

HYPNOSIS and Other Stories

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CHAPTER 20 : Make Me Drunk

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I met a WWII veteran who had an amazing tale of how hypnosis helped during his time in a German POW camp.

He was a medic, his plane was shot down, and he survived. When he was captured by the Germans, and taken to the camp, he was in the company of Canadian and U.S. pilots. He was the only one with medical training, so the guards gave him a private room, allowing him privacy to provide care for the other prisoners, “All those zero error, arrogant young military pilots.”

There were no medicines available for the prisoners. When new prisoners arrived with injuries, he had to provide care without medication. One of the German guards was familiar with the potential of hypnosis, and gifted the imprisoned medic with a hypnosis book in German. He received instructions from the guard in what the book said, and through the translated instructions began to practice hypnosis for pain relief and accelerated healing.

One day, another prisoner said, “I have been to hypnosis shows. I have seen people do strange things, like become drunk drinking from imaginary cups of alcohol. It was funny to watch. Does that really work?”

The young medic said, “I don’t know.”

The other prisoner said, “Let’s find out.”

It was easy. All those Canadian and U.S. pilots were familiar with what it was like to get drunk after work. Accessing their memory banks to revivify an alcohol buzz was easy, and the prisoners were highly motivated. Getting drunk on hypnosis worked just fine.

The prisoners began to line up outside the private medic room at the end of the day to get a hypnotic buzz.

This caused the guards to toss the medic's private room, regularly, looking for his still. They were convinced that he was brewing some kind of hooch in his private quarters.

The guard who provided the hypnosis book never suspected that the source of alcohol in the men who looked and acted drunk was purely from hypnosis. They elicited getting drunk from their own imaginations.

Not only was the U.S. medic able to reduce pain, set bones and stitch wounds without anesthesia, reduce the time for healing, he was able to provide his fellow prisoners with a source of pleasure that the guards couldn't take away. It came from their own memories of what it meant to be drunk, happy, carefree.

In 1985, I took my first hypnosis course for certification with Jerry Kein and Reverend Jack Mason, at Omni Hypnosis in Ft. Lauderdale. I had the hypno-fever. I talked up hypnosis and asked if I could practice with anyone who would listen. During a lunch break, I was sitting at a beachside bar, having a sandwich, and a drunk man at the bar got friendly. He wanted to know who I was, where I was from, what I was doing all by myself. When I said I was on break from a hypnosis class, he taunted me, said he couldn't be hypnotized. I offered to teach himself hypnosis, and he was a great subject.

When we completed our self-hypnosis demonstration, he complained. His buzz was gone. He had been drinking all morning. He was on vacation, was annoyed with me that he had spent all that money on booze, and one experience with hypnosis took away his buzz. I suggested that because he was such a GREAT hypnotic subject, that with the next sip on his drink, he would get twice as drunk as he was before he learned that he could be hypnotized. I emphasized that the more intelligent a person was, the better the response they would have to suggestions that they found pleasing, and in fact he was a GREAT hypnosis subject. He took a sip on his drink, and fell out of his chair. His ability to shift his state was able to first reduce, and then amplify his sense of "being drunk."

IMDHA Resources

<https://www.hypnosisalliance.com/imdha/>



The International Medical and Dental Hypnotherapy Association can help you find hypnosis practitioners, training in hypnosis, events, a virtual library and an online store.

There are four types of membership providing access to tens of thousands of hypnosis and other articles for human health and well-being: associate, student, certified, and educator.

“The International Medical and Dental Hypnotherapy Association is a Referral Service dedicated to providing the community with excellently trained Certified Hypnotherapists. IMDHA Practitioners work harmoniously with allied healthcare professionals to aid individuals in dealing with specific challenges and procedures.

Our objective is to help create a sense of peace and harmony within the individual so that the current challenge can be met and dealt with in a positive manner, thus making the journey toward wellness and peace of mind less traumatic.

Our goal is to reduce the stress the individual is experiencing as a hospital patient and / or surgical patient, etc. Less stress allows the body to focus attention on its natural course of healing. The method to be used is hypnosis.

In addition to medical challenges, all IMDHA members assist persons in dealing effectively with non-medical problems. Finding solutions to self-sabotaging habits leads to peace of mind and control of unwanted, negative behavior. Self Empowerment is the goal.

The International Medical and Dental Hypnotherapy Association: Dedicated to Healing: Body, Mind and Spirit.”

M.G. Dahl has classes scheduled through 2026

Keywesthypnosis.com

Her training manuals are available on Amazon.

Hypnotherapy, Vol. 1: Basic Hypnosis.

Hypnotherapy, Vol. 2: Hypnotherapy

Hypnotherapy, Vol. 3: Electives

Her chapters (Chapter 10, 1st ed.; Chapter 13, 2nd ed.) regarding the use of neurofeedback for reducing the adverse impact of PTSD and mTBI are found in *Restoring the Brain*, edited by Hanno Kirk. Both editions are available on Amazon.

She is co-author of an article with Hanno Kirk that is in press, 2022.