

To: Files

Subject: SI and H Experimentation - (6 September 1951)

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On Thursday, 6 September 1951, [REDACTED] and the writer conducted experiments in SI and H between 7:00 and 9:00 PM with [REDACTED] as subjects.

Since this was the first experience for [REDACTED] and since [REDACTED] had very little previous work along SI and H lines, a full discussion of the methods, techniques, and aims of [REDACTED] was held prior to actual work.

It was decided that since all three girls were approximately in the same position regarding SI and H and had done very little work or none at all, basic tests would be first given before the standard relaxing routine was tried.

The first test given was a standard "falling back" test. [REDACTED] responded quickly; but [REDACTED] while swaying, did not achieve a true "fall back".

After some further discussion the "hand-arm raising" test was tried and on this test [REDACTED] obtained a slight hand levitation and [REDACTED] produced an exceptionally good "hand raising". [REDACTED] however, was unable to obtain any degree of "hand raising", although movement was noted in her hand.

After these tests had been concluded, all individuals present engaged in a general discussion particularly concerning the necessity of learning how to relax before any more advanced experimentation and testing could be carried on. At this point, [REDACTED] proceeded to apply the slow relaxing technique. After a period of about 10-15 minutes, [REDACTED] attained a slight degree of relaxation with [REDACTED] apparently obtaining the best results. All agreed after awakening by the 12345 method that they had experienced a relaxing, resting feeling.

Thereafter, further discussion was held and then [REDACTED] tested each girl individually again on a slow relaxing technique and at this point, a further and better relaxed state was reached by each individual participating.

The results of this evening's work appeared in the opinion of all those participating to be normal since this can really be regarded as a first attempt. All subjects were regarded as possibly

APPROVED FOR RELEASE

DATE: Apr 2000

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capable of deep induction and in all cases, full co-operation was obtained although in the earlier experiments, [REDACTED] was not only skeptical but combative which undoubtedly prevented her from obtaining better results in the "falling back" and "hand raising" tests.

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