

FOLKWAYS RECORDS FX 6104

SOUNDS OF SELF HYPNOSIS THROUGH RELAXATION

A DOCUMENTARY RECORDING WITH MRS.  
LEE B. STEINER, CERTIFIED PSYCHOLOGIST

THE CONTENT AND TIMING OF THIS RE  
CORDING HAVE BEEN VALIDATED WITH  
NOVICES WHO LEARNED THE METHOD IN  
THE PROCESS OF MAKING THIS RECORDING

FOLKWAYS RECORDS FX 6104

# SOUNDS OF SELF- HYPNOSIS THROUGH RELAX -ATION



# SOUNDS OF SELF- HYPNOSIS THROUGH RELAX -ATION

FX 6104

Library of Congress Catalogue Card No. R 60-402  
© 1960 FOLKWAYS RECORDS & SERVICE Corp.  
701 Seventh Ave., New York City

FOLKWAYS FX6104



FOLKWAYS RECORDS Album No. FX 6104

© 1959 FOLKWAYS RECORDS AND SERVICE CORP.

43 W. 61st ST., N.Y.C., U.S.A. 10023

# SOUNDS OF Self-Hypnosis Through Relaxation

A documentary recording with Mrs.

Lee R. Steiner, Certified Psychologist.

The content and timing  
of this recording  
have been validated  
with novices who learned the method  
in the process of making  
this recording.



## SELF-HYPNOSIS THROUGH RELAXATION.

### Self-hypnosis through relaxation.

My interest in self-hypnosis started away in the 1930's when I was gathering material for my book, "Where do people take their troubles" (International Universities Press; 1945). This was a study of occultian practises and my research approach was to become part of the group so as to learn what practises were occurring that would induce the devotees to participate. During the time I was studying trance mediumship, I became aware that the basic phenomenon was really self-hypnosis and that when the practitioners became adept, they could go in and out of hypnosis with great speed, at any time, and under any circumstances. When I emerged from these trances I always felt extremely relaxed and felt that I had become better acquainted with myself. It was from this experience that I began to use self-hypnosis in my practise as a consultant in personal problems and found that many people could achieve far greater and fuller use of their personalities through it and that it was a technique that could serve them in many crises throughout their lives.

It was, therefore, with great pleasure that I accepted Folkways' invitation to record what I had been practising these many years.

May I state emphatically that this recording will not "cure" you of anything. It is not intended to take the place of a psychiatrist, a psychoanalyst, or a psychologist. It, likewise, promises only that it will help normal people make fuller use of their personalities. Deep relaxation, of the kind one achieves in self-hypnosis, brings us closer to our real selves, with superficial anxieties and worries out of the way.

The record is not intended for amusement or entertainment. It was recorded with the cooperation of individuals who knew nothing about self-hypnosis and were experiencing the method for the first time. The pacing and timing is, therefore, geared to the novice - the person who has no acquaintance with the method and wants to learn it. The three subjects who were in the studio at the time of the recording learned to take themselves into self-

hypnosis within the span of the recording. All of them were normal people. They, too, wanted the method as a tool to make the most of their personalities.

You may need some time to get acquainted with the method, since some people learn more slowly than others. However, if you try it faithfully and have difficulty, I shall be most happy to hear from you and shall try to give you some more detailed instructions.

So, good luck with the great adventure of exploring your larger self.

Mrs. Lee R. Steiner,  
psychologist

### Instruction for use

The recording will have greatest usefulness if you do not listen to it before you try it. Your first acquaintance with it should be while following its instructions. You need no special preparations. The recording tells you everything you need to know. Merely take your record player and the record into a quiet room, where you can be alone for at least an hour. Then turn on the recording and begin to follow its instructions immediately.

If you are the type of person who must listen before you try it, then do not attempt to follow the instructions at all on the first hearing. You cannot try just a piece of the recording and expect to obtain results. Either become a student from the first experience with the record, when you still do not even know the method, or study the method in full before you try it. You need the method, from beginning to end - to experience it from beginning to end, if it is to have any meaning to you. You cannot learn this method intellectually. It is a process of emotional learning. You must try the full recording before you understand it. And, like everything else in life, the results will be in exact proportion to the sincerity and diligence with which you approach your task.





Mrs. Lee R. Steiner, Certified Psychologist, has been a consultant in personal problems since 1932. She is well-known as a radio lecturer, conducting such programs as "Everybody's Personal Problems" over WINS in New York, "What Makes You Tick" for the ABC Network and "Make Up Your Mind" for CBS. For the past 11 years, she has been producer and moderator of "Psychologically Speaking" for the WEVD University of the Air in New York City.

Mrs. Steiner's published works include "Where Do People Take Their Troubles" (Houghton Mifflin); "A Practical Guide for Troubled People" (Greenberg); and "Make The Most of Yourself" (Prentice-Hall). Her latest book, "Understanding Juvenile Delinquency," is scheduled for publication in the Spring of 1960.

Among the schools and institutions at which Mrs. Steiner has taught courses in psychology, sociology, human relations and related subjects are The University of Chicago, Fordham University, New York University,

William and Mary, Rutgers University, Hunter College, and Queens College. She presently conducts psychology courses for laymen in the Adult High School of Montclair, New Jersey.

In addition, Mrs. Steiner is the founder and director of research for the INSTITUTE FOR INTERPERSONAL RESEARCH, a non-profit organization chartered by the State of New York for research into the causes of Loneliness.

Mrs. Steiner, who is certified as a psychologist by the New York State Department of Education, is a member of many professional associations, including The American Psychological Association, The New York Society of Clinical Psychologists, The American Society of Adlerian Psychology (Professional division for analysts), The American Association of University Professors, The International Council of Women Psychologists, and she is the chairman of "Psychologists in Marriage Counseling."



# SCIENCE

## ON RECORDS

Folkways' series of science recordings provides a unique documentary of the world around us. This ever-growing catalogue of long-playing records, captures the sounds, both natural and mechanical, of man's physical world. These sounds -- the documentation of animals, insects, man-made satellites, railroads, etc. -- are all recorded in geographical context. All of the recordings are edited under the supervision of leading scientists. Each record is accompanied with a set of extensive documentary notes, providing background on the subject plus additional information on the circumstances of recording and the significance of the sounds recorded.

### FX6007 The Science of Sound

Demonstrations of acoustic phenomena with an explanatory narration written by scientists and engineers of Bell Telephone Laboratories. How We Hear, Frequency, Pitch, Vibration and Resonance, Intensity, Loudness, Noise Measurement, Masking, Echo and Reverberation, Delay Distortion, Fundamentals and Overtones, Quality, Subjective Tones, Music or Noise, Filtered Music and Speech, Dissonance and Consonance, Music Scales, Vibrato and Tremolo, The Doppler Effect.

Produced by Bell Telephone Laboratories Incorporated. Distributed and manufactured by FOLKWAYS RECORDS & SERVICE CORP. 2-12" 33-1/3 rpm long play records.

### FX6100 Sounds of Frequency

The purpose of this record is to provide a standard by which record playing equipment can be checked for frequency response and distortion. 78 RPM. . . Frequency test run; square waves; and three variations of music to check longplay phonograph record characteristics. NOTES BY PETER BARTOK. The purpose of this record is to provide a standard by the use of which record playing equipment can be checked for frequency response, and distortion, without equipment other than an oscilloscope and volume indicator. The portion of the record intended for frequency-response measurement provides test signals which are always the same musical distance apart. Accompanying descriptive notes.

### FX6101 Science in Our Lives

narrated by Ritchie Calder, from the Signet Key Book. Includes Science began, Science terms, Edison effect, Atoms, Agriculture, Food from the desert, Food from the jungle, Millions of men without teaspoons, Rip Van Winkle comes to town.

### FX6105 The Sounds of Camp

the picture of a children's camp painted in the voices and sounds of its children. Recorded at Camp Killbuck, Hancock, Vermont, 1958 by Ed Badaux. Includes Riding, Shop Swimming, Jingle, Before lunch music, Filing into tables, Eating, Happy Birthday, Jacks, Dance Class, Baseball, Theatre Backstage, Front porch before hikes leave, Hike reports, Girls after a dance, Rifle, Last campfire.

### FX6120 Sounds of A Tropical Rain Forest in America

As a dramatic presentation, and because enough sounds were available it was decided that the approach would be, for every hour of the day from one to two minutes of sound would be used on the record. Thus in sixteen minutes of play an idealized condition was possible in depicting a dawn to dusk period. Includes, THE DRY SEASON Cricket and Dove, Violaceous Jay, Black Howler Monkeys, Parrot, Swainson Toucan, Cicadas, Great Rufus Marmot, Cicada,

Spotted Chachalaca, Great Tinamou, Wattle Guan, Red Wattle Curassow, Toucan and Jay, Monkey Chatter, Toucan Barbets, Flock of Parrots, Waglers, Toucan, Macaw talk, With Crickets, Crested Guans in Thunderstorm, Chestnut Headed Tinamou and Crickets, Crickets and Parrots, Crickets and Mourning Dove, Small Tree Toad, Peppers, Flight of Parrots, Giant Toad (Bufo Marinus), Many Toads, Rain Sequence with Crickets, And Toads, Three Wattle Bell Bird, Black Howler Monkeys, Tree Fall With Scream - ing, Monkeys, Parrots and Macaw, Tree Toad, and Big Toad.

### FX6121 Sounds of the Sea

Actual SOUNDS of fish species recorded in isolated tanks and at varying depths - from 5 feet in sheltered areas to 2,000 fathoms 200 miles out - in tropical waters of the Atlantic and Pacific Oceans. Recorded by the Naval Research Laboratory. INTRODUCTION AND NOTES BY C. W. COATES. Includes, Normal water noises - Pac., 10' deep - snapping shrimp - toadfish - Atl., 11' water - 5' deep - Atl. - snapping shrimp - croakers - toadfish - Atl., 20' water - Pac., One mile offshore (crabs) Pac., 45' water - snapping shrimp; Afternoon - Atl., 45' water; Evening - Atl., 1 1/2 miles out above water - Pac., snapping shrimp - sea robin - croakers, 10' 60' 70' water - Pac., 12 miles out - 48' deep - Atl. - drum fish (bassard trout), 600 fathoms down 18 miles out - Pac. - croaker family 600 fathoms down - unknown sounds - Pac., 2000 fathoms down, 200 miles out - Pac., Spot fish, Sea robin, (5) Catfish, (400) Croakers, (150) Snapping shrimp, (40) Cancer crabs, Spotted croaker, Black croaker, Croaker and snapping shrimp chorus in open water, Drum fish, and Toadfish.

### FX6122(FPX6122) Sounds of the American Southwest

recorded in Arizona near Tucson, Cave Creek, Chiricahua Mountains and Rustlers Park. In New Mexico, San Simeon Valley and in California, Mandevilla Canyon, Santa Monica Mountains and Lake Fulmar, by Dr. Charles M. Bogert, Chairman and Curator of the Department of Amphibians and Reptiles of the American Museum of Nat. Hist., N. Y. The sounds recorded are those that anyone traveling in the arid portions of southern California, Arizona and New Mexico might hear during a single summer. Includes, Morning doves, mocking birds, woodpecker, owls, rattlesnakes, bob cats, crickets, beetles, toads, frogs, etc. Thunder storm and flashflood. Illustrated Text.

### FX6123 Vox Humana

recorded in England, Alfred Wolf-solun's experiments in extension of human vocal range with an Introduction by Dr. Henry Cowell. Includes Female voice in a range of seven octaves, Female duet in ne vocal sound range, Boy's voice in seven octaves, Four and five octave leaps, Double and multiple stopping by the voice, New registers (male and female voice), Male voice in nine octaves, "Singing Quartet" for four female voices, and Voice versus Instrument.

### FX6124 Sounds of Animals

audible communication of zoo and farm animals. These various recorded sounds suggest that just as man has his own special language, so animals have their own special means of vocal communication which help them to solve their own living problems. Includes, ZOO: Puma, Lion, Indian Elephant, Isha, Hippopotamus, Chimpanzee, Peccary, Rhesus Monkeys, Rhinoceros, Tiger, recorded by Arthur M. Greenhall, FARM: Chicks, Goat, Sheep. recorded by Nicholas Collias.

### FX6125 Sounds of Sea Animals Vol. II Florida

This record contains representative or typical underwater sounds produced by several species of fishes and by the sea cow or manatee. RECORDED BY W. N. KELLOGG. OCEANOGRAPHIC INSTITUTE. FLORIDA STATE UNIVERSITY. Includes Snapping shrimp, Toadfish, Trigger Parrotfish, Sea catfish, Single catfish, White grunt, Drumfish, Cowfish, Manatee, One porpoise, Four porpoises, School of porpoises, "School" at 1/2, 1/8, 1/32, and 1/64 speed.

### FX6126(FPX126) Sounds of Carnival

The Midway and Merry-Go-Round Music. Recorded at the Royal American Shows by students of the Chicago Institute of Design. This record is for young and old. It is a documentary of typical sounds nostalgic and true of an American scene. . . The Carnival. Includes the Crowd, Merry-Go-Round, Barker, Outside the fun house, Animal barker, Ferris wheel, Motor-drome barker, Roll-O-Plane, Strange people barker, Laughing clown, Interviews, and the famous repertoire of merry-go-round music, including Calliope; Over the Waves, Ta-ra-ta-boom-der-e and others. Notes.

### FX6127 Sounds of Medicine

recorded on location. Contains Operation; Supervised surgical operation on a small boy with a cyst in his neck, Stethoscope Sounds; Heart murmurs and lung sounds - A woman with Rheumatic Heart Disease. Normal heart and lung sounds, Heart murmurs and lung sounds - A woman with Valve Disease of the heart before surgical operation, Breath sounds, Sounds of the bowels - A normal hungry man smoking a cigarette before dinner, Heart sounds - A man with inflammation of the heart due to active Rheumatic Fever.

### FX6130 Sound Patterns

Taken out of context these sounds "stand" by themselves in their uniqueness, and create new auditory dimensions. NATURAL SOUNDS: Wood Thrush - natural speed, slowed down to 1/2 speed, slowed down to 1/4 speed, Crickets - natural speed, slowed down to 1/2 speed, slowed down to 1/4 speed, slowed down to 1/8 speed, Thunder Storm (with toad and bird), Alligator Chorus, American, and one Asiatic, Two Lions (Atlanta, Zoo), Monkey (happy), Monkey (same monkey - angry), Tortoise Mating Call, MUSICAL SOUNDS: Musicians tuning-up, SOUNDS: Animal Imitations by an Eskimo, Heartbeats, LOCATION SOUNDS: Chorchia, Honduras, Talking Drums, Africa, Taxi Trip, Through Traffic to Airport, Street Cries -- N. Y. C. Lineman, N. Y. C. gardenas, Hot Dogs in Times Square, Flower Vendor, Charleston, S. C., Cow Ceremony in Yugoslavia, Dawn Chorus, East Africa, MAN MADE SOUNDS: Jet Flight, Railroad to Atlantic City, Short Wave Radio, Pump Drill, Electronic Feedback -- 7 1/2 inches tape, and 15 inches tape.

### FX6136 The Science of Sound

Short versions of FX6007. This record describes and demonstrates various phenomena of sound as an aid to understanding how sound is put to work for the benefit and pleasure of man. How We Hear, Frequency, Pitch, Intensity, The Doppler Effect, Echo and Reverberation, Delay Distortion, Fundamentals and Overtones, Quality, Filtered Music and Speech. Produced by Bell Telephone Laboratories Incorporated. Distributed and manufactured by FOLKWAYS RECORD & SERVICE CORP.

### FX6140(FPX140) Sounds of the Annual International Sports Car Races of Watkins Glen N.Y.

The Schuyler, Carrera, Glen Trophy and Grand Prix. Recorded on location by Henry Mandler and Robert Storme Includes: lining up, practice, winner O'Shea in the victory lap, technical inspection, cars in the races: Maserati, Jaguar, Austin, MG's, Porsches, Mercedes, With ill. notes.

### FX6151 Sounds of A South African Homestead

recorded in the Land of the Zulus by Dr. Raymond B. Cowles. Contains DAWN CHORUS: Doves, Thrush, Cuckoo, Weaver, BUSH BIRDS: Hornbills, Doves, Barbet, Shrikes, Monkey, Warblers, Cicadas, Orioles, Bulbul, Robin, Starling, Ibis, Trogon, Drongo, LATE AFTERNOON UNTIL DARK: Partridge, Drongo, Bulbul, Cricket, Amphibian chorus, Toads, Frogs. ZULU MUSIC: with guitars, jew's harp, fighting sticks, gourd-and-bow, horns, in songs, wedding chants, beer-drink, praises, dances. Accompanying notes and illustrations.

### FX6152 Sounds of Steam Locomotives No. 1

Stack Music Sampler: The U. P., C. & O., I. C., C. N. W., D. R. G. W., etc. 2-8-2, 4-8-4, 4-12-2, 4-6-0, 4-6-6-4, 4-8-8-4, 4-8-2, 2-10-2 and switchers 0-6-0, 2-8-0, narrow gauge 2-8-2. These recordings were made by Vinton Wight who wrote the accompanying notes.

### FX6163 Sounds of Steam Locomotives No.2

Stack music sampler edited and recorded by Vinton Wight. Includes No. 510 Switching, No. 4958 Leaving Yards, No. 5116 Climbing to Elevator, No. 5112 Struggling spotting Cars, No. 4958 Returning to Yards with Empty, No. 5344 Simmering on Ready Track, No. 5351 Up to Crossing and Back, No. 5504 Leaving Yards with Train, No. 5355 Passing, No. 5505 Switching at Ashland, No. 5504 Woodlawn Run, No. 5347 and Helper No. 7000 near Firth, No. 5335 Pulling into Yards, No. 5504 Light to Roundhouse, No. 5351 from Rft Simmering and Switching.