THE CONTENT AND TIMING OF THIS RECORDING HAVE BEEN VALIDATED WITH NOVICES WHO LEARNED THE METHOD IN THE PROCESS OF MAKING THIS RECORDING.
SOUNDS OF
Self-Hypnosis
Through Relaxation

A documentary recording with Mrs.
Lee R. Steiner, Certified Psychologist.

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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 through it and that it was a technique that could serve them in many crises throughout their lives.

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."
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.

FX607 The Science of Sound Deconstructions of acoustic phenomena with an explanatory narrative written by scientists and engineers of Bell Telephone Laboratories. How we hear, Frequency vs. Loudness, Noise Measurement, Masking, Echo and Remote Control, Quality, Subjective Tones, Music or Noise, Filtered Music, Speech and Communication, Music Sounds, Video, Telephoto, The Deph Filter. Produced by Bell Telephone Laboratories Incorporated Distributed and manufactured by FOLKWAYS RECORDS & SERVICE CORP.

FX600 Sounds of Frequency The purpose of this record is to provide a standard by which recorded playing equipment can be checked for frequency response and distortion. At 1920Hz, Frequency test II, square waves; and three variations of music to check long-term reproduce records accuracy. NOTES BY PETER RAYNOR. The purpose of this record is to provide a standard by which recorded playing equipment can be checked for frequency response and distortion, and without, without equipment other than an oscillograph and volume indicator. The record is intended for frequency-response measurement provides not signal which are always the same 88.25 meter distance apart. Accompanying descriptive notes.

FX606 Science in Our Lives narrated by Rochelle Carlson, Truth the Simple Key Block. Includes Science begins, Science terms, Follow effect, Acting, Agriculture, Food from the desert, Food from the pongo, Millions of men without sea- sons, nuts and seeds.


FX620 Sounds of A Tropical Rain Forest in America S.A.'s Tapestry Project, designed to introduce the little available world to the people of the world and experienced as a continuous sound is that of rain. The people are provided with a series of nature sounds -- the sound of birds, insects, animals and more -- to help them understand the life of the tropical rain forest. Communicators of Notes.

FX621 Sounds of the Sea Actual SOUNDS of fish sounds recorded in isolated tanks and as varying depths -- from 5 feet in the depths up to 5,000 fathoms 100 miles out in the tropical waters of the Atlantic and Pacific Oceans. Recorded by the Naval Research Laboratory, INSTRUCTION: 33 rpm, 4 tracks.

FX622FX621FX622 Sounds of the American Southwest recorded in Arizona near Tucson, Cave Creek, Chihahua mountains and desert Park, in New Mexico, San Lorenzo Valley, and in California, Mendocino County, Santa Barbara mountains and Lake Fulmor. By St. Charles M. Rogers Chairman and Curator of the Department of Amphibians and Reptiles of the American Museum of Nat. His., N. Y. The sounds recorded are those that occur in the various species of amphibians and reptiles found in Arizona, New Mexico and the Southwest.

FX623 Vox Humana recorded in England, allowed Wire's experiments in extension of human voice range with an introduction by St. Holy Cowell. Includes Female voice range in seven octaves, Female voice in ten octaves, Boys voice in seven octaves, Boys voice in five octaves, Dopple and multiple multiplication by the voice, New regiment (male and female voice range in nine octaves), "Vox Humana" for four female voices, and Vocale Versato Durnament.

FX624 Sounds of Animals朴实的 communication of one "A illustrations. Their various recorded sounds suggest that the sounds are produced in a variety of species, and that the animal's special sounds are a means of vocal communication which has been developed in the course of their living history. Includes: ZOO. Put on, Indian Elephants, Bees, Hip- popotamuses, Chimpanzees, Horses, Pigs, Cats.

FX625 Sounds of Sea Creatures Florida II the record contains representative samples of fish sounds produced by actual pictures of fishes end by Dr. R. A. A. HARDER. This recording is produced by the University of Florida, Gainesville, Florida, and includes a catalog of Marine Fishes and Shells. The recording was made by Vinton Wight and includes notes by Vinton Wight who wrote the accompanying notes.

FX626FX621FX627 Sounds of Carnival The Ridiculous and Merciful Noise of music acclaimed at the Royal American Shows in Europe and the Chicago Institute of Design. This recording is produced by the University of Florida, Gainesville, Florida, and includes a catalog of Marine Fishes and Sounds recorded and true of an American society. The Carnival. The Merry-go-round, the Band, Outside the Fun House, Animal Habitat, Terra Wheel, Stroller bar, Butterfly, Electric clown, Laughing clown, Interview, and the various reputation of music-go-rounds, Over the Waves, Terra-via-amusement and others, Notes.