldn’t like that.

**JOHN:** I don’t care what you like.

**ARLENE:** She wouldn’t want to burn. What happens to me will happen to Candy.

**JOHN:** (angry, frustrated) Your knowledge in this area, Arlene, is extremely limited. I can exorcize you. One way I can do it is with flame.

**ARLENE:** ...Do you really want to burn me?

When John threatened to shut her up in a box, a hysterical Arlene begged him not to do it. That was their new routine; strong Arlene ends up in fearful tears. John would not stop his cruel threats until Arlene cried. Arlene had escaped one cruel tormenter, only to find herself in the hands of another.

After months of suggesting terrible threats of vio-

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1. Trance time imitates sleep and dreaming time. But it is not a truly equal rest. Trance reduces the physiological urge to sleep without satisfying the body and brain’s need for that rest.
lence that he might do to Arlene, John began to worry she might hurt him. It was a suggestion-by-expectation to that hypnotic persona. Sure enough, one night John woke to find Arlene trying to choke him. He threw her off. Afterwards, Arlene said that she had only wanted to frighten him. She said that she would not really hurt him, or herself, or Candy, or anybody else. Indeed, she never acted violently again. But that did not improve things between her and John.

Nebel added a new tactic to his anti-Arlene campaign. He made Candy feel guilty whenever Arlene appeared. He told Candy that Arlene was endangering their marriage.

Bain Writes Candy’s Story

Although Candy was a significant author in the field of fashion and beauty (ten books in print and an eleventh in process at this time), she did not write the history of her hypnoprogramming. Candy decided that this story, though also her own, would be told by another author.

August, 1974, Donald Bain accepted an invitation from John and Candy to visit their small Eastside apartment. He came, heard their story, accepted the assignment, and began work on a book about Candy’s CIA history. Don Bain had neither medical nor scientific credentials. He had no educational or personal background for understanding CIA experiments in narcohypnosis, hypnoprogramming, artificial personality splitting, amnesia, and torture. His one previous book was a biography of John Nebel, (unfortunately) titled Long John Nebel: Radio Talk King, Master Salesman, and Magnificent Charlatan (Macmillan, 1974).

But Candy and John knew Donald Bain. What he lacked in credentials, he made up for in availability. When they asked, he agreed to write her story. It was not an easy task. Bain had to piece together Candy’s CIA history from painstakingly transcribed tapes of John’s hundreds of hours spent talking to Candy or Arlene under hypnosis. He interviewed Candy and John for hours. He did supplementary research on hypnosis, reading books, and talking to hypnotists.

John was now refusing to talk to Arlene. Period. Bain, because he was working on the book about Arlene’s CIA experiences, was pushing Candy to provide more detail about those experiences. But only Arlene knew the answers to his questions.

Candy developed a way of accessing Arlene’s memories without John. After coming home from the studio, Candy would go to her private apartment (adjoining the one she shared with Nebel). There, she called out Arlene by looking in a mirror. Then, as Arlene, she would write for hours what she remembered of the secret life. Writing had been Candy’s skill. Now Arlene was doing it. Candy had taken control of the schedule and content of Arlene’s emergencies. The two selves were slowly reuniting.

John Nebel, however, was still not satisfied. He pressured Candy to repress Arlene—COMPLETELY. Finally, Candy agreed. She told Don Bain her decision:

To recall trips, Arlene, and those days, places and experiences for you on paper, I first have to use the mirror—look into it and ultimately, in a form, Jensen’s “cute” gimmick—there she is: Arlene.

The trouble, however, is that by the time I’m to go back to our living apartment and to bed—which may be noon or later, I’m so exhausted I can’t bring myself back.

Today must be the last time I use the mirror in here for fear of the above happening again.

Hard for anyone ‘cept John to understand and I know it has destroyed much of his regard of me.

So—no more morning typings about the past to you or for anything related to Arlene.

I am eager for the book’s success—for so many reasons and for everyone’s sake... Best regards, C. J. (Bain, p. 249)

Bain was frustrated. He had so many more questions that now would never be answered. On the other hand, John was pleased.

Publishing and Publicity—Bain’s book about Candy was published in 1976. Candy wrote a postscript:

...I marvel at the author’s patience for the factual reporting of the vast details involved, his sensitivity and resistance to dwell on much of the sensationalism contained, and the Herculean task it required to tell my story...For all this I am grateful. Had it not been for John Nebel, I wouldn’t have been alive; Jensen nearly won out...I won’t have to take that swim now.

Acerbic (and now gagged) Arlene would have retorted that the victory declaration was premature.

Playboy Press published The Control of Candy
Case History: Candy Jones

Jones in early 1976. (Harper and Row put out Candy Jones’ Complete Book of Beauty and Fashion that same year.) Bain’s book is not a clinical case study like those of the psychiatrists, Reiter and Mayer. He was only a journalist, trying to report an unfamiliar and difficult topic, but he managed to pass on the basic facts of Candy’s history in a readable form.

The Mind Control of Candy Jones holds several unofficial records:

- The only book-length report of an American victim of unethical hypnosis;
- The only book-length case report of a hypnoprogrammed person since Reiter’s report on Palle;
- The only book-length study of a hypnoprogramming case that involves narcohypnosis and artificial personality splitting;
- The only reported case, up to now, in which a hypnoprogramming victim saved herself and managed to get her story told.

Publicity Tour—Candy, via Arlene, had been trying to tell what the CIA, via Dr. Jensen, had done to Candy—could do to anybody. The final terrifying hurdle of telling was the coming publicity tour. Bain was going along with Candy. (John could not leave his radio show.) The planned nationwide tour, organized by their publisher, was scheduled to begin in California with a KSAN radio special about mind control.

Candy and Bain were in the studio speaking live. Walter Bowart, a journalist who was then researching a book about military hypnoprogramming, participated by phone. Bain said that he and Candy “have material that links Sirhan to Dr. Jensen on two specific occasions prior to the assassination.” (Scheflin & Opton, p. 444) Sirhan had shot and killed Robert F. Kennedy. Both Dr. Spiegel and a prison psychiatrist who had examined Sirhan in his California prison cell, insisted that the Middle Easterner was hypnoprogrammed and had fired the shot in response to an operator’s suggestion, not of his own volition. Now Bain had publicly declared that he had evidence linking Sirhan to Dr. Jensen. And Jensen was a CIA psychiatrist who Arlene had identified as having specialized in making and operating unknowing hypnotic subjects for the Agency.

Bain also would have probably talked about Arlene’s description of California laboratories in which Jensen scientifically tested his control over Candy. He would have told about his chance meeting with Dean Kraft, a Brooklyn psychic healer, on Nebel’s show. Kraft had described to Bain the California laboratory in which government researchers had tested his healing powers, the place
John, Candy, and Bain Are Silenced—

Candy Jones, Donald Bain, and John Nebel lived on, but their feverish efforts to uncover and make known CIA hypnoprogramming secrets stopped, literally overnight. Candy did only one more interview after that KSAN interview. After that, none of the three ever gave another interview on this subject. They appear to have been quickly and permanently silenced. The planned nationwide tour stopped before it had really started—after only two radio interviews.

In the late 1980s, while casually scanning radio stations one restless night, I tuned in a California station. The deejay was talking about his interview with Candy Jones on her last tour, her next interview after KSAN, her very last one. She did it the day after KSAN. And he was the man who had interviewed her.

Candy Jones was alone for that interview. She did not say where Bain was. She told the interviewer that his would be the last interview she did for the time being. She explained that she had just signed a contract. It paid $100,000 for the movie rights to her story, a lot of money in that era. The contract stipulated that no more publicity was to be done until the movie came out.

The deejay made clear his impression that Candy believed it was honest money. She believed there would be a movie. She expected major publicity when it was released. She told him that she and Bain would be writing the movie script together (so Bain was getting paid, too.)

Candy Jones and Donald Bain did work on the script, for a while, as the ruse (in my opinion, odds favor the $100,000 being CIA money, and the “movie” proposal, a CIA deceit) dragged on. Some researchers who asked for interviews were told that “no more interviews were being given while Candy Jones and Donald Bain were working on a movie about her experiences.” (Scheflin and Opton, p. 444) When Scheflin and Opton, themselves, tried to schedule an interview with Candy and Bain, they ignored the two scholarly investigators. Walter Bowart was also trying to arrange an interview. Candy and Bain had been warmly cordial to Bowart during their shared interview on KSAN. Now they ignored his letters and refused to take his phone calls.

No movie was ever made. There was never any later publicity. A bona fide movie producer would have wanted maximum publicity at every stage. Without publicity, a book does not sell well. In the blink of an eye, after Candy signed that contract, Bain’s book about her was “out of print.”

Perhaps Candy realized all that afterwards, but she had signed the contract. She had sold the rights to her life story. That signature took her in one moment from a full-tilt promotional campaign to never again talking about her hypnoprogramming and the CIA experiments. Did Jensen, the CIA doctor, make a surprise visit to her California hotel room after the KSAN show and compel Candy to sign that contract?

But Bain accepted the deal too. And John Nebel also never again talked to anybody about Candy’s CIA history. So threats of a more conventional sort may have been involved.

Despite all attempts to suppress the truth, Candy’s story was out!